

CARRYING THE MESSAGE

August 2005

Volume 2, Issue 8

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

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

AREA NEWS

Louisville Area NA
Helpline
[502-499-4423](tel:502-499-4423)

New Submission Email Address:
heyana@bellsouth.net

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

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

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

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

"Courage" & the "8th Step"

Courage:

I was not going to write this "letter" to our trusted servants, those that put their time and talent into our area newsletter. It was so much easier to just let someone else write in their postings on this month's topic, courage. Wow, what a HUGE word! For most people, it conjures up images of heroes, great and small; however, those of us in N.A. never have to look to history or outside of our fellowship to see courage in the everyday.

We pray for courage at every meeting: "God, grant me the COURAGE to accept the things I cannot change..." That implies that it takes courage to really "Let Go and Let God." In fact, our basic text mentions this very thing, this God / courage bond, several times in the first 103 pages. Look them up. In the text, 5 of the 9 references to courage listed in the index specifically mention prayer and faith along with "courage." There is no doubt that our Higher Power is the source of our most courageous act, the daily decision to face our lives on life's terms and not run or medicate our problems away. We cannot do this without the spiritual principle of courage.

So, I kept hearing this word, over and over at the meetings I attended. I felt totally un-courageous by NOT writing. It takes courage to put yourself out there whether at a meeting, a social gathering or in a newsletter. Next time you are unsure of sharing, say a little prayer, ask for a little courage, and give it your all.

An Addict, Gina

Unity

The Narcotics Anonymous Unity promises all members around the world a spiritual and practical fellowship. This fellowship has the power to change and provide productive lives in our communities and society as a whole. It provides a way in which addicts can come together sharing a common desire to stay clean of drugs. Indeed, this program can do for us what we cannot do alone.

Recovery from addiction can be possible with the strength and fellowship of N.A. The group environment is as viable to the individual as the individual is to the group. With

the personal desire to stop using drugs we develop a personal commitment of the group within this unity. This unity supports the common welfare of changing our playmates, playthings, and places. We learn to develop healthy relationships. Our newfound friends teach us how to live again. We learn to laugh, cry, listen and be heard. We develop stronger friendships because we become more involved in each others lives. The loving care of these relationships are the threads of fabric of the N.A. Unity. Our supplier of drugs could not offer us this type of relationship.

Within the Unity of N.A.'s Twelve Steps and Twelve Traditions, we learn to apply spiritual principles that better the common welfare of us all. These principles assist us in quitting our behaviors and to strengthen our unity and enhance our common welfare. This provides us the tools to reach out to others with the desire to stop using drugs. These principles include surrender and acceptance, commitment, selflessness, love, and anonymity.

Surrender and acceptance provides us with the trust in a Higher Power. This simplifies our serenity because we can let go of our personal desires and wants. We come to accept the guidance which enhances the greater good of N.A. We become a part of the whole in order to support the unity which is essential to our personal survival.

Commitment of belonging to the N.A. unity provides us with strength in serving others. We are able to carry the message of hope that supports us all in our continued recovery. Personal commitment of our shared sense provides the ties that bind us together. Attending meeting regularly, greeting newcomers, giving our telephone numbers to someone in need, sharing in meetings, and sponsorship are ways we can express our commitment.

Selflessness and love are elements in unity. N.A. is a unity we love. We focus on the needs of our groups instead of personal desires.

The common goodwill comes from all realms of our fellowship. Love is expressed by the way we speak and treat each other. In N.A., we share our experiences, strengths, and hope to demonstrate that recovery is truly available. With this atmosphere of love, we invite others to come in our group and feel safe and comfortable. This love also attracts newcomers who strengthen us and our common welfare, and unity.

Anonymity is the spiritual foundation of N.A. in which any addict who desires can recover. We learn to set aside any prejudices or judgments and focus on our common identities.
continued on page 2.

