



CARRYING THE MESSAGE

June 2007

Volume 4, Issue 6

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

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:

"Accepting Who I Really Am"

"Accepting Myself For Who I REALLY Am"

For me, one of the major goals of recovery is to accept myself for who I really am. When I can ACCEPT who I am, I no longer feel the need to change how I feel with substances. The process of the steps has been a journey of self-discovery. All the old ideas and concepts of who I was had to be revised when I got clean. Some of these ideas had to be thrown away all together, because they were sick self-concepts that did not apply to me now that I was clean. I had to throw away the self-defeating titles that I had placed on myself and others had placed on me: junkie, loser, lowlife, dropout, burnout, and faggot. I also had to drop the egocentric titles I had placed on myself: rebel, rock star, genius, hipster, street poet, legend. Through the steps I realized at one time I was or wanted to be all these things. But now I have to accept reality. I am no worse or better than ANYBODY. The identification I use today is recovering addict. In the other areas of my life I am happy to be a creative person, musician and student. I no longer need to inflate or deflate who I am. Depending on the situation I no longer have to convince you that I am better, smarter and more talented. I have to admit I am far from perfect, and the old "buggaboos" (ego, pride and self-centered fear) creep back. Today I put time and energy identifying these defects and asking for them to be removed. I no longer have to spend so much time and energy fueling illusions. Recovery is about losing the illusion. The illusion for me, for so long was that I was different, better or worse. Today I can accept that I am simply just Donovan. That is a true gift...and I am truly grateful for self-discovery, self-acceptance and self-love. What led me here? The process of a spiritual awakening enacted by working the 12 steps. So keep coming back, stay clean and DO THE WORK. The greatest discovery for me has been finding out who I really am.

Donovan L.

"Apathy"

Why is it that H & I cannot find addicts willing to serve, but convention committees are filled with willing members? Why is that homegroups with members with significant clean time, have to elect newcomers for service positions? Why does it seem that most members who are willing to do service have to wear a hundred different hats and serve in so many DIFFERENT ways? It seems that many people in our fellowship are not giving back what was so freely given to them. It

seems that there is an attitude that "I already did my service work". Service is an ongoing process just like recovery. Just like we need sponsors, we need EXPERIENCED members to show us newer members the way. That is not what I see in this area. I see newer members serving and learning from our mistakes, while older members sit back and criticize "how we do things". Service is not ATTENDING your homegroup weekly, monthly or only when you celebrate. If this makes you angry, hopefully you will step up. Many who read this will understand my frustrations. NA needs HELP. We need members to step up at ALL levels of service. Service is not a BURDEN it is a privilege.

-Anonymous

Hospitals & Institutions

H&I Subcommittee has openings for Panel Leaders, Co-Panel Leaders, Silent Panel Members, and Speakers for the following Meetings:

- Women's County Jail - Tues. 7pm
- KY State Reformatory - Thurs. Nights - La-Grange, KY
- VA Hospital - Friday Nights - Louisville, KY
- Henryville Men's - Henryville, KY
- Pee Wee Valley Women's - Pee Wee Valley, KY
- Maryhurst - Louisville, KY
- Dismas St. Catherine - Louisville, KY

"Enslaved"

I WAS ENSLAVED TO MY DRUG HABIT. That one word —enslaved, was what I was for ten long years.

The opposite to this is freedom and that one word describes my life today. I am free active addiction — Just For Today.

In recovery I discovered a word that completely described the last ten years. The only reason I had this, "AHA!" moment was because my sponsor had me look up the definition of the word in each step before I worked them. I also discovered one word to describe me in recovery — FREE!

When I looked up addiction it said —being enslaved to a habit. I cried when I wrote that definition. Life still shows up, but I am no longer a slave to addiction.

Cheryl R.

Continued on page 2 Column 2

Carrying The Message

Based on the Interview of Steph R. By Kevin P. The 6th Step

Continued from page 1 Column 2

- Kevin: How many times have you formally worked sixth steps?
- Steph: Out of the Step-Working Guide or with a sponsor?
- Kevin: With a sponsor.
- Steph: Five or six.
- Kevin: Besides your personal step work, how did you become entirely ready?
- Steph: By becoming painfully aware. That's what becoming entirely ready means to me.
this is my 6th step story: One day when I was about 10 yrs clean, (and I was currently writing on a 6th step), It was so hot outside that I didn't feel like cooking dinner. I was still married to my first husband and we decided to take the kids to White Castle. I thought it'd be cheaper to buy a 2-liter from Thorton's than to buy fountain drinks. So when I got to the counter and the cashier told me the price I thought it was way too expensive...so I bought 1 and took 2. Sometimes God makes my defects so clear that even I can understand them.
- Kevin: Did you believe that your defects would be removed the first time you worked this step?
- Steph: Yes, because what my sponsor had me do was write each defect in one column and the opposing principle in another column across from it. That way I always a choice. I could choose to either act on a defect or a principle.
- Kevin: Did any new defects show up on your lists?
- Steph: Not necessarily new but different manifestations of self-centered fear. It'd be the same defect but I gave it a new name.
- Kevin: What do you have for the newcomer?
- Steph: You can make it through anything and you don't have to pick up. Surround yourself with the love of the fellowship; it's the only way you'll make it. An addict alone is in bad company.
- Kevin: Thank you for being of service.

