



CARRYING THE MESSAGE

April 2006

Volume 3, Issue 4

Anyone interested in receiving the
LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

Via eMail please send request to newsletter@NALouisville.org

AREA NEWS

Louisville Area NA Helpline
502-499-4423

LACNA 17 Needs Trusted Servants to Participate: Functions and

fundraisers: mtg 4-1-06 @ 4pm & every other Sat. afterwards, 4th & Hill Coffee House. Questions-Call Cry"style" C @ 836-1153

Hotels & Hospitality: mtg 4-1-06 @ 2pm & every other Sat. afterwards, 18th & Muhammad Ali Coffee Shop. Questions-Call Meme @ 931-3901

The NA Meeting's 10 Year Birthday

Bash: Sun April 9th, eating will begin at 5pm. 1612 Story Ave. No 7th 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 Mondays. 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 11th 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

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

Honest Self Assessment

There is a lot to say about this process of figuring things out. There's a problem of understanding what it is that controls the person you have become. And there's figuring out exactly how you got to be where you are, why it seems to hurt so much, and what happened earlier in your life that led to it all. But, when all is said and done, the real challenge in this is to figure out who you are.

I don't mean your name, or your occupation, or even your religion or what kind of God you believe in. Ultimately, it comes down to connecting with the inner you: that down- deep fundamental foundation of what makes you a human being. Now, everybody sees this a little differently, but this is about connecting with your highest authority, bypassing the should's and the must's and getting really down to what defines what you are.

When times are good, we are happy with what we are and where we are, and we don't really need to push into hard questions. But when life puts us in a place where we wonder why we are suffering, why we are where we are, and we find ourselves totally confused what to do to restore some sanity in our lives, then we have to look deeper. And ultimately, what we are looking for is Truth.

It would be good if you could Google search this answer and order some for next day delivery. NO SUCH LUCK Work the steps and you will find the answers. The reason you can not order it online is that only you can define it. And the reason you need to seek yourself is that the definition ultimately resides in you.

Now, I always' struggle with this deep stuff. People have different beliefs and frameworks, and I don't want to insult or alienate anyone. I believe, for what it's worth, that we are all playing by the same rule book no matter what we call it or weather we read it from left to right or right to left. So let me try.

I think, unless you have been down this road that you are going to start with someone else's answer to the question, "Who am I?" If you're a Christian, then you are probably going to start with scripture. If you're more like me, then you're going to start with something like Maya Angelou, or who knows what else might click for you to get going. What this will do is give you something to chew on, something that isn't the right answer for you,

because your answer will be unlike anyone else's. What I am looking for is some certainty that "I know what to do" and I don't think I can find it in my head. I think I can find it in my Belly and only can I find that pit of my stomach in working the steps and finding out who I am HONESTLY.

"WE DELIGHT IN THE BEAUTY OF THE BUTTERFLY BUT RARELY ADMIT THE CHANGES IT HAS GONE THROUGH TO ACHIEVE THAT BEAUTY."

MAYA ANGELOU

Thanks for letting me share
Angela B

Women's institution needs

I recently had a real eye opener. I spoke at the Women's Correctional Institute yesterday and was heartbroken at what I discovered there. I was expecting 40 - 50 women, but walked into a group of 200 or more women. Their sincere desire to change and recover was inspiring, however there are not enough women in our community willing to give an hour of their time to carry the message of NA.

Someone was there for me. Isn't it important to give back, regardless of their situation? When the H and I person explained that due to a change in her schedule she may not be able to bring a meeting to them, there were tears in the eyes of a great many women. I promised 200 women that I would do my best to get the word out. Anyone with 6 months can speak and ANYONE can be on the panel and help carry the message when these women have questions. No Matter how much time you have, YOU CAN HELP! I sincerely wish I had the words to express the desperation i witnessed when they thought their meeting might not be coming back.

Ladies, please give some thought to how close you may have come to being in their shoes. Someone told me the only difference between me and these women is that, I DIDN'T GET CAUGHT!! That really got me thinking. Please contact myself or Ms. Alice if you can give an hour of your time to carry the message where it is so badly needed.

