

MID-AMERICA NEWSLETTER

December 1985 — January 1986



**Share experience,
strength and hope
this holiday season**

Questions & Answers

The Board of Trustees answered the following questions on Traditions for various groups, areas and regions.

Q. Our Sixth Tradition speaks of endorsement. In our approved literature "Why Are We Here," we refer to A.A. Is this not an endorsement?

A. The reference to A.A. in "Why Are We Here" is not a violation of Tradition Six. It is only an acknowledgement of the origin of our Twelve Steps and Traditions. It goes on to give some background in them and expresses gratitude toward A.A. for allowing us to adapt their steps and traditions to our program.

Q. A halfway house in our area would like to put on a barbecue for N.A. We are a new area desperately in need of funds for the purpose of literature and could really use the money, but are questioning whether it is within the traditions for non-N.A. organizations to conduct activities which benefit N.A. What is your opinion?

A. Groups should follow Tradition Seven and decline outside contributions. This would include organizations conducting activities which benefit N.A. We realize it becomes tempting to get money from other programs because it helps purchase literature or other essential expenses. Nevertheless, it needs to be an element of our recovery as individuals and also as a group that we become self-supporting. To allow other organizations to hold fund-raising functions for N.A. violates Traditions Six and Seven.

Q. I recently received a call from a parole officer who asked me to provide verification that a member is, in fact, attending NA meetings and is involved in our Fellowship. This parole officer will not accept a "Court Card" because he said anyone

can sign it. What do we do?

A. Narcotics Anonymous is a Twelve Step program of recovery from the disease of addiction. The Twelve Traditions make possible our Fellowship and therefore, recovery. Tradition Six prohibits us from affiliation with any other organization or outside enterprise. We are not affiliated with anyone, including probation offices, state parole offices, or correctional facilities. To report on another member's attendance or participation in our Fellowship to any agency or institution is affiliation.

In addition, our Eleventh and Twelfth Traditions protect the anonymity of our members. In our meetings we have a place to share our experience, strength and hope as well as the trials and tribulations of recovery. Without the freedom to express ourselves without fear of what may or may not be reported to an outside agency or person charged with our supervision, our recovery and the recovery of others in our Fellowship would be severely inhibited.

Sometimes courts, parole agencies and probation officers require that "Court Cards" be carried by the persons they supervise and signed by the secretary of the meeting. This is a transaction between the supervising agency and the individual member involved. The individual is free to attend or not attend, participate or not participate. When we as N.A. members actively report to a supervising agency regarding another member, we break our Traditions, affiliating ourselves with the agency. We break others' anonymity and we jeopardize the chance for that person's recovery.

PI committee members should visit the parole or probation department and explain N.A. When individuals in the community gain an understanding of how the program works, many times they are supportive.

INFORMATION SHEET

NAME AND ADDRESS OF GROUP _____

BIRTHDAYS _____

STATUS OF GROUP (any particular problem, need, success, new meeting, etc.) _____

ANY SPECIAL EVENTS (include time, place, cost, other information

and phone numbers) _____

PLEASE SEND TO REGIONAL NEWSLETTER, c/o JULIE PENNER, 421-B

East 8th, Hutchinson, Kan., 67501.

DOs and DON'Ts for P.I. COMMITTEES

This list is suggested only. In past experience the world level P.I. committee has found that practicing the dos best carries the message of N.A. to the public. When the don'ts are not taken into consideration, our message may become distorted.

DO have a working knowledge of the traditions.
DO follow established guidelines.
DO be consistent. Follow through with your plan of action.
DO keep updated records of contacts, posted announcements, psas, speaker lists and follow up regularly.
DO remember quality is more important than quantity. Start with one or two projects and do them well before branching out.
DO make sure that meeting lists are updated regularly.
DO remember other programs are part of the public we are informing.
Do obtain an understanding of and be responsive to the needs of those we serve.
DO present a good image of recovery (be on time, dress appropriately, and avoid the use of obscenities, etc.)
DO work within the service structure to determine the feasibility of projects and to keep the lines of communication open.
DO make information packets available.
DO consult with members experienced in PI work before contacting the media and/or public.
DO use discretion when giving out personal phone numbers.
DO assist the media in screening their features or articles for tradition violations before publication.

