



# CARRYING THE MESSAGE

January 2006

Volume 3, Issue 1

LOUISVILLE AREA  
NARCOTICS ANONYMOUS NEWSLETTER

## AREA NEWS

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

**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.

**ATTN: All Ladies:** Need speakers to share Experience, Strength, and Hope with the women incarcerated at PeeWee Valley, KY. Clean time Requirement: 6 mos. Meets 6:30pm-7:30pm Thursdays. Thank you. Contact Ms. Alice T. 502-494-7722

**Help Needed:** There are four women wanting to start a women's step group. We have a place at Baptist Hospital East on Monday's. We need someone whom has worked the steps and can help us in working ours. Please call: CHRIS S. AT 638-6987. IF NO ANSWER LEAVE A MESSAGE

## **"Powerlessness" & "Reservations"**

### **Diversity: IT WORKS**

The reality of surrender to this NA program is ever increasingly revealed as I continue along this journey of recovery just for today one day at a time.

Through working the steps, attending meetings regularly, sharing with other recovering addicts and doing service work is helping me to surrender to group consciousness for the common welfare of NA rather than cater to self will. I must always remember that my personal recovery depends on NA unity.

When you said you were not interested in what or how much I used or whom my connections were, what I had done in the past, how much or how little I had and that any one could join NA regardless of age, race, sexual identity, creed, religion or lack of such, it gave me the impression that I was accepted no matter what and this was a safe place to learn a new way to live.

We come from diverse backgrounds and persuasions and through the principles and traditions of NA. We are together learning how to be acceptable, responsible productive members of society, living a new way in unity because of a common problem and a common solution. We are being given the ability to "Carry the Message" to an addicted world that any addict seeking recovery of life can loose the desire to use and find a new way to live and experience a higher point of freedom.

The proof of NA is the way we care, share, and love one another No matter what, No matter who, No matter when or where. Diversity in NA is strength to live happy joyous and Free.

Much Gratitude  
Anonymous

### **Addict Named Bill R.**

One of the things I continue to learn about is Letting Go Out of desperation. I came into recovery full of fear; I could not make it another day. I met people like me who I could identify with. What I found was people who cared about "Carrying the Message". People who were willing to do "whatever" to stay clean and be of service to the fellowship.

Yes, there were times that "time" was taken away from jobs and families; finances took a toll due to expenses incurred due to travel time to conventions, conferences, fundraisers and functions that served our fellowship. The expectation of participation in service ran extremely high. "Service is a must". We as a

fellowship cannot thrive much less survive without participation of the "We".

Being a part of service has been rewarding. It continues to teach/show me how to participate with people, to share ideas, viewpoints and opinions. I'm not in control of the outcomes when it comes to being of service. Other people are just as important as I am. Each of us has a part to play and a voice to be heard. Yet no one individual is "God".

Service has helped me walk thru the fears of crowd-pleasing and approval seeking. Service teaches me to co operate, thru diversity of input, all voices can be heard and listened to. Unity does not mean we become A-kissers or Yes-men or belong to a certain social class, culture or "clique", "We" is inclusive; not limited.

So, I ask for "help" in our service structure, from the home group to our Area Sub Committees, Area Chair, Vice Chair, Secretary, and Treasurer. Be willing to "give back". Be a warm body participant at Area Activity functions, help out at Area Convention Committees. Just be willing to do something to insure that the message will remain clear, and the next newcomer will have someplace to hear the NA Message.

In Loving Service  
Bill R.

### **NAIL IN THE FENCE**

Make sure you read all the way down to the last sentence. (Most importantly the last sentence.) There once was a little boy who had a bad temper. His Father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence. Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. " A verbal wound is as bad as a physical one.

Please forgive me if I have ever left a hole.

