

news!

NEWS!

news!

in the Lord's Prayer. Truly a spiritual experience and a lot of good fellowship and fun was had by all. We want to thank Paul G. for setting up that game.

Birthdays: August. Bill F. 2 yrs., Mike R. 1 yr.
September. Barbie B. 3 yrs., Terry R. 1 yr.

THANKS EVERYONE FOR CONTRIBUTING!! IT'S GREAT TO HEAR FROM YOU!!

MID AMERICA CONVENTION COMMITTEE

JUNE 16, 1984

Treasurers Report: See Attached Sheet

Old Business

Motion was made and passed that the loan of \$200.00 to Mid America Region, and \$100.00 to the Show-Me-Region need not be repaid. So the loan is now a donation.

New Business

Elections

Mary M.	Chairperson
Bob R.	Vice-Chairperson
Lisa E.	Secretary
Mark T.	Treasurer

Motion was made and passed to set a prudent reserve of \$950.00 for the Convention Committee treasury.

Motion was made and passed to donate \$300.00 to the World Service Conference, \$200.00 to the Show-Me-Region, and \$200.00 to the Mid America Region.

Much discussion on whether or not to move the convention to another location and another date. This decision was tabled until the next committee meeting. Meanwhile if your city would like to host the convention bring a bid on price of rooms and available dates they have open to the next meeting.

The next Convention Committee Meeting will be held on Oct. 14, 1984

at: Na club house
Fast Copy Basement
7th and Main
Joplin, Mo.

Time: 2:00 p.m.
Entrance from alley

DISCUSSION

STEP THREE: Made a decision to turn our wills and our lives over to the care of God as we understood Him.

At this point in my recovery I find it necessary to turn my will and my life over to the care of God, as I understand Him, on a daily basis. Although I feel that when I first turned my life over to God, he took me up into his arms never to let me down, I think it is necessary for me to continually reaffirm this decision. It helps to remind me who is running the show.

When I truly surrender to my Higher Power, I feel a great sense of relief. I know that I am no longer alone. There is something to help me along my journey through life. I no longer need to know all the answers nor do I need to figure everything out. Surrender is what this step means to me. One of the sayings I cherish is "the degree to which I surrender is the degree to which I feel serenity."

I believe that the steps are in order for a reason. Taking Step Three gives me the courage to go on to complete Steps 4-9. The faith I receive from Step Three gives me the courage to explore the depths of my soul and to share my discoveries with another human being.

Step Three lays the foundation to a new way of life--a life that is lived in the spiritual world. Turning my life and my will over to God opens the door to this spiritual world.

The crucial words in Step Three for me have always been "as we understand Him.": The right to believe in a God of my own conception and with whom I had a personal relationship is the cornerstone of my program. I was raised in the Catholic Church and through my own misinterpretation I came to believe in a God who was angry and vengeful. This program and the twelve steps have freed me from these misconceptions and today I have a Higher Power who is loving, kind, and who wants only the best for his children. Today God is my friend rather than my enemy.

My heart overflows with gratitude when I think of what a great gift I have been given--this program and God as I understand Him.

When I was using, I had always had problems with reality. The only reality that interested me was, "Did I have enough dope to get off today?" The rest of the time, I lived in fantasyland. My willingness to work Step Three is directly related to my acceptance of

DISCUSSION

reality. God's will for me has always been done in my life, sooner or later, one way or another. It was certainly not my will for me to wind up clean in Narcotics Anonymous at anytime before I got here, yet here I am and very grateful for it. I've never known what was best for me. God's will for me and his care of my life is the reality of what's going on and I can either accept it, try to have my will in line with it, and have some serenity or I can fight it and be somewhere between miserable and loaded depending on how hard I'm willing to fight. This Step requires persistent effort from me several times a day, but the closer I can stay to it, the easier my life is.

NEXT NEWSLETTER'S TOPIC FOR DISCUSSION: STEP FOUR

LITTLE TREES

Life's many duties can become an unbearable burden. They sometimes get all grouped together and create within us a feeling of being completely overwhelmed. When this happens to us, we must take two steps to ease the pressure. First, we must put the big responsibility for our life into the hands of our higher power; and second, we must get to work on the tasks immediately before us.

A famous naturalist in California began cutting trees to construct a log house. A neighbor who knew his purpose and also his age asked him, "Isn't that too large an undertaking for one person who is no longer young?" "It would be," replied the elderly man, "if I looked beyond the chopping of the trees and sawing of logs, and pictured myself laying the foundation and erecting the walls and putting on the roof. Carrying the load all at once would exhaust me. But it isn't much of a job to cut down this little tree, and that's all I have to do right now."

That gentleman's wisdom is in keeping with what our attitude must be. If we keep our higher power at the center of our lives then he will take care of the overall picture and we can attend to our immediate duties.

