



THE TENTH STEP

“We continued to take personal inventory and when we were wrong promptly admitted it.”

In Step Ten of The Step Working Guides, there is a line in the first paragraph that I have come to greatly appreciate. It reads: “Recovery has a price – it demands our vigilance.” But this vigilance is not just about observing my feelings, thoughts, motives and behavior. It is about the actions I take. Many people say the Tenth Step is like a Fourth Step, only daily. I have found the Tenth Step to be like Steps Four through Nine. I not only must honestly observe and admit to the way I am living, but I must be ever willing to change my behavior when I find it is not serving me or others. To simply open the Living The Program I.P. every night and answer the questions in it is not necessarily a full Tenth

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ANNOUNCEMENTS

MEETING CHANGES

SERENITY ON SUNDAY has moved to 2203 Dixie Hwy. We meet Sundays @ 1:30p.m.

STEPPIN' TO FREEDOM has changed it's format to an open (anyone welcome) meeting. We meet every Wednesday @ 7:30p.m., 1649 Cowling Ave. @ The Highland Vineyard Christian Church.

NEEDS SUPPORT

COOL CHANGES: Thursdays @ 7:00p.m., 8311 Preston Hwy @ Harmony House.

ESCAPE FROM DENIAL: Wednesdays @ 7:00p.m., 433 S. 5th St. @ Cathedral of the Assumption.

RECOVERY R US: Mondays @ 6:30p.m., 760 Eastern Pkwy @ Our Mother Of Sorrows. (Kid-friendly meeting.)

STOP THE MADNESS: Tuesdays @ 7:30p.m., 4210 E. Indian Trail @ Peace Presbyterian Church.

EVENTS

H&I/HELPLINE PI LEARNING DAY:

October 10, 3p.m.—9p.m. @ Bardstown Road Presbyterian Church. Learn about service you can do in our area with both Hospitals and Institutions and the Helpline Public Information subcommittees. Dinner will be provided.

MONSTER BASH: October 31, 6p.m.—12a.m. @ Bardstown Road Presbyterian Church. Food, Fun, Games and Recovery. Best costume prizes for kids and adults!! See flyers or member of LASCNA executive committee for details!

GENERAL ANNOUNCEMENT

POSITION OPEN FOR KRCNA XXIV:

Entertainment Subcommittee Chairpersons available. If interested come to the next KRCNA Subcommittee Meeting. Details Pg. 2.

THE LITERATURE SAYS...

FROM “The Step Working Guides: Step 10”:

The Tenth Step tells us that we have to promptly admit when we're wrong. The step seems to assume that we know when we're wrong, but the fact is that most of us don't-at least not right away. It takes

the consistent practice of taking a personal inventory for us to become proficient at figuring out when we're wrong.

Let's face it. When we were new in recovery, we had been at odds with the rest of the world for some time. As the Basic Text says,

our "living skills were reduced to the animal level." We didn't know how to communicate with others well. We began to learn in recovery, but in the process1 we made a lot of mistakes. Many of us went through a period of time when we became very rigid

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Get Involved with service!!!

Activities — Meets the 1st Saturday of the Month, 2p.m. @ the Token III Club, 4014 Dutchmans Ln.

Helpline PI — Meets the 3rd Tuesday of the Month, 7p.m @ Highland Presbyterian Church, 1011 Cherokee Rd.

Hospital & Institutions — Meets the 3rd Wednesday of the Month 6:30pm @ Central Presbyterian Church 318 W. Kentucky St.

KRCNA XXIV — Meets the 2nd Sunday of the Month, 3p.m. @ Highland Baptist Church, 1101 Cherokee Rd. (Grinstead Drive side of building)

LACNA XX — Contact Rodney B.

Literature — Contact Frazier M.

Newsletter — Meets the 3rd Thursday of the Month, 6pm @ Highland Coffee, 1140 Bardstown Rd.

Policies & Procedures — Meets the 2nd Saturday of the Month, 10a.m. @ Perkfection Coffee House, 359 Spring St., Jeffersonville, IN.

NA TRIVIA!

COMPLETE THIS PHRASE:

"The twelve steps of Narcotics Anonymous are _____."

HINT

Look in the JUST FOR TODAY Chapter of the BASIC TEXT.

SEPT. ANSWER: Step 9 in It Works How and Why, "making amends."

Jumble

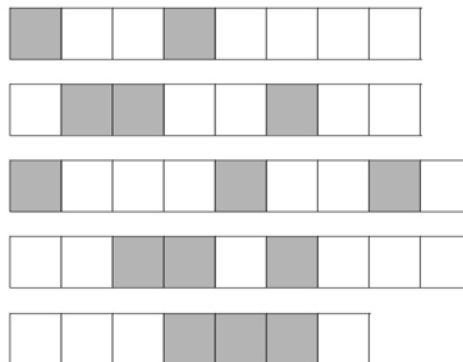
DEFUNCOS

FASEMINT

INCLIPPER

FUELSTERN

CLAMEIR



AMENDS, Cont.

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Step. When I see that my behavior has caused harm, I must make amends. For me, the whole period from assessing my behavior to amending my behavior is a Tenth Step. And often, this takes more than a few minutes at night before bedtime.

