

CARRYING THE MESSAGE

May 2005

Volume 2, Issue 5

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

Email subscription: send your email address to
carryingthmessage@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

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

The **Stopping Point** is celebrating its 8 year anniversary on Friday May 13th. Please come out and help us celebrate.

Creative Writing

My Becoming

I am a man, young in years, and perhaps younger in wisdom. I am brimming with wishes, hopes, fears and regrets. Before discovering the fellowship I had only my own limited experiences to guide me through the infinite choices of my own existence, I had no guideposts to show me the path to be an excellent man, father or husband, but as with so many other challenges in my life I undertook these tasks and responsibilities in the spirit of aspiration for greatness, yet I failed at them all. Yes, sometimes I am weak and blind to the truth of my deeds, I make no excuses for my own failures, they are mine alone to own and accept. Whatever personal or professional successes however great or small, I know now will forever be secondary to the daily health of my recovery and my dedication to it. I began this path in desperation, but I am growing stronger from the spiritual exercise I receive from the experience, strength and hope I have found in the rooms and the fellowship of those like me. I have been a great many things in my life, now I am a grateful recovering addict and I know that my daily success at that may allow me again to be a father to my children and to succeed where my own father has failed, he took this responsibility lightly and only so far as it suited his own needs and desires. In the end I and my Mother were merely accessories to his lifestyle, a lifestyle my father had only an eight year interest in, after which we became in his eyes "baggage" a simple thing to be discarded with no more consideration than an old pair of shoes that have gone out of style, tossed aside without a second thought.

For twelve years after my fathers sudden and unannounced departure from my life, I sought still only to make him proud, to make him understand that his approval of me and my accomplishments was paramount, and that somehow that would make him see and acknowledge that I was worthy of his approval and validate me as his namesake, his son, his "family".

My father died in October of 1991, suddenly and unexpectedly of a brain aneurysm. I have no memory of him ever telling me or showing me that he loved me, I was merely an element of his shame, a thing to be bottled and buried in him so deep that to him, I never existed at all.

In the years that followed my fathers death, I became what I feared and hated the most, I became what my father expected of me, nothing, not even a human being. I became the antithesis of paternal pride, no depth of

defilement was beyond my capability. Drugs, perversion, and maliciousness drove me further and further from God and his will. Fear and resentment stirred in me like a cyclone. So powerful was my striving to be non-human I defied all limitations of decency and morality. I chewed up what was left of my tattered soul and spat it in the face of anyone and everyone that cared about me, this was my becoming, my becoming of my fathers expectations, and I became all of that, and worse. If I could not achieve his approval, by God, I could reflect his shame. Drugs and alcohol were but a means to an end, the substance I used to achieve that end was of little importance to me.

I have grown from that soiled seed that I was, and perhaps I am still but a seedling in the grand scheme of life, but my existence now is much closer to the will of God and the ideal I hold for myself than it has ever been, and perhaps that is because I have a clearer image of it that ever before, it seems the view from the bottom is far more acute than that of the view from anger and shame. I believe now that any joy or pleasure I experience now is a gift, and I have more and more each day to be grateful for, but, I also believe that tomorrow is not promised, only today and only if I surrender myself totally to the will of god and nurture my own recovery and the recovery of those around me.

- Thanks for letting me share.....Tommy A.

Road of Recovery

Recovery is the place to be,
It's for you, and it's for me

One day at a time, stick and stay,
NA all the way!

Just for Today, I'm gonna stay,
I know it's the only way

Recovery is the Discovery of
Where I really want to be

It works for me, it works for thee,
On this road of Recovery

- Helen T.

Showing Respect

I am very upset over recent happenings at several meetings I've been to. I know the weather is getting nice but I want to live and I put my recovery first. It is very disruptive when people are talking, getting up to go smoke or trying to get hugs after coming in late when someone is trying to share. Just come in, sit down and get hugs later, smoke before or after the meeting, be quiet while someone is sharing. The rest of us are trying to live. If you listen you may hear something that will save your life.

Another concern is the wonderful children who are lucky enough to have a parent seeking recovery. It's great to be able to be a part of your children's life and them be a part of yours. There comes a time when a decision has to be made: take my kid to a meeting or not go. Meeting Makers Make It. So if you must bring your child, be their parent. They are your responsibility. I'm not saying don't bring them. If you must you must. Just keep them under control. Most children on their best behavior are disruptive in a meeting when they are left unattended. Just because they are in the same room doesn't mean they are not unattended. Giving out key tags is not a new children's game. Key tags are a SERIOUS part of recovery. Even though it is cute to have your child pass out key tags, I've worked hard to get one and it is supposed to be given to me by someone who has been on the journey I'm on, not by their kid. NA is the only place we can go and know beyond the shadow of a doubt that we are loved. Let's show that love by maintaining the respect that we all deserve.

A concerned addict

Just Good Friends?

Imagine this scene: You are married. Both of you are recovering. The phone rings and it is your spouse's sponsoree needing support. Your spouse is unavailable. Do you:
a) Talk to the sponsoree, taking on the role of sponsor, or,
b) Tell them to call another member of the program of the same sex?

