

CARRYING THE MESSAGE

OCTOBER 2004

Volume 1, Issue 10

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER SUBCOMMITTEE

Topic of the Month: What is the Solution to Self-Centeredness?

God.

-David V.

Humility: The Antidote

When this addict kept coming back, and committed to listen and learn what worked and what did not work for recovering addicts, I heard it said that self-centeredness is the very core of our "dis-ease." Now, that got my attention, because I could identify self-centeredness as the exact nature of most of my problems in all my affairs.

You told me that the solution was working the 12 Steps and applying the spiritual principles before my personality in everyday living. So I became honest, open-minded, and willing to try the steps; that enables me to come to accept the truth- that I was powerless over addiction and many other things controlling my life. My world was unmanageable with and without drugs. As more was revealed I did really come to believe that a positive power greater than self-centeredness could and would restore me to sanity.

When those principles found acceptance in my mind it was a sensible move to turn my will and life over to the care of that power; so I made that decision just day by day to the best of my present ability.

Now I am coming to comprehend that humility is the way to counteract self-centeredness. I can try not to insist on my self-willed thinking even when I think I'm correct and agree to do the right thing because it is the right, principled application.

Humility for me is self-will in submission to the direction of my higher power's will. This is enabling strength under control, which produces self-acceptance and a more accurate perception of life Just for Today!!

Given the loving care of my Higher Power and a principle-driven sponsor, my self-centeredness seems arrested and I am enabled to move on in recovery!

Just for Today, I will to be humble!

- A Newcomer

AREA NEWS

Another Chance Group now meets on Tuesdays (NOT Wednesdays) 7th & MainSt. in Shelbyville, KY at 7:30 pm

Deja View has moved to Our Lady of Consolation, 10801 Deering Rd. (Near I-265 and Dixie Hwy.) Saturdays at 10am

A new NA meeting will be held where **Deja View** met: VA Medical Center 800 Zorn Ave. Rm/ B-711 Saturdays at 10am

Serenity on Sunday has moved to Canaan Baptist Church, 2203 Dixie Hwy. in the back. Sundays at 1:30pm

LACNA 15 Hotel & Hospitality Committee Is asking for donations from Home Groups or Individuals for nonperishable items to support our Hospitality Room at the LACNA XV Convention. If interested, please contact: Chairperson Douglas J. (502) 938-9250 Vice-Chairperson Rhonda F. (502) 599-7311 Secretary Mechele T. (502) 969-2299 Subcommittee MeMe D. (502) 821-4022

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

Become a convention Main Speaker for **KRCNA 19**. The Programming Subcommittee will be selecting the Friday Night speaker from the Kentuckiana Region. We will be accepting tapes until November 30, 2004. The minimum clean time requirement is 5 yrs. Please forward submissions to the KRCNA Programming Chairperson: Debi B. (502) 290-1164

Email Subscription

Send email address to: carryingthemessage@louisvilleareana.org

Creative Writing

Missing Them

I have gained knowledge
That I wanted to share.
I tried calling old friends
And found no one there.

I thought they had moved
Or numbers had changed,
But the longer I searched
The more I found rearranged.

So I tried old connections
And needless to say,
They could care less
About my new found way.

Last I tried families,
Near the end of my rope,
For if they had known nothing
I'd given up hope.

I simply wanted to share
How well I feel today.
For I had just found
A much brighter way.

But the stories they related
Left me stone cold.
I just couldn't grasp it,
For none of us were old.

My friends had all passed on
One by one, each set free.
We had all found the answer
Although each differently.

So, if you love one who is hurting,
As most of us do,
Try sharing this message
Before you're missing them too.

-anonymous

The User's Life

It's like a mirage ... it's just an illusion
It's mayhem ... it's chaos ... it's mass confusion
It's hard dope ... it ain't no joke
You'll spend your time ... your cash ... and end up broke
From the blunts ... and the balls ... and the alcohol
They'll run out ... desert you ... and then you'll fall
The user's life ... a sad fact
A fabrication designed ... to hold you back
There's theft ... violence ... and prostitution
Police raids ... and institutions
From drug sales ... to private hells
To wasting away ... in overcrowded cells
It's destruction ... it's devastation
It's hopelessness ... and desolation
It's wasted means and education
It's loss of drive and motivation
Never a winner ... always a loser
It's the life you live ...
When you are a USER!

- J.C. B.

Experience, Strength, and Hope on Step Ten and Tradition Ten

"We continued to take personal
inventory and when we were wrong
promptly admitted it."
Step Ten, Basic Text pg. 17

There were no other submissions on Step 10 and/or
Tradition 10 this month.



