

MID-AMERICA NEWSLETTER

October - November 1984

The N.A. Game

<p>"Sick and tired of being sick and tired" Go to a meeting. (Step One)</p>		<p>Went to an old friend's party. Got loaded on "just one". Go back to Step One</p>	<p>Start saying please in the morning, and thank you at night</p>		<p>Suddenly realize you've been talking to God, as you understand Him. (Step Two)</p>
<p>Enter a new world.</p>	<p>Finally made amends to an old employer. (Last one on list) (Step Nine)</p>	<p>STOP HERE until you roll one.</p>	<p>Made amends to your family. Never felt better.</p>	<p>Went over list of amends with sponsor. (Step Eight)</p>	<p>Got thirteen-stepped. Roll dice. On 1 go back to step one else you are out of game.</p>
<p>Was rude to another NA-- promptly said you were sorry. (Step Ten)</p>	<p>"Continued to practice these principles in all of our affairs." Go to S. One</p>		<p>Went on twelfth step call. The other guy didn't make it but you did.</p>		<p>After meeting go drink coffee with others--have a great time!</p>
	<p>Get up half an hour early each day to pray and meditate. (Step Eleven)</p>		<p>Complacency sets in. Quit going to meetings. get loaded. Go back to Step One</p>	<p>Get down on knees and ask God for help. (Step Seven)</p>	<p>Life's hell, nothing's going your way. Roll 1, go forward else go backwards.</p>
<p>Completed Steps Four & Five. Your life takes an 180 turn.</p>		<p>Get resentments against other NA's. Quit going to meetings. You're out of the game.</p>	<p>Lost best friend by being dishonest. Decide to do (Step Six)</p>		
<p>Shared everything with sponsor. You are on your way now! (Step Five)</p>	<p>Write inventory. Stick it in drawer. Stay here until you roll a 1. (Step Four)</p>		<p>Go to NA campout. Have the time of your life!!</p>		<p>You've surrendered!! Life gets better. (Step Three)</p>

LETTER FROM THE EDITOR

The December issue of the newsletter will be the last issue I will be able to work on. If you, as an individual or as a group, would like to take the responsibility of the newsletter, please contact me:

Linda Merillat, 816 W. 8th St., Lawrence, KS 66044 #913/842-7890

In this issue, you will notice that there is not a World Report section. I felt that because of the changes made in the Newsline--it now gives monthly world sub-committee reports--and its general availability, this section was no longer necessary.

I want to thank the Region for allowing me to serve as editor. This experience has been one of the most gratifying I have had in my recovery. I realize that I was never able to fully achieve my ideal for the newsletter (eg. it has been consistently late); however, I feel that I have consistently done my best.

I would also like to thank all the people who have supported the newsletter through subscriptions, articles, poems, group reports, and letters of support. Without you, none of it would have been possible.

In loving service,

Linda M.

FOR TODAY ONLY

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is yesterday, with its mistakes and cares, its failures and blunders, its aches and pains. Yesterday has passed forever beyond our control.

All the money in the world cannot bring back yesterday. We cannot bring back yesterday. We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is tomorrow with its possible adversaries, its burdens, its large promise and poor performance. Tomorrow is beyond our immediate control. Tomorrow's sun will rise. Until it does, we have no stake in tomorrow, for it is yet unborn.

This leaves only one day--today. Any person can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities--yesterday and tomorrow--that we break down.

It is not the experience of today that drives us mad--it is remorse or bitterness for something that happened yesterday and the dread of what tomorrow may bring. Let us, therefore, live but "ONE DAY AT A TIME."

--Author Unknown

DISCUSSION

CONTINUATION OF STEP THREE:

We made a decision to turn our wills and our lives over to the care of God as we understood Him.

In the first step we admit our powerlessness and unmanageability. In step two we gain hope that some greater power, outside of ourselves, can restore us to sanity. Now, in step three we decide to give that power, our God of our own understanding, a chance.
In working step three, we simply make a decision. We don't wait for bolts of lightning or claps of thunder to show we worked it correctly. We don't wait around for results; for very often, we wouldn't recognize nor understand them. We make a decision, and based upon what we learned in step two, we have faith that our Higher Power will somehow handle our lives.

