



# CARRYING THE MESSAGE

May 2006

Volume 3, Issue 5

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

Via eMail please send request to newsletter@NALouisville.org

## AREA NEWS

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

### **FIFTH STEP:"THE KEY TO FREEDOM"**

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

**JUST US:** Just Us group will not have a meeting on Saturday, May 6<sup>th</sup>, due to the meeting being located in the West End on Broadway with cruising during Derby Day.

**ITS OK TO BE ME:** New GLBT focused meeting. Providing an atmosphere of recovery for individuals who identify as gay, lesbian, bisexual, or transgender.

Sat. @ 7:30PM at Highly Favored Community Center 701 E. Ormsby (corner of Clay and Ormsby) All Addicts Welcome!

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

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

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

**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 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.

#### **Fifth Step**

The prospect of sharing my fifth step filled me with trepidation. I have always been of the mind set that one does not air one's laundry in public. However, I knew that if I valued recovery (which I do) I had to find a way to face my fears and share my deepest secrets honestly, willingly and with an open mind. What I was expecting to be one of the more horrible experiences of my life, turned out to be one of the most cherished. It was the first time in my life that I had ever been able to honestly express who I really was on the deepest human level with another person. And although I did have to fight through my fears many times to remain completely honest, the result was a gift of freedom unlike anything I had ever imagined. The unspeakable became the speakable. Even though I experienced humiliation on a personal level, I found humility on a spiritual level. Not only was I accepted by another human being "in spite of my past", I became acceptable to myself. The love that I had always felt for others, I now began to feel for myself. For in spite of what I had done in active addiction, I found that I could love myself in recovery.

As a result of sharing this step, I am finally able to fully understand and internalize the concept "I never have to use again, no matter what". I now know what that means. I now know how that feels

Frazier M.

#### **Just some gratitude....**

Without this program I would be six feet under.. There is no question about that.. I am no longer living in misery. My life has meaning I no longer run in circles waking up chasing something that I never seemed to catch, and now I realize I was chasing myself running from all the things I have done, all the things that I wish I had done. But what it comes down to is what's done is done. I am living life for once, instead of just taking up space. I never knew what life really is because I made up my own reality and lived in it. And I know that life in the real world is tough.. And in this world only the strong survive..

With nothin but love....  
- Sam I Am

#### **Newsletter Back Issues**

The NA newsletter is requesting any back issues of "Carrying the Message" for the newsletter archives. We are requesting issues prior to 2005. If anyone has saved any back copies, would you please contact the newsletter. We will make copies of these back issues and return them promptly.

--Newsletter Subcommittee

**Based on the Interview of Carl L. By Kevin P.**

**Carl:** I just want to say first and foremost that I can only share my personal experience strength and hope. I, by no means, represent Narcotics Anonymous.

**Kevin:** With that said, what was your first fifth step like?

**Carl:** Well my first 4<sup>th</sup> step was 108 pages front and back. It took my sponsor and me 3 days to share. Afterwards, he told me to burn it, destroy it, get rid of it. I went to my Aunt's house that day and they happened to be burning garbage. I put that notebook in there. I knew what was in it; God knew what was in it, and another human being knew what was in it. I had no more use for it. I was done with that pain. I was free.

**Kevin:** So what do you think the Basic Text means by, "The 5<sup>th</sup> step is the key to Freedom"?

**Carl:** It's pretty self-explanatory. I just explained how it set me free from the wreckage I had listed on my first 4<sup>th</sup> step. This step means we've taken the time to prepare, we've found our exact nature, and discovered some things we didn't know. The actual admission becomes a pathway to steps 6 through 12. It allows us the courage to continue.

**Kevin:** Why is it important to share our 4<sup>th</sup> step inventory and not our 10<sup>th</sup>?

**Carl:** One, because that's the way its written in the steps. You've got to remember that you have steps 6 through 9 between there. By the time we get to 10 we've learned some principles, we've learned to identify our exact nature. By promptly admitting we are wrong we take away the need to share it.

**Kevin:** How do you feel about sharing a 5<sup>th</sup> step with someone other than a sponsor?

**Carl:** I've always shared mine with my sponsor. I've had people I sponsor who have Chosen to share their 5<sup>th</sup> step with a priest or minister. The 4<sup>th</sup> step talks about a "fearless" inventory. For me, that means having courage. If you've been courageous enough to write it down, don't pass up the opportunity to rid yourself of that wreckage. Share it. No matter whom it is with.