Love and respect,
Cheryl R.

Carrying The Message

“The Strongest Vehicle”

Good things are happening in our area when NA members give their time to help another suffering addict. Recently I have seen members step up and take part in their own recovery by giving back to NA.

I want to say thank you to everyone who has responded to the need for help in Hospitals & Institutions. Many people have jobs, families, busy schedules, and other commitments, but still take time to serve our primary purpose.

It can be discouraging for one individual to carry a meeting week after week to a facility alone. For this reason, H&I has support positions.

Silent panel members, co-chairs, and speakers are greatly needed.

Seeing fresh faces inside Hospitals & Institutions in our area gives hope to those living on the inside that WE do recover. It takes the group, our most powerful vehicle, to carry our message. Thanks to all who serve.

Knowledge in NA

- Knowledge is powerful
- Knowledge is everlasting
- Knowledge is deceiving
- Knowledge is loving
- Knowledge is beneficial
- Knowledge is Higher Powers Guidance
- Knowledge is going to the rooms of NA
- Knowledge is having a sponsor that cares & shares
- Knowledge is chairing your home group
- Knowledge is getting key tags in your journey to recovery

Based on the interview of Jeff K. by Kevin P.: Honest Assessment, The Turning Point, and Step 4

Kevin: “How long did it take you to work your first 4th step?”

Jeff: “Between 2 and 3 weeks. In the Green and Gold, on page 40, it tells us that consistent action on our 4th step is Important, once we begin writing we need to continue until we’re done. I used to get up at 6:30 and write for at least 30 min. Sometimes when the pen would get rolling I’d literally write until I HAD to leave for work.”

Kevin: “Was your first 4th step a turning point for you and your recovery?”

Jeff: “Yep. My Sponsor had told me,” It didn’t kill you to do these things, its not gonna kill you to write about ‘em.”Some of the stuff I was afraid was monstrous, was normal stuff. At least for an addict. “

Kevin: “Talking about the turning point, what changed after you were done writing before you dropped a 5th step?”

Jeff: “I gained a lot of acceptance of myself. Humility. The honesty got deeper. It gave me a sense of accomplishment. Hell, I had done a 4th step! All the way through! I had seen the steps periodically throughout my life and I had always told myself that I would never write one those things (a 4th step). Then after doing it I have this new faith In the program. A new belief in the process.”

Kevin: “I know you are currently working another 4th step, how is it different?”

Jeff: “Well, the basic principles are the same. It’s more about my time in recovery. The first name on my list is me, for not always applying principles. The major thing I’m looking at is me, instead of other people, institutions, etc. Before it was all about the things outside of me. This time, it’s an internal assessment. It’s a lot more about living principles than tangible resentments.

Kevin: “Finally, what do you have for the newcomer?”

Jeff: “Keep coming back, this program works. The program is in the steps, so work steps and live.”

Giving Freely

When I give of myself in NA I feel the joy of others sharing their experience, strength, and hope. I experience the love that addicts show to other addicts. I think of the fact that my higher power has lots of gifts to give me when I open my heart, mind, and willingness after doing service, chairing, or discussion with my sponsor. I really enjoy coming to the rooms of NA because the focus is on clarity and what exact words are needing to be spoken. Narcotics

Love and respect, Anonymous is a place that helps me to Lara B. think very very clearly. I need to have a set amount of time to share the message.

Cathy S.

Fourth Step Quotes

“We want to look our past in the face, see it for what it really was and release it so we can live today.” B.T. page 28

Our Inventory, then, is a process of discovering how our character defects bring not only us, but also others, pain and discomfort and how our new life founded on the Twelve Steps, is one that can bring us serenity, comfort, and joy” IP NO. 10 “Working Step Four in Narcotics Anonymous”

“In reality the inventory process is one of the most loving things we can do for ourselves” B.T. page 38

“Some of us make the mistake of approaching the Fourth Step as if it were a confession of how horrible we are-what a bad person we have been. In this new way of life, a binge of emotional sorrow can be dangerous. This is not the perpose of the Fourth Step. We are trying to free ourselves of living in old, useless patterns. We take the Fourth Step to gain the necessary strenth and insight which enables us to grow.” B.T. page 27

