

THE MESSENGER



Service In Narcotics Anonymous

DECEMBER 2011 | VOLUME 11 | ISSUE 12

Service in NA

Changing from a taker to a giver is one of the most dramatic personality changes that can occur in someone's life. There are two basic questions in the mind of our members: have these people really been where I've been and do they really care about me. The magic in Narcotics Anonymous is that these two questions are true. There may be some who hide out in NA or are court ordered non-addicts but these are minimal exceptions. It has been said that we don't need everybody to love us, just one will do for starters. Any addict seeking recovery can find at least that one in NA. But it may be important to remember that service is also an area of personal growth. While services are the primary result of our efforts to help others know NA exists and find a meeting, service also provided an important area of personal growth. We learn, practice and become

ANNOUNCEMENTS

Local Meeting News

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

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 to download a copy or contact Susanne S. to get a copy emailed to you.

Activities - Christmas marathon mtg. See flyer

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.

Protecting the Gift.....

You know, I have been blessed to publish the newsletter for the last few years. I want to thank each addict who came up to me and said they got something out of the newsletter. I am grateful that I had the opportunity to serve the Louisville fellowship. Thank you for letting me serve. I have heard and

read many truths in my service as Newsletter chair and I want to share some of them with you.

- I can think my way into a bad feeling as much as I can act my way in a good one.

- Come early and stay late. Yes, we have all heard about being fashionably late to a

party but this isn't a party this is life and death.

- Do not get stuck in the rut of only talking to one click of NA members, your recovery can suffer .

- amends means living in a way that it does not happen again..

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

Usually when I'm in a rut I've had the luxury of others being around me who have let me know what works and what doesn't to get out of it. Today, Here...I don't have that luxury. I am relying on feelings and thoughts and what I have learned in NA. The sad thing is I have done nothing about it.

I have complained about the meetings here and haven't been going.

I have complained of mood swings but haven't opened my book.

I have complained of powerlessness and have not worked on a step.

I have done everything backwards and have expected to move forwards.



Service in NA

effective in group settings in ways that would not be possible without service.

Service is the one of the most essential parts of staying clean in Narcotics Anonymous. In the past, professionals over hundreds of years of studying addicts, came up with two basic concepts or truths. First was that addicts had big ego's which needed deflating and second was that if they could get them to help others to get and stay clean, they had the best chances of success. Thus formulated what we kindly refer to in NA as Torture Chambers or T.C.s (Therapeutic Communities). Addicts were ridiculed and shamed to break down those monumental egos through ritualistic behavior modification. If you were vain, you were made to wear a mirror on your neck, if you were acting childish; you spent your days in diapers.

Today we realize that the addict's ego will be broken by his own drug

use and not any form of shaming or manipulation. We let their bottom be of their own making and if they are not there yet, we allow them the time and self-will to get there. The second part of treatment was the idea of one addict helping another, which of course in NA we say is without parallel. The ideas that early therapeutic communities and NA alike have come to understand is that the value is not only in the newcomer getting better by easily identifying with the old-timer, but conversely and most importantly, the old-timer stays clean by actively helping newcomers. This spiritual truth transcends all addictive peoples. If you live in the problem, the problem increases and if you live in the answer, the problem goes away! It is very hard, if not impossible, to come from a place of helping others get off drugs and then go directly to the dope house to cop dope.

When we talk about service in Narcotics

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.



LACNA XXII

January 20, 21 & 22, 2012

Galt House Hotel

140 North Fourth St. Louisville, KY 40202

To make reservations call 1-800-THE-GALT (1-800-843-4258) or 502-589-5200 and press #1 for reservations. Or to make online hotel reservations, visit website below:

<https://resweb.passkey.com/go/LACNA2012> Use group id 899675

◆◆◆ Convention Registration does not include Hotel cost ◆◆◆
Standard Rooms \$ 110 per night Suites \$139 per night plus tax

REGISTRATION SPECIAL

REGISTRATIONS RECEIVED BY NOVEMBER 30, 2011 ONLY \$20.00 EACH

*After December 1, 2011 Registration cost \$25.00

*Late Registration cost??? Register now & save \$\$\$

Send check or money order to LACNA 22, PO Box 2946, Louisville, KY 40201-2946 by 12/30/11

Convention Contacts:

