

# CARRYING THE MESSAGE

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER SUBCOMMITTEE

## Topic of the Month: The Meeting *After* the Meeting

When I first got to NA, I didn't know anything about a meeting. I didn't know about readings. The only thing I knew about was the pain of active addiction. Due to some encouragement and some guidance towards our literature, I was able to learn more about the disease of addiction and I was able to find a sponsor to help me work on myself and to help me find a relationship with the God of my understanding.

After the meeting is closed, it is a good time to gather outside and talk to my sponsor and my sponsee brothers. It is a good time to share with other recovering addicts what I didn't get a chance to share during the meeting. It's a good time to fellowship and feel a sense of belonging, of being involved with something greater than myself. In addition, as I've heard some old-timers say before, "Get to the meeting spot early for the meeting *before* the meeting, the meeting, and the meeting *after* the meeting."

-In Loving Service, David M.

In the beginning, when I first started this journey, I didn't understand the real value of socializing after the meeting. I mean I was just plain selfish; afraid and thought I had other things to do. I wouldn't wait long enough to not only discuss some of my issues, but I didn't think about the newcomer. Maybe someone needed to talk to me. Because of my fear, selfishness, and apathy, I lost out on so many opportunities to get and give experience, strength, and hope. As I reflect I can see how I missed vital information that could have possibly kept me from relapsing or just as bad, living with spiritual pain. Today, by the goodness of my higher power, my sponsor and numerous experienced addicts, I don't miss too many meetings after the meeting. I recognize the real value of talking to addicts after a scheduled meeting. I have acquired the desire to be of assistance to the newcomer. I also know the benefits of discussing, in greater detail, many of my situations with those that choose to listen. It is wonderful today to be able and willing to seek out help as well as offering assistance. I urge those addicts that don't think there's a benefit to have a meeting after the meeting, to at least try it out. The motive must be honest and right and not covert or inappropriate. Our basic text talks about getting out of ourselves. I feel this is one valuable way. One day at a time!

-John R.

## AREA NEWS

**We Too Recover** has moved to  
Word of Faith Church  
2013 St. Xavier  
Tuesdays at 7pm

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

**LACNA 15 Hotel & Hospitality Committee** is asking for donations from homegroups 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

**LACNA 15 Arts, Graphics, and Merchandising Subcommittee** is in need of auction items for the convention: T-shirts, Books, Cups, Hats, Book Covers, Tapes, Anything NA-Related for info contact Cordelia B. (502) 876-2798

**LACNA 15 Serenity Team Subcommittee**  
Meets every Saturday at 6:30 pm,  
St. Vincent DePaul Open Hand Kitchen  
1034 S. Jackson Street, Contact:  
Chairperson J.W.  
Vice -Chairperson Vickie C.  
Secretary Helen T. (502) 778-5373  
Treasurer Bernard P. (502) 394-0621  
"T-shirts are now being ordered,  
What's your size?"

**KRCNA 19 Hotel & Hospitality Committee**  
meets the 3<sup>rd</sup> 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

# Experience, Strength, and Hope on Step 11 and Tradition 11

**“We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”  
– Step Eleven, Basic Text pg. 17**

## Step Eleven

Not all that long ago I was running from my higher power in shame and guilt, even screaming, “How could you let these things happen to me?”

Today, after a lot of pain, our greatest motivator, I have a conscious contact with the God of my understanding.

This time, through the steps, there was more honesty, open mindedness, and willingness than ever before. Using our workbook, I commenced.

In Step One – I honestly said I CAN'T

In Step Two – I honestly said HE CAN

In Step Three – I said I THINK I'LL LET HIM

I was surrendering my powerlessness, turning the control over to the God of my understanding, and agreeing to the terms of the steps according to the program of Narcotics Anonymous. With the guidance of my sponsor, we proceeded to Steps Four and Five where I listed my liabilities and my assets and he was able to show me that there were patterns of my behavior that ended with me repeating the negative results I had been getting. In Step Six I became finally willing to go to the root of my behaviors, mainly self-obsession and fear, my defects, and in Step Seven, ask God to remove my shortcomings.

In Step Eight, again willingness was the key; to list the people I had harmed and become willing to make the amends to them all. In Step Nine, make the amends, except when to do so would injure them or others. Step Ten contains, I believe, the most important word in the Steps, “Continue”. Everyday I do a checklist inventory and make repairs where needed.

