



Humility

Just for Today pages 58, 196, 205, 251, 292

Sometimes recovery gets downright difficult. It can be even more difficult to get humble enough to ask for help. We think, "I have all this time clean. I should be better than this!" But the reality of recovery is simple: whether we have thirty days or thirty years clean, we must be willing to ask for help when we need it.

Humility is a common theme in our Twelve Steps. The program of Narcotics Anonymous is not about keeping up appearances. Instead, the program helps us get the most from our recovery. We must be willing to lay bare our difficulties if we expect to find solutions to problems that arise in our lives.

There's an old expression sometimes heard in Narcotics Anonymous: We can't save our

ANNOUNCEMENTS

Local Meeting News

Dope Sux - Needs support. Sat. 10:30 pm 236 Woodbine St.

Group 53- A new group. 5438 New Cut Rd. Suite 203. **M-S 11:30 and 6:30.**

Also Thurs 8:30pm and Friday 10:30

Candlelight. Sun 11:30 meets Iroquois park by bathrooms. Potluck cookout. Bad Weather meet at meeting place.

Wednesday Nite Hope - Moving. Time: 8 to 9 pm. 4407 Charlestown rd. New Albany, IN. Room 101. No smoking, OD. Enter through door #4

Regional News

Kentuckiana Regional H and I learning day. Saturday, July 16. 10 am 100 Washington Ave (W), Evansville, IN.

Sunday, ATRA is hosting the Regional Service Committee. 1 pm. at 1043 N. Fulton Ave, Evansville, IN. ALL TIMES CST.

ASC News

Area service in need of a treasurer.

Literature subcommittee in need of members to help at the literature table during ASC mtg.

Newsletter subcommittee in need of members.

PR Subcommittee: Only need to attend 1 mtg before being able to answer helpline

In the Solution Ad-hoc committee: meeting dates 6/18, 7/9, 7/23, 8/6, 8/20. Heine Bros. Eastern and Shelby, 10 am.

The Literature Says...

TRADITION SEVEN

"Every NA group ought to be fully self-supporting, declining outside contributions"

"Many of us think of the Seventh 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

Seventh 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

proven to 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, the needs of the group are simple. Groups need to rent

GET INVOLVED WITH SERVICE!!!

Activities — Ron H. - Chair. Contact info: (502) 216-7684. meets 3rd Tuesday at 6 pm, 329 Walnut St. Jeffersonville, IN

Public Relations — Meets the 3rd Mon of each month at 6:30 pm. Sunergos coffee shop, 306 W. Woodlawn. helpline@nalouisville.org

Hospital & Institutions — Tess D.—Chair. Meets the 3rd Wednesday, 6:30pm @ Central Presbyterian Church 318 W. Kentucky

LACNA XXI I— Crystal C. - Chair. Contact Info: 836-1153. Meets 2nd Saturday of month @809 S. Fourth St. Louisville, KY

Literature — Tiffany H.- Chair. Literature distribution, 2 pm, 1st sun of month, Bardstown Rd Presbyterian Church

Newsletter — Matt T. - Chair. (502) 544-4436. 1st Sun of every month at Heine Bros Coffee, Bardstown Rd. Eastern. 1:30 pm

NA World Services NEWS....

“We face challenges related to funding at every level of service. NAWS has been affected by the global economic crisis... We have a difficult time in NA talking about these issues in a way that engages our members and that is not met by the reaction that all we care about is money.. We seem to have a culture in NA that, unlike many other 12-step fellowships, does not inspire a sense of responsibility to fund our services by contributions; instead we rely on events, literature, and fundraisers.” - email from NAWS 31 May, 2011

What do you think? Solutions?

Email newsletter@nalouisville.org

Humility

W	E	R		R	D	H	C	A	U	S		G	H	O	R	O	A	C	T	T	H	
E	W	O		G	R	E	A	K	F	O	Y	S			O	U	R	S	E	L	V	
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(Continued from page 1)

face and our ass at the same time. It isn't easy to share in a meeting when we have a number of years clean only to dissolve into tears because life on life's terms has made us realize our powerlessness. But when the meeting ends and another member comes up and says, "You know, I really needed to hear what you had to say," we know that there is a God working in our lives. The taste of humility is never bitter. The rewards of humbling ourselves by asking for help sweetens our recovery.