DON'T affiliate with other Twelve Step organizations or treatment facilities.



DON'T overtax your human-power and resources. Burn out on a project before it is completed creates a bad image of N.A. to the community and/or media.

DON'T overstep media boundaries where area/regional geography is concerned. When in doubt, ask!

DON'T do it yourself! Remember the first tradition and that the service structure is there to be used.

MISCONCEPTIONS ABOUT N.A.

N.A. DOES NOT operate detox units, recovery or halfway houses and is not affiliated with such facilities; we do, however, cooperate with those who cooperate with us.

N.A. DOES NOT crusade, solicit, advertise for members or try to persuade anyone to join us.

N.A. DOES NOT engage in or sponsor research.

N.A. DOES NOT keep membership records or case histories or follow up on members or in any way try to control them.

N.A. DOES NOT make medical or psychological diagnoses or prognoses nor provide marriage, family or vocational counseling.

N.A. DOES NOT provide welfare or other social services.

N.A. DOES NOT conduct spiritual or religious services of any kind.

N.A. DOES NOT engage in education or propaganda about drugs.

N.A. DOES NOT accept money for its services, is not funded by any public or private sources or agencies. We accept no contributions from non-N.A. sources.

The Man in the Glass

When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to a mirror and look at yourself
And see what that man has to say.
For it isn't your father or mother or wife
Whose judgement upon you must pass,
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

Some people might think you're a straight-shootin' chum
And call you a wonderful guy.
But the man in the glass says your only a bum
If you can't look him straight in the eye
He's the fellow to please, never mind all the rest
For he's with you clear to the end
And, you've passed your most dangerous test
If the guy in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass
But your final reward will be heartache and tears
If you've cheated the man in the glass.

AUTHOR UNKNOWN

YOU'RE NOT LIVING ONE DAY AT A TIME WHEN...

You're planning on spending the phone deposit when the phone's not even hooked up yet.

You plan your honeymoon and you've only just met the person across the table from you.

When all you can think about is yesterday and all the money you put in your arm that could have bought your new car tomorrow.



S U O M Y N O N A S C I T O C R A N H U
 E L B M U H O P E F M E D I T A T I O N
 S S M G N I L L I W G R S G S H O B P M
 E S H A R E E M O D E P J R T O D C H A
 R E O A A D Y X R H O D S A F N A E O N
 T L N B L T Y A G N X G E T G E Y V T A
 A R S H E I R T S O U C L I A S Y O L G
 V E E I K R H A I R L L F T M T T L I A
 R W C O R F E E D M O E N U E Y I M N B
 E O Y C A Y E L E E I Y A R D N W N S E L
 S P R A Y E P C N W T N X E D V U U T E
 Y N O L A E A Y A A I I O O S B N P C F
 R E T L R E C O V E R Y O N T C I D D A
 E L N S P E T S D E T G S N A L T E F L
 S B E I H M E E T I N G S G S E L T R T
 N M V J F R E E D O M K T S A H C O S T
 O U N I V E R S A L P R O G R A M X P I
 P H I D E D N I M N E P O L L A R O M
 S M C N R E W O P R E H G I H T O P N E
 F E L L O W S H I P R L A U T T R I P S

ADDICT	MORAL
AMENDS	NARCOTICS ANONYMOUS
ANONYMITY	OPEN-MINDED
ASR	PEACE
CALLS	PRAYER
CLEAN	WILLING
DETOX	PROGRAM
DRUGS	POWERLESS
FELLOWSHIP	RECOVERY
FREE	SELF
FREEDOM	SERVICE
GOD	SHARE
GOODWILL	SLIP
GRATITUDE	SOCIETY
GSR	SOBER
TRADITIONS	SPIRITUAL
UNIVERSAL	SPONSOR
HALT	STEPS
HELP	STOP
HIGHER POWER	TIME
HOPE	TODAY
HOTLINE	UNITY
HUMBLE	
INVENTORY	
LOVE	
MEDITATION	
MEETINGS	



(This puzzle was taken from the Iowa Regional Newsletter.)

news!

