

# THE MESSENGER



THE 7TH STEP

AUGUST 2010 | VOLUME II | ISSUE IV

## TRADITION 7

*“Each Group ought to be fully self-supporting, declining outside contributions.”*

Our Twelve Traditions describe those specific things that have been found to help our groups remain strong, lively, and free. Underlying the specifics of our traditions, however, are dozens of spirituals principles, any one of which could be applied to almost any the Twelve Traditions. This broad field of principles is the ground upon which the traditions have grown. The more we cultivate this ground, the stronger our understanding and application of each of the traditions themselves will be. Some of the principles that will strengthen our understanding and application of the Seventh Tradition are gratitude, responsibility, faith, integrity, anonymity, and freedom. How does the group gain strength by being fully self-supporting? What spiritual principles are involved and how do they apply? Explain... The gratitude we speak of in regard to Tradition Seven is like the collective sense of direction the Second Tradition talks about; it is the gratitude

*(Continued on page 2)*

## ANNOUNCEMENTS

### MEETING CHANGES

#### **OUT OF CONTROL**

has moved to 809 S, 4th St. (across from the library). 8 pm Friday

#### **LOSE THE DESIRE**

has moved to 809 S, 4th St. (across from the library). 1:30 pm SAT

#### **DOPE SUX**

has changed the time to 10:30 pm FRI and SAT nights.

#### **ASC— The 1st Sunday of the Month**

#### **Nominations for next years officers are due in November 2010.**

There are regional openings for service. Contact the RCM for information.

Ad Hoc committee reported accounting discrepancies with LACNA 20.

A new webmaster is needed. Contact the PR subcommittee for info.

H and I is currently serving 13 facilities but many are awaiting trusted servants to share their recovery.

Open Forum is during the last half hour of the Area Service meeting. Any addict welcome. Please come participate in Area Service. We ALL need each other.

## THE LITERATURE SAYS...

### The 7th Step

*“We humbly asked him to remove our shortcomings.”*

Through working the previous steps, we see that attaining humility is necessary if we are going to live a clean life and walk a spiritual path. An attitude of humility is not the same as humiliation, nor is it denial of our good qualities. On the contrary, an attitude of humility means that we have a realistic view of ourselves and

### The 7th Tradition

Many of us think of the 7th tradition as the money tradition. While we have come to associate this tradition of self-support with the funds we contribute, the spirit of the 7th tradition goes much farther than that. Whatever a group needs to fulfill its primary purpose should be provided by the group itself. The question then is, what does a group need? First and foremost it needs a message to carry And that, it already has. In the course of its evolution, the group has attracted members who've

### The 7th Concept

*“All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in the decision making process.”*

The Seventh Concept is one way of putting the principle of group conscience to work in the service environment. This concept suggests that each service body should encourage all its members to participate in it's decision making process.

**GET INVOLVED WITH SERVICE!!!**

**Activities** — *In need of trusted servants*

**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.

**LACNA XI** — Stephanie C. - Chair

**Literature** — Contact Tiffany H.

**Newsletter** — Meets the 2nd Thursday of every month at Heine Bros Coffee, Gardiner Shopping Center off 264.

**Policies & Procedures** — *In need of trusted servants*

# NA TRIVIA!

1. The word "narcotics" in the name Narcotics Anonymous refers to what?
2. When was NA's "Basic Text" first published?
3. How do you become a member of NA?

Answer to July: Jimmy Kinnon

(Continued from page 1)

of the NA group. When NA members gather to share their recovery, they generate a sense of gratitude among themselves. They are grateful the group exists and want it to continue to be there for them and for the members yet to come. The gratitude of the group speaks, in part, through the group's collective commitment to support itself. What is my understanding of gratitude in the Seventh Tradition? How do I show my gratitude for the group? The group's decision to become fully self-supporting, declining outside contributions, reflects the group's sense of responsibility for itself. In recovery, we discard the illusion that the rest of the world is responsible to take care of us; rather, we take due pride in caring for ourselves. Individually, we demonstrate our newfound maturity by accepting the weight of our own burdens; collectively, we demonstrate our maturity by accepting responsibility for our group, neither seeking nor accepting

outside contributions. The burden of responsibility, however, may seem unbearable without an appreciation for the simplicity of the group's needs. The commitment to become self-supporting is not a commitment to raise vast sums of money to fulfill sweeping programs. Rather, the group determines it will muster the few basic resources it needs to fulfill its simple primary purpose: to carry the message to the still-suffering addict. The ideal of simplicity, when applied to Tradition Seven, helps our groups avoid the heated conflicts that often arise over the control of great resources. Problems of money, property, and prestige need not divert our groups from their primary purpose when simplicity of that purpose and of our needs is kept squarely in focus. How do I accept responsibility in Tradition Seven? How important is simplicity to this tradition? As a group, how do we expect and achieve our responsibilities?