October 23 & 24

Ramada Inn
700 W. Riverside Dr.
Jeffersonville, Indiana

SOUTHERN ZONAL FORUM

Topics: Leadership Development and 12 Concepts
Hotel is \$59/night plus tax (mention SZF) Call Ramada Inn (812) 284-6711
Contact Mike P. (502) 361-4736hm (502) 645-7845 cell or
Ron S. (812) 985-7490 home (812) 480-4385 cell or SZFNA.org

Saturday, October 9

1351 Catalpa St.
Louisville, Kentucky

LOSE THE DESIRE HOMEGROUP 11 YEAR ANNIVERSARY

Our Primary Purpose: Carrying The Message to the Still Suffering Addict
Starts at noon, Speakers All Day, Free Food, Fellowship, Dance
Contact Cathy A. (502) 386-8697, Nelle E. (502) 819-3710, or Kenny B. (502) 608-7939

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

Saturday, October 30

Bardstown Rd. Presbyterian
1722 Bardstown Rd.
Louisville, Kentucky

MONSTER BASH

Chili, Salad, & Dessert 5-6pm; Speaker Meeting 6-7pm; Auction, 50/50 Raffle, Costume Contest 7-8pm Best Costume Wins KRCNA 2005 Registration pkg; NA Jail 8-11PM put on by Louisville Area NA Activities Subcommittee
5:00-11:00pm, \$3 per person, \$5 per couple
Contact Blaire G. (502) 439-9829

Sat., November 27

The Kwanzaa Center
223 East Magnolia (at Floyd)
Louisville, Kentucky

WHY ARE WE HERE HOMEGROUP 4 YEAR ANNIVERSARY

Speaker, Food, 50/50 Raffle, Dance
7:00pm-12:00am

January 14-16, 2005

Executive Inn
978 Phillips Lane
Louisville, Kentucky

LOUISVILLE AREA CONVENTION OF NA (LACNA) XV

Unity Is A Must! I Can't, We Can!
Pre-Registration (before 11/13/04) \$20, Registration after 11/13/04 \$25
Hotel is \$75/night + tax (mention LACNA 15 special) Call toll free 1-800-626-2706
Contact Registration Chair Bobby E. (502) 375-1864, or Registration Vice-Chair Ticonda S. (502) 774-8959 or email lacna@nalouisville.org for more information

February 24-26, 2005

Goa India

BOMBAY AREA CONVENTION OF NA (BACNA) XII

www.nabombay.org or email bacna@nabombay.org
P.O. Box No. 1953, G.P.O. Mumbai, Maharashtra, India. 400 001.

March 25-27, 2005

Executive West Hotel
830 Phillips Lane
Louisville, Kentucky

KENTUCKIANA REGIONAL CONVENTION OF NA (KRCNA) XIX

Come join our Celebration of Recovery!
Pre-Registration (before 2/28/05) \$20, Registration after 2/28/05 \$25, Sunday Brunch \$12
Hotel is \$65/night + tax (mention KRCNA) Call (502) 367-2251 toll free 1-800-633-8723
Contact Registration: Katy D. (502) 807-1862, Programming: Debi B. (502) 290-1164 or Hotels & Hospitality: Dick S. (502) 931-8903 for more information

CARRYING THE MESSAGE

LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

CONTACT US:

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

SUBCOMMITTEE MEETINGS

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

EMAIL

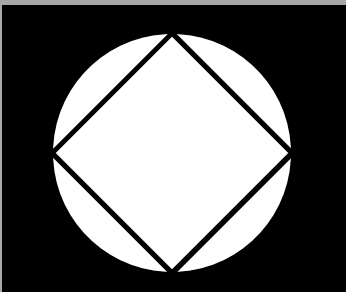
newsletter@nalouisville.org

ASC MEETING

The First Sunday of Every Month
at St. Ann's, 3pm
1511 Algonquin Pkwy.

We're on the Web!

See us at:
www.nalouisville.org



THIS IS YOUR NEWSLETTER! YOUR SUBMISSIONS MAKE IT HAPPEN!

NOVEMBER'S TOPIC OF THE MONTH

The Meeting After The Meeting

EXPERIENCE, STRENGTH, AND HOPE

On Step Eleven and/or Tradition Eleven

ANY QUESTIONS, COMMENTS, OR CONCERNS ABOUT RECOVERY

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

SUGGESTIONS FOR OUR NEWSLETTER

Submissions should not exceed 100 words and should be sent in by **October 29**. 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. Any addict with a day clean and some willingness can contribute!

ANNIVERSARIES

If you would like your anniversary listed here, Please write down the day you celebrate and have your home group GSR give it to a Newsletter Subcommittee member at the Area Service Committee Meeting. We list this month's anniversaries as well as the first half of next month's.

Tony C.	October 1	6 years	The Stopping Point
Jim T.	October 3	10 years	Another Chance
David H.	October 4	6 years	Against All Odds
Scott S.	October 5	13 years	Sweet Surrender
Wes G.	October 9	3 years	Agape Group
McFadden	October 10	8 years	Miracle on 22 nd St.
Teri B.	October 10	1 year	The NA Meeting
Brian K.	October 11	3 years	Serenity Group
Ken C.	October 15	6 years	Out Of Control
John P.	October 15	9 years	The Stopping Point
Sam C.	October 16	3 years	Reach for Recovery
Echo D.	October 17	10 years	The NA Meeting
Cathy S.	October 18	1 year	Serenity Group
Joe S.	October 20	1 year	Escape From Denial
Rodney B.	October 22	10 years	Out of Control
Charlotte W.	October 22	2 years	The Stopping Point
Angie B.	October 25	3 years	Why Are We Here
Tommy J.	October 27	1 year	Escape From Denial
Michael W.	October 29	2 years	The Stopping Point
Tim W.	November 2	1 year	Sweet Surrender
Rodean F.	November 5	3 years	The Stopping Point
John S.	November 6	1 year	Agape Meeting
Patrick M.	November 6	1 year	Agape Group
Douglas J.	November 12	5 years	The Stopping Point
Miguel M.	November 15	1 year	Why Are We Here

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.