



CARRYING THE MESSAGE

November 2006

Volume 3, Issue 11

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.
Newsletter Subcommittee:
Secretary, Vice Chair.

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.

Are You Interested? In a Friday night meeting in the Fern Creek Area? If so, please contact Jack B. at 231-6468. Leave a message!

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 4605 Popular Level Rd.

Interested? in a midnight meeting? Contact Joy. F at 240-9808

New meeting: Bardstown, KY. New Beginnings: Tue. at 8pm. Windsor Gardens, 101 Isaac Greer Ct. Closed meeting the first Tue. of every month is a speaker meeting. We need speakers. If interested please call Scott S. at 502-460-6545

We Too Recover: New Location 519 E. Grey St. at the Green St. Baptist Church. Starting Sept 5th at 7:00pm.

***ITS OK TO BE ME: New Location** New GLBT focused meeting. Providing an atmosphere of recovery for individuals who identify as gay, lesbian, bisexual, or transgender. Sat. @ 7:30PM at Central Presbyterian Church.

New Meeting: The Ties That Bind. Meeting Tues. at 7:00p.m. It's at 4765 N. Preston, Hebron Presbyterian Church. F.M.I. contact Vicki T.-231-1132 or Lisa R.-664-8905

Prayer and Meditation

What does my heart have to say today? Am I happy? Or am I troubled? We will find this out if we slow down and listen to our words. We can also hear our spirit in the tone of our words.

We are to meditate. Meditation is about slowing down so we can hear what our spirit is trying to tell us. Meditation is listening. Our spirit is but a quiet whisper inside us. To hear it we must quiet ourselves.

Slowing down allows us to find our center. As we find our center we find our spirit and our Higher Power.

Do I take the time needed to slow myself down?
Do I take the time to listen
-- to listen to my heart?

Anonymous

"Twelfth step. Having had a spiritual awakening, we tried to carry this message to addicts, and practice these principles in all our affairs. And uh, the bottom line of that is live this way. You want to be an NA member?

Be a fuckin' NA member. Do it right! You want to follow a spiritual path? Commit yourself with abandon. It's the only way it works. This is not a half- ass program. Having had a spiritual awakening, a rebirth, enlightenment. And I believe in Narcotics Anonymous, this twelve step path we're on, is just as sure a road to enlightenment as any philosophy or religion. And does not exclude any philosophy or religion. But, having had that awakening, You know it's kinda like when someone turns on your light, let it shine babe! Don't cover it up! When you get enlightened, when you have that spiritual awakening, don't hide it! Let it shine forth! And share with others so it can grow! So it can be nurtured. So it can shine even brighter! Carry this message to addicts. What's the message? The message is hope. The message is spirituality. The message is all these things. And practice these principles in all our affairs. Um, that's a big part of the message- live this way. You know, I can say all kinds of stuff about the steps. I've learned a lot about the steps and traditions and Narcotics Anonymous in twenty-eight years.

Escape From Denial is no longer meeting

on S. Jackson St.: We have moved to Cathedral of the Assumption. The address is 433 S. 5th St. We meet in the Sandefeur Dining Hall in the back. Please continue to support this important group of Narcotics Anonymous.

Wednesday Night Hope: meets on Wed. at 7:30pm at Northside Christian Church on Charlestown Rd. in New Albany, IN, room 105. The location is incorrect in the Area Meeting Schedule.

But the message I show you through the way I live is the real one. Kinda like don't tell me how good you're doing show by the way you live. How am I living? How is my life today? How's my program today? " Excerpted for Greg P's last NA Talk Greg P was instrumental in the creation of our Basic Text. His personal story appears in the Basic Text as "I Was Unique", pg 125. He also wrote the the IPs "The Triangle of Self-Obsession" and "Living the Program". Greg P got clean 25 October 1970 and died clean 17 April 1999.

". . .most of us welcome the exercise of prayer and meditation. Our spiritual condition is the basis for a successful recovery that offers unlimited growth. . .As has been noted elsewhere, our prayers seemed to work as soon as we entered the Program of Narcotics Anonymous and we surrendered our disease. To ensure our continued growth and recovery, we have to learn to maintain our lives on a spiritually sound basis. God will not force His goodness on us, but we will receive it if we ask. Most of us pray when we are hurting. We learn that if we pray regularly we won't be hurting as often, or as intensely.

