



CARRYING THE MESSAGE

July 2007

Volume 4, Issue 7

Anyone interested in receiving the
LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER
Via email please send request to newsletter@NALouisville.org

AREA NEWS

**Louisville Area NA
Helpline 502-499-4423**

—Open Service Positions—

ASC: RCM, RCMA, P&P Chair
Literature Chair, L.A.C.N.A 19
Chair

Newsletter Subcommittee:

Secretary, Vice Chair.

H&I Subcommittee:

Panel Leaders, Co-Panel Leaders,
Silent Panel Members, and
Speakers

New Meeting: At The Trinity
house 1000 E 11th St.,
in Jeffersonville, IN. It will be
Thursday nights 7pm – 8:30pm.

New Meeting: The Basic Meeting
is a Book Study with open discus-
sion. We meet every Tuesday
night from 6pm-7pm, 1140 Chero-
kee Road (side door off Paterson
Ave.) at Highland United Methodist
Church (no affiliation)

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

Meeting Change: 'Steppin' to
Freedom' is moving to 1629 Cowl-
ing Ave on Wed. nights at 7:30pm

Meeting Change: 'Just For Today'
now meets at 902 S. 15th 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 new-
comers in the Southern Indiana
area, a few to mention is Wednes-
day 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:

"Finding Who I Could Be"

R.O.R. (Recovery on the River)

Those of us who've found recovery in the Louisville area know how fortunate we are. Pick up a schedule; go ahead, I'll wait... Got it? Good. Look at all of those meetings! Several per day, every single day of the year! Hell, at least fifteen of those meetings didn't exist when I got here (and I haven't been here *that* long).

Another way in which we are – and I mean no exaggeration here – blessed, is that, once a year, we gather as many of us dopeless hope-fiends as we can, together in one spot for a convention. Really it's more of a sharing ("My gratitude speaks when I care and when I share the NA way"), that we have at this yearly event; we share our amazement and gratitude for the precious gift of recovery.

As part of the road to LACNA XVIII, we at the Functions and Fundraisers subcommittee (we meet most every Saturday @12:00 at the Old Louisville Coffee Shop) decided to take the show on the water. I was not able to attend the last NA function on the Ohio, but I'll be at this one for sure! There are flyers all over town with the details of the event so I won't get into that here, though I urge anyone with any questions to contact me.

We'll have music and fun, and don't forget the therapeutic value of one addict dancing with another! So come on out, support the convention, support your recovery, and support your area – this is the only one we've got, y'all!!!

Love,
Mike S.

One True Me

I am the woman I am today because of all I have been through in my life thus far. The irony is that I truly do not know who I am, and I never really have. Throughout my live's adventures and misadventures I was always trying to be someone else. My parents wanted me one way, friends liked a different version, and of course there were many other parts I felt I had to play. I was never comfortable with being who I thought I was. Now that I

am in recovery I am trying to learn a new way of life. I have been given the tools to find out who I truly am inside. Through working the 12 Steps with my sponsor, and taking time to free write, I will be diving into what makes me the person I am deep down. I am equally excited and fearful of what will be uncovered in the process. Like all things worthwhile, it will not be easy. But I am willing to do the work placed before me in order to find out who Erin really is.

Respectfully,
Erin R.

As we grow, we come to understand humility as acceptance of both our assets and our liabilities. What we want most is to feel good about ourselves. Today we have real feelings of love, joy, hope, sadness, excitement – not our old drug-induced feelings. At times we find ourselves caught up in old ideas, even with time on the program. The basics are as important to recovery as they were in the beginning. We need to avoid old thinking patterns, both the old ideas and the tendency towards complacency. We cannot afford to become complacent because our disease is with us twenty-four hours a day. If, while practicing these principles, we allow ourselves to feel superior or inferior, we isolate ourselves. We are headed for trouble if we feel "apart from" other addicts. Separation from the atmosphere of recovery and the spirit of service to others slows our spiritual growth. Complacency keeps us from goodwill, love and compassion. If we are unwilling to listen to others, we will deny the need for improvement. We learn to become flexible and to admit when others are right and we are wrong. As new things are revealed, we feel renewed. We need to stay open-minded and willing to do that one extra thing; go to that one extra meeting; stay on the phone that one extra minute; and help that newcomer stay clean that one extra day. This extra effort is vital to our recovery. We come to know ourselves as never be-

Continued on page 2 Column 2

Carrying The Message

Continued from page 1 Column 2

Based on the interview of Kevin P. By Kevin P. The 7th Step

Kevin: How many times have you formally worked a 7th step?

Kevin: Twice from the flat book, pretty frequently in day-to-day life. I can't always wait until I'm writing on the step to ask my higher power for help with a particular defect. More often than not I'm in the moment asking God for the power to refrain from acting out. It seems to work most of the time.

