



# CARRYING THE MESSAGE

March 2006

Volume 3, Issue 3

Anyone interested in receiving the  
**LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER**

Send request to newsletter@louisvilleNA.org

## AREA NEWS

**Ready, set, go: make the decision**

**Real, True Friends**

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

#### **LACNA 17 Needs Trusted Servants to Participate: Functions and**

**fundraisers:** mtg 3-11-06 @ 4pm, 4<sup>th</sup> & Hill Coffee House. Questions-Call Cry"style" C @ 836-1153

**Hotels & Hospitality:** mtg 3-11-06 @ 2pm, 18<sup>th</sup> & Muhammad Ali Coffee Shop. Questions-Call Meme @ 931-3901

#### **The NA Meeting's 10 Year Birthday**

**Bash:** Sun April 9<sup>th</sup>, eating will begin at 5pm. 1612 Story Ave. No 7<sup>th</sup> Tradition Funds Used for This Celebration.

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

**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

**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 11<sup>th</sup> Step, Meditation and Spiritual Principle's discussion, Closed meeting. It's on Thursday's at 8:00pm at Our Mother of Sorrow Church.

**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

### **"Carrying the Message"**

I was thinking about the title of our beloved newsletter, and got to pondering the many ways in which we carry the message. It states in our basic text that each member of NA carries the message in their own unique way. This brings diversity to our fellowship and keeps us free to express ourselves openly and honestly. We carry the message of recovery not so much in what we say, but how we live. How do we do this? First and foremost we don't pick up, NO MATTER WHAT. Secondly we put our recovery first; attending meetings, keeping in contact with our sponsor and other recovering addicts and most importantly working the 12-steps with our sponsor, we learn to live the principles outlined therein. Living the spiritual principles of recovery, sharing openly in meetings about how we do so, and helping a newcomer are all ways we carry the message.

I often hear the saying, "share the message, not the mess". Though I can understand the wisdom in this statement, it can be confusing to a newcomer. This was being discussed at a meeting I recently attended, and an addict with MANY years in the program stated, "Sometimes we have to share the mess to learn what the message is". It also says in the book that "pain shared is pain lessened". This is a program for learning and I am still learning a lot. I just want to state that I disagree with the "Sit down and shut up" statement. I stayed clean by OPENING my mouth and sharing my pain, obsession, delusional thinking, anger, etc. Honest and open sharing kept me coming back, and sharing openly allowed other people to realize I needed help. If your ass is on fire, share it. That's all.

Love and Respect,  
Donovan L. / addict

### **Blessings**

My life has **blessings** that fill my soul to overflowing.

- Blessings** of knowledge and education.
- Blessings** of getting rewards for helping the newcomer.
- Blessings** from my Higher Power.
- Blessings** to have power to think positively.
- Blessings** of love, joy, and peace.
- Blessings** of the longer I come to NA the more blessed I get.
- Blessings** for having a sponsor.
- Blessings** for praying.
- Blessings** from writing on topics for the NA newsletter.
- Blessings** for chairing home group meetings.

Cathy S.

You and I had become as one,  
 You were my closest friend.  
 Our relationship was solid,  
 On you I could depend.  
 False confidence you did instill,  
 false courage and false strength.  
 With you I could do anything  
 I'd go to any lengths.  
 I loved the way you made me feel  
 With energy to spare.  
 We'd laugh and play and party hard,  
 I did not have a care.  
 But now I take the time to think  
 About those days that's past.  
 As the fog clears from my brain  
 I see the truth unmasked.  
 You were the one that made me change,  
 You robbed me from myself.  
 You took me from my family  
 It was you and no one else.  
 For you I did what I should not,  
 I lied, I cheated, I stole.  
 Insanely I acted out,  
 A shell without a soul.  
 Now I fight to get free  
 And leave you far behind.  
 But not so far I don't recall  
 The darkened, desperate time.  
 When I thought you were all I needed,  
 When I was in your grip.  
 When freedom and joyous were just words,  
 When my dignity had been stripped.  
 Now the sun shines upon my head.  
 I laugh, I sing, I cry.  
 Now I raise my hand to share  
 What I no longer can deny.  
 At a meeting or on the phone  
 I do what helps me mend.  
 This program that is called NA,  
 Has shown me real, true friends.

