

# MESSENGER

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## FREEDOM

The birth of a nation is to be celebrated and all the fanfare that accompanies that celebration, such as fireworks, are fitting for such a momentous occasion. People come together from every walk of life to join in the festivities. People who do not have much in common join in community to celebrate the one thing that everyone desires, freedom. Much like the society at large, recovering addicts come from diverse background to celebrate our common purpose, freedom from active addiction. It is fitting to celebrate freedom on a national scale, while we as recovering addicts celebrate freedom on a personal scale when we work the program of Narcotics Anonymous.

We gain our independence by taking the Twelve Steps of Narcotics Anonymous. We are no longer dependent on the opinion of others to validate us. We are no longer dependent on the acquisition of stuff and things to measure our self-worth. We are no longer dependent on money, property or prestige to define who we are as contributing members to society. And most of all we are no longer dependent on a mind or mood altering substance. We all have an Independence Day, that day when we reach the end of the road. For most addicts that day is their clean date. The N.A. literature says, "we go on as best we can to the bitter ends, jails, institutions or death, or find a new way to live." (Basic Text pg. 87). The Twelve Steps, for the recovering addict, are the way in which we find that new way to live.

There may not be fireworks as we celebrate each day we are free from active addiction, but seeing the world through clear eyes makes everything a little brighter. The freedom we seek does not come from anything outside ourselves. It comes from digging, probing and excavating through the lies, misinformation and untrue beliefs we have built within ourselves. Deconstruction takes lots of time and effort, but experiencing the freedom that comes from all the hard work is very rewarding. Remember, we only have a daily reprieve from active addiction, so make today count.

*Bobby E.*

**HELPLINE 502-569-1769**  
**helpline@NALouisville.org**  
**area website: nalouisville.net**

## THE 7<sup>TH</sup> STEP

*"We humbly asked Him to remove our shortcomings."*

**Humility** – As we grow, we come to understand humility as acceptance of both our assets and our liabilities. Basic Text page 101.

**Remove** – to get rid of: eliminate, extract, dislocate. Merriam-Webster Dictionary.

**Shortcoming** – Character defects or shortcomings are those things that cause pain and misery all of our lives. Basic Text page 35. An imperfection or lack that detracts from the whole. Merriam-Webster Dictionary.

I spent the first few years in recovery struggling to stay clean. For me the answer came the last time I got clean when the pain of staying the same was greater than that of changing. I finally surrendered to the program of Narcotics Anonymous and asked an experienced member to sponsor me. I became honest, open minded and willing to learn a new way to live through our steps.

The 4th step gave me freedom by allowing me to see my part in creating my resentments (my character defects, faulty beliefs and my unhealthy behaviors). In the 5th step, I found out that

*continued on p.3*



## WORD SEARCH

Asked	Money
Contributions	Growth
Remove	group
Humbly	coffee
Declining	action
Shortcomings	literature

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

## the MESSENGER

By submitting you are giving The Messenger permission to publish the work. Please send your newsletter submissions and Dear

Anonymous questions to: [cleanaversaries@yahoo.com](mailto:cleanaversaries@yahoo.com)

We invite your recovery oriented articles, poetry, artwork, cartoons, home group announcements, items of interest, cleanaversary celebration date (yrs clean, home group, date celebrating, & time). Submissions are subject to editing for length, content, and grammar.

## Dear Anonymous Q & A on NA

*Do you have a question for Anon? Submit it to [cleanaversaries@yahoo.com](mailto:cleanaversaries@yahoo.com).*

Dear Anon,

New to the Fellowship of NA I have come to know a variety of addicts. I would love to know with transgender addicts what advice would you have on choosing a sponsor?

