

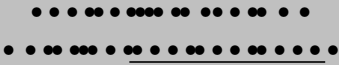


CARRYING THE MESSAGE

Anyone interested in receiving the
LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

Via eMail please send request to newsletter@NALouisville.org

AREA NEWS



—Open Service Positions—

LASCNA: RCM, RCMA

Newsletter Subcommittee:
Secretary, Vice Chair.

New Meeting: 'Reality', meets Sat. nights from 6-7:30pm at 2973 Wilson Ave.

New Time: 'Serenity Group' now meets at 7pm until 8:30pm. Still on Monday, still in the "Pink Patio" room.

New Meeting: 'Old School Recovery'. Fridays at 5920 Bardstown Rd. Fern Creek. @ 8pm-9pm. Contact Jack B. at 231-6468. Leave a message!

New Meeting: New meeting in Hardinsburg, KY Breckinridge County at the county Annex Building every Fri. night. 7pm local time, 8pm Lou. Time.

Meeting Moved: 'Lose the Desire' has moved to 1:30pm, Central Presb. Church, 318 W. Kentucky St.

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

New Meeting: 'Steppin' To Freedom' 1st 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.

This Months' Topic is: *Carrying the Message*

An Awakening and the Message

To me my spiritual awakening came through the process of working the Steps. Some people achieve this awakening faster than others; but for me it took a number of years. I can't really say it happened on a certain day but one day I knew. Over time I learned to put the focus on living each day by spiritual principles instead of those survival skills that served me in active addiction. This changed the direction of my life from self-centeredness to selflessness. Now that I have clarity of direction by a spiritual awakening, how do I carry the message?

Sponsorship is a great way for the message to get passed on to others. Going to meetings regularly and letting others see that recovery works in my life. Giving of my time and resources to service work carries the message too. One of the most profound ways to carry the message is NOT to use drugs and live my life by spiritual principles. By not using drugs, I show those in the rooms that Narcotics Anonymous works, just for today. Living my life by spiritual principles shows the world that I am a changed person. Any of this could not be done without the help of the God of my understanding.

Anonymous

"You and I have been given, through illness – through suffering – and through disease, a talent for helping other human beings like ourselves. Let's never forget that we have it and that we are responsible for others. But primarily, we must be responsible to ourselves and – I very seldom talk about Higher Powers, the particular concept of a Higher Power that I have; but believe me I have it. And I don't know how many people are in this room tonight. I don't know if there's 100 here or 110 or 112, but over and above all of us, and in and through all of us, there's a power that there isn't anywhere else in the world. That's what it will always be all about. And I'm serious tonight. I'm live serious not dead serious. This is a program of life and living. I've been serious long enough and I hope for the rest of the night we all have a hell of a lot of fun, because that's what living's all about."

Jimmy K.

18 Aug. 1973

20th Anniversary of NA

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."

Carrying a message of hope to the addict who still suffers is the primary purpose of Narcotics Anonymous: in sponsorship, in service, in meetings, in fellowship and in literature. This purpose is fulfilled when we practice our Twelfth Step. This part of the Twelfth Step is practiced when we share our experience, strength and hope; either orally or literarily. The compiled Twelfth Step work that has comprised our literature for twenty three years is respected and rarely questioned. And rightly so. But it seems that what is shared orally is easily questioned and often discounted. In my own experience and inventory work this comes from self-centered fear, close mindedness, self-righteousness and a lack of empathy for and acceptance of others' experience that differs from my own. By doing this I curtail my base not broaden it. At this point I find thankfulness for the statement, "Take what you can use and leave the rest behind." This type of open mindedness leaves room for the diversity of our program, fellowship, experience, strength and hope that allows all addicts the opportunity to recover. I would like to end with a quote from our Basic Text, "The problem with literature is language. The feelings, the intensity and strengths are sometimes lost. In our group, with many different personalities, the message of recovery is a recurring theme." (Basic Text, pg. 65)

Chris W.