**Kevin:** What do you have for the newcomer?

**Carl:** As important as the 4<sup>th</sup> step is, it's useless without the 5<sup>th</sup>. DO IT!!

# Carrying The Message

## Helpline – PI

It's early in the morning; an addict in raging addiction has been up for three or four days. They are weighing their choices. They have run out of money, alienated their family and their friends have heard every last sob story they can invent. There is nothing else to do. They have only two choices either do something drastic and make the final ending solution or pick up the phone and reach out for help.

A recovering addict has come into town either to visit family or work on a job. They don't know anybody in town. They only know a few streets. They need a meeting but what do they do. They look in the phonebook and see the number for Narcotics Anonymous Helpline.

Have any of us ever been in either one of these situations. About 50 to 75 times a month this type of scenario plays out with a phone call to one of the 5 or so members on the Helpline – PI subcommittee members that carry a cell phone. During certain times of the year and Holiday seasons, this number could be more. Most times the call is forwarded and a return call is placed in 5 minutes or so. Most of the calls are from those that have reached the "end of the road" and need a meeting. There are procedures that each member follows in helping the still suffering addict find a solution. About 15 percent of the calls are those needing assistance with directions or an address to meeting.

In the search for finding our individual level of service in recovery, our disease will tell us that "*There are enough people to handle the situation*". "*They don't need me*" or "*I couldn't do that*". I am sure that idea went thru the mind of the addicts that are members of the Helpline – PI subcommittee. In the basic text it states "Service is a must." In striving to increase our serenity in recovery, we use our individual talents and abilities not hide them. We can't keep what don't give away.

If you are looking for some way to be of service, the Helpline – PI subcommittee might be it. If you are an old-timer that hasn't been on a subcommittee for a while or if you are a newcomer with 6 months or more clean time, check it out. The need for volunteers is always there and who knows, you just might be the one that could help another still suffering addict just like someone helped us.

## H & I COMMITTEE NEWS

Hello Family,

We at the Louisville H & I Subcommittee of Narcotics Anonymous would like to thank everyone who has taken the time (and the action) to show an interest in supporting this very valuable committee. After all "our primary purpose is to carry the message to the addict who still suffers". Although many recovering addicts may have forgotten the pain and suffering of active addiction; or the fearful suffering of being in a facility and not knowing if its even possible to change your life, some of us do; and our sincere thanks go out to those responsible members of Narcotics Anonymous.

Unfortunately, we are still in need of trusted servants to carry the message. Understand that when you first show up at an H & I meeting, you will not automatically be assigned a meeting. As with your recovery, there is a process that must be followed which only begins with the addict stating that they are willing to take a meeting into a facility. The facility must be contacted, a presentation done at the facility with the contact person and members of H & I. A day and time have to be agreed upon with the individual who says that they are willing to take the meeting (that is if they continue to show up at H & I), and approved by the facility. There may even be a few more steps after this, completing volunteer applications, getting clearances etc.

The bottom line is this: **H & I NEEDS YOU, WE NEED ADDICTS WHO HAVE THE ABILITY AND ARE WILLING TO BE COMMITTED.** I tell you, "the therapeutic value of one addict helping another **IS** without parallel". We've gotten a few new meetings underway, and made some changes in Panel Leaders; but we have a long way to go, and several meetings still waiting in the wings to be picked up. **CAN YOU COMMIT** to helping us carry the Narcotics Anonymous message to those who don't have access to our regularly scheduled meeting??? That is the question. We still meet the third Wednesday of each month @ Green St. Baptist Church (no affiliation) @ 6:30 p.m. Hope to see **YOU** there.  
Yours in service,

## Quotes of the Month

"It can't rain all the time." - From the movie *The Crow*  
 "Freedom is the last, best hope of the earth." - Abraham Lincoln  
 "The secret to happiness is freedom. The secret to freedom is courage." – Thucydides  
 "There are two good things in life; freedom of thought and freedom of action." - William Somerset Maugham  
 "Those who cannot remember the past are condemned to repeat it."

Santayana,  
Life of Reason

"I've shut the door on yesterday  
 And thrown the key away  
 To-morrow holds no fears for me  
 Since I have found to-day"

Vivian Y Laramore,  
To-day

## KEYS

"Simplicity is the keynote of our symbol; it follows the simplicity of our fellowship" –B.T.

"Most of us feel open-mindedness, willingness and surrender are the key's to this step." (step three) –B.T.

"Once it is all down on paper, it is much easier to see, and much harder to deny our true nature. Honest self-assessment is one of the keys to our new way of life." –B.T.

Jack B.

"The Fifth Step is the key to freedom. It allows us to live clean in the here and now. Sharing the exact nature of our wrongs sets us free to live." –B.T.

"This Tradition (Tradition One) is important for both the individual and the group. Desire is the key word; desire is the basis of our recovery." – B.T.

