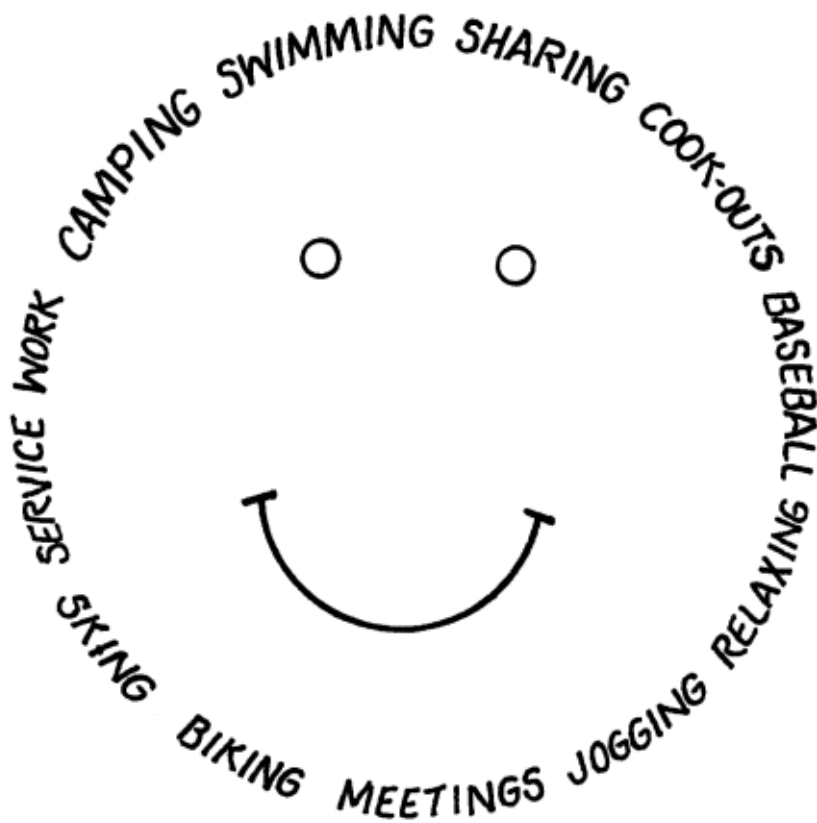


MID-AMERICA NEWSLETTER

June - July 1984

SUMMER IS FOR FUN.... THE WAY



WORLD REPORT

WSO:

--the WSO has started a loners group! According to the latest Newslines they would like to extend an invitation to the Fellowship at large to become members of this group also. The intent is to develop a 'pen pal' system within the group so as to provide additional direct communication with fellow addicts. If you are interested in being involved in this new and special meeting, please write to the WSO, with this notation on the envelope: 'Loners Group'."

--the WSO has been given the directive to write an informational pamphlet to help different groups and committees with their financial activities; however, this project will take a considerable amount of time. Groups and committees are encouraged to contact Bob Stone at the WSO if they have any questions.

WSC:

At this year's WSC we elected several new people to serve as chairmen of the various committees. If you have questions about the work on the book tentatively titled It Works: How and Why, or about how to get a public service announcement running at your local radio or TV station, or a question about one of the traditions, these are the people with the answers. Just like sponsors, they don't work if we don't use them!!

Literature

Ginni Swanson
3074 Collura St.
San Diego, CA 92105
#619/264-8066

Policy

Bill Hall
7855 Jefferson Highway
Baton Rouge, LA 70809
#504/925-2273

Convention

Bobby Bonds
753 W. Judson St.
Philadelphia, PA 19130
#215/765-5760

Board of Trustees

Sally Evans
609 South Cypress #A
Orange, CA 92666
#714/639-6059

Hospitals & Institutions

Bobby Bergh
c/o WSO
16155 Wyandotte St.
Van Nuys, CA 91406
#818/780-3951

Public Information

Kim Johnson
Rt. 1, Box 174-c
Sante Fe, NM 87501
#505/455-3137

International Affairs

Roger Teague
137 East 24th St. #715
New York, NY 10010
#212/684-4263

Finance

Dale R. Andrews
625 Stanwik St. Suite 1705
Pittsburgh, PA 15222
#412/281-4475
#412/486-0456

WSC Chairman

George Hollahan
9200 W. 97th Ave.
South Miami, FL 33176
#305/279-0404

Any of these persons can be written to care of the World Service Office.

NEWS!

ISMEN

news!

news!

KANSAS:

Women's NA Group, Wichita KS.

