



# CARRYING THE MESSAGE

February 2007

Volume 4, Issue 2

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](tel:502-499-4423)

### —Open Service Positions—

**LASCNA:** RCM, RCMA, Literature

**Newsletter Subcommittee:**  
Secretary, Vice Chair.

**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 (no association) at 7:30 PM and Keep Coming Back meets Friday nights 7:30 PM at Wellstone (no association)

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

**New Time:** 'Serenity Group' now meets at 7pm until 8:30pm. Still on Monday, still in the "Pink Patio" room.

**New Meeting:** 'Old School Recovery'. Fridays at 5920 Bardstown Rd. Fern Creek. @ 8pm-9pm. Contact Jack B. at 231-6468. Leave a message!

**New Meeting:** New meeting in Hardinsburg, KY Breckinridge County at the county Annex Building every Fri. night. 7pm local time, 8pm Lou. Time.

**Meeting Moved:** 'Lose the Desire' has moved to 1:30pm, Central Presb. Church, 318 W. Kentucky St.

**Interested?** In a Chronic pain and Addiction Focused meeting? Please call Cheryl R. at 744-8296

**New Meeting:** 'Steppin' To Freedom' 1<sup>st</sup> meeting will be Wed. Oct. 11 from 7:30-9:00 at the Vineyard Christian Church

This Month's Topic is:  
"We Came To Believe"

### **LOSING CONTROL**

Can there be a more frightening situation than losing control? I know that when I am driving too fast on an icy road and hit a slick spot, that sense of powerlessness can be overwhelming. And all the control I can muster may not solve the problem. I may have to just let go of the wheel and prepare for an impending doom. That is certainly how I felt when I first came into the rooms. I was sliding to the ultimate doom as a result of my using. It was only after admitting my powerlessness over my using and hearing the experience, strength and hope of other recovering addicts that I was able to let go and find the help to stay clean just for today. Although my life was sliding toward disaster, I found that all the self-will I tried to muster to stop the slide was not enough. I had to let go, honestly accept my addiction and myself as an addict. Then and only then could I actually see that I was powerless to fight the disease of addiction on my own and that my life had become completely unmanageable, out of control. That acceptance of reality, perhaps for the first time in my life, led me to find the courage and willingness to ask for help from other recovering addicts. And the help that was so lovingly given to me, encouraged me to find the faith, the willingness and the acceptance not to use just for today.

Frazier M.

October .3 0, 2006

Yaqob Thomas, Chairman  
New Hope Chapter of Narcotic Anonymous  
C/O Jonathan Hartman

3001 West Highway 146  
La Grange, Kentucky 40032

Narcotic Anonymous:

HERE AT KENTUCKY STATE REFORMATORY,  
A GREAT THING IS TAKING PLACE AND  
SHAPE. RECOVERY!!!!U

With the primary purpose of restructuring and rebuilding our lives, we are negated assistance and aid. We have sought help from local chapters to no avail. In this process, this can be discouraging to a recovering addict who fervently seeks recovery.

In being nominated and voted in as the institutional chairman of Narcotics Anonymous, I have vowed to build a relationship with other groups on the streets to assist convicted felons with recovery even after an imminent release. Recovering from substance abuse is just the beginning.

Also building a relationship with volunteer sponsors that can help navigate the incarcerated with re-entrance back into society.

With the support of my advisor, and institutional staff, the New Hope Chapter is trying to do something great and maybe never done before in this area. If interested in lending assistance, please contact our advisor here at Kentucky State Reformatory or myself.

Many aren't willing to change, but for the ones whom are susceptible to a new physical, mental, and spiritual being; shouldn't we be the ones to help?

We are in need of Speakers that are able to be cleared through our security personnel and the support to let our afflicted know that they aren't alone in their struggle to be better responsible human beings and any other help that you can lend us. Without the full backing of the N.A. Fellowship we are in a bit of disarray.