Carrying The Message

Acceptance

Today's the day, that's what I'm told. It's too late to do anything about yesterday and tomorrow is way too far away too worry about. So here I am, in the moment. I can handle a moment. Breathe in, breathe out, don't use, breathe in, breathe out, don't use, ect... This is my mantra of the moment, for the moment. I'd like to think I could handle a whole day, of course I'd like to think I can handle a lot of things. The hard lessons of my life have shown me otherwise. I'm somewhat of a slow learner, but pain, my greatest teacher, is infinitely patient. I've experienced a lot in the course of my addiction, some pleasure, and certainly some pain, but the only BAD experiences I suffered were those I didn't learn from and was doomed to repeat. I've been in this program for over a year. The information given to me in treatment and in the rooms was quickly absorbed in my mind, but until I accepted it in my heart it remained only useless trivia. For me it took several more attempts to use successfully (if there is such a thing), before I reached that point of complete surrender. I was clinging desperately to the end of my pitiful rope crying out, "God help me please!" when in the end all I had to do was let go of the rope. This lesson was finally learned my last relapse when the shame and guilt I felt returning to the rooms was quickly replaced with a profound gratitude that my higher power had saved me a seat there. Today I view my relapse as a blessing, for it made me truly grateful that MY end of the road lay just this side of the end of my life. By no means am I recommending relapse to anyone struggling with the principal of surrender, we all have another use in us, but not all of us have another recovery. Maybe a metaphor will help explain better. This is how I view the course of my life so far: I walk down a path, there's a big pool of quicksand, I don't see it. I fall in. It's not my fault. I struggle and sink, thinking I'm doing fine. Eventually my head goes under. I am afraid. In desperation I reach my hand up, hoping there's someone there to save me. There is, it's my higher power. He pulls me to safety. I thank him, say goodbye, and I'm off on my way again. Later, I walk down the same path. There's the big pool of quicksand. I pretend not to see it. I fall in. I'm in the same place again. It's not my fault. I struggle and sink much faster this time. I am afraid. I'm willing to ask for help a bit sooner because I believe my higher power will be there. He is. Again, he pulls me to safety, and with a very sincere thank you I say goodbye, and I'm off on my way again.

Not too long after that, I walk down the same path, there's a big pool of quicksand. I see it there. I still fall in.....it's a habit. How did I end up here again? It's my fault. I immediately sink to the bottom. I have no fear anymore, because I have faith in my higher power. Once again he pulls me to safety. This time I decide to show my gratitude by accepting my higher power. Today, I walk down the same path, my higher power travels with me. There's a big pool of quicksand. We see it there. We walk around it.

Maybe, tomorrow, I will let my higher power decide which path we walk down.

As always, thanks for letting me share.....Tommy A.

Welcome to the new season of "Survivor - NA Service Island". I should preface this by sharing that I'm still just a newcomer to this program, and I'm still struggling with the simple suggestion of "don't use no matter what." Also, I know almost nothing about the apparent complexities of service and the delicate balance of power that lies within the intricate workings of the many, many committees. That being said, I have only the opinion of a hopeful recovering addict to share. From my point of view it seems that there is alot of useless and petty nonsense that goes on in the name of service. Isn't the point of the whole thing to safeguard and better the program for the old timer and newcomer alike? There appears to be an unhealthy amount of politics involved with a system designed to be a group conscience entity. I mean do the secret alliances and click agendas really benefit the newcomer? Not from where I'm standing. It seems to me the primary purpose of the service committees is very similar to political government, self sustenance. It is commonly suggested that we should all get involved in service work, that's all fine and good, but I want no part of the circus that takes place in the committee meetings. Not all of us come to NA for the drama. For that reason I believe I'll limit my service, for the time being, to stacking chairs and cleaning up meeting rooms. Oh, and of course submissions to the newsletter. It is however comforting to know that some members have grown so complacent in their own recovery to be able to focus so much energy and attention on the inane bickering about trivial and marginally important issues facing the service committees. I wonder if these members are as generous with their time and energy when it comes to their sponsees.

It's only my perspective.....Hopeful recovering addict

Unity...continued from page 1.

This provides the atmosphere of equal rights and responsibilities to all of us for the common welfare of N.A.

Tradition One provides us the ability to practice the unity in order to build strong and successful groups. We learn to practice the support for each other despite the disagreements that arise. We discover that our relationships with each other are more important than the issues that may divide us. This practice strengthens our unity, common welfare, and understanding of all the other traditions. The N.A. unity joins all members around the world in a spiritual fellowship that has the power to change lives.

Karen J.

Our Symbol

Greetings family: I recently traveled to Louisville and attended the How It Works group.

A friend of mine celebrated 18 years that night and I had the opportunity to celebrate my 14 years clean. I picked up a copy of your newsletter and I was shocked by the logic of why this committee chose to disrespect our fellowships symbol by placing the "fluer de lis" in it. I here to tell you it no more belongs in our symbol than the German Swastika or the Christian cross. The only thing that belongs in our symbol are the letters NA or a number designating period of clean time. Anything else is usually a committee's goodwilled uniformed or unknowing violation of our fellowships symbol as is the case of this committee. By placing the "fluer de lis" ya'll violated most our traditions starting at one and especially 4,6, and 9. Because by placing that thing in Our symbol ya'll have effected NA as a whole. Everything We do in NA is supposed to be about carrying the message to the suffering addict articles like "closed doors" carry the mess not the message of recovery. Please keep coming back and learn more about our traditions and read page ix in our basic text which tells what our symbol means you won't find anything in it other than NA.