Til Then, Kevin

Dear Kevin,

Welcome to Narcotics Anonymous. Recovering addicts come from all walks of life and you will come in contact with transgender addicts along the way. The best way to meet people in the fellowship is to go to as many meetings as you can, get and use phone numbers and start building the kind of relationships that will help you. As far as sponsorship, it is suggested that we read the sponsorship pamphlet, again, go to as many meetings as you can and listen. When I was seeking a sponsor, I looked for someone who exhibited the characteristics I wanted for myself, peace and serenity. I found that person by going to meetings and listening.

Anon

## ! announcements !

**New Meeting:** carrying the message  
**The Healthy Choice.** Aug. 18th  
 Fridays @ 10 am.  
 1190 S. 40th St.  
 Louisville

**Stopping Point**  
 meeting upstairs in  
 205 for the summer

**Step Up Group**  
 celebrates 23 yrs of  
 carrying the message  
 Aug 20th

**Lazer Light Show.**  
 Pizza, Out of Town  
 Speakers, July 30th,  
 7-9 pm, Rauch  
 Planetarium, \$8

**Gratefully Dedicated**  
 celebrates 26 yrs of

# 7<sup>TH</sup> TRADITION

*“Every NA group should be fully self-supporting declining outside contributions”*

If you have been in NA for at least one meeting you have heard this tradition recited, but what does it really mean? Yes, it means we need money to function. That part is clear, but what are the spiritual principles involved? Gratitude, responsibility, and faith are just three of them but I find integrity to be at the heart of this matter.

Once upon a time we had a pamphlet that was all about this tradition “Hey! What’s the basket for?.” It told of our behavior as addicts being too irresponsible and depending on others to have our many needs filled. When we get clean it is now about being responsible for ourselves and standing up on our own two feet. Not only as individuals to stand up, but so must our home groups.

It is important to pay rent for our meeting space and pay our own way. If we don’t pay rent or for our own things then the meeting place and addicts may be behold to that place or person and they may try to influence our ways and traditions. This also goes for large donations from addicts or outside groups who may have ulterior motives. This can also cause trouble internally in the program. NA is not for sale.

It is also important that home groups pass any surplus funds on to help Area Service function. In this way the home group helps provide the services our community needs like H&I, Public Relations and our Activities subcommittee. Home groups need not have large amounts of cash, as to not tempt fate or tempt individuals stealing funds; now that is an ancient story, not everyone is spiritually fit.

Another way to practice the 7th tradition is to give of yourself and your time to individuals and newcomers. Start with a simple loving hug and progress to sponsoring others. Start doing service work. Help set up and tear down the meetings, join various committees or share a clear NA message of recovery in a meeting. Just be a part of the program.

The 7th Tradition calls us to think less of ourselves and more for the greater good for our fellowship. We are becoming honest, strong, humble people who are standing for a true new way of life.

*Rhonda G.*

# 7<sup>TH</sup> CONCEPT

The concepts are the guiding principles of NA service

*“All members of a service body bear substantial responsibility for that body’s decisions and should be allowed to fully participate in its decision-making processes.”*

This concept puts our group conscience into action. Every individual of our service body can be a part of the decision-making process involved with the NA service structure. Every member’s contribution is important.

This allows us to consider other peoples’ perspectives. I am learning a great deal about how to appreciate, respect, and accept other peoples’ perspectives in the area subcommittee I am a part of and those of the members of the area, as a whole. Anonymity helps us remember that we are all equal and no one person is more important in the service body than any other. We all have a right to participate in the service structure in which we are members.

*Tracey C.*

## 7th Step Continued from page 1

I was definitely not unique, my sponsor had similar experiences and most of the same character defects, as did other addicts that I began to share with on a deeper level. In the 6th step, I became entirely ready by listing my defects along with my assets and the spiritual principles that I could practice. “And there’s the need to practice spiritual principles in the place of character defects.” NA Step Working Guide page 63.

The 7th step became very simple when I finally was able to practice humility as it is defined in our basic text, “we come to understand humility as acceptance of both our assets and our liabilities.” All of the step work that I had done, to this point, had led me to a state of humility/self-honesty. All that was required from me was to ask that my shortcomings be removed by the God of my understanding.

