

# CARRYING THE MESSAGE

November 2005

Volume 2, Issue 11

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

Email subscription: send your email address to  
[carryingthemessage@louisvilleareana.org](mailto:carryingthemessage@louisvilleareana.org)

## AREA NEWS

Louisville Area NA  
Helpline [502-499-4423](tel:502-499-4423)

**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

**Clean and Serene Group's 21st Birthday:** More information on page 3.

**Vision of Hope has New Time & Day:** Vision of Hope will be meeting on Sundays at 4pm. Same location, same love.

**Another Chance:** group meeting has moved to the Serenity Center in the basement of the Farm Bureau building located at 1201 Mount Eden Rd. Shelbyville, KY 40046. Meetings are Sun. & Tues. at 7:30pm

**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

**New Meeting in Bedford.** "Spiritual Awakening Group" meets Monday's at the Tremble county library. Open discussion- 1<sup>st</sup> & 3<sup>rd</sup> Monday from 7-8:30 PM. And has a tradition study meeting on the 2<sup>nd</sup> & 4<sup>th</sup> Monday from 5:30-6:45 PM.

**New Meeting in Newburg Area.** "Stop The Madness" meets at the Peace Presbyterian Church located at 4210 East Indian Trail on Tuesday nights at 7 PM.

**Just Us has moved;** New location is 2900 Broadway at the NIA Center in room 006. It will be held at the same time: 5:00pm till 6:30pm.

## *"Through Prayer and Meditation" & "Faith"*

### Hope & Faith

Hope is a big thing for me in my recovery. I have hope that I can continue on this beautiful journey, called recovery. And I also have faith in my higher that she will continue to have my back, guide me in my recovery, and show me how to live. Because when I take my will back, I'm really in trouble. My experience is when I have a constant routine of praying and meditating; my life is a lot more peaceful. But when I forget to pray, my day gets really crazy, really fast.

Thank God for another day clean.

With Love

- Sam A.

### Someone's Prayer

I asked God for strength that I might achieve. I was made weak that I might learn humbly to obey. I asked for health that I might do greater things. I was given infirmity that I might do better things.

I asked for riches that I might be happy. I was given poverty that I might be wise. I asked for power that I might have the praise of men. I was given weakness that I might feel the need of God.

I asked for all things that I might enjoy life. I was given life that I might enjoy all things. I got nothing that I asked for-but everything that I had hoped for.

Almost despite myself, my unspoken prayers were answered. I am, among all, the most richly blessed.

### My experience with the 11th Step.

One of the ways I pray is that I write a letter to God. I tell my deepest and darkest secrets. Some of those letters I share with my sponsor. Some of these letters I share with my therapists. But most of those letters I don't share with anyone. I put those letters in a notebook. I start with Dear God. I share things that are important to my heart. I write when something is pressing at my soul. For a while, I haven't written a letter to God in quite some time, and then out of the blue, I write a letter to God. It makes me feel like I'm talking to God. Sometimes, when I meditate, I get nothing, so I struggle with meditation. Sometimes, when I communicate with God, I ask God am I alone, and I get this feeling that I'm not. I get this feeling that I'm not alone when I'm breathing. If I go somewhere and I'm quiet, God speaks to me through my intuition. I strongly believe in intuition. I enjoy writing God letters. Another way I talk to God is through chanting. It makes me feel like I'm communicating to God. It makes me feel like God is inside, not just outside. Sometimes, I feel God's will telling me to do something or not to do something. Sometimes I listen, and sometimes I don't. When I listen, things go smoothly, and when I don't, things do not go smoothly. That's my experience in the 11th Step.

Audrey L.

### Works

The Twelve Steps and Twelve Traditions of Narcotics Anonymous. I was welcomed to my home group and the program on 12/24/04. When I first got clean I was a mess, I could barely put two sentences together. I was afraid of everything and everyone. I didn't know what to make of the twelve steps, much less, asking another human being to help me. I didn't trust anyone or believe in anything. However I did hear that it was important to get someone as a sponsor. It was a frightening thought, talking to a stranger. But it was more frightening to think that if I didn't ask someone, I might just go back to using drugs again. For me, Acceptance is one of the most important parts of the NA program. When I came into the rooms. I was lost, lonely, hurting, and feeling like nothing mattered except death, I hated myself so much I was broken and felt that no one wanted anything to do with me. Above all, my drug problem. It took me a while to get the courage to ask someone to be my sponsor. So I walked up to this man after a meeting and waited impatiently to talk with him. I was nervous. I stuttered and whispered, and he gave me a name and phone number and said call me if I ever needed someone in my life, I needed my first sponsor. He was someone who made me feel a part of NA. He was a friendly face in a world of emotional pain. He was someone who helped me keep going when I could no longer walk by myself. One of NA's greatest gifts is hearing the message carried through kindness of a sponsor to open my heart to the possibilities of becoming a member of the human race.

