

# CARRYING THE MESSAGE

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER SUBCOMMITTEE

## Topic of the Month: Gratitude

## AREA NEWS

I'm ninety days into the NA fellowship and I have to share my gratitude for those addicts who Keep Coming Back. Being fairly new at this, it's so easy to fall back into old behaviors. Seeing people who are really making it, One Day At A Time, lets me know it can be done and I can do it as well. My entire life is getting better and my Higher Power and I are getting reacquainted after years of my ignoring Him. I have so much to be grateful for and NA is a big part of why I can see and feel that today. Keep Coming Back was the best advice I could have gotten, I'm grateful you guys said it and continue saying it.  
— Cheryl R.

I came from the bottom of the dirt  
To rise above and rock out  
And show all the people what im all about  
I will not fall into ur precious lies  
You've caught me one too many times  
Cuz no matter how bad my life seems to be  
I will never have to use again  
Cuz i know it will pass...  
I have nothing but gratitude for my life because no one promised me tomorrow  
I thank god everyday that i got the chance to see another beautiful day  
My disease killed me 3 times  
But i made it through that....  
To come back and rock like never before..  
So whenever smooth tries to creep up on me  
I just pray i am a new creation the old one has gone...And the new one has come...  
A Grateful Recovering Addict thanks to god and NA  
-Sam A.

**Walking and Talking Recovery**  
is meeting at 7:30pm instead of  
8pm from now on

**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?"  
Deadline for ordering t-shirts: Dec. 18<sup>th</sup>

**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

**KRCNA 19 Serenity Team Subcommittee**  
will be meeting soon.  
Contact Chairperson Glenn W. for  
meeting times and locations –  
(502) 593 -9394 (cell) or  
(502) 566 -4183 (home)

## More Gratitude

For the last 16 months, I have served on the subcommittee that makes this newsletter each month. For me, *Carrying the Message* started out as a desire to have a unifying voice for this Area, and luckily another addict had that same hope.

First, the two of us got together to combine our ideas and resources. We sent out the word to other addicts that we needed help. We met regularly, and realized early on that our talents were complimentary to each other. I had more of the computer and graphics skills and he understood more about the Twelve Traditions and service structure. Together we got the first issue out in January of 2004.

We did not have very much help in the beginning. Many people were excited about reading it but were unable or unwilling to put in the time. People would say they would be at our meeting but they wouldn't show up, or they would say they would submit something but never did. We struggled, but luckily we didn't quit five minutes before the miracle. We prayed and asked for help and it eventually came. The Newsletter Subcommittee went from two addicts trying to have a meeting in their car, to seven addicts with Guidelines and a Format meeting up to three times a month.

Carrying the Message was great when it was only two of us and it's great now. When it was only the two of us, I learned patience, the value of hard work, and how to ask for help. Now that we have a larger subcommittee, I am learning how to communicate better, delegate, be flexible, and have fun.

I am so grateful for the addicts who have stepped up and brought a new enthusiasm to this newsletter. I was about to throw in the towel but now I'm as excited as ever to see the direction it takes. Another addict has taken over the huge task of laying everything out on the computer and has done a beautiful job on the issues for November and December.

I came to NA so I could stop using drugs. What I found was a new way to live, inside and outside of these rooms. Service work has been one key to this. It allows me to practice spiritual principles and grow, while also being allowed to make mistakes without the fear of being judged too harshly or kicked out. I am grateful for the lessons service work has taught me.

I want to thank the Subcommittee, and everyone who wrote or drew something for *Carrying the Message* this year; as well as all the addicts who called in, handed in, or emailed us an announcement. We still need your help. Together, we can make *Carrying the Message* the voice of the Louisville Area.

-With Much Love, Kristin F.

## Personal Writing

### A Reason to Live

I have a reason to live, it is to do God's will.

I used to be disrespectful, but God made me acceptable.

I use to think I was no good, but God showed me I should.

I have a reason to live, it is to do God's will.

I used to be a failure, without success, but God showed me how to do my best.

I used to need dope, but God gave me hope.

God puts me in places with people of different races, a reason to live that's what God gives.

- Helen T.

## The Twelfth Step

**"Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.**

- 12<sup>th</sup> Step, Basic Text pg. 17

"We attend meetings and make ourselves visible and available to serve the Fellowship. We give freely and gratefully of our time, service, and what we have found here. The service we speak of in Narcotics Anonymous is the primary purpose of our groups. Service work is carrying the message to the addict who still suffers. The more eagerly we wade in and work, the richer our spiritual awakening will be.

