

CARRYING THE MESSAGE

SEPTEMBER 2004

Volume 1, Issue 9

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER SUBCOMMITTEE

September Topic of the Month: Why Do I Keep Coming Back?

I feel that had I not found these meetings when I did, I would be lost in the abyss of serious addiction. This program has become my relief valve for the daily occurrence of my disease. Every time I show up at a meeting or function I feel as though I belong (for the first time in my life) to something that has changed me for the better.

I have gained so many new things and found so many more things about myself that I had covered up and thrown away from my life. All of which is attributed to the fact that I kept coming back and kept coming back CLEAN. I have a sponsor that is not only my mentor in this program but also one of my best and trusted friends in my life. We have shared so many great experiences together and he has helped me gain a newfound respect for myself. I also have gained much friendship with my sponsee brothers. Road trips, sporting events, and get-togethers just to hang out, have filled my life.

Why do I keep coming back? To keep these wonderful gifts from slipping away. For the longest time I would get friends or be involved with something good and just throw it away because I didn't feel worthy to be a part of it. This program has shown me that I am worthy and I can do whatever I put my mind to.

Why do I keep coming back? "To keep what I have, by giving it away."

-An Anonymous Member

Recovery found in Narcotics Anonymous is a journey in which the reason for coming back changes from time to time. In the beginning, the reason was total fear of not being able to stop using drugs period. It drove me into meetings and the fellowship. Just for today, my reason for showing up is a continuing process of surrender. This surrender involves:

- 1) Taking an inventory of my behavior and recognizing the harm I have caused myself and others.
- 2) Accepting this behavior so as not to repeat the harm I created.
- 3) Replacing this behavior with something positive which usually means helping or doing for others.

The experience, strength, and hope I hear in meetings validates my ongoing process of recovery.

-Love and Service,
Ken C.

Why do I keep coming back? I finally had to get honest with myself and admit that my life had become unmanageable. My life was "Out of Control". I told myself that "Enough is Enough"- I had two choices- to "Live or Die". God gave me yet "Another Chance"- that's why I keep coming back! I talked to a friend, she gave me a "Vision of Hope"- she said, "Try a "Basic Meeting", it will "Change your Image"- there's "Caring Thru Sharing"- this is a WE program- you're not alone- it's either "Dope or Us". I had to identify with other addicts, just like me- that's why I keep coming back. You see I had come to a "Stopping Point"- No longer could I "Escape From Denial"- my mind was in chaos-day and night- I had no peace- I longed for the quietness- the "Serenity on Sunday"- so in order to be "Restored to Sanity"- I had to "Reach for Recovery"- that's why I keep coming back! So "Against All Odds" I went to "The NA Meeting". There were addicts just like me "Living Clean"- "Living in the Solution"- no longer a part of the problem. Newcomers ask "Why Are We Here?" They said "E-Z Duz It" and we'll show you "How it Works". If you are "Gratefully Dedicated" you'll learn to "Lose the "Desire". Relax my friend, you are "Home Sweet Home". That's why I keep coming back! I've met "Men in Recovery". I feel the "Womenspirit". Although this is a "Spiritual Not Religious" program, this "Serenity Group" gave me a "Unity of Hope"- that's why I keep coming back! I've reached a "Point of Freedom" blessings in my life- "Recovery & Beyond" my wildest dreams- I'm feeling a "Sweet Surrender" because of "Spiritual Principles" that's why I keep coming back! So "Just for Today"- I'll "Stick and Stay" and as long as there's N.A. and I take it "Day by Day" there is "Recovery Today" that's why I keep coming back. We have learned from group experience those who attend meetings regularly stay clean- "We Do Recover". *Check Narcotics Anonymous Meeting Schedule for one near you!

-Elaine D.

What keeps me coming back is the friends I have in the fellowship. A first, it was about not using drugs anymore, but since I have been clean for some time, it's the friends in the fellowship. I don't make friends very easily even though I see people and I know who they are. I had a small support group for six years and now I have a little bit of a larger support group. I have been looking for someone to relate with other than the one-and-a-half hour that we are together. I was looking for someone to be honest with and to have something in common with. It is not easy with me. Now that I have a larger support group, I am not willing to let it go because a support group is pretty hard to come by not only in the fellowship but otherwise. There is such a thing as if you have one friend, you are very lucky. So friends are hard to come by. Now, I do have people that I have things in common with. Personally, I feel out of place if I don't have things in common with people and I tend not to stay very long. To have that feels great! So, that is what keeps me coming back.