Charles M.

# Carrying The Message

## Submitting Cleaniversary Dates

We at 'Carrying the Message' feel that one of the best parts of being on the Newsletter Subcommittee is seeing all the names of members of our fellowship that are getting ready to celebrate this blessing we have been given. One more day clean, by the grace of working a solid program of progress, and surrendering to a power greater than ourselves.

So we put great emphasis on the importance of reporting these dates in our newsletter accurately and before the dates comes to pass. To do this though, we need the help and support of the entire fellowship.

In light of this fact we would make these simple suggestions to the fellowship as a whole as how to help. The first step is:

Become and stay active in a "Home Group".

Go to your "Home Group's" monthly business meeting.

Volunteer for service (i.e. home group secretary).

Help keep accurate and up-to-date "Home Group" member logs.

Encourage your GSR to attend LASCNA and submit your "Home Group's" report.

In addition to this 'official procedure' there are other ways you can get us your cleaniversary information:

The personal phone numbers of the entire Newsletter subcommittee member are listed on the back page of the newsletter in the left hand column. (Try Nathaniel first: Leave a message)

E-Mail your information to: HeyNA@bellsouth.net

Just hand it to one of the subcommittee members on paper, in person, at one of your daily meetings.

Now, some suggestions to the service members, AKA- "Home Group" GSR's, GSRA's, and Secretaries. We would request that you submit two months ahead of time. For clarification, that means that the report you submit at ASC on December 4<sup>th</sup> should have B-days for January 2<sup>nd</sup> through at least February 15<sup>th</sup>. ASC will fall on January 1<sup>st</sup> (if it isn't moved back a week due to New-Years), so we need the B-days that come after that date (what ever date ASC falls on). Then on January 1<sup>st</sup> (or 8<sup>th</sup>) we need the B-days for February 6<sup>th</sup> through at least March 15<sup>th</sup>. Because ASC will fall on Feb. 5<sup>th</sup>. If you have any further questions about this situation please feel free to contact Nathaniel at (502) 296-4974.

Just so everyone knows, when submitting cleaniversaries in any form. Please include: (First name)(Last Initial), (Month)\_(1<sup>st</sup>—31<sup>st</sup>), [1 Year(s)], (Home Group)

Thanks to everyone in the fellowship for your support.  
Newsletter Subcommittee—

## Don't Quote Me Boy

"If I change the way I look at things. The things I look at change". -Anonymous

"God didn't pull me out of a raging river to let me drown in a mud puddle". -Anonymous

"For those who believe, no explanation is necessary.

For those who don't, none will suffice". -Unknown

"U must know what it can be: if UR to know what it isn't:

If UR to know what it isn't: U must know what it can be". -Nathaniel R.


"Deep within God's will-the answer is always both."-Nathaniel R.


"THE HARDER THING, AND THE RIGHT THING ARE USUALLY THE SAME THING."-


UNKNOWN

THE STICKMANS 



HAVE YOU SEEN YOUR FATHER LATELY? 

YES, HE'S MEDITATING ON THE COUCH. 

FUNNY, I NEVER KNEW YOU COULD SNORE WHILE MEDITATING 

### These Groups are in need of your support.

-X It Group: Sat., 7:30pm

-Unity Of Hope: Wed., 7:00pm

-Serenity On Sunday: Sun., 1:30pm

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

Addict named Bill R. I have been in Louisville for over ten years now. The voices I hear from the fellowship are asking, where are the people that were involved in service, where is the support this area had, go to? It is easy to blame it on racism. Yet what I have seen is the people in the east end go to east end meetings. The people in the South end go to south end meetings; the people in Jeff and New Albany go to meetings in Jeff and New Albany. People downtown and the west end go to meetings downtown and the west end. Area has fundraiser, same people show up at area fundraisers. LACNA has fundraisers, same people show up. Unfortunately the numbers are dwindling down. H & I and PI are suffering shortages of warm bodies for service.

