

# the MESSENGER

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## The 5th Step

*“We admitted to God, ourselves, and another human being the exact nature of our wrongs.”*

**A**dmission - a statement of acknowledging the truth of something. The 5th step is merely acknowledging the truth of our wrongs. And we do this admission to God, to ourselves, and to another human being. This article is my experience with the fifth step.

The first admission I made was to myself. The step working guide says, “until we admitted to our own innermost selves the exact nature of our wrongs, we’re not likely to have the willingness or the ability to choose another way.” Everything that I had written in my 4th step was stuff I already knew, but hadn’t admitted to myself. The way for me to make admissions to myself about the wrongs in my 4th step, was to practice the spiritual principle of acceptance. I had to accept the exact nature of the abuse I had done to others, the shameful/selfish sex acts I had performed, the relationships I had damaged, the guilt and shame of my past, and finally my own parts in my resentments. This part of the step made me feel like a piece of crap. I combatted this by remembering that choosing to continue the steps will allow me to make amends and have these defects removed.

The next admission I made was to another human being. It wasn’t a difficult choice for me as to who I was going to share my wrongs with. There has never been anyone with which I have had a more honest relationship than my sponsor. So I chose him. It was not as difficult as I thought it would be to share my 4th step with my sponsor. It was uncomfortable during the abuse, sex, and guilt and shame sections of the 4th step, but still not difficult. I had to admit to my sponsor things that I had accepted in my self-admission during this step. One of my most memorable parts of sharing with my sponsor was that he was able to remind me that just like I never had to use again, I never had to abuse others again.

The final admission I made was to my higher power. The step working guide

*5th Step continued on p. 3*

## May Flowers

**S**easons come and go and we marvel at the changes that happen almost on a daily basis. When winter turns to spring there seems to be something in the air that makes it a magical time of year. There is nothing magical about it. It’s the natural flow of life. Our recovery can liken to the changing seasons in that as we keep coming, we experience the miracle that comes from just staying clean. That may be enough for some, but the step working process is one that will fundamentally change our lives. Like the flowers of May our spirits awaken from the long winter of active addiction when we nourish them with the Twelve Steps of Narcotics Anonymous. We think of spring as a renewal and the world seems to come back to life, so it is with our spirits when we work the Twelve Steps and apply the principles found within them.

As we work steps One, Two and Three, our spirits are like the seedling with its head poking just above

*May Flowers continued on back cover*



Check out our Area website!  
[www.NALouisville.org](http://www.NALouisville.org)

**HELPLINE**  
502-569-1769

[helpline@NALouisville.org](mailto:helpline@NALouisville.org)

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# Dear Anonymous

## Q & A on NA

*Do you have a question for Anon?  
Submit it to  
cleanaversaries@yahoo.com.*

Dear Anon,

Avoiding old people, places, and things may be unavoidable in some cases due to my chosen profession. Do you have any suggestions on how to handle any uncomfortable situations?

*Thank you,  
Off the Street*

Dear *Off the Street*,

In early recovery, we hear the suggestion to avoid old people, places and things. This is a great suggestion, but can mean very different things for different people. If we are exposed to as few triggers as possible in early recovery, it can reduce our cravings and may make it less likely that we relapse.

However, recovery is not about

the world changing to suit our needs, but about an internal change that happens through working the 12 steps of NA. We must set our own priorities and make choices that work for us.

One option is to change careers, but that is an unrealistic option for many. There are nurses, musicians, DJ's, and even bar tenders who have remained clean. It is essential that we make recovery a priority; but working with a sponsor on a safety plan that addresses our own, individual needs for support in our recovery can get us through some of these hard situations. The world is not going to change. In fact, we may soon be exposed to more open drug use than ever. But we can change, and find a plan to remain clean no matter what.

*Yours in Recovery,  
Anon*

Dear Anonymous,

I've come in off a relapse. My new sponsor has me doing 90 in 90. I've got 2 teenagers, a wife, and a full time job...how do I balance all this.

*Submitted by Jason*

Dear *Jason*,

I am so grateful that you survived the relapse. Many do not. If you remain in recovery, you will find that you will lose many friends to relapse. I am also grateful that your wife, boss and children did not have to suffer the pain of losing you to your disease and are willing to remain in your life through a relapse. Many of us lose our families, jobs and contact with our children due to our disease. We have a disease. The best treatment for our disease is to make 90 meeting in 90 days, call our sponsors daily, work the steps and deepen our relationships with our Higher Power. Some people with cancer opt out of chemotherapy, and some people in NA opt out of the suggestions above. These people are less likely to recover. So, you have to decide to take on the necessary challenge of working with your wife children and employer to get your meetings in; or to risk another relapse and the loss of all of these things and possibly your life because you didn't make recovery a priority.

