



CARRYING THE MESSAGE

The Louisville Area Narcotics Anonymous Newsletter

Volume 5 || Issue 1 || January 2008

This Month's Topic is: U O

LOUISVILLE HELPLINE

502-499-4423

AREA NEWS

Area Service Positions
OPEN for Nomination!!!!!!

Vice Chair : Secretary :
Activities : RCMA

Change:

Wednesday Nite Hope that meets Wednesdays at Northside Christian on Charlestown Road in New Albany Indiana 7:30. Has been moved from Room 106 in the church to the red brick building in parking lot in front of church. We have a lot of new comers come help us carry the message.

Change:

The Greatfully Dedicated Homegroup at 22nd and Muhammad Ali. Beginning Jan 8, 2008 the Tuesday meeting format has been changed to Basic Text Study. Thursday's meeting will be open discussion.

New:

- N.A. Meeting 'Time For Change, Adventure Christian Church 3321 Ruckriegel Parkway, in J-Town on Sun. nights at 7pm

H & I:

Will bring a meeting to YOU! If you're in a hospital or shut in and can't get to one.
Contact: Cordelia B. 889-8119
Or Lara B. 235-5573

And Just for Today...

I don't understand,
it feels like a man
putting his foot on my chest as hard
as he can.
I'm startin' to frown,
think I'm gonna drown.
"I don't care," he said,
"I'm holding you down."
I'm not gonna lie,
I dosed my eyes,
but it can't end like this,
It's not time to die.
I screamed out, "God, please!"
Then made it to my knees.
I feel a little stronger,
pain's starting to ease.
Surrender to win,
I heard it again, and a gain.
Took some to figure out
What that really meant.
Then I found the gift,
a better way to live.
There's only one way to keep it,
so I'm starting to give.
Now I fight the frown,
no longer play the down,
And Just for Today,
he won't hold me down.

For The Love of God

The Love of God
I've found within.
I'm so glad I finally let him in.
It's the greatest gift, to begin again.
New choices, new friends, new future, new freedom.
New heart, a new way to be.
I've found them all.
Because for the love of God...I've found me.

Brent P.

Scottie

Clear Thinking

I have had my thinking clouded by denial. I have even lost faith in myself because I've spent some degree of time in denial. But losing faith in my thinking isn't going to help me. What I need to lose faith in is denial. I didn't resort to denial - either of someone else's problem or my own - because I was deficient. Denial, the shock absorber for the soul, protects me until I am equipped to cope with reality.

Clear thinking and recovery don't mean I will never again resort to denial. Denial is the first step toward acceptance, and for most of my life, I will be striving to accept something. Clear thinking means I don't allow myself to become immersed in negativity or unrealistic expectations. I stay connected to other recovering people. I go to meetings, where peace of mind and realistic support are available. I work the Steps, pray, and meditate. I keep my thinking on track by asking my Higher Power to help me think clearly - not by expecting Him, or someone else, to do my thinking for me. Recovery is the door to clear thinking and acceptance is the key.

Unity not Uniformity

Anonymity is the foundation of all our traditions, ever reminding us to place principles before personalities. Unity is a must in Narcotics Anonymous. Our strength is in our diversity. I heard that "war stories" are necessary for identification purposes. To identify with another addict, do I really need to know how "bad" their addiction was to "relate" to them. What about the addict who doesn't have the "war stories"? Who didn't end up stealing and selling their bodies to support their addiction? Is their recovery less relevant because they did not take themselves to the extremes in their active addiction? Recovery, the message of NA, is the primary purpose: helping each other find a new way to live, without the use of drugs. Just because an addict doesn't have the experience of homeless and penniless, or prison and prostitution, does that mean they can't help us others learn a new way to live? Or, that they don't "need" Narcotics Anonymous as much as others do?

Unity, not uniformity, means that we must hold together regardless of our differences. We all suffer from addiction. If an addict went to work, came home everyday, and got high on weed for 30 years or 2 years, is their addiction less than the addiction of a crack user who walked the streets, stole and conned for their drug? Each addict sought relief from their pains with a substance outside of themselves. Each addict suffered emotional pain and spiritual bankruptcy. The pain and emptiness are the same even if the measures we took to assuage that pain went to different lengths. In NA, we are learning a new way to live, without the use of drugs. It is not a specific substance, it is a disease called addiction. All addicts our welcome, regardless of the substance used or the means we used to get it. In recovery, we are equal. No one's addiction is worse than any other's. We all suffered in addiction, and in recovery, we all learn to live without drugs.

In Loving Service to Recovery, Lisa P.