-Respect in Service,
Audrey L.

As this journey of recovery moves on and I have been gifted with the ability to keep coming; the intense desire to use is fading and the hope of restoration to sanity seems to be a realistic possibility as it has been for many predecessors. The N.A. way, a new way to live, is becoming an attractive venture and the promise of freedom is a valid proposition!

However the elimination of "old go to" behaviors and habits have left an emptiness that longs to be fulfilled by something outside myself. What is there left to do?

This addict has discovered that getting more connected with the fellowship by extending my self-centered recovery beyond the familiar borders of the routine is helping to maintain the vigilance and keeping the process of recovery fresh and attractive.

Going to meetings that I'm not familiar with, getting to know addicts I have not met, sharing with people of diverse persuasions and availing myself to service has impacted my personal recovery. Propelling my freedom to a higher degree, expelling the fear of change just for today.

Our personal recovery really does depend on NA unity. Diversity is our strength when we embrace the love to be restored to sanity. We can not recover well alone.

-Love & Respect,
A Newcomer

Experience, Strength, and Hope on Step Nine

"We made direct amends to such people wherever possible, except when to do so would injure them or others."

Step Nine, Basic Text pg. 17

The Ninth Step requires a commitment to the word "focus" in order to receive the freedom the ninth was designed to achieve. This focus must be directed to the addict who is willing to change. There is a paradox involved in the Ninth Step which requires us to admit we were "wrong", to gain the freedom, joy, and peace within one's self. After working this step, I learned that sometimes it is better to have "peace" than to be right. The previous 8 Steps have prepared me to be willing to seek this transformation. There is no amount of material things, financial gains, or pats on the back that can compare with the freedom this step is designed to give. I thank God for all the Twelve Steps of Narcotics Anonymous.

-In Loving Service,
Ken C.



Saturday, September 11

Camp Taylor Park
Louisville, Kentucky

CELEBRATE UNITY DAY – I CAN’T, WE CAN!

LOUISVILLE AREA ACTIVITIES AND LACNA XV SUBCOMMITTEES
1:00-2:00 Eat, 2:00-3:30 Speaker, 3:30-6:00 Fellowship
\$2 a plate (hotdogs, cheeseburgers, chips), Sodas and bottled water for sale
Playground for the kids, horseshoes, cards, dominoes, volleyball, softball, 50/50 raffle
Bring a Covered Dish and/or Your Family!
Contact Blaire G. (502) 439-9829 or Annisha H. (502) 417-6553

September 17-19

Energy Lake Campground
Land Between The Lakes
Paducah, Kentucky

WESTERN KY AREA FREEDOM BETWEEN THE LAKES XVII

Friday Night: Bonfire Meeting, Saturday: Workshops All Day, Saturday Night: Main
Speaker- Liz S. from Evansville, IN followed by Auction, 50/50 Raffle, and Dance
Sunday Morning: Spiritual Speaker- Andy D. from St. Louis, MO
Registration \$20, No Addict Turned Away
Contact Frances S. (270) 362-8486 or Donnie M. (270) 366-6968

Saturday, September 18

Jacobson Park
Lexington, Kentucky

CLEAN HORIZONS GOPP END OF SUMMER FLING

Food, Fun, and Fellowship with the Kentucky Survivors Area
Horseshoes, Volleyball, Playgrounds for Kids, Canoes and Paddleboats
1:30-2:30 Fellowship, 2:30-4:30 Food, 4:30-6:00 Auction, 6:00 Speaker
Bring a Lawn Chair and a Covered Dish
Contact Scott K. (859) 983-8019 or (859) 253-HOPE

Saturday, September 25

Vissing Park
Jeffersonville, Indiana

SWEET SEPTEMBER PICNIC IN THE PARK

Put on by the Sweet Surrender Home Group
1:00 pm until whenever, Speaker Meeting at 3:00pm
Bring Your Favorite Dish, Hot Dogs Provided
Directions from Louisville: Take 65 North, Exit at IN-62/US-31 North,
Continue on 10th St./Old IN-62 for about 4.3 miles, then turn Right on Vissing Park Rd.,
Follow this road until you see the park on the Right

