

CARRYING THE MESSAGE

JUNE 2005

Volume 2, Issue 6

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

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

Creative Writing

EXPERIENCE, STRENGTH & HOPE: STEPS/TRADITIONS

When I arrived in the rooms of Narcotics Anonymous I had already experienced numerous periods of abstinence from drugs. Each period being shorter in duration, fewer and farther in between. I had spent some time "visiting" the rooms of NA a decade or so earlier with no intention of taking any suggestions, and "no need to work steps." Of course it was impossible for an addict like me to stay clean for any longer than eighty-nine days (which was my personal best at that time). After all, being that close to ninety days was cause for celebration. The self-loathing, humiliation, sense of worthlessness, fear, and disappointment in my own inability to remain abstinent seemed to scream at me an admission that I had not fully accepted. "YOU ARE AN ADDICT!!" Little did I know that the clichés that I had heard at the NA meetings were true and that my using would indeed get worse. In fact, by the time I made it back to the rooms of NA after struggling to use without losing my mind or taking my life, I knew that to stop using just is not enough for me. I insist on change for myself out of fear of reliving my past. Thank God for one more chance. Thank God for the Steps, the Traditions, and for Sponsorship. Some people seem to be fearful of doing the work, for me it has been a blessing. I know from my own experience that "the same addict will use again." As a result of being willing to change I have and (just for today) will continue to take suggestions from experienced members of the fellowship who are living the NA way. The Steps have given me so much insight into who I've been, who I am, and the possibilities of who I can become if I remain willing to "JUST DO IT!" I have found that with a God of my understanding, I truly have nothing to fear. After all, everything that I write about has already occurred, and I was there when it happened so none of it is news to me. The Traditions have given me an understanding of the NA program: what it is, how it works, and how to better interact with the fellowship and the rest of the world. The combination of Steps and Traditions has allowed me to have some peace in the midst of the storms; and believe me, storms have come! The work that I've done has helped me to acknowledge and to be able to feel what I have to feel without the use of any mind or mood altering chemicals. I've learned that I don't have to be stuck in the problem; but to move into the solution. I personally do not believe that I would still be clean, (2.75 years later) if not for the

Steps and Traditions. My thinking, perception, attitude, beliefs, actions and behaviors have begun to change. I am no longer a "victim" of what I've always thought, or what I've always done. Even when I still have those periods of "stinking thinking" I no longer have to act on them. NA has given me a choice. Narcotics Anonymous promised me one thing and that was "freedom from active addiction"; and today I have that freedom.

A Gratefully Recovering Addict Shirley D.

The Who I Am

Throughout my life, I've struggled with who I am. On my quest to find myself, I found that the physical aspects of me are not me at all. Where I came from, things I've done, the color of my eyes, my height, nor the sound of my voice makes me who I am. The who I am is a spiritual creature created by God. When my spirit leaves this world none of the above matters. What matters is the passion I have for being present in my own existence. What matters is the ability to feel the wind in my soul. The ability to hear God speak to me through rain, to feel a divine presence within myself. In the now I have found the true meaning of who I am. Just for today I accept me as me.

Jennifer M.

Self-Acceptance

I accept: I am an addict, I will always be an addict, Just for today — I can recover.

I accept: I have a disease I will always have my disease, Just for today — I can recover.

I accept: I am powerless, I will always be powerless, Just for today—I can recover.

I accept: I have to use my tools, I will always have to use these tools, Just for today — I can recover.

I accept: I need to work steps, I will always need to work steps, Just for today, - I can recover.

I accept: I need to work steps, I will always need to work steps, Just for today, - I can recover.

I accept: If I use, I lose.

Anonymous

Someone Cares

We are honored for the times we share. Always remember, you have friends who care. Forget not when we lived in the haze, But focus, now, on happier days. Stay in tune with your Higher Power At least today, we remember to shower. Take moments throughout your day To go down on your knees and pray. Make a phone call, give a hug, When you feel the need to drug. Replay the tape, and stop to think And know - you don't have to drink. Don't ever forget what we say: "Keep it simple, Just for Today!"

Penny R.

I had plenty of self-acceptance before I chose to become a member of NA. I could easily accept that my life was a waist of time, and that I had lost everything that meant anything to me: My freedom, my family, my higher power, that had looked out for me my whole life. This was the pain of my physical, emotional, and spiritual, end.