Women's Group has really been growing. We have approximately 20 regular attenders. We had a Car Wash Saturday June 23rd. Proceeds go for the T-shirts for Regional Campout in July. Hoping to meet a lot of new friends at the campout.

Laura R., Secretary

Birthdays: Pennie C. 4 yrs. in March, Theresa M. 2 yrs. in April, Jill G. 4 yrs. in April, and Shirley G. 2 yrs. in June!

OKLAHOMA:

BIRTHDAYS!

Tulsa * Debbie C. 2 years, Tom W. 1 year, Larry F. 1 year, Mike M. 3 years

OKC Bill R. 1 year, Ron R. 3 years

Norman Rick L. 1 year, Carol L. 1 year, Mike H. 3 years

TULSA

Love & Unity - growing pains, good attendance

Peace of Mind Group - group inventory meeting in June, need atmosphere of recovery; new faces, doing fine. Softball team "Junkie Drunk Allstars" challenging Police Department in the Spirit of Brotherhood & Fellowship.

Original - doing good, 40-50 attending, support from treatment centers; getting organized with business meeting.

OKLAHOMA CITY

Saturday Nite Alive - doing great, attendance still up since other meetings moved to Clubhouse, Problem brought up about outside business not with NA, discussed.

Hardcore Group - doing great, 30-40 attending, doing well at the Clubhouse. Discussed Closed meetings.

Southern Serenity - Problems with Sec/Treas and the funds, still holding together, 15 - 20 attending.

No Grass - Institutions attending, good support, need to elect new officers, ordering literature and big books.

New Beginnings - Changes from step study to Big Book Study, good attendance, growing, doing great.

The Broadway Club Meetings - Meeting going great, good attendance, problem of alot of business to be discussed, Steering Committee was formed to have meetings at different times. It's great to have an NA Clubhouse in Oklahoma City!

STILLWATER

Need for growth and consistency, checking on P.I. handbook for newspapers, 4-5 attending regularly.

NORMAN

Monday Nite - good meeting, alot of newcomers, attendance up, working on reaching out to newcomers more.

Tuesday Mens - doing good, elected new Sec. that has the willingness to be responsible.

Wednesday - treatment center not willing to bring clients to meeting, group will try to pick-up clients; going well

Thursday - going real well, business is taking less time, growing.

Saturday - purchased coffee- pot from fund raiser and bought literature.

WE WOULD LOVE TO HEAR FROM YOUR GROUP. SEND US YOUR NEWS!!!!

* More Tulsa birthdays:

June - Carla C. 1yr.; Christie R. 1yr.; Garla H. 1yr.; Mark T. 4yrs.

July - John R. 1yr.; Lisa E. 1yr.; Sonny H 1yr.; Susan B. 1yr.

DISCUSSION

SECOND STEP: "We came to believe that a power greater than ourselves could restore us to sanity."

Many of us in the beginning believed in no spiritual powers of any kind. We had to listen in treatment, meetings, etc. to other people's experience to put us in a direction that would be good for us. In this program we have learned that the concept of a higher power of some kind is vital for our recovery. Faith is the important part of this spiritual principle because faith in a higher power allows us faith in the fellowship and ourselves.

This is a step of hope. Having failed miserably at many attempts at quitting drugs, we realized we couldn't do it on our own. We came to the group and could identify with the stories of recovering addicts. Something had worked for them, so why not for us? They seemed to have suffered through similar situations and somehow remained clean. We began to have a spark of hope that what had worked for others might possibly work for us. We asked questions and everyone seemed to agree that they didn't clean up on their own. Some used the group, others used treatment centers, some used God, but all agreed it didn't come from themselves. If we trusted something outside of ourselves, recovery might possibly become reality.

I am a rational person and in order for me to believe in anything I need proof. I got proof and came to believe that a power greater than myself could restore me to sanity by working some of the other steps and experiencing the fact that I was getting less and less crazy.

For instance: in step 3 I am gradually turning my will and life over to God and as I do this there is less and less pressure on me.

In steps 4 - 7 I was able to turn loose of the past and relieve myself of some (not all) of my character defects. The past really troubled me and some of my defects were expressions of my craziness.

Steps 8 and 9 helped relieve some more pressure that was making me crazy.

So as I am working through these steps I am getting the proof I need that a Power Greater than Myself could and is restoring me to sanity.

"The process of coming to believe is a restoration to sanity. The strength to move into action comes from this belief. We need to accept this Step to start us on the road to recovery."

from Narcotics Anonymous

THE SECOND STEP CONTINUED.

