



CARRYING THE MESSAGE

December 2005

Volume 2, Issue 12

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

AREA NEWS

Louisville Area NA Helpline 502-499-4423

New Meeting: Conscience Contact is an 11th 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

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- 1st & 3rd Monday from 7-8:30 PM. And has a tradition study meeting on the 2nd & 4th 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 7:30 PM.

Spiritual: "Awakening" & "Principles"

HOW I LONG TO CHANGE

Upon entering the room's of NA,
How I long to change my ways;
That first meeting was the first sign of hope,
How I long to change my life of dope;
Remembering that moment of fear and fright,
How I long to change that night;
For that addict that hugged me first,
How I long to change a pain of curse;
The first message I received was love,
How I long to change from just a hug;
From all those nights of being alone,
How I long to change a place I called home;
With a mind not knowing what to do,
How I long to change with help from you.

Thank you narcotics anonymous for showing me a better way to live!!!

Recovering Addict
Steven S. "cooter"

I am so thankful for the rooms of Narcotics Anonymous,
it has given me life back, just for today!
I am so thankful for all my brothers and sisters in Narcotics Anonymous
that gave me the message of recovery.
I am so thankful that with Hope, Courage and Faith,
I can find the strength to recover.
I am so thankful to be able to carry the message of recovery
to another addict just like me.
I am so thankful for the fellowship, the 12 steps, and for
the program of Narcotics Anonymous.
I am so thankful for my sponsor and my support group
that helps me have another day clean and to live in freedom.
I am so thankful to be able to call someone day or night and
help me not live in active addiction.
I am so thankful to be able to do service work today and help others like me.
I am so thankful to be doing these things
one day at a time.

Donald M.
11-13-05

HELP NEEDED

Activities Meeting for X-Mas. Marathon. Friday Dec. 9th – 6:30 @ Harvey Brown Pres. Church before Candlelight Meeting. Call Katie for more information – H – 449-4280, C – 424-0222

Spiritual

Spiritual: [Middle English, from Old French spirituel, from Latin sp̄irituālis, of breathing, spiritual, from sp̄iritus, breath]:Of, relating to, consisting of, or having the nature of **spirit**; not tangible or material **Spirit**: The vital **principle** or animating force within **living** beings.

Awakening: n: the act of awaking

Awaken: v 1: cause to become awake or conscious; "He was roused by the drunken men in the street"; "Please wake me at 6 AM." [syn: wake, waken, rouse, wake up, arouse] [ant: cause to sleep] 2: stop sleeping; "She woke up to the sound of the alarm clock" [syn: wake up, awake, arouse, wake, come alive, waken] [ant: fall asleep] 3: make aware; "They were awakened to the sad facts"

Principle: A basic truth

Keep it Simple – Just For Today

"In the Twelfth Step, we practice the spiritual principles of giving the N.A. message of recovery in order to keep it. Even a member with one day in the N.A. Fellowship can carry the message that this program works." - (N.A. 'Basic Text'; *How It Works*: pg. 49)

We came from almost nothing, zombies, and the not so living dead. To an intangible state of serenity, found only in being or practicing to be a tool of a higher power. Doing for the addict what can only be done by another addict.

Be grateful for the miracle's you received today, "your reading this aren't you". Be accepting of the fact you made a decision that allows others' higher power to work through you in a, not as deniable manner.

Imagine if you could feel another's tear, before hand, and cry with them instead of because of or for them. Stop imagining, look, listen, practice, try, fail, and stay. Don't fear the process, being healthy of mind, body, and spirit isn't as hard or boring as I thought it could be.

Open yourself to the lessons you know you don't know about, and put no stipulation on how, what, when, where, or why.

Remember that it is an intangible process that links the part of you that is human to the part of you that is spirit. So should you try to control that process in any way, especially with a tangible thing like thought or emotion?

Recover to live you own Recovery.
-Anonymous

Carrying The Message

THE INVENTORY

The inventory process in Narcotics Anonymous is the most central and effective piece of our Recovery Program. It begins with Step 1 and is continued really through the life of our recovery.

“By Working our Personal Programs we become more God centered and service oriented”. This is how we learn to clean up our past, face the core issues of our disease, make things right with those we've harmed, and most importantly “Change our Behavior”.

From the beginning of the steps we start to learn the spiritual principles of this program that fill the empty void inside us that caused us so much pain that we had to alter our feelings. Principles such as Surrender, Honesty, Open-mindedness and Willingness were where we started then many more principles come into play as we learn and grow.

The most important thing I've learned is that if I don't remain constantly vigilante I will become complacent in my recovery and my shortcomings will again surface and create havoc in not only my life but everyone around me. Therefore, I try to go over a Tenth Step Inventory everyday and continue to work steps with my sponsor; I'm doing another Fourth Step right now. I also have a Home Group I'm very involved in and sponsor other people as well as Area and Regional Committee tasks.