To me the simplest definition of humility is "humility is truth." Therefore its opposite, pride, is nothing but a lie, an exaggerated notion of one's self. That is precisely why I usually am such a liar—I have such an exaggerated pride; that is why I so seldom admitted the truth and why I

became such a frustrated personality—I was working on false premises. Humility is not a denial of good qualities, for in truth it is the admission of all qualities both good and bad. I admit my faults and work to remedy them; I admit my abilities and accept and use them as a gift of my God. If I am absolutely truthful in the estimation of myself, I am humble. Until such an attitude of humble evaluation of myself is achieved, I will not attain contented recovery. For it is without humility that I feel the Program is impossible. Humility Is the root of all my other virtues and the very cornerstone of my program. Humility is the root of faith, hope and tolerance. I find that each one is fortified and reinforced through true humility. On the other hand, pride seems to be the root of my troubles. In some way or

IF YOU HAVE EVER BOUGHT AND PAWNED SOMETHING ON THE SAME DAY
YOU MIGHT BE AN ADDICT

Unscramble the boxes to reveal the message

The Messenger Disclaimer

The Messenger sometimes presents the experiences and opinions of individual members of Narcotics Anonymous. The opinions expressed do not necessarily reflect, represent, nor are to be attributed to the Louisville Area of Narcotics Anonymous, its member Groups or Narcotics Anonymous as a whole, nor does publication of any article imply endorsement from the Louisville Area of Narcotics Anonymous, its member Groups, Narcotics Anonymous as a whole, The Messenger, or Narcotics Anonymous World Services, Inc. Quoted NA literature will appear in quotation marks, with source given.

I WANT YOU!



2011 KENTUCKIANA REGIONAL H & I / PR LEARNING DAY

Hosted By: Across The Rivers Area of NA
 Date: Saturday, July 16th 2011 @ 10:00AM CST
 Location: Patchwork Central
 100 Washington Avenue (West)
 Evansville, IN 47713

Speakers, workshops, lunch served. Auction at the conclusion of the program, bring auction items!

Contact info: Tom S. (812) 779-5327 Roman E. (812) 456-1182
 Jeremy W. (812) 202-9275 Abraham C. (812) 774-3100

WE TOO RECOVER
 PRESENTS OUR
 21st YEAR
 ANNIVERSARY
 CELEBRATION!!!

Saturday
 July 9th, 2011
 12:00 noon TIL 7:00 P.M.

CENTRAL PARK
 4TH AND MAGNOLIA

fun!
 food!
 fellowship!!!

LACNA XXII
 January 20, 21 & 22, 2012
 Louisville, Kentucky
 Hotel To Be Announced

PRE-REGISTRATION SPECIAL

The Search is on for Main Speakers, Workshop Speakers and Workshop Chairpersons:

Willing To Be Of Service?
 Main Speaker (Minimum 5 years clean SUBMIT TAPES BY July 30, 2011) _____
 Workshop Speaker (Minimum 2 years clean SUBMIT TAPES BY July 30, 2011) _____
 Chairperson (Minimum 6 months clean) _____

SEND THEME & LOGO SUBMISSIONS,
 SPEAKER TAPES AND REGISTRATION FORMS TO:
 LACNA XXII
 PO BOX 2946
 LOUISVILLE, KY 40201-2946
 EMAIL: lacna_22@yahoo.com
 Contact Chair: Crystal C. 502.836.1153
 Registration Chair: Steph R. 502.551.2615
 Merchandise, Arts & Graphics Chair: Kirk F. 502.333.4677
 Program Chair: LeShaundra R. 502.263.3168

NAME: _____
 Address: _____
 City, State, Zip: _____
 Phone#: _____
 Email: _____
 OK to confirm by email? _____

REGISTRATION BEFORE SEPTEMBER 1, 2011 \$15.00 X TOTAL _____

"Another Charge Group's"
PICNIC IN THE PARK

Lake Shelby - Shelbyville, Kentucky
 COME EARLY
 STAY LATE

IT'S A EATIN' MEETIN'

Date: **Saturday - July 30, 2011**
 EAT: **1:00 p.m.**
 AUCTION: **3:00 p.m.**
 SPEAKER: **4:00 p.m.**

Food and Fun in Recovery
 No Addict turned away

Ad-Hoc committee Home group Survey.

