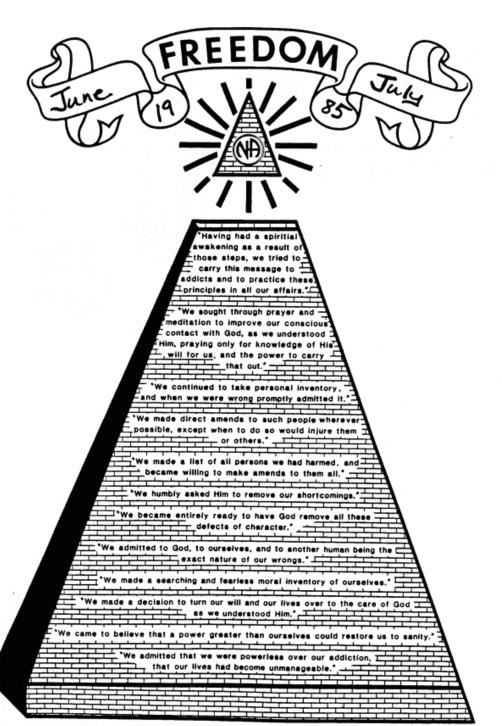
MID-AMERICA NEWSLETTER



WHEN LIFE'S ELEVATOR LETS YOU DOWN, USE THE STEPS.

15th

WITHLD CONVENTION!



LIET LOUR SEATS VOLL!

39 SEATS AURILABLE AT #87.72 A TEASON

BUS LEAVES JOALIN AT GAM. WED.

AUG. 28th — STEIPS AVAILABLE FOR SPRINGFIELD \$ 5t. LOUIS

CONTACT ANN D. OF JOPLIN FOR MORE INFORMATION 417-782-3298

SEND FARETO PANN DALL

ATT 6 BOX-469

JORLIN 10806

MEEKLY TAYMENTS CAN BE ACCEPTED

from the editor's kitchen table

June 8, 1985

Hello Everyone!

The biggest news in this issue is the split-up of the Mid-America Region into two separate entities: Kansas and Oklahoma. Kansas will retain the name "Mid-America" so that both groups don't have to re-register with the World Service Office. But, as RSR Barbara J. and Alternate RSR Bill S. put it, "We should think of it as multiplication rather than division" and grow from there.

Not only are the Regions growing, so is this little newsletter. We're up to 85 subscriptions. That's 17 more people and nine more cities since the last issue. Suddenly, my goal of 100 subscriptions isn't unreal. It seems inevitable. I guess

knowing how to push has its positive aspects as well.

We're going great guns, but the international magazine, "The N.A. Way," desperately needs our support. They're undergoing a subscription drive through June and are offering a special rate. Unless they double subscriptions by December, they're history. An order form is included in this newsletter, as is a release form for those who want to send input, which Ron H., editor, says is also needed. Believe me, I know how he feels. How about sending input hereto me, then sending Ron a copy? Kill two birds with one stone. The N.A. Way doesn't accept poetry -- prefer short essays. An example is the "Complacency" essay I excerpted and used in the newsletter in the Clean Perceptions section. If the \$10 is too much for you, get your group to subscribe then pass the magazine around.

Isn't our cover art wonderful? Kudos, appreciation and love go to <u>Hazen</u> and <u>Jim</u> in Helena, Okla., who worked long and hard to complete the little masterpiece! Show it off to all your N.A. friends. Maybe it will inspire someone to send some cover art in for the August issue.

Get out, go for it, spread the word of recovery, and enjoy all the great campouts this summer.

In loving service, Julie P., editor



Two old-timers in N.A. knew they were getting up in years. They had been friends a long time, so they made a pact. The first to die would come back and let the other know if there was an N.A. meeting in heaven. A few days later, one died. In keeping with the pact, he came back and visited his friend. As soon as he recovered from the shock, the friend said, "Well, tell me, is there an N.A. meeting in heaven?" "Well, I have good news and bad news," the ghost answered, a bit reluctantly. "The good news is there's a HUGE N.A. meeting in heaven. The bad news is you're scheduled to lead it next week!"

