



CARRYING THE MESSAGE

February 2006

Volume 3, Issue 2

Anyone interested in receiving the
LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

Send request to newsletter@louisvilleNA.org

AREA NEWS

**Louisville Area NA
Helpline 502-499-4423**

Open Forum Inventory:

The Louisville Area will have an open forum inventory on February 18th. Bardstown Road Presbyterian Church 10:00 am-6:00 pm

H&I Needs You: H&I meets the third Wednesday of every month at Green St. Baptist Church at 6:30pm

Vision on Main St. has New Time & Day: Vision on Main St will be meeting on Sundays at 4pm. same location, same love.

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

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

Honesty Open-mindedness Willingness

Step 2: Weapon of Myth Destruction

Hello darlings!

It's me, it's me, it's Judy G! Now don't those sound like the words of one enthusiastic addict who got up out of bed rip-roarin' and ready to go?

Truth is, it's gray and gloomy outside, I've got all these bills left over from Christmas, and my waist line has evolved into an equator. My bed is so warm and I'm spending quality time with Bruno. Hummmmmmm. What to do? What to do?

I'm gonna' pray my 3rd Step prayer and read today's "Just for Today" meditation, that's what! I drove by a sign the other day that said "GOD ANSWERS KNEE MAIL". Then I'll try to do more than just fritter away the next precious 24 hours I've been given. Art's death was a real wake-up call for me.

Not so long ago, I would have stayed in bed, watched TV, and compulsively overeaten junk food- like Jaba the Hutt. Oh hell, you know what I mean.

Just fill in the blanks with your personal favorite self-destructive behavior.

Thank God that NA showed me H O W to change one day at a time. My experience with Step 2 has been that if I can only come to believe that there might be this awesome power greater than my couch potato self, my sanity will be restored. I won't have to wake up feeling I must "face" another day (as though it were the opponent in some battle). I can actually DECIDE to have a good day!

Some people in these rooms have actually shared that for them, a day is a gift from a Higher Power who loves us deeply and wants only the best for us as we grow in our recovery. Who knows when some of that "happy, joyous, and free" stuff is gonna' strike? I'll just keep practicing Step 2 with anticipation of the blessings it'll bring.

What's this? I seem to be getting interference. Bruno (my big fat black cat) keeps walking in front of my computer screen. His Highness will NOT be ignored! So that's my two cents worth for now.

Love and thanks to all.
Judy G.

H&I

It has been mentioned to me and others in our newsletter subcommittee, how they enjoyed the recent writing about the need for more participation in the H & I subcommittee. They all said they had no idea there was so much of a need. Places wanting a meeting and no one to bring it. This is the 21st century; there should be plenty of addicts with substantial clean time to see that everyone in the Louisville area has a meeting. Sadly, there are those addicts in institutions that are not able to participate in a NA meeting because no one will commit.

Oh, I couldn't do that! or Let someone else do it!!
This notion is what feeds the disease of addiction and keeps us separated from the hope of recovery. Hundreds of addicts each year are faced with either going to meetings of our sister fellowship or having no NA meeting at all. Each and every one of us has the ability to share our story and our time so that the still suffering addict can find the path of recovery. Often times it is through hospitals and institutions that addicts have their first encounter with NA. Am I willing to give back to the fellowship what was so freely given to me or am I willing to let someone do it? Where is my part in service? Maybe I can't take on a H & I meeting every week like some folks, but when a panel leader asks me to share somewhere. can I say that I can't? Am I that busy that I can't give a little of my time to help that addict that disparately it?

I can only tell you of my own experience and of the wonderful times I have had in sharing at an H & I meeting. Those times have brought me closer to the God of my understanding and given me great joy. When I see the faces of those inside, whether they are young or my age. I see what the disease of addiction has done to them. I see the hope in their faces when we arrive. I see that they are glad that someone cares enough to share the message of freedom from active addiction just for today. Their pain is great but our gift is greater.

If you don't know where your place in service is, here is a suggestion. First talk to the God of your understanding, and secondly, talk to your sponsor and maybe you might find a place in H & I that fills that spot of service work.

Freedom and peace to all
Jack B.

Carrying The Message

LOUISVILLE AREA VS. KENTUCKIANA REGION

I've notice that addicts have compared the Louisville Area with the Kentuckiana Region.

