



CARRYING THE MESSAGE

September 2006

Volume 3, Issue 9

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

—Open Service Positions—

LASCNA: RCMA, Secretary, Vice Chair, Activities Chair.

Newsletter Subcommittee: Secretary, Vice Chair.

New meeting: Bardstown, KY.
New Beginnings: Tue. at 8pm.
Windsor Gardens, 101 Isaac Greer Ct. Closed meeting the first Tue. of every month is a speaker meeting. We need speakers. If interested please call Scott S. at 502-460-6545

We Too Recover: New Location
519 E. Grey St. at the Green St. Baptist Church. Starting Sept 5th at 7:00pm.

***ITS OK TO BE ME: New Location** New GLBT focused meeting. Providing an atmosphere of recovery for individuals who identify as gay, lesbian, bisexual, or transgender.

Sat. @ 7:30PM at Central Presbyterian Church

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

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.

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.

Responsibility to Change

Rotation & Continuity

"Rotation is the practice many groups have of electing new people to service positions at set intervals rather than having the same person serve in the same position year after year. Rotation offers very definite benefits for the groups who practice it. By providing diversity in leadership, it helps a group stay fresh and energetic. It provides assurance that no one individual exercises so much influence that the group becomes an extension of his or her personality. The practice of rotation also reinforces the NA emphasis on service rather than on the servant, consistent with our belief in the value of spiritual anonymity—what's important is the job being done, not the particular person doing it.

Some groups allow their members to serve more than one term in any given position so that the group can take advantage of its trusted servants' experience. Once group officers have completed their terms, rotation allows them to step aside for time or accept responsibilities elsewhere in the NA service structure, giving other members the chance to serve the group.

The impact of rotation on the stability of the group is balanced by the continuing presence of its long-term group members. Those who have served in the past as group officers and continue to maintain an active role in the life of the group can provide much-needed continuity and maturity of perspective to a growing group's discussions. They can serve as the group's memory, ensuring that the group never has to "reinvent the wheel". They can also lend a hand to new officers and temporarily pitch in to relieve overloaded trusted servants."

Pg 37 'A Guide To Local Services' in NA

Southern Zonal Forum

On Saturday, July 29th in Jeffersonville, IN, the Southern Zonal Forum met. It was represented by around thirty regional delegates and several members from our local area. The day was filled by a round table discussion on several topics from the 4th Concept- Principles of Selection of Trusted Servants to Cultivating Leadership qualities. The facilitated discussion helped explore new ways to find trusted servants and find their area niche in the service structure. Also discussed was how in areas and regions we can "Raise the Bar" to have a better equipped trusted servant. On the cutting edge of making change came the ideas of: Eliminating coffee from meetings and sending that money to World Service.

Overlapping terms of service was also discussed as a means to keep continuity in positions and increase personal confidence.

The Southern Zonal Forum is a means to express ideas, discuss new concepts, and bring our fellowship together to best serve each other. A fun time was had by all.

Jack B.

The Fifth Tradition states that "Each group has but one primary purpose- to carry the message to the addict who still suffers." This tradition helps to remind us that all of our actions as a group and as an individual convey a message, we need to remember to make it a message of recovery. We are each responsible to help the groups keep our primary purpose in focus. This tradition is what helps keep this fellowship alive. When I heard that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live, that gave me the hope to keep coming back. With guidance from a loving Higher Power and a clear focus on this purpose, NA groups become a channel for the healing power of recovery. NA exists to help addicts find freedom from active addiction. But each time our focus is diverted from our primary purpose, the addict seeking recovery loses out. We should try to establish a reputation for carrying the message--nothing more, nothing less. As groups, we work together to ensure not only our personal recovery, but the recovery of every NA member. This concentrated focus protects the integrity of our fellowship. If our group purpose were anything other than to carry the message, many would die and few would find recovery. There are many distracting influences that can divert us from our primary purpose. Our groups may be tempted to discuss their business or finances, controversy, or use the group as a personal therapy session (giving advice rather than experience). If we don't define our primary purpose, our selfish and self-centered natures will come out and addicts will die. It is not only the group's responsibility to carry the message, but every individual's responsibility.

Kim W.