At about the Seventh Step my outlook really started to change. As I began to honestly accept myself for who I am, not all good or bad, but definitely in need of a power greater than me for strength and direction.

At Step Nine we meet another paradox of our program, “By thinking of ourselves less, we learn to love ourselves more”.

Today and everyday, Step Eleven is how I build upon the freedom from the bondage of self. I check my motives before I take actions and ask God, “Is this self-seeking or selfless?” because we’re praying for knowledge of God’s will, not mine, and the power to carry that out.

As it states on Page 46 of the “Basic Text, “As we seek our personal contact with God, we begin to open up as a flower in the sun. We begin to see that God’s love has been present all the time, just waiting for us to accept it. We do the footwork and accept what’s being given to us freely on a daily basis. We find relying on God becomes more comfortable for us”. That’s what I call Grace.

Today, my relationship with God is nothing less than amazing to me. It has helped me walk through a lot of situations, even in this fellowship, that once would have shaken me. As long as I know my side of the street is clean, that’s the best I can do. I will however pray for those less willing.

-In loving service,  
Dick S.

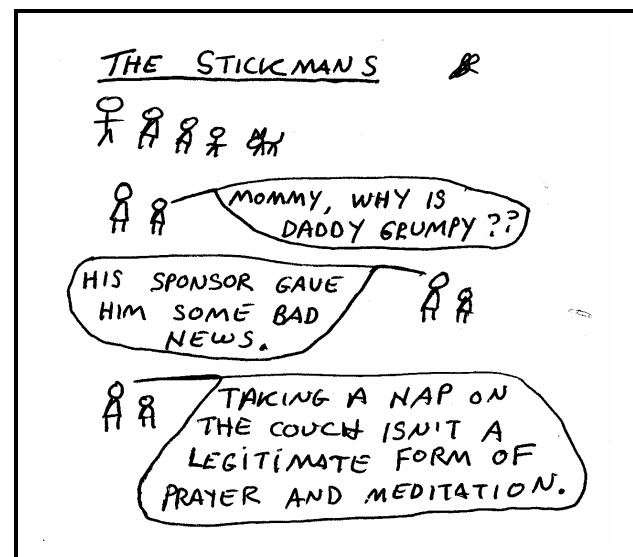
**“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”**

**– Tradition Eleven, Basic Text pg. 58**

## Tradition Eleven: IT MATTERS

“I don’t think I’ll go to a meeting tonight.” What if those people I saw at the first few meetings said that? Would I have seen someone with significant clean time? Would there have been that attraction of seeing that the program works? Would I have heard a clear message of recovery? It matters if we go to a meeting or not. It matters if we share or not. It matters because whether we have one day or double-digit years, we are that attraction to the newcomer and the old-timer.

Jack B.



**Sat., November 13**

Delafield Community Center  
800 Beauty Avenue  
Bowling Green, Kentucky

**REGIONAL PUBLIC INFORMATION LEARNING DAY**

Hosted this year by The South Central Kentucky Area of NA.  
Starts at 4pm; fun, interactive workshops on PI and Helpline, a potluck meal, a main speaker from out of the Region, and a dance to follow.  
Contact Janet E. (270) 598-4275, Trina M. (270) 934-2467, Charbonee H. (270) 782-0332, or Ron J. (270) 202-5705

**Sat., November 20**

Emmanuel Episcopal Church  
4100 Southern Parkway  
Louisville, Kentucky

**LACNA XV PRESENTS A SPONSOR-SPONSEE SPEAKER JAM**

Speakers from 12pm until 8:30pm. Dance from 9pm until Midnight.  
Cost of dance: \$5 per person/ \$7 per couple. Food and drinks will be available for purchase on site! Contact person: Annisha H. (502) 417-6553

**November 24-28**

Marriott Hotel  
2 Carter Plaza  
Chattanooga, TN 37402

**VRC XXII – VOLUNTEER REGIONAL CONVENTION**

The Greater the Base...the Higher the Point of Freedom.  
Registration \$96, Hotel rooms are \$89/night for 1-4 persons, call 1-800-841-1674 to make reservations (be sure to mention VRC 22) Contact Convention Chair Pete F. (423) 517-0857, Registration Chair Denese W. (423) 400-5106, or Hotel Liaison Larry C. (423) 266-1407

**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

**Fri., December 3**

Location TBA

**ESCAPE FROM DENIAL HOMEGROUP 11 YEAR ANNIVERSARY**

Fellowship starts at 6pm, Food served at 7-8pm, Speaker from 8-9pm, then a dance to follow from 9pm until Midnight. Cost of Dance \$3 per person/\$5 per couple, NO ADDICT TURNED AWAY!! Come out and celebrate the joy of recovery with us!!