Hello family, once again it is I, Kelly C. I continue to write and hope that goes along with this month's subject, "Carrying The Message." It pains me that so many people seem to have so many things to say at meetings or may even get irritated that time runs out before they get a chance to share, yet the letters and messages sent to the newsletter are so scarce lately.

My message at this time had to be pointed out to me by a sponsee. You see I had been getting so down that I couldn't get to a meeting due to my other illness. It had been so hard to function with the doctors' ways of treating me. The insanity seemed as bad as before I began NA to the point where I thought I had not been carrying a good message. The other day at a meeting an addict shared his grief of losing a fellow addict to this baffling disease. I shared in return what I had gone

Carrying The Message

Continued from page 1 Column 2

Based on the Interview of Bill R. By Kevin P. The 12th Step

Kevin: How many times have you formally written on a twelfth step?
 Bill: I really couldn't tell you. I lost track. At least a dozen, I'm sure.
 Kevin: Which part of the 12th step, the "carrying of the message" or the "living these principles in all my affairs", is most dominant in your recovery?
 Bill: Practicing the principles in all my affairs. What kind of message can you carry if you're not living it.
 Kevin: In what ways do you live the 12th step?
 Bill: You know, it goes back to how honest and willing I'm being with myself.
 Kevin: What other ways are there?
 Bill: The other 3 basic principles I use are love, honor and respect. Am I basing myself in love, am I willing to honor and respect the principles I live by.
 Kevin: About the spiritual awakening-do you feel like you have a new one every time you work a 12th step...or maybe a different one?
 Bill: It's an ongoing process. An awakening is an event that continues to occur. It comes from the work. Yours are gonna be different than mine based on clean time and the number of times through the steps. Just living experience.
 Kevin: What do you have for the newcomer?
 Bill: Stick and stay-don't use today. The longer we're able to stick it out and stay around better it becomes.
 Kevin: Thank you for being of service.

Charles Dickens writes in his famous story A Christmas Carol, "I have always thought of Christmas time, when it has come round apart from the veneration due to its sacred name and origin, if anything belonging to it can be apart from that as a good time; a kind, forgiving, charitable time the only time I know of, in the long calendar of the year, when men and women seem by one consent to open their shut-up hearts freely, and to think of people below them as if they really were fellow passengers to the grave and not another race of creatures bound on other journeys". It has always been very easy for me to slip into my winter isolation during this time of year, Bah Humbugging the holidays and those who celebrate them. This reaction has always come from the fear of being alone and unloved during the holidays. Since coming to NA, I have found that I am no longer alone and I am no longer unloved. If I feel that way then I need to ask for help from another recovering addict. I have to reach out and be responsible for my own recovery. If I don't ask for help but allow myself to succumb to my feelings then I am letting my self-centered disease exercise its power over my recovery, sewing the seeds of relapse. I am not confused about the Twelfth Step today. I can only keep what I have by giving it away. For me that means both surrender and the therapeutic value of one addict helping another. That is the foundation of Narcotics Anonymous. That is how Narcotics Anonymous began----one addict helping another addict stay clean just for today. NA members open their hearts all year long just for today. NA members recognize themselves in others and reach out with love and support. So to quote Charles Dickens once again "God bless you, everyone." Dear family, Happy Holidays to each and every one of you. I am so grateful for everything you have given me this past year and I love you all.

Frazier M

through with my experience of grieving and how my addiction showed through at those times, but I had the choice and used it NOT to use. As I shared, my eyes fixed on "old people" that had found their ways in the meetings. There were several and I realized I was no longer anywhere near the insanity I had before walking through those doors of NA.

Where, you ask, did my sponsee come in?...On the way home I spoke of how that was a powerful spiritual awakening, and I felt a new willingness (from my Higher Power) to carry the message to wherever I can. I had to find a way to do so even from my home... She simply said "You already do, You show us no matter what life brings there is **no** reason to use."

Thanks to Narcotics Anonymous, it is no longer just "I" but "we." What "I" cannot do alone, "we" can. "...for one addict can best understand and help another addict."

