

CARRYING THE MESSAGE

September 2005

Volume 2, Issue 9

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:
heyna@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

Making Amends & Forgiving Ourselves

-Forgiving myself to make amends-

I spent many years in active addiction consciously and unconsciously destroying everything around me. When I knew it, I would feel guilty, right up until I used some person, place, or thing to drown out my emotions until I could replace them with another self-centered thought that I could control. When I didn't know, I would hide away that pain to bring out against myself the next time I actually did something right, just to make sure I couldn't escape my world of utter chaos I had create and become so accustomed to living. Eventually I was stuck in a web of lies I couldn't possibly get out of. I believed the lies I told to others and the lies I had told to myself. I no longer had a clue what the truth was about anything.

After a long time of active drug use I would have the thought that maybe something wasn't working out. I would go through the thoughts of trying something to "fix myself", but it never had anything to do with getting clean. I would agree with myself to "cut down" but then I would start feeling and that was the end of that idea. I couldn't even begin to deal with the immense guilt that would hit me all at once. I couldn't believe all the things I did to my family, let alone myself. So it was always back to using; someone, some place, anything to forget...

...But today I live a program. A higher power and a loving fellowship known as Narcotics Anonymous has shown me that working the Steps and living a clean life I've already begun making amends to those I am blessed to still have in my life. The guilt, its all still there. But today I don't have to fear it because I know that by doing the next right thing, I am taking the steps to learn a new way to live. One where I don't continuously burn my bridges before there even built.

Today I know that I have forgiven myself. I can look my children in the eyes and show them my love. Where it can be understood I have explained to them and others how, when, and why I messed up and more importantly what I am, and what I am willing to do today to make up for my mistakes. I wake up now asking for God's will in my life and not my own, for the strength and courage to carry his will out, and the wisdom and patience to deal with the consequences of my actions: not with a feeling of impending doom wondering what "I" can do to make things right.

Very recently I was forced to deal with someone that I had much resentment towards. Early on in recovery I asked for suggestions on what to do about these resentments and I was told to pray for her well being, so I did. I didn't even realize it at first; I had no ill feelings toward her.

That's when I truly new I had forgiven myself. I had forgiven another so freely. (God doing for me what I could never do for myself)

Someday soon I'll be ready and prepared to make direct amends. But in the meantime I'll show gratitude for being taught how to live life not making more situations for which I will need to make those amends.

An Addict Named -Nathaniel R.-

RE: OUR SYMBOL

The Narcotics Anonymous Program is very important to me. The steps, Traditions and symbols mean a lot. Purists hold certain elements of our program beyond any change and that is to keep us clean. Our lives are saved by those steps and traditions. Our symbol is just that- a representation of easy to understand meanings and relationships; see page ix of the basic text. The Circle and Diamond represent NA. In Louisville, No matter where you look, the "*fleur de lis*" is a symbol of our city. It is a natural combination of our beloved program and our city that carries the message to suffering addicts in our area. Whenever I see the Narcotics Anonymous symbol and the symbol of our town; I know the message is being carried.

Anonymous

Making Amends

This week I had to make a direct amends to a co-worker. Due to my anger and failure to apply certain steps, I acted out on the character defect of "Name Calling". After the event and working the 10th Step, it was evident on what I needed to do. First, I failed to realize my Powerlessness over others. When, secondly, I tried to exercising my control, I failed to let my higher power have my will and my life. In making direct amends to my co-worker, I phoned him and apologized. Next, I need to do this in public, in front of my other co-workers that heard me act out. Next, realizing what made me act out; it was time to change my behavior. Just saying "I'm sorry" won't do. I, with the help of my higher power, will try to the best of my ability, to stop my "Name-Calling of others. This has helped to better understand step one and I need to apply this every day in my life. This event also helps me understand the unmanageability in my life when I don't work steps in a given situation.

Jack B.