*Yours in experience, strength  
and hope, Anon*

## 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.

## THE CONCEPTS

*OUR GUIDELINES FOR NA SERVICE—5TH CONCEPT:*  
FOR EACH RESPONSIBILITY ASSIGNED TO THE SERVICE STRUCTURE A SINGLE POINT OF DECISION AND RESPONSIBILITY SHOULD BE CLEARLY DEFINED.

We define a task, such as the newsletter, and assign a person or committee to handle it. This avoids duplication and creates accountability. Getting stuff done, keeping it simple.

*Submitted by Nigel H.*

## 5th TRADITION

*“The primary purpose of the group is to carry the message to the addict who still suffers.”*

Not complicated; the fifth tradition is simple, like our program, which is to Carry the Message to the Addict who still suffers. This is our Primary Purpose we must never forget that this all we our here for.

Yes we do many other things within the fellowship such as fundraisers, dances, conventions. All these things are nice and can be fun, but the Message is clear That An Addict, Any Addict, Can Stop Using Drugs, Lose the Desire to Use, and Find a New Way to Live. This is the message we carry, with all the other things we do. This is what’s important. We save lives through that message. Anything that gets in the way of this can destroy us.

The Unity of the First Tradition is very important in this. The we of our fellowship allows this to happen. This Tradition applies to the Individual Member as we sponsor someone or simply help a new comer understand something in the litera-

ture. This is part of carrying our message to the still suffering addict and all of this makes it possible for us to recover.

Although without the members working the Twelve Steps, the message of our fellowship could get blurred. Without principles we often will share our theory and opinion. Addicts may die. So we must be aware that we carry great responsibility as members of the fellowship of Narcotics Anonymous. There are lives on the line here.

With all of this the Group has a primary responsibility as well. We have to take an inventory to see if we are carrying the message and keeping an atmosphere of recovery in our meeting. This is important. An atmosphere of recovery enables the addict still suffering to hear the message that they can stop using drugs, that they can lose the desire to use, and that they can find a new way of life.

*Submitted by Wardell M.*

*Editors note: scuttlebutt has it that there is conversation at World Service about listing home groups in the meeting schedules that incorporate other than approved NA literature in their meetings.*

### DID YOU KNOW?

*You may know the country with the most meetings is the USA, second however is Iran. As of 2012 there were 61,800 Narcotics Anonymous meetings worldwide, 27,650 in the USA and 15,955 in the rest of the world, except for Iran. There are 18,195 weekly NA meetings in Iran. The program there is spot on, some of their meetings are huge. 200 or 300 and more people, men and women getting clean, identifying as addicts, and working steps. They celebrate when they finish their first time thru the 12 steps. I googled “NA in Iran” to find these articles, we have a lot to learn from this expanding story.*

### 5th Step from p. 1

says, “How we make our admission to the God of our understanding depends on the specifics of our understanding.” For me, this meant that I would set aside time to turn off the phone and just be somewhere quiet. Then I made the admission in prayer. That may sound simplistic, but the step working guide also says, “Whatever we do is okay as long as we are aware that we are also making our admission to a Higher Power.”

Having worked the 5th step I no longer had to bare the weight of all my secrets and shame.

