

# *MID-AMERICA NEWSLETTER*

June - July 1986



**Eighth Annual 4th  
of July Campout**  
**See What's Happening Section**

# From The Trustees

At this year's World Service Conference, the Board of Trustees issued statements on a variety of subjects of concern to the Narcotics Anonymous Fellowship. These will be printed in the next few editions of this Newsletter, taken from the WSO Newslines.

The following paragraph was the Trustees' introduction to their statements:

Since many of these issues continue to recur, it is our hope that we will make strong statements in response to these Fellowship concerns and submit these to the World Service Conference. In this process, the Fellowship can consider and vote on these issues which affect N.A. as a whole. We feel this must involve the entire Fellowship in order to set policies and direction. We respectfully submit the following suggestions to you for consideration and further input to be sent to us between now and Nov. 1, 1986.

STATEMENT BY THE WORLD SERVICE BOARD OF TRUSTEES REGARDING THE RELATIONSHIP OF NARCOTICS ANONYMOUS TO NAR-ANON AND FAMILIES ANONYMOUS.

It has become clear to us that the phrase "cooperation, not affiliation" is no longer suitable for Narcotics Anonymous. Undoubtedly this attitude and these words have served us over many years, but it appears that the growth of our Fellowship demands a revised expression. In consulting the dictionary, cooperation means the act of working together to a common end or the association of a number of people together in an enterprise, the benefits of which are shared. This definition can present a problem in addressing our relationship with any other organization, including Nar-Anon and Families Anonymous. Strictly speaking, the object of our Fellowship is not the same as any other Fellowship. In this respect, it is impossible to cooperate.

The Board of Trustees believes that a policy, or attitude, or phrase which serves our purpose and guides our Fellowship will be a "policy of non-affil-

iation. This clearly conveys that we do not associate with, connect with, or adopt any other organization or purpose. Our relationship as a Fellowship with Nar-Anon, Families Anonymous, treatment centers, clubhouses or any other organization or enterprise can then be simply and clearly defined as one of providing information. We do, and are willing to, provide information about what we do, where we do it, where our meetings are held, where our conventions are held, etc. We provide this information to anyone who requests it. We must avoid any type of affiliation or special treatment for anyone outside of N.A.

Our Sixth Tradition states that "An N.A. group ought never endorse, finance or lend the N.A. name to any related facility or outside enterprise lest problems of money, property or prestige divert us from our primary purpose." The Sixth Tradition does not contain a qualifier exempting Twelve Step programs for family members. The Board of Trustees believes that many of the practices which we have engaged in as a Fellowship do not comply with our Traditions. These include listing other fellowships in N.A. directories, on flyers and the practice of obtaining meeting places for these other fellowships at conventions or other N.A. activities. Also, holding N.A. meetings in clubhouses or facilities of these other fellowships, using speakers and giving referrals from these other fellowships are practices which do not adhere to our Traditions.

Adherence to our 12 Traditions does not mean we don't care about or respect them. However, the Board believes that it has become imperative for our Fellowship to uphold our 12 Traditions and support compliance by all our groups. In doing so, we must separate the opinions of individual members of N.A. from the standpoint of the Fellowship as a whole. We think that adhering to our Traditions in this manner ensures our own recovery and also best serves those we love by allowing them to pursue their recovery in an appropriate place and manner.

# INFORMATION SHEET

NAME AND ADDRESS OF GROUP \_\_\_\_\_

\_\_\_\_\_

BIRTHDAYS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

STATUS OF GROUP (any particular problem, need, success, ne  
meeting, etc.) \_\_\_\_\_

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ANY SPECIAL EVENTS (include time, place, cost, other information  
and phone numbers) \_\_\_\_\_

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\_\_\_\_\_

PLEASE SEND TO REGIONAL NEWSLETTER, c/o JULIE PENNER, 116

East 10th, Hutchinson, Kan., 67501.

Apt. 7

N.A. words or the N.A. philosophy about recovery from addiction. And to be quite honest, at the time, I did not care. Today I care and today I care enough to put my own selfish ideas and desires to the side, and take a little direction from those who do understand the N.A. message of recovery.