Let me tell you a personal story that has a lot to do with how effectively or ineffectively I work the Tenth Step. A couple of months ago, I began watching past episodes of a television show on the internet. There were two seasons worth of episodes available to me. I began watching just a couple a day, and then it escalated to whole afternoons spent sitting in front of my computer watching episode after episode of this show. I knew this was wasting my time;

hours of my life that I would never get back. The kicker was, I really didn't like the show very much – I thought it was pretty lame. But I couldn't seem to stop watching episode after episode. I recognized I had a problem. I talked with a member of my support group about it. (My support group is the handful of people that I am very close to emotionally and feel safe sharing my secrets with.) Through sharing with this person what I was doing and how I felt and what I thought about it, I came up with a solution. The solution to my problems is not always immediately recognizable by me until I talk with another person in recovery about them. My solution was to watch the last episode. Through talking with my friend, I realized that I was hooked because I wanted to find out what

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“ _____ PERMITS BALANCE IN OUR RECOVERY.”

SEPTEMBER ANSWERS: CONSCIOUS, WORKING, PURPOSE, PARALLEL, ADMITTED, NARCOTICS. PHRASE: HAVING HAD A SPIRITUAL AWAKENING.

October/November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4 AREA SERVICE</p> <p>Tony C., 11yrs—Serenity on Sunday</p> <p>Matthew C., 1yr.—Miracle On 22nd St.</p>	<p>5</p>	<p>6</p> <p>Scott S., 18yrs.—Sweet Surrender</p>	<p>7</p> <p>Octavia T., 1yr.—Escape From Denial</p>	<p>8</p>	<p>9</p>	<p>10 P & P</p> <p>HELPLINE PI AND H&I LEARNING DAY</p> <p>Greg H., 3yrs.—Standing For Something</p>
<p>11 KRCNA</p> <p>Vince D., 1yr.—Serenity On Sunday</p> <p>Scott W., 2yrs.—Stick And Stay</p>	<p>12</p> <p>Edward S., 3yrs.—Why Are We Here</p>	<p>13</p>	<p>14</p>	<p>15</p> <p>Wes G., 8yrs.—AGAPE</p>	<p>16 NEWSLETTER</p> <p>Ken C., 12yrs.—Out of Control</p>	<p>17</p> <p>Bruce K., 1yr.—Standing For Something</p> <p>Sam L., 8yrs.—Reach For Recovery</p>
<p>18</p>	<p>19</p>	<p>20</p> <p>HELPLINE & PI</p>	<p>21 H & I</p>	<p>22</p>	<p>23</p> <p>Theodore B., 5yrs.—Out of Control</p>	<p>24</p>
<p>25</p>	<p>26</p> <p>Angie B., 8yrs.—Why Are We Here</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p> <p>Rodney B., 15yrs.—Out of Control</p>	<p>31</p> <p>MONSTER BASH</p>
<p>1 AREA SERVICES</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7 ACTIVITIES</p>

The Messenger

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Next Month's Topic:
The 11th Step

Send all submissions,
"Cleaniversaries" and/or suggestions
to

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THE TENTH STEP, CONT.

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happened. By watching the last episode, I effectively ruined the whole experience for myself. And that actually worked. In this instance, my Tenth Step was not just recognizing my problem and sharing about it. My Tenth Step started with recognizing my behavior, then sharing with someone to get clarity on why I was doing it and coming up with a solution that could work, and then implementing that solution.

Not all problems are so easily solved, not all behaviors are so easily amended. But even for the most minor and trivial problems, I use the same process of the Tenth Step. In my experience, it is not necessarily the big issues that my disease rides in on. It is the little things that I think don't really amount to much. Of course, there were larger reasons why I was avoiding my life by watching episode after

episode – but I had to amend that behavior before I could effectively address the deeper issues. Just as I had to stop using before I could begin to recover. It takes vigilance to maintain a level of spiritual and mental health. And in order to be vigilant, I need the eyes and ears of my support group and the NA fellowship. I was told a long time ago that the reason all of our steps start with “We” is, that is how we work them – together.

--Anonymous



THE LITERATURE SAYS...CONT.

(Continued from page 1)

about the values we had developed in recovery. We applied that rigidity not only to ourselves, but to everyone around us. We thought it was principled and correct to confront those whose behavior was "unacceptable." In truth, it was our behavior that was unacceptable. We were self-righteous and overbearing. We were wrong.

Or some of us, after years of serving as a doormat for everyone to walk across, decided our recovery required that we become assertive. But we went too far. We demanded that everyone treat us perfectly all the time. No one could have a bad day and fail to return our phone call. No one was allowed to be emotionally unavailable to us for any length of time. We angrily demanded perfect service at

the places we did business. We weren't being assertive. We were being immature and belligerent. We were wrong. We can even end up being wrong if someone hurts us. How? Say our sponsor says something very hurtful to us. Instead of taking it up with our sponsor, we talk to ten or twelve of our closest friends at the next three meetings we go to. Before the week is through, half our local NA community is talking about the rotten thing so-and-so said to one of his sponsees –and that's if the story stayed as it was originally! So the situation started out with us having done no wrong, but ended up with us being responsible for damaging our sponsor's reputation in the program-the place where he needs, as much as we do, to be allowed to make mistakes and recover at his own pace.

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