

CARRYING THE MESSAGE

April 2005

Volume 2, Issue 4

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

Email subscription: send your email address to
carryingthemessage@louisvilleareana.org

AREA NEWS

LACNA 16 Functions and Fundraisers Subcommittee will meet every Saturday at 4pm at the Old Louisville Coffee House on 4th and Hill St. For more info contact: Donna C. (502) 584-3892

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

P&P AD-HOC Committee will begin meeting each month on the Friday before ASC. Where: Corner of Grinstead Dr. and Cherokee Rd. at Highland Baptist Church. Time: 6:45-7:45pm. First meeting on 4/1/05. Contact Nancy B. by email: nbirkla@aol.com

We Too Recover has moved to Word of Faith Church 2013 St. Xavier Tuesdays at 7pm

New Meeting in Jeffersonville, IN. "Keep Coming Back" is meeting at Wellstone Regional Hospital located at 2700 Vissing Park Rd. on Friday nights at 7:30. For more information call Patrick M. at 593-3126. Support NA just for today.

A Vision of Hope will be moving to 2200 W. Muhammad Ali Blvd - where Gratefully Dedicated meets - and will meet at the same time: Noon Wednesdays

New Meeting in Jeffersonville, IN. "Sunday Stumblers" 511 Indiana Ave. Jeffersonville Token Club 1pm Sundays.

Creative Writing

Financial Recovery

If the Area were to take a fourth step right now, what would we see? Where could we be more diligent about practicing our principles? What are the financial habits of our Area? Are they working for us or are there some things we need to change?

Here are a few statistics:

51 groups are listed in the Louisville Area meeting schedule. Only about 15 of them contribute a monthly 7th tradition donation to the Area. The Area's expenses per month are, on average, \$1,700. (A breakdown of where that money goes each month can be found in any copy of the ASC minutes.) The amount of money we take in per month in 7th Tradition donations from groups is around \$200.

The above figures may not be scary to some of us. We know that the Louisville Area Convention makes a lot of money for this area. But here's another set of numbers for you:

The Convention Committee gives the ASC a check after the convention for around \$7,000. Of this, more than \$3,000 goes immediately to next year's Convention Committee. This leaves the Area with about \$3,500 to \$4,000 to supplement our finances so we can pay our bills. In theory, there is nothing wrong with this. We, as an Area, seem to be paying our own way. But here's the catch: our expenses are increasing faster than the Convention profits. To illustrate this point, two things should be noted. The first is, in 2004 a group in the Area made a one-time donation of \$600 to the ASC. The second is, as of January 2005 the Area had just \$17 in the bank, with two outstanding bills still to be paid. (That is obviously below our prudent reserve, which according to the P&P manual, should be \$2,500.) Without that one-time \$600 donation from a group this year, the Area would have been seriously in the red at this point.

If you have gone along with me so far, you may have noticed that at the rate we are going, eventually we will be without enough money to pay our bills. If we spread out the \$4,000 from the Convention over eleven months, it is about \$360 per month. That, along with the \$200 in 7th Tradition donations from groups is about \$560, far short of the \$1,700 the Area spends each month. We have no other income.

You may say, "Well, we've managed so far; we don't have to change anything." So far, we have been lucky. According to the numbers, the Area cannot count on being able to pay our bills near the end of the year when the Convention supplement runs out.

If we were to be financially responsible, we could only budget to spend the amount we take in. A budget that is based on our income would not pay for everything we pay for now.

Carrying the message is the single most important thing we do in NA. Other than having meetings and welcoming newcomers, we do this in many ways. We give out literature at meetings, we pay for Public Service Announcements, we have a website and a phonenumber, we give out meeting schedules, we take meetings into treatment facilities and prisons. Which of these things should we cut back on? I think we must continue to do all of those things. So how can we turn this situation around and be more financially responsible?

How can we be wiser with our money? I, personally, am not advocating for any particular action. I only want to stimulate thought and let people know what is going on with our Area's finances. We are all responsible for how NA runs. It's a "we" problem, so it requires a "we" solution.