At the time when I made the decision to recover in N.A. only, I felt alone in my town, I was the first one to make that choice here and those around me said it couldn't be done. They said I had to go to that other fellowship. Some said that I was close-minded, some said I was on a power trip, some even thought I was crazy. However, today I know that I made the right decision.

I reached out to other N.A. members who had made that same decision and who had some clean time and solid recovery. I made lots of phone calls around the country and did a lot of traveling. N.A. Conventions played a major part in my recovery, and they still do!

For the first time in my life, I have made a total commitment to something that I believe in. I have bet my life that N.A. will work for me, and it does, Just for Today! By my example, I believe that other addicts will come to realize that N.A. does work and that you really do not need to go anywhere else. I have found that when I work one program, I can work it pretty well and I don't get all confused about the terminology or the philosophy. I don't feel like a hypocrite today. I am coming to under-

stand the N.A. program and the proper way to carry the message to the addict who still suffers. The Basic Text is my road map and the N.A. fellowship is my guide.

I know that N.A. works today because I have seen it work in the lives of those around me. It has been almost 2 years since I have been to any other fellowship meeting. On Jan. 10, 1986, I celebrated 4 years clean. In my hometown, there are 9 regular N.A. meetings, 4 H&I meetings, and we are just starting 5 new daytime meetings. This is a miracle, because 3 years ago, there was only 1 N.A. meeting and that was not really an N.A. meeting, it was more like an A.A. meeting for drug addicts.

I believe that N.A. would never have grown the way it has if certain members did not make that decision to recover in N.A. only. I also believe that N.A. will not grow anywhere unless more members make that same decision . . . one disease--addiction/one program--Narcotics Anonymous.

I have seen what happens when N.A. members let go of those other fellowships and recover in N.A. Miracles happen and they are beyond our wildest dreams. My gratitude speaks... when I care (and I do) and when I share ( and I try) the N.A. Way, (The only way for me today.)

Jimmy D.  
Trenton, N.J.

(Taken from the Together We Can  
Newsletter, Baltimore, Md.)

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**Deadline for next  
newsletter is Aug. 1**



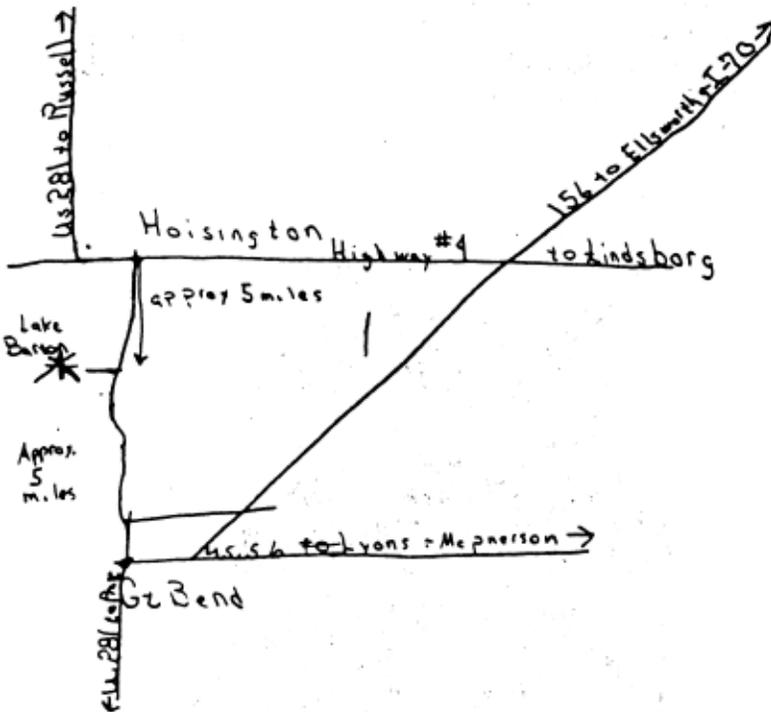


# What's Happening?

## In Mid-America Region:

Annual Pre-campout Campout, Harvey County Park West, between Newton and Burrton. June 20-22, \$3 registration. Call Ray or Glenda, 283-3529 for info.