Karen M.

### **The Dream**

Sat down last night and opened up the little black book. Reading and reflecting, I took a good hard look. After that I went to the kitchen and grabbed a bite to eat. Belly full, and feeling tired, I lay down to try and sleep. Under the blankets, wrapped up warm and tight I think I'm just gonna lay here till morning light. At the break of dawn, suddenly I awoke. With my breath held in, trying to hold the smoke. Don't tell me I got high again. Damn this addiction I feel I just can't win. I roll out of bed and hit my knees. Lord don't let it be true I beg of you please. Feeling relief, I yell and I scream Thank God it's only, a get high dream

Chad S.

# Carrying The Message

## Members of NA

Is it possible to be grateful enough for a program that has totally changed my life in so many positive ways? Recovering addicts loved me until I was able to find love for myself. It is for this reason that I am walking through the fear to write this letter. Some of the new trends that I have seen developing in this area are breaking my heart.

Recently, I have had two people share with me that, at the LACNA convention, they were turned away a dance because they didn't have \$5 to pay to get in. The pain they felt from this experience was extreme. It was the perfect opportunity for their disease to pound them with, "not good enough", "worthless", and "less than". One individual had 14 years and the other had 6 weeks clean. The one with 6 weeks chose, the next day, to use. I use the word "chose" with reservation. Most people at 6 weeks haven't learned that they have a choice. Their focus, as it should be, is just don't use.

Throughout our literature we are reminded of our primary. Basic Text, page 10, "Our Primary Purpose is to stay clean and to carry the message to the addict who still suffers". The message we carry can be found on page 65; "The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live". Carrying this message is the most important thing we do. It is even more important than making money. History and experience have shown me that NA can have a "no addict turned away" policy and still be able to make money and afford to continue having dances and conventions. After all, the outcome is always in the hands of a much greater power than any of us. Decisions based in greed and fear cause harm. The same harm that was caused when addicts were turned away at the convention.

I realize that we have bills to pay and to pay them we must make money. I am also aware that there are those who have the money and take advantage of functions where "no addict turned away" is practiced. The ones who take advantage are stealing from the fellowship. This type of behavior causes so much pain within that these addicts will reach a point where they will become willing to do whatever it takes to make amends or they will leave. Either way they will suffer consequences and I don't have to impose the consequences. In the meantime, responsible members will pay and sometimes even give extra. It is the responsible members that will keep this fellowship alive. Is it worth the life of one even one addict to make the few who take advantage, pay \$5 to get into the dance?

Love uplifts. The message of love is not carried through entitlement, greed, or fear. I hope that I stay here long enough to see this area adopt a "No addict turned away" policy for all NA functions whether area or conventions. To see a Higher Power, once again, in charge of the outcome.

Having said that, I would now like to thank the convention subcommittee member for their service and hard work. These people gave up a lot of their personal time and lost precious time with their families to put the convention together. It may not have felt like it behind the scenes, but out front it looked like everything flowed smoothly. Many people commented on how much they enjoyed the speakers, especially Father Sam. Personally, I think the banner was the nicest one yet, which also made the T-shirts very nice.

Even though I have a concern about what happened at the dance, the convention, overall, was a very positive experience for many people.

To all who worked on the convention, thank you for donating a year of your life. Thank you for working hard to try and maintain an atmosphere of recovery. Thank you for honoring those who attended the first couple of conventions because they helped to keep the doors open. Please believe me when I say how much you are appreciated.

With Love & Respect  
Judy T.