Before the guidance of NA, I simply lost my self in using. I couldn't see that my higher power hadn't left me but that I had left him. I had been following the path of self-centered self-righteous, self-will. My first phase of true self-acceptance came through not fighting the powers that be. The ones that said we're not going to let you kill yourself, and we're not going to let you continue living your life this way. Either ACCEPT the fact you're not thinking your best, or we will think for you. I got humble real quick, and I know that was my higher power's doing. Because I had simply given up.

For me; Humility led to admittance to a disease I am powerless over, and my previous way of living lead to an unmanageable life, an unacceptable life. I then found a new bond with my higher power, one more meaningful to me than ever before. Not just belief, but striving for that higher powers will and not my own. I have not formally worked step three and four yet, but it is my belief that anyone doing so will start to gain self-awareness. My self-awareness led to a strong foundation of self-acceptance. I now have begun to love myself which lets me truly love others—for who they are, not what I can make them—and this to me is a glimpse of unconditional love and ...freedom.

__Nathaniel R.__

The seeds of the miracles in NA are found in these principles;

1. Hope—which is something positive to look for and move toward.
2. Surrender—to things we can't change through our own power is the way to get on with our lives.
3. Acceptance—allows denial to give way to reality and peace. With the care of God as we understand him, we are granted the ability to welcome new people and new ideas into our lives.
4. Honesty—is the ability to match our insides with our outsides. It allows what we don't care about to go away and what we really want, to appear and develop in our lives.
5. Open-mindedness—is our bridge to the experience of others. It is the passageway out of loneliness into the life of the spirit!
6. Willingness—to try is the beginning of doing our part. However grand of humble that might be, it is a state of readiness replacing depression and anxiety.
7. Faith—is the evidence of our trust in our God. True Faith is the result of surrender coupled with experience that God can and will do for us if we ask for help.
8. Tolerance—is knowing the other person has the same spirit in them as us and being curious about what that spirit is trying to do.
9. Patience—is taking time for things to move into place without force or breakage.
10. Humility—is knowing the importance of doing our part well and being open to the many forms of help required for a full and abundant life.
11. Unconditional Love—is given where we sense our spirit in another human being.
12. Sharing and Caring—is the active and passive forms of the love that keep us alive and allowing God to use us as instruments.

Spiritual growth is discovering ways to put these principles into action. These principles are the keys to joining the Steps with the Traditions.

NA Way of life 2003 forum "when it works; the 12 basics"

As far back as I can remember I always felt uncomfortable in my own skin. I am a perfectionist and have always had high expectations for myself. Throughout my life I have rarely been able to reach my own standards. I always had this dis—ease with myself, never feeling quite good enough. I started looking outside myself for happiness. This soon led to destruction. Through unhealthy relationships, drinking and drugging I unsuccessfully tried to feel good about myself. I felt worthless. After coming to Narcotics Anonymous I now know that my self-acceptance is key to finding my own happiness. This void must be filled from within. Today I ask myself these questions: How do I make a difference at work? What do I have to offer the fellowship? Do I make a positive contribution to my family? By answering these questions I gain validation. I am able to see my positive attributes and for this addict that is something new. I know today that I am worth something. With the knowledge I have gained from NA, the help from a sponsor, working the steps, and staying in touch with my higher power, I am finally growing comfortable with who I am. Just for today, I am slowly gaining my first taste of self-acceptance and, it feels good!

All My Love, Erin R.

Fatality

To all of you still in the madness,
I am truly sorry for your sadness.
We hold things deep inside
Close our eyes, and hold on for the ride.
We live in the game,
Pretending we are sane.

Our lives become confusing
But we just can't stop abusing.
Sometimes it takes years
Before we face our fears
For some, it takes going through Hell
Others end up in a padded cell.
Some have lost it all
Before they make the call.

If you make it back from the insanity,
Hold out your hand with a little humanity.
Take time to lend an ear, and listen
You might find what you're missin'
You may find the key to unlock the door
Open your heart, to be alone no more.
Consider yourself one of the blessed few
If you learn to live life anew.

Spend time down on your knees
And pray for those with this disease
Some never make it back to reality.
They, sadly, become one more fatality.

Penny R.

