



# CARRYING THE MESSAGE

April 2007

Volume 4, Issue 4

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

Via email please send request to [newsletter@NALouisville.org](mailto:newsletter@NALouisville.org)

## AREA NEWS

Louisville Area NA  
Helpline 502-499-4423

### —Open Service Positions—

**ASC:** RCM, Literature Chair  
**Newsletter Subcommittee:**  
Secretary, Vice Chair.

**Anniversaries:** 'Out of Control' turns 15! 'Point of Freedom' turns 11! 'Wednesday Night Hope' turns 1!

**Meeting Change:** 'Cool Changes' meeting format will be Speaker, Literature study, & OD.

**Meeting Change:** 'Steppin' to Freedom' is moving to 1629 Cowlings Ave on Wed. nights at 7:30pm

**WIN!** a free LACNA 18 registration packet. Submit your best theme and logo idea for the LACNA 18 convention. Deadline is June 9<sup>th</sup> 07'. (see LACNA 18 info section pg.3 for contact info)

**Meeting Change:** 'Just For Today' now meets at 902 S. 15<sup>th</sup> Street, 12-1:30 pm on Fridays

**Meeting Change:** The 'Déjà View' meeting has moved back to the VA hospital on Zorn Ave.

**New Meeting:** 'Never Alone' is an open discussion meeting on Thursdays, 8-9pm @ Hometown Java in Henryville, IN: I-65 N > Henryville exit > turn right > on right after "Circle K"

**Need Support:** There is a great need for women with recovery to help spread the message to newcomers in the Southern Indiana area, a few to mention is Wednesday Night Hope (meets Wed nights at North side Christian Church at 7:30 PM) and Keep Coming Back (meets Friday nights 7:30 PM at Wellstone) (no affiliation)

**New Meeting:** 'Reality', meets Sat. nights from 6-7:30pm at 2973 Wilson Ave.

This Month's Topic is:  
"Taking stock of myself"

### **TAKING STOCK OF MYSELF Step 4 In Action**

Taking an honest stock of myself is an important part of my continued growth in recovery and in practicing Step 4. Without an honest and thorough look at both my assets and defects, I am unable to really get to know myself. In addition, which of my prior coping skills and behaviors I want to continue with and which I want to cast aside with God's help.

A balanced approach in taking stock of myself is essential. For me, low self-esteem has been a problem, so I tend to focus only on my defects. It is important for me to also seek out my assets. It's been suggested to me that I focus on what behaviors and characteristics I admire in other people. Then it is easier for me to look for some of those same assets in my own life.

Until I am willing to look at the root of my destructive behavior, I am bound to continue repeating those defects. I have learned that a complete and honest appraisal of myself, gives me the ability to exercise my choice to either continue holding on to the past behaviors that have caused myself and others harm or practice Steps 6 & 7 with God's help and let go of them.

Since the choice is mine, I have the responsibility for whatever the outcome is from those defects I choose to hold on to. Either way I have to take responsibility for my own recovery and for my own life.

For me, taking stock of myself is not a one-time event. Over the period of time I have been clean, I have continued to review my assets and defects. I can do this on a daily basis doing a spot check of my assets and defects by using Step 10. And /or I can also do this by formally working through the Steps again to get an overall big picture of where I am today in my recovery. For me this is an important part of my continued growth in recovery. Taking stock of myself is an adventure into self-discovery. The choice is mine whether or not I choose to do so. By the grace of God, I choose to do so, Just For Today.

### Can't Go On

I can't continue this path  
This dread  
This journey, this attack  
Or envision me dead  
I can't go on  
Can't keep dying  
Can't keep lying  
To myself  
I'm trying  
To learn how to believe  
To feel  
Feelings that you can't conceive  
I've been departing  
Towards a darker day  
It's horrid and hostile  
A consuming dead end  
I can't remain  
I must build amends  
I must struggle  
Grapple this battle  
I'm ready to touch  
To sense  
To process  
My pain and existence

-Amy F.

### **WHAT IS A "HOME GROUP"?**

In some NA communities, it has become customary for members of the fellowship to make a personal commitment to support one particular group—their "home group." Though this custom is not universal, many believe its practice can benefit the individual member as well as the group. For the individual member, it can provide a stable recovery base, a place to call "home," a place to know and be known by other recovering addicts. For the group, it ensures the support of a core of regular, committed members. A strong home group can also foster a spirit of camaraderie among its members that makes the group more attractive to and more supportive of newcomers.

