



CARRYING THE MESSAGE

March 2007

Volume 4, Issue 3

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](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' 1st meeting will be Wed. Oct. 11 from 7:30-9:00 at the Vineyard Christian Church

This Month's Topic is: *"Beginning to Surrender"*

Surrender to win as the saying goes. There have been so many questions arise with this saying in mind though out my process of my recovery. I once thought I had to surrender in my earlier recovery but couldn't find the inner peace so often talked about. What I have found is that I really hadn't surrendered at all. I wish I could tell you the trick to surrendering yourself over to your higher power because when I did make the choice to surrender my life over to the care of the God of my understanding a weight was lifted from me. I became at peace with myself and others, I am now comfortable in my own skin for the first time in my life. I am not surviving anymore, I'm living. Thanks to Narcotics Anonymous I have found a new way to live and will keep coming back. I can't give it away in a box with a cute bow, but I can give my experience strength and hope and mine is exactly this. When you surrender you win your life, your freedom, and your inner peace. There is nothing like it in the world, it is priceless.

Tina W

The 3rd Step

"We made a decision to turn our will and our lives over to the care of God as we understood him"

I need to be honest and say that the third step has always been hard for me, mostly because I am a control freak. This illusion of control can keep me sick. The rationalization comes from "...accept the things I cannot change..."; "...courage to change the things I can..." and the very last part, the most difficult part "...wisdom to know the difference". I have trouble with knowing when to let go. Like some addicts I hear in the rooms, pain seems to be my biggest motivator for the third step. Although sometimes magic happens and I just know I have done everything I can then, I just let go to whatever higher power has control over that situation. They (predecessors) made it clear to me when I came to NA that this Higher Power could be calling a lawyer, a doctor, or someone else who had information or talents I do not possess. This left me wanting to be a mechanic, hairdresser, therapist, doctor, lawyer, and even a nail technician. Ha, Ha, Ha!

This is true. The funny thing is that right now I am getting ready to begin a third step and the very second I am writing I am thinking and praying about how I am going to handle a situation in my life. My strength comes from the third step, strength to go through life and the rest of the steps. If I were to fight every time I felt like I had a better plan, I would be exhausted!

Tabitha L.

Beginning To Surrender

When my life became unmanageable - I began to surrender.

When I went to my first meeting - I began to surrender.

When I said I was an addict - I began to surrender.

When I got a sponsor - I began to surrender.

The first time I shared - I began to surrender.

The first step I worked - I began to surrender.

When I turned it over - I began to surrender.

As I worked more steps - I began to surrender.

When my higher power shows me the way - I began to surrender.

Each day as I pray - I surrender.

- Anonymous

"The third step does not say," We turned our will and our lives over to the care of God." It says, "We made a decision to turn our will and our lives over to the care of God as we understood Him." We made the decision; it was not made for us by the drugs, our families, a probation officer, judge, therapist or doctor. We made it! For the first time since that first high, we have made a decision for ourselves."

- Excerpt from the Basic Text, page 25

Carrying The Message

Based on the Interview of John R. By Kevin P. The 3rd Step

Kevin: How many times have you formally worked a third step?
John: One time.

Kevin: How did you come to the decision, gradually or immediately?

John: It was a long, lengthy process. I was still trying to get an understanding of a Higher Power. Through watching my sponsor and other experienced addicts I got a better understanding of my Higher Power.

Kevin: What did you turn over first, your will or your life? Which was easier?

John: Probably my life. But my will was real close behind. The first few times I came in kicking and screaming. This last time I ran in. Turning over my life was easier; my will had to grow from working the steps. I had a lot of fear of life without the drugs.

Kevin: Did you have a concept of God before this step?

John: A slight concept. Not like I have today. I did not understand the power that God has like I understand now.

Kevin: What principles did you learn from this step?

John: Willingness was the major overriding principle. Willingness to go to meetings, call my sponsor, work the steps, carry the message, be of service, pray and meditate, and anything else that was necessary.

Kevin: How and how often do you practice this step?

John: Daily. It starts with my morning prayer. During which time I recommit to the program. I remind myself that, first and foremost, I am an addict. I can't do this alone and I do have a Higher Power.

Kevin: What do you have for the newcomer?

John: Go to meetings. Get a sponsor as soon as possible. Get the literature and read it. Work steps and please get and use phone numbers.

Kevin: Thank you for being of service.

Did You Know...?

The fellowship of Narcotics Anonymous has come a long way since our beginnings in 1953. We have grown from that first meeting in Sun Valley, California, USA, to more than 40,000 weekly meetings in over 125 countries worldwide. Our history is rich with diversity, and we want to share the facts of that history with you- the little known facts and tidbits of information others might not otherwise know.

- Did you know in 2006, the NA logo was shown on television in Turkey for the first time? An NA poster was and the logo were displayed during the primetime newscast, while two Turkish NA members provided information by telephone.

- Did you know there are two NA Switzerland links at www.na.org? One is for Italian-speaking South Switzerland, and the other is a multi-lingual portal to websites for the German-, French-, and Italian speaking areas of Switzerland. Most Swiss speak two to four languages.

- Did you know the Egyptian Area was formed in 2002, and its H&I subcommittee is now visiting three correctional facilities, including one women's facility that was first visited in September 2006?

- Taken from the January 2007 issue of *The NA Way Magazine*

Continued from page 1 Column 2

"Um, today my Third Step is about trying to live life, as if there was a loving God trying to take care of me. I mean, what if there really was!? What if there is really someone taking care of you? And it's ok to risk living. What if there really is a loving God out there working for you and you don't have to try to control all this shit?"