The meeting rooms are suffering too. People have become cliquish. They share their mess, dump and leave the room before the meeting is over. Too much side chattering, horseplay while meeting is going on, people come in late and make a point to hug people; "make an appearance" while the meeting is already in session. Too many people getting up going to smoke during meeting and hanging around just outside the door creating a distraction for everyone to hear in the meeting room.

So let's blame it on society. People with "time" only showing to one meeting a week, making it a point to take the meeting hostage, and complain how life is treating them. They are too busy with life to go to meetings. They are too busy to be of service to the fellowship that helped give them a life to be busy with. We have possibly become too apathetic, too complacent as a fellowship as a whole. That is the real question; Has Apathy and complacency become the real defects, not "racism" or isolationism. Maybe? I can only share what I have observed and listened to.

Love and Respect  
Addict named Bill R.



**November 12<sup>th</sup>, 2005**  
The River Church  
4529 Clarks River Rd  
Paducah, KY

**Western Ky. Area KRCNA XX Fundraiser:** Nov. 12<sup>th</sup> The River Church, (Jamestown Plaza Next to bingo hall). Special Jackets for each fundraiser. Potluck @ 6pm. Speaker @ 7:30pm. \$3.00 per person- 5.00 per couple. 50/50 raffle, auction, and dance to follow. For more information, call Frances S. (270) 362-8486 or e-mail [peaches61089@hotmail.com](mailto:peaches61089@hotmail.com).

**November 19<sup>th</sup>, 2005**  
Breckenridge High School  
1128 East Broadway  
Louisville, KY 40204-1712

**LACNA 16 "All Day Game Tournament":** Nov. 19<sup>th</sup> Time: 2pm-12pm. We're going to play the games (Whiz, Chess, Spades, and Dominos) 2pm-8pm, and there will be a dance from 9pm-12pm. Cost: \$3/person or \$5/couple. No newcomer turned away.

**November 23<sup>rd</sup>-27<sup>th</sup>**  
Hilton Memphis  
939 Ridgeland Blvd.  
Memphis, TN 38177-0728  
1-800-HILTONS or  
1-901-684-6664

**VRC 23 (Volunteer Regional Convention XXIII)**  
Rooms: VRC rate \$79. per night—1-4 per room. Pre-Registration= \$15. (\$25. after Sept. 24<sup>th</sup>). Information Call 1-901-728-4143 a/o [www.na-wt.org/VRC23](http://www.na-wt.org/VRC23)

**November 25<sup>th</sup>-27<sup>th</sup>**  
DoubleTree Hotel  
222 N Vineyard Ave  
Ontario, CA 91764

**Southern California Regional Convention of Narcotics Anonymous XXVI**  
Thursday Night Speaker Jam November 24 5pm-12mid, followed by Karaoke. Phone numbers (800) 222-8733 or (909) 937-0900 Rome Rate's \$89 + tax per night for Fri-Sat. 3 Night Special Package for Thurs. through Sat. 247.00 + Tax. Cut off Date is November 17. After the cut-off date, convention rates may no longer apply and these rooms may not be available.

**December 10<sup>th</sup>, 2005**  
The River Church  
4529 Clarks River Rd  
Paducah, KY

**Clean and Serene Group's 21st Birthday:** (Jamestown Plaza next to Bingo Hall) Fellowship and eat @ 6pm. Speaker @7pm \$4.00 per person-\$7.00 per couple. **No addict turned away.** 50/50 raffle, auction, and dance to follow. For more info: Brian M. (270) 527-9949 Cell:(270) 556-8403.

**January 13<sup>th</sup>-15<sup>th</sup>, 2006**  
Richmond Marriott  
500 East Broad Street  
Richmond, VA 23219  
804-643-3400

**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

**January 20<sup>th</sup>-22<sup>nd</sup>, 2006**  
EXECUTIVE WEST HOTEL  
830 Phillips Lane  
Louisville, KY 40209-1387

**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 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

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

## ◆ DECEMBERS' TOPICS OF THE MONTH ◆

*Spiritual: Awakening & Principles*

## ◆ 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 **November 22<sup>nd</sup>**.  
Exceptions can be made, just contact us. You can email submissions to [heyna@bellsouth.net](mailto:heyna@bellsouth.net)  
or call and we will make arrangements to pick it up. Any addict with a day clean and some willingness  
can contribute!

