



CARRYING THE MESSAGE

May 2007

Volume 4, Issue 5

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, Literature Chair

Newsletter Subcommittee:
Secretary, Vice Chair.

'Just Us': NO MEETING on
DERBY DAY, May 5th due to Derby
traffic

Anniversaries: 'Wednesday Night
Hope' turns 11! Celebrate w/ us on
May 19th at the Community Park
Shelter. Food provided 1-4pm,
speaker to follow

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
WIN!- a free LACNA 18 registra-
tion packet. Submit your best
theme and logo idea for the
LACNA 18 convention. Deadline is
June 9th 07'. (see LACNA 18 info
section pg.3 for contact info)

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:

"We're Only as Sick as the Secrets We Keep"

12 Concepts-What are they & How do they apply to me??

"Twelve Concepts for N.A. Service"

The Twelve Traditions of NA have guided our groups well in the conduct of their individual affairs, and they are the foundation for NA services. They have steered us away from many pitfalls that could have meant our collapse. Our various service units serve, for example, they do not govern; we stay out of public debate; we neither endorse nor oppose any of the many causes that our members may feel strongly about; our approach to addiction is a non-professional one; we are fully self-supporting. The traditions have provided our fellowship with essential guidance throughout its development, and they continue to be indispensable.

The Twelve Concepts for NA Service described here are intended to be practically applied to our service structure at every level. The spiritual ideals of our steps and traditions provide the basis for these concepts, which are tailored to the specific needs of our fellowship's service structure. The concepts encourage our groups to more readily achieve our traditions' ideals, and our service structure to function effectively and responsibly.

These concepts have been crafted from our experience. They are not intended to be taken as the "law" for NA service, but simply as guiding principles.

We find that our services are stabilized when we conscientiously apply these concepts, much as our steps have stabilized our lives and our traditions have stabilized and unified our groups. The Twelve Concepts guide our services and help ensure that the message of Narcotics Anonymous is available to all addicts who have a desire to stop using and begin practicing our way of life.

1. To fulfill our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.

2. The final responsibility and authority for NA services rests with the NA groups.

3. The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it.

4. Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants.

5. For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.

6. Group conscience is the spiritual means by which we invite a loving God to influence our decisions.

7. All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes.

8. Our service structure depends on the integrity and effectiveness of our communications.

9. All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.

10. Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.

11. NA funds are to be used to further our primary purpose, and must be managed responsibly.

12. In keeping with the spiritual nature of Narcotics Anonymous, our structure should always be one of service, never of government.

*'A Guide to Local Services
In Narcotics Anonymous'
Pg. # 1*

Being clean today is a beautiful thing. Today I can swing in the park and feel a peace inside myself that an addict like me never expected to feel. The miracle of recovery for me today means loving and noticing the little pleasures in life.

Today I can honestly tell someone when they've offended me without hurting them or myself. Recovery has granted me the gift of being able to have compassion for others but most of all compassion for myself. I know there is much more for me to learn and more gifts for me to receive and give.

Just for today, I'm going to keep coming back.

-Anonymous

Carrying The Message

Based the Interview of Tiffany M. By Kevin P. The 5th Step

Continued from page 1 Column 2

- Kevin: How many times have you formally worked a fifth step?
- Tiffany: Two times.
- Kevin: What was your first fifth step like?
- Tiffany: It was scary, emotional and rewarding. I did it in a step study group. I had support there. We gave each other gifts and stuff. It was really emotional.
- Kevin: So what do you think the Basic Text means by, "The 5th step is the key to Freedom"?
- Tiffany: I think we have to look at our past. Look at it and deal with it. Kind of like cleaning a wound. It's going to hurt but you've got to do it anyway.
- Kevin: How do you feel about sharing a 5th step with someone other than a sponsor?
- Tiffany: I've got to share mine with my sponsor. I feel like since I work the step with my sponsor it would be kind of silly. I feel my work with my sponsor wouldn't be complete.
- Kevin: What do you have for the newcomer?
- Tiffany: No matter what, you don't have to use. There are people in the fellowship that care and want you to succeed. Feelings will pass, and the desire to use can be lifted. Get a Higher Power, go to 90 meetings in 90 days, get a home group, get a sponsor and work steps.
- Kevin: Thank you for being of service.

"The Twelve Steps of Madness"

1. We admitted we were powerless over nothing, that we could manage our own lives perfectly as well as the lives of any other people who would allow us to do so.
2. We came to believe there was no higher power for us, and that the rest of the world was nuts.
3. We made a decision to have our loved ones put their lives and their will in our care.
4. We took a fearless moral inventory of all those who we know.
5. We pointed out to everyone we knew the exact nature of their defects.
6. We were entirely ready for everyone else to do the right thing.
7. We demanded that everyone change or get out of our life.
8. We made a complete list of everyone who had harmed us, and we became willing to go to any length to get revenge.
9. We took direct revenge on all these people whenever possible, except when to do so could cost us our lives or put us in jail.
10. We continued taking everybody else's inventory, and when they made a mistake, we quickly and persistently reminded them.
11. We looked for a way to develop a relationship with a higher power that would do everything our way.
12. Having had a complete physical, emotional, and spiritual collapse as a result of these steps, we tried to blame others, and we searched for sympathy and pity in all our affairs.

