



# CARRYING THE MESSAGE

October 2006

Volume 3, Issue 10

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:** RCM, RCMA,  
Secretary, Vice Chair, Activities  
Chair, P&P Chair.

### Newsletter Subcommittee:

Secretary, Vice Chair.

**Are You Interested?** In a Friday  
night meeting in the Fern Creek  
Area? If so, please contact Jack B.  
at 231-6468. Leave a message!

**Interested?** In a Chronic pain and  
Addiction Focused meeting?  
Please call Cheryl R. at 744-8296

**New Meeting:** Steppin' To  
Freedom 1<sup>st</sup> meeting will be Wed.  
Oct. 11 from 7:30-9:00 at the  
Vineyard Christian Church  
4605 Popular Level Rd.

**Interested?** in a midnight  
meeting? Contact Joy. F at 240-  
9808

**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 5<sup>th</sup> 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

## *Living the Program*

### **It's Strange Isn't It?**

1. Isn't it strange how a 5 dollar bill  
seems like such a large amount when  
you donate it to 7th tradition, but  
such a small amount  
when you go shopping?

2. Isn't it strange how an hour and  
a half seems so long when  
you're at a meeting, and how  
short it seems when you're  
watching a good movie?

3. Isn't it strange that you can't  
find a word to say when you're  
praying, but you have no trouble  
thinking what to talk about  
with a friend?

4. Isn't it strange how difficult  
and boring it is to read one chapter  
of the Basic Text, but how easy  
it is to read 100 pages of any book from  
Oprah's Book of the Month Club?

5. Isn't it strange how everyone  
wants front-row-tickets to concerts  
or games, but they make sure to  
sit in the back at a meeting?

6. Isn't it strange how we need to  
know about an event for our area 2-3  
weeks before the day so we can  
include it in our agenda, but we can  
adjust it for other events at  
the last minute?

7. Isn't it strange how difficult it is to  
learn a fact about recovery and to share  
that experience, strength and hope with others,  
but how easy it is to learn, understand,  
extend and repeat gossip?

8. Isn't it strange how we believe everything  
that magazines and newspapers say, but  
we argue over the words in the Basic Text?

9. Isn't it strange how everyone  
wants recovery, but they don't want  
to believe, do, or say anything  
to get it?

Kevin P.

**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.

**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.

## **The Disease of Addiction: What it does to Me**

Is cunning and baffling  
Puts me in prison  
Causes me to pray for guidance  
Dilutes the process of NA  
Tells me don't do the Steps or read the Basic Text  
or other NA readings  
Makes me listen to the using addict  
It makes me do more than one thing in a day  
It tells me to live in the past or future  
It makes me not go to NA meetings  
It makes me obsess over negative aspects in our  
lives  
It causes anger to rage my mind  
It causes me to close the doors & isolate  
Tells me lies  
It makes me think relapse is beautiful  
It tells me using is glamorous  
It tells me nothing will happen  
It tells me our lives won't die

## **Quotes of the Month**

We eventually redefine our beliefs and  
understanding to the point where we see that our  
greatest need is for knowledge of God's will for us  
and the strength to carry that out. We are able to  
set aside some of our personal preference,  
because we learn that God's will for us consists of  
the very things we most value. God's will for us  
consists of the very things we most value.

### **-Eleventh Step Prayer-**

"Your will, not mine, be done."

Basic Text, pg43

### **Step Ten**

"Continuing to take a personal inventory means  
that we form a habit of looking at ourselves, our  
actions, our attitudes, and our relationships on a  
regular basis."

Basic Text, p. 41 & Just for Today, p. 18

### **Step Ten**

The personal freedom that has been building since  
we began working the steps yields an increase in  
our choices and option. We have total freedom to  
create any kind of life we want for ourselves. We  
begin to look for the meaning and purpose on our  
lives. We ask ourselves if the lifestyle we have  
chosen helps the still-suffering addict or makes the  
world a better place in some other way. What we  
are searching for, we'll find in the Eleventh Step.

The NA Step Working Guide, p. 103

# Carrying The Message

## Based on the Interview of Mike S. By Kevin P. The 10th Step

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

Mike: - Just once out of the Step Working Guide.

Kevin: What's the difference between the fourth step inventory and the tenth step inventory to you?

Mike: - The Tenth is a whole lot shorter! The Fourth was very intensive, I let go of a ton of really destructive stuff. The Tenth Step is a much easier experience for me, in part because I know now, no matter how I might like to deny it, that I play a part in everything that happens to me. As a result, I try to be a better person here and now.

