

# CARRYING THE MESSAGE

JULY 2005

Volume 2, Issue 7

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

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

## AREA NEWS

Louisville Area NA  
Helpline  
502-499-4423

**New Submission Email Address:**  
heyana@bellsouth.net

**New Meeting in Bedford.** "Spiritual Awakening Group" meets Monday's at the Tremble county library. Open discussion- 1<sup>st</sup> & 3<sup>rd</sup> Monday from 7-8:30 PM. And has a tradition study meeting on the 2<sup>nd</sup> & 4<sup>th</sup> Monday from 5:30-6:45 PM.

**New Meeting in Newburg Area.** "Stop The Madness" meets at the Peace Presbyterian Church located at 4210 East Indian Trail on Tuesday nights at 7 PM.

**24<sup>th</sup> Year Anniversary.** Day By Day is turning 24 on July 28<sup>th</sup>. Where you say: Day By Day meets Thursday nights, 7pm at Green St. Baptist Church at 519 East Grey St. Free food and speaker.

**Meeting in the park.** Spiritual Not Religious meets every Sunday at Hogan's fountain in Cherokee park from 1:00pm till 2:00pm, rain or shine.

**Just Us has moved;** New location is 2900 Broadway at the NIA Center in room 006. It will be held at the same time: 5:00pm till 6:30pm.

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

**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

## UNITY

### "Staying Off the Drama Train"

"There's a train around here, called the drama train. It has an engine called gossip and a caboose called resentment, and it destroys NA. It only takes one thing to start the train moving but it takes all of us to stop it. It looks tempting, fast, shiny, and seems like it might even be the best way to get what we think needs to be done accomplished. Only one thing, once in motion it takes on a life all it's own, pretty soon it isn't even going where we thought it was, it starts crossing from track to track running over everyone in it's path. Elusively it moves into each of our houses, patiently waiting for us to "hop aboard!!" finally it has all the energy it needs to run amuck all on its own energy. It owes us nothing and takes everything; trust, friendship, love, spiritual principals all fall by the wayside as its engine chugs along and its caboose shreds whatever's left.

"We, the first word in all but one of our steps, are the only ones who can stop the train before so many of us get unsuspectingly run over and there is just a pile of destruction left in our groups. We, find ourselves confronted by the very self-centered nature of our disease that we are justified in our actions by some false sense of purpose or loyalty. Step twelve, (and this is a biggie) I realize that of everything I may feel or do or say, every suffering addict has a right to their seat at a meeting. I am not god and while I may feel angry or hurt I have no right to deprive another of recovery. I reach out to the suffering, as best I can; which sometimes is just allowing them to sit in a meeting without feeling they don't belong because of my actions (if they feel that way as a result of their actions, that is for them to deal with).

"That is how it works for me. I don't pretend to do it perfect, I often fall short, what I won't do (to the best of my ability) is jump in the fray and help drive the drama train right over the life of our fellowship. I don't have to co-sign behavior I think is wrong. I also don't have to shun those acting out. Resentment spreads like the plague in NA, quickly making the jump from the original issue to infect us all; skewing my perception of people and reality, destroying my spirit, and taking my ability to live in my HP's will.

"Especially hard for me is when so many of the people I care about and love are all on the drama train. I have witnessed the destruction done to this fellowship by the drama train; addicts use, meetings die, friendships end, and every now and then an addict dies. It scares the hell out of me, because I fear I will lose my own friendships for not jumping on their train. I cannot live my life like that any more I worked too hard too long to be myself and live within my principals and my HP's will, it's not easy, just the only choice I have for me.

I fear those I respect will not respect me or will view me as a moral coward, yet I realize that I must respect myself or I will not be able to feel respected, I must live by my morals or I am truly a moral coward. I fear that those in pain will reject me for not "taking sides," yet I realize that I only reject myself if I cannot be honest with them and me. No one ever told me that living a spiritual honest life would be easy, they just said I might be able to survive, not use, and have some semblance of peace in my life. So Just For Today I choose not to get on the drama train. I hope to see you all at the station.