# Carrying The Message

## Letter

Louisville Area of Narcotics Anonymous,

My name is Arnold S. and I am an inmate at the Kentucky State Reformatory. I was elected as the Chairman of NA here because we have been having our own NA meetings, but they are not going the way I think NA meetings should go. Basically the meetings have no meaning and I am sure that this group is sending the wrong message about NA. I got your address from World Service and now I am asking for help to get this meeting on track or to see if you can start bringing a meeting into this facility. I really don't know what to do or how to do it but I know that you could help us get on the right track. We really need some help. Thank you for your time.

Sincerely,  
Arnold S

## Response

November 16, 2005

Arnold S.

Kentucky State Reformatory

3001 W. Highway 146

LaGrange, KY 40032

Dear Mr. S,

The Louisville Area of Narcotics Anonymous H&I Subcommittee was very pleased to receive your letter. We would like very much to be able to be of service to you and to carry the message of NA in to your facility. Unfortunately we are unable to be of any assistance to you at this time due to a lack of support from the recovering addicts in this area. We currently have a waiting list of institutions and facilities that have been asking for H&I meetings, but not nearly enough committed people to meet the demand. Indeed it is a very sad and unfortunate situation that we find ourselves in, but as this is a volunteer service, we cannot force anyone to be willing to give their time and share their recovery with others. We will however place you and KSR on our waiting list and we will continue to pray that others will come into the willingness and join us in H&I in carrying the message to those of you unable to get to our regular meetings. By all means don't give up and whatever you do: **JUST DON'T USE- NO MATTER WHAT.**

In loving Service,  
Louisville Area of Narcotics Anonymous H&I Subcommittee

*From the Newsletter:* If there is anyone here in the area that is looking for a new service position or looking to start. Please consider and remember H&I. Our primary purpose is to carry the message to the addict that still suffers. Just imagine not being able to get to a meeting-EVER. Give back what has so freely been given to you.

### 'Don't Quote Me Boy'

"Don't be better than your contemporaries, or your predecessors. Be better than yourself."—Unknown

"Humility is not thinking less of yourself, but thinking of yourself less"--Unknown

"I came, I came to, I came to believe"—Unknown

"The instruction manual on life. Would take more than a life to read"—Nathaniel R.

"It is a great comfort to know that God has his hands on the steering wheel of the Universe." —Unknown

"Knowing that I am not the one in control gives great encouragement. Knowing the one who is in control is everything."—Alexander Michael

## SWEET BEAN LOVE

One Day at a time

Will it All Be fine?

I Wanna Have my Way

Make Everything mine

All into myself What

Else is Left – All About Self

Personal Theft

What's Left to Do when it's

All About you?

Can you see the Affects  
of my Character Defects

I'm locked Up, But there's NO BARS

During My lifetime I've CAUSED

A lot of SCARS. I Hurt So Much

for an intimate touch, Don't

think I can make it, I WANT

A Crutch.

All this Unmanageability

Makes Me feel SO Mean

Believe it or NOT I got five

YEARS CLEAN.

HAD to talk to my Sponsor

Told Him How I feel, He told

ME What I Needed to hear

And Kept it all REAL; My

tears Poured Out like Rain

I Began to feel Less INSANE

He is my Sponsor, My friend

And like a devoted SON HE

Listens intently As I Complain,

Guides Me in my Step Work

To free me up from pain

To some it might seem

odd, but I KNOW He Was

Sent By GOD.

He tells me Recovery is a

process and to give myself

a break he guides me with

protection knowing its hard

for me to take direction

I care about my Sisters and

Brothers in NA, I'm Messed

Up in the Head Today, AND

I Ain't Puttin ON NO Mask

This Process of Recovery

Is not an easy task!

Just for Today I'll Keep

Coming back, Because NO

Matter What.

I'm Not Where I'd like to be

But I Sure AIN'T Where I

WAS At.

Keep On Loving Me

DEE S.

