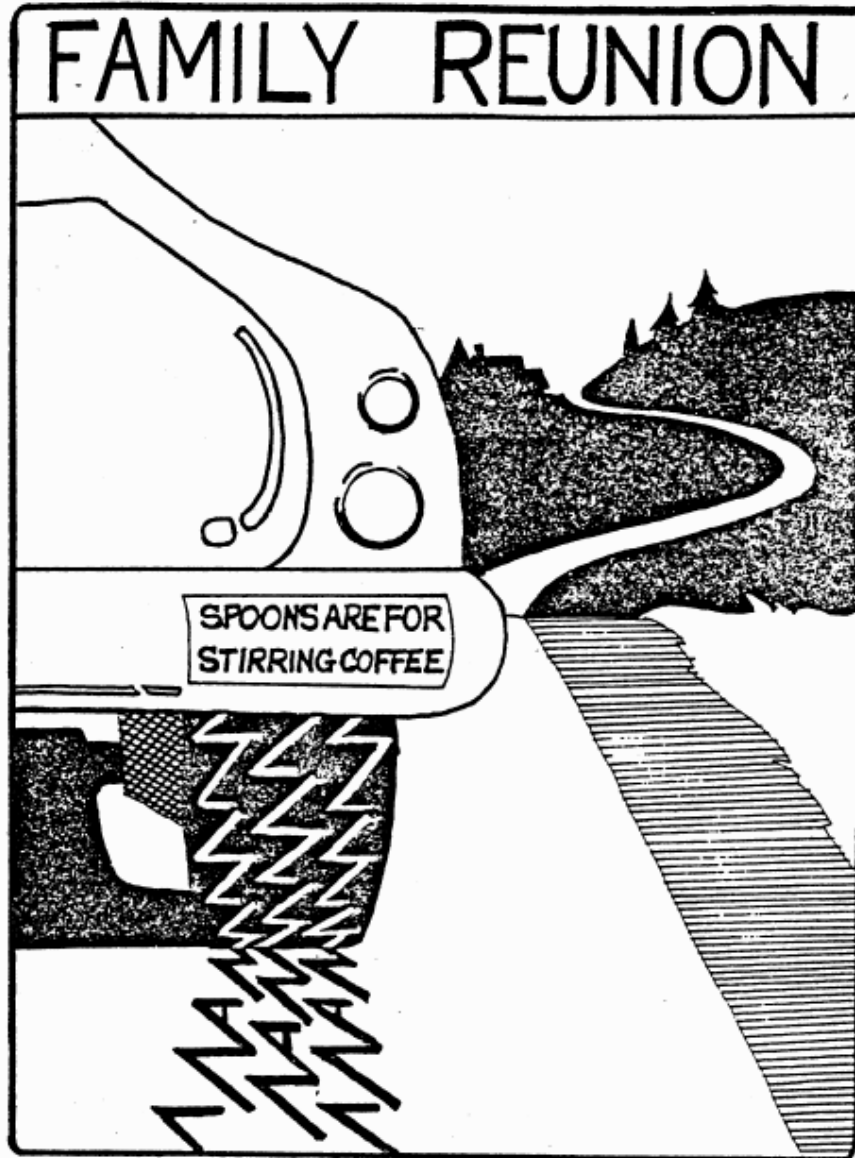


# MID-AMERICA NEWSLETTER

\*\*\*\*\*  
**APRIL 20 - 22, 1984**  
\*\*\*\*\*



Lodge of The  
Four Seasons

Lake Ozarks  
Missouri

## **SECOND ANNUAL MID-AMERICA CONVENTION**

Letter From The Editor

February, 1984

Dear Fellow Members,

I first want to address everybody who has been wondering 'where the hell is my newsletter?' I wanted to share with everyone that it hurt "my pride" to have to send out this newsletter two months late. What I really wanted to do was to say that it wasn't my fault, but ultimately somebody has to take responsibility not only for the good things that happen but also the bad. When I accepted the role of editor of our newsletter, I also accepted the responsibility of making sure that it was printed and distributed on time. I want to thank everybody for their patience and I hope that everyone will continue to support our newsletter because it is only through your support that we can have a quality newsletter.

Next I want to thank my predecessors: Cindy for starting the newsletter and maintaining it for it's first year and Donna F. for continuing the work. They've both done a wonderful job of doing what I've found to be difficult job. Thank you.