Notes from KC Area (Oct.) cont'd.

Chemical Abuse Group donated \$300 to the area. Expenses included \$5 for postage and \$60 to answering service for month.

Dee P. announced the next Mid-America Convention March 7-9 at Shangri-La in Oklahoma. "Recovery is a Reality" is the theme. Wilma N. from North Dakota and Bob S. from California will be the speakers. Dee and Jeff B. asked for suggestions on workshop topics for the convention.

A PI matter came up in Newton recently. Two members went to an adolescent center and were asked to provide meeting lists for the whole state. There is also an issue of giving out phone numbers. Needed are updated meeting lists from KC Area, Salina/Junction City area, Western Kansas Area and Southeast Kansas Area. If anyone can help out, please send those lists to Julie P., address is on information page in this newsletter. Mid-America Regional PI chair and RSR have been contacted.

NEWS NOTES FROM MISSOURI

St. Charles Area formed at St. Joseph's Hospital Aug. 14, 1985. Boundaries were established. There are 13 meetings in the Area. Two successful fund-raisers were a spaghetti dinner and a Halloween Dance. Combined with St. Louis Area to plan a Unity Conference Dec. 7. PI has printed and distributed meeting lists and sent info packets to doctors, judges and parole officers. Meetings will soon be listed in newspapers and a phone line is being researched.



Little Egypt Area has a new book study meeting at Chapter 10. Vandalia has started a new meeting at Fayette Co. Jail that is open. Salem's Halloween Thriller went well. New Year's Eve party being planned. Donna L. and Alicia are new H & I and PI chairpersons, respectively. Work has begun on May 2-4 Flight to Freedom. Meeting has started at Salem High School and is having anonymity problems that are being worked out. Area is beginning a newsletter. Stan M. will become ASR in January.

Greater Jefferson City Area has started a new meeting at Swedsburg. Meeting at Camdenton on Thursday has been canceled. Jefferson City has a new meeting on Sunday and a potluck dinner and open meeting was the first activity.

Boone Area now has 11 meetings. New H & I meeting at Mid-Missouri mental health center is going smooth. Finances are low. Halloween party lost money. Phone system impossible until finances improve.

St. Louis Area is dealing with the split of the new St. Charles Area and has experienced growth. Two new groups are being established in west St. Louis Co. suburbs. PI runs an ad in the yellow pages that lists hotline number. PSA ran on KPLR-TV for 4 weeks. Fall dance raised \$360. Gateway Unity Conference was Dec. 7 and will raise funds for the first Show-Me Regional Convention, June 1986, to be held at Overland Presbyterian Church, 9424 Everman, Overland, Mo. A holiday fundraiser will be held Dec. 28 at Overland Presbyterian Church. Dinner followed by beach-ball speaker meeting, auction and dance.

Ozark Area held a PI community meeting focused on the professional community and schools Dec. 9. PSAs from WSO were not the correct tapes and had to be returned. Special attention needs to be given to tape size; area did not wait for PI kits to find this out.

First Things First, Ark City had a business meeting Nov. 6 and discussed starting a Basic Text/Step meeting possibly on Monday nights. Birthdays recently celebrated are Curtis P., 1 year, Gary P., 9 mos., Mike B., 90 days, Kathy B., 90 days, and Marlin O., 90 days. Meetings are at 321 S. 1st St. at the north end of the basement, Wed. 8 p.m. and Sat., 8 p.m.



Newton Women's Group is hanging in there. Ann B. recently celebrated 5 years clean time. The group needs support. They meet Mondays at 8 p.m. at Bethel Hospital, 201 N. Pine.