8th Annual 4th of July Campout, Lake Barton, west off 281 north of Great Bend, July 4-6. Supper served Saturday night (Hog), and area vs. area reft races, volleyball and softball tournaments, fun and fellowship. Call Nate P. 913-841-3836 or Curtis B. 316-562-3330 for info. See map below.



Hays N.A. Dance, July 26, St. Mary's Church basement, 18th and Vine. Use 18th St. entrance. Meeting starts at 7:30, dance from 9 to Midnight. \$2 donation suggested.

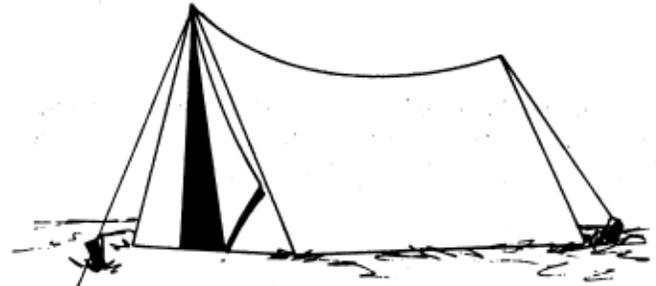
Mid-America Regional Service Conference, Aug. 8-10, McPherson. Fliers forthcoming. Call Dennis O. for details, 316-241-5202.

Annual After Campout Blowout, Wilson Lake, Aug. 15-17. Call Curtis for details -- 316-562-3330.

## Other places:

Oklahoma '86, 5th Annual Clean 'N Crazy Campout at Lake Carl Blackwell. Fishing, boating, swimming, water skiing. June 20-22. Cabins available. To reserve, call 405-372-5157.

Western States Unity Convention III, Denver, Colorado. July 4-6. Stouffer Concourse Hotel. Contact Jon F. 303-642-3273 or Pam R. 303-893-0580.



WSO workshop for sharing info about offices, office corporations, service offices, etc. June 28-29 Days Inn Metro Airport Hotel, 8800 Wickham Road, Romulus, Mich., 48174. Hotel phone 313-729-9000.

Canada, June 27-29, British Columbia Recovery in Motion, Cloverdale Fairgrounds, 6050 176 St., Cloverdale, BC. Write to 1176 Johnston, White Rock, BC, V4B 3Y6

Florida, July 3-6, 5th convention. Call Richard, 305-677-7426 or Karen, 305-281-7307.

Michigan, July 3-6. Regional convention. Troy Hilton, 1455 Stephenson Hwy; MDCC, PO Box 224, Royal Oak, Mich., 48068. MSO 313-544-2010, Sharon, 313-777-8089.

7th ANNUAL

# HIGH ON LIFE PICNIC



Group Use Area - Stockton Lake - Stockton, Mo.  
Friday-Saturday-Sunday August 8,9,10, 1986

**FRIDAY SCHEDULE**  
Jean-chairman  
9:00a.m. Registration  
1:00p.m.-4:00p.m. Hug Meeting (need Chairman)  
4:00p.m.-6:00p.m. Supper  
6:30p.m.-7:00p.m. Raffle  
7:00p.m.-9:00p.m. Speaker (Danny Jo)  
E 9:00p.m.-11:00p.m. Sing-along;  
10:00p.m.-? Bonfire; (at Orleans Trail Motel)

Call Early

**SATURDAY'S SCHEDULE**  
Danny Jo-Chairman  
9:00a.m.—Registration  
9:00a.m.—10:30a.m. Sex and Recovery workshop (need chairman)  
9:00a.m.-10:30a.m.—Step workshop (1,2,3)  
10:30a.m.-12:00p.m.—Sponsorship workshop (Bob R.)  
10:30a.m.-12:00p.m.—Step workshop (4,5,6)  
12:00p.m.-1:00p.m.—Lunch  
1:00p.m.-2:30p.m.—Step workshop (7,8,9)  
2:30p.m.-4:00p.m.—Step workshop (10,11,12)  
4:00p.m.-4:30p.m. Raffle  
4:30p.m.-7:00p.m. Supper B-BQ  
7:00p.m.-7:30p.m. Raffle  
7:30p.m.-9:00p.m. Speaker Liz E.-Wichita, Ks.  
9:00p.m.-12:00a.m. Dance Billy R.-D.J.