Finally, and most importantly, everyone needs to know that our newsletter will only be distributed through subscriptions only. In the past it was distributed to groups that donated \$2 to the Regional Service Office and then to any subscribers. I hope that the groups both in Mid-America and our surrounding regions will subscribe. Communication is a vital aspect of unity, and our newsletter is one tool we can use to strengthen our unity.

Remember the newsletter is yours and needs your support. We'd love to hear from you. Please send any news, or thoughts, or poems, or anything you want. Also send any ideas on improving the newsletter.

In loving service,

*Linda M.*

\* Send subscriptions and input to:  
Regional newsletter % Linda Merrillat, 816 W. 8<sup>th</sup>, Lawrence, KS 66044

# IMPORTANT NOTICE!!!

AS OF JANUARY, 1984, THE MID-AMERICA NEWSLETTER WILL BE AVAILABLE THROUGH SUBSCRIPTIONS ONLY. THIS WILL BE THE LAST NEWSLETTER GROUPS AND INDIVIDUALS WILL RECEIVE WITHOUT A SUBSCRIPTION.

Don't miss your next newsletter,

## ORDER NOW!

---

### SUBSCRIPTION FOR MID-AMERICA NEWSLETTER

NAME \_\_\_\_\_ (Please print)

MAILING ADDRESS \_\_\_\_\_  
Address State Don't forget the zip

One issue, \$1 @

Six issues, \$5  
(the real bargain!)

Send to Regional Newsletter, c/o Linda Merillat, 816 W. 8th,  
Lawrence, KS 66604.

MAKE COPIES AND GIVE THEM TO NEW GROUPS, FRIENDS,...

---

### SUBSCRIPTION FOR MID-AMERICA NEWSLETTER

NAME \_\_\_\_\_ (Please print)

MAILING ADDRESS \_\_\_\_\_  
Address State Don't forget the zip

One issue, \$1 @

Six issues, \$5  
(the real bargain!)

Send to Regional Newsletter, c/o Linda Merillat, 816 W. 8th,  
Lawrence, KS 66604.

MAKE COPIES AND GIVE THEM TO NEW GROUPS, FRIENDS,...

# WORLD REPORT

## DID YOU KNOW:

The WSO has a new address and phone number?  
World Service Office  
16155 Wyandotte St.  
Van Nuys, CA 91406  
#213/780-3951

The WSO sends out a newsletter called the NEWSLINE and if you would like to receive one all you have to do is ask that your name be put on the mailing list?

The WSO has a packet of unapproved literature that costs \$10 which people can order so that they may review it and send their input to the World Literature Committee?

Speaking of which, most of the literature that was being worked on for this year's WSC, is still being worked on for next year's WSC. Now is the time to send in your input. One project still in progress is a daily meditation guide called Just For Today.

## Guidelines for Preparing Input...

1st Part — 70 to 80 Words Maximum    2nd Part — 60 to 70 Words Maximum  
Please be consistent with the "We" and "I" styles as indicated on the format example.  
Submit all input typewritten on 8½ x 11" paper, please (preferably double-spaced).

---

## List of Suggested Topics...

We ask that if input is written on one of these numbered topics, please indicate which topic (by number) so we can file it accordingly. If you would like to write on a different or more specific topic than the suggested topics here, feel free to do so. Since this is a book written by and for N.A. members, all material submitted must be original. Thank you....Also feel free to develop any of the topics below.