Until coming to the fellowship of NA I did not realize just how insane my life had become. I knew that something was wrong in my life but being in a drugged daze I didn't know what to do.

My life was very confused and screwed up. I would work thru pharmacies in four states to get my drugs. Now I see how crazy that was but when I was using I didn't care. I would do anything to get my drugs.

I would change schools, move to different towns, etc. But I never connected any of these moves as a result of my drugging. Finally, after 16 years of drugging I sought help from NA.

The first thing I did was stop using. I had tried many times on my own and it never worked. But thru coming to meetings and listening to advice of others I was able to stay clean. This was when I first came to recognize a "power greater than myself." There had to be something stronger than me alone to give me the strength to stay clean. At first, I used the group. It was later that I developed a relationship with my HP.

Some changes began to occur in my life. I didn't wake up with that codeine hangover. I wasn't constantly in a bad mood. I wasn't quite as belligerent with my family and friends. And I wasn't always shoving a pill in my mouth. This was my first glimpse of what I call a little sanity returning to my life.

My life has gotten better even though its not easier. I am starting to feel better about myself. When things get funky I just remember all the crazy ways I used to act and than God that today I have the choice not to use.

The second step states that we came to believe that a power greater than ourselves could restore us to sanity. When using I had no conception of a power greater than myself. I think that this was a result of my own self-centeredness. My ego was very big. I had a wall around myself that did not allow me to see the workings of my Higher Power. My ego was prohibiting my openmindedness.

I went to a treatment center as a result of being arrested for possession of marijuana. When the idea of a Higher Power was brought up, I had a closed mind. After taking the first step I decided to do whatever it took to stay straight, so I prayed. I soon began to believe that my Higher Power had willed me to ask for help. He put me in a situation which I was so desperate to get out of, that I was willing to pray for a way out. This put my ego to rest, because I realized that I had no power to quit doing drugs and drinking. This was the first time in my life that I felt completely powerless over anything. If I was to quit using my Higher Power would enable me to do so.

TO BE CONTINUED!

THE SECOND STEP CONTINUED.

Today I am slowly being restored to sanity. However I have done nothing but prayed for sanity. My Higher Power has done all of the work. He will give me as much as I am capable of dealing with for today. Today I truly believe that a Higher Power can restore me to sanity, but I also realize that he will do that as I become more capable of accepting sanity. I am grateful to my Higher Power and this program.

For the greater part of my life I always felt that I was in control of my daily living, my thoughts and my actions. When, in the course of my using, my addiction was pulling me down in that great downward spiral, I had the thought or idea--by the grace of God--that if I would stop taking drugs long enough I would be able to get a clear picture of what was going on. It was soon evident--a hundred times evident--that the using of drugs was a power greater than myself.

After exhausting other means and coming to NA and being able to recognize by the grace of God that other addicts could get and stay clean I used the group as my Higher Power. There has been times of defiance but now a change of attitude has brought me to a state of reliance. That now I believe that all is from God and in his time I am being restored to sanity the NA way. No longer do I have to face life alone. We can do it.

One definition of insanity is continually doing the same things and expecting different results. Another aspect of insanity is the insanity of using a drug in spite of our knowledge of the pain we will feel as a result. This kind of insanity occurs when we have the opportunity to use and instead of remembering that one drug leads to another, the fierce compulsion and the neverending obsessions, we simply remember that drugs make us feel good. Still another aspect of insanity is the insanity that comes with long term drug abuse. This is the insanity of living in a fantasy that we've created in our own minds and that we accept as reality. In my recovery I've had to find a Higher Power who could help me overcome all three areas.

How did I come to believe in my Higher Power? I've always been told that God existed. My problem was believing that God was really a loving God rather than an angry, punishing God. The people in the fellowship told me about their God and they said I could believe in any kind of God I wanted. I wanted a God who would hold my hand and who wouldn't send me to hell. As I became more aware I found that many coincidences were happening in my life. Then I heard a saying, "Coincidences are minor miracles in which God prefers to remain anonymous." I loved it! I just knew God was working for me.

WE'RE NOT DONE YET!

THE SECOND STEP CONTINUED.

Today, I'm still coming to believe. I'm continually awed by the beauty of a flower, and the majesty of the trees. Most of all I'm awed at watching the miracle of a sick addict grow into a warm, loving and kind human being. There must be a God because he's working miracles in my own life and the lives of many addicts in NA.