Simplicity walks hand and  
(Continued on page 6)

## STEP SEVEN

A S D F G H Y J K L A P O T L U S E R G  
 Z X C W A T E R D V T C B A N M Q E O N  
 W Q W E R R T E E C Y Y C U U R W D P I  
 A I Y U E I K G E S H T K E E O S J L A  
 S Q L W Y S D F Q U I E T G P G R A S P  
 D Y B L A S R A O O Q M N W N T R N E T  
 F H M J R E E I N O Z A H I K L E G V Y  
 T S U M P E T T T R D W M Q T V Y D I P  
 G R H M M N C H R O K O R D E A L L R L  
 H L E O A K A Q O O C S M S F J K F T M  
 R A C H Z N R G D T A Y S S A H E J S N  
 J E C X G E R R R Q W D C E I I V T E B  
 B R C C N I A O W A Y X Z M L E C K N V  
 K A V O X H H C C D B G J E F E K B O C  
 L W L E V S C H A N G E R M F R S K H X  
 P A V Z X E V E B N S K N E M F M U P R  
 Z A H T F W O R G S K Y A D L M Q O J B E  
 P N B E F W Q Y R T T T A O G O J R N L  
 X E F I L D F O P L E V B V G L V K T Y  
 C V B N O P W A N T Y P C V B J H E M Z

ACCEPTED  
 ACTION  
 ALONE  
 ASKED  
 AWARE  
 BAD  
 BECOME  
 CHANGE  
 CHARACTER  
 DANGER  
 DEFECTS  
 EFFORT  
 FAIL  
 FAITH  
 FOOD  
 FREE  
 GOD  
 GOOD  
 GRASP  
 GROWTH

HARD  
 HELP  
 HIGHER  
 HIM  
 HONEST  
 HUMAN  
 HUMBL Y  
 KNEES  
 LIFE  
 MESS  
 MISERY  
 MUST  
 ORDEAL  
 PAIN  
 PAVE  
 PERFECT  
 POWER  
 PRAYER  
 QUIET  
 READY

REAL  
 RECOVERY  
 RELIEF  
 RELY  
 REMOVE  
 RESULT  
 RID  
 ROAD  
 SEVEN  
 SHORTCOMINGS  
 STEP  
 STRIVE  
 TAKE  
 TRULY  
 USELESS  
 WANT  
 WATER  
 WAY  
 WILL  
 WORKS

By AD

All of the words are taken from Step 7 in the Basic Text pages 34-36

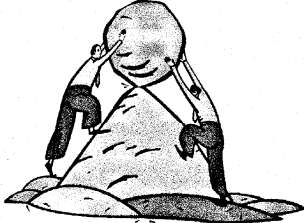
# LACNA 21

(LOUISVILLE AREA CONVENTION OF NARCOTICS ANONYMOUS)  
FUNCTIONS & FUNDRAISERS COMMITTEE

Hosts-A 2 day event

FRIDAY, SEPTEMBER 3<sup>RD</sup>, 2010 & SATURDAY, SEPTEMBER 4<sup>TH</sup>, 2010

"THE ULTIMATE WEAPON"



PLACE, HOTEL LOUISVILLE

120 W. BROADWAY STREET, LOUISVILLE, KENTUCKY 40202

SINGLE ROOMS \$39 (TAX INCLUDED) DOUBLE ROOMS \$49(TAX INCLUDED)  
ROOM BLOCK. PLEASE BOOK YOUR ROOMS IN ADVANCE! (502)582-2241

TIME. FRIDAY MAIN NIGHT SPEAKER- 7.30PM-9.00PM

FRIDAY NITE WORKSHOP- 10.30PM-12AM -ALL NITE MARATHON MEETINGS

FASHION SHOW/KAROKE- 9.30PM-11.00PM - COST \$1.00

SATURDAY - SPEAKER WORKSHOPS - NOON - 6.30PM

GUEST SPEAKER 6.45PM- 7.30PM- MAIN SPEAKER MEETING 7.30PM-9.15PM

DANCE - 9.30PM- 12.30AM - COST \$5.00 / DONATIONS ACCEPTED!!!