The home group provides many opportunities for us to involve ourselves in the NA Fellowship, making it a great place for us to start giving back what Narcotics Anonymous has so freely given us. In committing to our home group, we make a personal commitment to NA unity. That commit-

# Carrying The Message

## Based on the Interview of Frazier M. By Kevin P. The 4<sup>th</sup> Step

- Kevin:** How many times have you formally worked a fourth step?
- Frazier:** I have worked the Fourth Step twice, formally with a sponsor.
- Kevin:** Did you have a fear of this step? How did you prepare for it?
- Frazier:** I was not afraid of working this step. I believed that if I had to change everything about my past in order to find a new way to live, then I would need to discover who I really am, what caused my past behaviors and how I could recognize the patterns that caused me to act out in my disease when life on life's terms came knocking on my door. I knew that if I did not look at myself thoroughly, honestly and courageously, and come to know me for who I truly am, then my disease would have more potential for making me believe I was not the person in my Fourth Step.
- I prepared for this Step by reviewing my other three steps with my sponsor, praying for the courage and willingness to be fearless and thorough. I then began to write about my feelings before moving on to the actual inventory.
- Kevin:** How long did it take you to finish your first inventory?
- Frazier:** My first inventory took two months. My second inventory took one month. My current sponsor encourages me to work a step a month if possible. For me personally, I find that the pressure to finish the step quickly allows me to do the work rather than sitting in the step, justifying all the reasons why I just can't find the time to work it. For me that is really just saying I don't have the courage to work the step. I need to "dive into the pool and worry about how cold the water is once I am in it".
- Kevin:** In your own words, what did "fearless and searching" mean to you when you first started writing your inventory? Did that meaning change?
- Frazier:** I asked an old-timer who I have the utmost respect for what he thinks fearless means. He told me that fearless/courageous are really synonyms for willingness. That really helped me out. I can relate to willingness.
- Kevin:** What principles did you learn from working this step?
- Frazier:** Acceptance of who I am, tolerance for others as they are, humility in that I am able to practice recognizing myself and my imperfections in others, patience with myself and others, willingness to continue to work the Fourth Step in my daily life, the integrity to stand up for my self and my beliefs allowing others their beliefs and the discipline to not have to act out on my old patterns of behavior.
- Kevin:** How and how often do you practice those principles?
- Frazier:** Being human, I find that I have to work a Fourth Step every day. Keeps me humble, accepting, patient and tolerant.
- Kevin:** What do you have for the newcomer?
- Frazier:** Do not be afraid of finding out who you are, because then and only then will you begin to find the freedom that recovery has to offer. If you have found the willingness to get a sponsor and work the first three steps, then you can find the willingness to do the Fourth Step. And do yourself a favor. Realize that this is not the last Fourth Step you will work in your life so it doesn't have to be done perfectly, it just has to be done.
- Kevin:** Thank you for being of service.
- Frazier:** With all love and respect.

Continued from page 1 Column 2

ment not only enhances our own recovery, it helps ensure recovery is available for others. Our home group also gives us a place in which to participate in NA's decision-making processes.

While the home group concept is the accepted norm in some NA communities, it's unknown in others. There are many, many ways of talking and thinking about the bond established among addicts in their groups. Do what seems most suitable in your own NA community.

Pg 27 "A Guide To Local Service"

### Working Step Four In Narcotics Anonymous

"Step four calls on us to be searching and fearless. We are asked to look carefully at ourselves and to get beneath the self-deceptions we have used up to now to hide the truth from ourselves. We search within, as if entering a dark house with a single candle to guide us. We move ahead, despite our fear or resistance to the unknown. We need to be willing to illuminate every corner of every room of our minds as if our lives depend on it, because they do.

What we are searching for here is a complete and total picture of ourselves. We have found that this requires honesty – honesty to examine our behaviors, feelings, thoughts, and motives, regardless of how unimportant they may appear. Our self-honesty is most important since it will lead us to discover how our disease has affected our lives. We have operated with a distorted self-image, never fully look at the whole picture all at once. Now, possibly for the first time in our lives, we will begin to see ourselves as we really are, rather than as we imagined or fantasized. The more accurate and complete the picture is, the more freedom we will gain."