Pratt N.A. has steady attendance. They hold a step meeting the first Wed. of each month and a tradition meeting the third Wed. of each month. Other meetings are discussion. This has been a successful format for the group with lots of quality sharing. There are a few newcomers. Meetings are at 123 S. Main, basement of the credit union, rear entrance, 8:30 p.m. Wednesdays.

Great Bend N.A. is doing well. The Barn Dance was a success and \$150 profit went to the campout committee. The group is working on a Valentine Day Dance. Meetings at 8 p.m. Wednesdays at 24th and Washington, back door of church.

Hoisington N.A. is back in the rectory, which is a relief to members. They would like to thank everyone for the support at the Barn Dance. They meet at 5th and Main, basement of the rectory at 7:30 p.m. Mondays.

New Attitudes, Wichita recently bought White Books and opened a bank account. Joe is GSR, Kevin is treasurer and Janelle is Secretary. They meet at St. Marks Episcopal, 2040 Westridge at 10 p.m. Saturday. Attendance is OK, but with few newcomers. They are also going to register at the world level.

New Hope, Liberal has rescheduled the Tuesday night meeting time from 8 to 8:15 p.m. to give those from SKADAF more time to get to the meeting. Sun. and Fri. night meetings will continue to meet at 8 p.m. in the library at the hospital. The group donated \$50 to the fund of helping to start the Western Kansas Area. Jeff B. attended the Nov. 15 meeting when the new area was formed. The New Hope group is planning its 2nd Annual New Year's Eve meeting and dance to be held at Mary Frame Park. Fliers will be out soon.

HOW Group, Wichita bought literature at the Round-Up. They'd like to see some "color" at their meetings. The meet at 7 p.m. Wednesdays and Sundays at 530 N. Cleveland.



New Beginnings, Hutchinson supported the PI effort at the health fair day at the Hutchinson Mall Nov. 2. The group has quite a few newcomers and is faithfully taking meetings into an adolescent treatment center in Hutch. Dan J. celebrated 6 months. Meetings are Tuesday, 8 p.m., Thursday, 8 p.m. and Sunday 6:30 p.m. at Emanuel Lutheran Church, room 10, near 30th and Main.

New Connections, Wichita, is now holding regular business meetings on the Tuesday before the monthly ASC meeting, but participation thus far has been minimal. Attendance and support at meetings has been good. The group meets at 901 W. Douglas on Tues. at 7 and Fri. at 10 p.m.



Rainbow Group, Hutchinson, elected Justin as treasurer and Terry T. as GSR. The group obtained the bank book from the previous treasurer and is in the process of changing signatures. The group has had several newcomers who keep coming back. They supported the PI effort at the health fair at the Hutchinson Mall Nov. 2. The group also supported the literature dance and auction for the region held in Salina Dec. 14. Meetings are small but quality is good. Recent topics include responsibility and ego. Meetings are Monday nights at 8 in the basement of the mental health center at the hospital, entrance off east 17th St.

Derby N.A. did a great job of hosting the Wichita Area Birthday night Nov. 29 at 901 W. Douglas. Bob C., Wichita, celebrated 2 years, Wayne, Wichita, celebrated 1 year, and a guest, Pat, from Junction City celebrated 2 years. Derby meetings are at 7 p.m. on Mondays and Thursdays at 431 S. Woodlawn in a church.

Wichita Women's Group, Garden City and Hays, no report. What's going on with those groups? Let us know.

Dead or Alive, Kansas City, had a hayride in Bonner Springs at the end of October. They now have space for a separate first step meeting at their clubhouse. Meetings are going well.

Just For Today, Kansas City, is in the process of registering with the World Service Office.

Chemical Abuse Group, Kansas City, had a Halloween Party with prizes for best costume.

Phoenix Group, Kansas City, has about 7 regular members. They elected a secretary and are registering with the World Service Office. There is no group bank account yet, but they made a small literature order.