The "building of a house" may seem like an impossible task, but you can cut down the "little trees." And that's all my higher power is asking me to do right now.

When life becomes a heavy load,
An upward climb, a winding road,
In daily tasks I'll faithful be,
For that's all God asks of me.

You don't have to fight tomorrow's battles today.

Let go...

- to "let go" does not mean to stop caring, it means I can't do it for someone else.
- to "let go" is not to cut myself off, it's the realization I can't control another
- to "let go" is not to enable, but to allow learning from natural consequences
- to "let go" is to admit powerlessness, which means the outcome is not in my hands
- to "let go" is not to try to change or blame another, it's to make the most of myself
- to "let go" is not to care for, but to care about
- to "let go" is not to fix, but to be supportive
- to "let go" is not to judge, but to allow another to be a human being
- to "let go" is not to be in the middle arranging all the outcomes but to allow others to affect their destinities
- to "let go" is not to be protective, it's to permit another to face reality
- to "let go" is not to deny, but to accept
- to "let go" is not to nag, scold or argue, but instead to search out my own shortcomings and correct them
- to "let go" is not to adjust everything to my desires but to take each day as it comes, and cherish myself in it
- to "let go" is not to criticize and regulate anybody but to try to become what I dream I can be
- to "let go" is not to regret the past, but to grow and live for the future
- to "let go" is to fear less, and love more

Friendship

Friendship is a most important part of the NA program. By learning that these are better friends than drugs we can pave our way with a solid foundation to recovery. In the past our best, or worst, and only friends were drugs. We had fun with drugs, drugs had fun with us. Indeed, in the past drugs turned out not to be such good friends. They stood in the way of our growth as human beings, our participation as members of society, and the esteem that comes with self-acceptance.

Now in and through our work in the NA program, we recognize the importance of friends in our recovery. Friends that are true. Who keep us from using by support of our efforts to remain drug free and who support our work in the program.

Friends make us realize that there truly are better things than drugs. We learn through our friends worth that lies within. Each of us, through friends in NA and outside of NA, can truly regain those things we have lost by using drugs.

When I entered the program I had given up all of my so called friends. I had no one to turn to, to talk, laugh, or cry with. I thought that I was alone.

Now with just over a year in I have people who I can share the good times as well as the bad times with, but who also accept me for me. They jump my case when I am messing up, and they help and share my up's and down's. They like me for me and I them for them.

We don't use one another; we enjoy one another. The people in the groups that I attend are my good friends which my Higher Power has put into my life for one another to not only to share our experience, strength, and hope with; but to talk, laugh, and enjoy being with. These people I call my friends.

Friendship is one of the most difficult things to deal with in the NA program. When using I had many acquaintances whom I called friends. Now that I have cleaned up, I no longer see those people any more. This is easy to deal with because I have replaced those people with members of the NA group.

The hard part for me to deal with is being near people who were true friends before I was using and while I was using. I love those people but I cannot spend as much time with them as I would like, because they are practicing alcoholics and drug addicts.

cont.

Friendship, cont.

However, one thing that my friends in NA have taught me is that this is not an impossible situation. As long as I turn this problem over to my Higher Power, I will be near the friends that I need. By turning my problem over I am learning how to change my playmates and playgrounds as I need to.

In my first period of being straight in the program I became aware for the first time how totally isolated I had become and how much I hated what I had become. Emotionally I was a crippled child. Filled with fears and keenly aware of numerous inadequacies and loneliness, I feared looking myself in the mirror, my insanity, my guilt, and my communicating with others.

My ego would not let me share with others. The walls I had built were thick and numerous.

I thank all the people in the program who shared their fears and defects. They helped to show the way. Their examples of honesty and awareness were instrumental in my recovery. They gave me courage to share slowly my own inner demons--my emotional cesspool.

Their caring made me feel human again. Their patience and understanding of all my resentments and antagonism is one of the miracles of this program. The sick lead the sick.

Through the steps of this program, the helping hands of many, the good orderly direction of my sponsor, and the daily sharing of our everyday living; I have a God as I understand him, I have regained some sanity and self-respect, and I have learned the greatest gift I can give myself is to be a friend.

