



CARRYING THE MESSAGE

October 2007

Volume 4, Issue 10

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—

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

Newsletter Subcommittee:

Secretary, Vice Chair.

H&I Subcommittee:

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

Needs Support: Starting Over,
group meets at the VA Hospital on
Zorn Avenue on the 7th floor,
Saturdays from 10:00am to 11:00
am - Open discussion. They are in
need of members with clean time.

New Meeting: Hope Not Dope.
Meeting @ 7:30 every Thurs. Lo-
cated at 545 Floyd St. Corydon, IN.
Call (502)424-6570

**DoYouWantToLiveorDoYou-
WantToDie:** Meeting Starting
Sept. 11th, 7- 8 p.m.

'Correction' New Meeting: At
The Trinity house 1000 E 11th St.,
in Jeffersonville, IN. It will be
Thursday nights 7:30pm – 9pm.

**The Louisville Area NA Phone-
line (P.I.) subcommittee is
changing locations.** New address
is Harvey Brown Presbyterian
Church 311 Browns Lane Room
221.

Meeting Change: Another Chance
Group has moved to 544 Main St.,
Shelbyville, KY. The building is
directly across the street from the
Sixth and Main Coffeehouse. Park-
ing is available either on Main St.
or on Sixth St.

**The Area Activities Subcommit-
tee is in need of your support.**

3rd Sat./ month at the Nia Center
2900 W. Broadway.

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

This Month's Topic is:
"Looking at my day"

"We are achieving freedom from the wreckage of our past. We will want to keep our "house in order" by practicing a continuous personal inventory in Step Ten.

STEP TEN

"We continued to take personal inventory, and when we were wrong promptly admitted it." The Tenth Step frees us from the wreckage of our present. If we do not stay aware of our defects, they can drive us into a corner that we can't get out of clean. One of the first things we learn in Narcotics Anonymous is that if we use, we lose. By the same token, we won't experience as much pain if we can avoid the things that cause us pain. Continuing to take a personal inventory means that we form a habit of looking at ourselves, our actions, our attitudes and our relationships on a regular basis. We are creatures of habit and are vulnerable to our old ways of thinking and reacting. At times it seems easier to continue in the old rut of self-destruction rather than to attempt a new and seemingly dangerous route. We don't have to be trapped by our old patterns. Today we have a choice. The Tenth Step can do this for us; it can help us correct our living problems and prevent their recurrence. We examine our actions during the day. Some of us write about our feelings, explaining how we felt and what part we might have played in any problems which occurred. Did we cause someone harm? Do we need to admit that we were wrong? If we find difficulties, we make an effort to take care of

them. When these things are left undone, they have a way of festering. This step can be a defense against the old insanity. We can ask ourselves if we are being drawn into old patterns of anger, resentment or fear. Do we feel trapped? Are we "setting ourselves up" for trouble? Are we too hungry, angry, lonely or tired? Are we taking ourselves too seriously? Are we judging our insides by the outside appearances of others? Do we suffer from some physical problem? The answers to questions like these can help us to deal with the difficulties of the moment. We no longer have to live with the feeling of a "hole in the gut". A lot of our chief concerns and major difficulties come from our inexperience with living without drugs. Often when we ask an "old-timer" what to do we are amazed at the simplicity of the answer.

The Tenth Step can be a pressure relief valve. We work this step while the day's ups and downs are still fresh in our minds. We list what we have done and try not to rationalize our actions. This may be done in writing at the end of the day. The first thing we do is stop! Then we take the time to allow ourselves the privilege of thinking. We examine our actions, our reactions, and our motives. We often find that we've been "doing" better than we've been "feeling". This allows us to find out where we have gone wrong and admit fault before things get any worse. We need to avoid rationalizing. We promptly admit our faults, not explain them.

We work this step continuously.

