



# CARRYING THE MESSAGE

August 2006

Volume 3, Issue 8

Anyone interested in receiving the  
**LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER**

Via eMail please send request to newsletter@NALouisville.org

## AREA NEWS

### **Louisville Area NA Helpline 502-499-4423**

**New Meeting:** The Ties That Bind. Meeting Tues. at 7:00p.m. It's at 4765 N. Preston, Hebron Presbyterian Church. F.M.I. contact Vicki T.-231-1132 or Lisa R.-664-8905

**\*ITS OK TO BE ME:** New GLBT focused meeting. Providing an atmosphere of recovery for individuals who identify as gay, lesbian, bisexual, or transgender. Sat. @ 7:30PM will no longer be meeting 701 E. Ornsby. Currently looking for a new location.

**Wednesday Night Hope:** meets on Wed. at 7:30pm at Northside Christian Church on Charlestown Rd. in New Albany, IN, room 105. The location is incorrect in the Area Meeting Schedule.

**Escape From Denial is no longer meeting on S. Jackson St.:** We have moved to Cathedral of the Assumption. The address is 433 S. 5th St. We meet in the Sandefeur Dining Hall in the back. Please continue to support this important group of Narcotics Anonymous.

**It's Back!** : The meeting in the park is in full swing~. Cherokee Park near Hogan's Fountain on Sunday's at 1pm.

**H&I Needs You:** H&I meets the third Wednesday of every month at Green St. Baptist Church at 6:30pm

**Vision on Main St. has New Time & Day:** Vision on Main St will be meeting on Sundays at 4pm. same location, same love.

**New Meeting:** Conscience Contact is an 11<sup>th</sup> Step, Meditation and Spiritual Principle's discussion, Closed meeting. It's on Thursday's at 8:00pm at Our Mother of Sorrow Church.

## ***Becoming Willing***

"The sooner we face our problems within our society, in everyday living just that much faster do we become acceptable, responsible members of that society." That's what the reading from the basic text tells me. Becoming responsible is really one of the things I hope to achieve in my recovery. That I can become responsible again—not only to society but also to myself. Honestly facing my problems is a true sign of humility and without humility the Eighth Step is impossible to work. If I practice humility as I accept what I am, who I am and what I have done in the past as I have worked the previous steps, then I must become willing to hold myself accountable for the wreckage I have caused to myself and others during my addiction. The thought of facing those I have hurt, looking them in the eye and making amends fills me trepidation, but if I were ever going to find relief from the guilt and shame of my past then I have to become willing. If I want to find a new way to live, then I realize I must choose to make amends and leave the results to my Higher Power, because I am powerless over the results but not over the choice. My willingness is an extension of the daily surrender I do to combat my disease. I surrender in order to find a new way to live. A new life is only possible for me if I am willing to learn and apply new ways to live. Today I am willing to become willing.

Frazier M.

## **Cell Phone vs. Basic Text**

I wonder what would happen if we treated our Basic Text like we treat our cell phones?

What if we carried it around in our purses or pockets?

What if we turned back to go get it if we forgot it?

What if we flipped through it several times a day?

What if we used it to receive messages from the text?

What if we treated it like we couldn't live without it?

What if we gave it to kids as gifts?

What if we used it as we traveled?

What if we used it in case of an emergency?

What if we upgraded it to get the latest version?

This is something to make you go...hmmm...where is my Basic Text?

Oh, and one more thing. Unlike our cell phone, we don't ever have to worry about our Basic Text being disconnected because the Predecessors already paid the bill!

Something to think about

Kevin P.

## **Based on the Interview of John L. By Kevin P.**

### **The 8<sup>th</sup> Step**

**Kevin:** How many times have you written an 8<sup>th</sup> step?

**John:** I think 4 times in the 6 yrs I've been here.

**Kevin:** Was it harder after you had been in recovery a while, to realize you had harmed some people since you've been clean?

**John:** No. We still harm people. I just see it now, sometimes even before it happens. But it happens. It doesn't happen as often and the harm isn't as severe. So the clean up is a lot easier. I'm not making amends for robbing someone or beating up somebody. It actually gets easier as time goes by.

**Kevin:** What comes first for you: making the list or becoming willing to make the amends?

**John:** It varies with different situations. I am always willing to make any amends I owe. Just realizing I owe an amends doesn't always happen immediately.

**Kevin:** Does fear of the 9<sup>th</sup> step affect your 8<sup>th</sup> step?

**John:** No. I write as if there is no 9<sup>th</sup> step to the best of my ability. It's about identifying the wrong I've done and being willing to do something about it.

