

MESSENGER

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JUNE 2016

A change is going to come.....

METAMORPHOSIS

As spring turns into the abundance of summer the changes are miraculous to behold. There are barren fields that burst forth with lush greenery preparing to feed the world. The musical voices of sun browned children, their arms and legs akimbo as they play age old games. Butterflies fluttering from flower to flower spreading pollen so that the cycle of life can continue. How do these things happen? Like our own recovery, there is preparation that must take place.

Let's look at the life of the butterfly. It starts its life as an egg, which hatches into a caterpillar that eats and stores energy for the journey ahead. When we find the rooms of Narcotics Anonymous we are much like that caterpillar; we go to meetings and are nourished and nurtured by the atmosphere of recovery we find in the rooms. The caterpillar encases itself in a silken tomb or cocoon in which it is a time of great change. As we take the 12 steps of Narcotics Anonymous we cocoon ourselves with the love and care of the fellowship and a power greater than ourselves, which is our time of growth. The butterfly emerges from the cocoon a changed creature. It has large gossamer wings and is ready to start the cycle all over again. As we emerge from the Twelfth Step we are changed and ready to start the process all over again.

There is an interesting fact about the emergence of the butterfly from the cocoon. It must struggle to escape, which make the wings strong and ready for flight. If there is any interference with the process, then the growth cycle of the butterfly is interrupted and, sadly, the butterfly dies. The same holds true for the recovering addict. The internal struggle that happens during the step-working process is necessary and if that process is interrupted in any way that growth process is stunted and some addicts die. The cliché is true that we can carry the message, but we cannot carry the addict. Welcome to your personal metamorphosis. Welcome to Narcotics Anonymous

Bobby E.

THE 6TH STEP

We were entirely ready to have God remove all these defects of character.

Why ask for something before we are ready for it? This would be asking for trouble. So many times addicts have sought the rewards of hard work without the labor. Willingness is what we strive for in the Step Six. (Basic Text 6th edition, page 34). I had already experienced in the Third Step what I must do in the Sixth Step. I surrendered my will and life to the care of a Power greater than myself because I wasn't willing to continue to live my life the way I was living. Our character defects are basic human traits that have been distorted out of proportion by our self-centeredness, causing enormous pain to us and those around us. (It Works How And Why, pages 62-63). In recovery my character defects didn't seem to be so attractive or protective to me anymore. The shame and guilt I felt after seeing the hurt in the eyes of someone I love, after attacking them for no apparent reason. My defects were getting in the way of my recovery. I asked my Sponsor for guidance in writing the Six Step. Then on the other hand I was fearful of letting go of some of these defects that I felt protected me

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HELPLINE 502-569-1769
helpline@NALouisville.org



Cleanaversaries

(submit yours to cleanaversaries@yahoo.com)