Carrying The Message

I WAS TOLD THAT THE MOST IMPORTANT PERSON AT A MEETING IS THE NEWCOMER, NOT THE EXPERIENCED NA MEMBER THAT IS SHARING. I WAS ALSO TOLD THAT THE DIFFERENT AREAS OF NARCOTICS ANONYMOUS SERVE DIFFERENT PURPOSES. MEETINGS ARE FOR SHARING MY EXPERIENCE, STRENGTH AND HOPE. SUPPORT GROUPS ARE THERE TO PROVIDE ME WITH AN OPEN-MIND AND A CARING EAR WHEN I NEED TO DUMP MY FEELINGS. MY SPONSOR IS HERE TO GUIDE ME THROUGH THE MANY ASPECTS OF MY RECOVERY. I KNOW THAT SOMETIMES IT MAY TAKE A FEW EXTRA MINUTES TO CARRY THE MESSAGE THAT I AM TRYING TO GET ACROSS TO THE NEWCOMER. A FEW AS IN 3, NOT 10. AFTER CONSULTING WITH A NUMBER OF EXPERIENCED RECOVERING ADDICTS, I'VE COME TO THE CONCLUSION THAT MY HOME GROUP SHOULD USE A TIMER. NOT TO DICTATE HOW LONG SOMEONES MESSAGE SHOULD BE, BUT TO ENFORCE THE RESPECT OF EVERY MEMBER WHO WANTS TO SHARE. TO REMIND THOSE WHO FREQUENTLY "TAKE A MEETING HOSTAGE" THAT WE NEED TO ALLOW OTHERS TIME TO SHARE. THE NEWCOMER WHO DOES NOT YET HAVE A SUPPORT GROUP OR EVEN A SPONSOR MAY HAVE NOWHERE ELSE TO SHARE. SET YOUR SELF-CENTEREDNESS ASIDE AND STAY SEATED TO HEAR THOSE WHO JUST LISTENED TO YOU SHARE. IT IS IMPORTANT FOR ALL OF US TO BE CONSIDERATE OF OUR FELLOW ADDICTS AND KEEP OUR SHARING TO A MINIMUM. AFTER ALL, IT'S HARD TO FIND THE MESSAGE IN 15mins OF THE MESS.

Gratitude

G	*	IS FOR GRATITUDE
R	*	IS FOR RESPONSIBILITY
A	*	IS FOR ACCEPTANCE
T	*	IS FOR TOLERANCE
I	*	IS FOR INTIMACY
T	*	IS FOR TRUSTED SERVANT
U	*	IS FOR UNITY
D	*	IS FOR DISCIPLINE
E	*	IS FOR EVERLASTING PEACE

THESE ARE THE THINGS THAT I AM STRIVING FOR, ONE DAY AT A TIME.

Serenity

S	*	IS FOR SPONSORSHIP
E	*	IS FOR ENCOURAGEMENT
R	*	IS FOR RESENTMENTS
E	*	IS FOR EQUALITY
N	*	IS FOR NEWCOMER
I	*	IS FOR INTEGRITY
T	*	IS FOR TRUST
Y	*	IS FOR YOURSELF

ALL THESE THINGS YOU ARE WHEN YOU BECOME A MEMBER OF NA.

- Helen T.

Don't Let the Pain from the Past Punish the Present and Paralyze the Progress!

Anonymous

Monday, July 25th, the daily meditation was about living the 12th step. I was at a meeting at Caritas. A teenage patient of the treatment center asked a question. He asked, "What can I get out of this program. How can it better my life?" I had already shared my experience, strength and hope before he asked. Only having 7 months clean, I didn't have a lot to share. What confused me was why none of the more experienced recovering addicts didn't share any of their experience, strength, and hope with this young man, or at all. Especially considering the meditation that had been read 30 minutes before. After he asked his question the room was silent for about 5 minutes which is a long time for a meeting.

-Should I have shared again, what little I know?

-What kind of message do we carry to "the most important person at any meeting" when they ask a room of recovering addicts," how can this program help me?" and no one gives him an answer.

-Is there no answer to be shared?

-Isn't the chairperson responsible for keeping the meeting flowing?

-Am I stepping out of line asking? Well, anyway, after the meeting I told the kid what the program had done for me so far.

Our Symbol

The Narcotics Anonymous symbol is known all around the world by recovering addicts. This other symbol is not. Just because this other symbol looks interesting and/or cute, it's not affiliated with NA. The NA symbol can stand on its own and be recognized. It needs no accompanying symbol.

The Narcotics Anonymous message is already being diluted. Please don't dilute the symbol so we all can continue to come to a place where there is a little hope and pain, a few tears and fears, but if we don't use no matter what, this will be a grand opportunity to live better and recover.

- Keep Coming
- Darren L.