Taken from the N.A. Way

Seventh Annual 4th of July
OFFICE CAMPOUTS
For more Info. call: Alan C. (913) 827-3232
Find Onio and Pacific (old to) and follow the signs. All streets off of I-70 or Jim M. (913) 825-9510 or Write to: BOX 383 Salina, X5. 67402-0383 Plenty of open area
Speakers:
Fri. Night Fri. Night Clark G. Joplin Mc. Sat. Night Chris S. Strafford Mo. Sun. Morning Naranon Speaker!! Renee J. Joplin, Mo. Solina, Kansas Solina, Kansas Solina, Kansas Solina, Kansas Solina, Kansas
Bunks in Bunkhouses (No linen furnished)
#5.00 per night. Reservations must be recieved by June 15th. NO EXCEPTIONS. I would like to reserve bunk [20]
Make $\sqrt{\frac{5}{2}}$ or money orders out to: $3\frac{2}{3}$ Salina/Junction City Area Narcotics Anonymous Box 383 Salina, KS. 67402-0383

CLean PErceptions

A NEW ALTERNATIVE

"Life isn't always nice and neat and real sweet, sometimes it's bitter and bad and real sad."

This used to be my motto until I realized someone had control over my destiny; that someone was me. I used to find myself caught up with the bitter and bad times constantly due to the problems my

drug usage caused.

I remember the days when all I had on my mind was where and how was I going to get high. This eventually led me to crime. I started out small, just running doctors under an alias. After a while I was stealing from my friends and family until I had no friends except those I used with.

My habit developed and I tried the great geographical escape, something I wish I never would have used as an alternative now.

I ended up not knowing anyone in my new town and turned to robbing drug stores which in turn landed me in prison; rock bottom for me.

Upon my arrival to prison I discovered N.A. I met some of the most loving and caring people at the meetings and, WOW, we had something in common, all of us were recovering addicts.

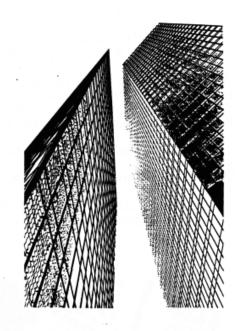
My H.P. had planned this all along without me even knowing it, but he was there to lead me to a way out. Not out of prison, but out of the endless merry-go-round my using had me on.

My life isn't always nice and neat and real sweet, sometimes it's bitter and bad and real sad. Only now I have true friends who are willing to help me and aAH.P. that is greater than any problem I have.

My H.P. led me to N.A. and N.A. doesn't just stand for Narcotics Anonymous, to me it also means a New Alternative for my life.

Thank you N.A.

Hazen R. Helena, Okla.



The Sky's The Limit

Choosing N.A.

Our chores are many and varied in life -But choosing drugs just adds to the strife.
Dope cuts us down sharper than a knife.

Choose N.A. instead of dope-And you will gain a whole new hope.
Go to a meeting -- don't sit home
and mope.

A drug-free life is now our goal --It brings the freeing of the soul --And then the separate parts are made whole.

> Bev H. Newton, Kan.

(Clean Perceptions, continued)

THIS IS WHAT I SEE

You were on the path of life and free.

Did you get off for some fun? Did you find happiness on the run? Are you filled with hurt and pain? Can you tell me what you've gained?

You had four years in the sun. Now your friends are on the run. They thought you had it made, Now they're hiding in the shade.

They're filled with hurt and pain, you see.
They don't understand this insanity.
If someone like you could fall,
It could happen to us all.

Gary P.



"When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be these alternatives: either go on as best we can to the bitter ends -- jails, institutions or death; or find a new way to live."

Excerpted from The White Book

Complacency



I write this that thers may not have to reach the level of pain I found. At nine months, my problem was complacency, the assassin of peace of mind. I started to regress. I had become as sick as if I had relapsed. All the other symptoms of addiction were there, even without the drugs. The pain was almost unbearable — the fear, the self-centeredness — so not realizing that the problem was my own inactivity, like any addict, I started to seek relief. I talked to my sponsor, but did not listen.