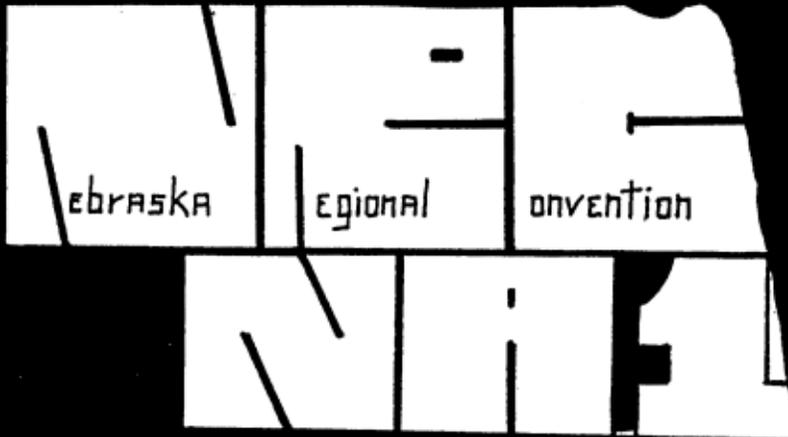
THANKS FOR SHARING CHEMICAL ABUSE GROUP, KANSAS CITY!!!!

If you were in the light
and I in the dark
Would you cast the
shadows from my heart?

Barb S.
Newton, KS

October 5, 6, 7 1984

**A NEW DAY DAWNS
THAT NO ADDICT SEEKING RECOVERY
NEED EVER DIE**



FRIDAY

Registration --- 6pm
Speaker --- 8pm
Jim N. --- Lincoln, Ne.
Dance --- 9³⁰pm - ?

SATURDAY

Workshops --- 10am-4pm
Banquet --- 6pm
Speaker --- 8pm
Ron H. --- Upper Midwest Region
Live Music 9³⁰pm - ?

SUNDAY

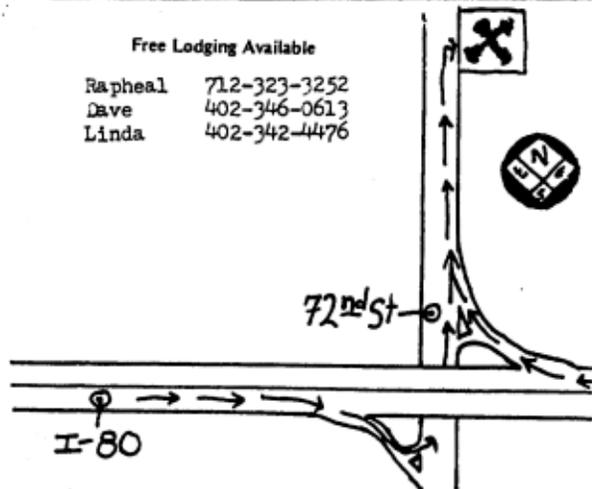
Brunch --- 11am
Speaker Following
Theresa H. --- Upper Midwest Region
Closing

Marathon
Meetings

Holiday Inn - 72nd & Grover
Omaha, Nebraska

• SAUNA • mini-golf
• indoor pool • rec-room

Preregistration	\$10.00	<input type="checkbox"/>
(Registration)	\$12.00	<input type="checkbox"/>
Banquet	\$10.00	<input type="checkbox"/>
Brunch	\$7.00	<input type="checkbox"/>
Total Pkg.	\$25.00	<input type="checkbox"/>
NAME _____		
ADDRESS _____		
CITY _____	STATE _____	ZIP _____
Please send check or money order to: Nebraska Region of NA P.O. Box 3532 Omaha, Ne 68103		



What's Happening?

IN MID-AMERICA:

October 5,6,7 1984 A New Day Dawns
Nebraska Regional Convention
Pre-registration \$10 Registration \$12
For information write:
Nebraska Region of NA
PO Box 3532
Omaha, NE 68103
Or call:
Raphael #712/323-3252, Dave #402/346-0613
Linda #402/342-4476

AROUND THE COUNTRY:

October 5,6,7 1984 Second Tri-State Convention for NA
Holiday Inn
Pittsburgh International Airport
Registration \$15 Total Package \$35
For information:
T.S.R.C.N.A. II
PO BOX 1705--625 Stanwix St.
Pittsburgh, PA 15222
Or call:
Sean S. #412/361-4005, Bob K. #412/921-4865

November 9,10,11 1984 U.S.N.A.C. I
Wisconsin 1st Annual State-wide NA Convention
Park East Hotel
Milwaukee, Wisconsin
Registration \$15
For information:
N.A. Convention
c/o Dennis W.
2016 Booth St.
Milwaukee, Wisconsin 53212
Or call:
Dennis W. #414/374-5886, Ned #414/289-9997
Jacquie #414/2161, Paul #414/547-4852

November 21 - 25, 1984 VRC II
Volunteer Regional Convention
Thanksgiving Weekend
Sheraton West
Knoxville, Tn
Registration \$15
For information:
VRC II
PO Box 10213
Knoxville, TN 37939-0213
Or call:
Mary Helen #615/525-9590, Cindy #615/577-0943
Doug #615/688-0818



Caring and Sharing
the N.A. way.

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. 8th, Lawrence, KS 66044.