Carrying The Message

Continued from page 1 Column 2

Based on the Interview of Paul H. By Kevin P. The 10th Step

- Kevin: How many times have you formally written on a tenth step?
- Paul: Once.
- Kevin: What's the difference between the fourth step inventory and the tenth step inventory to you?
- Paul: The 10th step to me is more of a daily inventory you can use to check how you're living, just for today.
- Kevin: How often do you take a regular inventory?
- Paul: Not as often as I should. I use to do it pretty regular. Now it's about twice a week.
- Kevin: Do you still use the questions on page 100 of the Step working guide?
- Paul: Now I usually use the "Living the Program" I.P.
- Kevin: What is the most beneficial aspect of a regular inventory for you?
- Paul: I think it's a good tool to see if you're living by spiritual principles.
- Kevin: What do you do if the same problems continue to show up in your inventory?
- Paul: I try to address these problems, and try, to the best of my ability, not to act out on those defects.
- Kevin: What do you have for the newcomer?
- Paul: Stick around because it's worth it. It's made a lot of changes for the better in my life.
- Kevin: Thank you for being of service.

We need to keep in mind that everyone makes mistakes. We will never be perfect. However, we can accept this fact by using Step Ten. By continuing a personal inventory we are set free, in the here and now, from ourselves and the past. We no longer are forced to justify our existence. This step allows us to be ourselves."

■ Basic Text, Step Ten

October 28

Attitudes

"We can also use the steps to improve our Attitudes"

Basic Text, p. 53



Ever have a day when everything seems to be working against you? Do you go through periods when you are so busy taking people's inventories you can barely stand yourself? What about when you find yourself snapping at your coworker or loved one for no reason? When we find ourselves in this bleak frame of mind, we need to take action.

At any point in the day we can set aside a few moments and take a "spot inventory." We examine how we are reacting to outside situations and other people. When we do, we may find that we are suffering a plain old "bad attitude." A negative outlook can hurt our relationship with our Higher Power and the people in our lives. When we are honest with ourselves, we frequently find that the problem lies with us and our attitude.

We have no control over the challenges life gives us. What we can control is how we react to those challenges. At any point in time, we can change our attitude. The only thing that *really* changes in Narcotics Anonymous is us. The Twelve Steps give us the tools to move out of the problem and into the solution.



Just for today: Throughout the day, I will check my attitude. I will apply the steps to imp

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
3rd Sat./ month @ the Nia Center
2900 W. Broadway

-Helpline & Public Information
3rd Friday of Every Month, 6:30pm
Harvey Brown Presbyterian
311 Browns Lane Room 221
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

October 20th, 07'
Cathedral of The Assump-
tion
435 South Fifth St.
Louisville, KY

LACNA XVIII F & F Presents: Growing Up In Recovery
Speaker Jam & Dance; Cost is \$3.00 per person or \$5.00 per
couple. Please come out and support your area.
Functions & Fundraiser Chair: Mike S. (502) 439-1962
Secretary: Rhonda H. (502) 568-2488

October 27th, 07'
St. Johns Presbyterian 1307
E. Elm Street
New Albany, Indiana

The Monster Bash: 7:30 pm and Speaker at 8:00 pm with the
Auction to follow.

December 1st 07'
Another Chance Group

Another Chances' Holiday Feast: Look for flyers and stay
tuned for more information.

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/lacnaxviii prereg.pdf"](http://www.nalouisville.org/pdf/lacnaxviii prereg.pdf)

H & I

Will bring a meeting to YOU! If you're in a hospital or
shut in and can't get to one.

Contact:

Or Cordelia B. 889-8119

Lara B. 235-5573

These Groups are in need of your support.

Blind Faith: Wed. 7:30pm

Never Alone: Thurs. 8:00p.m.