NA Conventions and Functions



September 10th
Cathedral of the Assumption
September 24th
Vissing Park
Jeffersonville, IN


October 7th, 8th, & 9th
Tar Hollow State Park

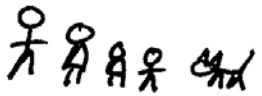

November 23rd-27th
Hilton Memphis
939 Ridgelake Blvd.
Memphis, TN 38177-0728
1-800-HILTONS or
1-901-684-6664
January 20th-22nd, 2006
Hotel: To Be Announced

February 23rd-26th, 2006
James H. Rainwater Conference
Center
One Meeting Place
Valdosta, GA 31601
Direct Phone 1-229-245-0513


LACNA 16 Functions/Fundraisers: Having a 70's Dance Speakers, raffle, Dinner and Dance. Come out and support your area.
Sweet September: The Sweet Surrender Group is having a cookout. Time- 1p.m., Speaker at 3p.m. Join us for an afternoon celebrating recovery at Vissing Park in Jeff. IN. Everyone is invited to attend. Hotdogs will be furnished, Please feel free to bring your favorite dish. More Information: Scott S. 502-802-1648 or Bill R. 502-556-9041
18th Annual Ohio Regional 12 Step Spiritual Retreat
Cabins or tent, Canoeing, Fishing, Hiking, Pig Roast, Campfire Meetings, 12 Step Workshops. Visit www.naohio.org O.R.S.C.N.A. Events for details or call Ozzie O. 704-452-8273 (spirit eagle 43701@yahoo.com), Phil t. 704-453-4734, Kimm & Mike O. 419-420-1981 (modone2554@aol.com)
VRC 23 (Volunteer Regional Convention XXIII)
Rooms: VRC rate \$79. per night—1-4 per room. Pre-Registration= \$15. (\$25. after Sept. 24th). Information Call 1-901-728-4143 a/o www.na-wt.org/VRC23
SEE a member of the newsletter subcommittee for Pre-Registration form!


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
GRCNA 25: Journey of a Lifetime
Room rates: Guesthouse Inn—1-229-559-5660 \$40. plus tax; Ramada Inn—1-229-242-1225 \$65. plus tax; Hampton Inn & suites—1-229-241-1234 \$99. plus tax.
Information Call; Chair: John H. 404-452-1731, Host Area Chair: Johnnie H. 229-245-1119
Program: Jeremy L. 404-542-8509. Pre-Registration (before 12-31-05)=\$20
SEE a member of the newsletter subcommittee for Pre-Registration form!

THE STICKMANS 

HONEY, IT'S VERY SWEET OF YOU.

 AND I REALLY APPRECIATE IT!!

BUT, IS LEAVING THE TOILET SEAT DOWN REALLY A DIRECT AMENDS?? 

CARRYING THE MESSAGE

LOUISVILLE AREA
NEWSLETTER
SUBCOMMITTEE

CONTACT US:

IN PERSON/BY PHONE

David M. 502-271-7825
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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

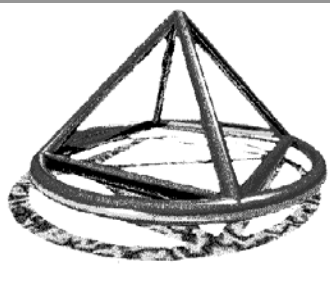
heyna@bellsouth.net

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!

◆ OCTOBER'S TOPICS OF THE MONTH ◆

Daily Inventory & Awareness

◆ 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 **September 20th**.
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!

Sue J.	September 1 st	12 Years	Another Chance
Ron G.	September 3 rd	9 Years	Standing for Something
Mike C.	September 3 rd	3 Years	Step-Up Group
Bill R.	September 6 th	24 Years	Sweet Surrender
Erich I.	September 11 th	1 Year	The NA Meeting
Linda I.	September 11 th	1 Year	The NA Meeting
Yolanda S.	September 17 th	9 Years	Saturday Night Live
Tiffany M.	September 20 th	1 Year	Women's Spirit
Jon L.	September 25 th	6 Years	The NA Meeting
Bob S.	September 25 th	2 Years	Miracle On 22 nd Street
Glynnetta	October 1 st	1 Year	AGAPE
Kathy S.	October 10 th	2 Years	The Serenity Group

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.