The city of Bardstown is part of the Louisville area and is in need of your support. The most clean time in the city is 2 years. Please support the 3 meetings and share your experience, strength, and hope. There is a meeting on Saturday and Monday. These 2 meetings are listed on the schedule. The other meeting is on Tuesdays at 8pm at Windsor Gardens. Thank you for your support. If you need help finding the meetings please call Scott S. at 502-460-6545.

Carrying The Message

Based on the Interview of Audrey W. By Kevin P. The 9th Step

Kevin: How many times have you formally written on a ninth step?

Audrey: Probably four or five times.

Kevin: Are you still making amends from your first list?

Audrey: No. If I am then I'm not in recovery. I'm just being abstinent.

Kevin: Are your amends today more direct or indirect?

Audrey: You know, I don't have many direct amends today. I made most of them the first time around. They're the ones to my mother and my kids, and the financial ones. At first they were all direct but I haven't created the same harm. Again that's not recovery.

Kevin: Have you had to make amends to someone who is deceased? If so, how?

Audrey: Yes, to my brother. When he died I didn't even know I had a disease. To make those amends I prayed. I also make sure I am a good aunt to his children.

Kevin: Do you have any amends that are still too difficult to make?

Audrey: No my difficult amends were made the first time around. They were the ones to my family, the people I hurt the most.

Kevin: Have you had to repeat an amends to a person since you've been clean?

Audrey: I have to work hardest with my husband to show him the care and compassion that I show other addicts in the rooms.

Kevin: What do you have for the newcomer?

Audrey: The same thing that I got when I got here. Keep coming to meetings and don't pick up. Just the basics. I had a friend that died with 18 years clean, he had told me, "just keep coming back, and everything will work out." And it has. He didn't beat me up with the literature. It became important to me back then to be clean every time I saw him. And I was.

Kevin: Thank you for being of service.

Hello God, I called tonight
To talk a little while
I need a friend who'll listen
To my anxiety and trial.

You see, I can't quite make it
Through a day just on my own...
I need your love to guide me,
So I'll never feel alone.
I want to ask you please to keep,
My family safe and sound.
Come and fill their lives with confidence
For whatever fate they're bound.

Give me faith, dear God, to face
Each hour throughout the day,
And not to worry over things
I can't change in any way.

I thank you God, for being home
And listening to my call,
For giving me such good advice
When I stumble and fall..

Your number, God, is the only one
That answers every time.
I never get a busy signal,
Never had to pay a dime.

So thank you, God, for listening
To my troubles and my sorrow.
Good night, God, I love You, too,
And I'll call again tomorrow!

'Quotes' of the Month

Money can buy you a watch, but can't buy you time.

Money can buy you food, but can't buy you an appetite.

Money can buy you friends, but can't buy you love.

Money can buy you Pizza, but it can't buy you Recovery!!

Jill P. & a patient at Ten Broeck
Stick-N-Stay

Ninth Step Prayer

Higher Power,

I pray for the right attitude to make my amends, being ever mindful not to harm others in the process.

I ask for your guidance in making indirect amends.

Most important, I will continue to make amends by staying abstinent, helping others and growing in spiritual progress.

'Ninth Step'

"as a result of working the ninth step, we are free to live in the present, able to enjoy each moment and experience gratitude for the gift of recovery. Memories of the past no longer hold us back, and new possibilities appear. We are free to go in directions we never considered before. We are free to dream and to pursue the fulfillment of our dreams. Our lives stretch out before us like a limitless horizon."

It Works How and Why
Pg.95

This step should not be avoided. If we do, we are reserving a place in our Program for relapse. Pride, fear and procrastination often seem an impossible barrier; they stand in the way of progress and growth. The important thing is to take action and be ready to accept the reactions of those persons we have harmed. We make amends to the best of our ability.

Timing is an essential part of this step. We should make amends when the first opportunity presents itself, except when to do so will cause more harm. Sometimes we cannot actually make the amends; it is neither possible nor practical. In some cases, amends may be beyond our means. We have found that willingness can serve in the place of action where we are unable to contact the person we have harmed. However, we should never fail to contact anyone because of embarrassment, fear or procrastination

Basic Text.