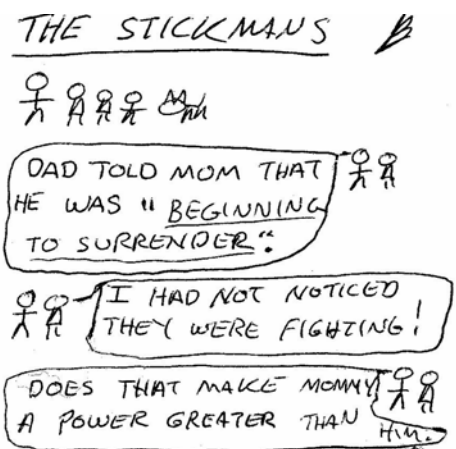
Greg P.'s Last NA Talk

April 17th, 1999

Surrender

"We admitted...", "We came to believe...", and "We made a decision..." I spent my whole life "controlling" everything around me. And where did that get me. Jails, institutions and on my way to death, or at least that's what I wanted as a result of my decisions, self will, and control. After coming to NA I found acceptance from other addicts. That acceptance allowed me to start seeing the me that I had created, and start seeing the real me that a higher power had in mind. Through working a solid First, Second, and Third step I gained the tools to accept my emotions and not have to run from them. That's a courage I was going to need to work and honest and thorough Forth Step. Being free to make the decision to work the Forth Step has been one the greatest gifts that surrendering my will and life to a higher power, and becoming a member of NA has done for me. The Forth Step has felt like my higher power putting control and consciousness of myself back in my hands, because I'm trusted to without taking my will back. The surrender that I've made, has given me acceptance of myself and my surroundings, and I don't have to fight anymore.

Nathaniel R.



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
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.

Restored to Sanity: Mon. 12:00pm
2600 Virginia Avenue

The Step Up Group: Wed. & Sat.
8:00pm 1000 W Market St

Unity Of Hope: Wed. 7:00pm
3610 Bohne Ave. Rear entrance

Walkin & Talkin Recovery: Sun.
7:30pm 4909 Indian Trail

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

Reality: Sat. 6pm-7:30pm 2973 Wil-
son Ave. (Michelle S).

Wednesday Night Hope: Wed.
7:30pm 4407 Charlestown Rd. New
Albany, IN

**Come out and help spread the mes-
sage of NA.**

NA Conventions and Functions

March 23rd-25th, 07'
12632 Confederate Park-
way; McCalla, AL 35111
205.477.5711

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

April 6th-8th, 07'
Wyndham Jacksonville Ri-
verwalk
Jacksonville, FL

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

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

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

our message
HOPE our promise
FREEDOM



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

March 29th-April 6th, 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

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

Function and Fundraisers For More information call Glen W. (502)566-4183

Registration For More information call Nelle B. (502)819-9244

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:** March 24th; April 28th; May 26th

Programing For More information call Kevin S. (502)693-8678

Art, Graphics, and Merchandising For More information call Annisha H. (502)235-5065

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!!

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

EMAIL

newsletter@NALouisville.org

ASC MEETING

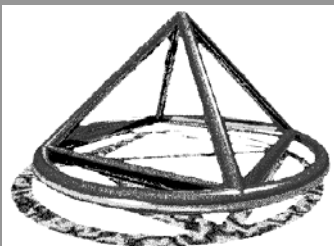
The First Sunday of Every Month
At 3pm
1722 Bardstown Road

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!

◆ MARCHS TOPIC OF THE MONTH ◆

"Taking stock of myself"

◆ 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 **March 23rd**.
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!

Joy F.	February 16 th	5 Years	Old School Recovery
Wayne E.	February 16 th	3 Years	Stopping Point
Andre Q.	February 18 th	9 Years	Another Chance
John P.	February 18 th	12 Years	Serenity on Sunday
Maxwell	February 19 th	1 Year	Caring Thru Sharing
Christine V.	February 21 st	16 Years	Day by Day
Elaine D.	February 21 st	3 Years	Escape from Denial
Deirdre M.	February 23 rd	3 Years	Gratefully Dedicated
Judy	February 23 rd	3 Years	Caring Thru Sharing
Rhonda A.	February 25 th	2 Years	Walkin & Talkin Recovery:
Darlene S.	February 26 th	5 Years	Why Are We Here
Cathy S.	March 3 rd	6 Years	Lose the Desire
Art R.	March 6 th	7 Years	We Too Recover
Monica D.	March 6 th	15 Years	Gratefully Dedicated
Tess D.	March 6 th	3 Years	Sweet Surrender
Glen W.	March 8 th	6 Years	Gratefully Dedicated
Bernard P.	March 12 th	8 Years	Restored to Sanity
MeMe D.	March 12 th	7 Years	Why Are We Here
Franks P.	March 13 th	17 Years	We Too Recover
Greg G.	March 18 th	13 Years	Walkin & Talkin Recovery:
Ava S.	March 19 th	6 Years	Why Are We Here
Kay P.	March 23 rd	11 Years	Another Chance
Medger D.	March 23 rd	2 Years	Stopping Point
Donna J.	March 24 th	8 Years	Reach for Recovery
Vick M.	March 27 th	6 Years	Gratefully Dedicated
Melvin H.	March 29 th	5 Years	Enough is Enough
Gregory B.	April 2 nd	12 Years	Against All Odds
Dwight T.	April 5 th	2 Years	Enough is Enough
Donna B.	April 7 th	1 Year	Lose the Desire
Michael E.	April 7 th	5 Years	Out of Control
Ted P.	April 9 th	11 Years	Another Chance
Julia K.	April 14 th	3 Years	Serenity Group
Nelle B.	April 14 th	12 Years	Lose the Desire
Rhonda H.	April 17 th	7 Years	We Too Recover

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.