Hello! We, the Louisville Area is part of the Kentuckiana Region. I don't know why people are going to war between LACNA (Louisville Area Convention of Narcotics Anonymous), and KRCNA (Kentuckiana Regional Convention of Narcotics Anonymous). KRCNA is a regional convention and is part of KRSCNA (Kentuckiana Regional Services Committee of Narcotics Anonymous). I've given the area the budget of what the Region spends each year, and I've even given you what the Region has spent this year in your November minutes. We as an area think the Kentuckiana Region is another country, separate from us.

As far as banners are concerned, I only brought the motion for the stolen KRCNA XIV banner, which was originally from the KRCNA XX Chair. The person who is replacing it is replacing it as a donation to the Region.

Anyway, the basic text says in p. xvi, "We must always remember that as individual members, groups, and service committees we are not and should never be in competition with each other." Also, open-mindedness is a spiritual principle. The basic text also says in p. 18, "There is one thing more than anything else that will defeat us in our recovery: this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are honesty, open-mindedness, and willingness. With these, we are well on our way.

The reason I feel we must send our money forward is not only our lives get saved, but people all over the world get delivered from drug addiction and they can also have literature in their own language which we take for granted. Not just to use 7th tradition to have anniversaries, which is another topic.

Anyway, I noticed people want to be concerned about the Louisville Area. We reach out to the other urban areas like Cincinnati, Dayton, Columbus, Chicago, Philadelphia, etc. But we don't reach out to people in our own state. We go to DACNA (Detroit Area Convention of Narcotics Anonymous) which is the same Easter weekend as KRCNA. What a shame!

I understand it is human nature to associate with people who look like ourselves. I, myself have a little racist tendency. As far as I know, if I cut myself, and a white person cuts themselves, we bleed the same.

I think we need to get our priorities in order.

Audrey L.

BASED ON THE INTERVIEW OF SCOTT S. BY KEVIN P. ON THE H.O.W. OF NA

KEVIN P.: Briefly Scott, tell me about the HOW of this program as it pertains to you.

SCOTT S.: For me it should have been WOH, because the willingness had to come first. I had to be willing enough to become open-minded enough to be honest.

KEVIN P.: When do you first remember applying the willingness?

SCOTT S.: Oct. 1991. I walked into treatment without knowledge of what was to come. The willingness was driven by pain. The amount of willingness you have is equal to the amount of pain you're willing to endure. It's kind of like if I have pain in a tooth on the right side of my mouth logic tells me to go to the dentist. My disease tells me to chew on the other side. Only when the pain was great enough did I follow the path of logic and seek professional help.

KEVIN P.: Where does willingness show up in your life today?

SCOTT S.: With 14yrs clean I'm still willing to do the basics. Go to meetings regularly, work steps with a sponsor, and read the Basic Text, do service work.

KEVIN P.: How has your open-mindedness grown over the years?

SCOTT S.: When I first got here, I didn't know anything. After my first year I knew it all. I was the NA Police, NA Nazi, Basic Text Thumper. All driven by fear that if I didn't work a perfect program and you didn't work a perfect program then NA would fizzle out and I would have nowhere to go. Now I know I don't know everything and with 14yrs clean I can learn something from the addict with one day clean.

KEVIN P.: Talk to me about the honesty.

SCOTT S.: When my wife and I were applying for a refinancing on one of our homes the bank wanted us produce a bogus lease agreement saying that we were getting 700 dollars a month rent. I told them that I wouldn't do that because its not honest. No matter what belief system you have weather it be religious or not, there is always some form of reciprocity, some call it Karma. Whatever it is you have to suffer the consequences for your actions, especially dishonesty. You really can't keep up with your lies so why lie.

KEVIN P.: Where are you most aware of applying these principles?

SCOTT S.: I'm most aware of it amongst recovering addicts, in the rooms. It's a lot harder to remember to apply them in the real world. What I was told is "live life like an Action 11 news crew was following you around all day".

KEVIN P.: Finally, what do you got for the newcomer?

SCOTT S.: No matter what the question is the answer can always be, "WORK THE STEPS OR DIE MOTHER-F-eR."