# Carrying The Message

## Based on the interview of Tony M. by Kevin P.

### The 1<sup>st</sup> Step (Repeated from last month due to printing errors)

**Kevin:** How many times have you formally written a 1<sup>st</sup> step?

**Tony:** Three times. I kept switching sponsors. I was mislead, misguided and misinformed by the mislead, misguided and misinformed. As I started awakening, I realized that I needed to change sponsors because they were talking the talk but not walking the walk. I learned that just because they've been her awhile doesn't mean they're practicing principles in all of their affairs.

**Kevin:** Did you identify with the powerlessness right away the first time?

**Tony:** Yes my history has shown me that my way wasn't working.

**Kevin:** Did you identify with the unmanageability right away the first time?

**Tony:** Yes this was my second time around. Losing everything apparently wasn't my bottom...the threat of prison was.

**Kevin:** Which is most prominent in your recovery today, the powerlessness or the unmanageability?

**Tony:** The powerlessness. The unmanageability isn't as major anymore. It's still there, I still have problems, but they are of a much higher quality.

**Kevin:** Has that changed over the years?

**Tony:** It has changed. When I first got here everything was in disarray, so the unmanageability was more dominant. Today I have "luxury problems" today I focus more on what I can take care of and I surrender the things I am powerless over.

**Kevin:** What principles has the 1<sup>st</sup> step taught you to practice in your life?

**Tony:** Surrender, honesty, open-mindedness, willingness, acceptance and humility. Humility is the major stumbling block of self-honesty for me.

**Kevin:** What do you have for the newcomer?

**Tony:** You can't save your ass and your face at the same time. Don't let ego, pride, Fear or denial get in the way of your recovery. I didn't know enough to know that I didn't know. Today I know enough to know that I don't know. Keep coming back. Don't quit 5 min before the miracle.

**Kevin:** Thank you for being of service.

Continued from page 1 Column 2

Respectfully  
Yaqob Thomas,  
Chairman

"Until we let go of our reservations, no matter what they are, the foundation of our recovery is in danger. Reservations rob us of the benefits that this program has to offer. In ridding ourselves of all reservations we surrender. Then, and only then, can we be helped to recover from the disease of addiction. We begin by asking for help. The foundation of our program is the admission that we, of ourselves, do not have the power over addiction. When we can accept this fact, we have completed the first part of Step one.

Page 21, Basic Text

## Based on the Interview of Lee Z. By Kevin P.

### The 2nd Step

**Kevin:** How many times have you formally written on a second step?

**Lee:** Twice.

**Kevin:** What was hardest for you: coming to believe, choosing a higher power, or actually being restored to sanity?

**Lee:** Well I'd say coming to believe. Once I did I opened up to the existence of a Higher Power. I was spiritually bankrupt and once I did reconnect with my Higher Power I was restored to sanity very quickly.

**Kevin:** What initiated your "coming to believe"?

**Lee:** I had believed before. In coming to believe again it was just the willingness to accept that Higher Power. I actually started to pray initially with little faith and much hope.

**Kevin:** What was "a power greater than ourselves" for you originally?

**Lee:** My first Higher Power was nothing. I had no real belief. The first power I identified was the fellowship, the program, the recovering addicts, the people who were able to stay clean.

**Kevin:** How has that changed?

**Lee:** It's changed significantly. I once believed in a higher power that worked for me I've returned to that. Prayer and meditation twice daily is what works for me.

**Kevin:** How often do you find yourself in need of restoration to sanity?

**Lee:** Daily. Just in my general attitude towards life. That's why I use my prayer and meditation daily. It keeps me absolutely focused on the positives in my life.