Prayer is communicating our concerns to a Power greater than ourselves. Sometimes when we pray, a remarkable thing happens; we find the means, ways and energies to perform tasks far beyond our capacities. For some, prayer is asking for God's help; meditation is listening for God's answer. We learn to be careful of praying for specific things. We pray that God will show us His will, and that He will help us carry that out. If we pray for God to remove any distracting influences, the quality of our prayers usually improves and we feel the difference. Through prayer, we seek conscious contact with our God. In meditation, we achieve this contact. . .in quiet moments of meditation, God's will can become evident to us. Quieting the mind through meditation brings an inner peace that brings us into contact with the God within us.

We find ourselves praying, because it brings us peace and restores our confidence and courage. It helps us to live a life that is free of fear and distrust. When we remove our selfish motives and pray for guidance, we find feelings of peace and serenity. We begin to experience an awareness and an empathy with other people that was not possible before.

In recovery, we also strive for gratitude. We feel grateful for ongoing God-consciousness. A spiritual awakening is an ongoing process. We experience a wider view of reality as we grow spiritually. An opening of our minds to new spiritual and physical experiences is the key to better awareness. As we grow spiritually we become attuned to our feelings and our purpose in life."

An Addict In Recovery

Carrying The Message

Peace and Blessings Family. Narcotics Anonymous H & I has resumed the meeting at the Women's Detention Center and I would like to thank each and every one of the women who have given of their time to go and carry the message of hope to the women behind bars. This is a very fulfilling commitment in that the identification of how this disease demands that we do whatever we must in a futile attempt to satisfy it; remains fresh in my mind. By carrying the Narcotics Anonymous message to these still suffering addicts, we have the opportunity to plant seeds. Seeds that may one day grow into beautiful trees of recovery that in turn may plant the seeds of hope. Some of you may be aware that this is the only meeting that is actually TWO meetings held back to back on the same night. What you may not be aware of is that there are usually fifteen to twenty-two women in attendance at each meeting. We receive \$15.00 worth of literature monthly for this commitment which is just not enough. I am therefore asking for help from the fellowship of Narcotics Anonymous. At present there is one homegroup that has ordered the little white Narcotics Anonymous booklets and donated them for this meeting.

To this homegroup (and you know who you are) I say THANK YOU. These women have little else to do and are hungry for NA literature; but when you have twenty women and can only put out one or two IP's at a time. . . something is wrong. I am therefore asking that each homegroup consider (vote) making a small donation to this meeting. In addition to the white booklets, we use only five IP's; they are: IP # 23, IP # 16, IP # 7, IP # 22, and IP # 6. Any number of IP's or white booklets is a help, and will be appreciated by myself and the women to whom they will go. Also; if there are any women with six months or more clean and who have been out of the correctional system for more than five years, and you are willing to give up two and a half hours on a Tuesday evening from 7:45 p.m. - 10:15 p.m. please give me a call, and leave me a message I will return your call 384-4780 –

Yours in loving service, Shirley D.

Hi family, it is me again, Kelly C. After praying and meditating this morning, I was sitting in the warmth, glow, peacefulness, and the feeling of strength that "Just For Today" I can meet life on its own terms with no desire for a drug. This is how I can best describe my serenity for the day. I say for the day, because it is something this addict must do daily to keep going on in "life on its terms." I say that quite a bit lately because of issues in my life that I have no control over. I need to turn over MY will and fears to the God of my understanding. If I do not do choose to do this every morning, I will try to take things in my own hands (and lets face it that's how I got here).

Taking things in my own hands causes unmanageability in my life. I know this because I got out of my routine and, although (thanks to this program) I did not use, I did have a lot of character defects showing their UGLY faces. I felt out of control and I could find no direction in figuring out where to go in this mayhem I found myself in. When I stop to meditate after my prayer to the God of my understanding, I hear no grand voice saying "Kelly, do this and that and all will be well!" I feel peacefulness, my head begins to clear and I realize that I have no power over how people think, any illnesses, or what others choose to do with their lives (including kids). Now don't get me wrong, some times are better than others. Life isn't easy - we all already know that, but we are lucky enough to have this program to help guide us through it.

Remember new ideas and things we have tried to do to keep clean weren't always comfortable at first. But it is just like the Kevin P quoted in the October 2006 issue # 3. "Isn't it strange that you can't find a word to say when you're praying, but have no trouble thinking of what to talk about with a friend?" So every morning and night I just talk to my friend who has never left my side, and as always, he takes it from there.