Reservations

- Reserve my life and the disease can send me to hell.
- Reserve yelling and someone that's using will abduct me.
- Reserve thoughts of denial and old friends & places will visit.
- Reserve using and depression will keep me at home.
- Reserve being resentful and the defects will control the spirituality.
- Reserve a place in NA and I'll have blessings galore.
- Reserve meeting halls and I will see a newcomer have hope.

By Cathy S.

LACNA XVI

Each & every year this recovering addict looks forward with great anticipation to the annual LACNA convention. It has actually become a tradition for my entire family as my boys (who once suffered the horrific consequences of their mom's addiction) also love the convention & wear their very own Serenity Team shirts and serve right along beside me. We rent a room each year, fill it with food for whoever is hungry & roll on to the powerful speakers, awesome fellowship, and several workshops in addition to our service work. Recovery is a family effort in my home and I'm so proud of the way "my three sons" trudge right along with me without complaint to all of these meetings. The convention is always a great way to start the year and always a highlight for us.

It is often said that a leader is only as good as those on his/her team. This is true for Donna J and her entire committee who dealt with many changes over the year. Much appreciation to all that showed the strength to persevere. Audrey J did an incredible job of stepping up and holding two equally important offices which doubled her duties. Cry "style" C. came aboard to pick up the slack for Functions and Fundraisers doing a great job taking over the duties for one who could not place principals above personalities. Vicki C. led her Serenity Team and there was always a member or two available to hug, meet, and greet each addict who came out to support LACNA and get some recovery at the same time. Maurice F chose speakers who had very powerful messages shared the NA way and David D literally sold out of his hoodies and sweatshirts raising a lot of money for the committee. Ticonda handled registration using the spiritual principals of patience & tolerance while Miss Alyce did a wonderful job accounting for all the funds from each committee in an honest and accountable fashion. I would like to thank LACNA XVI for sticking and staying throughout all the maddening chaos this year threw at them. By working together a warm and sincere atmosphere of recovery was created for every addict who attended. Great job!! Great Committee!! Great Convention!!

Crystal H.

February 9th – 11th 2006

Study &
Retreat Center, Shehansahi,
Rajpur, Old Musoorie Road,
Uttranchal

February 11th, 2006

Lourdes Parrish Hall.
Owensboro, KY

February 18, 2006

State Fire School Building.
Hwy 62 West. Paducah KY

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

March 10-12, 2006

Ramada Inn
5103 Townson Ave
Fort Smith, Arkansas

April 13th-16th 2006

Hilton DFW Lakes
1800 Highway 26
Grapevine TX 76051

April 14th-16th, 2006

Executive Inn Riverfront Hotel
Paducah, KY

May 26-28, 2006

Holiday Inn South
9940 Airline Highway.
Baton Rouge, Louisiana 70816

July 14-16, 2006

Natural Chimney's Regional Park
Mount Solon, Virginia

DACNA VI "Utsav" (The Celebration) Delhi Area in the Indian Region is hosting its seventh convention. Registration> 1st Tier: INR 900 (Dormitory Accommodation)> 2nd Tier: INR 1200 (Shared Rooms). Nearest Airport Jolly Grant Airport, Dehradun, 35 kms away. Nearest Railway Station; Dehradun Station, 14 kms away. Nearest Town Dehradun, 18 kms away/ State: Uttranchal. Come celebrate the spirit of recovery with us at Utsav, The Celebration!

Owensboro Area KRCNA 20 Fundraiser. February 11th, 2006. Lourdes Parrish Hall. Owensboro Ky. 6:00 pm. Contact Dennis C. (270)729-2626

Western Kentucky Area Clean & Serene 19th Birthday. February 18, 2006. State Fire School Building. Hwy 62 West. Paducah Ky. Contact: Bill E. (270)443-7964

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!

ARVANA's 13 Annual Hanging in the Fort Convention Jamaican Me Grateful.

(479)646-2931 Room rate: \$65.00 per-night. Mention ARVANA. Pre-Registration special: \$25.00 before or by February 15th, 2006. After February 15th, Registration: \$12.00, t-shirt, \$15.00, Recovery Dinner \$15.00. Contact Twana (479)883-9808, or Donna (479)561-7274.

LSRCNA (Lone Star Regional Convention of NA) XXI Waves of Change: Reservations must be made by March 23rd for group rate of \$82.00 Single-Quad. Call 800-245-3105. Mark Lundholm performing Fri & Sat, Golf Tournery, NA Idol, Fun, Food, & Fellowship.