**Kevin:** Of all the spiritual principles you gathered from working this step how do they

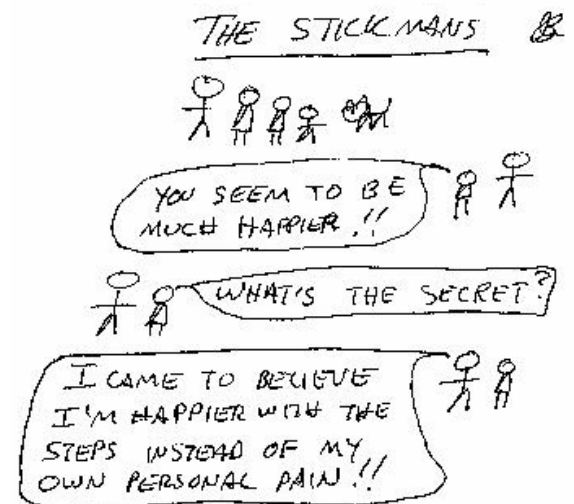
Play apart in your application of this step?

**Lee:** You know, the first one is hope, then surrender, acceptance and gratitude. By practicing the second step I overflow with hope and positivity, which tells me it's okay to surrender to my program, to my Higher Power, to accept what's there which leads me to tremendous gratitude.

**Kevin:** What do you have for the newcomer?

**Lee:** You don't need to analyze and understand this program or the benefits of a higher power. Just surrender to it until the miracle happens.

**Kevin:** Thank you for being of service.



# 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  
Perkfections Coffee House  
Corner of Spring & Maple Jeff., IN

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

## These Groups are in need of your support.

**Just For Today:** Friday 12pm  
2600 Virginia Ave.

**Miracle on 22<sup>nd</sup>:** Sunday 7pm  
8:30pm 2115 W. Jefferson St.

**Point of Freedom:** Mon. & Wed.  
10:00p.m. 1034 S. Jackson St

**We Too Recover:** Tues. 7:00p.m.  
519 E. Gray St.

**A Vision of Hope:** Wed. 12:00p.m.  
2200 W. Muhammad Ali Blvd.

**Day by Day:** Thurs. 7:00p.m. 519  
E. Gray St

**Reality:** Sat. 6pm-7:30pm 2973  
Wilson Ave. (Michelle S).

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

# NA Conventions and Functions

**February 10<sup>th</sup>, 07'**  
Central Presbyterian Church  
318 W. Kentucky Street

**February 17<sup>th</sup>, 07'**  
Columbus Fellowship Hall  
725 Jonesville Road  
Columbus, IN

**February 16<sup>th</sup>-18<sup>th</sup>, 07'**  
Clarion Hotel - Westgate,  
3536 Secor Rd. Toledo, OH  
419.535.7070

**March 2<sup>nd</sup>-4<sup>th</sup>, 07'**  
Marriott East Hotel, 7202 E  
21st Street; Indianapolis, IN  
800.228.9290

**March 2<sup>nd</sup>-4<sup>th</sup>, 07'**  
Marriott Cleveland Airport,  
4277 W 150th Street;  
Cleveland, OH 44135  
800.228.9290

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

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

**KRCNA Fundraiser: "Unified through Love" Dance**  
Fellowship: 7:30p.m.; Speaker 8:0p.m.; Dance to Follow. No  
Children under 15 in the dance. Dress to Impress.  
Refreshments sold; 50/50 Raffle; NA Jail; Literature Set Raffle  
\$4.00 per/Person \$7:00 per/Couple  
"NO ADDICT TURNED AWAY" but Will Accept Donations

**SCIANA Presents: Freedom in February**  
Fellowship: 6:00 p.m.; Speaker: 7:30 p.m. (David S.); Dance:  
9:00 p.m. \$3 a person/ \$5 a Couple No Addict Turned Away!!  
Please bring Munchies & NA related raffle items. 65 N. to Exit  
68 E. stay in right lane follow to Highway 11 turn Right. On the  
left Across from Big Foot. Contact Teresa L.812.497.0081;  
Mary Jo G. 812.522.1487; Teena F. 812.569.4229