Males sponsor males and females sponsor females; we all know that. But what happens when there are not enough males or females with the necessary clean time to sponsor newcomers? Or what about co-sponsorship? Never heard of it? Good! But I suspect that my story is not that unique.

In the early days of the fellowship in my community, there were simply not the numbers of stable recovering members to give me, in the scene above, the second choice of, ("Why don't you call..." Today that is, not the case in my community, at least (among the males. We have the quantity and the quality.

Unfortunately, it didn't occur to me for a long time that this was the case and that I had a second option besides giving the support that I was being asked for. To make a long story short, I became very close friends with a man we will call John who my husband sponsored. A conflict developed between my husband and John, completely cutting their relationship. John and I, however, maintained ours.

Over a period of time, my spouse became threatened. The tension escalated to the point where he issued an ultimatum: he didn't want John in his house. He told me that I had no business sponsoring John.

Yes, we're talking control; but he had a valid point. Was I sponsoring John, or was I "just a good friend?" To this day, I don't have a clear-cut answer. But I took an honest inventory and discovered that I was getting some unhealthy needs met by having a male emotionally dependent on me, wanting my advice and support. I thought back to different times that showed me this was true: his wife calling me after John relapsed, saying, "If he calls you first, call me;" John's counselor saying to him, "You shouldn't be sharing that much with a female." The amount of pain I felt when John relapsed was a red flag that something was not quite right.

So a heart-to-heart talk with John was in order. It was probably one of the hardest things I've ever had to do. Part of my recovery as a female has been to learn to depend on and trust other females, and I had to encourage him to seek that with the men in the fellowship. I wanted to be his friend, but I couldn't be someone with whom he could share every dark secret. For my recovery and his, he needed to develop relationships with men. And in order to detach, I had to say, "No more phone calls, no more going out for coffee. I'll see you at meetings."

My Nightmare

Approaching like a hallucination
Hitting without delay
You ate my life away-
Little by little and piece by piece

I could think of nothing else
I adored your might
And you showed me the light-
I was deeply in your dept forever

Enticing me with your sweet music
All was soon lost
I gave you one last shot-
But still you demanded too much

I gave you everything I had
You gave me hate
And made me live in shame-
Surviving with you was a nightmare

I soon awakened from this dream
You left your mark
And I've seen who you are-
You will no longer live my life for me

Knowing now the beast that you are
I've locked you away
And there I hope you'll stay-
Because today...I am free

Marika A.

Today I am very careful with relating to men in the program. I try to be supportive and caring, but I am well aware of the dangers for me of emotional intimacy with a recovering man. I am still learning how to be a friend. I try very hard not to get involved in my husband's relationships with his sponceses.

It is very easy to sit in judgment on so-called "thirteenth steppers" who lust after the newcomer, but that's not the only way of working the thirteenth step. My experience has taught me that emotional intimacy with opposite-sex newcomers has its own share of pitfalls. So a word of warning: being "safely married" doesn't exempt any of us from the suggestion, "Males sponsor males and females sponsor females."

Anonymous, Kansas

Originally published in "The NA WAY" magazine
June 1988

(Thanks Mikey)

NA Conventions and Functions

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



Crossword answers

THE STICKMAN'S 

GOT CAUGHT EATING BEFORE DINNER AGAIN.  

  I THOUGHT THIS WOULD WORK.

NO WAY...  

CAPTAIN 4TH STEP - TAKING A SEARCHING AND FEARLESS INVENTORY OF THE COOKIES.

THIS IS YOUR NEWSLETTER! YOUR SUBMISSIONS MAKE IT HAPPEN!

CARRYING THE MESSAGE

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

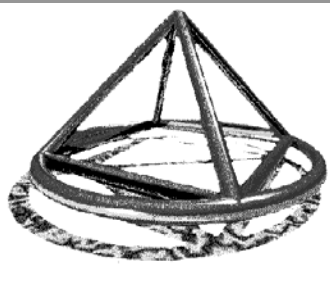
ASC MEETING

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

◆ JUNE'S TOPIC OF THE MONTH ◆

Self-Acceptance

◆ 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!

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!

Miriam A.	May 2 nd	22 years	Against All Odds
Spencer B.	May 3 rd	1 year	We Too Recover
Ellen S.	May 7 th	10 years	Standing For Something
Felicia W.	May 10 th	4 years	Women's Spirit
Gayle S.	May 11 th	7 years	Step Up Group
Robert S.	May 12 th	10 years	Day By Day
Tamara H.	May 14 th	2 years	Saturday Night Live
Mike T.	May 16 th	5 years	Against All Odds
Reggie W.	May 17 th	4 years	We Too Recover
Kevin D.	May 17 th	2 years	Agape
Angela W.	May 21 st	8 years	Saturday Night Live
Alice S.	May 22 nd	1 year	Agape
Marika A.	May 25 th	1 year	How It Works
Marsha J	May 27 th	1 year	Reach for Recovery
Lois A.	May 26 th	1 year	Agape
Charlotte C.	May 30 th	2 years	Against All Odds
Kirk J.	May 31 st	3 years	We Too Recover
Terri J.	June 6 th	1 year	Against All Odds
LaShaundra M.	June 13 th	11 years	Against All Odds

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.