I quit my job as a counselor at a treatment center to get some temporary relief. I took a lover. There was temporary relief when we were together, but when we were apart, I would come down off the high and be just as depressed as before, sometimes even worse. I was taking shots to my ego, just as if they were drugs. My selfcentered attempts at relief almost destroyed us both.

I had started placing reliance on people, things and events for relief. I was completely insane, in pain, when, through the people in the Fellowship who loved me and through a loving God, I began to see myself in newcomers and began to listen again and work my program all over again. I put my reliance back where it always belonged: on a loving God.

The gates of hell had opened again, and I almost fell back in.
I thank my God for a well worked
Step One. I thank the God of my
understanding for a Fellowship
where people really love and care.
Now things are back in their proper places, and with my God's help
and fellow N.A. members, my life
is once again peaceful, for I am no
longer trying to control the outcome of my plans.

By myself I might lose, but I am alone no more. To rebuild my foundation, I needed honesty and a dependence on You Know Who.

W.H., Arkansas Taken from The N.A. Way

DISCUSSION

STEP SEVEN: "We humbly asked Him to remove our shortcomings."

Having decided we want God, as we understand Him, to relieve us of the useless or destructive aspects of our personalities, we have arrived at the Seventh Step. We couldn't handle the ordeal of life all by ourselves. It wasn't until we made a real mess of our lives that we realized we couldn't do it alone. By admitting this, we achieved a glimpse of humility. This is the main ingredient of Step Seven. Humility has a lot to do with getting honest with ourselves, which is something we have practiced from Step One. We accepted our addiction and powerlessness. We found a strength beyond ourselves and learned to rely on it. We examined our lives and discovered who we really are. To be truly humble is to accept and honestly try to be who who we are. None of us are perfectly good or perfectly bad. We are people who have assets and liabilities and most important of all, we are hu-

Humility is as much a part of staying clean as food and water are to staying alive. As our addiction progressed, we devoted our energy toward satisfying our material desires. All other needs were beyond our reach. We always wanted gratification of our basic desires.

Character defects are those things which cause pain and misery all of our lives. If they really contributed to our health and happiness, we would not have come to such a state of desperation. We had to become ready to have God remove these defects.

The Seventh Step is an action step, and it is time to ask God for help and relief. We have to understand that our way of thinking is not the only way; other people can give us direction.

Then someone points out a shortcoming, our first reaction may be
one of defensiveness. We must realize that we are not perfect.
There will always be room for
growth. If we truly want to be
free, we will take a good look at
what is pointed out to us. If
the shortcomings we discover are
real and we have a chance to be
rid of them, we will surely experience a sense of well-being.

Some will want to get on their knees for this step. Some will be very quiet, and others will put forth a great emotional effort to

word pros ours to 1 our will

atic caus beer What

grov grac pull tion into

action and prayer. The main objective of Step Seven is to get out of ourselves and strive for achieving the will of our Higher Power.

If we are careless and fail to grasp the spiritual meaning of this step, we may have difficulties and stir up old troubles. One dander is in being too hard on ourselves.

Sharing with other addicts in recovery helps us to not become morbidly serious about ourselves. Accepting the defects of others can help us become humble enough to be relieved of our own defects.



(Discussion, continued)

God often works through those who care enough about our recovery to help make us aware of our short-comings.

We have noticed that humility plays a big part if this Program and our new way of life. We take our inventory; we become ready to let God remove our defects of character; we humbly ask Him to remove our shortcomings. This is our road to spiritual growth and we will want to continue. We are ready for Step Eight.

Excerpted from Narcotics Anonymous Basic Text

My Seventh Step

The Seventh Step is difficult for me because, as is typical, I think I have so many more liabilities than assets. How can God possibly want these shortcomings, I ask myself? But, some of them are gone. When I get angry, I deal with it instead of stuffing it and building resentments. I am honest with others and am now trying to be horest with myself. I'm able to socialize with people in the fellowship and "earth people." When I do withdraw, I know it's time for a meeting or time to read some literature or time to talk to my sponsor. Thanks N.A.

An addict

I'm Grateful

Hello God, as I understand you. Today I'm grateful for:

The N.A. Program.

The real friends I've found -- I have more friends than I ever had connections.

My family that loves me though they may never understand me. They respect my clean time and my program.