The topic that's drawn most of my concern lately is the “Area Inventory”. A motion that Audrey L. (our R.C.M.) and I (the R.C.M.A.) the Regional Committee Member and Alternate brought forward last June. It was passed by the Groups when brought back in July. Audrey and I attended the Executive Committee meeting in July to offer a couple of approaches as to how this could be implemented. They wouldn't even let us present our ideas.

After attending the World-Wide Workshop in May, I had gathered a lot of information on how other groups were doing their inventories. Looking at this approach we had actually contacted Mike P. and Audrey W. and they agreed they would be willing to facilitate the project, both very experienced and willing.

When we met “we” were told the “Executive committee” would take care of it. I reminded the committee that it was not in their job responsibility but more of Policy & Procedures, (see P & P Responsibilities) of which I was a member although the Chair & Vice Chair were on the Base Panel we proposed, as well as any interested N.A. member.

An individual not officially yet on the board suggested we get together with Dale S. in Tennessee for help and possibly use him to do the inventory. My problem with that was our “Guide to Local Services” adopted last spring as part of Area Procedure, said not to compare a very small area like that to one our size. The Committee's attitude seems to be that of “Reinventing the Wheel” or all these major changes. When Audrey L. and I brought this motion forward it was more just to find ways of uniting our Area and making Area Service something to look forward to instead of dread. That day we agreed to meet again before Area Service to try to resolve these issues.

The Thursday before Area Service I called to see what had happened to the Minutes in July. After being told they weren't going to be done I was informed the Committee had decided to meet with Dale S. In late September I wasn't happy about that but felt it would be dealt with in the meeting before Area. A meeting that never happened as the chair decided to go out of town. She had also been someone who agreed that someone from outside should be brought in to do the inventory. This is why I put the Motion forward to have an Ad Hoc committee, and wrote in the Intention part to see that everyone could be involved and our 2nd Tradition could be observed. Audrey W had actually already facilitated an inventory in St. Louis (about our size area). The Executive Committee was *governing*, not *servng*.

I then made up a questionnaire to go out to the home groups with possible issues included as we had done in P & P last year quite successfully. This was not allowed to go out by the P & P Chair, because she also was upset, as this would include the whole area with the Ad Hoc Motion.

It seems to me the biggest problem we have are that we have is a lot of people just don't understand what's going on at Area and others have the Elitist view that they'll take care of it for you.

I believe the GSR is the most important person at Area and that's whom I've fought for since I came into N.A. Service. This is a We Program and if you study the Traditions and Concepts you'll find they back me up 100%. We elect officials to serve, the Group's conscience governs.

Home Groups “Please” stand up for yourselves: we need each other and have to hold each other accountable. The Ad Hoc committee finally met on November 19th with six of us present and it looks as if we are finally headed in the right direction. I'm sorry it has taken so long but as our Book says “It's difficult to graft new ideas on closed minds.”

One Day at a Time

One day at a time, I have learned the principles on the road to recovery. Now that I am encouraged to share the message of Hope. My experience through the 12 Steps with the help of sponsorship has been a bonding journey, which has brought me to this place in my recovery.

The Spiritual Awakening process has indeed awakened my spirit from a deep sleep, and my life today has been set free from active addiction. My life now is a beautiful sight to behold. The principles of Narcotics Anonymous offer me one promise, and having received that one promise upon my Spiritual Awakening, I will forever remain grateful in sharing the many gifts. Just for Today I embrace the gift of surrender with the ability that I never have to use again. The principles have enabled me to have a belief system that works, they have given me the ability to have a personal relationship with God, the ability to accept and receive love from God, and to keep an open mind while still coming to understand God. They've given me choices, and the ability to exercise faith and trust, to remain teachable and have courage to stay willing to practice these principles in all my affairs. Laugh, cry, feel pain and not be ashamed. Have joy and express it, be happy and share it, play and have fun in my recovery.

The list of unlimited abilities is ongoing in the quest of a continuous, Spiritual Awakening. The principles have rebuilt my character, changing my attitude and behavior. Humility has given me something that can never be arrested, a Spiritual Awakening, and I welcome any addict seeking recovery to experience through the 12 Steps, under the guide of sponsorship, the unlimited process of abilities that will awaken one's spirit from sleep. Having no more excuses, because we have been shown the way out and have been given a light to shine within us, to give away realizing it's the only way to keep it. I could not find a new way to live until having had a Spiritual Awakening. Thank you God. Thank you N.A. I am Free to be me!

In Loving Service,
Dick S.

Eudora D.

