

# THE MESSENGER



SEEKING GOD'S WILL

NOVEMBER 2011 | VOLUME 11 | ISSUE 11

*Step 11—We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his will for us and the power to carry that out.*

After applying the knowledge that we've gained from all the previous Steps, we are now ready and geared up to seek out our Higher Power's will for our lives. To work Step 11 in Narcotics Anonymous, we seek through prayer and meditation to strengthen our relationship with our Higher Power, and to live in accordance with His will for our lives. For this Step to be carried out, we have to strengthen our conscious contact with God through the two options available for us to utilize: Prayer and Meditation. By increasing our conscious contact with our Higher Power, we will acquire the essential knowledge necessary to carry out His will for our lives. By praying for knowledge and guidance, our

## ANNOUNCEMENTS

### Local Meeting News

**Enough is Enough** - Thursday night 7:30 has moved to 1701 Dumesnil St.

**Saturday Night Live** - Anniversary Saturday November, 2011 - 10 years

**Just For Today** - 12 pm Friday. Moving to 1137 32nd St. In the courage to change building.

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

**Area service** in need of a treasurer, and PR chairperson and P and P chairperson

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

**The Area Minutes are available online.** Go to [www.lascna.org](http://www.lascna.org) to download a copy or contact Susanne S. to get a copy emailed to you.

**Activities** - Thanksgiving marathon mtg. TBA

**RCM - Open Positions at regional level,** P & P chair, Lit chair, and H&I chair

**New literature "Living Clean—the Journey Continues"** up for decision at WSC 2012 Contact Kim F. for a draft copy.

**Draft of pamphlet for Social Media** guidelines up for review, eg., Facebook in NA. Contact Matt T or Kim F. for a copy.

## The 11th Concept of NA Service

### The 11th Concept States:

*"NA funds are to be used to further our primary purpose, and must be managed responsibly."*

World Service weights in here. You can read the entire article at: <http://www.na.org/ID=bulletins-bull30-r>

### SAFEGUARDING FUNDS:

Theft can be avoided by consistently and diligently following responsible financial principles and practices. The pain

and conflict caused when one of our members steals from us, as well as the loss of funds that might have gone to help the still-suffering addict, point to our responsibility to prevent theft from happening in the first place. Most theft of fellowship funds occurs when precautionary measures are not in place or are in place but not used. Some of us have hesitated to either institute or use these measures because they make us uncomfortable--we believe that they

are somehow insulting to the people we ask to serve, or they seem too troublesome to follow. However, the very best safeguard against theft is to remove the opportunity to steal. It is far more uncomfortable and troublesome to deal with a theft after it has taken place than to take measures to prevent it from happening in the first place.

**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](mailto: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 History

You know, one of the most important things I have found in my recovery in NA is the principle of Attraction rather than Promotion. I think that this story illustrates, in my humble opinion, the most important reason for anonymity, keeping our egos in check. I know mine likes to think that its all about me, that's when the trouble begins for me. The following is taken from a speech by Jimmy K. 20th Anniversary Dinner, Los Angeles Aug. 18, 1973. If you don't know who he is, Keep coming.....

Before NA there was HFD (Habit Forming Drug Groups). These were hidden, these were two or three people meeting in apartments, here and there. Nobody knew where they were; they demanded certain things, and were dominated by one or two persons. You know, you and I don't go for authority, we don't like authority. A few of the people I met down on skid row years ago from East LA formed another group known as Addicts Anonymous. They infringed on the AA name and they died very quickly because they too were dominated by one man. We had another group started in the valley then that also called itself HFD and was dominated by one man. So we found out very early, and our experience has taught us that we can have no bosses, no big shots in Narcotics Anonymous. For a while after we formed: A lot of things happened that I'm not going into tonight—but due to some things that happened and due to the nature of the addict, the nature of our illness, some people were put in a position where they became the leaders again, the "Great White Father". You know, we can't have a "Great White Father" or a "Big Momma", you know, it doesn't work in this organization. And NA died once more, and the friends of ours in AA helped to pick us up, and said, "Don't let it bother you". These were the real friends we had in the beginning; members of AA who believed in us, members of AA had themselves a dual problem at that time and recognized that. They came and helped us get started again. But again and again this happened in this organization. One person would try to dominate the whole movement. And every time it happened we began to die. Because the Traditions go down the drain when we try this. And one of the first things that we said when we met as a group in that house, number "one" up there [pointing to visual aids] where we formed those By-laws that Bob was talking about; where we sat together trying to iron out some of the things we wanted to do. We came down to very simple ideas: Number one. That we believed that this program of 12 Steps would work for addicts as well as for alcoholics. Two. That the Traditions must be followed if we were to grow, and grow as a fellowship that could stand on its own feet aside from and away from Alcoholics Anonymous. We could take our own place as a fellowship, and not be dominated by or affiliated with anything or anybody else.