Chair: Crystal C. 502.836.1153 Vice Chair: Shareese W. 502.724.4893

Registration Chair: Vanessa CS. 312-719-9295

Arts, Graphics & Merchandising Chair: Kirk F. 502.333.4677

Hotels & Hospitality Chair: Theodore B. 502.716.2644

Program Chair: LeShaundra R. 502.263.3168

Serenity Team Chair: Keith S. 502.619.8597

Functions & Fundraising Chair: Angie R. 502.408.3129

NAME: _____

Address: _____

City, State, Zip: _____

Phone#: _____

Email: _____

OK to confirm by email? _____ Clean Date: _____

\$35 Banquet Tickets must be purchased in advance by 12/30/11 Total #Banquet Tickets _____

Comedy Show Tickets \$10 each _____ Total #Comedy Show Tickets _____

NEWCOMER DONATION \$ _____ TOTAL # REGISTRATIONS _____ TOTAL AMOUNT PAID \$ _____

◆◆◆No Refunds!!! Not responsible for Registration packets not picked up by 5pm on Saturday of event. ◆◆◆



LACNA 22

New Years Eve

Speaker Jam and Dance Fundraiser

\$5.00 a person (No addict turned away)

Saturday, December 31, 2011

5 pm-1:30 am

Guest Speakers

Fellowship

Dominoes



Food on Sale



2012



Spades

Fun



Bid Whiz

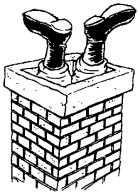
FOR TIME AND PLACE PLEASE CONTACT

Contact: Crystal C. 502-836-1153 or Jeff R. 502-301-0907

LASCNA ACTIVITIES SUBCOMMITTEE PRESENTS

2011 ANNUAL HOLIDAY MEETINGS AND FELLOWSHIP

DECEMBER 25
12 NOON TIL 12 MIDNIGHT
NEW YEARS EVE
6 PM TIL 3 AM



BARDSTOWN
ROAD
PRESBYTERIAN
CHURCH
1722 BARDSTOWN
ROAD



RECOVERY
FUN
FOOD AND
FELLOWSHIP
WITH YOUR
NA FAMILY



SOME FOOD
PROVIDED
PLEASE BRING
SIDE DISHES
SNACKS
DESSERTS

CONTACT INFO:

RON H. 502-216-7684 STEPH R. 502-551-2615

Service ion NA

Anonymous, we often conjure up visions of service committees huddled in a room arguing over the finer points of Roberts Rules of Order, or maybe a committee working on a convention for the Region. Service work in NA has many levels and most of them need you and me to ensure that they are not omitted and addicts die.

Someone once asked; "What's the opposite of love?" Everyone in the room yelled out "Hate!" The speaker replied; "Nope! Hate is a strong emotion, just like love. The opposite of love is indifference!" Conversely, Love means paying attention to others, taking time to listen and to care about their needs. For isn't our time, the only thing we truly have to give. To stop and give someone our full attention is the purest form of love and the true meaning of self-less service. It is easy to talk the good talk but it takes giving up a little piece of our egos to stop and listen to that newcomer who is mumbling at the end of the meeting, when what we really want to do is be surrounded by those who were moved by our speech

during the meeting. Love is the heart of all service in NA. We have all heard the newcomer say, "I don't have much clean time, how can I be of service." **Listen.** We have learned that if you listen to someone long enough, they will hear themselves. Most people just need to vent their feelings by sharing them with another. They do not need counseling, therapy or 12-Step advice. They just need to share. So, anyone who is practicing love, not indifference, will be able to help another addict, simply by taking time to actively listen to what he or she has to say. Active listening is a skill well worth learning and practicing because we will need it to communicate with everyone that we contact. Not just NA members but our wives, husbands, children, bosses, etc. Narcotics Anonymous is an awakening of the spirit and part of this awakening comes from loosing our self-centeredness and learning that everyone has something to offer us. Why, because God can and does speak to us through other people. Our journey is to become one with