- |                 |                     |                                       |
|-----------------|---------------------|---------------------------------------|
| 1. Anonymity    | 34. Envy            | 67. Responsibility                    |
| 2. Recovery     | 35. Lust            | 68. Perfectionism                     |
| 3. Unity        | 36. Impatience      | 69. Caring and Sharing                |
| 4. Service      | 37. Sex             | 70. The Written Message               |
| 5. Fellowship   | 38. Clean Time      | 71. Unmanageability                   |
| 6. Honesty      | 39. Commitment      | 72. Character Defects                 |
| 7. Sponsors     | 40. Belonging       | 73. Admission vs. Acceptance          |
| 8. Newcomers    | 41. Participation   | 74. Spiritual Awakening               |
| 9. Oldtimers    | 42. Depression      | 75. Peace of Mind                     |
| 10. Relapse     | 43. Self-pity       | 76. Unselfishness                     |
| 11. Humility    | 44. Worry           | 77. Willingness to Try                |
| 12. Growth      | 45. Trust           | 78. Miracles Happen                   |
| 13. Happiness   | 46. Acceptance      | 79. An Addict Alone... No More!       |
| 14. 12 Stepping | 47. Higher Power    | 80. Hugs not Drugs                    |
| 15. Forgiving   | 48. Faith           | 81. Keep Coming Back                  |
| 16. Freedom     | 49. Courage         | 82. A Day at a Time                   |
| 17. Friends     | 50. Prayer          | 83. Taking it Easy                    |
| 18. Gratitude   | 51. Serenity        | 84. Live and Let Live                 |
| 19. Compulsion  | 52. Wisdom          | 85. Clean and Serene                  |
| 20. Addiction   | 53. Surrender       | 86. Principles Before Personalities   |
| 21. Membership  | 54. Love            | 87. 12 Steps - Each Taken Separately  |
| 22. Disease     | 55. Sanity          | 88. Application of the 12 Traditions  |
| 23. Amends      | 56. Meditation      | 89. Today, I Live                     |
| 24. Inventory   | 57. Progress        | 90. An Addict Alone is in Bad Company |
| 25. Tolerance   | 58. Patience        | 91. 13th Stepping                     |
| 26. Temptation  | 59. Sincerity       | 92. Misconceptions                    |
| 27. Ego         | 60. Tolerance       | 93. Hope                              |
| 28. Resentment  | 61. Priorities      | 94. Self-Acceptance                   |
| 29. Guilt       | 62. Goals           | 95. Dreams                            |
| 30. Pride       | 63. Powerlessness   | 96. Involvement                       |
| 31. Remorse     | 64. Openmindedness  | 97. Listening                         |
| 32. Anger       | 65. Procrastination | 98. Understanding                     |
| 33. Complacency | 66. Projection      | 99. It Works... If You Work It!       |

**Send Input To:**  
MID-COAST R.S.C.  
P.O. Box 26096  
Indianapolis, IN 46226  
Attn: Lit. Sub-Committee

## For Further Info, Contact:

Donna K..... (312) 422-7417  
Alan B..... (414) 453-1512  
Danny K..... (312) 423-8633  
Jaye B..... (312) 880-5283  
Micki H..... (317) 873-6519

news!

news!

NEWS!

NEWS!

MID-AMERICA REGIONAL NEWS:

At the last Regional Business Meeting some important changes were made that everyone should know about.

The new mailing address for the Region:


Mid-American Region or Regional Service Committee  
c/o Chemical Abuse Group  
706 W. 42nd St.  
KC, MO 64111  
#816/531-2250

Information for the regional directory:

Glenn Smith  
410 Lincoln  
Topeka, KS 66606  
#232-6997

Money for the Region is sent to the treasurer:

Brian Janes  
PO Box 346  
Wamego, KS 66547  
#913/456-7423

 All donations will be cheerfully accepted!

A new directory is currently being compiled. If you want your group to be included you need to send in a GROUP REGISTRATION FORM. A copy is enclosed. PLEASE make copies and share with other groups.

SHOW-ME REGIONAL NEWS:

Small in numbers--big in heart! Five penal institutions now have NA. Treatment centers and hospitals have literature throughout the state.

Joplin's Fifth Tradition Group no longer meets at 310 Wall--lost their base. Tuesday Night St. John's had over 100 last week. NA meeting places are in the works. The next Show-Me Regional will be in Jefferson City next March.

GROUP NEWS:

Marysville Gratitude Group--  
Our NA Group is doing real well. We have our eight to ten regular members and then several others attend occasionally from time to time. We also had a few birthdays awhile back, Jerry R.-1 year; Myrna R.-1 year; Harold F.-1 year; Jerry L.-6 mos.; Mike L.-3 years. All other members seem to be doing fine. Our Group is spreading fellowship, strength, hope and concern with everyone that reaches out for help.  
Come Share With Us Sometime!

Love in Sobriety, Myrna R., Secretary

Our Group is like Listerine, We work our program so strong, so we'll last long...!

# NEWS!

These reports were summarized from my notes from the Regional in Wichita.