**SUNDAY'S SCHEDULE**  
Vickie-chairman  
9:30a.m.-10:00a.m. Raffle  
10:00a.m.-11:30a.m. Speaker (Dave K.-Springfield, Mo.)  
11:30a.m. Close  
12:00p.m. Marathon Hug Meeting for those who want to stay.

If you prefer good motel accommodations, call direct to *Orleans Trail Resort (417)276-3566*  
**FOR MORE INFORMATION CALL:**

Bob (417) 781-6770  
(417) 623-1225

Bud or Brenda  
(417) 649-6377

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

Send Registration Fee To:

**PICNIC**

112 HILLCREST  
CARL JUNCTION, MO. 64834

Pre Registration \$6.00  
Registration at Gate \$7.00  
Children under 12 Free

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

Number \_\_\_\_\_  
Number \_\_\_\_\_  
Number \_\_\_\_\_  
\$ \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

Fellowship for Freedom Area voted to send their minutes to the Newsletter. (Hurrah!) Clint B. reported back from Regional at the May 31 business meeting.

O.R.B. group. has increased its prudent reserve to \$80, 2 month's rent so the group can make it thru the summer.

Meningers Group has group name pending. New officers are Sheldon H., Alt GSR, Stephanie G., secretary, Donna S., treasurer. Group needs literature. Well attended with 45-50 people.

Just For Today Men's Group has good attendance. All officers positions are filled. Account will be set up at bank. Discussed literature needs. Give Us This Day St. Francis also has good attendance. Bank account has been opened.

Foundation Group. Blake is treasurer. Literature was purchased in April. Area birthday meeting was here and will alternate between Lawrence and Topeka.



Twilighters Group, Mike C., GSR. Jeannie B. resigned as treasurer. Fod F. was elected new secretary. Meeting going well with large attendance.

United Survivors, Don C., GSR. Group purchased almost \$100 Literature. Need signatures updated at bank. Women For Serenity, Nancy C. gave report. A local women's retreat is planned. Vicki S. will coordinate. Fund-raisers are planned.



Kansas City Area's Lit. Comm. registered at the world level. Dianna H. is area Secretary. Ernie H. is area Treasurer. Area checks will now be signed by the ASR and alt. and treasurer. A revised list has been made of area H&I meetings. Funds from T-shirt sales went to regional in Dodge. PI committee is updating another meeting list. Regional directory is now available to groups. Newspaper project still in works. Tom V. is developing info. packets to take to radio stations. H&I committee will order the Reach Out newsletter for area institutions. PI wants a separate hotline committee. St. Joseph Group has had some inner conflicts.

Chemical Abuse Group elected Paul W. as group lit. person. Smy G. secretary, and Mike C. alt. GSR. Anniversary celebration is in July.

Phoenix Group, Darren reported meetings are going well.

Just for Today meetings also going well, Louis said.

Straight Talk no longer has a Saturday night meeting.

Northland attendance has gone down. New Hope group is growing, Sally reported.

Leavenworth meetings are going good. Skip reported the fund-raiser picnic raised \$20 for literature.

Dead or Alive has a new meeting format. Saturday speaker meeting is working. Service structure workshop is June 22 at 12:30 p.m. Second basket on Sundays funds are being sent to region and world.

## WHY? continued

Have faith they say.  
Make a decision to  
Turn our will and lives over to the  
Care of God as we understand him.  
And pray every day.  
That's not easy you see;  
I did things my way.  
It didn't take long,  
For things to go wrong;  
For all the feelings I had  
Were stuffed down inside.  
I find it hard to continue  
For I'm sitting in treatment again.  
Stay here, they told me.  
Separate your wants and needs;  
It's by the grace of God  
That you are here  
Today, I can say I'm grateful  
For another chance to learn about life.  
Because there's one thing I know,  
I sure don't want to die.