Terrace Club, Wichita, is doing well with a steady flow of newcomers. New officers are doing a good job in their positions. Please come and share recovery. Meetings are Sunday, step study 7 p.m., Monday book study, 8:30 p.m., Wednesday, 8:30 p.m. and Friday 8 p.m. at 1329 S. Terrace in the Salvation Army building.

Have You
Called An
N.A. Friend
Today?



NEWS!

AREA NOTES:

The new Western Kansas Area was formed with a meeting Nov. 15. Plans were set to have elections of officers at the Jan. 18 meeting in Dodge City. Hopefully there will be a great turnout to support this struggling end of the state. I was really glad to see Jeff B., RSR, come all the way from Kansas City to help in the initial area meeting. Thanks -- Peggy B., Dodge City.

The Wichita Area met Nov. 8 in Wichita. Pennie C. resigned Helpline duties. It was voted that a new line be installed at Bob and Mary's house and the same number be used. This has been done and Mary reports that so far the transition has been smooth. However, Bob has expressed a need for persons to help them in case of requests for meeting lists to be mailed, etc.

Pennie C. also resigned as area literature chair and Laura was elected to take over the position.

The H & I committee was involved in the state Round-Up and sold H & I T-shirts and served Sunday's breakfast.

Seven people were present for the first separate meeting of the PI committee at Ray P.'s house in Newton Nov. 3. Four people from Dodge City were there so the committee decided to work with Dodge and take first things first. The Dodge group wants to stress initial PI efforts at the 2 colleges in their town. The next PI meeting will be in Dodge. See What's Happening section for details. PI dos and don'ts are published in this newsletter. Use them. The PI effort was started in Hutch with a booth at a health fair day at the Hutchinson Mall.

The Valley Hope Building, 901 West Douglas, in Wichita will no longer be available for 9 p.m. birthday nights. The Nov. celebration was held at 9:30 p.m. Future plans

will be discussed at the next area meeting.

J.L. was nominated as alternate area chairperson and will take over for Sammy in six months.

Pennie C. also resigned as ASR. Congratulations were given to Curtis B., alternate, who will now take over. John H. from Liberal was elected new alternate. Area will have to take a look at this because the southwest Kansas area has since formed its own area.

Glenda P. volunteered to keep the area secretary position for one more term. Motion carried.

Terrace Club will sponsor area birthday night in Dec. Hoisington in January.

Wichita Area gave \$50 to the Region.

The next 3 meetings will be in Newton at Bethel Hospital, 201 N. Pine, on the second Friday of the months.

Kansas City Area's H & I meetings are going well. Discussion on how to handle disruptive treatment people in meetings. Staff at St. Mary's Hospital will no longer come to Sunday morning meetings. Karen C. was voted H & I co-chair. Support is still needed to take a meeting to Lakeside Hospital. No date set for next meeting.

PI - Theresa reported that the generic phone list is complete and will be taken back to the answering service. The committee will be giving a packet to all people on the list, which will include an area meeting list and guidelines on what to say to callers. Tom will have more drug problem cards available at the next meeting and placement of the cards will be discussed. No date set for next meeting.

John B. suggested that nominations for an activity chair be tabled. Discussion of the Halloween party and whether it was an area or a Chemical Abuse Group function. No other groups attended the last activities committee meeting.



NEWS!

news!

NEWS!

news!

FROM GROUPS:

Start on Serenity, Baxter Springs, Kan., began meeting July 18, 1985. They meet Wed. nights at 8 at the American Legion Hall, 1321 S. Military, use alley entrance. Tom H. is GSR, Merriedith B., GSR alternate, Gregg P., treasurer and Susie H., secretary. The last Wed. of the month is speaker/birthday night. Sept. speaker was Chuck H. from Seneca, Mo. Birthdays then were Ruth K., 3 years and Betty S., 1 year. Oct. speaker was Sam U., Joplin, Mo., and birthdays were Sam U., 3 years, Anne T., 1 year and Ron S., 1 year. Also Rob R., 3 years and Chuck H., 2 years. November speaker was Danny Joe J., Joplin, Mo., and birthday was Chris L., 1 year. At a business meeting Nov. 6, GSR alternate Merriedith B., resigned. Bonnie M. was voted in in her place. The group also voted to go with the new Southeast Kansas Area. The group was proud to here that Gregg P. was voted chairperson alt. and Tom H. was voted ASR alt. in the new area. Baxter Memorial Hospital ATU has an open step study at the house on the corner of 10th and Washington at 8 p.m. Saturdays.