**Toledo Area Convention of Narcotics Anonymous:**  
419.474.4704: Paul C; 419.340.5524: Mary W; 419.469.0567:  
Carla J

**Indiana State Convention XIV:** Information: 765.759.0924;  
Event Registration: 765.649.4873; Indiana Region Convention  
Corporation; Box 501481; Indianapolis, IN 46250-1481; web:  
[www.isnac.com](http://www.isnac.com)

**Cleveland Area Convention IV:** (216).531.5069:  
(216).268.5460 : (216).332.1426 : (216).991.0631 :  
(216)761.3720 : (216).534.4414; Cleveland Area Convention  
Of NA; Box 603730; Cleveland, OH 44103-0730

**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)

**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/>

## **LACNA XVII H & H Chair MeMe D.**

Would like to thank: Home Groups 'Why Are We Here' &  
'Against All Odds' for their donation to LACNA XVII of non-  
perishable items. Robert W. for donating 30gal. of Ice-  
cream. And Michael C. for his contributions.

Also to everyone that came out to the convention to  
support our area

## **LACNA XVIII Serenity Team Committee**

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 Vickie C. : 533-4952

Next Meetings  
Feb. 24<sup>th</sup>  
March 24<sup>th</sup>  
April 28th

# 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. 502-876-1030

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

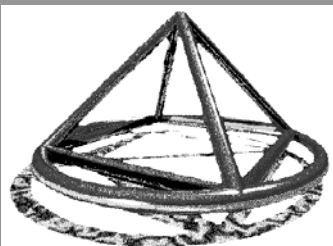
The First Sunday of Every Month  
At 3pm  
1722 Bardstown Road

### We're on the Web!

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

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Just Click on '[newsletter](#)'



Louisville Area NA  
Helpline  
502-499-4423

# \_\_\_ **THIS IS YOUR NEWSLETTER!** \_\_\_ YOUR SUBMISSIONS MAKE IT HAPPEN!

## ◆ MARCHS TOPIC OF THE MONTH ◆

"Beginning to Surrender"

## ◆ 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 **February 24<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!

Kim K.	January 15 <sup>th</sup>	3 Years	Why Are We Here
Annisha H.	January 22 <sup>nd</sup>	6 Years	Why Are We Here
Jeff S.	January 26 <sup>th</sup>	11 Years	Out Of Control
Kevin S.	February 1 <sup>st</sup>	11 Years	Gratefully Dedicated
Jeff. S	February 2 <sup>nd</sup>	11 Years	Out of Control
Pam F.	February 3 <sup>rd</sup>	4 Years	Lose The Desire
Audrey W.	February 3 <sup>rd</sup>	19 Years	Just Us
Angie S.	February 5 <sup>th</sup>	6 Years	Why Are We Here
Harold W.	February 6 <sup>th</sup>	5 Years	Enough is Enough
Dara M.	February 7 <sup>th</sup>	1 Year	Escape from Denial
Teresa W.	February 10 <sup>th</sup>	7 Years	Just Us
Tajuana B.	February 14 <sup>th</sup>	3 Years	Unity of Hope
Joy F.	February 16 <sup>th</sup>	5 Years	Old School Recovery
John P.	February 18 <sup>th</sup>	12 Years	Serenity on Sunday
Maxwell	February 19 <sup>th</sup>	1 Year	Caring Thru Sharing
Elaine D.	February 21 <sup>st</sup>	3 Years	Escape from Denial
Deirdre M.	February 22 <sup>nd</sup>	3 Years	Gratefully Dedicated
Judy	February 23 <sup>rd</sup>	3 Years	Caring Thru Sharing
Cathy S.	March 3 <sup>rd</sup>	6 Years	Lose the Desire
Art R.	March 6 <sup>th</sup>	7 Years	We Too Recover
MeMe D.	March 12 <sup>th</sup>	7 Years	Why Are We Here
Franks P.	March 13 <sup>th</sup>	17 Years	We Too Recover
Ava S.	March 19 <sup>th</sup>	5 Years	Why Are We Here