An addict, Sherry

### N.A. IS A GREAT PLACE TO START

My involvement in drugs at one point in my life had deterred my mental capacity to a point that I actually believed that as a man, I couldn't function or endure life's tormeils and hardships without being in a false state of mind. But as life grew so did I mature as a man and I realized that I was killing myself and destroying the lives of those who loved me. Thanks to the program of Narcotics Anonymous, my life today is beautiful and my outlook on life is positive. Although I'm incarcerated I feel free because I've cleansed my body and my soul of a powerful substance which I can only describe as destruction. Drugs are like passing through hell with an ice overcoat on hoping that it doesn't melt. Today I'm responsible . . . today I'm concerned about my fellow man . . . today I can love and feel and today God stays in my life because I keep Him there. I use the Narcotics Anonymous program and God's blessing to pave a way to a positive and prosperous life. Life is too beautiful to let it go by in a nod. I'm a convict in the Maryland State Pen who loves the Narcotics Anonymous program. Please dear brothers and sisters get hip, drugs aren't what's happening. Cleansing the mind and soul is what's happening. Thanks again N.A., I love you and what you represent. May God continue to bless every brother and sister of the fellowship of Narcotics Anonymous.

Peace & Love.

Donald S.  
#152134 Md. Pen



*imprisoned  
within these walls  
is a me  
i  
never wanted to be  
struggling  
desperate to get  
free  
reaching  
but never being reached  
hoping  
against hope  
that somehow  
i  
might escape  
to join the many  
who call themselves  
we*

W.A.S. 1986

### POEM OF HOPE

Let us hope . . . that strength and courage be given to us who work the program and learn to understand it. That the good that lies in each of our hearts may day by day be magnified. That we will come to see more clearly, not that which divides us, but that which unites us. That each hour will help us accept that which happened in the past and all the defects of character. That the true spirituality, its joys, its beauty, its hope and above all its abiding faith—may live among us. That the blessing of serenity be ours—the serenity to build and grow. To live a program of acceptance and change the N.A. Way. That we help ourselves by helping others and caring and sharing, praying and going to meetings, by working the Twelve Steps and Twelve Traditions and most of all from where recovery starts, a total surrender.

Anonymous



# NEWS!

# news!

# NEWS!

# news!

The following schedule is to remind areas of the times they have been asked to have a couple of people man the registration table at the July 4th campout.

Thur. July 3, 5-10 p.m. Cen Kan  
Fri. July 4, 10 a.m.-12:30 p.m. Wich  
Fri. July 4, 12:30-3 p.m. Salina  
Fri. July 4, 3-6 p.m. West Kan  
Sat. July 5, 10 a.m.-12:30 p.m. KC  
Sat. July 5, 12:30-3 p.m. FFF  
Sat. July 5, open, need volunteer

Sent in from Groups:

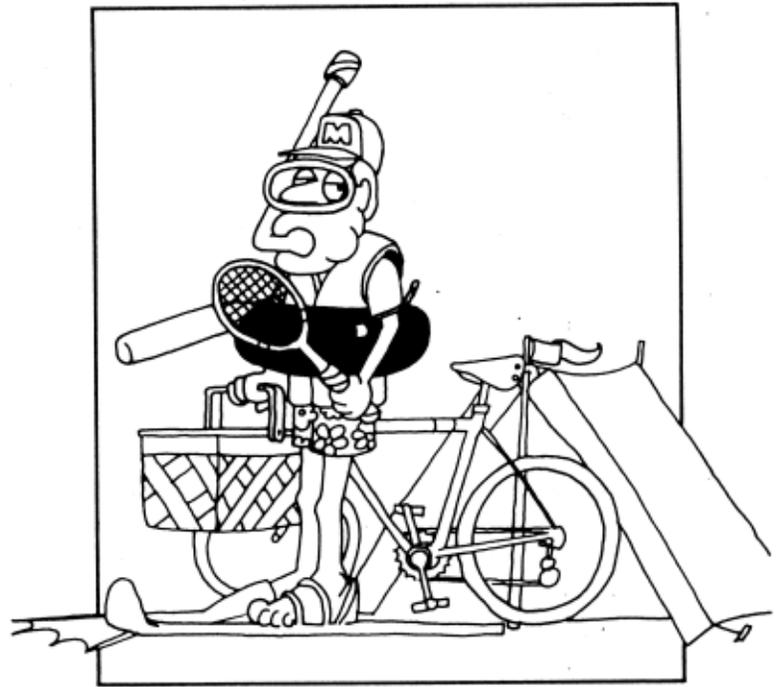
Nameless Group in Manhattan meets Fridays at 8 p.m. at St. Mary's Hospital. Average 12 a meeting.