Kevin: How often do you take a regular inventory?

Mike: - ? Not as often as I should I'm sure, though I am working on that one at present. (Thanks for being a power greater than!)

Kevin: Do you still use the questions on page 100 of the Step working guide?

Mike: - I've come to rely more on the Living the Program I.P., but maybe I should take a look at the guide after all.

Kevin: What is the most beneficial aspect of a regular inventory for you?

Mike: - I don't get too caught up in my own mythology. Like many addicts, I can get really comfortable with some very unrealistic crap in my head and in my life. Doing an inventory gives me the chance to look objectively at who I am, and who I am not. Plus it gives me a chance to make amends for the aforementioned.

Kevin: What do you do if the same problems continue to show up in your inventory?

Mike: - Pray for willingness to apply the appropriate principle.

Kevin: What do you have for the newcomer?

Mike: - DO NOT USE!!! As far as I can tell, there is nothing in this world that cannot be made worse by using. So long as you are clean, you have a chance to let your Higher Power work some miracles in your life. Go to meetings; get involved - at any level. Yeah we need trusted servants, but you can help out just by picking up chairs after a meeting. Become a part of this thing - it is better than you can possibly imagine! And keep coming back!

Kevin: Thank you for being of service.

### Foot Work

April 19

"So many times, addicts have sought the rewards of hard work without the labor."

Basic Text, p.33



When we first came to NA, some of us wanted everything, and right away. We wanted the serenity, the cars, the happy relationships, the friends, the closeness with our sponsor—all the things other people had gotten after months and years of working the steps and living life on life's terms.

We learned the hard way that serenity comes only from working the steps. A new car comes from showing up on the job every day and trying to "practice these principles in all our affairs," including our employment. Healthy relationships come as a result of lots of hard work and a willingness to communicate. Friendship with our sponsor comes as a result of reaching out during the good times as well as the bad.

In Narcotics Anonymous, we have found the path to a better way of life. To reach our destination, however, we must do the footwork.



**Just for today:** I want a better life. I will make an inventory of what I want, find out how to get it, talk with my sponsor about it, and do the necessary footwork.

### Living the Program

Just for today, every day. Living the program for me is remembering the past; where I came from and what has made me who I am. Not dwelling on the hard memories, or relishing in the triumphs either.

Living the program today, for myself, is planning and hoping for the future. Not focusing on what I might not ever see or accomplish. Not wishing for, or expecting more than I deserve or can understand. Just for today, living the program means living live as it is, not as I would like it to be.

One of the biggest parts of living the program today is taking the advice of my sponsor, JUST DON'T USE. Also the advice of my higher power; WORK & LIVE THE STEPS, pray for others like my life depended on it, & always remember the first, second, and third Steps. Because, without those, none of the other Steps are possible. I don't pretend today like I won't pick up tomorrow, just because. I don't run through the Steps even though it feels good to get a question done, a section, or step done. I look at a question in the Step and go-with-flow. If it takes five minutes, or two weeks, I don't answer until its right to me. I don't pray for myself, unless I feel like I'm really in a bad spot. I'll receive gifts just for doing it in the first place. I remember my powerlessness over addiction, the fact that "I'm not alone" in any sense and a power greater than all the trouble in the world is right here. Holding my life and my will. That releases me from the fear and pain of everything.

Living the program, is admitting to myself when I take my will for granted, take my life for granted, and not being grateful for the things I have received. Then making amends on whatever level necessary, to someone else hurt by my actions and decisions, and to me. Admitting my defects, and surrendering them to a higher power on a daily basis.

Today I accept compliments, which lets me compliment other from the heart. Today try to help other get what they need, instead of what I want. Today I understand how massively important, and simply miniscule, I am. Today I live the program I've been given, to the best of my ability.

Nathaniel R.