When I first came into the program I went right through steps 1 and 2 without giving them much thought, except for that last part on step 2 where it implied that I wasn't sane!

I was kinda slow, and it took me a lot of time a lot of annoying "Keep Coming Back's" etc, that always shot my ego all to hell, to get to where I was really thinking about the step, not just reading it and saying OK.

I finally got to where I could look back at the things I'd been doing and the way I was still thinking, and I could accept easily that implication towards my sanity.

This for me is where my sobriety began. Step One tells me what the problem is. Step Two tells me what the solution is, ie. a higher power could (and would if he were sought) restore us to sanity. This presupposes that I am insane, ie. I continued to make the same mistakes expecting different results. At first, while in a halfway house and 3½ months clean my higher power was a dead tree in the parking lot. (It didn't get stoned!) Then my H.P. was "the great computer in the sky". Now my higher power is a spirit of the universe. I choose to call my higher power God today. After I came I came to (a little) them I came to believe, now I have come to know. I am still crazy. I am no longer insane.

I came. At first my sponsor said about me and meetings: "Bring the body and the mind will follow", and "Just show up kid, that's all you have to do right now, don't use and just show up."

I came to. After a few months clean and sober the fog lifted and I realized one day Hey, it's working. All I've had to do is go to meetings, read the literature, and follow a few simple directions and it works. Sure I've had to "fake it till I made it", maybe plenty of times, but good grief! It's working!!

I came to believe. In my life today, I surely do believe that God is as much a part of me as my breath and my heartbeat and all the love I feel from my brothers and sisters in the fellowship. Keep coming back.

THANK YOU EVERYONE FOR SHARING--IT'S MADE FOR A GREAT MEETING AT HOME!!!
Don't forget to send in your input for our next newsletter--Step Three.

SONG OF LIFE

*My life is like an unfinished song,
With a rhythm and beat of its very own.
Sometimes its just a barely heard tone,
Or truths that transform into music yet heard.
Each note is a day that becomes complete,
Letting me know I've grown with each beat.
The words are the honesty, feelings and pain,
They're listened to openly with joy or a tear.
To be shared with others so they might hear,
God's song of life is being written for me.*

NANC

A Beginner's Meeting Format Used in Northern California.

- 1) Open with Serenity Prayer
- 2) Welcome to the Regular Tuesday Night Beginner's Meeting Of NARCOTICS ANONYMOUS, Sobriety First Group Of Plymouth Meeting.
- 3) HI I'm an ADDICT and my name is _____.
- 4) Read from literature ; WHO IS AN ADDICT (GET PEOPLE INVOLVED AND HAVE THEM READ THE LIT.)
WHAT IS NARCOTIC ANONYMOUS PROGRAM
HOW IT WORKS (include the back part of IP)
12 TRADITIONS
- 5) This is a meeting for BEGINNER's we remind you that--- Who you see here---What you hear here---
When you leave here---Let it stay here..
- 6) Also Our 3rd TRADITION states "THE ONLY REQUIRMENT FOR MEMBERSHIP IS A DESIRE TO STOP USING"
But we strongly suggest that if you have used today that you Listen to what is being said
INSTEAD of commenting, and if you have any Drugs please leave them outside of the meeting
Thank You-----
- 7) Go around the room having everyone Introduce themselves and their Drug/or Drugs of choice
And how long they have been clean!!!! (start with self)
- 8) Spend 10-15 minutes (or about till 9:00) Sharing your experiences of what the begining was
like for you, Along with explaining the different topics(saying/Quotes) found on this page
- 9) Call for a short coffee break(try to have the meeting break the same time the speaker meeting
does-you'll hear them in the hall)
- 10) Call meeting back;(wait for people to get settled) then Make & Ask for Any N.A. Announcements
- 11) Continue Discussion; Pass basket for 7th TRADITION(saying:Every N.A. GROUP ought to be fully
self-supporting declining outside contributions) Spend a few seconds
explaining what the money goes for such as rent, supplies, area services.
Also we are supported by our members and that any newcomer or vistor need
not feel as though they should contribute.
- 12) CLOSE MEETING PROMPTLY AT 9:40.
CLOSING WITH A MOMENT OF SILENCE FOR THE STILL
SUFFERING ADDICT, AND THE LORDS PRAYER.