October 15-17

Ramada Inn Conference Center
6245 James Trimble
Paintsville, Kentucky

BARCNA 1

Bluegrass-Appalachian Regional Committee on NA Convention
Registration \$20, Saturday Night Banquet \$20, Sunday Morning Brunch \$12
Saturday Morning Golf Scramble, NA Idol Show Friday and Saturday Nights
Call 1-800-951-4242 for Hotel Rates, Reservation Code: G/ODDS
Contact Kathy H. (859) 276-2455 or Cheryl M. (859) 223-4820

Answers to August’s Crossword Puzzle



AREA NEWS

Deja View has moved to
Our Lady of Consolation,
10801 Deering Rd.
Saturday Mornings at 10am

Serenity on Sunday has moved to CCDC at
2203 Dixie Hwy in the back.
Sundays at 1:30pm

KRCNA 19 Hotel & Hospitality Committee
will meet the 3rd Sunday of the month
at 4:00 pm starting September 19th
1612 Story Ave.
(Where The N.A. Meeting meets)
for info call Dick S. (502) 931-8903

NOW ACCEPTING SUBMISSIONS FOR OCTOBER

CARRYING THE MESSAGE

LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

CONTACT US:

SUBCOMMITTEE MEETINGS

WE NEED YOUR HELP!!
1st and 3rd Mondays 6pm
West End Baptist Church
4th St. and Magnolia Ave.

EMAIL

newsletter@nalouisville.org

IN PERSON/BY PHONE

Art E.	502-544-4592
David M.	502-439-7624
Imani B.	
Jack B.	502-231-6468
Kristin F.	502-592-6939
Mike C.	502-772-3336
Tim W.	812-948-8079

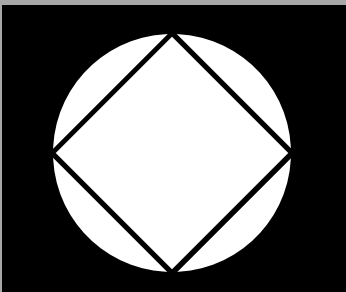
We're on the Web!

See us at:

www.nalouisville.org

Email Subscription

Send email address to:
carryingthemessage@
louisvilleareana.org



TOPIC OF THE MONTH:

What is the Solution to Self-Centeredness?

EXPERIENCE, STRENGTH, AND HOPE

On Step Ten and/or Tradition Ten

ANY QUESTIONS, COMMENTS, OR CONCERNS ABOUT RECOVERY

PERSONAL STORIES, ARTWORK, OR IDEAS
YOU WOULD LIKE TO SHARE!

SUGGESTIONS FOR OUR NEWSLETTER

Submissions should be approx. 100 words and should be sent in by **Sept. 24** Exceptions can be made, just contact us! You can email submission to newsletter@nalouisville.org or call and we will make arrangements to pick it up!

Anniversaries

Sue J.	September 1	11 years	Another Chance Group
Michael W.	September 2	1 year	Day by Day
Mike C.	September 4	2 years	Step Up Group
Randy C.	September 5	1 year	Take It EZ
Bill R.	September 7	23 years	Sweet Surrender
Frank K.	September 9	2 years	Day by Day
Rhonda F.	September 9	4 years	Enough is Enough
Juston H.	September 11	1 year	Step Up Group
John L.	September 12	5 years	The NA Meeting
Donnie B.	September 13	2 years	Against All Odds
Brenda W.	September 15	4 years	Escape From Denial
Patricia P.	September 17	10 years	Out of Control
Yolonda S.	September 18	8 years	Saturday Nite Live
Lamar	September 20	2 years	Against All Odds
Maxine C.	September 22	16 years	Escape From Denial
Nancy B.	September 24	15 years	Highland Peace
Kim R.	September 28	14 years	Take It EZ
Scott S.	October 5	13 years	Sweet Surrender

The Ties that Bind...

We wish to express much gratitude to the grateful recovering addicts that stepped up to help our homegroup carry the message, sharing their finances and recovery, supplying some Basic Texts we needed for our text study meeting on Wednesday nights. We will be able to broaden our message to addicts still suffering.

We asked and help became available and we recognize all the more the principle of keeping what we have been given by giving it away!

HOPE lives by spiritual principles applied! Thank You! Thank You!

-The Step Up Group
meeting at the Men's Healing Place

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.