Against All Odds, Dodge City meets at 8:30 p.m. Saturdays at 805 Ave. J behind the church. They also have a new meeting Tuesday nights at 7 that is a Basic Text Study night. The group has quality but size varies from meeting to meeting.

St. Mary's Group, Wichita celebrated a 4-year birthday in Oct. -- Brent K. Mack and Laurie, both with 6 months, celebrated in Nov. as did John S. with one year. The group supports the area and is trying to get the word out about when and where they meet. They meet at 8 p.m. on Thursdays at 307 E. Central in the 2-story bldg. behind the church.

New Life Loadies, McPherson still has 2 meetings a week. Friday is in the back room and Sunday in the front room, both at 8 p.m. in the SOS bldg. at 216 S. Main. Attendance has diminished somewhat. The group has a lack of involvement in outside functions. They need outside support to come share the benefits of "go and grow."



Hardcore, Wichita has good, steady attendance. They meet at 3750 E. Douglas in the church library at 7:30 p.m. Wednesdays. Their motto -- "No matter what you do, no matter how bad it gets, please don't come." So far, their reverse psychology seems to be working.

Newton N.A. had a Thanksgiving celebration at the 4-H bldg. on Nov. 16. Attendance and fellowship was great! The food disappeared fast. Maureen C. celebrated 6 months clean time. Farmhouse has started to send their clients to meetings once again. Meetings are Tuesday, 1:30 p.m. and 8 p.m., Thursday 8 p.m., Friday, 1:30 p.m. and Saturday 8 p.m. The meetings are all at Bethel Hospital, 201 N. Pine. The Saturday night meeting is the only open meeting.

a Joyous Christmas

A decorative flourish or ribbon graphic that starts under the word "a", loops under "Joyous", and ends under "Christmas". It has a central bow-like shape.

Notes from Show-Me Region

From 14 people 2 years ago, the Show-Me Region has grown to six areas and 27 voting participants.

A letter concerning the relationship between Naranon and N.A. has been sent to the World Service Board of Trustees who have been getting many similar questions. They have appointed a subcommittee to study the matter.

Each area will hold a fundraiser for the purpose of sending the RSR and alternate to Calif. for the World Service Conference.

Next Regional will be Feb. 14-16 and Little Egypt Area will host. Fliers will be mailed 30 days in advance.

WATCH OUT LONDON! HERE WE COME

The Fellowship has selected the site for the 1986 World Convention of Narcotics Anonymous to be in London, England.

Reservations from U.S. members will all need to be made through the WSC Convention Committee at the WSO. This is to avoid a substantial financial loss that would happen if registrations were made directly with the London Committee.

SEASONS
GREETINGS

Transportation will come into play, big time. The committees are searching to find the most practical and cost-efficient travel arrangements. The fellowship will be informed as soon as possible.

Obtaining passports and entry visas will present new experiences for many people. Prior arrests may present some obstacles unless there is sufficient time to get through the red tape.



The travel agencies with whom the committees are chartering large travel packages have said they can assist in the red tape by contacting state and federal parole and probation offices directly. More info will be forwarded on this also.

Notes from World Lit. Comm.

The comm. is developing a booklet titled "In Times of Illness." It is a revised version of "The Use of Medication in Recovery." They are in need of personal experiences about coping with injury and mental disorders.

If you send input, please address the following questions: What type of spiritual process did you go through to find acceptance of your condition in conjunction with the principles of N.A.?

How do you maintain your recovery on an ongoing basis while coping with your physical limitation and the threat/possibility of required medication?