grateful recovered addict
named anonymous



NA Conventions and Functions



August 12th-14th, 2005
Delaney Creek Campout
Salem, IN

August 19th-24th, 2005
Hotel Preston
733 Briley Parkway
Nashville, TN 37217

September 1st-4th, 2005
Hawaii Convention Center & The
Hilton Hawaiian Village Resort
Honolulu, Hawaii
January 20th-22nd, 2006
Hotel: To Be Announced

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 4th Tradition Study, 5:00 Food, Speaker, 50/50 Raffle, NA Auction. Sunday—Morning Meditation Meeting. Please Register before July 25th, \$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

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

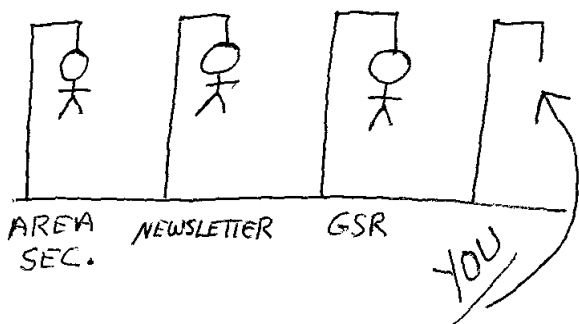
LACNA 16 Functions and Fundraisers Subcommittee will meet every Saturday at 4pm at the Old Louisville Coffee House on 4th and Hill St. For more info contact: Donna C. (502) 584-3892

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)

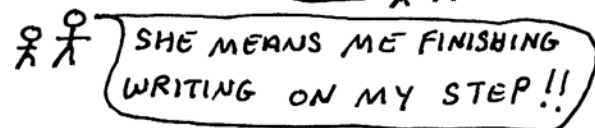
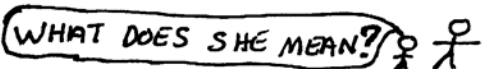
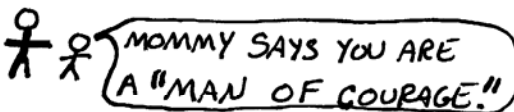
LACNA 16 Subcommittee meets every last Saturday of each month at 800 East Liberty where Reach For Recovery meets @ 4pm

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

IS YOUR BIRTHDAY NOT
IN THE NEWSLETTER ?



THE STICKMANS &



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
Kevin P. 502-296-4573
Cheryl R. 502-744-8296
Drew S. 502-724-4870

NA NEWSLETTER
SUBCOMMITTEE
MEETINGS

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

EMAIL

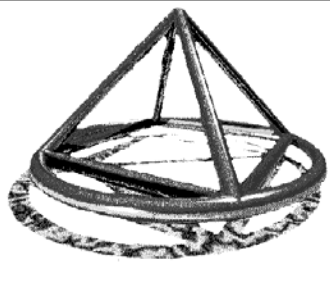
heyna@bellsouth.net

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!

◆ SEPTEMBERS' TOPICS OF THE MONTH ◆

Making Amends & Forgiving Ourselves

◆ 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!

When Submitting, please remember space is limited and should be sent in by **August 23rd**.
Exceptions can be made, just contact us. You can email submissions to 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!

Patrick R.	August 3 rd	7 Years	Agape
Dee S.	August 5 th	5 Years	Stopping Point
Zina R.	August 8 th	2 Years	Against All Odds
Kristin F.	August 9 th	5 Years	Women's Spirit
Ticonda S.	August 9 th	8 Years	Gratefully Dedicated
Dennis B.	August 15 th	2 Years	Stick n Stay Basic
Cheryl R.	August 17 th	1 Year	Agape
Staci C.	August 26 th	9 Years	Stopping Point
Shawneequa B.	August 30 th	4 Years	Gratefully Dedicated
Erich I.	September 11 th	1 Year	The NA Meeting
Linda I.	September 11 th	1 Year	The NA Meeting

"Sept. 20th, Courage to change

Recovery involves change, and change means doing thing differently. The problem is, many of us resist
doing things differently; what we're doing may not be working, but at least we're familiar with it. It takes
courage to step out into the unknown. How do we find that courage?

We can look around ourselves at NA meetings. There, we see others who've found they needed to
change what they were doing and who've done so successfully...

Just for today: I welcome change. With the help of my Higher Power, I will find the courage to change
the things I can."—J.F.T. Meditation Book

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.