Service work -- many times my responsibilities to the addict who still suffers have kept me clean.

My liabilities because I still have something to work on for spiritual progress.

My assets that are slowly becoming obvious to me now whereas before I had no self-esteem.

My job and career that provide a chance to be a productive member of society instead of a terror on the streets.

My education because with Your help I finally accomplished something.

My friends again because they mean more to this former loner than everything, except

My spiritual connection -- the greatest gift of all.

A grateful addict



"Anyone may join us regardless of age, race, color, creed, religion or lack of religion."

6 TH ANNUAL



Group Use Area - Stockton Lake - Stockton, Mo. Friday - Saturday - Sunday July 26,27,28, 1985

FUN & GAMES
BLUEGRASS MUSIC
MEET NEW FRIENDS
SWIMMING & FISHING
CAMPSITES AVAILABLE
DANCE - Saturday, 10p.m.
BINGO - Saturday, 3 p.m.
REGISTRATION \$6.00
UNDER 12 FREE

Early Bird Meeting

Friday 26th. - 8:00 p.m.

Saturday 27th

9 A.M. - 3P.M. Marathon Step Meeting

3 P.M. Bingo

6:00 P.M. Famous Ozark Hickory B.B.Q.

8:00 p.m. — Speaker

Fr. Dan Egan - Garrison, New York 10:00 p.m.

Campfire Meeting - Orleans Trail Resort

Sunday 28th 10:30 a.m. Spiritual Meeting

Speaker - Lois S.

Des Moines, Iowa

OUTDOOR B.B.Q— SATURDAY 6:00 P.M. LIVE ENTERTAINMENT CARING & SHARING 5TH STEP WORK

RAFFLE BINGO

SPORTS DANCE

FUN CAMPFIRE MEETINGS FELLOWSHIP

Call Early
If you prefer good motel accomm

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

PLEASE MAIL YOUR REGISTRATION EARLY!

Send Registration	Fee	To:
PICNIC		
1339 Crest Drive		

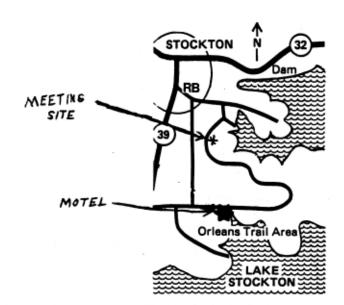
Joplin, Mo. 64801

Pre Registration \$6.00 Registration at Gate \$7.00 Pre Registration \$6.00 Bar B Que \$3.00 Childrens Plate \$2.00 Total Enclosed

Number____ Number____ Number____

Name ______Address _____Phone





What's Happening?

CLOSE TO HOME:

Oklahoma '85 Clean 'n Crazy Campout, Sequoyah State Park, June 21 to 23. Tonja H. (405) 360-2453 or Central Service Office (Tulsa) (918) 747-0017.

Fund-raising yard sale, 421-B East 8th, <u>Hutchinson</u>, <u>Kan</u>., June 29, weather permitting, 8 a.m. to whenever. A joint effort for all three Hutch groups who need support.

Seventh Annual 4th of July Campout, Salina, Kan., July 4 to 7. Flier in newsletter has details, in case yours is lost, but is now too late to register for bunk beds.



Literature Workshop for "Just for Today" daily meditation book. July 6, 11 a.m. at <u>Salina</u> campout. Let's have some local input for the new book! Fliers out soon.

World Service Conference Committee quarterly meeting of all WSC Committees. Kansas City, Mo., July 19 to 21. The Mid-America Region is proud to host this first meeting. Limited housing available with Kansas City members, first-come, first-serve basis, Jeff B. (913) 262-2442.

Sixth Annual High on Life Picnic, Stockton, Mo., July 26 to 28. See flier in this newsletter.

Covered-dish supper, swimming, Wichita Area Service Committee Meeting, dance afterward. 401 East A Apt. 3 -- party in clubhouse, <u>Hutchinson</u>, <u>Kan</u>., Aug. 9. Contact Mike 665-1001 or Julie 663-6651.

FURTHER AWAY:

Western States Unity Convention II, Phoenix, Ariz., June 21 to 23. John or Shari B. (602) 279-0744 or Anne T. (602) 840-6451.