Kevin: Do you think that some shortcomings are here to stay?

Kevin: I think I've come to realize that some parts of me are just that...parts of me. I know now, at least for right now, that along with being an addict, I'm also human. I'm gonna act out on some shit. My goal for today is to not take it to an extreme and to not do it as often. As long as I do that I consider the day to be a victory.

Kevin: Are there any defects that you refuse to look at?

Kevin: Our literature reminds us that our defects limit our growth, not just spiritually, but emotionally, physically and so on, depending on the defect. That's where the "becoming entirely ready" process comes into play for me. When that defect starts to have an adverse effect on whatever aspect of my life that it pertains to I become entirely ready. I realize today though that I don't have to hit bottom with anything before I do something about it. So I start praying sooner these days than I used to.

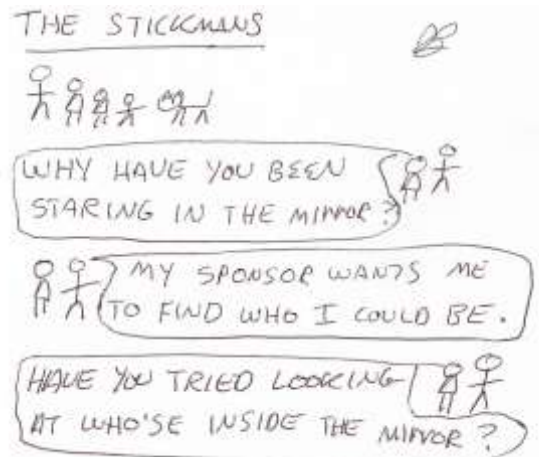
Kevin: What do you have for the newcomer?

Kevin: Read the literature. What you hear in the meetings are personal experiences and opinions. Which is great, but the literature is where it's a The first good-sharing mutha-fucka that you hear doesn't have to become your sponsor. Add them to your support group and feel them out first. This fellowship is the last house on the block. Even if it's the first option you try. You can try the rest but this one is the one that has proven success. Remember that we've never seen an addict that works this program relapse.

Kevin: Thank you for being of service.

fore. We experience new sensations, such as finding out what it is to love, to be loved, to know that people care about us, and to have concern and compassion for others. We find ourselves doing things that we never thought we would be doing, and enjoying them. We make mistakes and we accept and learn from them. We experience failure and we learn how to succeed. Often we have to face some type of crisis during our recovery, such as death of a loved one, financial difficulties or divorce. These are realities of life and they don't go away just because we get clean. Some of us, even after years of recovery, found ourselves jobless, homeless or penniless. We entertained the thought that staying clean was not "paying off" and the old thinking stirred up self-pity, resentment and anger. No matter how painful life's tragedies can be for us, one thing is clear: "We must not use, no matter what!"

"Basic Text" pg 102 & 103 (Ch. 10)



LIFE IN RECOVERY



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

-Activities
Call the Helpline for Information

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

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

-Literature Distribution
Call the Helpline for Information

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

-Policies & Procedures
2nd Saturday of the month
10:00 a.m.
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.

July 6th - 8th, 2007
Camp Carlson

July 6th, 2007

July 14th, 2007
Lake Shelby
Shelbyville, KY

July 21st, 2007
Central Park
4th & Magnolia

August 4th, 07'
The Belle of Louisville

Aug. 30th-Sept. 2nd, 07'

January 18th - 20th, 08'
Location: T.B.A

N.A. Camp Out: Recovery & Beyond 15th Anniversary Home Group Celebration; Free tent Camping, Cabins available \$5/ person 10-18/ Cabin. Hiking, fishing, and recovery fun. Pick up a flyer from your home group, check the [Louisville Area website](#), or call Stacy (270-272-6127) for more information.

Unity of Hope, 11th Year Anniversary; Having a dance from 9pm until midnight. Flyers are available at meetings.

Another Chance Group's 18th Annual, "Picnic In The Park"; From 10a.m. till 7p.m. – Eat: 1p.m.; Speaker: 3p.m. N.A. Auction, Raffle, & "Humble Pie". Food is Free, Soft drinks and water for sale. Please bring a covered dish! Pick up a flyer from your home group, or check the [Louisville Area website](#) for more information.

We Too Recover, 17th Year Anniversary: Noon till 7pm; Guest Speakers at 3pm & 4pm; Fellowship, Recovery, and Games. Bring the family!