What suggestions do you have for other addicts in a similar situation?

Send to the comm. in care of WSO.

HEY MID-AMERICA

Brian J. is working on an updated Regional Directory. We need to send him not only current meeting lists, but also lists of meetings that have folded. He will compile everything and inform WSO for use in the world directory.

So, area secretaries unite and help Brian out. Let's be able to have the world know for sure what's going on in Kansas. Send input immediately to Brian J., 1131 Cothrell, Olathe, Kan., 66061.

Clean PERCEPTIONS

THE GOD OF MY UNDERSTANDING

He shows his love by giving me what I need. He cares by pushing me constantly to grow and learn. He gives me beautiful people to share my life with. He forgives me any time, all I have to do is ask.

God saved me from self-destruction. Now I can be me in the safety of his hands. He points out to me when his will is not mine. He shows me the common bonds that we all share. I reflect upon this and receive peace of mind.

He shows in his time what I need to work on. By using the tools of this program, there will be nothing in a day's time that I can't handle.

Just for today with God and N.A.

Paggy B.
Dodge City



i
don't
understand
i
am
confused
i
seem
lost
does this sound
like you
or
is this just me
i
want to
go home
i
have just
run away
i
need
somebody
i
feel
so afraid
i've been told
of a stairway
to heaven
with twelve easy steps
and twelve simple lessons
HOW
can i ascend
where do i begin
and inner voices reply
surrender
and win

W.A.S. 1985



A Shortened Version of the Steps and Traditions.

Steps:	Traditions:
1) Acceptance	1) Unity
2) Hope	2) Direction
3) Faith	3) Recovery
4) Honesty	4) Understanding
5) Humility	5) Sharing
6) Sincerity	6) Simplicity
7) Willingness	7) Independence
8) Courage	8) Selflessness
9) Charity	9) Service
10) Vigilance	10) Survival
11) Serenity	11) Self-restraint
12) Action	12) Humility

(Found written on a white book at a meeting in Hutchinson.)

TYPED
i wish to let me be open, honest and free—believing and feeling good about me. words of advice seem bitter but nice but hard my heart likes to take it.

let go and let god is a hard path to trod and it's fearful, lonely and long . . . i'm tired of this life i've created for me but at this point in time it's all i can see.

so i'm turning it over my will's tired and done . . . and i'm opening up to whatever's to come.

Johnna

The two poems on the right side of the page were taken from "Together We Can" -- the Baltimore, Md., area newsletter.

N.A. is people, who've been where I've been, felt what I've felt -- and are fighting the same cause. Sharing and caring "our way."

D.J.M.
Liberal

Contest Winners!

Jails, institutions or death, I've reached the first two. N.A. has saved my life, I'll be free in prison, thanks to you, the N.A. way.

Beachen P.
Helena, Okla.

N.A. is:	Drugs weren't:
Now	Avoiding
A	Nirvana
Reality	Only
Completely	Narrowly.
Overhauled	You
To	Must
Include	Open
Common	Up
Sense	Sometime!

Mark P.
Liberal

God, as I understand him.

Brian J.
Olathe

N.A. means a new way of life to me. In my new way of life, I am free to be and not be scared anymore.

Debbie R.
Liberal

The fellowship, the way I relate to so many others. The old friends I've never met until I hear my story as they talk.

Paggy B.
Dodge City

N.A. means to choose not to use, for me.

Dan J.
Hutchinson

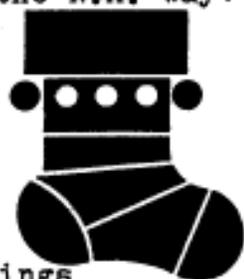
Sobriety.

Pedraza Jr.
Liberal

N.A. means fellowship to me. Here I can come together with people who truly care, with a sense of belonging I'd never thought possible.