"Complete surrender is the key to recovery, and total abstinence is the only thing that has ever worked for us. In our experience, no addict who has completely surrendered to this Program has ever failed to find recovery." –B.T.

"A spirit of open-mindedness, coupled with an admission of powerlessness, is a key that will unlock the door to recovery" –B.T.

"A spiritual awakening is an ongoing process. We experience a wider view of reality as we grow spiritually. An opening of our minds to new spiritual and physical experiences is the key to better awareness. As we grow spiritually we become attuned to our feelings and our purpose in life." –B.T.

Love & Respect  
Nathaniel R.

Shirley D.

# NA Conventions and Functions

**May 6<sup>th</sup>, 2006**  
Breckinridge high school

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

**May 29<sup>th</sup>, 2006**

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

**January 5- 7<sup>th</sup>, 2007**  
The Columbus  
Formerly Adams Mark Hotel  
50 North Third Street  
Columbus, Ohio 43215  
614.228.5050 or 1.800.417.1057

**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

**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.

**Restored to Sanity Homegroup Celebration:** Restored to Sanity will celebrate its 8<sup>th</sup> year anniversary on May 29<sup>th</sup>, we would like for you to attend and help us celebrate. We will have food, serving starts at 10:30a.m.-noon. Meeting starts at 12 noon.

**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)

**Central Ohio Area Convention XVIII: Uncover, Discover, Recover**  
Rooms are \$99 + \$50 Incident charge (Refunded). Programming Committee is asking for workshop Topics, Workshop Chair People, Workshop Speakers, & Main Speakers. Look for more details through your home group. June 1<sup>st</sup> is the deadline for topic suggestions. July 31<sup>st</sup> is the deadline for speaker tapes. Registration Flyers also available from "Carrying the Message", email a request to [newsletter@NALouisville.org](mailto:newsletter@NALouisville.org)

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

Name	Group Name	Telephone Number
		#
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		#
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		#
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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

# 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  
Kelly C. 502-876-1030

#### 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

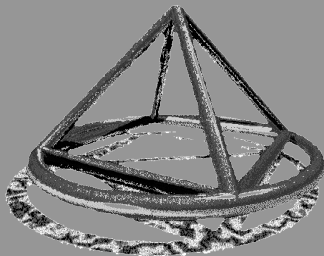
newsletter@NALouisville.org

#### 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

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

## ◆ MAYS' TOPICS OF THE MONTH ◆

*Let go, let God*

### ◆ SUGGESTIONS FOR OUR NEWSLETTER ◆

### ◆ TELL US ABOUT IT! ◆

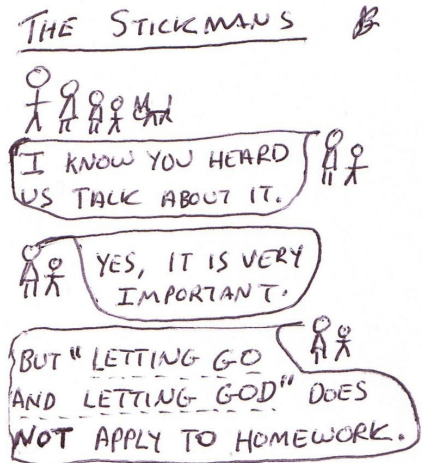
Had fun at a Convention, a Function, or enjoyed something else about Recovery?  
Write in and Tell Us About It!

When submitting, please remember space is limited and should be sent in by **April 25<sup>th</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.

Miracle on 22<sup>nd</sup> Street: Sun. 7:00pm  
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.



## 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!

Marsha J.	May 8 <sup>th</sup>	2 Years	Restored to Sanity
Gayle S.	May 10 <sup>th</sup>	8 Years	Step Up Group
Tamera H.	May 13 <sup>th</sup>	3 Years	Saturday Nite Live
Ellen S.	May 13 <sup>th</sup>	11 Years	Standing for Something
Jeff K.	May 21 <sup>st</sup>	1 Year	The NA Meeting
Steve H.	May 22 <sup>nd</sup>	9 Years	Serenity Group
Angela W.	May 20 <sup>th</sup>	9 Years	Saturday Nite Live
Sherrell J.	May 23 <sup>rd</sup>	1 Year	Gratefully Dedicated
John C.	May 26 <sup>th</sup>	1 Year	Highland Peace
George C.	May 27 <sup>th</sup>	4 Years	Saturday Nite Live
Donovan L.	May 28 <sup>th</sup>	1 Year	The NA Meeting
Marshall M.	May 30 <sup>th</sup>	2 Years	Out of Control
Scott G.	June 14 <sup>th</sup>	1 Year	The NA Meeting

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.