FOOD AVAILABLE FOR PURCHASE ON SITE!!!!!!

\*\*\*CONTACT PERSON- ANNISHA H. (502) 435-4394



Gratefully Dedicated celebrates its 22<sup>nd</sup> Anniversary

Thursday August 19<sup>th</sup>, 2010

"CARRYING THE MESSAGE"

Meal served from 10:30am-11:45am  
Regular meeting time 12:00 noon

**COME JOIN US IN OUR  
CELEBRATION!**

Quote of the Day:

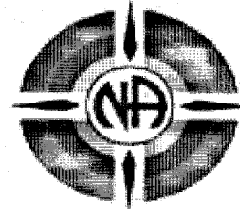
The game Jeopardy must have been created by a still using addict. Who else has all the Answers and no questions?

## STEP UP GROUP 17 YEAR ANNIVERSARY SPEAKER MEETING

AUG 14, 8:00 PM

1020 W. MARKET...HEALING PLACE CAFETERIA

FREE DANCE 9:30 - 12:00



HIP HOP OLD SKOOL POP

DJ NIGEL

*Jimmy K.*

*"...The wish or desire to  
remove the drugs from our  
lives may be fulfilled one  
way or another, but  
cleanliness is short lived if  
no action is taken to alter  
or renew the character  
disorder that is left. A  
clean life is not just a  
substitute for the old way,  
it should be a new way  
based in the superiority of  
being clean over any other  
way of life."*

## Hmm... A little sarcasm perhaps?.....

### The Anti-12 Steps (for the still active addict)

1. I declared that I had complete and total control over my drug use and that I can completely manage my life and still use drugs.
2. Came to know that I needed no one and that drugs would help me maintain my happiness and sanity
3. Made a decision to harness the benefits (as I understand them) of any substance I chose to use.
4. Made a searching and fearless moral inventory of all others.
5. Admitted to no one, including myself, any of my wrongs, no matter how evident.
6. I became entirely ready to defend, excuse, and justify my actions, using personal attacks on others (if necessary), and to minimize any mistake I may make.
7. Boldly declare that I have no shortcomings (while secretly believing that anything bad I ever did could not be forgiven).
8. Made a list of all persons that had (or that I thought had) harmed me and searched for opportunities to "collect" on those debts.
9. Collected whatever I felt that I am "owed", whenever possible regardless of the fact that doing so may cause injury or pain to someone else.
10. Continued to take an inventory of others "wrongs" against me and promptly collected on them whenever possible.
11. Sought through experimentation, "expert opinions", partying, and the advice of my using friends, a better, stronger, and longer high. I search only for more knowledge of how and what to use, and the means to do so without consequences.
12. Having an enjoyable experience from the use of drugs, I tried to carry this message to other suffering sober people to lead them to practice these principals in all their affairs with me.

### Twelve Steps of a Relapse

1. I decided I could handle any emotional problems if other people would just quit trying to run my life.
2. I firmly believe that there is no greater power than myself and anyone who says differently is insane.
3. I made a decision to remove my will and my life from God, who didn't understand me anyway.
4. I made a searching and thorough moral inventory of everyone I know, so they couldn't fool me and take advantage of my good nature.
5. I sought these people out and tried to get them to admit to me, by God, the exact nature of their wrongs.
6. I became willing to help these people get rid of their defects of character.
7. I was humble enough to ask these people to remove their shortcomings.
8. I kept a list of all the people who had harmed me, and waited patiently for a chance to get even.
9. I got even with these people whenever possible except when to do so would get me into trouble.
10. I continue to take everyone's inventory and when they are wrong, which is most of the time, I promptly make them admit it.
11. Sought through the concentration of my willpower to get God, who didn't understand me anyhow, to see that my desires were best, and He ought to give me the power to carry them out.
12. Having maintained my emotional problems with these steps, I can thoroughly recommend them to others who don't want to lose their hard-earned status, but wish to be left alone to practice neurosis in everything they do for the rest of their days.



A sponsor and his newcomer were at a meeting when the newcomer suddenly collapsed, went into cardiac arrest and fell to the floor. The paramedics arrived, performed CPR and brought the newcomer back to life. "My GOD!", said the sponsor. "I thought we had lost you". The newcomer looked up and told his sponsor, "I believe I was actually dead for a short time. I saw a bright light and felt myself basking in the light of my higher power. I'm sure it was heaven. It was an amazing experience!" "What was heaven like?" asked the sponsor. The newcomer smiled and replied, "Well, I got good news, and I got bad news. The good news is that in heaven they have a huge speaker meeting every Thursday night. All the greatest NA speakers that have passed away speak there". "And the bad news?", asked the sponsor. The newcomer looked his sponsor in the eyes and replied, "The bad news is that you're the speaker next week".