Finally, I must continue to practice patience as my shortcomings will be removed in my higher power’s time not in my time. I don’t need to “work” on my shortcomings. All that is needed is my focus on the principles of Narcotics Anonymous and continuing on through the steps.

*Anonymous*

# CONVENTIONS

Kentucky: 23- 25 September-2016 -  
Bluegrass Appalachian Regional  
Convention 7 - [http://www.  
barcelona.com](http://www.barcelona.com)

Florida July 7-10-2016 - Flor-  
ida Regional Convention 35  
- Rosen Shingle Creek,9939  
Universal Boulevard - Orlando  
<http://www.frc-na.org>

Georgia: 4- 7-August-2016 ,  
Midtown Atlanta Area Conven-

tion 25  
Renaissance Concourse Atlanta  
Airport Hotel - Atlanta [http://  
www.midtownatlantana.com](http://www.midtownatlantana.com)

Illinois: 25- 28-August-2016  
South City Area Convention  
9 - Hyatt Regency McCormick  
Place Chicago [http://south-  
cityareana.com](http://southcityareana.com)

Ohio: 1-3-July-2016, Dayton  
Area Convention 11 - Holiday  
Inn-Fairborn

Fairborn , [http://www.dascna.  
org/convention](http://www.dascna.org/convention)

Puerto Rico: 5- 7-August-2016,  
Puerto Rico Regional Conven-  
tion 27 -Condado Plaza Hilton  
- San Juan, <http://www.prna.org/>

France, July 21-24,2016  
European Convention & Confer-  
ence 32

Les Pyramides, Event Info: [pr@  
eccna.eu](mailto:pr@eccna.eu) <http://eccna.eu>

## Cleanaversaries

(submit yours to [cleanaversaries@yahoo.com](mailto:cleanaversaries@yahoo.com))

TONY 5YRS 6/27 AGAINST ALL ODDS

DAVID H. 8YRS 7/11 AGAINST ALL

JOE S. 5YRS 7/13 CARING THRU SH

JAMES B. 2YRS 7/18 DOPE OR US

JASON D. 7YRS 7/25 DOPE OR US

KENNY B. 2YRS 6/28 GRA DEDICATE

TRACY P 3YRS 7/26 GRA DEDICATED

ANTHONY H 16YRS 8/16 GRA DEDIC

TICONDA 19 YRS 8/18 GRA DEDICA-

TETERRIE 4YRS 7/25 MIRA ON 22ND

RHONDA R. 7YRS 7/10 NA MEETING

ANNA C. 5YRS 8/16 JUST US

CHRIS S 13YRS 8/13 JUST US

KELLYE J.22YRS 8/20 JUST US

JAY T. 2YRS 8/24 PHOENIX GROUP

LOUIS B 22YRS 7/2 R FOR RECOVERY

MICHAEL R 8YRS

7/23 REACH

4 RECOVERY

DONALD S. 19 YRS

7/16 RECOVE TODAY

GREG P. 8YRS 7/4 RESTORE TO

SANITY

TRESHIA MAE S 3YRS 7/8 SHEP

SHOT OF HOPE

GARETT C. 5YRS 7/1 STOPPING POI

MICHELLE F. 1YR 7/8 STOPPING POI

PAUL S. 4YRS 7/15 STOPPING POINT

ROGER M 8YRS 7/24 SUNDAY SURVIV

LANA W. 13YRS 7/9 TAKE IT EZ

HARDY B. 4YRS 7/16 TAKE IT EZ

WANDA T. 23YRS 8/7 W & T RECOVER

VICKI C. 14YRS 7/5 WE TOO RECOVE

DEBBIE W. 14YRS 7/12 WE TOO RECO

JAY H. 7YRS 7/11 WHY ARE WE HERE

dreamstime.com