“The purpose of a fearless and searching moral inventory is to sort through the confusion of and the contradiction of our lives, so that we can find out who we really are. We are starting a new way of life and need to be rid of the burdens and traps that controlled us and prevented our growth.” B.T. page 27

NA Conventions and Functions

April 12th, 2006
Breckinridge High School

LACNA XVII Fundraiser: Speaker Jam and Dance. 4pm-12. \$5.00 /person. Refreshments for sale. PLEASE COME OUT AND SUPPORT LACNA XVII
QUESTIONS? CALL CRYSTAL C....836-1153

April 13th-16th 2006
Hilton DFW Lakes
1800 Highway 26
Grapevine TX 76051

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 Tourney, NA Idol, Fun, Food, & Fellowship.

April 14th-16th, 2006
Executive Inn Riverfront Hotel
Paducah, KY

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. Conference Registration = \$25

May 6th, 2006
Breckinridge high school

LACNA XVII Fundraiser: LACNA XVII Productions Presents—All Day Derby Experience. Good Clean Fun from 2pm till 12. All day speaker and dance. \$5.00 /person. Refreshments for sale. PLEASE COME OUT AND SUPPORT LACNA XVII
QUESTIONS? CALL CRYSTAL C.....836-1153

May 26-28, 2006
Holiday Inn South
9940 Airline Highway.
Baton Rouge, Louisiana 70816

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.

July 14-16, 2006
Natural Chimney's Regional Park
Mount Solon, Virginia

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

"We go to meetings regularly, get and use telephone number, read literature, and most importantly, we don't use." -Basic Text page 54-

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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 Fam,

One Convention down another to start, LACNA XVII Arts & Graphics Sub-Committee is starting the process of gathering ideals 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

THIS IS YOUR NEWSLETTER!

YOUR SUBMISSIONS MAKE IT HAPPEN!

◆ MAYS' TOPICS OF THE MONTH ◆

Fifth Step: "The key to freedom" BT pg 30

◆ 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 **April 25th**.
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!

LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

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!!

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

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

These Groups are in need of your support.

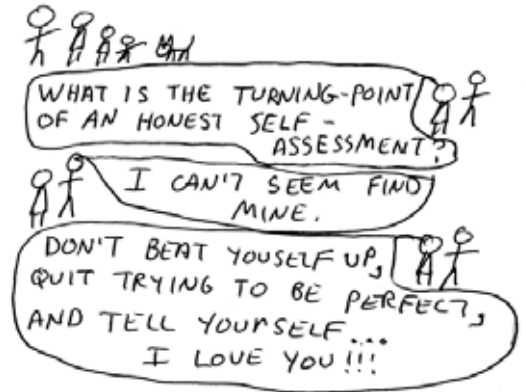
Walking and Talking Recovery: Sun. 7:30pm

Wednesday Night Hope: Wed, 7:30pm

Cool Changes: Thurs. 7:00pm

Come out and help, spread the message of NA.

THE STICKMAUS



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!

John B.	April 2 nd	16 Years	The NA Meeting
Luanne T.	April 4 th	3 Years	Sweet Surrender
Kenny B.	April 8 th	3 Years	Reach for Recovery
Norman C.	April 11 th	1 Year	We Too Recover
Bob T.	April 11 th	14 Years	Sweet Surrender
Tonya B.	April 12 th	11 Years	Unity of Hope
Ta R.	April 15 th	2 Years	LOSE THE DESIRE
Michael E.	April 17 th	4 Years	Out of Control
Rhonda H.	April 18 th	6 Years	We Too Recover
Donna C.	April 20 th	6 Years	Gratefully Dedicated
Jack B.	April 22 nd	8 Years	How It Works—CLight
Nelle B.	April 22 nd	11 Years	LOSE THE DESIRE
Lisa P.	April 22 nd	2 Years	Step Up Group
Regina C.	April 28 th	3 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.