**Sat., December 4**

98 Seventh Street  
(Old Fire Station on 7<sup>th</sup> St.)  
Shelbyville, Kentucky

**ANOTHER CHANCE GROUP'S 17<sup>TH</sup> ANNUAL HOLIDAY FEAST**

Food at 5:30pm, Speaker at 6:30pm, Dance from 8pm-11pm. Cost for Dance \$3 per person/\$5 per couple, Meal and Speaker are free, NO ADDICT TURNED AWAY!! Bring a covered dish or dessert (optional). See Flyers for directions or contact Jack B. (502) 231-6468.

**Fri., December 31**

Cathedral of the Assumption  
443 S. 5<sup>th</sup> Street  
Louisville, Kentucky

**LACNA XV NEW YEAR'S EVE RECOVERY BALL**

Fellowship starts at 6pm (no charge), Speaker at 6:45-7:30pm (no charge), then Dinner & Dance from 8pm – 1am \$10 per person/\$15 per couple. Dress to Impress! PRIZE FOR THE BEST-DRESSED COUPLE!! Contact Annisha H. (502) 417-6553

**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](mailto:lacna@nalouisville.org) for more information

**February 24-26, 2005**

Goa India

**BOMBAY AREA CONVENTION OF NA (BACNA) XII**

[www.nabombay.org](http://www.nabombay.org) or email [bacna@nabombay.org](mailto: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. 502-298-7725  
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!!  
1<sup>st</sup> and 3<sup>rd</sup> Mondays 6pm  
West End Baptist Church  
4<sup>th</sup> St. and Magnolia Ave.

#### EMAIL

newsletter@nalouisville.org

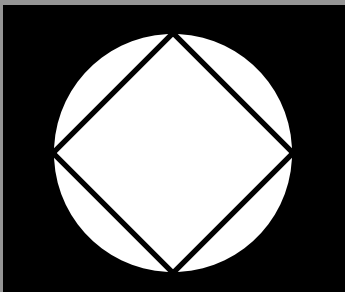
#### ASC MEETING

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



NA Helpline  
502-499-4423

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

↓ DECEMBER'S TOPIC OF THE MONTH ↓

Gratitude

↓ EXPERIENCE, STRENGTH, AND HOPE ↓

On Step Twelve and/or Tradition Twelve

↓ 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 **November 26**. Exceptions can be made, just contact us. You can email submission 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!

## 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.

Tim W.	November 2	1 year	Sweet Surrender
Lisa R.	November 3	1 year	How It Works
Tyrone C.	November 4	5 years	Enough Is Enough
Rodean F.	November 5	3 years	The Stopping Point
John S.	November 6	1 year	Agape Group
Patrick M.	November 6	1 year	Agape Group
Dorothy M.	November 7	6 years	The NA Meeting
Latonia B.	November 8	7 years	Against All Odds
Ernie W.	November 12	10 years	Highland Peace
Jeff H.	November 12	10 years	Highland Peace
Steve M.	November 12	1 year	Highland Peace
Douglas J.	November 12	5 years	The Stopping Point
Anthony W.	November 13	2 years	Saturday Night Live
Stephanie C.	November 13	16 years	Just Us
Helen T.	November 16	2 years	Gratefully Dedicated
Big Tim C.	November 17	10 years	Another Chance Group
Miguel M.	November 15	1 year	Why Are We Here
Chris C.	November 18	3 years	Recovery Today
Melvin G.	November 19	12 years	Out of Control
Tonia P.	November 26	2 years	The Stopping Point
Darryl T.	November 27	12 years	Just Us
Billie E.	November 28	7 years	Another Chance Group
Lionel T.	November 29	5 years	Against All Odds
Lee P.	December 3	2 years	The Stopping Point
Cordelia B.	December 4	3 years	Reach For Recovery
Arthur C.	December 4	6 years	Saturday Night Live
Mechelle T.	December 10	5 years	The Stopping Point
Sharon C.	December 11	8 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.