

# CARRYING THE MESSAGE

February 2004  
Volume 1, Issue 2

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER SUBCOMMITTEE

## February Topic of the Month: The Newcomer is the Most Important Person at any Meeting

Narcotics Anonymous is a fellowship of men and women who meet regularly to help each other stay clean; but before we were a part of this worldwide fellowship, we were newcomers.

As newcomers, we felt like we were entering into an entirely different world; one that was strange and frightening to us. We had just made a decision to turn our backs on our dearest friend, the drug, because we were able at some point to realize that our best friend was really our worst enemy. Yet the drugs that had played such a large and destructive part in our lives was nonetheless familiar to us. Letting go completely was not easy. We needed help. The only place to find that help was among people just like us, who had also walked away from all that was familiar with the drugs.

The newcomer is the most important person at any NA meeting, because we were all newcomers once. Had it not been for those members of the fellowship of Narcotics Anonymous who were here when we got here, how could we have stayed? They welcomed us; they talked about how they stopped using drugs and how they found a new way to live. If not for those who preceded us- we would not be here to precede the newcomer- and offer them a chance to live, just like it was offered to us. After all... we must give it away to keep it.

-Shirley D.

## Carrying the Message to the Newcomer!

Our literature tells us that, "In order to cultivate a spiritual awakening, we have found it essential to express our gratitude and practice the principles of recovery." Narcotics Anonymous is not a selfish program, in fact it is just the exact opposite. Selflessness **is** a spiritual principle. As a member of NA I think it is necessary to practice selflessness on a daily basis, whether it be talking to a newcomer after the meeting, meeting them somewhere to help them get to a meeting or answering a phone call and just listening to them unload. A recovering addict who reaches out to that newcomer is doing that newcomer a favor and it is also a favor to themselves. The therapeutic value of one addict helping another, (which I like to call selfless service) is without parallel. The recovering addict who reaches out just may save that newcomer's life. Listening and giving experience, strength, and hope to the hurting newcomer may kindle a spark of hope in their heart that only a fellow-addict can.

If there were no newcomers those who had been around a while would not be reminded that, "It just isn't any better out there." Newcomers are very important because almost any recovering addict would go out of their way to any lengths to help that scared newcomer. I know that when I reach out to a newcomer, it helps me tremendously. It gives me a chance to get out of myself.

Our literature tells us that, "The only way to keep what we have is by giving it away." Why not give it away to someone who doesn't have anything?

-Blaire G.

## Experience, Strength, and Hope on Step Two and Tradition



### **STEP TWO: We came to believe that a Power greater than ourselves could restore us to sanity.**

After having made my admission of being powerless in the First Step I felt a need for help. Living without drugs left a void inside of me. For me it was a feeling of discomfort or better described as pain. With my honest admission in Step One that I was powerless, where was I to find help? In myself? That always ended in failure.

I have followed the advice of family, friends, professionals and others and all of these attempts proved futile. Slowly the words of Step One and Step Two began to blend into a single purpose: accepting that drugs were more powerful than me. I began to understand that it would take something greater than me to defeat my addiction. Reading Step Two gave me comfort to know that I could use a power greater than myself long before I understood it. The only criteria NA suggested was that my power be loving, caring and greater than myself. This is the process that started my road back to sanity. With the help of my sponsor and others I am continuing.

-Douglas J.

We apply this step by first being open-minded. We listen to those who come before us share their experience, strength, and hope. We hear what has helped them through the cycle of addiction, that being repeating the same action and expecting different results.

As addicts we suffer from a disease characterized by obsession and compulsion. Our disease is spiritual in nature and therefore requires a spiritual solution. Finding a God of our understanding is vital. This God should be loving, caring, and available. We come to understand that this God often works through people, especially the group or the fellowship of Narcotics Anonymous, which then makes those people a Power greater than ourselves. Through honest sharing with the group we are allowing others to help us; to put us back on track and to show us how the disease is influencing us to practice the same repetitive acts of insanity that kept us in pain during active addiction even when we are clean.

Through observing how this Power is working in the lives of other addicts. we come to believe that it

will work for us and can restore us to sanity as it has for countless others. It is then through the process of coming to believe we begin to take action, something that has worked for someone else, and by taking that action we demonstrate a restoration to sanity.

- Shirley D.

### **TRADITION TWO: For our group purpose there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

The recovery program of Narcotics Anonymous is saving my life. Not just the fellowship, but my sponsor, the Steps, service work, and my home group. Together, this network, with the god of my understanding are my higher power. This is a "We" Program not a "Me" Program so the use of the word "anonymity" here doesn't mean "bearing no name" or "what you say here, stays here." Anonymity means we are all equal. This is us, together.

The use of the word God does not mean a specific God is required, just that I'm not it. The point is when we work the steps we learn to be more God-centered and less self-centered. Caring more for the needs of the group and NA as a whole than for our own selfish needs. Caring about the spiritual principles such as honesty, open-mindedness, willingness, faith, and humility.

When we get together in a NA business meeting you can feel the spirit of recovery winning out over our disease when we work together as a group conscience. It seems uncanny sometimes the way positions are filled by people more than willing to give back what they've been so freely given by the way you can see them "walking the walk" instead of just "talking the talk". What a blessing it is each day to be in recovery and lets all remember to support each other no matter where you are in your recovery, whether you are a newcomer just walking through the door or chairing a subcommittee. Remember everyone here is equal.