Sixth East Coast Convention,

<u>Baltimore</u>, <u>Md</u>., June 21 to 23.

Write Box 26513, Baltimore, Md.,
21207.

Annual British Columbia, Canada N.A. Rally., James Bay Community Center, June 28 to 30. (604) 383-3553.

Florida Regional Convention for N.A., Miami, Fla., July 4 to 7. Jay (305) 255-0720 or Andrea (305) 758-2815.



let's go camping!

Central Great Lakes RCNA, Midland Michigan, July 5 to 7. Will (517) 684-9168 or Greg (517) 686-7622.

Iowa RCNA, <u>Algnoia</u>, <u>IA</u>., July 12 to 14, Dave 295-5028, Dan 295-5826.

NEWS!

(What's Happening, continued)

Third Annual Stampede for Serenity Campout, Stampede Reservoir, Nev., July 19 to 21. Pre-registration a must! (702) 322-4811.

Workshops, banquet, dance, Stockton, Calif., St. Mary's Church, July 20.

Fifth Annual Abnormal Weenie Jam, Big Bone Lick, Kentucky, July 20 to 22. DeWayne (513) 825-8396 - days; or Chuck (606) 525-0604 - evenings.

San Diego RCNA I, August 2 to 4. Write SDNACC, P.O. Box 4921, San Diego, Calif., 92104.

FIFTEENTH ANNUAL WORLD CONVENTION OF N.A., SHORHAM HOTEL, WASHINGTON, D.C., AUGUST 29 TO SEPTEMBER 1. Box 2232, Washington, D.C. 20013. Travel Agent Contracted -- 1-800-368-3527. Register soon -- late fee after July 31.





Sent in from individual groups

Coffeyville, MA. H.O.W. Group
Honesty, openmindedness, willingness. Our group is growing!
We had 12 people at an April
meeting. Not too much sobriety
but God knows we try. We love
what we've got and only want to
give it away. We'll be glad to
find overnight accommodations
for anyone staying in the area.
April birthdays: Greg S., 1 year,
Karen, 6 months, Denis G., 6
months. Meetings are at 711
Walnut on Tuesdays and Saturdays
at 8 p.m. Call Denis at 316251-7337 any time.

Westport Chemical Abuse Group, 706 %. 42nd, Kansas City, Mo. April birthdays: Debbie P., 2 years, Elaine H., one year. All 11 meetings, 10 closed and the Friday night open speaker meeting, are alive and well. The Group recently made the Wednesday night meeting a "beginners" meeting and it is flourishing. The industrial strength air cleaner, Smokeeter, installed in the clubhouse in April seems to improve the atmosphere at large meetings. CAG has been giving softball instructions to the Dead or Alive Group and has been so successful that DOA has won consistently. More games are planned with DOA and the Straight Talk Group from Independence. CAG members attended the Kansas City Royals vs. Toronto Blue Jays Game im April and more trips to the park are planned. Paul W. was chosen Literature Chairman. Gary C. is the alternate GSR. Many CAG members attended the Tulsa Convention.

Hutchinson Serenity Momen's Group started in May at 703 N. Monroe. Meetings are small and we need support. Be there at 7 p.m. Tuesdays.

NEWS!

news! NEWS!

Hutchinson A New Beginning Group also started in May at 703 N. Monroe. Come support us at 8 p.m. Thursdays as we try to get N.A. in Hutch off the ground.

News Notes from Wichita ASC:

New Connections Group, Wichita Tuesday and Friday night meetings are smaller than in past but quality is good. John R. is new GSR as Pennie C. resigned to take over new position of ASR. April birthdays -- Pennie C. 5 years, Dana M., 1 year. Meeting attendance picked up in May. More birthdays: Theresa M., 3 years, Mary M., 1 year.
Meetings are tuesdays at 7 p.m. and
Fridays at 10 p.m. at 901 West
Douglas. The last Friday of the month is the Area Birthday Night. Area will purchase chips and the cake and groups in the area will take turns leading the meeting. Hardcore led the May meeting, The Wichita Women's Group will lead in June and Hutchinson will take care of July. GSRs need to turn in birthday lists ahead of time to New Connections secretary, Steve, so arrangements can be made for cards, cake, etc.