The third step is one of growth and surrender. In my program of recovery it continues to expand. In the third step certain words have been a real key in my recovery. These are:
decision--I have a choice. I can choose or not choose to do God's will. Each morning I pray to do God's will in all my actions. I don't pray for certain specifics but I pray that in all my actions I will try to do God's will.
turn--means a change in direction. In the past I always did things my way. Now I pray for the ability to make a turn and let myself be directed by God.
will and life--I pray that my thoughts, words and deeds not be mine but those of my Higher Power.
care--that there is a force in the universe greater than me that is concerned about and loves me. I know my H.P. cares because He got me to this program, got me clean and keeps me clean. No matter how much I screw up my life my H.P. is with me and helps me.
God--someone greater and more powerful than me. He is always with me. He daily gives me the strength to stay clean.
understand Him--this I cannot totally do because He is greater than me. But I have certain ideas about him: he loves me protects me, led me to this program, gives me the strength not only to stay clean but have a better way of life, never deserts me, the ability to surrender to and to accept Him even though I can't explain Him.

The third step is a foundation step to work the others and a support step when I feel like collapsing but he doesn't let me.

The third step for me was a commitment to the NA program and a total surrender. Once I made this choice, there has been a real change in my relationship with God. I simply let go and let God take over. At first this decision wasn't easy to follow through with. I worked a daily program of Pleases in the morning and Thank Yous at night along with daily meditation or reading. I still choose at times to take my will back and try to do things my own way, as I did throughout my addiction. I found out along the way that this doesn't work or help my recovery. Every time I try and take control of my life, my old addictive thinking comes back with resentments, lying and self-pity. Once I turn these over to my higher power I feel a sense of relief and hope. My relationship with God is real and meaningful

DISCUSSION CONTINUED.

in my life today. I know that my higher pwer is always with me, all I need to do is reach out. I am truly grateful to the NA program for showing me the road to a better life.

The most beautiful gift God has given us is the freedom of choice- to decide, to make decisions. When we were using we had no choice. The drugs made our decisions for us.

But when we chose to turn our powerlessness over to the care of God we realized that we were given a gift. At last we could attempt to make responsible decisions concerning our behavior and being able to understand God on our own terms helped a great deal. Finally, we could let go of the turmoil that was in our head and let serenity prevail.

THANKS CAB GROUP!!! DECEMBER'S TOPIC WILL BE STEP FOUR.

I just wanted to share...

DEAR LINDA,

Well the train has stopped for wood and water, so I thought I would write this little note to you. I never thought writing it down would make much difference. Shortly after being in NA for a year, I realized how much it began to hurt being uniquely different. How much it bothered me that no one was doing what they should be doing. And how unattached I felt towards my friends. Oh, I still had my H.P., I talked to Him all the time. He heard me, but don't recall ever listening to Him.

Through the help of some friends in NA, I realized that my H.P. works through people. It seemed simple. Even after a couple of "spiritual experiences" of knowing this to be true, I still fought it. I was willing to let go of my alcohol and drug addiction, but was not willing to let go of my life. I couldn't--this was my life.

Well, after another year of a program of activity, listening to others, and helping the world get better faster, I decided to help myself.

The first thing I did was to let go of everyone. People will be as they are. That's O.K. Then I took a look at what was bothering me. I really didn't know. I didn't know what I was supposed to do. Well ya know, I don't have to do anything. For so long I was worrying what my H.P. wanted me to do, He never got a chance to show me. I never let Him. I never heard the people of NA. Oh sure I learned to work the steps and talk a great line; but I always (and to this day) had a hard time letting go and believing a H.P. would show me the way. But lately I feel a new kind of serenity. The more I let people be, the more content I become. I just have to take life a little less seriously and open my eyes and my ears.

Well, the train is fueled up and ready to go, and no one knows where to go, so I'll catch you later on the midnight express.

LOVE,
B.H.

NEWS!

NEWS!

news!

news!

MID-AMERICA REGION:

The last Mid-America Regional business meeting was held September 22, 23 1984. It was hosted by Salina. I think they did a great job! It was held at Camp Adda Walden just outside of Salina, where they plan to have next year's campout. It's a perfect place to have it, so make plans to attend now. On the following pages are the area reports from the ASR's that were present at the meeting.

The next regional business meeting will be hosted by the Fellowship For Freedom Area in February.

KANSAS:

Kansas City. In addition to the information in the area report, the Chemical Abuse Group scheduled another daytime meeting. They now meet every day at 8 pm. and Mondays, Tuesdays, Thursdays, and Saturdays at noon. Steve D. has been elected to be treasurer.