- In loving service, A recovering addict

TOPIC OF THE MONTH ARTICLE: *Principles Before Personalities*

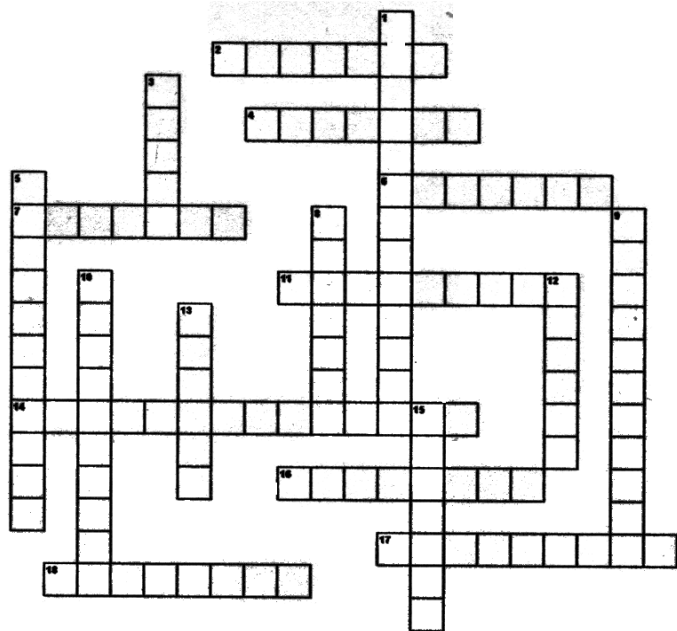
I just left KRCNA IX, returning after a relapse, and I really felt isolated. Definitely felt apart from the "spirit of celebration of recovery." I realize that I'm sick, but I attempted to apply the three "indispensable spiritual principles of recovery: honesty, open-mindedness, and willingness." I was approached by several friends both old and new, talked briefly with several people, went to meetings, functions, and fellowshipped with several groups of addicts. I left late, but I was searching, for someone to spend some quality time with; it appeared to me that almost everyone was more concerned with their selves, or what committee, or closed group (clique), they were with, than about the suffering addicts that were asking for HELP. What happened to the "primary purpose?" It was obvious the "old-timers" had much better or more important things to do than to reach out to the newcomer! After all these years, I felt like I was at the wrong place. I have the desire to stay clean but NA and it's members made me feel like I was in the wrong place. It hurt. I'll keep coming back JUST FOR TODAY. My HIGHER POWER taught me another lesson today; I know what I don't want.

- God Bless, NONAME

P.S. I caught the personalities but I missed the spiritual principles.

Step Two & Tradition Two

Clues and Answers come from the Basic Text, It Works How & Why, Just For Today, and Webster's Dictionary



www.CrosswordWeaver.com

ACROSS

- 2 _____ group conscience may take time and patience
 4 To have confidence in the truth, existence, reliability, or value of something
 6 As it is for addicts, maturity for the group is a _____
 7 Sanity often means not acting on our first _____
 11 Protect ourselves from _____
 14 Creates an attitude of goodwill
 16 _____, not perfection
 17 cultivate _____ skills
 18 Pursuing one's own wishes or aims

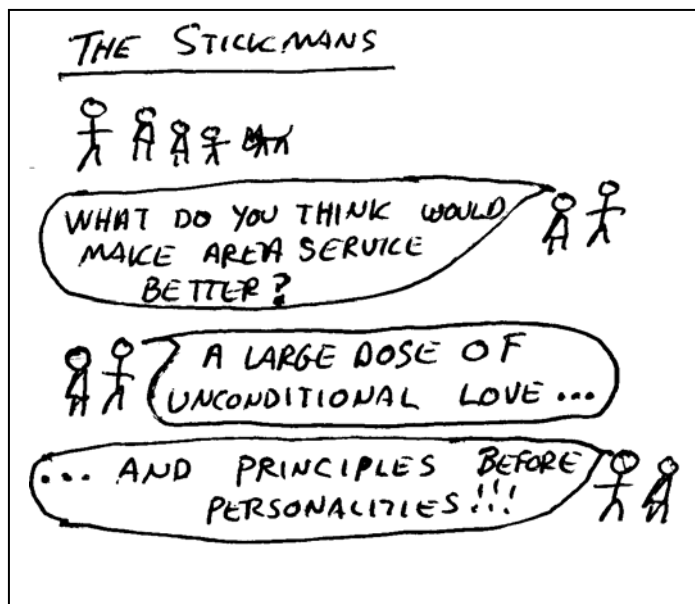
DOWN

- 1 honesty, open-mindedness, willingness
 3 Group conscience is clearest when every member is considered _____
 5 Guides and shapes the fellowship through group conscience
 8 _____ servants
 9 Changing to a point where addiction and it's accompanying insanity are not controlling our lives
 10 Expressive of a group
 12 Soundness of judgment
 13 Strength to move into _____
 15 _____ is a vehicle for carrying the message