December 9th

Shelby Christian Church
2375 Frankfort Rd.
Shelbyville, KY

December 10th, 2005

Breckenridge High School
1128 East Broadway
Louisville, KY 40204-1712

December 10th, 2005

The River Church
4529 Clarks River Rd
Paducah, KY

December 13th

St. Luke's Church
329 Walnut St.
Jeffersonville, IN

December 31st

Grace Episcopal Church.
9th and Kentucky Avenue
Paducah, KY

December 31st

Breckenridge High School
1128 East Broadway
Louisville, KY 40204-1712

January 13th-15th, 2006

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

January 20th-22nd, 2006

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

Another Chance Group's 18th Annual HOLIDAY FEAST

Eat – 6:00pm
Speaker – 7:30pm
Please bring a covered dish.

LACNA 16 Functions and Fundraisers Subcommittee Presents:

Dynamic Duel: The Spiritual Hit

9:00am until 1:00am –Fellowship, Dance, & Fun. \$4/person \$7/couple

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.

Sweet Surrenders Annual Winter Wing Ding:

Food: 6:00pm – Speaker: 7:30

Clean and Serene New Year's Eve Party. Meeting: 6:30 p.m. No admission price. Contact: Brian M. (270) 527-9949. Cell: (270) 556-8403

New Years Eve Ball: LACNA 16 Fundraiser

Dress to Impress: Prize for best-dressed couple. Dinner, dance, raffle, and recovery. \$5/ person, \$10/ Couple

24th AVCNA: Annual Virginia Convention of Narcotics Anonymous

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

LACNA 16

16th Annual Louisville Area Convention of Narcotics Anonymous–Room rate is \$72.00 + tax–Early Bird \$15 until July 31st, Pre-Registration \$ 20 until Oct. 31st, 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 1st and 3rd

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 2nd and 4th 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 23rd-26th, 2006

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

March 10th-12th, 2006

Radisson Hotel at Star Plaza
Merrillville, IN

April 14th-16th, 2006

Executive Inn Riverfront Hotel
Paducah, KY

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

ISNAC XIII: Dawn of a New Reality

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

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 15th =\$20; Conference Registration =\$25

THIS IS YOUR NEWSLETTER! YOUR SUBMISSIONS MAKE IT HAPPEN!

◆ JANUARYS' TOPICS OF THE MONTH ◆

"Powerlessness" & "Reservations"

◆ 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 **December 20th**.
Exceptions can be made, just contact us. You can email submissions to

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.

- Freedom Spirit: Tues., 6:30pm
- 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.

THE STICKMANS



I UNDERSTAND WHY YOU WOULD THINK THAT,

AND I KNOW YOU ARE REALLY TRYING,

BUT YOUR FIRST THOUGHTS MAY NOT BE A SPIRITUAL AWAKENING

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

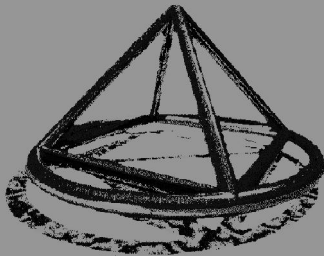
NEED YOUR HELP!!
1st and 3rd Saturdays 2pm
Token III Club (Backroom)
4014 Dutchmans Lane

EMAIL

newsletter@louisvilleNA.org

ASC MEETING

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



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 the first 15 days of the next months. We apologize for any Cleaniversary that we skip, forget, or misprint!

Booker T.	December 5 th	1 Year	Point of Freedom
Charles M.	December 5 th	1 Year	Point of Freedom
Vicki T.	December 5 th	2 Years	AGAPE
Trevia S.	December 7 th	1 Year	Unity of Hope
Mechele T	December 9 th	6 Years	The Stopping Point
Lewis W.	December 10 th	1 Year	AGAPE
Nigel H.	December 10 th	6 Years	Step Up Group
Candace	December 12 th	2 Years	Against All Odds
Freda T.	December 12 th	3 Years	Point of Freedom
Shawn F.	December 15 th	2 Years	Enough Is Enough
James P.	December 17 th	10 Years	Reach for Recovery
Blair	December 18 th	4 Years	The NA Meeting
David D.	December 18 th	11 Years	Serenity on Sunday
Kevin P.	December 18 th	1 Year	Recovery Today
Darren L.	December 19 th	8 Years	Against All Odds
Melissa R.	December 20 th	1 Year	Women's Spirit
Leigh K.	December 20 th	13 Years	Sweet Surrender
Kevin P.	December 22 nd	1 Year	Recovery Today
Dana M.	December 23 rd	4 Years	The Stopping Point
Audrey L.	December 24 th	9 Years	Just Us
Kim H	December 24 th	8 Years	Reach for Recovery
Terrie D.	December 24 th	2 Years	Lose the Desire
Maggie B.	December 26 th	18 Years	Against All Odds
Scotty H.	December 27 th	2 Years	Sweet Surrender
Scheron B.	January 2 nd	2 Years	Against All Odds
Lavonne B.	January 7 th	5 Years	A Light in The Dark
Tom D.	January 14 th	1 Year	A Light in The Dark

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.