**Kevin:** Have there been many repeats?

**John:** There has in the past. I feel there are three types of amends: same person-different harm, different person-same harm, and same person-same harm. I have experienced the first two but not the last one. Not that I can recall.

**Kevin:** Who was the first person on your first list?

**John:** I think it was me. My first sponsor was big on including yourself in your amends process and he had said the best way to make amends to me was to get involved in my recovery. That meant putting me on my list.

**Kevin:** What do you have for the newcomer?

**John:** Do yourself a favor and do this. Whether or not it makes sense to you has no bearing on you recovering. Don't think about it, just do it.

**Kevin:** Thank you for being of service.

# Carrying The Message

## JUST A REMINDER:

STEP ONE: We admitted that we were powerless over our addiction, that our lives had become unmanageable.

STEP TWELVE: Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

TRADITION ONE: Our common welfare should come first; personal recovery depends on N.A. unity.

TRADITION FIVE: Each group has but one primary purpose --- to carry the message to the addict who still suffers.

TRADITION TEN: Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.

TRADITION TWELVE: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Peace Family,

Louisville Area H & I Subcommittee of Narcotics Anonymous continues to carry the message of hope to the addict who still suffers and who has no access to regular Narcotics Anonymous Meetings. We continue to reach out to those who still suffer as we once did; sharing our experience, strength and hope- "that an addict, any addict can stop using drugs, lose the desire to use, and find a new way to live."

We want to thank all of the addicts who showed up for the H & I Subcommittee Meeting for the month of June. We hope that you will keep coming back, and be open to serving wherever there is a need. We understand that sometimes we want to go "here" or we want to go "there"; however that is not how it works. To be willing to carry the message wherever, whenever and to whoever is seeking recovery is after all our primary purpose.

GOOD NEWS!!! The Women's Detention Center is now underway after two years of trying to get it going again. Can you imagine going two years without a meeting? That in itself is a frightening thought for anyone who is seeking recovery. Several things have changed in the two years that Narcotics Anonymous has been absent from the Women's Detention Center. One of those things is that the population of women incarcerated there has greatly increased. We can no longer carry the message to all of those who wish to attend in one meeting. We meet with women from four dorms on one side and then immediately afterward we meet with the women from four dorms on the other side. This is the only meeting where the speaker is being asked to share twice in one evening. This is being done so that all of the women have an opportunity to hear the same speaker as well as get one meeting each week. So, if you are asked to come and share at this facility please be aware that you are being asked to speak twice.

Of course there are a few kinks in the process, but they are being resolved. The biggest thing is that we have already run into the age old problem of addicts not honoring their commitment or their word. ("Commitment" n. 1. Responsibility: something that takes up time or energy, especially an obligation. 2. Loyalty: devotion or dedication, for example; to a cause, person or relationship. 3. Previously Planned Engagement: a planned arrangement or activity that cannot be avoided or voided.) We all have the right to change our minds; and of course "shit happens"; but please be mindful that Narcotics Anonymous reputation is on the line when we fail to do what we say we are going to do. Also be mindful that whenever we are carrying the message into a Correctional Facility it requires prior approval by the facility and scheduling of specific individuals to be allowed admittance by the officer on duty. When we don't show up and don't contact anyone to say that we won't be there the institution goes ahead and gathers all the women together for the meeting because that is what they have been instructed to do. When we don't show up, Narcotics Anonymous looks irresponsible not the addict who failed to honor their word. When we change our minds at the last minute; the officer on duty would be totally appropriate to refuse a last minute substitute into the Correctional Facility. So PLEASE! PLEASE!! say what you mean, and mean what you say. If you are not sure of your attendance; PLEASE JUST SAY NO, I can't do it.

I do want to say that the two nights the women at the detention center got to hear the message of recovery were quite touching; to see the level of emotion and the tears that were shed from having the identification of addict; because after all: what is shared from the heart truly reaches the heart. Again, I thank those who have displayed the willingness to get outside of themselves and to show up for others. Be blessed.

Everything that occurs in the course of N.A. service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. It was for this reason that we began this work. We must always remember that as individual members, groups and service committees, we are not and should never be in competition with each other. We work separately and together to help the newcomer and for our common good. We have learned, painfully that internal strife cripples our Fellowship; it prevents from providing the services necessary for growth.

BT p.xvi

In Loving Service,  
Shirley D.