## Oklahoma--

Oklahoma has 18 groups and 7 H & I meetings in the eastern half of the state. They also have an open speaker's meeting. They decided to postpone the fall campout. They are doing fundraising for the Mid-America Convention. They have also disbanded their literature dump. Tulsa has established an Hospitals and Institutions Committee with contact people for each of the meetings. The next Regional Business Meeting will be held in Tulsa February 17, 18, 19.

## Wichita--

Are in the process of raising funds for the Regional campout. They are encouraging groups to have a New Year's Eve dance and help by contributing the proceeds.

## Great Bend--

WELCOME TO THE REGION! Great Bend just joined the Region in November. They have two meetings weekly. One is in Hoisington and the other is in Great Bend. They both meet on Wednesdays at 7:30.

The ASR is  
Nathan Feldt  
1620 Tyler, Apt. #3  
Great Bend, KS  
#316/792-7976

## Junction City--

J.C. and their area are organizing a state meeting for Kansas. They have two Sunday night meetings in J.C. They also have meetings in Fort Riley, Marysville, and Manhattan.

## Kansas City--

K.C. has been sponsoring a lot of social and fundraising events. They had a 50's dance that raised \$150 and a Halloween dance that raised \$100. They now have \$320 in their literature account so that they can order books, "Narcotics Anonymous". They are planning a food drive, Christmas carolling, a pot-luck dinner Christmas eve, a dance New Year's Eve. They have a Big book study meeting, a women's meeting, and five H & I meetings.

## Fellowship For Freedom

FFF had a Halloween party to raise money for the local H & I meetings. Over \$100 was raised. They have 17 meetings weekly in the area, nine of them are H & I. A home group for women has started in Lawrence. They are planning a New Year's Eve pot-luck and dance to be held at Potwin Church. Linda M. resigned as ASR and Dallas Uhrich is the new ASR.

Have any news that you'd like everyone to know?  
Send it to the newsletter, and we'll print it for you!

## MY MOTHER WAS A SAINT

Just ask anyone who knows her personally or who lives in Columbus. She has a reputation twenty years past that still stands in that town. She has a smile, and a kind work or deed for any that may cross her path and is humble almost to the point of self degradation. Many are proud to know her and I am proud to call her Mom. Her husband died a drawn out and grueling death and left her with a seven year old boy to raise. No, she has not had it easy; in fact looking at her, you wouldn't know she had had it hard. The town once voted to give me a bicycle because they loved her so much. The runner up had more relatives around than a dog has fleas, but their love for Mom defeated even that large lobby (in fact I suspect even half of the relatives voted for her!) She married a bastard after six years on her own; ooh...that may be too strong a term. Suffice it to say that opposites do attract and in this case united. I don't really think she realized all his bad points when she married him; but then again, it would not be unlike her to save the world or some unknown woman from him and sacrifice herself. Any way he had the qualities she wanted in a step-father for her son; and if a sacrifice was in order, then it was indeed a small price to pay. In my entire life, I can only recall my Mom getting into conflicts with two people. One was her husband, of course, and the other was most certainly a lying and insane woman. The most important thing in my mother's life, other than remaining a saint, is her son. She thinks he is, or would like for him to be, a saint too. He does not want to be a saint, has never been a saint and will never be a saint. They almost had him convinced that he was a saint too, at about twelve years old and it took him many, many years before he realized that it was alright not to be a saint and many more years before he realized that it was alright to disagree with or disappoint a saint. (I say "They" because I believe Mom came from a long line of saints--but then that's another story... or maybe it's not). He still feels guilty when he disappoints his saint, or rather he feels like he should feel guilty; (she usually has a very valid point, saints are like that) but he quite often

doesn't any more--he has a choice. He likes himself and generally doesn't go out of his way to behave saintly--or unsaintly. Regardless of what he does, his saint will always love him and she will probably always think that he is a saint too. She will probably always be a martyr for sainthood because its hard to return to just being human after forty years of being a saint; and she is afraid. And I will always love her and I will always be there and my heart will always weep for her burden and she will always be more than and less than a saint to me, she will be simply Mom.