- a humble servant

## Serenity Delight

Once upon a time a little while ago,  
 When I was a young fellow,  
 I was rippin' through the land,  
 Wondering what was at hand,  
 I picked up the drink and the story began.  
 I thought I had found the answers, to my dismay,  
 I was hit with the illusion, yes, I thought it was true,  
 The answers in this mug of brew.  
 It spun me and spun me around,  
 The progression of this continued to throw me down,  
 I hit the ground runnin' from the cops with the glocks,  
 Ready to go pop pop.  
 I was no doubt a troubled youth,  
 With no shot of hope,  
 A hardcore junkie wishing for more dope.  
 Runnin' through the concrete jungle my butt was burnin',  
 Fear, Anger, Isolation, and Pain.  
 God slapped me with so much grace,  
 So out of place, desire to change,  
 God hit me with his love mace.  
 Recovering addicts greeted me, hugged me, and took me in,  
 They said you are with us now,  
 Among family and friends.  
 They told me they loved me, "Keep coming back,"  
 Lay down them drugs boy,  
 That existence is so wack,  
 Yes, the G-O-D loves you, and wants you in his plan,  
 Yes you can be a servant of God,  
 We are lovin' and helpin' people see the light,  
 We don't need these drug problems constricting our lives,  
 People are getting so close to me,  
 I've had so many beautiful experiences in recovery.  
 Lovin', Kind, Compassionate, and Flowin',  
 Ahh, good God this party sure is Glowin'.

-Robert A.

## Who is a Sponsor

A Sponsor is someone who teaches you to work the twelve steps.  
 Someone who is concerned with everything you do.  
 Someone to call upon during good and bad times.  
 Someone who understands you, whatever you do.  
 Someone who tells you the truth about yourself whether it's good or bad.  
 Someone who knows what you are going thru at all times.  
 Someone who doesn't compete with you.  
 Someone who is genuinely happy for you when things go well and who is there to cheer you up when things don't go well.  
 Someone who always has a hug for you.  
 A sponsor is someone who gives you unconditional love.

Just for Today  
 -Donald M.

## ANNIVERSARIES

David B.	February 1	1 year	The NA Meeting
Navaughn T.	February 6	1 year	Out of Control
Pamela J.	February 7	1 year	Lose the Desire
Darlene S.	February 7	2 years	Saturday Nite Live
Angie S.	February 8	1 year	Serenity on Sunday
Mike P.	February 9	3 years	Serenity Group
Tony S.	February 10	13 years	Sweet Surrender
Dick S.	February 15	1 year	The NA Meeting
Trina S.	February 19	1 year	Enough is Enough
Larry B.	February 21	11 years	Saturday Nite Live
Kanda P.	February 23	4 years	Serenity Group
Georgetta H.	February 28	4 years	Lose the Desire
Mischelle M.	March 1	1 year	Serenity Group

The views expressed in this newsletter are those of the authors and do not necessarily represent, and should not be attributed to, the Newsletter Committee or Meeting Attendance Committee.

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## LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

### CONTACT US:

#### SUBCOMMITTEE MEETINGS

1<sup>st</sup> and 3<sup>rd</sup> Mondays 6pm  
West End Baptist Church  
4<sup>th</sup> St. and Magnolia Ave.

#### EMAIL

newsletter@nalouisville.org

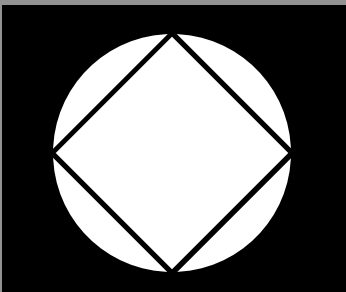
#### PHONE/ IN PERSON

Imani B.  
Kristin F.

502-891-0704

#### We're on the Web!

See us at:  
[www.nalouisville.org](http://www.nalouisville.org)



## NOW ACCEPTING SUBMISSIONS FOR MARCH

### TOPIC OF THE MONTH:

How important is the atmosphere of recovery in NA meetings?

### EXPERIENCE STRENGTH AND HOPE

On Step Three and Tradition Three

### ANY QUESTIONS, COMMENTS, OR CONCERNS ABOUT RECOVERY

### STORIES, ARTWORK, OR IDEAS YOU WOULD LIKE TO SHARE!

### SUGGESTIONS FOR OUR NEWSLETTER

Submissions should be approx. 100 words and should be sent in by **Feb. 25**.

Exceptions can be made, just contact us! You can email submissions to [newsletter@nalouisville.org](mailto:newsletter@nalouisville.org) or call and we will make arrangements to pick it up!

## NA FUNCTIONS

### Friday, Feb. 13

9:30pm-midnight  
1101 Cherokee Rd.  
Louisville, KY

### LACNA XV VALENTINES DANCE

50/50 Raffle, Free Refreshments  
No Children under 15 allowed  
\$7 couple/ \$5 single  
For info contact Anisha H. (502)749-1134



### Saturday, Feb. 28

7pm-midnight  
1101 Cherokee Rd.  
Louisville, KY

### KRCNA XVIII FUNDRAISER

Sponsored by Activities Subcommittee  
Chili Cook-off (1<sup>st</sup> place receives KRCNA registration!)  
Speaker, Auction & Dance  
for info or to donate auction items contact Tim H. (502)459-7551

## NA CONVENTION CALENDAR

### March 5-7

### CACNA I

Holiday Inn Westlake, OH  
contact Rob L. (216)231-5494

### March 12-14

### TACNA IV

Cavalier Hotel Virginia Beach, VA  
contact Allison L. (757)686-5525

### April 8-11

### DACNA XII

Renaissance Center Marriott Detroit, MI  
contact Carmen J. (313)865-5203

### April 8-11

### LSRCNA XIX

The Westin Dallas, TX  
contact LoneStar (800)747-8972