Sincerely, Kelly C

Based on the Interview of Jack B. By Kevin P.
The 11th Step

Kevin: How many times have you formally written on a tenth step? **Jack:** Once the old way, not in the Step Working Guide.

Kevin: How has the process of your prayer changed throughout your recovery? **Jack:** In the beginning it was more foxhole prayers, "God, if you'll just get me out of this one...!" Now instead of praying for specifics, I pray more for others and ask God to help me do His will instead of my own. **Kevin:** How has the process of your meditation changed throughout your recovery? **Jack:** Before I worked an 11th step meditation was something somebody else did. After working the step it became a means to listen to my Higher Powers answers.

Kevin: Do you think both are necessary? **Jack:** Yes, equally necessary. Prayer allows me to communicate with the God of my understanding. And the meditation is his way of communicating with me.

Kevin: How has your conscious contact with your Higher Power improved? **Jack:** One thousand percent. At first God was just an entity. Now he is my personal friend. **Kevin:** Have you ever, throughout your recovery, had to seek a bigger God?

Jack: Yes, in early recovery the God of my understanding helped me get clean. Today, the God of my understanding helps me stay clean and live life on life's terms. **Kevin:** What do you have for the newcomer? **Jack:** This works...better than anything in the world! It's given me my life back!

Kevin: Thank you for being of service.

Quote of the Month

...Once we begin to recover, we find our obsession with ourselves diminishing and our awareness of the presence of a Higher Power growing. We've begun to see that we aren't alone and never have been.

It Works How and Why Pg. 106

"My time for prayer can be anytime, anywhere, because I now have a friend who listens whenever I pray."

Basic Text pg. 176

!!!Special Announcements Meeting Cancellation

Caring Thru Sharing will not meet Monday November 20th. Meetings will meet regularly before and after this date.!!!!

LACNA XVIII

We are forming the committee for the 18th Annual Convention.

When: Nov. 4th, 11th, 18th, 2006

Where: 318 W. Kentucky St.

Time: 3:00pm

For more info call:
Bobby E. @ 387-9065

NA Conventions and Functions

November 18th, 2006

Why are We Here
Central Presb. Church
318 W. Kentucky St.

December 2nd, 2006

TBA

January 5- 7th, 2007

The Columbus
Formerly Adams Mark Hotel
50 North Third Street
Columbus, Ohio 43215
614.228.5050 or 1.800.417.1057

January 19th-21st, 2007

Marriot, Downtown
280 W. Jefferson Street
Louisville, KY 40202

Why are We Here 6 Year Celebration: Dinner—6:30pm-7:30pm, Speakers—7:45-9pm, 9pm-Midnight—Dance, Fellowship, & Marathon Meeting. No Cost!!!
50/50 Raffle; Auction; NA Jail. For more Info contact Me Me D. (502)931-3901 or Annisha H. (502)235-5065

Holiday Feast: 18th Annual Holiday Feast. More information to come!

Central Ohio Area Convention XVIII: Uncover, Discover, Recover

Rooms are \$99 + \$50 Incident charge (Refunded). Programming Committee is asking for workshop Topics, Workshop Chair People, Workshop Speakers, & Main Speakers. Look for more details through your home group. June 1st is the deadline for topic suggestions. July 31st is the deadline for speaker tapes. Registration Flyers also available from "Carrying the Message", email a request to newsletter@NALouisville.org

LACNA XVII Convention: For hotel reservations call (800) 533-0127 or (502) 627-5045
Room rates: single, double, triple and Quad \$119.00 + tax/night. Mention LACNA XVII for reservation discount. Registration: \$15.00 until August 31st, \$20.00 until November 30th, \$25.00 after that. Registration Contacts: LaTonia B.(Chair) 502-819-1630, Yolanda S.(Vice-Chair) 502-693-8670, Glynnetta H.(Secretary) 502-472-6857

"We go to meetings regularly, get and use telephone number, read literature, and most importantly, we don't use." -Basic Text page 54-