# THE MESSENGER

VOLUME I I | ISSUE IV

Next Month's Topic:  
8TH Step

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

Email:  
Newsletter  
@  
Nalouisville.org

By submitting you are giving The  
Messenger permission to publish the  
work. Submissions are subject to  
editing for length, content and  
grammar.

To be added to our e-mail  
list please send a request to:

newsletter@nalouisville  
.org

Newsletter  
Committee  
Matt T. - Chair



## TRADITION 7 CONT.

(Continued from page 2)

hand with our faith in a Higher Power. So long as we take our direction from that Power, our needs are met. The decision to decline outside contributions by meeting the group's needs from the group's own resources is based firmly in faith. So long as our group remains devoted to fulfilling its primary purpose, its needs are met. How do we demonstrate faith in our Higher Power by practicing the Seventh Tradition? Why is it important that we keep it simple? As members of an NA group, we have made a commitment to support one another in our recovery. Our group's commitment to become fully self-supporting reflects the group's integrity and faithfulness to its fundamental identity. We support each other in recovery and, together, we fulfill our collective responsibilities as members of a self-supporting group. How is integrity applied to the Seventh Tradition? How important is commitment to this tradition? The anonymity we exercise in accepting our group responsibilities reflects our integrity. The anonymity of the Seventh Tradition means more than just contributing anonymously, without thought of recognition, though of course it does involve that. Anonymity in the context of Tradition Seven also means that all the contributions of a group's members are important. Money put in the basket, time put into setting up the meeting room, energy put into making newcomers welcome—all are part of the responsibility of the group, and all are equally important contributions to the self-supporting NA program. What does anonymity mean to me

in the context of the Seventh Tradition? How can I practice anonymity in Tradition Seven? Our anonymity, our integrity, our faith, our sense of simplicity, our acceptance of responsibility, our gratitude-together, all these things spell freedom. By encouraging our group to pay its own way, the Seventh Tradition gives our group freedom to share its recovery as it sees fit, not obligated to outside contributors. Further, it gives our group the freedom that comes from inner strength, the strength that develops through applying spiritual principles. By making the decision to become fully self-supporting, our NA group assures that it will always have the resources it needs to survive and continue fulfilling its primary purpose. Define freedom as it is related to being fully self-supporting. How does my freedom come from being self-supporting.



## THE LITERATURE SAYS...CONT.

(7th step cont)

place in the world. In the Seventh Step, humility means understanding our role in our own recovery, appreciating our strengths and limitations, and having faith in a Power greater than ourselves. To work the Seventh Step we must get out of the way so that God can do God's work. Humbly asking for the removal of our shortcomings means we are giving complete license to that loving Power to work in our lives, believing that God's wisdom far exceeds our own.

- *How It Works and Why* pp. 69

(7th Tradition cont)

proven one another that an addict, any addict, can stop using drugs, lose the desire to use and find a new way to live. Without that message, the group has no reason to exist; with it, an NA group needs little more. Beyond that groups need to rent meeting places where their members can gather and where newcomers can find them. Most groups find it important to buy NA literature which they make available at their meetings. The expenses associated with these things may be substantial, yet most groups can meet such expenses by passing the hat. After paying their basic expenses, most groups contribute to the NA boards and committees that serve them. ....that's why service contributions are just as surely a part of a groups self-support obligation as the rent for its meeting room. ....Unlike the groups, NA service boards and committees are NOT fully self-supporting. They have been created to help groups fulfill their primary purpose .. And they depend on group contributions for the money needed to do their work.

- *It Works How and Why* pp 175-176

(7th Concept cont)

By bringing their different perspectives together, we give our service bodies the opportunity to develop a fully informed, balanced group conscience leading to sound, sensitive service decisions. NA service is a team effort. Our service representatives are responsible to the NA Fellowship as a whole rather than any special constituency; so are all the other trusted servants on the team. The full participation of each member of the team is of great value as we seek to express the collective conscience of the whole... Though we may not all participate in every decision made in our fellowship, we all have the right to participate fully and equally in the decision-making processes in the service bodies in which we are members.

- *12 concepts of NA service*

Newsletter@Nalouisville.org