Roy of Joplin

\*\*\*\*\*  
BREATH OF AIR

I saw an angel take a drink of water  
Out of that cold Lost Creek right about sunrise  
The devil's snake made a twisted path  
Through the dry grass  
And the angel floated back to the sky

The morning air has a special cold  
That really makes you feel alive  
It creeps into your soul  
And it feels good to know  
That you breathe the air of angels

The sun peaks through the eastern hills  
Chasing the early dew across the field  
And millions of wet diamonds  
Always shine brightest  
Right before they disappear

The voices of angels speak to me softly  
As they glide through the trees  
They whisper my name  
Telling me the same  
As they have told others way before me

In the country where Lost Creek flows  
You become aware how simple life really is  
The angels are alive  
Where nature survives  
And you can take a breath of their air

Rob R. of Joplin





Handwritten text, possibly a signature or name, written vertically in a cursive style on the right side of the page.



UNTITLED RELAPSE

It was a let-down when I had my relapse but in many ways it strengthened my program.

I was sober and clean twenty-one months when I decided to go back...

Some things that happened were a slacking off on meetings, and the ones I did attend I didn't listen well...

Also I quit reading the material, and I lost touch with my sponsor. He was in Frisco when I fell...

Another thing I noticed was shutting off my program contact...

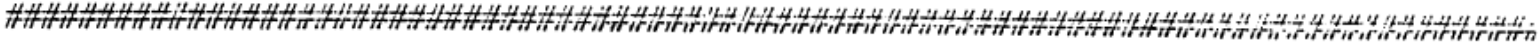
That's not so anymore. I make 2-3 AA/NA meetings a week and I read, listen, pray and work my program...

A lot of life and living are within reach now...

Before in the drug scene I was walkin round with tombstones in my eyes cause the pusher don't care if you live or die...

So that's where I'm at coming up but not with drugs. Let it be real...

Kent H., Lawrence



There are times when I experience the sheer joy of silence. There are moments when silent communion with God take me away from all the worldly frustrations and whisk me away to a safe and quiet retreat somewhere in my soul. Those restful trips save me from my own quick temper and sharp tongue, when I'm tempted to tell others how to work their program, when I'm temporarily "off the beam". I can stop and ask for that silent nudge to shut me up when I might hurt someone else or, heaven forbid, I might owe someone an amends for a quick burst of temper. A quiet "Thy Will Be Done " helps when I'm tempted to reveal my old self and try to run the whole show again. I know today I don't carry that much weight. I don't speak for N. A.; my way is not the only way, but with my self-centered ego sometimes I think my way is the best. I've got a long way to go on this journey through life and I thank God I have the program of Narcotics Anonymous to show me the way, one day a a time.

Debbie C. Tulsa

## "TOO MUCH TIME ON YOUR HANDS"

Since I sobered up I've been priviledged to do volunteer work for the local chapter of The American Red Cross. This was my sponsor's idea. "Too much time on your hands" she said. Well, let me tell you I had just a small resentment about that! How dare she?!!!! Anyway, I was just a little willing to do what she had suggusted, so off I went to see what I could do as a volunteer for my community. When I went for the interview, the lady in charge told me it was ok that I was a recovering addict. Imagine that, someone from the "outside" telling me it was O K. It felt good to share with someone about myself and our program of recovery. I did however, tell her as honestly as I could that I was volunteering at the suggestion of my sponsor and in that sense I was doing it for myself and if it helped the community, fine. Selfish program, right? Right!!

Well, it's been a most rewarding experience. Oh, most days its not really exciting, but I do feel better when I get back home from the Red Cross and know that I've helped someone, some way; but mostly I've really helped my self-image and I needed that. To know that I can be useful and have purpose in my life is a wonderfully, peaceful feeling. It takes me ~~out~~<sup>out</sup> of myself: I also make 12 step calls when asked. I've got to give it away in order to keep it.

By God's grace I've been clean and sober for 15 months and have begun to sense what my new way of life has to offer in the way of spiritual growth and developement.

To have a sponsor I can disagree with at times is O K. However,

it was important that I started listening to her "experience, strength, and hope because I knew I wanted what she had and I became willing to listen and learn. Sometimes the remnants of the rebel in me crop up and make it difficult for me to listen to what's best, but today I have the program to get me back on the right track and on to recovery.

You see, my sponsor would never ask me to do something that she was not willing to do herself, or had already done. She had done volunteer work two and a half years before me because her sponsor thought it would be good for too. My sponsor shares with me what worked for her, and for that I'm grateful.