IP NO. 10

Working Step Four in Narcotics Anonymous



# L.A.S.C.N.A

Louisville Area Service Committee  
of Narcotics Anonymous

-Area Service Committee Meeting  
1<sup>st</sup> Sunday of Every Month, 3:00pm  
Bardstown Rd. Presbyterian  
Church  
1722 Bardstown Rd.

-Activities  
Call the Helpline for Information

-Helpline & Public Information  
3<sup>rd</sup> Friday of Every Month, 6:30pm  
1101 Cherokee Rd.  
(where Highland Peace meets)  
Contact Helpline:  
[helpline@NALouisville.org](mailto:helpline@NALouisville.org)

-Hospitals & Institutions  
3<sup>rd</sup> Wednesday of every Month,  
6:30pm Green St. Baptist Church  
519 E. Gray St.

-Literature Distribution  
Call the Helpline for Information

-Newsletter  
1<sup>st</sup> & 3<sup>rd</sup> Saturday of Every Month  
2:00pm  
Token III Club, back room  
4014 Dutchman's Ln.  
(where AGAPE meets)  
Contact Newsletter:  
[newsletter@NALouisville.org](mailto:newsletter@NALouisville.org)

-Policies & Procedures  
2<sup>nd</sup> Saturday of the month  
7:00pm  
Perkfection Coffee Shop, 359  
Spring St. Jeffersonville, IN  
Contact: Nancy S. 502-439-2655

Narcotics Anonymous isn't affiliated  
with any outside agency or facility  
that may host N.A. meetings.

# NA Conventions and Functions

**April 4<sup>th</sup>**  
2200 W. Muhammad Ali

**'A Vision Of Hope' Eating Meeting:** Wed April 4<sup>th</sup> at Noon

**April 6<sup>th</sup>-8<sup>th</sup>, 07'**  
Holiday Inn University Plaza  
1021 Wilkerson Trace; Bowl-  
ing Green, KY 42104  
800.465.4329

**Kentuckiana Regional Convention: KRCNA XXI**  
Event Information: 270.535.5447; Event Registration:  
270.393.8755; Speaker Tape Information: 270.779.9598;  
speaker tape submission deadline: 1/15/2007; Kentuckiana  
Region; South Central Kentucky Area; Box 1619; Bowling  
Green, KY 42102-1619

**April 6<sup>th</sup>-8<sup>th</sup>, 07'**  
Wyndham Jacksonville  
Riverwalk  
Jacksonville, FL

**First Coast Area of NA presents: FCACNA VII**  
For Reservations call : 904.396.5100 or Fax 904.396.7154  
More Information @ [www.nalouisville.org](http://www.nalouisville.org)

**April 21<sup>st</sup> 2007**  
Jefferson St. Church  
800 E. Liberty Street

**'Reach For Recovery' Fish-Fry:**  
12:00 noon till 8:00 p.m.; Out of Town Speaker! Board Games  
& Cards. \$3 a plate: Fish, Hushpuppies, salad, Etc.

**May 11<sup>th</sup>-13<sup>th</sup>, 07'**  
Incarnation Retreat Center,  
253 Bushy Hill Road; Ivory-  
ton, CT 06442

**Women's Sponsorship Weekend Retreat III:**  
Event Information: 203.238.1735; Event Registration:  
203.886.7336; speaker tape submission deadline: 3/12/2007;  
Straight from the Hip; Box 4033; Meriden, CT 06450; web:  
<http://www.ctna.org/activities.htm>

**May 25<sup>th</sup>- 27<sup>th</sup>, 07'**  
Double Tree Inn Tucson  
Reid Park  
445 S Alvernon Way; Tuc-  
son, AZ

**Arizona Regional Convention XXI**  
800.222.8733; speaker tape submission deadline: 11/15/2006;  
Arizona Regional NA; 4729 E Sunrise Dr #260; Tucson, AZ  
85718; web: <http://arizona-na.org/arcna/>

**Aug. 30<sup>th</sup>-Sept. 2<sup>nd</sup>, 07'**

**WCNA – 32: World Convention**  
For more information see  
<http://www.na.org/WCNA32/index.htm>



San Antonio, Texas  
**WCNA 32**  
30 AUGUST-2 SEPTEMBER 2007

**March 29<sup>th</sup>-April 6<sup>th</sup>, 08'**

**Ocean of Freedom:**  
Southern Mexican Riviera Cruise, San Diego, Event Informa-  
tion: 626.917.0303; Southern California Regional NA Cruise  
Committee; web: [www.montrosetravel.com/nacruise](http://www.montrosetravel.com/nacruise)