First Things First Group, Ark City Meetings going good. We have Cedar Vale treatment now attending about once weekly. Planned a fund-raiser fummage and bake sale first weekend in June. We finally got a checking account started. Meetings at First Presbyterian Church, 321 S. 1st, Wednesdays 8 to 9:30 p.m., closed, Saturdays 8 to 9:30 p.m., open.

Newton Group, Birthdays: Glenda P., belated 6 years, Bruce R., 1 year. Bruce R. is new GSR. Had campout June 8 and 9 at Harvey County Park. All meetings are at Bethel Hospital on Tuesdays at 1:30 p.m., and 8 p.m., Fridays at 1:30 p.m. and Saturdays at 8 p.m.

Hardcore, Wichita
We're outgrowing our space, but
with new Wednesday night meeting
at new location we don't expect
crowding to last. We're looking
for a place to start a Saturday
night meeting and will keep you
posted! Meetings Wednesday night
at 7:30 p.m. at St. James Church.

Great Bend Group
The group is going strong. We had a party May 4 with a dance, barbecue, vhs, horseshoes, volleyball, speakers meetings, trivial pursuit ane lots of fellowship. Another party is planned for June. Meetings still on Wednesdays, 8 p.m., 24th and Washington, church back door.

Hoisington Group
Had a garage sale April 21 and 22.
Birthdays: Gordon H., 1 year, Wanda J., 1 year, Randy H., 6 months,
Kevin, 6 months, Bruce J., 60 days,
Merle 60 days. The garage sale
enabled us to stock literature.
Campout is being planned for Aug.
3 and 4 at Wilson Lake. Also we
are working on a Thursday closed
meeting with a new location. Rick
C. resigned as GSR due to job
change. Curtis B. is new GSR and
Randy H. is alternate. Meeting
still Mondays at 7:30 p.m. at 5th
and Main in the basement of the
rectory.

Newton Women's Group
Our cook out on April 27 went well
despite gloomy weather. About 30
people from six towns were there
for good food and fellowship. We
passed the basket and got enough
money to open a checking account.
Sue H. is treasurer. Meetings are
8 p.m. Mondays at Bethel Hospital.



(News, continued)

Pratt Group
Meetings steady with a few newcomers drifting in but not returning yet. The Hoisington Group
came and supported us at the end of
April. Meetins on Wednesdays, 8:30
p.m. in the basement of credit union at 2nd and Main.

Hutchinson Rainbow Group
As soon as a location is found, a
new Friday night meeting will be
set up. A checking account has
been opened. Jim P., celebrated
6 months birthday. A new GSR is
needed. Meetings are at 8 p.m.
in the basement of the mental
health center at the hospital,
17th and K-61.

THE I-ALMOST-FORGOT-MEETING August 17 and 18 the two new regions, Mid-America and Oklahoma will get together in Tulsa for an Inter-Regional transition meeting. Fliers will be forthcoming. If you don't get one and want to go, contact Julie at 663-6651 or Barbara at 945-7202 or 943-8548.