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Based on the interview of John R. by Kevin P. The 1st Tradition

- Kevin:** In saying, "Our common welfare should come first..." what, in your opinion, is "our common welfare"?
- John:** Getting along, unity, and remembering to carry a good clear message of Narcotics Anonymous.
- Kevin:** Why should our common welfare come first?
- John:** Without the fellowship being strong, organized and committed to recovery Individual's recovery would suffer. I believe this is a "we" program for a reason. Based on my personal experience, I cannot recover by myself. I tried and it didn't work.
- Kevin:** How does personal recovery depend on NA unity?
- John:** My personal recovery is based on understanding and living the H.O.W. of the program in my daily living. The way I live my life will have a direct impact with the way I live my recovery. More specifically I have to learn to be honest so I can be honest at meetings. I have to be open-minded so that I am able to follow other addicts' experiences. I must be willing, to at the very least, do my very best in my recovery. My personal recovery will be a beacon for the Newcomer. If I live a negative lifestyle and come to meetings being dishonest about how I'm living it can destroy the fellowship's unity.
- Kevin:** What roll does communication play in strengthening our unity?
- John:** For me communication, especially between my sponsor and myself is vital. Again, how and what I share at meetings and what I tell my sponsor and support network will have a direct impact on my recovery program. If I am hurting no one will know unless tell someone.
- Kevin:** How does commitment play a part?
- John:** When I first got introduced to narcotics anonymous I was not ready to stop. Therefore, I did not commit. During the last six years I understand that commitment, meaning regular meeting attendance; regular contact with my sponsor and service work displays some of my commitment to the program.
- Kevin:** What other principles are important in establishing and maintaining unity?
- John:** Honesty, acceptance, open-mindedness, willingness, surrender and humility.
- Kevin:** What can we do as individuals to work towards constantly strengthening our unity?
- John:** Personally I must be vigilant with my personal recovery program and most important I must help the newcomer and carry a good clear message of NA.
- Kevin:** What do you have for the newcomer?
- John:** Here is what I offer to the newcomer, when I was new I knew I needed help but I was not ready to stop. I did not come into the rooms honest, therefore I continued to use and my life continued to spiral downwards. It has been my experience that the more I attend meeting and build a recovery network the longer I stay in recovery. Also just as important is getting a sponsor and even more important is developing a relationship with a higher power of your own understanding.
- Kevin:** Thank you for being of service.

Reflection

As I pause for a few prayerful moments and reflect upon my life, I realize how blessed I have been. I thank God, as I understand him, for the love I have shared, the times I have enjoyed, the blessings I have given and received, the opportunities I have had to learn and to grow.

Whether I consider each choice I have made along the way as the best, my life has been an incredible journey. I forgive myself and others for past missteps, and I ask the Higher Power to guide me forward with understanding and grace.

Prayerful reflection is my launching pad to new discoveries. I have gained insight from the past that guides me in this present moment. Through reflection, I'm ready to be a more powerful expression of recovery with each new day.

WHAT THEY SAY

ALL I HEAR IS WHAT THEY SAY,

CRIME NEVER PAYS.

THE GAMES IN OUR LIVES,

WE CONSTANTLY PLAY.

NOW I PRAY AND CHOOSE,

TO LIVE JUST FOR TODAY!

MISTAKES IN THE PAST,

ARE JUST THAT.

KEEP IT SIMPLE,

THAT'S WHERE IT'S AT!

FOCUS ON THE NEXT TWENTY-FOUR HOURS,

YEAH, "THAT'S WHAT I'M TOLD."

THINGS SEEM TO GET BETTER

"LOW AND BEHOLD!"

NOW I'M CHANGING,

WHAT ELSE CAN I SAY?

I'M LEARNING TO LIVE LIFE,

THE NA WAY.

RON B.

N.A. Conventions and Functions Far and Near

Needs Support:

Starting Over, group meets at the VA Hospital on Zorn Avenue on the 7th floor, Saturdays from 10:00am to 11:00 am - Open discussion. They are in need of members with clean time.

New Meeting:

Hope Not Dope. Meeting @ 7:30 every Thurs. Lo-cated at 545 Floyd St. Corydon, IN. Call (502)424-6570

DoYouWantToLiveorDoYou-WantToDie: Meeting Starting Sept. 11th, 7- 8 p.m.

'Correction'

New Meeting: At the Trinity house 1000 E 11th St., in Jeffersonville, IN. It will be Thursday nights 7:30pm – 9pm.

The Louisville Area NA Helpline (P.I.) subcommittee is changing locations. New address is Harvey Brown Presbyterian Church 311 Browns Lane Room 221.

Meeting Change:

Another Chance Group has moved to 544 Main St., Shelbyville, KY. The building is directly across the street from the Sixth and Main Coffeehouse. Park-ing is available either on Main St. or on Sixth St.

The Area Activities

Subcommit-tee is in need of your support. 3rd Sat./ month at the Nia Center 2900 W. Broadway.

Meeting Change:

"Cool Changes meeting format will be Speaker, Literature study, & OD.

January 18th – 20th, 08'
Executive West Hotel
830 Phillips Lane, Louisville, KY
40209

“— L.A.C.N.A XVIII —“

“More Powerful Than Words”

On Saturday—

There will be a buffet style banquet dinner, \$30/person and a Comedian, \$10/person

For Reservations call 1-800-626-2708

Cleaniversarie

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!