HOMEGROUP SURVEY

Please fill out this survey at your next Homegroup Business Meeting.
Your GSR can turn it in to the Ad Hoc Committee Representative at the next ASC.
Please DO NOT write your Homegroup's name on this sheet. This survey is anonymous.
You can write on the back of this sheet if you need more room to comment.

- 1.) How many members does your Homegroup presently have? _____
- 2.) About how many newcomers attend your meeting? _____
- 3.) What are the financial priorities of your Homegroup? *(i.e. paying the rent; keeping a prudent reserve; donating to area; buying literature; or something else?)*

- 4.) Does your Homegroup struggle financially to meet its priorities? _____
- 5.) What would help your Homegroup meet its priorities?

- 6.) Does your Homegroup feel supported by the ASC (Area Service Committee)?
If YES, how?

If NO, how not?

- 7.) Does your Homegroup think that it is important to donate money to the ASC? _____
Is it important for the ASC to donate money to the Region? _____
Why or why not?

- 8.) What obstacles prevent your Homegroup members from doing service at the Area level?
(i.e. lack of interest; not enough clean time; lack of skills/abilities; unfriendly service environment; burnt out on service; no time to commit; other reasons?)

Thank you for your participation!



The 4th Annual Junkie Grand Prix, hosted by the Dope or Us home group on 05/25/2008, was a great success. About 35 – 40 people showed up, 17 people participated in the time trials, and 5 participants were in the final race. Kim F took first place, Shannon won second place, Kirk F won third place, and Rob was given a trophy for “taking up the rear”.

Thanks to all who showed up and shared your time and fellowship, a great time was had by all, and Dope or Us is planning to host a similar event in the fall.

Thank you,

Kirk F.

Dope or Us GSR

July 1 thru Aug 15

Cleanaversaries

<i>Louise B.</i>	15 yrs	8/1	Restored To Sanity
<i>Tim V.</i>	3 yrs	7/7	Ties That Bind
<i>Freda G.</i>	5 yrs	3/28	Ties That Bind
<i>Leshaundre R.</i>	17 yrs	6/7	Against All Odds
<i>David H.</i>	3 yrs	6/20	Against All Odds
<i>Yolanda C.</i>	8 yrs	6/27	Against All Odds
<i>Tony C.</i>	11 yrs	7/11	Against All Odds
<i>Sheeron B.</i>	3 yrs	7/10	Against All Odds
<i>Lauren S.</i>	1 yr	7/4	Another Chance
<i>Eric S.</i>	1 yr	7/10	Another Chance
<i>Keith M.</i>	15 yrs	7/26	Another Chance
<i>Jim C.</i>	18 yrs	7/22	Another Chance
<i>Monty W.</i>	6 yrs	7/27	Another Chance
<i>Suzanne R.</i>	1yr	7/1	Another Chance
<i>Tim R.</i>	1 yr	7/21	Another Chance
<i>Neil N.</i>	1 yr	8/1	Another Chance
<i>Steve L.</i>	19 yrs	8/10	Another Chance
<i>J.W.</i>	13 yrs	7/1	Out of Control
<i>Terri A.</i>	1 yr	7/27	A Vision of Hope
<i>Matt T.</i>	6 yrs	7/9	Agape
<i>Dakota R.</i>	1 yr	7/12	Sweet Surrender
<i>Steve D.</i>	1 yr	7/19	Sweet Surrender
<i>Kelly C.</i>	6 yrs	8/9	Sweet Surrender
<i>William W.</i>	7 yrs	7/14	Day by Day
<i>Kenny M.</i>	10 yrs	7/9	Dope Sux

Tanya H. 3 yrs 7/16 Dope Sux

Shareese W. 16 yrs 6/26 We Too
Recover

Harvey H. 9 yrs 7/22 Out of Control

Jason D. 2 yrs 7/11 Dope or Us

Kelly S. 3 yrs 7/122 Give It Up

HUMILITY

“What does it mean to live a humble life, to walk in all humility? Am I to kowtow to everyone who comes before me, to become subservient to all who venture my way? Hardly, but it seems to me that maintaining an attitude of perpendicular love in God first, and an equal yet grounded love toward all my fellow human beings seems a right balance. The steps guide me, as I work through them, away from the selfish, self-centered individual I was when I came into this program toward a more caring individual. Not so as I have to save the entire world, but in respect that all others are a part of God’s love as well, giving where and when I am able.