# NA Conventions and Functions

**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

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

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

**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

**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

"We go to meetings regularly, get and use telephone number, read literature, and most importantly, we don't use." -Basic Text page 54-

Name	Group Name	Telephone Number
		#
		#
		#
		#
		#
		#
		#
		#
		#

**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:**

<p><b>Functions and fundraisers:</b> Next Meeting is Oct. 14<sup>th</sup> at the 4<sup>th</sup> &amp; Hill Coffee House at 4pm and every 2<sup>nd</sup> &amp; last Sat./month afterwards, Contact: Crystal C @ 836-1153</p>	<p><b>Hotels &amp; Hospitality:</b> Next Meeting is Oct. 7<sup>th</sup> at the coffee house on 18<sup>th</sup> &amp; Muhammad Ali Blvd at 2p.m. and every 1<sup>st</sup> &amp; 3<sup>rd</sup> Sat. of each month afterwards. Contact: Meme (chair)@ 931-3901 or Vickie C.(V-Chair)@ 533-4952</p>	<p><b>Registration:</b> Next Meeting is Oct. 9<sup>th</sup> at the "Expressions of You" Coffeeshouse &amp; Gallery located at 1800 W. Muhammad Ali Blvd. Every other Monday afterward, at 5:00pm. Contact LaTonia B. (810-1630 for the time.</p>	<p><b>Arts &amp; Graphics:</b> Next Meeting is Oct. 2<sup>rd</sup> at the coffee house on 18<sup>th</sup> &amp; Muhammad Ali Blvd at 5:00p.m. and (Nov. 6<sup>th</sup>, Dec. 4<sup>th</sup> Afterward). Contact: Cordelia B.(291-4942)</p>
---	--	--	--

# 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

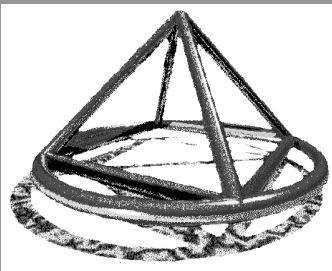
The First Sunday of Every Month  
At 3pm  
1722 Bardstown Road

#### We're on the Web!

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

Download Your Favorite Issues

Just Click on 'newsletter'



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

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

## ◆ NOVEMBERS' TOPICS OF THE MONTH ◆

*Prayer and Meditation*

### ◆ 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 **October 24<sup>th</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.

**The Ties That Bind:** Tues. 7:00p.m.  
4765 North Preston Hwy

**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

Stick figures and a small drawing of a person.

MY SPONSOR SAYS I HAVE A CHOICE...

BUT SOMETIMES IT'S CONFUSING.

IT IS "LIVING THE PROGRAM" NOT PROGRAMMED LIVING.

## 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 month. We apologize for any Cleaniversary that we forget, or misprint!

Laura B.	September 23 <sup>rd</sup>	1 Year	Lose The Desire
David H.	October 2 <sup>nd</sup>	8 Years	Against All Odds
Jimmy T.	October 2 <sup>nd</sup>	1 Year	Why Are We Here
Jennifer V.	October 3 <sup>rd</sup>	4 Years	Gratefully Dedicated
Jill P.	October 4 <sup>th</sup>	2 Years	Stick and Stay Basic
McFadden	October 6 <sup>th</sup>		Just For Today
Wes G.	October 9 <sup>th</sup>	5 Years	AGAPE
Frazier M.	October 9 <sup>th</sup>	1 Year	Caring Thru Sharing
Kamala M.	October 9 <sup>th</sup>	1 Year	Dope Or Us
Terry B.	October 10 <sup>th</sup>	3 Years	Women Spirit
Ken C.	October 11 <sup>th</sup>	8 Years	Out Of Control
Jerry R.	October 12 <sup>th</sup>	4 Years	Day By Day
Sam C.	October 14 <sup>th</sup>	5 Years	Reach For Recovery
Tommy J.	October 15 <sup>th</sup>	3 Years	Out Of Control
Cathy S.	October 16 <sup>th</sup>	3 Years	Serenity Group
Cheyenne G.	October 18 <sup>th</sup>	2 Years	Out Of Control
Michael W.	October 21 <sup>st</sup>	4 Years	Just Us
Randy R.	October 22 <sup>nd</sup>	2 Years	Conscious Contact
Jamie T.	October 22 <sup>nd</sup>	1 Year	Stick and Stay Basic
John M.	October 25 <sup>th</sup>	2 Years	Caring Thru Sharing
Carl L.	October 29 <sup>th</sup>	11 Years	Sunday Survivors
Angie B.	October 30 <sup>th</sup>	6 Years	Why Are We Here
Norma T.	October 30 <sup>th</sup>	1 Year	Against All Odds
Steve S.	October 31 <sup>st</sup>	3 Years	We Too Recover
Nathaniel R.	November 1 <sup>st</sup>	2 Years	AGAPE
LaTonia B.	November 5 <sup>th</sup>	9 Years	Walking & Talking
David E.	November 11 <sup>th</sup>	17 Years	AGAPE
Robert A.	November 14 <sup>th</sup>	5 Years	AGAPE