## Picnic in the Park

What's more fun than a barrel of monkeys? Yep, you guessed it---a park full of addicts with water guns. Many thanks to the Another Chance home group of Shelbyville for hosting a great afternoon of fun in the sun Saturday 25 July at Lake Shelby Park in Shelbyville, KY. Wonderful food and terrific corn on the cob made it a true summer celebration. And many thanks to Bill R. for a wonderful message of recovery at the meeting. All who attended went away with proof positive that recovery can be fun even if you're soaked to the bone. Thank you to all home group members of Another Chance for a great day. Another Chance meets Sunday nights at 7:30pm at the Serenity Center, 1201 Mt. Eden Road, Shelbyville, KY.

Frazier M

The Fourth Tradition states that "Each group should be autonomous except in matters affecting other groups or NA as a whole."

The function of any group is to provide a suitable and reliable environment for personal recovery and to promote such recovery. Autonomy gives our groups the freedom to act on their own to establish an atmosphere of recovery, serve their members, and fulfill their primary purpose.

The primary purpose is the message that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. By giving groups the freedom to find individual ways to carry the message, they make it possible to reach every addict who may need our help and support. This helps because some addicts will hear the message of recovery better in one format, while others prefer another format. An NA community that offers a variety of meetings is more likely to reach a broad cross-section of addicts. No matter how a group structures its meetings, all NA groups are encouraged to keep the focus on recovery from the disease of addiction. When we consider who is affected by our groups, we have to look at other groups, the addict yet to come, the newcomer, those of us that are recovering, and the neighborhood in which we hold our meetings. We have an affect on other groups or NA as a whole if we're not recognizable as an NA meeting. If the public reputation of NA is somehow impaired, addicts may die. We can avoid mis-using the principle of autonomy by doing God's will, practicing spiritual principles, following the traditions, and speaking only recovery.

Kim W.

# NA Conventions and Functions

**August 12<sup>th</sup>, 2006**

1000 & 1020 West Market

**Step Up Group's 12<sup>th</sup> Year Anniversary** :Please join the Step Up Group in celebrating recovery and 12 years of carrying the message. 1:30 to 6:00 p.m. in the 1000 Bldg., we will host a Speaker Jam celebrating diversity and unity in recovery. From 8:00 to 9:00 we will have our regular Saturday night meeting in the 1020 Bldg. Then we will go back to the 1000 Bldg. from 9:30 p.m. to 12:00 a.m. for a Dance and "Step Up to the Mike". We are inviting addicts to share their performing arts and poetry in a recovery setting. Addicts are also invited to bring their own CD's for our Dance DJ to play. Call Lisa P, 568-4804 to schedule your spot on the stage. Admission to the dance is free, however donations will be accepted. Drinks and snacks will be sold to help defray the cost of the event and to raise money to further carry the message to the still suffering addict.

**Gratefully Dedicated 18 Year Anniversary:**

Eating starts at 11:00a.m. More details can be found on fliers available at home groups.

**August 17<sup>th</sup>, 2006**

Zion Baptist Church  
2200 W. Muhammad Ali Blvd.

**Sept. 15<sup>th</sup>-17<sup>th</sup>, 2006**

Energy Lakes Campground  
Land between the Lakes, KY

**Freedom between the Lakes Campout - Western Kentucky Area:** Friday Night - Bon Fire Meeting, Saturday Night - Speaker Meeting with Dance, 50/50 Raffle, and auction, Sunday Morning - Speaker meeting. No Pets, No Firearms, No Fireworks per US Forestry Absolutely No Doubling up till campgrounds is full. Registration - \$25.00 For more information call Brian M. (270) 527-9949 or cell# (270) 556-8403

**BRACNA II:** NA dance, auction, workshops, main speaker meetings. No addict turned away. Pre-Registration is \$20. Reservations: call 1-866-348-6900. If you wish to speak at a meeting, send tapes to: BARCNA II attention programming committee, P.O. Box 123 Lebanon, KY 40033. Check for flyers at your Home Group.