Omega Group, Junction City, meets at 8 p.m. Sundays. It's an open meeting and averages 25-40 addicts. Step study on Thursdays at 7 p.m. averages 6-10 people.

Hays N.A. Group had birthdays in April of Dale M., 1 year, Kay H., 60 days, and Kathy H., 6 months. Saturday meeting was cancelled. They have a dance scheduled for July 26. See What's Happening section for details.

Hoisington N.A. is working together well with Great Bend N.A. Joint projects have included fund-raisers for the campout. The groups have bumper stickers, pins, and necklaces for sale at the meetings and for the campout. Group will hold off on donations to area until after campout. Hoisington has started a step and tradition meeting Thursday nights at 8 at 5th and Walnut. Post-campout blowout is at Wilson Lake Aug. 15-17. See What's Happening.

Central Kansas Area is growing. Birthday nights are increasing the area's unity and fellowship. The next one is in Hutch, June 28, at 6:30 p.m. There will be the last campout committee meeting pre-



ceding that at 4 p.m. PI project of mailing letters to all Hutch doctors is ready to go and Julie will complete the project. Mike B. is literature chair. Agenda items are to be sent in two weeks prior to each ASC. Minutes are being mailed to all ASRs in Mid-America Region. Prizes are needed for the campout. Bring them to birthday night. The July meeting is in McPherson

Western Kansas Area had 15 people at their May business meeting, but attendance dropped off in June. They hosted the last Regional at Dodge City and did an excellent job. The area communicates by phone and post card. Area has sponsored a meeting at Larned, H&I. New groups are possible in Syracuse and Johnson. A Basic Text was donated to the Ford County jail and members talked with the sheriff. A meeting there was mentioned.

Dear Cocaine, (continued)

I will constantly pray to God and live his plan for strength. I will always surround myself with my new friends for their inner strength and wisdom. I will build a new me ... slow but sure ... from the inside out. This new me will have new goals, new values, new friends and new self-worth! There is no longer room for you in my life. And when I get stronger, I will follow your train and pick up your lovers that you have left to rot and help nurse them back to a new life.

As of this day, April 3, 1986, you, Cocaine, are divorced from me. I am set free to be a new and whole woman.

Donna  
Joplin, Mo.



### LETTING GO

Go on

Break down the barriers  
that hold you back  
Let it die  
All that old stuff  
Becomes fertilizer for the  
new  
Let the facade crack and  
crumble  
The shakiness only lasts  
Till it turns into joy  
M. H., S.F.

### "KEEPING IT SIMPLE"

Remember  
Easy does it  
and first things first  
don't ever hunger  
and don't ever thirst

Rest when tired  
socialize when lonely  
one day at a time  
we do these things only

Stay on "the path"  
and try not to slip  
it's hard to get up with a  
bruise on your hip

Sometimes quickly  
sometimes slowly  
the answer comes  
through God only

We find our way  
When the light shines  
through  
and enjoy a happiness  
we never knew

*Anonymous*

San Francisco

*Today is very special  
For today you have been clean  
It may have been a hectic one  
Or a test to try your serenity.*

*Today is very special  
For you've shared just one more day  
The strength and hope of recovery  
In a loving and Godly way.*

*Today is very special  
For it could have been much worse  
Because today you love yourself  
You've taken a less rougher course.*

*Today is very special  
For today you showed you care  
By offering your hand to someone else  
When it may have seemed no one was there.*

Mike M.  
North St. N.A.