## 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

#### NA NEWSLETTER SUBCOMMITTEE MEETINGS

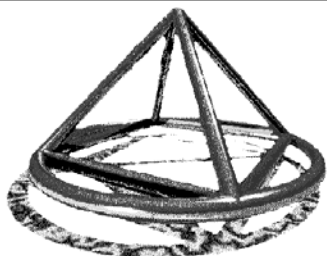
**NEED YOUR HELP!!**  
1<sup>st</sup> and 3<sup>rd</sup> Saturdays 2pm  
Token III Club (Backroom)  
4014 Dutchmans Lane

EMAIL  
[heyna@bellsouth.net](mailto:heyna@bellsouth.net)

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)



Louisville Area NA  
Helpline  
502-499-4423

## 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 next months. We apologize for any Cleaniversary that we skip, forget, or misprint!

Nathaniel R.	November 1 <sup>st</sup>	1 Year	AGAPE
Steve S.	November 1 <sup>st</sup>	1 Year	We Too Recover
Bill B.	November 1 <sup>st</sup>	2 Years	AGAPE
Randy R.	November 2 <sup>nd</sup>	1 Year	How It Works
Rodean F.	November 4 <sup>th</sup>	4 Years	The Stopping Point
Dan M.	November 4 <sup>th</sup>	1 Year	Keep Coming Back
Tim W.	November 4 <sup>th</sup>	2 Years	Keep Coming Back
Phylis K.	November 6 <sup>th</sup>	6 Years	Walking And Talking
David E.	November 7 <sup>th</sup>	16 Years	AGAPE
Dewayne C.	November 7 <sup>th</sup>	7 Years	Against All Odds
Jody R.	November 10 <sup>th</sup>	1 Year	Recovery Today
Tyrone C.	November 10 <sup>th</sup>	6 Years	Enough Is Enough
Steve M.	November 11 <sup>th</sup>	2 Years	Highland Peace
Douglass J.	November 11 <sup>th</sup>	6 Years	The Stopping Point
Tonya B.	November 13 <sup>th</sup>	8 Years	Walking Talking
Melvin G.	November 13 <sup>th</sup>	13 Years	Out Of Control
Robert A.	November 14 <sup>th</sup>	4 Years	AGAPE
Helen T.	November 15 <sup>th</sup>	3 Years	Gratefully Dedicated
Chris C.	November 17 <sup>th</sup>	4 Years	Recovery Today
Audrey J.	November 19 <sup>th</sup>	9 Years	Reach For Recovery
Stephanie C.	November 19 <sup>th</sup>	17 Years	Just Us
Robert A.	November 19 <sup>th</sup>	4 Years	AGAPE
Miguel M.	November 21 <sup>st</sup>	2 Years	Why are We Here
Micheal	November 23 <sup>rd</sup>	1 Year	Sunday Stumbles'
Carolyn P.	November 25 <sup>th</sup>	2 Years	Out Of Control
Tonia P.	November 25 <sup>th</sup>	3 Years	The Stopping Point
Caska	November 26 <sup>th</sup>	3 Years	Reach For Recovery
Darrel T.	November 26 <sup>th</sup>	13 Years	Just Us
Tony M.	November 27 <sup>th</sup>	2 Years	AGAPE
Angelica F	November 28 <sup>th</sup>	1 Year	Why are We Here
Donald M.	November 28 <sup>th</sup>	4 Years	Serenity Group
Lionel T.	November 28 <sup>th</sup>	6 Years	Against All Odds
Erin R.	December 1 <sup>st</sup>	1 Year	Recovery Today
Lee P.	December 2 <sup>nd</sup>	3 Years	The Stopping Point
Vicki T.	December 5 <sup>th</sup>	2 Years	AGAPE
Lewis W.	December 10 <sup>th</sup>	1 Year	AGAPE
Candace	December 12 <sup>th</sup>	2 Years	Against All Odds
Shawn F.	December 15 <sup>th</sup>	2 Years	Enough Is Enough

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.