Hoisington. Hoisington has a meeting!! They meet Monday night at 7:30 in the basement of the rectory of the Catholic Church located at 5th and Main. Everyone is welcome.

Wichita. Wichita hosted a learning conference--It's Your Basic Saturday. It was held on October 27. The proceeds from the conference will go to buy N.A. books for the Wichita area.

Hutchinson. Hutchinson hosted it's first campout the weekend of September 28, 29, 30. It was held at Kanapolis Lake.

IF YOU WOULD LIKE TO ANNOUNCE UPCOMING EVENTS IN THE DECEMBER NEWSLETTER
PLEASE HAVE THEM TO ME BY DECEMBER 5. IT WOULD BE GREAT TO KNOW WHAT
EVENTS ARE PLANNED BY THE GROUPS AND AREAS FOR THE HOLIDAYS.

JOY

The word joy is a strange and unfamiliar word in my new world of being straight. Many words, things, and feelings in this new, strange world are unfamiliar.

For so many years joy to me was the highs and escapes from reality that mind-altering drugs gave me.

It is joy to me today in those moments when I am feeling a glimpse of reality--when I am conscious of a real feeling in my gut and my mind understands. What a miracle! My God, as I understand Him, has given me much more than I deserve.

I will be grateful for joy today by:

news!

news!

AREA REPORTS:

Junction City Area: At our area meeting in August Alan C. (Salina) was elected Area Treasurer and Campout Committee Treasurer; Jim M. (Salina) was elected ASR Alternate; Brian M. was elected Campout Committee Co-Chairman. Concordia has a new group. Salina has a new group. The new "Unity Group" will meet Tuesday nights, 8:00 p.m., temporarily Episcopal Church. All other groups are about the same--attendance picking up with the end of summer.

Fellowship for Freedom, Lawrence and Topeka, KS.: We now have 7 groups with 19 meetings a week. Eight of these meetings are H&I. We have a strong and active H&I committee and they are doing great work getting the message to these people in hospitals and institutions.

Our Public Information committee has also been doing some good things. We now have a Hot Line (913-232-LOVE). This committee had a fund raiser, a Dog Day Dance in August. Some of the money that was raised(%) went to the region and the World P.I. committees.

Participation at business meetings has been weak this summer but attendance at most regular meetings has been strong. We have a few meetings that are struggling but we hope that the situation will improve.

We have an H&I fund raiser coming up "A Halloween Dance" on October 26 at 8:00p.m. at the Potwin Church in Topeka.

There is a new meeting in Lawrence: Noon Tuesday at Huskell Intervention Center. Birthdays: Don C. 5 yrs; Gene D. 5 yrs; Zane 5 yrs; Becky 9 mo; Richard H. 6 mo; Dave K. 4 yrs; Randy U. 6 mo; Nancy B. 18 mo; Stacy 6 mo; Kevin D. 30 days; Dallas U. 2 yrs.

Eastern Oklahoma: Bill F. took over as ASR from Leo S. Becky C. was named alternate ASR. Leo S. became OK. Joint Area Treasurer and Dana became secretary as Cindy Z. resigned. The Campout Committee is planning another OK Campout in June. The OK H&I committee is purchasing 30 bigbooks to be placed in all the state's correctional facilities along with a cover letter of explanation and a list of contact people for the institutions to call for NA support. Eastern Area H&I continues to support 6 H&I meetings. Shadow Mountain adolescent unit dropped their H&I meeting as they felt their clients needs would be better served from attending outside NA meetings. A new H&I meeting at Eastern State Hospital is being supported by groups in Vemita, Claremore and Tulsa. The summer has brought problems with continuity of purpose for NA in OK. However, group and individual evaluation growth & recommitment have resulted from our struggles. Gossip and lack of commitment were problems successfully dealt with in Norman. Reorganization of the service structure has led to more interest in Oklahoma City. Both Western and Eastern areas in OK failed to support the June Joint ASC meeting in Stillwater and it failed with only 3 people showing up outside of Stillwater. Amends were extended to Dave in Stillwater, and another JASC meeting in the future. Both OK areas gave a new commitment from this experience. Peace of Mind group in Tulsa has grown with format changes. They have a newcomers, a Step 1, 2, 3, & a Book/Discussion meeting running concurrently. Support and enthusiasm is high in this group. Love and Unity is doing okay. They have a new GSR, Edgar F. They also will add a speaker meeting the last Monday of the month. The original group is struggling with commitment, support & direction problems. They held group inventory which hopefully will renew enthusiasm as well as produce some needed format changes and emphasis towards newcomers. This is especially important in this group because the Sunday night Speaker meeting has between 100 to 150 people, many of which are treatment center and other newcomers. Tahlequah is growing with 20+ people attending Mondays and Fridays. Bartlesville is having growing pains with 2 meetings, Mon. & Fri. nights. Claremore is growing with 4 regular members and frequent attendance of around 15. They have a close relationship and support from AA.