**Central Ohio Area Convention XVIII: Uncover, Discover, Recover**

Rooms are \$99 + \$50 Incident charge (Refunded). Programming Committee is asking for workshop Topics, Workshop Chair People, Workshop Speakers, & Main Speakers. Look for more details through your home group. June 1<sup>st</sup> is the deadline for topic suggestions. July 31<sup>st</sup> is the deadline for speaker tapes. Registration Flyers also available from "Carrying the Message", email a request to newsletter@NALouisville.org

**October 6<sup>th</sup>-8<sup>th</sup>, 2006**

Days Inn  
1875 New Haven Rd.  
Bardstown, KY 40004

**January 5- 7<sup>th</sup>, 2007**

The Columbus  
Formerly Adams Mark Hotel  
50 North Third Street  
Columbus, Ohio 43215  
614.228.5050 or 1.800.417.1057

**LACNA XVII Convention:** For hotel reservations call (800) 533-0127 or (502) 627-5045 Room rates: single, double, triple and Quad \$119.00 + tax/night. Mention LACNA XVII for reservation discount. Registration: \$15.00 until August 31<sup>st</sup>, \$20.00 until November 30<sup>th</sup>, \$25.00 after that. Registration Contacts: LaTonia B.(Chair) 502-819-1630, Yolanda S.(Vice-Chair) 502-693-8670, Glynnetta H.(Secretary) 502-472-6857

**January 19<sup>th</sup>-21<sup>st</sup>, 2007**

Marriot, Downtown  
280 W. Jefferson Street  
Louisville, KY 40202

**Arts and Graphics:** In need of NA related items to be donated for the auction in January. Also, opinions about what NA item you would like to see in the A & G Merchandise Room at the convention. – "Just for Today" T-Shirt will be given out to newcomers with 30 days or less at the convention. Arts & Graphics is asking for donations to help cover the cost of these T-Shirts. The deadline is September 30, 2006. A & G is selling pre-convention

**Special LACNA XVII Request**

**LACNA XVII Executive Committee Members**

Chairperson: Greg K.	742-5955	Vice-Chair: Kevin S.	568-2698 / 693-8698 (c)
Secretary: Angie B.	366-1898/681-7178 (c)	Treasurer: Ms. Alyce T.	494-7722
Hotels & Hospitality: Meme D.	931-3901	Function & Fundraisers: Crystal C.	587-7297 / 836-1153(c)
Serenity Team: Donna J.	593-1626	Registration: La Tonia B.	819-1630
Art & Graphics: Cordelia B.	291-4942	Programming: LaShaundra	541-6176

**LACNA XVII Needs Trusted Servants to Participate:**

<b>Functions and fundraisers:</b> Next Meeting is July 8 <sup>th</sup> at the 4 <sup>th</sup> & Hill Coffee House at 4pm and every 2 <sup>nd</sup> & last Sat./month afterwards, Contact: Crystal C @ 836-1153	<b>Hotels &amp; Hospitality:</b> Next Meeting is July 2 <sup>nd</sup> at the coffee house on 18 <sup>th</sup> & Muhammad Ali Blvd at 2p.m. and every 1 <sup>st</sup> & 3 <sup>rd</sup> Sat. of each month afterwards. Contact: Meme (chair)@ 931-3901 or Vickie C.(V-Chair)@ 533-4952	<b>Registration:</b> Next Meeting is July 6 <sup>th</sup> at the "Expressions of You" Coffeeshouse & Gallery located at 1800 W. Muhammad Ali Blvd. Every other Thursday afterward. Contact LaTonia B. (810-1630 for the time.	<b>Arts &amp; Graphics:</b> Next Meeting is July 3 <sup>rd</sup> at the coffee house on 18 <sup>th</sup> & Muhammad Ali Blvd at 6:00p.m. and every 1 <sup>st</sup> & 3 <sup>rd</sup> Monday of each month. Contact: Cordelia B.(291-4942)
---	--	--	--

# CARRYING THE MESSAGE

## LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

### CONTACT US:

#### IN PERSON/BY PHONE

Jack B. 502-231-6468  
 Mike C. 502-772-3336  
 Nathaniel R. 502-296-4974  
 Kevin P. 502-376-4556  
 Cheryl R. 502-744-8296  
 Frazier M. 502-797-3036  
 David M. 502-271-7825  
 Kelly C. 502-876-1030

#### NA NEWSLETTER SUBCOMMITTEE MEETINGS

NEED YOUR HELP!!  
 1<sup>st</sup> and 3<sup>rd</sup> Saturdays 2pm  
 Token III Club (Backroom)  
 4014 Dutchmans Lane

#### EMAIL

newsletter@NALouisville.org

#### ASC MEETING

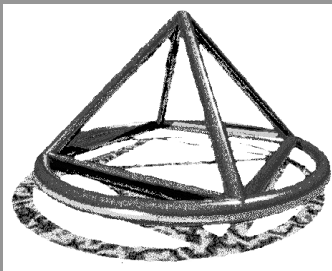
The First Sunday of Every Month  
 At 3pm  
 1722 Bardstown Road