Happy Holidays,
Kelly C

"I sat down at computer and asked God what to write that would fit Carrying The Message, This is what came out."

LOST AND SCARED I FOUND A PLACE.

A SMALL ROOM FULL OF LOVE.

EVENTUALLY I FOUND SOME PEACE AND THEN WASN'T SCARED TO HUG.


Jessics R


"...the spirit of the Twelfth Step is grounded in the principle of selfless service. Upholding this principle in our efforts to carry the message is of the utmost importance, both to our spiritual state and to those to whom we are trying to carry the message....The message we carry is that by practicing principles contained within the Twelve Steps, we have had a spiritual awakening. Whatever that means for each one of us is the message we carry to those seeking recovery."


IT WORKS HOW AND WHY

THE STICKMANS 



DID YOU HEAR WHAT SHE SAID IN THE MEETING? 

YOU WILL BE SO SURPRISED! 

SINCE WHEN IS GOSSIP CARRYING THE MESSAGE. 

These Groups are in need of your support.

Miracle on 22nd: Sunday 7pm – 8:30pm 2115 W. Jefferson St.

Point of Freedom: Mon. & Wed. 10:00p.m. 1034 S. Jackson St

We Too Recover: Tues. 7:00p.m. 2011 St. Xavier St.

A Vision of Hope: Wed. 12:00p.m. 2200 W. Muhammad Ali Blvd.

Day by Day: Thurs. 7:00p.m. 519 E. Gray St

Reality: Sat. 6pm-7:30pm 2973 Wilson Ave. (Michelle S).

Come out and help spread the message of NA.

AREA NEWS

Continued from pg 1

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 5th at 7:00pm. Every Tuesday.

***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

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.

NA Conventions and Functions

December 2nd, 06'
TBA

December 31st, 06'
Cathedral of the Assumption
443 S 5th St, Louisville, KY

January 5- 7th, 07'
The Columbus
Formerly Adams Mark Hotel
50 North Third Street
Columbus, Ohio 43215
614.228.5050 or
1.800.417.1057

January 19th-21st, 07'
Marriot, Downtown
280 W. Jefferson Street
Louisville, KY 40202

Holiday Feast: 18th Annual Holiday Feast. More information to come!

LACNA XVII Function: Dress to Impress Ball. There will be fellowshipping starting at 6:00pm. A meeting at 7:00pm. And food and dance to follow. The price is \$10, and that includes both the food and the dance. Come out and share your recovery and support the Louisville Area at the same time.

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 1st is the deadline for topic suggestions. July 31st 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: \$25.00. Registration Contacts: LaTonia B.(Chair) 502-819-1630, Yolanda S.(Vice-Chair) 502-693-8670, Glynnetta H.(Secretary) 502-472-6857
Convention Functions: Talent Show on Fri. Jan. 19th from 9 ~ 10:30. The talent show is free And on Sat. Jan. 20th LACNA 17 Comedy Show presenting Spike Davis, cost is \$10. Contact Crystal C. for Info at 836-1153 // Banquet Dinner served Jan. 20th at 6:00pm More Info on page 2 above.

Special LACNA XVII Announcement

There will be a Banquet Dinner Served at LACNA XVII on Saturday night January 20th 07' at 6:00pm. The deadline to buy tickets for the banquet is Fri. January 12th 07'. It costs \$25 and tickets can be purchased from any of the LACNA XVII executive committee members and Vicki C. (hotel & hospitality vice-chair). Contact Meme D. for more info. The menu will be: Chicken Breast, Steamed Vegetables, Roasted Red Potatoes, House Salad, New York Style Cheese Cake, and a beverage. There will also be a vegetarian dinner served. The Hotel & Hospitality subcommittee is also asking for non-perishable item donations from the area's home groups. Please contact Meme D. at 931-3901

LACNA XVII Executive Committee Members

Chairperson: Greg K.	742-5955
Secretary: Angie B.	366-1898/681-7178(c)
Hotels & Hospitality: Meme D.	931-3901
Serenity Team: Donna J.	593-1626
Art & Graphics: Cordelia B.	291-4942