DAVID H 8YRS 6/13 AGAINST ALL ODDS
 TONY 5YRS 6/27 AGAINST ALL ODDS
 SAM B 6YRS 5/25 CARING THRU SHARING
 TRACEY C 4YRS 6/24 CARING THRU SHARING
 TIFFANY C 1YR 6/2 ENOUGH IS ENOUGH
 CLIFTON T 2YRS 6/17 FREEDOM TO LIVE
 GEORGIA P 13YRS 6/2 GRATEFULLY DEDICATED
 LUCINDA K 5YRS 5/27 HIGHLAND PEACE
 SHANNON 3YRS 6/4 HOME SWEET HOME
 DUSTIN H 5YRS 6/4 JUST US
 PAM R 21YRS 6/11 JUST US
 CARL S 19YRS 6/17 OLD SCHOOL RECOVERY
 LAURA H 11YRS 6/? OLD SCHOOL RECOVERY
 LOUIS B 22YRS 7/2 REACH FOR RECOVERY
 MICHAEL R 8YRS 7/23 REACH FOR RECOVERY
 LOUISE B 20 YRS 5/30 RESTORED TO SANITY
 MICHAEL D. 1YR 5/28 STEP UP GROUP
 ROGER M 8YRS 7/24 SUNDAY SURVIVORS
 STEVE D 32YRS 6/11 TAKE IT EZ
 CRYSTOLE R 3YRS 6/4 TAKE IT EZ
 MAURICE F 22YRS 5/29 WALKIN & TALKIN
 MEGHAN A 6YRS 6/1 WEDNESDAY NIGHT HOPE
 VANCE P 2YRS 6/8 WEDNESDAY NIGHT HOPE
 MELISSA T 2YRS 6/8 WEDNESDAY NIGHT HOPE
 MANDY T 5YRS 6/25 WEDNESDAY NIGHT HOPE
 VICKI C. 14YRS 7/5 WE TOO RECOVER
 DEBBIE 14YRS 7/12 WE TOO RECOVER
 SARA M 5YRS 6/20 WHY ARE WE HERE
 REGGIE R 16YRS 6/13 WHY ARE WE HERE
 BERRITE S 2YRS 6/27 WHY ARE WE HERE
 YOLANDA R 13YRS 6/20 AGAINST ALL ODDS
 JUDLETTE E 8YRS 6/10 JUST FOR TODAY
 CHARLOTTE G 1YR 6/3 SHEPHERDSVILLE SHOT OF HOPE
 TRESHIA MAE S 3YRS 7/10 SHEPHERDSVILLE SHOT OF HOPE
 CLIFF T 2YRS 6/17 SHEPHERDSVILLE SHOT OF HOPE

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

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.

6TH TRADITION

An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money property or prestige divert us from our primary purpose.

NA is a worldwide entity that operates on different levels. The literature states that the groups primary purpose is to carry the message of recovery. If we are not practicing the principles of the sixth tradition which are: Humility, Integrity, Faith, Harmony, and Anonymity our message can get diluted, and can divert us from our primary purpose.

NA does not lend our name for money, property, or prestige. We are self supporting through our own contributions. NA does not go outside the group for self gain. Our strength and power is sustained by the unity we share within the program of Narcotics Anonymous. We stand alone. This is not saying that we don't interact with other organizations; it's saying we do not endorse or use the NA name to uplift another facility or treatment center.

The six tradition reminds us to stay humble in society and to carry a clear message of recovery. We have harmed so many people over the years while in active addiction that we owe it to society and to the addict that still suffers to carry the message while following the NA guidelines. The sixth tradition helps us keep our Integrity. By examining our liabilities and assets, it reminds us of how much pain, harm, and havoc that we caused to ourselves and others; therefore, honesty is a must in every area of our lives in and outside of the rooms of recovery.

We operate in faith and don't take endorsements. We realize that God is doing for us what we cannot do for ourselves, therefore we pay it forward. Narcotics Anonymous also practices the principle of Harmony; there should be no conflict when dealing with other organizations. We should be mindful and respectable of other organizational structures but not endorse, finance, or lend the NA name to them.

Our boundaries should be clear so that we are able to continue helping ourselves and the addict still suffering from the horrors of active addiction.

We do recover a day at a time, as we progress and apply these principles in all our affairs, More Will Be Revealed

Sheryl H.

Thank You for Lettin Me Be Myself



THE 6TH CONCEPT

The concepts are the guiding principles of NA service

6th Step Continued from page 1

from people places and things for so long. I thought I may become a weak and defenseless person.

I was asked to make a list of my Defects of Character and give a brief description. Dishonestly- not honest, lying, cheating. Self Centeredness - thinking of ones own welfare. Paranoia –a mental disorder, characterized by delusions , as of grandeur or persecution. Denial—to be afraid of, to expect with misgiving. Self righteousness – filled with a conviction of being morally superior. Procrastination – to put off something until later.

I wrote a list of the spiritual principles and the definition. Commitment - perseverance, steady persistence in a course of action. Willingness - cheerfully consenting or ready. Faith –belief that is not based on proof. Trust - confident expectation of something, hope. Self – acceptance - favorable reception, approval.

These defects carried over into my everyday life with my family, friends, co-workers and myself. I always had a good reason for attacking someone for no apparent reason, quitting jobs because I wouldn't follow directions or they were picking on me, having to be right all the time, never considering what the other person's reasons might be or what they been thru. Lying and cheating to cover my drug use was exhausting because the truth was everyone knew I had a problem but me.