#### 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.

Higher Power will reveal to us the way we should go. We will acquire direction, ability, understanding, and strength through increased conscious contact. Conscious contact means being aware, mindful, and awake to align ourselves with God, as we understand Him. We gain all-knowing knowledge and perception of the way to truth – our destined path to success, happiness, and peace of mind. To have conscious contact with God is to be alert with our inner essence. We gain awareness and attentiveness to our chosen path to freedom. We gain the familiarity and knowledge to live in accordance with God's will for our lives. When we become aware of the Light of God's love through prayer and meditation, we become at peace with ourselves, our life's direction, and of our newfound life within. To experience conscious contact brings with it a great amount of healing elements that will give us the serenity that we seek. Our life's path becomes a positive, insightful, and joyous adventure. Our Higher Power resides within, but we acquire the knowledge of His will from our inner being, and from without. Deep within us we find the serenity that we once thought was impossible to achieve. Our Higher Power has been with us from the start. He has been guiding us thus far through the Steps, and now our Higher Power desires for us to strengthen the conscious contact necessary to continue growing in our recovery, among many other things. Through prayer we seek God

## November Cleanaversaries

### Against all Odds -

Candace B.	12/12/11	8 years
Lionel T.	11/28/11	12 years

### Agape -

Maryl S.	11/05/11	1 year
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### Another Chance Group -

Erica H.	11/20/11	2 years
Jennifer L.	11/12/11	2 years
Elaine T.	10/2/11	8 years

### Gratefully Dedicated -

Helen T.	11/15/11	9 years
Cordelia B.	12/6/11	10 years

### Out of Control -

Rodney B.	11/4/11	17 years
Melvin G.	11/18/11	19 years
Ontario H.	12/02/11	5 years

### Point of Freedom -

Charles M.	12/7/11	
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### Reach for Recovery -

Tracie C.	11/19/11	5 years
Audrey J.	11/26/11	15 years

### Sunday Survivors -

Carl L.	10/30/11	16 years
Troy M.	11/13/11	1 year

and find Him; and through meditation, we find His presence from within. Both prayer and meditation are the suggested tools to use to succeed with improving our conscious contact with God. Through prayer and meditation, we not only become aware of our Higher Power, but we also become alert to reality, to ourselves, and to others. Our overall attentiveness expands to enlighten us to the direction we should follow - God's will for our lives. We experience peace, faith, love, tranquility, calmness, and a positive mindset that will lead us to the victory that we seek. Faith and acceptance reigns. Responsibility and accurate perception becomes a way of life. We become more aware of our strengths and weakness. We acquire the ability to rise above the challenges we encounter on our quest for personal freedom. We achieve freedom in many areas of our lives, but the most important freedom that we gain, is freedom from active addiction - the freedom to never have to use again, even if we want to. We seek out God's will for our lives, and we are led to victory. Persistence in recovery

becomes a way of life, and we finally begin to enjoy and cherish all the marvelous wonders of this world. Through the process of Step 11, we become in connection with truth from mind, body, and spirit. Total enlightenment transforms us into spiritual beings. This process is achieved through prayer and meditation. Through prayer, we communicate with our Higher Power, and we ask that His will be done, and also that He give us the power, knowledge, and ability to carry it out. The answers will be revealed as He shows us the way. We've already learned through working the previous Steps that if we become reliant on ourselves, insanity will result, which will lead us to unmanageability and total chaos. Our Higher Power has Ultimate Knowledge, and as we tap into that source through improved conscious contact, we gain direction and life, as it should be. As we establish an improved relationship with our Higher Power, we become God-centered, less selfish and self-seeking, and we thrive in life, and in our recovery. Obtaining conscious contact doesn't have to be a complicated issue. To achieve conscious contact, we become honest and open, we pray and meditate, and we not only love ourselves, but we show love to others.