December /January 15th Cleanversaries

Service in NA

Country Clean

Angie G. January ? 1 year

Just Us

Stephanie C. 11/12/11 23 years

Old School Recovery

Bill R. 11/18/11 30 years

Amanda T. 11/25/11 1 year

Point of Freedom

Charles M. 12/7/11 7 years

Lucian Y. 1 1/14/11 1 year

Reach for Recovery

Tracy T. 11/19/11 5 years

Audrey J. 11/26/11 15 years

Kisha W. 12/3/11 6 years

Arthur C. 12/10/11 14 years

David D. 12/17/11 17 years

James P. 12/24/11 16 years

Kim H. 12/31/11 14 years

Miguel M. 1/7/12 8 years

Step Up Group

Nigel H. 12/10/11 12 years

Stepping into Freedom

Curt Q. 12/21/11 12 years

Sweet Surrender

Bret M. 12/11/11 6 years

Walking Talking Recovery

Latonia B. 11/6/11 14 years

Carrie G. 11/13/11 2 years

We Too Recover

Mike P. 11/29/11 3 3 years

Miracle on 22nd St

Cliff S. Dec 4 10 yrs

Lee P. Dec 11 9 yrs

Shelia S. Dec 18 8 yrs

Maggie B. Dec 25 24 yrs

God's will and it is through this form of service called actively listening, that we hone our skills and learning knowledge of God's will for us and the power to carry that out. How do we actively listen to others? The easiest and most effective way to be a good listener is to clear out all the crap that is in your head to start with. That is what keeps us from being in the here and now and living in the moment. We do this by, you guessed it, working the 12 Steps. When we write things down on paper, we get them out of our own heads, which leaves room for new information, get it. So, we begin by putting our thoughts and feelings down on paper to free our minds for new positive input. This does not mean that we can not listen to the suffering addict prior to Step work; it just means we will be more effective once we have done some writing and sharing with our sponsors. Anyone can listen. Just try to put yourself in the other members' shoes and know how you would feel if you were pouring your heart out to someone and they kept looking at their watch or the floor. Looking a member in the eye will give them the knowledge that someone truly cares what they have to say. For most of us, our childhoods were not filled with a lot of caring souls. For most, we grew up in addictive households where the grown ups were not emotionally present. A lot of us gravitated toward gangs or friends that were emotionally unavailable and as we grew up, either prior to our in recovery, we tended to pick partners that could not be there for us like we thought they should be. One of the greatest gifts ever given to us is to find one person, a sponsor who will actively listen and take part in our lives. As sponsors, we have a great trust placed on us to be non-judgmental, as most addicts have judged themselves harsher than any critic ever could. The healing starts when we see the newcomer, not as what he/she is, but what they could be. It is our vision of seeing them clean and picking-up many chips that often sustains those who have no

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Next Month's Topic:
?

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*

My thanks to all for allowing me to server as the Newsletter chairperson. I have learned so much and am forever grateful



Service in NA

vision themselves but failure. That is one of the truly magical gifts that God has given us, the ability to see hope when there should be none, success were only failure has dwelt and recovery were the disease has been running rampant for decades. This vision of hope can and does make all the difference to the still suffering addict. From the beginning, our sponsors and members with time on the program suggest that we become actively involved with service, if we are to stay clean. The suggestions for newcomers range from; getting a home group, emptying ashtrays, help setting up and breaking down the meeting place, making coffee, to greeting people as they come in the door. If we think of NA as a ball, then it is easy to see that if we can stay on the outside of NA, sitting in the back of the room, coming in late, leaving early, we will surely run the risk of falling off. But, if we come early, lend

a hand in setting up, become active in even small ways, then we are inside NA and no longer on the surface. This also helps us to feel a part of, rather than a part from. It also strengthens our commitment because we feel that we belong here and that it is no longer your fellowship, your meetings, but our fellowship and our meeting! This stage of not feeling like we fit out there and yet not feeling like we fit in NA is a very dangerous and crucial place in our recovery. This is where the disease will often manifest symptoms of loneliness and isolation, a longing for our old playgrounds and playmates to ease the feelings of discomfort. Feelings are not facts; they are just feelings and the best way we have learned to get past them quickest and with the least amount of pain, is to be of service at the group level.

- Reprinted in part from www.na.org

- Staying late is a privilege. Now there's an interesting thought. Service as a privilege not a chore.

- Our disease does not look for a better program, full of happy, grateful, recovering addicts. It looks for loopholes, inequities, and defective people, poorly phrased motions. Remember to look at the positive. You will find what you look for.

- Service is not about control. Freedom is not about control.

- Those who remember where they came from are glad to be somewhere else now.

- Be careful where you put your mind because the rest of you will surely follow.

- The challenge is letting people do things 'their' way, instead of the way

you 'know' is right!

- If your service does not help recovery it isn't service. It is selfish and taking the old game in a new wrapper. Service is freely given and freely received.

- Fortunately, we do not have to be perfect to live long, happy and useful lives!

- and finally.... WE CAN LEARN from our mistakes! WE DO