

CARRYING THE MESSAGE

JANUARY 2004

Volume 1, Issue 1

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER SUBCOMMITTEE

Our Common Welfare...

“Service work is *Carrying the Message* to the addict who still suffers. The more eagerly we wade in and work, the richer our *spiritual awakening* will be.”

P. 50 Basic Text

If you are reading this, then like myself we owe thanks to the one ultimate authority (a loving God) for another day of life. If that day of life is a day clean, then let's be grateful, not only for today, but for the 365 days past that many did not see.

We have an opportunity...to plant a seed in the dying spirits of men and women in our area who suffer daily from the disease called addiction. The new year brings back a (gift!) tool to battle the lie “once an addict, always an addict.”

The Louisville area's newsletter ***Carrying the Message*** will give addicts looking for ways and means to *STAY* clean another resource to identify with. Diversity is not only our challenge, it's our greatest strength. *Carrying the Message* will access this strength through contacts

with other recovering addicts in surrounding areas (Bowling Green, Indianapolis, Nashville, Detroit, Cincinnati, Paintsville to name a few.) Our intent is to bring a message to any addict looking for one reason to choose LIFE over the obsession to **use drugs** again.

We support the context of our literature which states the newcomer being the most important person at any meeting. *Carrying the Message* will find its way to treatment centers, institutions (jails, mental health centers), halfway houses, group homes, and other places addicts have a need to call home.

THIS is YOUR newsletter. As stated in the second tradition, we (newsletter committee members) are your **trusted servants**...we do not govern. We need your support. Enjoy the work we eagerly waded in to make this newsletter possible. With the wind of a power greater than ourself at our backs help us with the primary purpose: staying clean and ***Carrying the Message!***

-Imani B.

January Topic of the Month: Service is a Must!

Service is a...TRUST

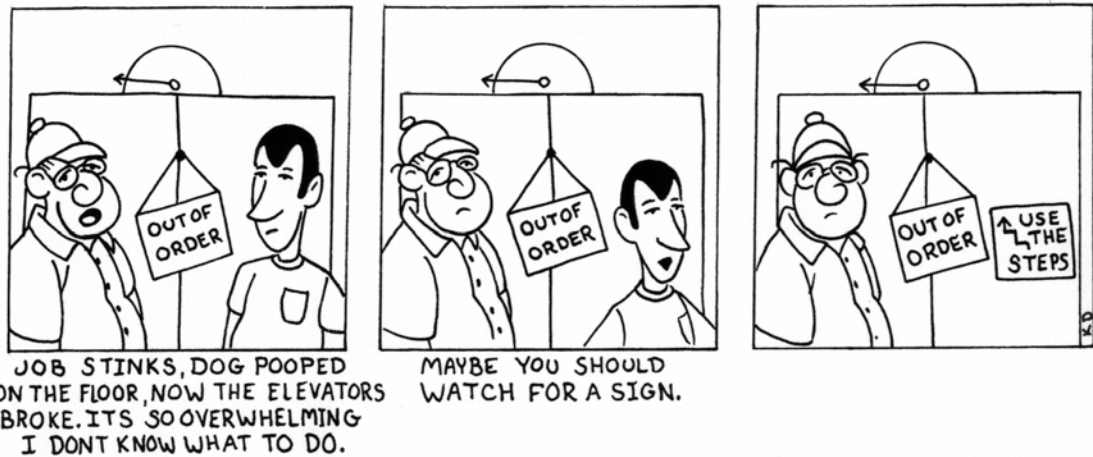
Our literature tells us that “service is a must”. “Must” is a strong word that implies it is something we *have* to do. Why? Because, according to our literature, in order to keep what we have, we must give it away. Experience of long-term members of our fellowship has shown this to be true. Yet, service is more than an arduous task that we must perform in conjunction with diligent step work and regular meeting attendance. Service is a trust.

When we proclaim willingness to perform a service within the fellowship, we are saying to our fellow members that we can be trusted. It does not matter whether we are saying yes to someone who has requested our sponsorship, agreeing to make coffee for our weekly home group, or accepting a nomination to serve at the area or regional level. Whatever form our service takes, it is a commitment to the fellowship to be a trustee of the message and purpose of Narcotics Anonymous.

My first service position in N. A. came when I had six months clean. At that time, I decided to get involved in the Helpline and be a pager carrier. I did service on the subcommittee with an addict who believed very strongly that “service is a must”.

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Experience, Strength, and Hope on Step One and Tradition One



STEP ONE: We admitted that we were powerless over our addiction, that our lives had become unmanageable.

A thorough understanding of the first step is crucial for the recovery process to begin. Total surrender is absolutely necessary for any person to have a chance to recover. We have to concede to our innermost selves that we are addicts and admit total defeat in order to give us motivation to proceed with the other steps. When we deny our powerlessness our lives become unmanageable, but when we accept our powerlessness we are admitting that we can't recover alone. We become willing and teachable, and break down the denial and self-centeredness. We're also opening the door to the idea of a higher power. Once we admit our powerlessness over the disease of addiction the solution becomes clear. Step One deals with the problem, the next eleven deal with the solution.

-Don S.

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ANNIVERSARIES

Annisha H.	January 7	3 years	A Vision of Hope
Stephanie	January 7	15 years	Unity of Hope
Jana W.	January 7	8 years	How It Works
Kevin D.	January 10	10 years	Deja View
Rhonda R.	January 11	11 years	The NA Meeting
Kat A.	January 12	2 years	Serenity Group
Alan R.	January 14	1 year	Step Up Group
James S.	January 19	7 years	Serenity Group
Alice T.	January 23	5 years	Stopping Point
Mike B.	January 25	12 years	Walkin' and Talkin'
Brenda E.	January 27	16 years	Womenspirit
Jeff S.	January 30	8 years	Out of Control
David B.	February 1	1 year	The NA Meeting

Surrender

Sometimes admitting our weaknesses is the bravest thing we can do.

With that admission we drop our powerlessness over our disease.

We find the courage to face reality and reach out for the help we need.

They say that the first step on the road to recovery is the hardest one to take.

While this is not an easy one, recovery offers us a new chance to learn to love our N/A friends, family, our life, and ourselves.

It takes time to get adjusted to our new way of living, and to learn to enjoy the peacefulness our recovery gives us.

Recovery has given us the gift of life, one day at a time.

Just for today, we don't have to pick up at all!

-Donald M.

CONVENTION CALENDAR

January 16-18

LACNA XIV

Holiday Inn
1325 S.Hurstbourne Lane
at I-64
Louisville, KY

March 12-14

TACNA IV

Cavalier Hotel
Virginia Beach, VA

April 8-11

LSRCNA XIX

The Westin
Dallas, TX

CARRYING THE MESSAGE

CONTACT US:

MEETINGS

1st and 3rd Mondays 6pm
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We're on the Web!

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