By working Steps 1 – 5, I've learned to persevere in my recovery. Admitting to God, writing and sharing with my sponsor gave me the willingness to not be afraid to open my mind and work on my defects of character. Sharing the 5th step with my sponsor helped me sort thru my behavior patterns before and after I stopped using.

I have been utilizing these spiritual principles in my life. Some days when I'm not in a good spiritual space defects pop up. That shameful feeling of guilt comes back, but it doesn't take long for me to call my sponsor or another addict to sort thru my feelings. Going to meetings on a regular basis is another tool I use to stay on track. Daily meditation with my Higher Power gives me the willingness and open mindedness to strive to be considerate and helpful throughout my day and to do my very best. I now realize that the Six Step is truly a lifelong process.

Anonymous

The Sixth Concept of Narcotics Anonymous states: "Group conscience is the spiritual means by which we invite a loving God to influence our decisions."

I was unaware that NA had a set of 12 Concepts until 2012. At that point, I paid enough attention to notice they were another list of twelve phrases, nicely framed, at some of the NA meetings I attended. Fast forward to 2015, the 12 Concepts became slightly more known to me when I was nominated & voted in, at the area level, for a service position. The Concepts are a vehicle by which we learn how to deal with others within the NA Service Structure. That's a mouthful for many, myself included.

The Sixth Concept talks about the group conscience being the spiritual vehicle that invites a loving God to influence decisions we make. This concept is very appropriate for my current reality & it didn't occur to me until I wrote this article. It can be failure (& obvious self-will) to make decisions for 'the group' without tapping into the group conscience. God (my HP), is in the 'we'. His Will for Us.

I think a couple things I've experienced in service could've turned out differently if I applied the 6th Concept (All 12, actually). It's a learning process, as recovery has been from the start. There are many people in NA Service willing to hold us accountable & teach, through example & sharing their experience, strength, and hope, the importance of the Concepts. Invite God in, into the 'we' & we cannot go wrong.

Contributed by Tracey C.

Sunday Survivors is now open discussion Principles Before Personalities (E-Town) Thursday meeting time changed to 10am Southwest NA Book Study, Sundays 7pm, 9800 Stonestreet, Louisville

"Canoe the Blue" camping, canoeing, meetings & fun June 24, 25, 26... check with Home Sweet Home

LACNA 27 FUNCTIONS & FUNDRAISERS presents **WE DO RECOVER** 6/18, 3:30 – MIDNIGHT **SPEAKERS • FUN • FOOD • FELLOWSHIP**

LACNA XXV SPEAKERS WANTED Contact David D. or Valerie H.

CONVENTIONS

Kentucky: 23- 25 September-2016 -
Bluegrass Appalachian Regional Convention 7
<http://www.barcna.com>

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

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

Area Convention 25
Renaissance Concourse Atlanta Airport Hotel
Atlanta <http://www.midtownatlantana.com>

Illinois: 25- 28-August-2016 South City Area
Convention 9 - Hyatt Regency McCormick Place
Chicago <http://southcityareana.com>

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

<http://www.dascna.org/convention>

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

France, July 21-24,2016
European Convention & Conference 32
Les Pyramides,Event Info: pr@eccna.eu
<http://eccna.eu>

DID YOU KNOW

In 2013 the two areas that received overwhelming improvement with NA attendance were family relationships, where 92% of our members stated enrichment; and social connection, which was realized by 88% of the respondents. NA literature states that active addiction is marked by increased isolation and destruction of relationships. Recovery in NA has helped survey respondents to repair the damage in their lives from drug addiction.(from NA website: information about NA)



THE LETTERS IN THE MESSAGE WILL BE HIDDEN BETWEEN THE WORDS YOU FIND. WHEN YOU FIND ALL THE WORDS, THE HIDDEN MESSAGE WILL BE REVEALED!

WORD SEARCH

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

entirely	change	decisively
were	defects	faith
character	habits	vision
willingness	remove	accept



You Got to Pray Just to Make It Today.....