**These Groups are in need of your support.**

- Against All Odds:** Mon. 7:30pm
- Another Chance:** Sun, Tue, Fri 7:30pm
- Day By Day:** Thurs. 7:00pm
- Step Up Group:** Wed, Sat. 8:00pm
- Walkin' & Talkin' Recovery:** Sun. 7:30pm
- Point of Freedom:** Mon, Wed 10pm
- Reality:** Sat. 6:00pm
- Escape From Denial:** Wed. 7:00pm
- Standing For Something:** Sat. 7:30pm
- Stick and Stay Basic:** Mon. 7:30pm
- The Ties That Bind:** Tues. 7:00pm

**Come out and help spread the message of NA.**

**LACNA XVIII Positions and sub-committee meeting info.**

- Chair-----Bobby E. (502)387-9065
- Vice Chair-----Latonia B. (502)819-1630
- Secretary-----Kat S. (502)797-7867
- Treasure-----Angie B. (502)681-7178

<b>Hotel and Hospitality</b> Meeting is 1 <sup>st</sup> Monday of each month, 5:30 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd.	For More information call <a href="mailto:Larry B. (502)684-5759">Larry B. (502)684-5759</a> @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd. <b>Next Meetings:</b> April 2 <sup>nd</sup> , May 7 <sup>th</sup> , June 4 <sup>th</sup>
<b>Function and Fundraisers</b> Meeting is every Saturday, 1:00 p.m. @ Old Louisville Coffee Shop, 1489 S. 4 <sup>th</sup> Street	For More information call <a href="mailto:Glen W. (502)566-4183">Glen W. (502)566-4183</a> <b>Next Meetings:</b> Every Saturday
<b>Registration</b> Meeting is 1 <sup>st</sup> Monday of each month, 5:00 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd.	For More information call <a href="mailto:Nelle B. (502)819-9244">Nelle B. (502)819-9244</a> @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd. <b>Next Meetings:</b> April 2 <sup>nd</sup> , May 7 <sup>th</sup> , June 4 <sup>th</sup>
<b>Serenity Team</b> Serenity Team is in need of trusted servants! 4 <sup>th</sup> Saturday of each month 2:00 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd.	For More information call <a href="tel:533-4952">Vicky C.: 533-4952</a> <b>Next Meetings:</b> March 24 <sup>th</sup> , April 28 <sup>th</sup> , May 26 <sup>th</sup>
<b>Programming</b> Meeting is every other Monday, 6:00 p.m. @ St. Vincent de Paul Administration Bldg. 1015-c S. Preston Street	For More information call <a href="tel:(502)693-8678">Kevin S. (502)693-8678</a> <b>Next Meetings:</b> April 2 <sup>nd</sup> , April 16 <sup>th</sup> , May 7 <sup>th</sup>
<b>Art, Graphics, and Merchandising</b> Submit the best theme and logo for LACNA 18 (see area news) Meeting is 3 <sup>rd</sup> Saturday of each month, 4:30 p.m. @ Old Louisville Coffee Shop, 1489 S. 4 <sup>th</sup> Street	For More information call <a href="mailto:Annisha H. (502)235-5065">Annisha H. (502)235-5065</a> or <a href="mailto:blessed01@insightbb.com">blessed01@insightbb.com</a> <b>Next Meetings:</b> April 21 <sup>st</sup> , May 19 <sup>th</sup> , June 21 <sup>st</sup>

# 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. 502-356-8130  
Cheryl R. 502-744-8296  
Frazier M. 502-797-3036  
David M. 502-594-2264  
Kelly C. 812-294-1351

#### NA NEWSLETTER SUBCOMMITTEE

#### MEETINGS

#### NEED YOUR HELP!!

1<sup>st</sup> and 3<sup>rd</sup> Saturdays 2pm  
Token III Club (Backroom)  
4014 Dutchman's Lane

#### EMAIL

[newsletter@NALouisville.org](mailto:newsletter@NALouisville.org)

#### ASC MEETING

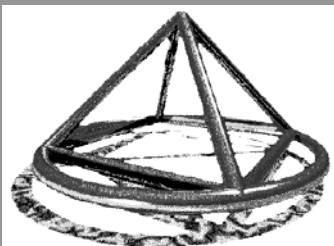
The First Sunday of Every Month  
At 3pm  
1722 Bardstown Road

#### We're on the Web!

See us at [www.nalouisville.org](http://www.nalouisville.org)

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Louisville Area NA  
Helpline  
502-499-4423

# THIS IS YOUR NEWSLETTER!

YOUR SUBMISSIONS MAKE IT HAPPEN!