NA Conventions and Functions

Sept. 15th-17th, 2006

Energy Lakes Campground
Land between the Lakes, KY

October 6th-8th, 2006

Days Inn
1875 New Haven Rd.
Bardstown, KY 40004

January 5- 7th, 2007

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

January 19th-21st, 2007

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

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 1st is the deadline for topic suggestions. July 31st is the deadline for speaker tapes. Registration Flyers also available from "Carrying the Message", email a request to newsletter@NALouisville.org

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 31st, \$20.00 until November 30th, \$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

Special LACNA XVII Request

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 merchandise to help raise money for LACNA XVII. Please Contact Cordelia B. 291-4942

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:

Functions and fundraisers: Next Meeting is July 8 th at the 4 th & Hill Coffee House at 4pm and every 2 nd & last Sat./month afterwards, Contact: Crystal C @ 836-1153	Hotels & Hospitality: Next Meeting is July 2 nd at the coffee house on 18 th & Muhammad Ali Blvd at 2p.m. and every 1 st & 3 rd Sat. of each month afterwards. Contact: Meme (chair)@ 931-3901 or Vickie C.(V-Chair)@ 533-4952	Registration: Next Meeting is Sept. 11 th at the "Expressions of You" Coffeeshouse & Gallery located at 1800 W. Muhammad Ali Blvd. Every other Monday afterward, at 5:00pm. Contact LaTonia B. (810-1630 for the time.	Arts & Graphics: Next Meeting is July 3 rd at the coffee house on 18 th & Muhammad Ali Blvd at 6:00p.m. and every 1 st & 3 rd Monday of each month. Contact: Cordelia B.(291-4942)
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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!!
 1st and 3rd Saturdays 2pm
 Token III Club (Backroom)
 4014 Dutchmans Lane

EMAIL

newsletter@NALouisville.org

ASC MEETING

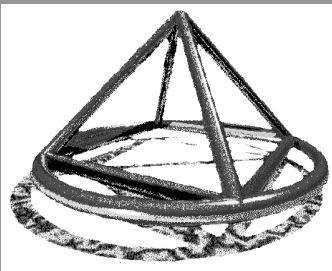
The First Sunday of Every Month
 At 3pm
 1722 Bardstown Road

We're on the Web!

See us at www.nalouisville.org

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

THIS IS YOUR NEWSLETTER! YOUR SUBMISSIONS MAKE IT HAPPEN!

◆ OCTOBER'S TOPICS OF THE MONTH ◆

Living the Program

◆ 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 **September 22nd**.
 You can email submissions to 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.

Walkin & Talkin Recovery: Sun. 7:30p.m.
 4909 Indian Trail

Come out and help, spread the message of NA.

THE STICKMANS B

STICKMANS

I SAW YOU GO
 THRU ALL THE CUSTOMS

BUT I THINK THERE
 IS A DIFFERENCE BETWEEN,

RESPONSIBILITY TO
 CHANGE AND RESPONSIBILITY
 TO GET THE CHANGE.

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!

Sue J.	September 1 st	13 Years	Another Chance Group
Angela C.	September 2 nd	1 Year	Another Chance Group
Michael C.	September 2 nd	4 Years	Step Up Group
Eudora D.	September 5 th	11 Years	Gratefully Dedicated
Sam A.	September 9 th	1 Year	It's Ok to Be Me.
John L.	September 10 th	7 Years	The NA Meeting
Rhonda P.	September 10 th	6 Years	Walkin & Talkin Recovery
Aaron K.	September 15 th	20 Years	The Stopping Point
Andy P.	September 16 th	1 Year	AGAPE
Patricia P.	September 16 th	12 Years	Just Us
Yolanda S.	September 16 th	10 Years	Saturday Nite Live
Erich I.	September 17 th	2 Years	The NA Meeting
Linda I.	September 17 th	2 Years	The NA Meeting
Dave D.	September 21 st	1 Year	AGAPE
Tiffany M.	September 21 st	2 Years	Conscious Contact
Tony C.	September 22 nd	8 Years	The Stopping Point
Nancy B.	September 24 th	17 Years	The NA Meeting
Anthony C. -Poochie	September 25 th	3 Years	Dope or Us
Elaine T.	September 27 th	3 Years	Another Chance Group
Hershal P.	September 29 th	1 Year	The Stopping Point
Jimmy T.	October 2 nd	1 Year	Why Are We Here
Kathy S.	October 10 th	3 Years	Serenity 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.