# Dear Cocaine,

When I first met you, you swept me off my feet. I was breathless, speechless, overpowered. You took me away to another world. It was exhilarating -- a whirlwind. You introduced me to a world I have never known. I was special. I was on top of the world and I felt great. Your kisses were like none I had ever known. Your caresses were stimulating, intimate, and arousing. You could take me to the highest peak of excitement. It was a living fantasy. It was sheer ecstasy.

But where did you go? You led me down a path of deception. I thought we were walking hand in hand down a road of pleasure and self-indulgence. But instead, you put a hook in my nose and dragged me down a road of pain, corruption, destruction and eventually death.

It would have been easier if you had just abandoned me. But instead you lurked in the shadows and sometimes were brazen enough to come out into the light to taunt me with your false glitter and limelight. But you held back the delights and pleasures I had experienced in the past. The relationship was different. You now gave your pleasures to strangers and sometimes old lovers. You constantly flaunt these other lovers before me and I am overwhelmed with jealousy and rage!

I no longer can live this way. My life is miserable. There is no longer joy or happiness or serenity. I have no peach within myself. You give me nothing but pain and grief, and the scars are deep and painful and ugly.

I have tried to stay away from you and find new lovers, but I always come back to the same promise that this time it is going to be different. But it never is. Each time it is worse. You abuse me and use me to entertain your other lovers. But once I experience that first taste of your deadly

kiss, I can't turn back. I can't get away from your crushing grip. It's as if I am in a trance. I am powerless. I just keep asking for more of your caresses until I'm on my knees begging. But you just laugh at me and torment me all night until I am exhausted and humiliated.

Then you leave me alone in my misery in the darkness. You run away and play with your new lovers. I'm afraid, alone and hurting. The pain is so unbearable. I try to find relief with anything I can find to stop the pain. After trying everything I can, the desperation turns to panic till finally the only escape I can see is death. I try to hold on to life until I see the first ray of light of a new day. The light is gray and the pain is dull, but I have survived another battle with you and I struggle to survive another day and I am terrified.

Beware you unfaithful lover! Nevermore will you possess this body, or mind, or soul. You don't deserve the worship I have given you. I have found others who have found worth in me and have grasped me out of your living hell. I will take a long time to forget you and your pleasures; to become a whole person again. And it may even take me longer to be able to receive another lover. But you are not worth the pain I have suffered. I gave up everything that is dear to me for you and what have you given me in return? Nothing! I almost lost my life and my salvation.

I will take a long time to get over you and forget you. I may never forget you completely, but I refuse to return to your deadly arms. Every day will be a new day for me to build my strength and get you out of my life. Every day, every hour, every minute will be devoted to making me a new person; one who does not need you. You want to kill me -- I want to live!

# NARCOTICS ANONYMOUS

## HOW IT WORKS

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are suggested only, but they are the principles that made our recovery possible.

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of those steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

This sounds like a big order, and we can't do it all at once, we didn't become addicted in one day, so remember — EASY DOES IT.

## THE TWELVE TRADITIONS OF N.A.

We keep what we have only with vigilance and just as freedom for the individual comes from the Twelve Steps so freedom for the groups springs from our traditions.

As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

1. Our common welfare should come first; personal recovery depends on N.A. unity.
2. For our Group purpose there is but one ultimate authority — a loving God as He may express Himself in our Group conscience, our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each Group should be autonomous, except in matters affecting other Groups, or N.A., as a whole.
5. Each Group has but one primary purpose — to carry the message to the addict who still suffers.
6. An N.A. Group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every N.A. Group out to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever non-professional, but our Service Centers may employ special workers.
9. N.A., as such ought never be organized; but we create service boards or committees directly responsible to those they serve.
10. N.A. has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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. In years gone by, very few addicts, ever had this last choice. Those who are addicted today, are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual — not religious — program, known as narcotics Anonymous.