## ◆MAYS TOPIC OF THE MONTH◆

"We're Only as Sick as the Secrets We Keep"

## ◆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 27<sup>th</sup>**.

You can email submissions to [newsletter@NALouisville.org](mailto: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!

## 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 Cleaniversaries as well as the last 15 days of the previous month and the first 15 days of the next month.

We apologize for any Cleaniversary that we forget, or misprint!

Greg G.	March 18 <sup>th</sup>	13 Years	Walkin & Talkin Recovery:
Ava S.	March 19 <sup>th</sup>	6 Years	Why Are We Here
Ted T.	March 23 <sup>rd</sup>	11 Years	Another Chance
Medger D.	March 23 <sup>rd</sup>	2 Years	Stopping Point
Adam	March 24 <sup>th</sup>	1 Year	The Step Up Group
Donna J.	March 24 <sup>th</sup>	8 Years	Reach for Recovery
Jim N.	March 27 <sup>th</sup>	5 Years	Sweet Surrender
Vickie M.	March 27 <sup>th</sup>	6 Years	Gratefully Dedicated
Melvin H.	March 29 <sup>th</sup>	5 Years	Enough is Enough
John B.	March 31 <sup>st</sup>	17 Years	Just Us
Gregory B.	April 2 <sup>nd</sup>	12 Years	Against All Odds
Charlie C.	April 3 <sup>rd</sup>	17 Years	The Ties That Bind
Julia M.	April 3 <sup>rd</sup>	2 Years	We Too Recover
Lou Anne T.	April 3 <sup>rd</sup>	4 Years	Sweet Surrender
Dwight T.	April 5 <sup>th</sup>	2 Years	Enough is Enough
Kenny B.	April 7 <sup>th</sup>	4 Years	Reach For Recovery
Michael E.	April 7 <sup>th</sup>	5 Years	Out of Control
Kay T.	April 9 <sup>th</sup>	11 Years	Another Chance
Rhonda B.	April 9 <sup>th</sup>	1 Year	Why Are We Here
Bob T.	April 10 <sup>th</sup>	15 Years	Sweet Surrender
Tanya B.	April 11 <sup>th</sup>	12 Years	Unity Of Hope
Michael E.	April 13 <sup>th</sup>	5 Years	Out of Control
Nelle B.	April 14 <sup>th</sup>	12 Years	Lose the Desire
Julia K.	April 16 <sup>th</sup>	3 Years	Serenity Group
Ta R.	April 16 <sup>th</sup>	3 Years	Why Are We Here
Matt S.	April 17 <sup>th</sup>	2 Years	Sweet Surrender
Rhonda W.	April 17 <sup>th</sup>	7 Years	We Too Recover
Donna B.	April 21 <sup>st</sup>	1 Year	Lose the Desire
Lisa B.	April 21 <sup>st</sup>	3 Years	Stick-N-Stay
Jack B.	April 22 <sup>nd</sup>	9 Years	Old School Recovery
Donna C.	April 24 <sup>th</sup>	7 Years	Gratefully Dedicated
Chris W.	April 25 <sup>th</sup>	7 Years	Steppin' to Freedom
Lisa P.	April 25 <sup>th</sup>	3 Years	The Step Up Group
Miriam A.	April 26 <sup>th</sup>	24 Years	Day By Day
Patricia T.	April 27 <sup>th</sup>	1 Year	Out of Control
Marty W.	April 28 <sup>th</sup>	17 Years	Take It Easy
Steve K.	April 28 <sup>th</sup>	4 Years	Stick-N-Stay
Keith S.	April 30 <sup>th</sup>	1 Year	Why Are We Here
Paul H.	May 1 <sup>st</sup>	5 Years	Sweet Surrender
Robert W.	May 2 <sup>nd</sup>	1 Year	Caring Thru Sharing
Kirk J.	May 8 <sup>th</sup>	5 Years	We Too Recover
Robert S.	May 8 <sup>th</sup>	12 Years	We Too Recover
Ellen S.	May 12 <sup>th</sup>	12 Years	Standing For Something
Marla C.	May 15 <sup>th</sup>	2 Years	We Too Recover