Vice-Chair: Kevin S.	568-2698 / 693-8698 (c)
Treasurer: Ms. Alyce T.	494-7722
Function & Fundraisers: Crystal C.	587-7297 / 836-1153(c)
Registration: La Tonia B.	819-1630
Programming: LaShaundra	541-6176

LACNA XVII Needs Trusted Servants to Participate:

<p>Functions and fundraisers: Meetings are at the 4th & Hill Coffee House at 4pm and every 2nd & last Sat. of the month. Contact: Crystal C @ 836-1153</p>	<p>Hotels & Hospitality: Meetings are at the coffee house on 18th & Muhammad Ali Blvd at 2p.m. and every 1st & 3rd Sat. of each month. Contact: Meme (chair)@ 931-3901 or Vickie C.(V-Chair)@ 533-4952</p>	<p>Registration: Meeting is at the "Expressions of You" Coffeehouse & Gallery located at 1800 W. Muhammad Ali Blvd. Every other Monday, at 5:00pm. Contact LaTonia B. (810-1630) for the time.</p>	<p>Arts & Graphics: Meeting is at the coffee house on 18th & Muhammad Ali Blvd at 5:00p.m. Dec. 4th. Contact: Cordelia B.(291-4942)</p>
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THIS IS YOUR NEWSLETTER!

YOUR SUBMISSIONS MAKE IT HAPPEN!

Opening the Door to Recovery

◆ 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 26th**.
You can email submissions to 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!

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 last 15 days of the previous month and the first 15 days of the next month.

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

Chris C.	November 16 th	5 Years	Recovery Today
Melvin G.	November 17 th	14 Years	Out of Control
Gilbert	November 18 th	5 Years	Escape From Denial
Erin R.	November 26 th	2 Years	Recovery Today
Donald M.	November 27 th	5 Years	Serenity Group
Lionel T.	November 27 th	7 Years	Against All Odds
Melvin G.	December 1 st	14 Years	Out of Control
Carolyn P.	December 1 st	3 Years	Out of Control
Cordelia B.	December 2 nd	5 Years	Reach for Recovery
Cliff S.	December 3 rd	5 Years	Miracle on 22nd
Paul D.	December 4 th	1 Year	Serenity Group
Charles M.	December 5 th	2 Years	Point Of Freedom
Jane B.	December 6 th	1 Year	How It Works
Sharon C.	December 6 th	12 Years	Unity of Hope
Arthur C.	December 9 th	9 Years	Reach for Recovery
Robert G.	December 10 th	8 Years	Walkin & Talkin Recovery
Nigel H.	December 13 th	7 Years	Step up Group
Trevia S.	December 13 th	2 Years	Unity of Hope
KJ	December 14 th	2 Years	Out Of Control
Mechille T.	December 15 th	7 Years	Stopping Point
James P.	December 16 th	11 Years	Reach for Recovery
David D.	December 17 th	12 Years	Serenity on Sunday
Freda T.	December 17 th	4 Years	Walkin & Talkin Recovery
Darren L.	December 18 th	9 Years	Against All Odds
Mark K.	December 21 st	2 Years	Enough Is Enough
Mark M.	December 22 nd	1 Year	Wednesday Night Hope
Melissa R.	December 22 nd	2 Years	How It Works
Terrie D.	December 23 rd	3 Years	Lose The Desire
Kim H.	December 23 rd	9 Years	Reach for Recovery
Audrey L.	December 23 rd	10 Years	Just Us
Tommy U.	December 25 th	1 Year	Why Are We Here
Maggie B.	December 30 th	19 Years	Just Us

Jack B. 502-231-6468
Mike C. 502-772-3336
Nathaniel R. 502-296-4974
Kevin P. 502-356-8130
Cheryl R. 502-744-8296
Frazier M. 502-797-3036
David M. 502-271-7825
Kelly C. 502-876-1030

NEED YOUR HELP!! ●

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

newsletter@NALouisville.org

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

We're on the Web!

See us at www.nalouisville.org

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