AREA REPORTS CONT.

-2-

Stillwater is growing and lacks committment. They have an average attendance of 4 people. McAlester has an H&I meeting at The Oaks Treatment Center. Okmulgee is rumored to be possibly more involved in 'practicing' rather than recovery and the ASR plans to drop in on their meeting to check things out. The summer has brought a lot of fellowship through softball with both AA & NA joining together on the Junkie-Drunk All Star Softball Team. They played the Tulsa Police Department for \$100 donation to each other's service organization. Our Junkie-Drunks won 23 to 8. The team has also played the H.O.W. Foundation twice, winning both games. Every Sunday at 1 p.m. in Tulsa, AA & AA play softball.

Birthdays: Enid: Joy 7 yrs; Chad 5 yrs; Jerry W. 3 yrs; Penny S. 2 yrs.
Norman: Tonya 1 yr. Claremore: Steve 2 yrs; Artis 1 yr. Bartlesville: Ernie J. 1 yr; Sheri F. 3 yrs. Tulsa: Mark T. 4 yrs; Mike M. 3 yrs; Bill F. 2 yrs; Debbie C. 2 yrs; John K. 2 yrs; Susan S. 18 mos; Paul P. 1 yr; Larry R. 1 yr; Christy 1 yr; Garla 1 yr; Tom H. 1 yr; Tom W. 1 yr.

Thanks,

Bill F.

Kansas City Area: We are pleased to report that Narcotics Anonymous in the greater K.C. area continues to enjoy steady growth since our last meeting. The number of new groups has dropped in the past few months. However this has served to solidify the support and participation for the seven groups and the five H&I meetings which presently exist. There are seventeen N.A. meetings per week and five H&I meetings, all of which are enjoying regular attendance.

The Greater Kansas City Area still lacks any enthusiasm for the traditional format of an Area Committee. However, we are very grateful that although we have no official vote, we feel that we do have an effective voice in the matters of importance. We do not wish to leave the impression that unity in our area is in shambles. Due to the size and the resources of the Westport Chemical Abuse Group, all the vital functions of an area committee such as: Literature, Hospitals and Institutions, Public Information and Inter-group Communications are being handled effectively. Improvements are needed however, in the area of better communications from the K.C. area to the region.

Some of our recent activities have been: *N.A. Goes to world's of Fun Amusement Park in July; *Monthly Drive-in movie Parties; *Impromptu Campout at Stockton Lake on Sept. 1st; *Annual canoe trip at Current River; *Softball game to raise money for books and literature that pitted the Junkies vs. Speedfreaks. \$110.00 was raised. (By the way, the score ended up: Speedfreaks - 16 to the Junkies - 50. The Speedfreaks, not having been humbled enough, have challenged the Junkies to a rematch in the form of a grudge volleyball game to be held in late September.

(Proceeds to be awarded to the literature account.) Other scheduled events and activities are: *A picnic in Swope Park on October 6th; *A Halloween party, Friday, October 26th, after the speaker meeting; *3rd Annual hayride, Saturday, November 10th at 2 p.m.

Birthdays: June: Al L. 1 yr; Mark K. 3 yrs. July: Lois 1 yr; Steve D. 1 yr; Steve R. 3 yrs. August: Mark W. 2 yrs; Jeff B. 2 yrs; Becky S. 4 yrs; Donny S. 4 yrs; Steve 9 yrs. September: Rodney 1 yr; Ron G. 1 yr; Andy R. 1 yr; Dave E. 2 yrs; Celeste 2 yrs; Steve B. 2 yrs; Jon K. 4 yrs; Mark B. 6yrs.

Dee P.

Wichita Area: I've been informed of 2 new groups close to our area, Douglas and Ark City. Hutchinson is putting on their 1st Annual N.A. Campout next weekend (28,29,&30). On Oct. 27, we will be having a learning conference on the basics of service work in Wichita, the location hasn't been decided yet. Sammy from Newton is Co-chair of our H&I committee. We started having an area wide meeting quarterly and will be having our 2nd one in Newton at Bethel Hospital at 8p.m. on the 3rd Friday of November. Also, will have a Lit. workshop in mid-Nov. Our area also formed a lit. committee.