Did You know

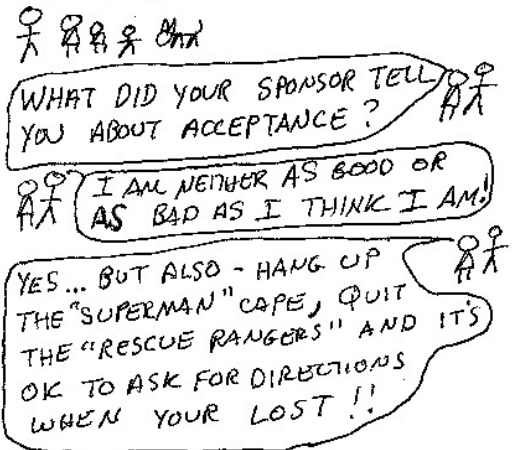
France has a total of seventy-six meetings per week, forty-one of which are held in Paris? In early October 2006, more than 520 NA members celebrated France's tenth bilingual convention in Chinagora, near Paris.

NA members from Belarus, Croatia, Germany, Hungary, Latvia, Lithuania, Slovenia, and the United Kingdom joined members of Region Polska (the Polish Region) at a convention in Krakow in May 2006?

The first NA group in Israel started in Tel Aviv in 1984? Today, there are approximately 250 meetings per week in more than thirty Israeli cities.

In 2006, the NA logo was shown on television in Turkey for the first time? An NA poster and the logo were displayed during the primetime news telecast, while two Turkish NA members provided information by telephone.

THE STICKMANS



L.A.S.C.N.A

Louisville Area Service Committee
of Narcotics Anonymous

-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.

NA Conventions and Functions

July 6th - 8th, 2007
Camp Carlson

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.

July 14th, 2007
Lake Shelby
Shelbyville, KY

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.

August 4th, 07'
The Belle of Louisville

"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

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

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



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

“— 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/lacnaxviiiiprereg.pdf"](http://www.nalouisville.org/pdf/lacnaxviiiiprereg.pdf)

March 29th-April 6th, 08'

Ocean of Freedom:
Southern Mexican Riviera Cruise, San Diego, Event Information: 626.917.0303; Southern California Regional NA Cruise Committee; web: <http://www.montrosetravel.com/nacruise>

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 1st Monday of each month, 5:30 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd. **Next Meetings:** June 4th, July 2nd, August 6th,

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. 4th Street
Next Meetings: Every Saturday

Registration For More information call [Nelle B. \(502\)819-9244](#)
Meeting is 1st Monday of each month, 5:00 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd. **Next Meetings:** June 4th, July 2nd, August 6th,

Serenity Team For More information call [Vicky C.: 533-4952](#)
Serenity Team is in need of trusted servants! 4th Saturday of each month 2:00 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd. **Next Meetings:** June 23rd, July 28th, August 25th,

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: June 4th, June 18th, July 2nd, July 16th,

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 3rd Saturday of each month, 4:30 p.m. @ Old Louisville Coffee Shop, 1489 S. 4th Street
Next Meetings: June 16th, July 21st, August 18th,

These Groups are in need of your support.

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.

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

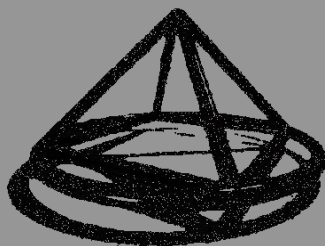
The First Sunday of Every Month
At 3pm
1722 Bardstown Road

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

THIS IS YOUR NEWSLETTER!

YOUR SUBMISSIONS MAKE IT HAPPEN!

◆ JULY'S TOPIC OF THE MONTH ◆

"Finding Who I Could Be"

◆ 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 **June 22nd**.

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!

Marla C.	May 15 th	2 Years	We Too Recover
Marion C.	May 16 th	1 Year	Unity of Hope
Shidonna D.	May 17 th	1 Year	Enough Is Enough
Jessica S.	May 20 th	1 Year	Another Chance
Steve H.	May 21 st	10 Years	Serenity Group
Sherrel J.	May 22 nd	2 Years	Gratefully Dedicated
Vanessa N.	May 23 rd	11 Years	Unity of Hope
John C.	May 25 th	2 Years	Highland Peace
Donovan L.	May 26 th	2 Years	It's Ok To Be Me
Earnest C.	May 28 th	5 Years	Why Are We Here
Ron K.	May 29 th	8 Years	Stick and Stay Basic
Ron L.	June 1 st	1 Year	Just For Today
Rhonda K.	June 2 nd	3 Years	Stick and Stay Basic
Louis B.	June 4 th	11 Years	Restored To Sanity
Nathaniel D.	June 4 th	1 Year	Against All Odds
Georgia P.	June 5 th	3 Years	Gratefully Dedicated
Tony T.	June 6 th	4 Years	Step Up Group
Aggie M.	June 8 th	1 Year	Keep Coming Back
Bob A.	June 8 th	1 Year	Recovery Today
Glenn W.	June 8 th	10 Years	Caring Thru Sharing
Le Shaundra M.	June 11 th	13 Years	Against All Odds
Maranda C.	June 11 th	1 Year	Caring Thru Sharing
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 26 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
Vickie C.	July 10 th	5 Years	We Too Recover