#### We're on the Web!

See us at [www.nalouisville.org](http://www.nalouisville.org)

Download You're Favorite Issues

Just Click on 'newsletter'



**Louisville Area NA  
Helpline  
502-499-4423**

# THIS IS YOUR NEWSLETTER! YOUR SUBMISSIONS MAKE IT HAPPEN!

## ◆ SEPTEMBERS' TOPICS OF THE MONTH ◆

*Responsibility to Change*

### ◆ SUGGESTIONS FOR OUR NEWSLETTER ◆

#### ◆ TELL US ABOUT IT! ◆

Had fun at a Convention, a Function, or enjoyed something else about Recovery?  
 Write in and Tell Us About It!

When submitting, please remember space is limited and should be sent in by **August 22<sup>nd</sup>**.  
 You can email submissions to [newsletter@NALouisville.org](mailto:newsletter@NALouisville.org) or call and we will make arrangements to pick it up. Any addict with a day clean and some willingness can contribute!

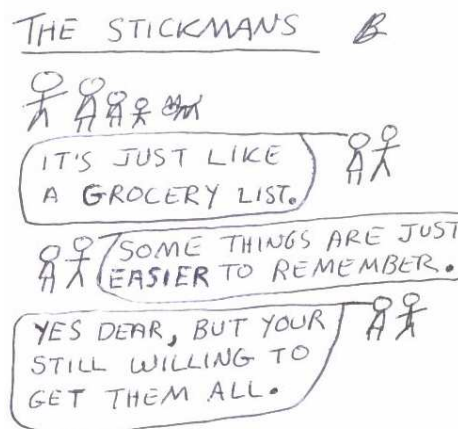
#### These Groups are in need of your support.

**A Vision of Hope:** Wed. 12:00p.m.  
 2200 W. Muhammad Ali Blvd.

**Day by Day:** Thurs. 7:00p.m.  
 519 E. Gray St.

**Point of Freedom:** Mon. & Wed. 10:00p.m.  
 1034 S. Jackson St.

Come out and help, spread the message of NA.



## CLEANIVERSARIES

If you would like your Cleaniversary listed here:

- Contact us by phone
- Contact us by email
- Submit by GSR at ASC Meeting
- Submit by home group report at ASC

We list this month's Cleaniversary as well as the first 15 days of the next months. We apologize for any Cleaniversary that we skip, forget, or misprint!

Leo M.	August 1 <sup>st</sup>	7 Years	Gratefully Dedicated
Jeffrey S.	August 3 <sup>rd</sup>	11 Years	Day by Day
Kelly C.	August 3 <sup>rd</sup>	1 Years	Dope or Us
Stacy C.	August 4 <sup>th</sup>	10 Years	Stopping Point
Kristin F.	August 8 <sup>th</sup>	6 Years	WomenSpirit
Kelly C.	August 9 <sup>th</sup>	1 Year	Wednesday Night Hope
Ticonda S.	August 10 <sup>th</sup>	9 Years	Gratefully Dedicated
Greg K.	August 12 <sup>th</sup>	7 Years	Reach for Recovery
Karen M.	August 12 <sup>th</sup>	1 Year	AGAPE
Mike B.	August 15 <sup>th</sup>	2 Years	AGAPE
Anthony H.	August 15 <sup>th</sup>	6 Years	Gratefully Dedicated
Kellye J.	August 15 <sup>th</sup>	12 Years	Sweet Surrender
Denis B.	August 16 <sup>th</sup>	3 Years	Stick and Stay Basic Group
Tina G.	August 16 <sup>th</sup>	3 Years	How It Works
Chris S.	August 17 <sup>th</sup>	3 Years	Conscious Contact
Rain	August 19 <sup>th</sup>	19 Years	WomenSpirit
Susan A.	August 20 <sup>th</sup>	1 Year	Serenity on Sunday
Nicole M.	August 23 <sup>rd</sup>	1 Year	How It Works
Shawneequa B.	August 29 <sup>th</sup>	6 Years	Gratefully Dedicated
Michael R.	August 29 <sup>th</sup>	3 Years	Day by Day
Michael C.	September 2 <sup>nd</sup>	4 Years	Step Up Group

The views expressed in this newsletter are those of the authors and do not necessarily represent, and should not be attributed to, the Newsletter Subcommittee or Narcotics Anonymous as a whole.