## January 13<sup>th</sup>-15<sup>th</sup>, 2006

Richmond Marriott  
500 East Broad Street  
Richmond, VA 23219  
804-643-3400

## January 20<sup>th</sup>-22<sup>nd</sup>, 2006

EXECUTIVE WEST HOTEL  
830 Phillips Lane  
Louisville, KY 40209-1387

## 24<sup>th</sup> AVCNA: Annual Virginia Convention of Narcotics Anonymous

Rooms: \$85/night, mention 24<sup>th</sup> AVCNA and get group rates until Dec. 23<sup>rd</sup>. Registration \$30. Speakers, Workshops, Fun, Dances, and Recovery

## LACNA 16

16<sup>th</sup> Annual Louisville Area Convention of Narcotics Anonymous-Room rate is \$72.00 + tax- Early Bird \$15 until July 31<sup>st</sup>, Pre-Registration \$ 20 until Oct. 31<sup>st</sup>, Registration \$25 Checks made out to LACNA 16, Mail to LACNA 16 P.O.BOX 2946 Louisville, KY 40201-2946 Contacts: Registration Chairperson-Ticonda S. at (502) 774-8959 (h) or (502) 751-8485 (c) Check out <http://nalouisville.org/> for additional information

**LACNA 16 Functions and Fundraisers Subcommittee** will meet every 1<sup>st</sup> and 3<sup>rd</sup> Saturday of the month at 4pm at the Old Louisville Coffee House on 4th and Hill St. For more info contact: Crystal C. (502) 836-1153

**LACNA 16 Serenity Team Subcommittee** meets 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of each month at 2:30pm at Expression of You Coffee House 1800 Muhammad Ali Blvd. Contact Vickie C. (502) 561-9356 (home) (502) 533-4952 (cell)

**LACNA 16 Subcommittee** meets every last Saturday of each month at 800 East Liberty where Reach For Recovery meets @ 4pm

**LACNA 16 Programming Subcommittee** is currently accepting Tapes and CDs for Main Speakers and Workshop Speakers. Clean time requirements: Main Speaker – 5 years, Workshop Speaker – 3 years. Contact info : Maurice F. (502) 639-5242, Steve S. (502) 664-0457

## February 9<sup>th</sup> – 11<sup>th</sup> 2006

Study &  
Retreat Center, Shehansahi,  
Rajpur, Old Musoorie Road,  
Uttranchal

**DACNA VI “Utsav (The Celebration)”** : Delhi Area in the Indian Region is hosting its seventh convention. Registration> 1st Tier : INR 900 (Dormitory Accomodation)> 2nd Tier: INR 1200 (Shared Rooms). Nearest Airport Jolly Grant Airport, Dehradun, 35 kms away. Nearest Railway Station; Dehradun Station, 14 kms away. Nearest Town Dehradun, 18 kms away/ State: Uttranchal. Come celebrate the spirit of recovery with us at Utsav, The Celebration!

## February 23<sup>rd</sup>-26<sup>th</sup>, 2006

James H. Rainwater Conference  
Center  
One Meeting Place  
Valdosta, GA 31601  
Direct Phone 1-229-245-0513

## GRCNA 25: Journey of a Lifetime

Room rates: Guesthouse Inn—1-229-559-5660 \$40. plus tax; Ramada Inn—1-229-242-1225 \$65 plus tax; Hampton Inn & suites—1-229-241-1234 \$99. plus tax. Information Call; Chair: John H. 404-452-1731, Host Area Chair: Johnnie H. 229-245-1119 Program: Jeremy L. 404-542-8509. Pre-Registration (before 12-31-05)=\$20

## March 10<sup>th</sup>-12<sup>th</sup>, 2006

Radisson Hotel at Star Plaza  
Merrillville, IN

## ISNAC XIII: Dawn of a New Reality

Hotel:(219) 769-6311. Pre-Registration before Feb. 1<sup>st</sup> = \$65.00. Ask at your Home group for a registration form!