...Yes, we are a vision of hope. We are examples of the program working. The joy that we have in living clean is an attraction to the addict who still suffers."

- Excerpts from Chapter Four of the Basic Text, *How It Works*, pg. 50 and pg. 51

## The Twelfth Tradition

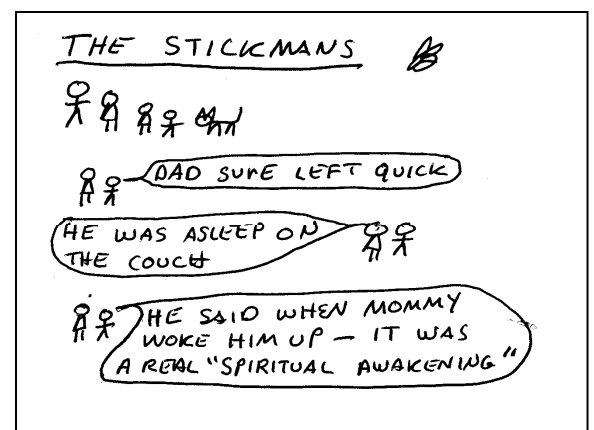
**"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place *principles before personalities*."**

- Tradition Twelve, Basic Text pg. 58

"A dictionary definition of anonymity is "a state of bearing no name." In keeping with Tradition Twelve, the "I" becomes "we." The spiritual foundation becomes more important than any one group or individual.

...We have heard the phrase "principles before personalities" so often that it is like a cliché. While we may disagree as individuals, the spiritual principle of anonymity makes us all equal as members of the group. No member is greater or lesser than any other member. The drive for personal gain in the areas of sex, property and social position, which brought so much pain in the past, falls by the wayside if we adhere to the principle of anonymity. Anonymity is one of the basic elements of our recovery and it pervades our Traditions and our Fellowship. It protects us from our own defects of character and renders personalities and their differences powerless. Anonymity in action makes it impossible for personalities to come before principles."

- Excerpts from Chapter Six of the Basic Text, *The Twelve Traditions of Narcotics Anonymous*, pg. 72 and pg. 73





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## LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

### CONTACT US:

#### IN PERSON/BY PHONE

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Mike C. 502-772-3336  
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#### 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](mailto:newsletter@nalouisville.org)

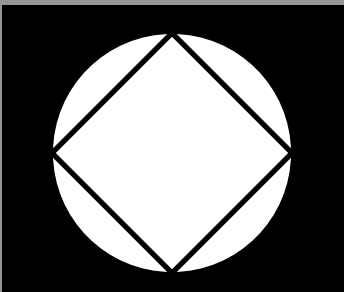
#### ASC MEETING

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](http://www.nalouisville.org)



Louisville Area NA Helpline  
502-499-4423

## 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.

We apologize for any anniversaries that we skip or forget!

Cliff S.	December 5	3 years	Miracle on 22nd
James L.	December 6	3 years	Why Are We Here
Leigh K.	December 7	12 years	Sweet Surrender
Meshall T.	December 10	5 years	The Stopping Point
Vicki T.	December 11	1 year	Agape Group
Sharon C.	December 11	8 years	Saturday Night Live
Nigel H.	December 11	5 years	Step Up Group
Robert G.	December 12	6 years	Walking and Talking
David D.	December 13	10 years	Why Are We Here
Steve S.	December 13	2 years	Serenity Group
Freda T.	December 15	2 years	Point of Freedom
Shawn	December 16	1 year	Enough is Enough
Ken W.	December 17	19 years	Highland Peace
Audrey L.	December 18	8 years	Just Us
Robert C.	December 18	6 years	Another Chance Group
James P.	December 18	9 years	Reach for Recovery
Michelle W.	December 19	3 years	Serenity on Sunday
Ray	December 19	1 year	The NA Meeting
Blaire G.	December 20	3 years	Serenity Group
Darren L.	December 22	7 years	Unity of Hope
Dana M.	December 24	2 years	The Stopping Point
Maggie B.	December 26	17 years	Serenity on Sunday
Terrie D.	December 27	1 year	Why Are We Here
Scheron C.	December 27	1 year	Against All Odds
Pam B.	December 27	7 years	Serenity Group
Scotty H.	December 28	1 year	Sweet Surrender
Jana M.	December 29	9 years	How It Works
Kim H.	December 29	7 years	Unity of Hope
Katy D.	January 5	1 year	How It Works
Shavon	January 6	1 year	A Vision of Hope
Bryan B.	January 12	1 year	Keep It Real Group
Annisha H.	January 13	3 years	A Vision of Hope

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.