Name	Group Name	Telephone Number
		#
		#
		#
		#
		#
		#
		#

LACNA XVII Executive Committee Members

Chairperson: Greg K.	742-5955	Vice-Chair: Kevin S.	568-2698 / 693-8698 (c)
Secretary: Angie B.	366-1898/681-7178 (c)	Treasurer: Ms. Alyce T.	494-7722
Hotels & Hospitality: Meme D.	931-3901	Function & Fundraisers: Crystal C.	587-7297 / 836-1153(c)
Serenity Team: Donna J.	593-1626	Registration: La Tonia B.	819-1630
Art & Graphics: Cordelia B.	291-4942	Programming: LaShaundra	541-6176

LACNA XVII Needs Trusted Servants to Participate:

<p>Functions and fundraisers: Next Meeting is Oct. 14th at the 4th & Hill Coffee House at 4pm and every 2nd & last Sat./month afterwards, Contact: Crystal C @ 836-1153</p>	<p>Hotels & Hospitality: Next Meeting is Oct. 7th at the coffee house on 18th & Muhammad Ali Blvd at 2p.m. and every 1st & 3rd Sat. of each month afterwards. Contact: Meme (chair)@ 931-3901 or Vickie C.(V-Chair)@ 533-4952</p>	<p>Registration: Next Meeting is Oct. 9th at the "Expressions of You" Coffeehouse & Gallery located at 1800 W. Muhammad Ali Blvd. Every other Monday afterward, at 5:00pm. Contact LaTonia B. (810-1630 for the time.</p>	<p>Arts & Graphics: Next Meeting is Oct. 2nd at the coffee house on 18th & Muhammad Ali Blvd at 5:00p.m. and (Nov. 6th, Dec. 4th Afterward). Contact: Cordelia B.(291-4942)</p>
---	--	---	--

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. 502-271-7825
Kelly C. 502-876-1030

NA NEWSLETTER
SUBCOMMITTEE
MEETINGS

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

EMAIL

newsletter@NALouisville.org

ASC MEETING

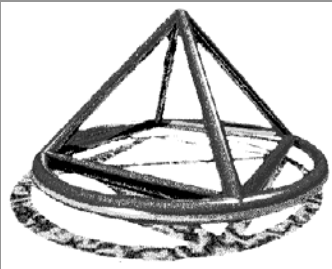
The First Sunday of Every Month
At 3pm
1722 Bardstown Road

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!

◆ DECEMBERS' TOPICS OF THE MONTH ◆ *Carrying the Message*

◆ 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 **November 21st**.
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!

These Groups are in need of your support.

Miracle on 22nd: Sunday 7pm – 8:30pm
2115 W. Jefferson St.

Reality: 6pm-7:30pm 2973 Wilson Ave. (Michelle S)

A Vision of Hope: Wed. 12:00p.m.
2200 W. Muhammad Ali Blvd.

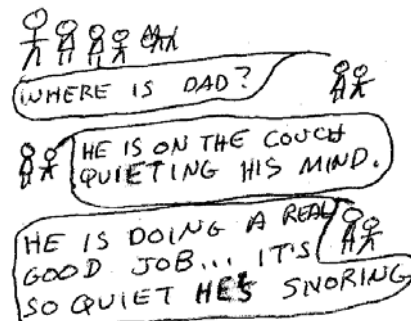
Day by Day: Thurs. 7:00p.m.
519 E. Gray St.

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

We Too Recover: Tues. 7:00p.m.
2011 St. Xavier St.

Come out and help, spread the message of NA.

THE STICKMANS



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 Cleaniversary as well as the first 15 days of the next month. We apologize for any Cleaniversary that we forget, or misprint!

Nathaniel R.	November 1 st	2 Years	AGAPE
Rodney B.	November 3 rd	12 Years	Out of Control
Tim W.	November 3 rd	3 Years	Keep Coming back
LaTonia B.	November 5 th	9 Years	Walking & Talking
Steve M.	November 9 th	3 Years	Recovery Today
Stephanie C.	November 11 th	18 Years	Just Us Group
David E.	November 11 th	17 Years	AGAPE
Robert A.	November 14 th	5 Years	AGAPE
Chris C.	November 16 th	5 Years	Recovery Today
Melvin G.	November 17 th	14 Years	Out of Control
Gilbert	November 18 th	5 Years	Escape From Denial
Donald M.	November 27 th	5 Years	Serenity Group
Lionel T.	November 27 th	7 Years	Against All Odds
Carolyn P.	December 1 st	3 Years	Out of Control
Cordelia B.	December 2 nd	5 Years	Reach for Recovery