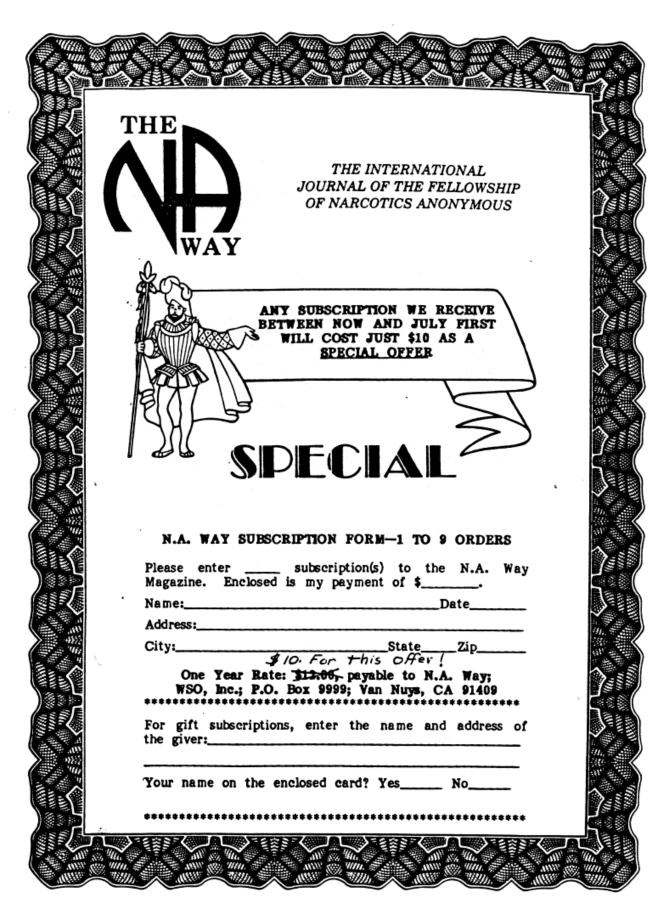
Campus Group, Wichita
Closed during summer. Meetings
are Mondays at 1:30 p.m. room
209 CAC WSU campus during the
school year.

Terrace Club, Nichita
Meetings at 1510 S. Terrace,
Sunday 7:30 p.m., Monday 8:30 p.m.,
Wednesday 8:30 p.m., Friday men's
group 8 p.m. and Friday women's
group 8 p.m. Mary M. is GSR.

Hays Group
Meetings are Wednesday at 8 p.m. and Saturday at 1 p.m. in the Mesiah Lutheran Church basement, 200 N. Main.

Wichita Women's Group
Meetings going will with lost of
newcomers. We sponsored a lunch
buffet at the Regional meeting
May 18th and gave Region 10 percent of money raised. Will also
use proceeds for literature.
Meetings are Mondays at 8 p.m.
at Central and Broadway, St.
Mary's Cathedral in building behind church.

	SUBSCRIPTION FORM
NAME	
ADDRESS	
RENEWAL	NEW SUBSCRIBER
SEND \$5 ch	eck or money order for six issues (1 year) to:
Julie P.,	421B East 8th, Hutchinson, Kan., 67501.
Please mak events, et	e copies of this form and take to meetings, special c. and give everyone a chance to subscribe.
	subscribe!



COPYRIGHT RELEASE FORM

AGREEMENT made thisday of, by and between WORLD SERVICE OFFICE, Inc.,
19, by and between WORLD SERVICE OFFICE, Inc.,
also dba N.A. WAY MAGAZINE, referred to as
"Assignee" and (Author/Artist's name)
also dba N.A. WAY MAGAZINE, referred to as "Assignee," and (Author/Artist's name), hereinafter referred to as "Assignor." Assignor is the owner of the attached material,
Assigner is the sweet of the etteched material
Assignor is the owner of the attached material,
story, poem, saying, art work, or other matter which is
described as the following (title of work):
The Assignee heretofore first referenced is the
publishing arm of the Fellowship of Narcotics
Anonymous. The Assignor hereby grants and transfers
to Assignee as a gift, without exception and without
limitation, any and all of Assignors interests and
copyrights and rights to copyrights and rights to publish,
together with all rights to secure renewals and
extenions of such copyright, of said material.
Assignor hereby convenants, warrants and
represents to Assignee, and this agreement is made in
reliance thereof, that Assignor is the sole owner and
has the exclusive right to use of said material, and
that the material is free and clear of any liens,
encumberances and claims which are in conflict with
this agreement.
This agreement is binding on Assignor's heirs.
This agreement is binding on Assignor's heirs, assigns, administrators, trustees, executors, and successors in interest, and such are directed to make
successors in interest and such are directed to make
and execute any instrument Assignee may require to
protect copyright for Assignee.
IN WITNESS WHEREOF, the parties have executed
this agreement at (Assignants address)
this agreement at (Assignor's address):
(phone):, State of, on the day and year first above written.
(phone):, State of, on
the day and year first above written.
ASSIGNOR: (SIGNATURE); SPOUSE: (SIGNATURE)
ASSIGNEE (TO BE COMPLETED LATER BY WSO)