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VOLUME 11 | ISSUE 11

Next Month's Topic:  
Step 12

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



## GOD'S WILL *(continued from pg 2)*

Remember, it is suggested that we keep it simple. It can be difficult and vague to distinguish God's will for our lives. Knowing this, we remember the fact that our Higher Power only wants the best for our lives. In life, we are given free will, so it's up to each of us to decide if we want to travel along the right path. If we live in disobedience, then obtaining the knowledge of God's will is impossible. Why is God's will so vague sometimes? Well, God's will is life and truth, and He tends to show us the direction through Steps. We show our obedience to Him by succeeding with the small tests that are always given to us. We comply with, and respect the knowledge that is given to us. We then will be led to great triumph. We recognize God's will for our lives by His voice from within, by the events in our lives, and by the experiences of others who succeed. By living with conscious contact, it is imperative that we take it one day at a time, and one step at a time. To achieve the fourth step on our journey, we have to take the first three Steps in faith and obedience. And as we follow the suggestions of the program, we take the 12 Steps one Step at a time, and then we're

led to victory. The more we are obedient to God's will, to the direction that is shown to us, then the more we'll accomplish on our path. To be disobedient to God's will is to reject life. Doing so will derail us to disaster. To succeed and grow in our recovery, we choose to abide by the direction that is shown to us. If we love God by choice, then our Higher Power will show love and guidance in return. If we set our priorities to live in accordance with God's will, we are shown the Light of love, and the course to freedom. So, in summary, to achieve God's will for our lives, we stay accepting and obedient to the path revealed before us, as we continue to seek through prayer and meditation the knowledge of His will. In due course, the Light is shown to us. Its illuminous radiance will show us the way to victory in our recovery. After strengthening our conscious contact with God, and seeking out the knowledge to live in accordance with His will, we are ready to continue on to the last Step on Narcotics Anonymous. - Terry Addict

## The 11th Concept of NA Service *(continued from pg 1)*

### SELECTING TRUSTED SERVANTS:

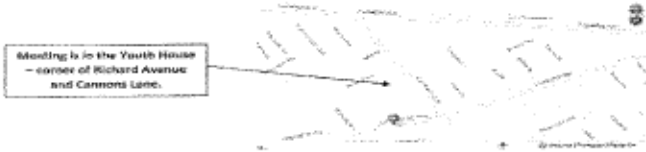
Our Fourth Concept tells us how to select our trusted servants: "Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants." So what exactly are these "leadership qualities" the Fourth Concept tells us to look for? Honesty, integrity, maturity, and stability, both in recovery and in personal finances, are but a few. We often avoid asking questions regarding the financial stability of those we are

considering for these types of positions, because those questions may be uncomfortable for us or we somehow feel they are inappropriate, given the spiritual nature of our program. We sometimes ignore evidence that a person is having a difficult time with his or her personal finances and should not have the additional burden of responsibility for NA's money. Not only is it okay to ask members standing for election about their qualifications in these areas, it is irresponsible not to.

### WHEN SAFEGUARDS FAIL:

If we develop and follow these procedures, we will make it almost impossible for anyone to misappropriate or steal NA funds. If someone does steal from us, the first question we should ask is one of ourselves: Did we adhere to all of our accounting procedures and safeguards? If the answer is no, we as a service committee also bear substantial responsibility for the theft. We will want to review our procedures to ensure that they are complete and resolve to adhere to them in the future.

Friday Night - How It Works Candlelight  
**Meeting has MOVED!!!!**  
 To  
 Holy Spirit Ministry Center  
 3345 Lexington Road (main address)  
**Meeting is on the corner of Richard Avenue & Cannons Lane**  
**Same Day and Time - Friday at 7:30 PM**  
**First meeting at new location is 9/30/2011**



Meeting is in the Youth House  
 - corner of Richard Avenue  
 and Cannons Lane.

Please join us on Friday nights! Meeting format remains the same.



**KRCNA XXVI**

HOLIDAY INN CONVENTION CENTER  
 APRIL 6-8, 2012

140 WILKINSON TRACE

BOWLING GREEN, KY 42401

ROOM RATES SINGLE-DOUBLE \$99.00

SUITES \$159.00 250-75-6884

WORSHIP SPEAKERS 1 YEAR CLEAN TIME

MAIN HEADERS 3 YEARS CLEAN TIME

REGISTRATION \$100 UNTIL 2/1/12

800.6 2012 INTL. 42012

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 PHONE/EMAIL \_\_\_\_\_

SEND TAPES/REGISTRATION TO:  
 KRCNA, P.O. BOX 2042 BOWLING GREEN, KY 42401  
 (TAPES SUBMISSION DEADLINE 12/31/11)