Iris
Wichita

H	O	W	to	B	A	R	F	the	N.A.	way!
O	P	I		E	A	E	A			
N	E	L		L	C	S	I			
E	N	L		I	T	T				
S	M	I		E	I	L	H			
T	I	N		F	O	T				
Y	N	G		N	S					
D	N									
E	E			Susie H.						
D	S			Baxter Springs						
N	S									
E	S									
S										



N.A. is my life, my thoughts and my sobriety. Without N.A. I have nothing. With N.A. I have tomorrow and a new life.

P.J.M.
Liberal

I can get honest with myself and share my honest feelings with other people. And it gives me life that I've never had before, but always looked for. Now I know where it is.

Scott L.
Hutchinson

N.A. is my life-support system. I have found it's always there when I need it. God is always with us through N.A.

John H.
Liberal



New
Attitudes
Regroup
Cause
Of
Tense
Insanity
Come
Stay

Answer
New
Obvious
Naked
Yearnings
Maybe
Only
Understanding
Sanity

Hazen R.
Boley, Okla.

from the editor's kitchen table

Nov. 30, 1985

Season's Greetings Everyone:

Kansas has been as cold as Antarctica, it seems like, and it's not even officially winter yet! I've been soaking in the true warmth of the season at N.A. meetings and functions.

Prayers and the dedication of this newsletter go to Robert B., Curtis B.'s father, from Hoisington. Bob was injured in a work-related accident and spent a couple of weeks in hospitals.

Thanks go to members from the Newton group, St. Mary's group, Dodge City group, Kansas City Area, SOS Group, the Wichita Area, and the Show Me Region for newsletter input through the mail. This newsletter now has 117 subscribers and evidence is showing through increased input.

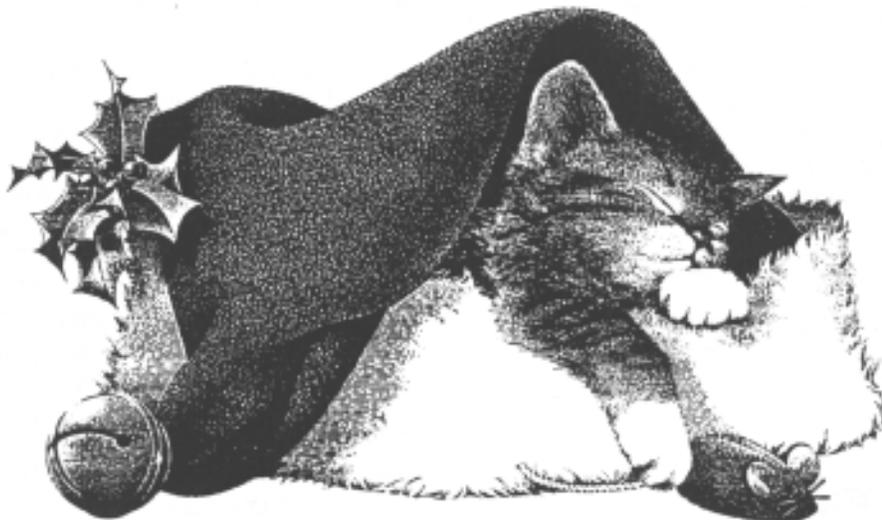
The contest entries were greatly appreciated. See the page devoted to the short essays and read about what N.A. means to those who entered.

The cold has slowed down the frantic pace of activities, but some good times are coming up. There will be a New Year's dance in several places in the state and there are rumors of a Christmas dance and a chili supper. Details will be confirmed by the time the What's Happening section is put together. Already planned for the new year is a PI function in Dodge City and the Mid-America Convention is in the works. The convention fund-raising committee needs raffle items from members, groups, areas and regions. They don't have very many and could use a lot more support from Kansas, says Susie H., Baxter Springs. Susie's address is P.O. Box 355, Baxter Springs, Kan., 66713. Contact her if you can help.

Have some good, clean fun this holiday season. Spread some love around.

Julie P.

Julie
Editor



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Bill Skye
1312 W. Hensley
Bartlesville, Okla.
74003

JULIE R. PENNER
421-9 EAST BUN
HITCHINSON, KS 67501