Brent K.

NEWS!

MINUTES OF THE MEETING OF THE
SHOW-ME REGIONAL SERVICE COMMITTEE
September 9, 1984
Heartland Hospital, Nevada, Missouri

NEWS!

The meeting was opened with a moment of silence for the still suffering addict by Scott Bennett, Chairman Regional Service Committee. Bob R. made the RSR report, gratefully acknowledged the love and the trust given him by group conscience of the region. He mentioned the outstanding growth of the fellowship of Narcotics Anonymous worldwide as well as in the state of Missouri. He mentioned the tremendous growth in the World Service Conference, the addition of the International Affairs Committee and the Convention Committee at the World Service Conference level and the new completely streamlined and renovated World Service Office of which the fellowship can be justly proud.

A treasurer's report was given by Milton Gomillion, (copies attached). Upon motion duly made, seconded and unanimously carried, treasurer's report was approved.

There were no minutes read of the last Regional Service Meeting due to the absence of the secretary.

Bob R. was asked and accepted the job of keeping the minutes. Chris Spencer, Institutions Chairperson, gave his report that the message was being carried and that Jerry Boeckman was doing a really good job. Chris & Jerry went together to Algoa. Jerry is now carrying the meeting into Renz Farm, Church Farm, and Algoa. The need for literature was discussed and Chris reported that in the southern part of the state the N.A. message has been carried for almost one (1) year at the Ozark Correctional Center in Fordland on Monday nights. Chris also mentioned that he has heard that the State Correctional Center at Pacific has an N.A. meeting as well as Moberly or Boonville - showing the growth of the N.A. fellowship "behind the walls." Milton and Jeff shared that "gumbo" in St. Louis County has an N.A. meeting.

Hospitals Chairman, Pat Day, reported a good turnout at Fordland - said that we are planting a lot of seeds. Treatment Centers are well oriented toward N.A., at least locally in the Ozark area, and literature is being kept in hospitals and treatment centers; social workers and ER personnel are advised of the N.A. meetings.

Jerry Boeckman, ASR for the Jefferson City area made his report. He said they have gone from 3 meetings to 6 meetings a week in the past year. Now there are GSR alternates and secretaries for the meetings. They lost one hospital meeting at Still Memorial but gained 3 others, one at St. Mary's and two at Raleigh Hills.

Scott Bennett mentioned that he has been carrying the N.A. message to prisoners at the Federal Medical Center at Springfield by going in under cover of the "other fellowship."

Bob R. reported on the Convention Committee, said there was a strong sentiment toward moving the Convention and rotating it between St. Louis, Kansas City, Tulsa, Wichita and Oklahoma City. Primarily in the hopes that more addicts will have a chance to attend and share. Also, conventions contribute greatly to group unity in the host city. Tulsa is currently under consideration for a date next spring. There was some question about whether or not Easter weekend was the best weekend for our purpose. The next Convention Committee Meeting will be held at Bob Richart's office, 610 Pearl, Suite C in Joplin, Missouri on Sunday, October 7, 1984 at 2:00 p.m. Anyone who is interested is invited to attend.

Greater St. Louis Area, Jeff Plummer, ASR Alternate reported on the recent 5th Birthday Celebration (and Pie Throwing Contest), said that over \$250 was raised and it was not a fundraiser! Had a dance and a big dinner. October 20th there is a

special meeting and candlelight meeting, lots of activities going on in St. Louis. He mentioned the new "gumbo" meeting and that there is a new closed women's group. He sadly reported that the Freedom of Choice group has folded but there are new groups in Mt. Vernon, Illinois and others. New people interested in H & I work and public information work. The H & I person mentioned was Russell B. Johnson. There was a discussion about the 11th Tradition and it was suggested that we as members are personally anonymous, the fellowship is not. Milton expressed some frustration about the lack of total commitment and numbers of people willing to do service work. Many suggestions were given such as holding workshops, sponsorship, etc. People with time seem to forget where they got it.