- Much love and recovery, © Dan S.



### DO YOU KNOW THIS SYMBOL?

For those that don't, it is the "*fleur de lis*". Our city was founded in 1780 and named after the French ruler, Louis XVI.

The royal crest of the French was the *fleur de lis*. Therefore it was adopted as the symbol for our city. The royal symbolism can be dated as far back as Mesopotamia but gained wide popularity during the Middle Ages. It is essentially a stylized flower, a lily to be specific. This throughout history holds strong spiritual connotation and eventually the three petals became to denote the trinity.

Even though our symbol is recognized as a royal crest and a spiritual emblem, we, at the Newsletter subcommittee of the Louisville area, recognize it for its ability to stand for something noble. We see the family that wears this crest as our area as a whole. By placing the fleur de lis under the Narcotics Anonymous symbol means that only together, with the support of everyone, is our newsletter possible. Thank you for your submissions.

- Kevin P.

*If you have any questions or concerns regarding our use of this symbol. Please feel free to contact us in person or through a submission.*

# Carrying The Message

## Please Keep Coming Back!!!

IF YOU MADE MISTAKES IN THE PAST, DON'T LET IT GET YOU DOWN.  
WE HAVE STRONG BROTHERS AND SISTERS IN THE NA FELLOWSHIP TO HELP.  
THEY HAVE THE COURAGE TO SHOW US HOW TO TRY AGAIN.

IN OUR LIFE WE TRY TO IMPROVE OUR WEAKNESS.  
WHEN WE MAKE MISTAKES, WE BOUNCE BACK SOON.  
SOMETIMES THERE IS A FEAR OF TRYING AGAIN AND NOT MAKING GOOD.

WE DON'T HAVE TO WALLOW IN THE PAST WITH SELF-PITY.  
THE STEPS ARE A SOLUTION OVER ADDICTION.  
WE ARE POWERLESS OVER OTHERS.

WITH FAITH, WE CAN HOLD OUR HEAD UP AND WALK THRU ANYTHING.  
ONE DAY AT A TIME WE CAN MAKE IT.  
WITH OUR PRAYERS, SUPPORT GROUP, DAILY MEETINGS, SPONSORSHIP, HOME  
GROUP,  
AND THE 12 STEPS, WE WALK IN A NEW LIFE.

WE ALL HAVE THIS IN COMMON; WE DON'T LET OUR DISEASE KEEP US DOWN.  
WE RECOGNIZE THE COURAGE IT TAKES TO KEEP COMING BACK.  
WE SEE THE MAGIC IN IT THAT KEEPS US COMING BACK.  
IF WE FAIL AT FIRST, WE TRY AGAIN AND AGAIN. WE KEEP COMING BACK UNTIL  
WE GET IT.  
WE ARE ALL WINNERS.

Donald M.

## Closed Doors

We always go behind closed doors that are locked away from the rest of the world. Never can anyone see inside for more than a glimpse, only long enough to wonder... "Is there anything else or is this everything?" It is behind our closed doors where we commit our dirty deeds. The acts that attack our souls and pierce our skin... then cause bleeding fingernails and nervous twitches. However, we only let the world see our minor cuts and bruises, the ones that make us appear normal. For any other visible blemish would actually make us normal, yet an outcast in the same glance.

Our broken hearts and spirits are shut down until that door is tightly locked behind us. That is the moment our knees become weak and our bodies shake as our crumbling beings slide down our shield to the floor. Streams of salty liquid hit our lips so quickly we don't yet understand why we are crying. When the pain of wondering if we are dead inside hits our hearts it's like a defibrillator shock that makes our whimpers become uncontrollable sobs of depression and anger. We know that criticism pumps our tattered hearts that are flowing with despair and suicidal behaviors.