The balance to life is clearly weighed upon the see-saw of steps from the 1st to the 12th. I need each one of those 10 steps in between, the see-saw’s fulcrum pointedly balanced between 6 and 7. Take a look at those steps or repeat them over in your mind and see if you don’t agree that humility is one of the primary foundations to living life. If you work the steps in your life or have them work you, then you will know how important this attitude and way of life is. To those of you who may just be getting into the steps as a way of life, think back on your life and reflect on when it has been you’ve gotten deepest into a bad way. Those times when stubbornness, envy, vanity, jealousy, anger, and pride played a role in my life, at that moment, are perhaps easy to see. How about gluttony, lust, greed, and slothfulness, especially when coupled with dishonesty, close-mindedness, and unwillingness to change? The steps are clear about what needs to be done. Continue to identify areas needing work; ask for willingness to be relieved from the burden of these flaws (forgiveness comes to mind); remain constantly vigilant in being honest and open-minded; tell others about your quest, and remember the one who has the power to make these changes; ask God for help along the way. In my experience when I have followed this path, while it may have seemed rough at the time, the outcome has been well worth the journey. Don’t forget the one to whom it has all been made possible...all thanks go to our Higher Power.”

- The following is reprinted from the NA Way.

THE MESSENGER

VOLUME I I | ISSUE VII

Next Month's Topic:
HARM

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.

**Change! Change!
Change!**

*Newsletter Committee Meets
1st Sunday of the month, 1
pm Heine Bros Coffee.
Bardstown Rd. Eastern pkway*

**Newsletter
Committee**

Matt T. - Chair
Joe S. - Member



Humility (continued from p.2)

another most difficulties I encounter stem from pride. Resentment, self-pity, intolerance, bigotry, boasting, and control of others all come from my pride. The longer that I am clean, the more it becomes necessary to remind myself that I am what I am by the grace of my God. Isn't it great that a Higher Power can do so much with such poor material? Examples of difficulties and troubles stemming from pride are endless. On the other hand, the rewards of humility are unlimited. To live my life in respect to this issue's topic, let alone articulate humility, has always been fraught with some concern for me. What if I don't get it right; what if I go overboard and become so humble as to drift into obscurity; what if I get it just right and then more is expected of me; what if...; what if...? First, all thanks for my recovery go to God. It is without exception that my life is what it is today because of God, nothing extravagant by many people's standards, but one not taken for granted, a life of quiet gratitude for all I've been given.

Humility is a tough topic. After all it feels good to take credit for MY recovery and the things that have come my way as a result of MY staying clean. "I'M the one who's staying clean. I'M the one who's NOT doing those things that will put me in harm's way: hanging out with all my old using buddies; fantasizing all the time about that romantic fast life; what if...; what if..."

With all deference to the subject at hand, to live my life in respect to humility has taught and invited me put values BEFORE feelings. It seems that pride and humility are two sides of the same coin. While it is good to have pride in a job well done, pride in one's child who shows respect to the world in which they live, pride in one's recovery; my pride begins to lose perspective when it takes on ownership for those things on which it stakes a claim. Without humility, say an acknowledgment by way of giving thanks in all things to the caretaker of these gifts, I find myself at some point backed up against the wall once again seeking to believe in God who will restore me to sanity.

The message that keeps coming back to me as I meditate on this topic is a message of love in answer to the question what is required of me in this life. What is required of me, but to do justice, to love mercy, and to walk humbly with God? A pretty tall order, I'd say, but one that I'll happily submit to because I continue to learn the value in its principles, principles that will serve me well for the remainder of my life.

- member Louisville Area Narcotics Anonymous

The Literature Says... (continued from p.1)

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. Phonelines, meeting lists, NA literature, H&I panels, and public information presentations all benefit the group. That's why service contributions are just a surely a part of a group's self-support obligation as the rent for its meeting room. Like the groups, NA service boards and committees decline contributions from sources outside the fellowship. Unlike the

groups, however, our service boards and committees are not themselves fully self-supporting. They have been created to help the groups fulfill their primary purpose more effectively, and they depend on group contributions for the money they need to do their work."

- *It Works How and Why* pp 129-130

newsletter@nalouisville.org