## Chain of Colors

He sits alone, not feeling right-He decides to get up, and go get some white. In a bad end of town, driven by disease-There's a gun and a bright flash of orange.-He's been shot, and drops slowly to his knees. Fading fast, trying desperately to catch his breath-he folds out upon the green grass-Atop a ghostly stallion, rides the messenger of death. Another addict bound by the grips of obsession.-He now lay in a pool of red-Never will we hear this addict's confession. Paramedics shout clear and try hard to awaken-in the flash of blue lights.-Is this what it takes for us to be shaken?

Did he make it you ask? No another DOA-They put up yellow tape.-Had he been willing, he might be here today. Someone has to tell his family-They need to know.-They cry is he really gone?-They'll miss his laughter, his smile and his glow.

There is a spiritual way we never have to lose another.-Dead under cold gray sky.-This man was a husband, a father, an uncle, and a brother. Lost to addiction he can never come back.-What decisions will you make.

Before the camera of your life  
Fades to black?

Chad S.

## 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 21<sup>st</sup> 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.

# NA Conventions and Functions

## March 10<sup>th</sup>-12<sup>th</sup>, 2006

Radisson Hotel at Star Plaza  
Merrillville, IN

## March 10-12, 2006

Ramada Inn  
5103 Townson Ave  
Fort Smith, Arkansas

## April 13<sup>th</sup>-16<sup>th</sup> 2006

Hilton DFW Lakes  
1800 Highway 26  
Grapevine TX 76051

## April 14<sup>th</sup>-16<sup>th</sup>, 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

**ISNAC XIII: Dawn of a New Reality:** Hotel :( 219) 769-6311. Pre-Registration before Feb. 1<sup>st</sup> = \$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 23<sup>rd</sup> for group rate of \$82.00 Single-Quad. Call 800-245-3105. Mark Lundholm performing Fri & Sat, Golf Tourney, 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 15<sup>th</sup> =\$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](http://www.brana.org) e-mail: [campout@brana.org](mailto:campout@brana.org)

Hello Fam,

One Convention down another to start, LACNA XVII Arts & Graphics Sub-Committee is starting the process of gathering ideas for the theme & logo for the 2007 convention. We are asking for this area's creative artists, idealist, for not only the logo & theme but also what YOU as Area would like for Pre-Convention T- shirts.

Please bring your suggestions to your GSR's for the next area meeting.

In Loving Service  
David D

## LACNA XVII Executive Committee Members

Chairperson: Greg K.	742-5955
Vice-Chair: Kevin S.	568-2698 / 693-8698 (c)
Secretary: Angie B.	366-1898 / 681-7178 (c)
Treasurer: Ms. Alyce T.	494-7722
Hotels & Hospitality: Meme D.	931-3901
Function & Fundraisers: Crystal C.	587-7297 / 836-1153(c)
Serenity Team: Donna J.	593-1626
Registration: Mechele T.	749-2751
Art & Graphics: David D.	295-3934
Programming: Maurice F.	639-5242

Hello to all my NA Family,

Hello it's me Kelly C. I just wanted to share my experience, strength and hope with all newcomers. I have been in the program for nine months and clean for six and a half. Recently I had the using dreams waking and feeling I had used I felt like that two days in a row even after being up for hours. Then I realized these feelings wouldn't carry through the day if I was living the program so I put myself back on nintey in ninety again, It really helped me. I feel as though it might have been my Higher Power warning me of what was coming my way. You see that same week one of my eighteen-year-old daughters had brought major drama in my house (I will not go into details and just leave it like that.) But I will say she took off to South Carolina with an atheist and drug dealer. I found out the loan associate was no longer willing working with me to catch up on my house. (Hmm wonder what happened to all the money a year ago?) Since I had thrown myself into program with the meetings and began doing more service work, I was able to practice the 1<sup>st</sup> and 3<sup>rd</sup> steps, though I will admit it took a few days to actually let go and give it to God. I did though, and it if wasn't for NA and all the support I got, and for the awesome sponsor I have, I don't know how I would have handled it. I took action where needed and let God handle the rest. I would like to not only thank NA as a whole but also those special friends who gave me what they had to give when I called and for all those who shared at meetings that reminded me that I wasn't unique nor had it as bad as others. So newcomers don't give up I never thought I could quit, be able to share, or ever have REAL friends to be there without wanting anything in return. Get those numbers and USE them, go to as many meetings as possible, get a sponsor and work the steps. They saved my life. Thanks to All the Family.