Camille Yarrington, ASR Alternate from the Ozark Area, reported that the Neosho group had folded on Saturday night. Very happily, the Joplin group has found a meeting hall and clubhouse at 706 Main (Fast Copy Printing building, entrance from alley), a lot of good attendance going on in Joplin, good meetings, a new Freeman Hospital meeting on Sunday nights at 8:00 p.m. The High-on-Life Picnic held on the last weekend in July was a huge success. There were 310 people in attendance and raised about \$3,000. Joplin's 5th Birthday Celebration was announced for Friday, Saturday & Sunday, October 5, 6 & 7, 1984 in Joplin, flyers are out, don't miss it!

Vern Pugh moved to send the sum of \$500 to the World Service Conference which was seconded and unanimously carried. It was then moved by Chris Spencer to give \$200 to the H & I Committee. It was seconded and unanimously passed. Vern Pugh moved that we develop a T-shirt for the region and a convention-planning committee to get a bid together for the 1986 World Convention of N.A. It was thought to get a silk-screen with N.A. and the name of the Show-Me Region printed on it. \$100 was to be given for seed money. This was passed.

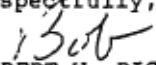
The election of trusted servants for terms beginning January 1, 1985 was held. The following were the results of that election:

Hospitals Subcommittee Chairperson, Patrick G. Day, Route 1, Box 308, Joplin, Missouri 64801, (417) 673-5890
Institutions Subcommittee Chairperson, Jerome Boeckman, 1712 S. Country Club Drive, Jefferson City, Mo. 65101, (314) 893-2971
Public Information Subcommittee Chairperson, Pat Coughlin, 602 N. Washington, Nevada, Mo. 64722, (417) 667-7389 home or 1-800-334-LIFE work
Convention Subcommittee Chairperson, Clarr I. Guilliams, 2315 Murphy Ave., Joplin, Mo. 64801 (417) 781-2410
Show-Me Regional Service Committee Treasurer, Milton Gomillion, 8222 Eads, St. Louis, Mo. 63114, (314) 426-4754
Show-Me Regional Service Committee Secretary, Robert W. Richart, 1339 Crest Dr., Joplin, Mo. 64801, (417) 623-1225 (home), (417) 781-6770 (office)
Show-Me Regional Service Committee Vice-Chairperson, Danny Jo Johnson, 721 West 9th St., Joplin, Mo. 64801 (417) 782-5031
Show-Me Regional Service Committee Chairperson, Scott Bennett, 1625 N. Washington, Apt. 4, Springfield, Mo. 65802 (417) 864-8785
Show-Me Regional Service Representative, Vern Pugh, c/o Kelling Hospital, Alcoholism Help Unit, 114 W. Kelling Ave., Waverly, Mo. 64096, (816) 493-2212
Show-Me Regional Service Representative Alternate, Jean J. Hall, 116 Conner Ave., Joplin, Mo. 64801, (417) 623-0321

The next meeting of the Regional Service Committee for the Show-Me Region is to be held in St. Charles, Missouri scheduled for Saturday and Sunday, January 26 & 27, 1985.

The meeting was adjourned with the Lord's Prayer.

Respectfully,


ROBERT W. RICHART
Secretary

VRC II

- Workshops
- Meetings
- Speakers
- Marathon Meeting
- Nar-Anon Room



- Fellowship
- Sharing
- Love
- Unity
- Dances
- Banquet

VOLUNTEER REGIONAL CONVENTION

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Complete and send with check or money order to: VRC II, P.O. BOX 10213, KNOXVILLE, TN 37939-0213

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PLEASE PRINT LAST FIRST/NAME ON TAG

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City _____ State _____ Zip _____

Enclosed is: \$15.00 for Registration N.A. NarAnon (Check one)

\$14.00 for Banquet Chair Share (Check one)

\$ _____ Donation/or Register a Newcomer

Total: \$ _____ Make checks or money orders to: VRC II

_____ Please do not send cash. Early registration suggested. \$18.00 after Nov. 15.

Special needs? _____

JUST FOR TODAY

Tell yourself -

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in N.A. WHO BELIEVES IN ME AND WANTS TO HELP ME IN MY RECOVERY.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY through N.A. I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

SUBSCRIPTION FOR MID-AMERICA NEWSLETTER

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

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(the real bargain)

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ONE ISSUE, \$1 @

SIX ISSUES, \$5
(the real bargain)

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

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

NEWSLETTER INFORMATION SHEET

NAME AND ADDRESS OF GROUP _____

BIRTHDAYS _____

STATUS 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 c/o Linda Merrillat,
816 W. 8th, Lawrence, KS 66044.