TOPICS TO BE USED BY CHAIRMEN:

- | | | |
|---|----------------------|---|
| PEOPLE-PLACES-THINGS | First Step | Easy Does IT, Keep It Simple |
| 90 & 90 (Finding a Sponsor) | Service & Involement | |
| 3 Parts to a Meeting [before,during,after] | | <u>MOST IMPORTANTLY: NO MATTER
WHAT DON'T PICK UP THAT FIRST
ONE!!!</u> |
| Reach Out [get phone #'s]
remember An Addict Alone Is In Bad Company | | |
| H.O.W.[honesty,openmindedness,willingness] | | |
| H.A.L.T.S.[hungry,angry,lonely,tired,serious] | | |
| First Things First
One Day At A Time | | Group Conscience:would like to thank
you for following
our format; |
| No Major Decisions,Avoid emotional Involment
[In the first year] | | In Loving Service;
Sobriety First Group Of N.A. |

5TH ANNUAL

HIGH ON LIFE PICNIC



Group Use Area - Stockton Lake - Stockton, Mo.
Friday - Saturday - Sunday July 27,28,29 1984

FUN & GAMES
BLUEGRASS MUSIC
MEET NEW FRIENDS
SWIMMING & FISHING
CAMPSITES AVAILABLE
DANCE - FRIDAY, 10 P.M.
BINGO - SATURDAY, 3 P.M.
REGISTRATION: \$5.00
UNDER 12 FREE

Call Early

Early Bird Meeting
Friday 27th - 8:00 p.m.
Saturday 28th
9 A.M. - 3 P.M.
Marathon Step Meeting
3 P.M. Bingo
6:00 P.M. Famous Ozark Hickory B.B.Q.
8:00 p.m. — Speaker
Sherilyn D. - Tulsa, Ok.
10:00 p.m.
Campfire Meeting - Orleans Trail Resort
Sunday 29th
10:30 a.m.
Spiritual Meeting
Speaker - Marcus S.
Carthage, Mo.

OUTDOOR B.B.Q —
SATURDAY 6:00 p.m.
LIVE ENTERTAINMENT
CARING & SHARING
RAFFLE
BINGO
SPORTS
FUN DANCE
FELLOWSHIP

If you prefer good motel accommodations, call direct to *Orleans Trail Resort* (417)276-3566
FOR MORE INFORMATION CALL: Bob (417) 781-6770 or Blackie (417) 623-6883
(417) 623-1225 (417) 623-2197

Clip ----- Clip -----
PLEASE MAIL YOUR REGISTRATION EARLY!

Send Registration Fee To:
PICNIC
1339 Crest Drive
Joplin, Mo. 64801

Registration \$5.00 Number _____
Bar B Que \$4.00 Number _____
Childrens Plate \$1.00 Number _____
Total Enclosed \$ _____

Name _____
Address _____
Phone _____

What's Happening?

IN MID-AMERICA:

July 27, 28, 29 High On Life Picnic
Lake Stockton, MO
Registration \$5
Bar-B-Que! Speakers! Dance! Raffle/Auction!

October 5, 6, 7 A New Day Dawns
Nebraska Regional Convention
Holiday Inn, 72nd and Grover, Omaha NB
Preregistration \$10, Registration \$12
Contact Nebraska Region of NA
PO Box 3532, Omaha NB 68103

AROUND THE COUNTRY:

July 13, 14, 15
Northern Nevada Area Service Committee
2nd Annual Campout and Fundraiser
#702/322-4811

July 27, 28, 29
Western States Unity Convention
Las Vegas Sahara Hotel
#702/647-2680

August 3, 4, 5
1st Annual Unity Weekend
Washington Metropolitan Area
George Washington University
#202/338-7989

August 30-September 2
WCNA 14
Hotel Continental
Chicago, IL
write: Box 24, 1744 W. Devon
Chicago, IL 60660

October 5, 6, 7
2nd Tri-State Regional Convention
Holiday Inn, Pittsburgh
#412/361-4005
#412/921-4865

October 5, 6, 7
7th Annual Pacific Northwest Regional Convention
Thunderbird Inn at the Quay
Vancouver, USA
#206/254-0179

November 9, 10, 11
1st Annual State-wide Convention
Park East Hotel
Milwaukee, Wisconsin
#414/374-5886

January 4, 5 6
3rd Annual Virginia Convention
The Marriot Hotel, Richmond Virginia
#804/264-3910



MY GRATITUDE SPEAKS
WHEN I CARE
AND WHEN I SHARE
WITH OTHERS
THE N.A. WAY.

SUBSCRIPTION FOR MID-AMERICA NEWSLETTER

NAME _____ (please print)

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ONE ISSUE, \$1 @

SIX ISSUES, \$5
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Lawrence, KS 66604.

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

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