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

LRCNA (Louisiana Regional Convention of Narcotics Anonymous) XXIV. Baton Rouge, Louisiana. Room rates: Courtyard: \$69.00. Tower \$79.00. Hotel information and reservations--toll-free (888)814-9612. Mention LRCNA. Room cut-off rate is May 12th. Pre-registration before May 1st: \$12.00. Registration after May 1st: \$15.00. Contact Christine M., Chair (225)235-9721.

BRANA (Blue Ridge Area of Narcotics Anonymous) 25. July 14-16, 2006. Natural Chimney's Regional Park. Mount Solon, Virginia. websites: www.brana.org e-mail: campout@brana.org

CARRYING THE MESSAGE

LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

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NA NEWSLETTER SUBCOMMITTEE MEETINGS

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

EMAIL

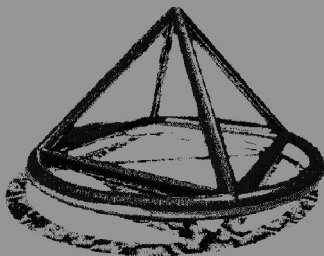
newsletter@louisvilleNA.org

ASC MEETING

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

We're on the Web!

See us at:
www.nalouisville.org



**Louisville Area NA
Helpline
502-499-4423**

THIS IS YOUR NEWSLETTER! YOUR SUBMISSIONS MAKE IT HAPPEN!

◆ MARCHS' TOPICS OF THE MONTH ◆

Ready, set, go: make the decision

◆ 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!

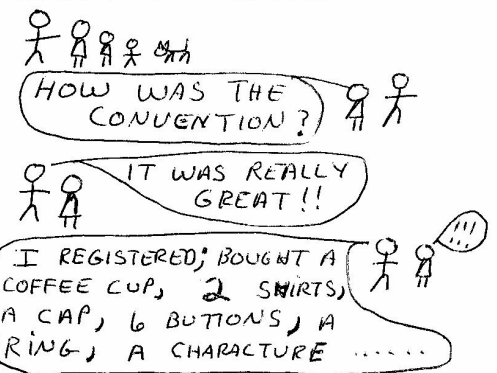
When submitting, please remember space is limited and should be sent in by **February 21st**.
You can email submissions to newsletter@louisvilleNA.org or call and we will make arrangements to pick it up. Any addict with a day clean and some willingness can contribute!

These Groups are in need of your support.

Serenity On Sunday: Sun., 1:30pm
A Vision on Main St.: Sun. 4:00pm
Miracle on 22nd St: Sun 7:00pm
Restored to Sanity: Mon. 12:00pm
Freedom Spirit: Tues., 6:30pm
A Vision of Hope: Wed. 12:00pm
Unity Of Hope: Wed., 7:00pm
Just For Today: Fri. 12:00pm
X It Group: Sat., 7:30pm

Come out and help, spread the message of NA.

THE STICKMANS



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!

Darlene	February 6 th	4 Years	Why Are We Here
Teresa W.	February 11 th	6 Years	Just Us
Dick S.	February 12 th	3 Years	The NA Meeting
Dorothy D.	February 14 th	1 Year	Gratefully Dedicated
Larry B.	February 15 th	13 Years	Saturday Night Live
Andrea Q.	February 17 th	8 Years	Another Chance
Joy F.	February 17 th	4 Years	How It Works
Tabitha L.	February 17 th	4 Years	How It Works
Larry B.	February 18 th	13 Years	Saturday Night Live
Pamela F.	February 18 th	3 Years	Lose the Desire
John P.	February 19 th	11 Years	Serenity on Sunday
Kanda P.	February 20 th	6 Years	Serenity Group
Kevin D.	February 24 th	11 Years	Miracle on 22 nd Street
Duane S.	February 27 th	2 Years	Serenity Group
Dedra	February 28 th	2 Years	Against All Odds
Rebecca S.	March 1 st	2 Years	Saturday Night Live
Marion C.	March 4 th	8 Years	Saturday Night Live
Cathy S.	March 4 th	5 Years	Lose the Desire
Rita W.	March 6 th	5 Years	Against All Odds
Meme D.	March 6 th	6 Years	Why Are We Here
Bernard P.	March 13 th	7 Years	Restored to Sanity

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.