Kelly C

# CARRYING THE MESSAGE

## LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

### CONTACT US:

#### IN PERSON/BY PHONE

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  
 Frazier M. 502-797-3036  
 David M. 502-271-7825

#### NA NEWSLETTER SUBCOMMITTEE MEETINGS

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

#### EMAIL

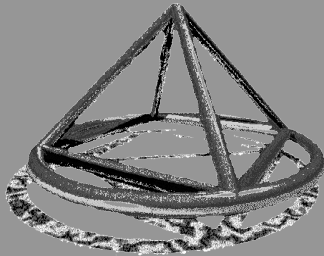
newsletter@louisvilleNA.org

#### ASC MEETING

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

#### We're on the Web!

See us at:  
[www.nalouisville.org](http://www.nalouisville.org)



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

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

## ◆ APRILS' TOPICS OF THE MONTH ◆

**Honest Self Assessment: The Turning Point "B.T. pg 27"**

◆ SUGGESTIONS FOR OUR NEWSLETTER ◆

◆ TELL US ABOUT IT! ◆

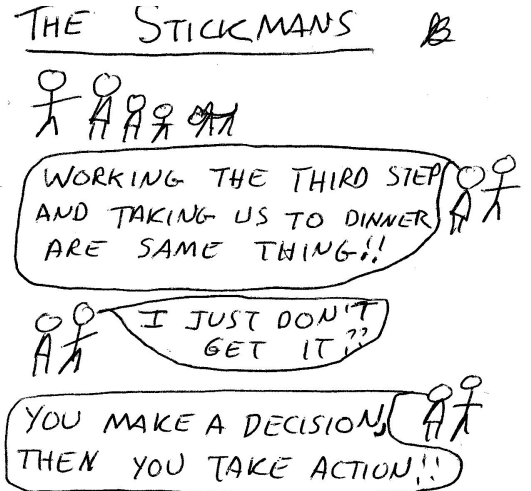
Had fun at a Convention, a Function, or enjoyed something else about Recovery?  
 Write in and Tell Us About It!

When submitting, please remember space is limited and should be sent in by **March 21<sup>st</sup>**.  
 You can email submissions to [newsletter@louisvilleNA.org](mailto: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 22<sup>nd</sup> 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.**



## 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!

Eric T.	March 2 <sup>nd</sup>	6 Years	Day By Day
Marion C.	March 4 <sup>th</sup>	8 Years	Saturday Night Live
Cathy S.	March 4 <sup>th</sup>	5 Years	Lose the Desire
Justin D.	March 5 <sup>th</sup>	1 Year	The NA Meeting
Rita W.	March 6 <sup>th</sup>	5 Years	Against All Odds
Judy T.	March 6 <sup>th</sup>	13 Years	Spiritual Awakenings
MeMe D.	March 6 <sup>th</sup>	6 Years	Why Are We Here
Art R.	March 7 <sup>th</sup>	6 Years	We Too Recover
Glen W.	March 8 <sup>th</sup>	5 Years	Step Up Group
Bernard P.	March 13 <sup>th</sup>	7 Years	Restored to Sanity
Ava S.	March 16 <sup>th</sup>	16 Years	Why Are We Here
Terri A.	March 18 <sup>th</sup>	1 Year	Lose the Desire
Matt H.	March 26 <sup>th</sup>	3 Years	The NA Meeting
Vicky M.	March 26 <sup>th</sup>	5 Years	Miracle on 22 <sup>nd</sup> Street
Gregory B.	March 27 <sup>th</sup>	11 Years	Against All Odds
John B.	April 2 <sup>nd</sup>		The NA Meeting
Michael E.	April 7 <sup>th</sup>	4 Years	Out of Control

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.