NA Conventions and Functions

June 11
Cathedral of the Assumption
443 S. 5th Street
Louisville, KY

LACNA 16 SPEAKER JAM
Fellowship from 9:30a.m. -11:30p.m., Speakers 10:00a.m. – 9:30p.m.
Annisha H. (502)290-7915

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

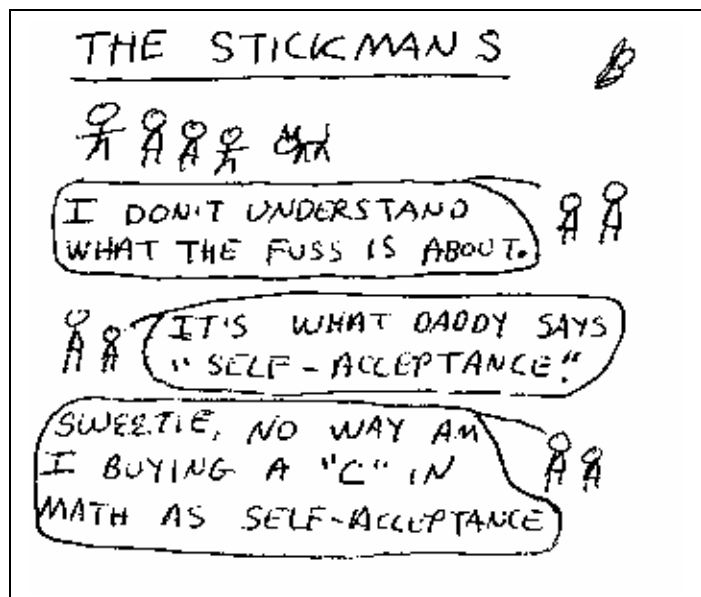
UNITY 7 CONVENTION
Surrender to Win The War Is Over
Pre-Registration (before 6/30/05) \$15, Registration afterwards \$20, Saturday Night Grill Out
Buffet \$15, Saturday Night @ The Apollo \$8, Hotel Room Rates \$69 King/Doubles:
Reservations 877-361-5500, Directions for convention Direct Line (615) 361-5900, 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
WORLD CONVENTION OF NARCOTICS ANONYMOUS (WCNA) 31

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

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

January 20th-22nd, 2006
Hotel: To Be Announced

LACNA 16
16th Annual Louisville Area Convention of Narcotics Anonymous
Early Bird \$15 until July 31st, Pre-Registration \$ 20 until Oct. 31st, Registration \$25
Checks made out to LACNA 16, Mail to LACNA 16 P.O.BOX 2946 Louisville, KY 40201-2946
Contacts: Marion C. (502)778-8886 & Kim H. (502)742-1991



THIS IS YOUR NEWSLETTER! YOUR SUBMISSIONS MAKE IT HAPPEN!

◆ JULY'S TOPIC OF THE MONTH ◆

Unity

◆ 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 **June 21st**. 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
Kristina O. IN PERSON
Kevin P. 502-296-4573

SUBCOMMITTEE MEETINGS

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

EMAIL

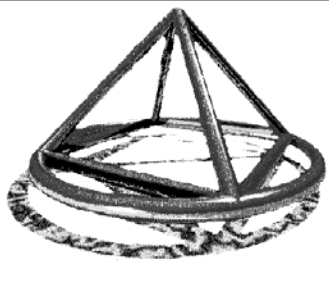
newsletter@nalouisville.org

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

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 months. We apologize for any anniversaries that we skip, forget, or misprint!

Georgia P.	June 1 st	1 year	Gratefully Dedicated
Paula G.	June 4 th	6 years	Lose the Desire
Terri J.	June 6 th	1 year	Against All Odds
Tony T.	June 11 th	2 years	Step Up Group
LaShaundra M.	June 13 th	11 years	Against All Odds
Yolanda C.	June 17 th	2 years	Just For Today
Tony C.	June 21 st	4 Years	We Too Recover
Karen H.	June 23 rd	8 Years	Gratefully Dedicated
Jennifer M.	June 23 rd	1 Year	How it Works
Portia	July 4 th	1 Year	Against All Odds
Vicki C.	July 5 th	3 Years	We Too Recover
Guy E.	July 12 th	3 Years	Gratefully Dedicated

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.