TARA R. REDIRECTION CHAIR 273-328-4107  
 BOBIE M. PROGRAMMING CHAIR 230-792-5742

**RECOVERING MINDS**  
  
**FIRST ANNUAL**  
**ALL AROUND TOWN**  
**VIDEO SCAVANGER HUNT**

**NOVEMBER 12, 2011**

**CHECK IN AT 5:15 PM**

**FLOYD COUNTY TOKEN CLUB**

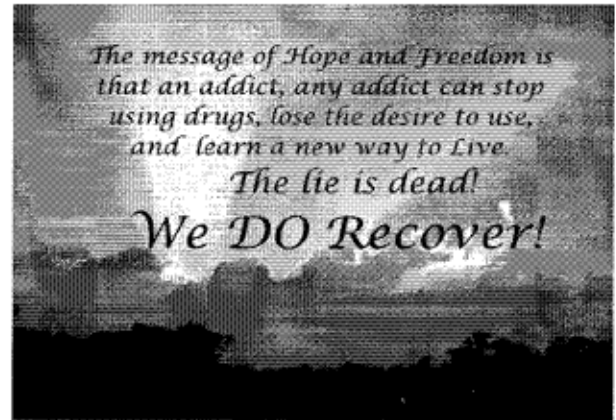
IF YOU WOULD LIKE TO VOLUNTEER AS A TEAM  
 DRIVER OR TEAM VIDEOGRAPHER

PLEASE CONTACT

KELLY J. 812-987-1938

DAKOTA R. 812-267-8253

JENNIFER W. 812-557-7510



... Our thoughts are our action...

Since the way you think about something directly affects  
 how you feel about it

Then how you feel about something can directly affect  
 what you do about it

...Think, feel, and act...

...Clean and serene...

...Just for today...

# UNITY

We, the Hotels & Hospitality subcommittee of LACNA 22, on October 8<sup>th</sup> at one of our regularly scheduled meetings had a question asked by one of our subcommittee members that has prompted us to ponder, and then brainstorm on...

“How can this subcommittee bring back unity in our area? Especially the “racial divides”?...

Since we have hard won decisions we have to make in our own lives, we’ve chosen to bring this concern, this issue, and this question to our fellowship. We are but part of the whole, and decided to challenge you, the reader of our literature to join us.

After much discussion and consideration of our traditions, members of this subcommittee have stated or asked:

Unity...of course its lacking and old timers in the rooms don’t reach out like they share in the meetings. When I first came around the only people that reached out to me were new members. I believe in the Basic Text and it talks about picking up information, talking to members and visiting various groups. I practice that to the best of my ability. The various groups that I visit I see a lack of unity. Members that don’t reach out enough to newcomers, and that can be felt. Like me, I don’t feel a part of, and that’s just like the streets, just without the drugs....Troy M.

Why do we talk about integrity and diversity, but don’t come together to support meetings...whatever end of town?....anonymous

Let’s come together, it will help our area...Tony C.

I feel there are two different NA programs in the Louisville area. Where’s the unity I our first tradition?...Bill B.

Why would I show up at a function that is for fundraising to hear the speaker and not donate to the dance, even if I chose not to stay? Donate, Please!....Bruce C.

The disease doesn’t care about age, race, sexual identity, creed, religion or lack of religion. So why do we? God thrust us into Narcotics Anonymous once, will he do it again? We are all we got...This isn’t BLACKNA, its LACNA, carrying the message has no color....Darren L.

It’s through the 12 Steps and 12 Traditions that allows us to get along...Practice Them!...Larry K.

We believe these are valid issues, concerns, and questions from us. As I write this submission for the newsletter for our subcommittee, I reminisce about my early recovery.

Life provides new opportunities to live and learn, to grow and change. Does this mean that our program, the program has changed? NO!

The program is and stays consistent, day in and day out. It is us the fellowship, all of us, who need to address why differences have become forefront.

## SO REMEMBER....

Many of our problems are like those that our predecessors had to face. Their hard won experience gave birth to the Traditions, and our own experience has shown that these principles are just as valid today as they were when these Traditions were formulated. Our Traditions protect us from the internal and external forces that could destroy us. They are truly the ties that bind us together. It is only through understanding and application that they work.

.....Yolanda G. Secretary for Hotels & Hospitality Subcommittee