*Submitted by Charlie W.*

## Cleanaversaries

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

- DANIEL M. ....28 YRS. ....5/18. ....CARING THRU SHARING
- SAM B. ....6 YRS. ....5/25. ....CARING THRU SHARING
- ROBERT S. ....21 YRS. ....5/12. ....DAY BY DAY
- TIFFANY C. ....1 YR. ....6/2. ....ENOUGH IS ENOUGH
- CLIFTON T. ....2 YRS. ....6/17. ....FREEDOM TO LIVE
- MARSHA J. ....12 YRS. ....5/12. ....GRATEFULLY DEDICATED
- LUCINDA K. ....5 YRS. ....5/27. ....HIGHLAND PEACE
- ROBERT W. ....10 YRS. ....5/6. ....HIGHLAND PEACE
- KEVIN M. ....1 YR. ....4/22. ....HIGHLAND PEACE
- JOHN N. ....28 YRS. ....5/13. ....HIGHLAND PEACE
- JESSALYN W. ....1 YR. ....5/13. ....HIGHLAND PEACE
- SHERRY Mc. ....9 YRS. ....5/6. ....JUST FOR TODAY
- MUHAMMAD A. ....1 YR. ....5/13. ....JUST FOR TODAY
- JUDLETT E. ....8 YRS. ....6/10. ....JUST FOR TODAY
- ERIN W. ....16 YRS. ....5/14. ....JUST US
- DUSTIN H. ....5 YRS. ....6/4. ....JUST US
- PAULA G. ....7 YRS. ....5/21. ....LOSE THE DESIRE
- MARK C. ....5 YRS. ....5/1. ....NA MEETING
- EDITH J. ....1 YR. ....5/7. ....REACH FOR RECOVERY
- JEREMY H. ....1 YR. ....5/14. ....REACH FOR RECOVERY
- LOUIS B. ....22 YRS. ....7/2. ....REACH FOR RECOVERY
- MICHAEL R. ....8 YRS. ....7/23. ....REACH FOR RECOVERY
- LOUISE B. ....20 YRS. ....5/30. ....RESTORED TO SANITY
- MIKE C. ....6 YRS. ....5/7. ....SATURDAY NITE LIVE
- GAYLE T. ....18 YRS. ....5/14. ....STEP UP GROUP
- TERRIL S. ....4 YRS. ....5/3. ....WE TOO RECOVER
- REGGIE R. ....16 YRS. ....6/13. ....WHY ARE WE HERE
- TAMOURA B. ....13 YRS. ....5/9. ....WHY ARE WE HERE
- BERITTE S. ....2 YRS. ....6/27. ....WHY ARE WE HERE
- ELLEN S. ....21 YR. ....5/14. ....STANDING FOR SOMETHING

**New Mexico**

Rio Grande Regional Convention 27  
 May 19-22, 2016, Crown Plaza Hotel  
 1901 University Boulevard NE, Albuquerque  
<http://www.riograndena.org>

**New York**

May 27-29, 2016, Heart of New York Area  
 Convention 12, Crown Plaza Syracuse, 701 East  
 Genesee Street, Syracuse, <http://honyana.org>

**Tennessee**

May 20-22, 2016, NA in May  
 Meeman-Shelby Forest State Park, 910 Riddick  
 Road, Millington, <http://nainmay.org>

**Ohio Convention 34**

May 27-29, 2016 -Crossroads Events Center,  
 2095 West Fair Avenue, Lancaster, <http://www.ohioconventionna.org>

**France**

July 21-24, 2016, European Convention &  
 Conference 32, Les Pyramides, 16 Avenue de St  
 Germain, 78560 Port Marly , <http://eccna.eu>

**Puerto Rico**

August 5-7, 2016, Puerto Rico Regional Con-  
 vention 27 - Hosting Service Body: Region Del Coqui,  
 Box 361305; San Juan PR 00936-1305  
 Venue: Condado Plaza Hilton, 999 Ashford

Avenue, San Juan

787.721.1000 Event Info: 787.637.0385 Event  
 Registration: 787.364.9435, Speaker Tape Info:  
 787.627.2914 <http://www.prna.org/> - Speaker  
 tape submission deadline: 15 Jun 2016

**Florida**

May 6-8-2016, Daytona Area Convention 17  
 Hilton Daytona Beach Resort/Ocean Walk Village,  
 100 North Atlantic Avenue, Daytona Beach  
<http://www.dacna.org>.

**Additional info on NA conventions;**

[Http://www.na.org/events](http://www.na.org/events)

May Flowers continued from p. 1 

the ground. The Fourth, Fifth and Sixth steps fortifies our recovery and our roots grow strong and we stand a little more erect. We stretch and grow as we work the Seventh, Eighth and Ninth steps. May flowers, in all their brilliance, turn their face to the sun much like we do as our spirit is exposed to the full sun light of recovery, as we maintain our recovery with the Tenth, Eleventh and Twelfth steps. Spring flowers are beautiful and they bring much pleasure to the world. Their beauty is only surpassed by the awakened spirit of a recovering addict who realizes that they can only keep what they have by giving it away. April showers may bring May flowers, but the Twelve Steps of Narcotics Anonymous brings a blossoming of the spirit.

*Submitted by Bobby E.*

**WORD SEARCH - 5TH STEP**

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

COURAGE  
 SPONSOR  
 NATURE  
 SHARE

TRUST  
 HONESTY  
 EXPOSURE  
 FAITH

FREEDOM  
 THOROUGH  
 ADMITTED

**ANNOUNCEMENTS**

**Group 53**, Speaker & Pizza, last Friday of each month.

The Stopping Point 19 yr Anniversary celebration, May 13, Food/Speakers/fun

**Derby Day Celebration** (the NA Way), May 7, 1722 Bardstow Rd, 2pm-8pm, Food, fun, games, fellowship, and THE DERBY!