MORE PRINCIPLES BEFORE PERSONALITIES & THE STICKMANS

I had a conversation with my sponsor the other night about anonymity, about how we are all equal, not only in the rooms of NA but outside in the world. How am I treating people that are not in recovery? How am I acting towards my own family? Am I getting along with my co-workers, my classmates, my instructors? Sure, I am more than willing to help a newcomer stay clean, but will I give my co-worker a ride home, or help a classmate who is struggling understanding a lesson? Practicing principles in everything I do means that I will be an attraction outside of the rooms of NA if I'm trying to the best of my ability to practice these things that I am learning. I have bad days just like anybody else, and sometimes I might take my anger out on the people around me, but I am a human being. As long as I keep working on the twelve steps of NA with my sponsor, as long as I keep praying and asking God for His guidance, then I have a chance to stay clean and to get better. This is where strong sponsorship and a loving, caring support group comes in. Telling another recovering addict who is living and working the twelve steps how I'm doing daily with life on life's terms helps me to get another view of myself. I can learn when I am practicing defects or when I am falling short and in what areas and I can get suggestions on how to get better. I don't do any of this by myself. God helps me. My sponsor helps me. My sponsorship family helps me as do my support group, my friends in recovery. Service work helps me. Step work helps me. Meetings strengthen my recovery. Prayer strengthens my rapport with the God of my Understanding. Staying clean, first and foremost, makes all of these things possible. As long as I remember that my last time using can be my last time using, I stand a chance to live just one more day by not using dope. The last time using, to me, means over-dosing, death, or keeping the clean date I already have. The choice becomes clearer when I am open-minded to suggestions, willing to do the work involved, and honest enough to share the real me with my sponsor and in the meetings.

- With Love and Gratitude, David M.



NA Conventions and Functions

April 22-24, 2005
Bermuda

BERMUDA ISLANDS AREA OF NA SERENITY IN PARADISE 5
"Keeping What We Have!"
Pre-Registration (before 4/1/05) \$20, Registration afterwards \$25, Buffet Boat Cruise \$25, Banquet Buffet, Main Speaker Meeting and Dance \$65, Resort Rates: single/double \$99
Convention contacts: Email: naserenityinbermuda5@yahoo.com
Telephone: David D. (441) 295-5300, Glen B. (441) 541-1974
Convention website: www.bermudanaconvention.info

May 27-29, 2005
Doubletree Nashville-Downtown
315 4th Avenue North
Nashville, TN 37219
(615) 244-8200

2005 NA WORLDWIDE WORKSHOP
Interactive Sessions, Talk about Infrastructure, Our Public Image, and other issues important to NA, Together we can find the answers! This is one of only two Worldwide Workshops to be held in North America this conference cycle. The other workshop will be in Burbank, CA on 15-17 April 2005. For more info call (818) 773-9999 ext. 116 or email events@na.org, also Visit the website for more info: www.na.org

May 28-30, 2005
Baltimore Convention Center
Downtown Baltimore, MD
1 West Pratt Street

BALTIMORE AREA CONVENTION OF NA (BACNA) VI
"Coming to Believe"
For Registration Price, please use contact list. To secure a hotel reservation, contact: Days Inn Harbor (410) 576-1000 (mention BACNA VI for group rate). For further info, contact: Convention Chair: Donnell T. (410) 485-0881, Registration: Renee T. (410) 483-3324, Convention Info : Rudy W. (410) 523-0703, Programming : Artie E. (410) 467-0364