Adapted from an article printed in Juntos,
the Ecuadorian Magazine
of Narcotics Anonymous

Quotes of the Month

I WOULD RATHER LIVE MY LIFE AS IF THERE IS A GOD, AND DIE TO FIND OUT THERE ISN'T, THAN TO LIVE MY LIFE AS IF THERE ISN'T A GOD, AND DIE TO FIND OUT THERE IS.....

--unknown

May you love people and use things, not love things and use people.

--unknown

"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."

--unknown

"...Addicts tend to live secret lives. For many years, we covered low self esteem by hiding behind phony images that we hoped would fool people. Unfortunately, we ended up fooling ourselves more than anyone. Although we often appeared attractive and confident on the outside, we were really hiding a shaky, insecure person on the inside. The masks have to go. We share our inventory as it is written, skipping nothing. We continue to approach this step with honesty and thoroughness until we finished. It is a great relief to get rid of all out secrets and to share the burden of our past...."

Basic Text

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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

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

May 12th, 07'
Walnut St. Baptist Church
1101 South 3rd Street

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

August 4th, 07'
The Belle of Louisville

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

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

March 29th-April 6th, 08'

Women's Sponsorship Weekend Retreat III:
Event Information: 203.238.1735; Event Registration:
203.886.7336; speaker tape submission deadline: 3/12/2007;
Straight from the Hip; Box 4033; Meriden, CT 06450; web:
<http://www.ctna.org/activities.htm>

"Family Day" : L.A.C.N.A XVIII Function and Fundraiser;
From 6pm-10pm; \$5/ person, \$20/ family; Bowling, Skating,
Basketball, Pool Tables, Cards, Chess, Dominoes, Food and
lots of fun. Contact: Mike S. (502)439-1962

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/>

**"Fantastic Voyage" : L.A.C.N.A XVIII Function and Fund-
raiser;** 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)

Ocean of Freedom:
Southern Mexican Riviera Cruise, San Diego, Event Informa-
tion: 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](mailto:Larry B. (502)684-5759)
Meeting is 1st Monday of each month, 5:30 p.m. @ Expression of You Coffee House, 1800 West Mu-
hammad Ali Blvd. **Next Meetings:** May 7th, June 4th, July 2nd,

Function and Fundraisers For More information call [Mike S. \(502\)439-1962](mailto:Mike S. (502)439-1962)
Meeting is every Saturday, 1:00 p.m. @ Old Louisville Coffee Shop, 1489 S. 4th Street
Next Meetings: Every Saturday

Registration For More information call [Nelle B. \(502\)819-9244](mailto:Nelle B. (502)819-9244)
Meeting is 1st Monday of each month, 5:00 p.m. @ Expression of You Coffee House, 1800 West Mu-
hammad Ali Blvd. **Next Meetings:** May 7th, June 4th, July 2nd

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:** May 26th, June 23rd, July 28th,

Programming For More information call [Kevin S. \(502\)693-8678](mailto: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:** May 7th, May 21st, June 4th, June 18th,

Art, Graphics, and Merchandising For More information call [Annisha H. \(502\)235-5065](mailto: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: May 19th, June 16th, July 21st,

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. 502-744-8296
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

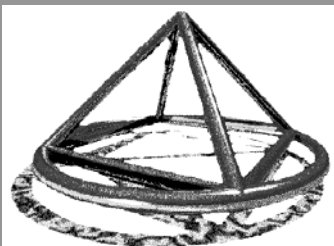
The First Sunday of Every Month
At 3pm
1722 Bardstown Road

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!

◆ JUNE'S TOPIC OF THE MONTH ◆

"Accepting Who I Really Am"

◆ 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 **May 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!

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!

Julia K.	April 16 th	3 Years	Serenity Group
Ta R.	April 16 th	3 Years	Why Are We Here
Matt S.	April 17 th	2 Years	Sweet Surrender
Rhonda W.	April 17 th	7 Years	We Too Recover
Donna B.	April 21 st	1 Year	Lose the Desire
Lisa B.	April 21 st	3 Years	Stick-N-Stay
Jack B.	April 22 nd	9 Years	Old School Recovery
Donna C.	April 24 th	7 Years	Gratefully Dedicated
Chris W.	April 25 th	7 Years	Steppin' to Freedom
Lisa P.	April 25 th	3 Years	The Step Up Group
Miriam A.	April 26 th	24 Years	Day By Day
Jack B.	April 27 th	9 Years	Old School Recovery
Patricia T.	April 27 th	1 Year	Out of Control
Marty W.	April 28 th	17 Years	Take It Easy
Steve K.	April 28 th	4 Years	Stick-N-Stay
Keith S.	April 30 th	1 Year	Why Are We Here
Paul H.	May 1 st	5 Years	Sweet Surrender
Robert W.	May 1 st	1 Year	Caring Thru Sharing
Angela W.	May 5 th	10 Years	Saturday Nite Live
Marsha J.	May 7 th	3 Years	Restored To Sanity
Kirk J.	May 8 th	5 Years	We Too Recover
Robert S.	May 8 th	12 Years	We Too Recover
Tamoura H.	May 9 th	4 Years	A Vision of Hope
Ellen S.	May 12 th	12 Years	Standing For Something
Erin T.	May 12 th	7 Years	Just Us
Marla C.	May 15 th	2 Years	We Too Recover
Marion C.	May 16 th	1 Year	Unity of Hope
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 L.	June 1 st	1 Year	Just For Today
Bob A.	June 8 th	1 Year	Recovery Today