Small vibrations shake against our backs as someone softly taps on our closed doors. We realize our weeping has become too loud as an unknown, yet familiar, voice asks, "Is everything okay in there?" At first our mouth is too dry to speak so we jump up quickly and compose ourselves. Frantically we brush on our make-up mask and apply three... or ten sprays of perfume hoping the person behind our closed doors will not be able to smell the tears. "Just a second," we say as we glue the last piece of our smiles on and head for the door. Swinging open the door, almost excited that someone is worried, we notice there is no one there. Then the reality hits us, it was not concern in their voice, it was irritation from all the noise. We close our doors slowly, locking them tightly, swearing to never open our closed doors again.

- Heather T.

## The BEAUTY of UNITY

Howdy all, my name is Drew and I am an addict. These words roll off my tongue automatically whenever I have some thing to share. Why? \* Why seems to be a never-ending never satisfying reservation. Why used to matter to me..."why" Sounding just like a child who is curious only I am not a child I am 36. Why? ... See what I mean. Yet now I believe, as I have learned from you (each and every addict in recovery) i.e. complete strangers who have extended your arms and embraced me every time I have seen you, it doesn't matter "why"... OK Well, if it doesn't matter why, then what does matter? Seems like I should be calling my sponsor right about now but wait a second, maybe my Higher Power can help me with this. "HP can you help me with this confusion I have created in my head while "simply"(lol) trying to express my genuine love and gratitude for NA, the twelve steps, the twelve traditions, and the fellowship... (Pause for answer to come)... I think I heard him say something to the gist of "Drew you don't need to solve everything yourself, you mustn't make everything so confusing. Live by spiritual principles (honesty, open mindedness, willingness, hope, commitment, acceptance, caring, courage, faith, love, patience, respect, kindness, humility, forgiveness, joy, gratitude, service) and let me take care of the rest. I love you!" As I reflect on this topic I realize the meaning behind the soft chuckles from the "old-timers" and those who simply relate to the humor of this single word. I laugh now as I write this and my thought/question to myself is ... WHY? Laughing to myself I answer myself with some of the teachings of the program. "Keep it simple, Let Go, and Let , Just for today I don't HAVE to use no matter what!"

- Drew

### **A quick letter from the "editor".**

Thanks ever so much for everyone's support of the newsletter. I think it shows a little of our unity when we can come together and accomplish something like this newsletter. Thanks to everyone who submitted this month. I thought there was going to be a problem filling up the newsletter this month, but a loving higher power and a fellowship full of unity showed me different. Thanks again for letting me be of service.



### July 16<sup>th</sup>, 2005

Grace Episcopal Church  
9<sup>th</sup> & Kentucky Ave.  
Paducah, KY

### July 22<sup>nd</sup>-24<sup>th</sup>, 2005

Dublin, Ireland  
**August 12<sup>th</sup>-14<sup>th</sup>, 2005**  
Delaney Creek Campout  
Salem, IN

### August 19<sup>th</sup>-24<sup>th</sup>, 2005

Hotel Preston  
733 Briley Parkway  
Nashville, TN 37217

### September 1<sup>st</sup>-4<sup>th</sup>, 2005

Hawaii Convention Center & The  
Hilton Hawaiian Village Resort  
Honolulu, Hawaii

### January 20<sup>th</sup>-22<sup>nd</sup>, 2006

Hotel: To Be Announced

### WKANA FREEDOM BETWEEN THE LAKES XVIII FUNDRAISER

Fellowship & Eat—6:00PM; hotdogs & chips \$1.00/ plate, drinks \$.50—Speaker—7:00PM; Peg  
W. from Jackson, MO. 50/50 raffle, dance \$3/ person \$5/ couple. No addict turned away!!  
Pre-register before Aug. 1<sup>st</sup> = \$20/ person. \$25/ person after that. For more info call  
Frances S. (270)362-8486

### EUROPEAN CONVENTION & CONFERENCE OF NA (ECCNA) 22

www.eccna.org

### TAKE A BREATH RECOVERY RETREAT

Friday—Food (hotdog & hamburger supplied, Please bring covered dish!!!), 50/50 Raffle, &  
Fireside Open Discussion Meeting. Saturday—Donuts & Coffee, 1:00 4<sup>th</sup> Tradition Study,  
5:00 Food, Speaker, 50/50 Raffle, NA Auction. Sunday—Morning Meditation Meeting.  
Please Register before July 25<sup>th</sup>, \$20 includes food and lodging.