## April 14<sup>th</sup>-16<sup>th</sup>, 2006

Executive Inn Riverfront Hotel  
Paducah, KY

## KRCNA XX

1-800-866-3636 Mention Kentuckiana Region. Room rates: Single and Double (1-4) \$59.00. Suites (1-4) \$125.00. Send registrations, speaker tapes and/or theme and logo suggestions to KRCNA XX P.O. Box 467 Princeton, Ky. 42445. Pre-Pre-Registration @ KRCNAXX Fundraiser =\$15; Pre-Registration before March 15<sup>th</sup> =\$20; Conference Registration =\$25

# CARRYING THE MESSAGE

## LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

### CONTACT US:

#### IN PERSON/BY PHONE

David M. 502-271-7825  
Jack B. 502-231-6468  
Mike C. 502-772-3336  
Nathaniel R. 502-296-4974  
Kevin P. 502-296-4573  
Cheryl R. 502-744-8296  
Crystal H. 502-548-0061  
Frazier M. 502-797-3036

#### 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

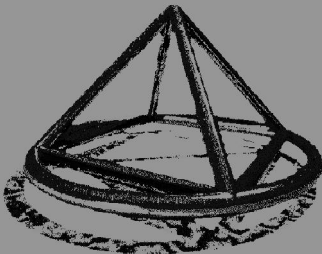
newsletter@louisvilleNA.org

#### ASC MEETING

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

#### We're on the Web!

See us at:  
www.nalouisville.org



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

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

## ◆ FEBRUARY'S TOPICS OF THE MONTH ◆

Honesty, Open-mindedness, Willingness

◆ 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 **January 24<sup>th</sup>**.  
Exceptions can be made, just contact us.

You can email submissions to [newsletter@louisvilleNA.org](mailto:newsletter@louisvilleNA.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.

Serenity On Sunday: Sun., 1:30pm  
A Vision on Main St.: Sun. 4:00pm  
Miracle on 22<sup>nd</sup> St: Sun 7:00pm  
Restored to Sanity: Mon. 12:00pm  
Freedom Spirit: Tues., 6:30pm  
A Vision of Hope: Wed. 12:00pm  
Unity Of Hope: Wed., 7:00pm  
Just For Today: Fri. 12:00pm  
X It Group: Sat., 7:30pm

**Come out and help, spread the message of NA.**

#### THE STICKMANS



Now LOOK,  
THE BOTH OF YOU!

NICE TRY, YOU'RE  
NOT POWERLESS OVER  
YOUR HOMEWORK ....



OR LEAVING THE LID UP!

## 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!

Sharon P.	January 1 <sup>st</sup>	2 Years	Out of Control
Scheron B.	January 2 <sup>nd</sup>	2 Years	Against All Odds
Shalonda J.	January 4 <sup>th</sup>		A Vision of Hope
Lavonne B.	January 7 <sup>th</sup>	5 Years	A Light in The Dark
Stephanie A.	January 7 <sup>th</sup>	17 Years	Just Us
Kat A.	January 10 <sup>th</sup>	4 Years	Sweet Surrender
Alice T.	January 13 <sup>th</sup>	7 Years	The Stopping Point
Kirk J.	January 14 <sup>th</sup>	2 Years	Out of Control
Tom D.	January 14 <sup>th</sup>	1 Year	A Light in The Dark
Mike B.	January 22 <sup>nd</sup>	14 Years	Walking and Talking
Jeff S.	January 24 <sup>th</sup>	10 Years	Out of Control
Kevin S.	January 27 <sup>th</sup>	10 Years	Just For Today
Mavis H.	January 28 <sup>th</sup>	2 Years	Reach for Recovery
Rick G.	January 28 <sup>th</sup>	2 Years	Saturday Night Live
Greg K.	January 31 <sup>st</sup>	14 Years	Sweet Surrender
Audrey W.	February 4 <sup>th</sup>	18 Years	Just Us
Ed G.	February 4 <sup>th</sup>	11 Years	Reach for Recovery
Theresa W.	February 11 <sup>th</sup>	6 Years	Just Us
Larry B.	February 15 <sup>th</sup>	13 Years	Saturday Night Live

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.