June 10-12, 2005
Clarion Hotel
3333 South Glenstone Ave.
Springfield, MO

SHOW ME REGIONAL CONVENTION OF NA (SMRCNA) XX
Spiritual Confinement to Spiritual Freedom
Pre-Registration (before 5/2/05) \$15, Registration afterwards \$20, Sunday Brunch \$10
Saturday Night Banquet \$20, One registration per person please, Be sure to mention SMRCNA for the group discounts on hotel rooms!! Contact info: David B. (417) 626-8171, Jean B. (417) 234-4266, Bill W. (417) 525-6180, Dale S. (417) 782-1108
SMRCNA_XX@yahoo.com

July 22-24, 2005
Dublin, Ireland

EUROPEAN CONVENTION & CONFERENCE OF NA (ECCNA) 22
www.eccna.org

August 19-24, 2005
Hotel Preston
733 Briley Parkway
Nashville, TN 37217

UNITY 7 CONVENTION
Surrender to Win The War Is Over
Pre-Registration (before 6/30/05) \$15, Registration afterwards \$20, Saturday Night Grill Out Buffet \$15, Saturday Night @ The Apollo \$8, Hotel Room Rates \$69 King/Doubles:
Reservations 877-361-5500, Directions for convention Direct Line (615) 361-5900, Send Speaker Tapes To: (by 05/31/05) Valerie H. P.O. Box 282232 Nashville, TN 37228-2232
Clean Time Requirements: 8 yrs Main Speaker, 3 yrs Workshop Speaker, 1 yr Chairperson,
Contact: Chair: Angela J. (615) 586-3300, Vice-Chair: Camille H. (615) 354-1532,
Programming: Valerie H. (615) 482-2119, Hotels & Hospitality: Angela M. (615) 485-6663

September 1-4, 2005
Hawaii Convention Center & The
Hilton Hawaiian Village Resort
Honolulu, Hawaii

WORLD CONVENTION OF NARCOTICS ANONYMOUS (WCNA) 31
One Fellowship Many Friends.
Pre-Registration (before 6/1/05) \$65, Registration afterwards \$70. See the official website for more details on travel plans, hotel rates, and other registration offers: www.na.org

THIS IS YOUR NEWSLETTER! YOUR SUBMISSIONS MAKE IT HAPPEN!

◆MAY'S TOPIC OF THE MONTH◆

◆ EXPERIENCE, STRENGTH, AND HOPE ON NA STEPS/TRADITIONS ◆

◆ ANY QUESTIONS, COMMENTS, OR CONCERNS ABOUT RECOVERY ◆

◆ PERSONAL STORIES, ARTWORK, OR IDEAS ◆
YOU WOULD LIKE TO SHARE!

◆ 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!

Submissions should not exceed 100 words and should be sent in by **April 24th**. Exceptions can be made, just contact us. You can email submission 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!

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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
Tim W. 812-948-8079
Kristina O. IN PERSON

SUBCOMMITTEE MEETINGS

WE NEED YOUR HELP!!
1st and 3rd Mondays 6pm
West End Baptist Church
4th St. and Magnolia Ave.

EMAIL

newsletter@nalouisville.org

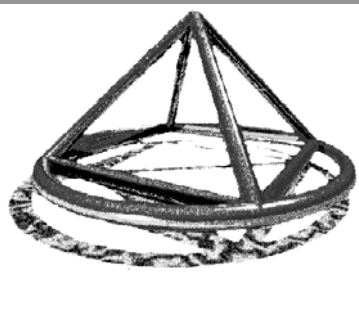
ASC MEETING

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

ANNIVERSARIES

If you would like your anniversary 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 anniversaries as well as the first half of the next month's. We apologize for any anniversaries that we skip, forget, or misprint!

Donna C.	April 2	6 years	Reach For Recovery
Michelle D.	April 4	3 years	Against All Odds
Michael E.	April 8	3 years	Out Of Control
Kenneth B.	April 9	2 years	Reach For Recovery
Beverly M.	April 12	5 years	Just For Today
Nelle E.	April 16	10 years	Lose the Desire
Rhonda H.	April 19	5 years	We Too Recover
Jack B.	April 22	7 years	How It Works
Ta R.	April 23	1 year	Lose the Desire
Spencer B.	May 3	1 year	We Too Recover
Ellen S.	May 7	10 years	Standing For Something
Robert S.	May 12	10 years	Day By Day

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.