"Fantastic Voyage" : L.A.C.N.A XVIII Function and Fundraiser; Get on Board—7:30pm, Depart—8:00pm, Dock—11:00pm; Cost \$15 in advance, \$20 at the door; Come Sail Along With Us!; Contact: Mike S. (502)439-1962 or Rhonda H. (502)568-2488

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



“— L.A.C.N.A XVIII —”
Pre-Registration Cost \$15 until June 30th, \$20 7/1 – 11/30, \$25 after Dec. 1st; Deadline to submit speaker tapes is May 12th; Pre-Registration form available at ["http://www.nalouisville.org/pdf/lacnaxviii prereg.pdf"](http://www.nalouisville.org/pdf/lacnaxviii prereg.pdf)

These Groups are in need of your support.

- Against All Odds:** Mon. 7:30pm
- Another Chance:** Sun, Tue, Fri 7:30pm
- Blind Faith:** Wed. 7:30pm
- Reality:** Sat. 6:00pm
- Saturday Nite Live:** Sat. 7:30pm
- Standing For Something:** Sat. 7:30pm
- Step Up Group:** Wed, Sat. 8:00pm
- 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**

Hotel and Hospitality	For More information call Larry B. (502)684-5759 Meeting is 1 st Monday of each month, 5:30 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd. Next Meetings: July 2 nd , August 6 th , Sept. 3 rd ,
Function and Fundraisers	For More information call Mike S. (502)439-1962 Meeting is every Saturday, 12:00 p.m. @ Old Louisville Coffee Shop, 1489 S. 4 th Street Next Meetings: Every Saturday
Registration	For More information call Nelle B. (502)819-9244 Meeting is 1 st Monday of each month, 5:00 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd. Next Meetings: July 2 nd , August 6 th , Sept. 3 rd ,
Serenity Team	For More information call Vicky C.: 533-4952 Serenity Team is in need of trusted servants! 4 th Saturday of each month 2:00 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd. Next Meetings: July 28 th , August 25 th , Sept. 22 nd ,
Programming	For More information call Kevin S. (502)693-8678 Meeting is every other Monday, 6:00 p.m. @ St. Vincent de Paul Administration Bldg. 1015-c S. Preston Street Next Meetings: July 2 nd , July 16 th , July 30 th , Aug. 13 th ,
Art, Graphics, and Merchandising	For More information call Annisha H. (502)235-5065 Submit the best theme and logo for LACNA 18 (see area news) or blessed01@insightbb.com Meeting is 3 rd Saturday of each month, 4:30 p.m. @ Old Louisville Coffee Shop, 1489 S. 4 th Street Next Meetings: July 21 st , August 18 th , Sept. 15 th ,

THIS IS YOUR NEWSLETTER!

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. 502-744-3715
 Frazier M. 502-797-3036

NA NEWSLETTER SUBCOMMITTEE MEETINGS

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

EMAIL

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

Download Your Favorite Issues

Just Click on 'newsletter'



Louisville Area NA
 Helpline
 502-499-4423

YOUR SUBMISSIONS MAKE IT HAPPEN!

◆AUGUSTS TOPIC OF THE MONTH◆

"Accepting the Reasonability for My Recovery"

◆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 **July 27th**.

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!

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!

Reggie R.	June 15 th	7 Years	The Stopping Point
Darryl M.	June 16 th	16 Years	Serenity Group
Lee E.	June 17 th	16 Years	Miracle on 22 nd
Laura H.	June 18 th	2 Years	Serenity Group
Yolanda C.	June 18 th	4 Years	Against All Odds
Reggie B.	June 21 st	3 Years	AGAPE
Gary T.	June 23 rd	6 Years	Saturday Nite Live
Crystal C.	June 25 th	7 Years	Why Are We Here
Tony C.	June 25 th	6 Years	Against All Odds
Karen H.	June 26 th	10 Years	Gratefully Dedicated
Robbie S.	June 26 th	7 Years	Sweet Surrender
Shareese W.	June 26 th	12 Years	We Too Recover
J.W.	June 29 th	9 Years	Out Of Control
John R.	July 1 st	6 Years	AGAPE
Leonard	July 3 rd	2 Years	We Too Recover
Scott	July 6 th	13 Years	The Stopping Point
Semiko	July 7 th	2 Years	Lose the Desire
Lisa R.	July 10 th	2 Years	Stick and Stay Basic
Vickie C.	July 10 th	5 Years	We Too Recover
Shirley D.	July 13 th	5 Years	Out of Control
Debbie W.	July 17 th	5 Years	We Too Recover
Roz D.	July 18 th	20 Years	Unity of Hope
Steve O.	July 20 th	2 Years	Keep Coming Back
Wardell S.	July 20 th	6 Years	Out of Control
Bobby E.	July 27 th	6 Years	The Stopping Point
Lee Z.	July 27 th	3 Years	Caring Thru Sharing
Ethan B.	July 29 th	1 Year	The NA Meeting
Joe A.	July 30 th	7 Years	Against All Odds
Kelly C.	August 8 th	2 Years	Wednesday Nite Hope