As addicts we don't do well with unstructured time. This is a program of action, not a program of thinking. I had to act like I wanted to do some things I really didn't want to do, until I realized I really enjoyed those things or felt the benefit of the action taken.

I believe our recovery is a gift from God, and that what we do with our time in recovery is our gift to God.

D. C. Tulsa

\*\*\*\*\*

LET GO AND LET GOD

As children bring their broken toys  
with tears for us to mend,

I brought my broken dreams to God,  
because He was my friend.

But then, instead of leaving Him  
in peace to work alone,

I hung around and tried to help  
with ways that were my own.

At last I snatched them back and cried,  
"How can you be so slow?"

"My child," He said, "what could I do?  
you never did let go."

— Unknown

H E L P

TO: Mid-America, Show-Me, and Nebraska Regions  
FROM: Glenn Smith, Chairman of Fund Raising, M.A.C. (Mid-America  
Convention)  
DATE: October 19, 1983  
RE: Donations for Mid-America Convention Raffle

We are beginning to make plans for the M.A.C. at Lodge of the Four Seasons, Lake of the Ozarks, April 20-22, 1984. Last year's raffle at the convention was such a big success that we would like to have one again. Proceeds from the raffle help to cover expenses for the convention. We are asking each of the areas to donate items as raffle prizes. This way it is not burdensome to any one group or area. Items donated last year included: T-shirts, hand crafts, plant hangers, honey, paintings, key chains, jewelry items, bumper stickers, candy, and juice. These are good ideas for donations, but please be as creative as you like. If you have items or can purchase them, please contact me by March 31, 1984, (but please, as soon as possible) at 913-232-6997.

# What's Happening?

JUST FOR TODAY, Sixth Northern California Convention of NA,  
March 30, 31 and April 1, 1984, Cathedral Hill Hotel,  
San Francisco. For information write:  
Sixth NCCNA  
PO Box 421063  
San Francisco, CA 94142

REACHING OUT, Fifth East Coast Convention for NA, June 22, 23, 24, '84,  
Yale University, New Haven, CT. Registration: \$10.00;  
Banquet, Dances & Registration (does not include rooms and  
meals): \$30; Total Package: \$75. For information write:  
5th ECCNA  
PO Box 611  
Hartford, CT 06142-0611  
or call:  
Danny #203/932-9787                      Anne #203/397-5279  
Steve #203/527-3450                      Yale U. #203/432-0234

FAMILY REUNION!!!!!!!!!!!!!!  
Mid-America Convention, April 20, 21, 22, 1984, Ledger of the Four  
Seasons, Lake of the Ozarks, Missouri. Registration: \$12 before  
April 1, \$15 after; Package Prices: \$98.68 single, \$57.34 double,  
\$49.92 triple, \$45.48 quad. Package includes 2 nights lodging,  
cookout, breakfast, and spa!!! For information call:  
Bob R. #417/781-6770 or 623-1225  
Mary M. #918/587-9131 or 583-3463

\*\*\*\*\*

## classifieds

FOR SALE: Yamaha saxophone,  
only used 10 times--includes  
case, reed guard, 4 reeds,  
set of screwdrivers. \$500.  
Donna F. #816/737-2027

Also for Sale: Set of  
encyclopedia Brittanica 1976  
set of 30--excellent condition  
highest quality, rarely used,  
price negotiable.  
Donna F. #816/737-2027

HELP!!!!!!  
Do you have some time on your  
hands? We'd love to hear from  
you. Send us your poems, your  
feelings and thoughts on a  
certain topic, a report on  
your group or area.

---

Remember  
"JUST FOR TODAY"  
We never have  
to use again."  
Forward of  
Narcotics  
Anonymous

NEWSLETTER INFORMATION SHEET

NAME AND ADDRESS OF GROUP \_\_\_\_\_

BIRTHDAYS \_\_\_\_\_

STATIS OF GROUP (any particular problems, successes, new type of meeting, etc.) \_\_\_\_\_

ANY SPECIAL EVENTS PLANNED (include time, place, cost and info phone numbers) \_\_\_\_\_

Please send to : Regional Newsletter % Linda Merillat,  
816 W. 8<sup>th</sup>, Lawrence, KS 66044.