Melvin G.	November 16 th	15 Years	Out of Control
Ron R.	November 20 th	1 Year	We Too Recover
Anthony W.	November 21 st	5 Years	Unity of Hope
Carolyn W.	November 21 st	2 Years	A Vision of Hope
Lisa E.	November 21 st	4 Years	Take it Easy
Erin R.	November 26 th	3 Years	Recovery Today
Lionel T.	November 26 th	8 Years	Against All Odds
Sharon C.	November 28 th	13 Years	Unity of Hope
Carolyn P.	November 30 th	4 Years	Out of Control
Donald M.	November 30 th	6 Years	Old School Recovery
Tonia P.	November 30 th	5 Years	The Stopping Point
Cliff S.	December 2 nd	6 Years	Miracle On 22 nd St.
Kathryn M	December 4 th	19 Years	The Basic Meeting
Charles M.	December 5 th	3 Years	Point of Freedom
Cordellia B.	December 5 th	6 Years	Unity of Hope
Lee P.	December 7 th	5 Years	The Stopping Point
Vickie	December 7 th	4 Years	Old School Recovery
Berine B.	December 8 th	1 Year	Take It Easy
Candice B.	December 10 th	4 Years	Against All Odds
Nigel H.	December 10 th	8 Years	Step Up Group
Ken W.	December 12 th	22 Years	Highland Peace

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Contact the Newsletter
Subcommittee:

IN PERSON/BY PHONE

Jack B. 502-231-6468
Mike C. 502-772-3336
Nathaniel R. 502-296-4974

Our Subcommittee meets every
1st and 3rd Saturdays 2pm
Token III Club (Backroom)
4014 Dutchman's Lane

EMAIL

newsletter@NALouisville.org

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See us at www.nalouisville.org.
Download Your Favorite Issue
Just go to
(menu bar) N.A. Louisville
Subcommittees
Newsletter
and click on
[Carrying the Message](#)

ASC MEETING

The First Sunday of Every
Month At 3pm

1722 Bardstown Road



THIS IS YOUR NEWSLETTER!! YOUR SUBMISSIONS MAKE IT HAPPEN!!

When submitting, please remember space can be limited and submissions should be sent in by
January 25th

You can email submissions to 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!

z FEBRUARY'S TOPIC OF THE MONTH

Group Conscience

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.

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Robert J.	December 13 th	13 Years	Highland Peace
Shawn	December 13 th	4 Years	Enough is Enough
Mechelle T.	December 14 th	7 Years	The Stopping Point
Brett M.	December 16 th	1 Year	Sunday Survivors
Jen D.	December 16 th	1 Year	Another Chance Group
Freda	December 16 th	5 Years	Walking & Talking Recovery
Darren L.	December 17 th	10 Years	Against All Odds
Imani B.	December 17 th	13 Years	Point of Freedom
Rae C.	December 18 th	2 Years	Take It Easy
Daniel W.	December 20 th	1 Year	Day By Day
Mark K.	December 20 th	3 Years	Enough is Enough
Melissa R.	December 21 st	3 Years	How It Works (CL)
Audrey L.	December 22 nd	11 Years	Just Us
David D.	December 23 rd	13 Years	Walking & Talking Recovery
Tommy U.	December 24 th	2 Years	Why Are We Here
Kin G.	December 27 th	1 Year	Cool Changes
Maggie B.	December 29 th	20 Years	Just Us
Maurice	December 30 th	2 Years	The Stopping Point
Scotty H.	January 1 st	4 Years	Sweet Surrender
Katy M.	January 2 nd	4 Years	How It Works
Stephanie B.	January 3 rd	1 Year	Day By Day
Stephanie A.	January 5 th	19 Years	Just Us
Damon W.	January 6 th	1 Year	Another Chance
Zach C.	January 6 th	1 Year	The NA Meeting
Donald W.	January 6 th	1 Year	
Annisha P.	January 7 th	7 Years	Why Are We Here
Kat S.	January 8 th	6 Years	Sweet Surrender
Gary F.	January 11 th	4 Years	Old School Recovery
Stacy B.	January 11 th	2 Years	Old School Recovery
Allison T.	January 13 th	4 Years	The NA Meeting
Kim. J	January 14 th	4 Years	Why Are We Here
Amy F.	January 18 th	1 Year	Highland Peace
Gloria M.	January 22 nd	1 Year	Sweet Surrender
KJ	January 25 th	4 Years	Out of Control
Shelly R.	January 25 th	1 Year	Caring Thru Sharing
Fred G.	January 28 th	1 Year	Why Are We Here
Brenda E.	January 26 th	20 Years	Just Us
Kevin S.	January 31 st	12 Years	Gratefully Dedicated
Drew S.	February 3 rd	1 Year	The NA Meeting
Stephanie R.	February 8 th	26 Years	Highland Peace
Pamela F.	February 9 th	5 Years	Lose the Desire

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.