### 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

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](http://www.na.org)

### LACNA 16

16<sup>th</sup> Annual Louisville Area Convention of Narcotics Anonymous  
Early Bird \$15 until July 31<sup>st</sup>, Pre-Registration \$ 20 until Oct. 31<sup>st</sup>, 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

**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 2<sup>nd</sup> and 4<sup>th</sup> 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

## THE STICKMANS



IT DOESN'T MAKE SENSE

IT'S NOT SUPPOSED  
TO HAPPEN.

"HITTING" ON A NEWCOMER  
IS NOT A FORM OF UNITY!!

"you" and "I" have become **Us**  
we work to help ourselves and the **Newcomers**  
our opinions and ideas have **Integrated**  
we've reached a true state of **Togetherness**  
and our fellowship is **why**

# 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  
Kristina O. IN PERSON  
Kevin P. 502-296-4573  
Cheryl R. 502-744-8296  
Drew S. 502-817-3798

### NA NEWSLETTER SUBCOMMITTEE MEETINGS

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

### EMAIL

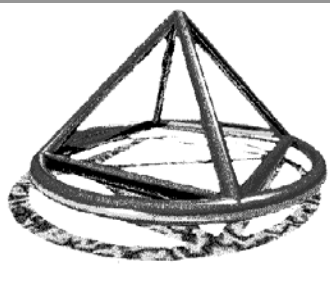
heyna@bellsouth.net

### 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!

## ◆ AUGUST'S TOPICS OF THE MONTH ◆

**Step 8—“We made a list of all persons we had harmed and became willing to make amends to them all.”**

*And “Courage”*

## ◆ 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 **July 26<sup>th</sup>**. Exceptions can be made, just contact us. You can email submission to [heyna@bellsouth.net](mailto:heyna@bellsouth.net) 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 months. We apologize for any anniversaries that we skip, forget, or misprint!

J.W.	July 1 <sup>st</sup>	<b>7 Years</b>	Out Of Control
Portia	July 4 <sup>th</sup>	1 Year	Against All Odds
Vicki C.	July 5 <sup>th</sup>	3 Years	We Too Recover
Donna C.	July 5 <sup>th</sup>	1 Year	Gratefully Dedicated
Janna	July 6 <sup>th</sup>	2 Years	How It Works
Becky K.	July 7 <sup>th</sup>	1 Year	Another Chance
Larry W.	July 12 <sup>th</sup>	1 Year	Another Chance
Guy E.	July 14 <sup>th</sup>	3 Years	Gratefully Dedicated
Will W.	July 14 <sup>th</sup>	1 Year	Day By Day
Robert W.	July 16 <sup>th</sup>	<b>6 Years</b>	Lose The Desire
Don S.	July 17 <sup>th</sup>	<b>8 Years</b>	The NA Meeting
Mike P.	July 20 <sup>th</sup>	<b>18 Years</b>	How It Works
Mark S.	July 20 <sup>th</sup>	<b>18 Years</b>	How It Works
Jeff S.	July 21 <sup>st</sup>	<b>9 Years</b>	Day By Day
Jim C.	July 22 <sup>nd</sup>	<b>12 Years</b>	Another Chance
Bobby E.	July 22 <sup>nd</sup>	4 Years	The Stopping Point
Keith M.	July 26 <sup>th</sup>	<b>9 Years</b>	Another Chance
Lee Z.	July 27 <sup>th</sup>	1 Year	Caring Thru Sharing
Joe A.	August 1 <sup>st</sup>	<b>5 Years</b>	Against All Odds
Patrick R.	August 3 <sup>rd</sup>	<b>7 Years</b>	AGAPE
Zina R.	August 8 <sup>th</sup>	2 Years	Against All Odds
Ticonda S.	August 9 <sup>th</sup>	<b>8 Years</b>	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.