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

Saturday Nite Live: Sat. 7:30pm

Starting Over: Sat. 10am

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)648-5759 Meeting is 1 st Monday of each month, 5:30 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd. Next Meetings: Nov. 5 th , Dec. 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: Nov. 5 th , Dec. 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: Oct. 27 th , Nov. 24 th , Dec. 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: Oct. 8 th & 22 nd , Nov. 5 th & 19 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: Oct. 20 th , Nov. 17 th , Dec. 15 th ,

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

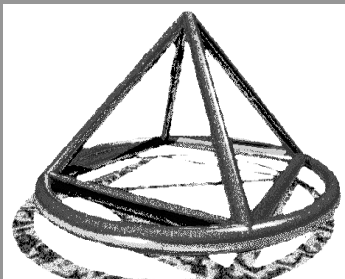
The First Sunday of Every Month
At 3pm
1722 Bardstown Road

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!

◆ NOVEMBERS TOPIC OF THE MONTH ◆

"Constantly in Contact"

**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 **Oct. 26th**.
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!

Andy P.	September 15 th	2 Years	AGAPE
Patricia P	September 15 th	13 Years	Just Us
Patrick C.	September 15 th	2 Years	Take It Easy
LeMarr S.	September 17 th	5 Years	Against All Odds
DeWayne B.	September 18 th	16 Years	Gratefully Dedicated
Tina W.	September 20 th	1 Year	Never Alone
HUrchel P.	September 21 st	2 Years	Stopping Point
Charles R.	September 22 nd	19 Years	Highland Peace
Lara B.	September 22 nd	2 Years	Lose the Desire
Nancy B.	September 22 nd	18 Years	Just Us
Tiffany M.	September 22 nd	3 Years	It's O.K. To Be Me
Yolanda S.	September 25 th	11 Years	We Too Recover
Elaine T.	September 27 th	4 Years	Another Chance group
Aaron K.	September 28 th	21 Years	Stopping Point
John M.	September 28 th	3 Years	Old School Recovery
Poochie	September 28 th	4 Years	Dope Or Us
Donna F.	September 29 th	3 Years	Reach For Recovery
Thea B.	September 29 th	1 Year	Another Chance Group
Big Bob	September 30 th	4 Years	Miracle on 22 nd Street
Greg N.	October 1 st	1 Year	Point Of Freedom
Jennifer V.	October 2 nd	5 Years	Gratefully Dedicated
Scott S.	October 2 nd	16 Years	Sweet Surrender
Jill P.	October 4 th	3 Years	Stick-N-Stay Basic
Tony C.	October 5 th	9 Years	Stopping Point
Edward S.	October 8 th	1 Year	Why Are We Here
Cathy S.	October 10 th	4 Years	Serenity Group
Frazier M.	October 10 th	2 Years	Caring Thru Sharing
Teri B.	October 10 th	4 Years	Caring Thru Sharing
Ken C.	October 12 th	9 Years	Out Of Control
Sam C.	October 13 th	6 Years	Reach For Recovery
Tommy J.	October 19 th	4 Years	Out Of Control
Michael W.	October 20 th	5 Years	Just Us
Walt E.	October 21 st	2 Years	Sunday Survivors
Jamie T.	October 22 nd	2 Years	Stick-N-Stay Basic
Nancy S.	October 23 rd	10 Years	Sweet Surrender
Angela R.	October 24 th	9 Years	Unity of Hope
Theodore B.	October 26 th	3 Years	Out Of Control
Carl L.	October 28 th	12 Years	Sunday Survivors
Angie B.	October 29 th	6 Years	Why Are We Here
Nathaniel R.	November 1 st	3 Years	AGAPE
Rodney B.	November 2 nd	13 Years	Out Of Control
Charlotte W.	November 3 rd	5 Years	Just Us
Latonia B.	November 4 th	10 Years	Walking & Talking Recovery
Tim W.	November 5 th	4 Years	Dope Or Us
Michael T.	November 6 th	3 Years	Sweet Surrender
Ernie W.	November 9 th	13 Years	Highland Peace
Jeff H.	November 9 th	13 Years	Highland Peace
Stephanie C.	November 10 th	19 Years	Just Us
Helen T.	November 13 th	5 Years	Gratefully Dedicated