# Clean PERCEPTIONS

## WHY?

Here it is one fifty eight.  
Mind is still running a race.  
Is there any slowing down?  
You asked yourself last night,  
as you watched the clock turn three.  
You tell yourself with all your might,  
as you shut off the clock at five.  
No, you don't need a line  
You can make it through the day  
One step at a time.  
Your body needs to rest.  
Too tired you think,  
To get out of bed.  
As you go to your desk,  
Your mind is saying no.  
Your body is saying yes.  
See how fast  
You are in the old routine?  
All the sleepless nights,  
and the days you can't last,  
Just one more time.  
Just one little line.  
That's all it will take  
to make it through this day  
Quickly, quietly get out your stash;  
Your kid is asleep.  
You must be done  
Before she wakes up.  
Wouldn't it be a shame  
If she walked in your room  
and sees what you do?  
I know a lot of people  
Don't see it this way;  
Do a line now and then  
and put it away.  
There was a day  
I could do that too.  
But those times are gone  
And the price I had to pay.  
I'm luckier than some;  
I'm not dead or in jail  
But some things I have done  
I'm not proud to tell.  
The time finally comes  
After all those years,  
Often I wonder if I'm insane.  
No, I thought, that's not it.  
So I was told by someone else  
You're a drug addict.  
An addict, I thought, no not me.



I can stop, just wait  
You will see.  
I'm not a junkie  
I'm not a drunk.  
All I do is party and speed.  
I stopped for awhile  
Soon I found out  
I could no longer smile.  
My life was a mess,  
And going too fast.  
Can't take it anymore.  
And I reached for some pills.  
The thing about drugs,  
You don't have to feel  
And slowly inside,  
I was beginning to die!  
Treatment I thought,  
It is time to go.  
Can't love, trust and laugh  
Can't even cry.  
It is time.  
I'll give it a try.  
Get away for a while,  
Find some peace of mind.  
While I was there  
They taught me a lot  
They gave me some hope.  
There's people I found  
That really do care.  
It is time to leave  
I find I'm scared.  
Without the drugs  
I must learn to cope.

CONTRIBUTION GUIDELINES



All contributions should pertain to recovery.

What we print:

- 1) N.A. related material -- group, area, regional and world activities.
- 2) Poems or essays by N.A. members.
- 3) Perceptions on the Steps and Traditions.
- 4) Topic discussions.
- 5) Cartoons, drawings and jokes.
- 6) Group reports.

What we don't print:

- 1) Extreme vulgarity.
- 2) Non-N.A. program material.
- 3) Reference to outside enterprises.
- 4) Material that violates 12 Traditions of N.A.

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Please make copies of this form and take to meetings, special events, etc. and give everyone a chance to attend Kansas' meeting thru the mail.

**subscribe!**

# from the editor's kitchen table

June 18, 1986

Hi Everybody!

It's summertime, summertime sum sum summertime -- once again. Campouts will be as numerous as hot days and the Central Kansas Area is ready with its Pre-campout Campout this weekend. See the What's Happening section for details.

This summer issue is dedicated to two very special friends of mine, both are N.A. members. One is in prison, one is in treatment. They know who they are, enough said.

Thanks to Marci W. and Teresa O. for their attendance at the newsletter workshop June 8. We will continue to work together and by the end of the year, they, (and anyone else who wants to help) will be responsible for it.

This month's issue is late, mainly because, as some of you know, my house flooded (plumbing problem) and I moved real suddenly. Thanks to N.A., I had friends like Von and Curtis to call upon to help me move. So, any and all future material should be sent to me at: 116 East 10th, Apt. 7, Hutchinson, Kansas, 67501.

The News section is abbreviated because of the stuff from the Trustees and a response along similar lines from a member in New Jersey that the committee liked; two great creative writing pieces sent in to this newsletter; and all the activities of the summer.

See you at the campouts. Enjoy!



Julie

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## Godmother Guru says .....

Home Group: An aesthetics supporter.

4th Step: A reducing plan -- the more I work on it, the smaller it gets.

11th Step: Just because God doesn't answer right away doesn't mean he said "no."

Will Power: Defiance not reliance.

Desire: Usually in opposition to the grace of the Higher Power when the stubborn addict stops at Grace...or

Mary...or Bill.

Fellowship: What an addict needs when he's used his last time.

Spiritual Awakening: Getting turned on without sex, drugs or rock 'n' roll.

Misery: Some people can't be happy without it.

N.A. Winner: Cashed in his misery.

(Taken from the No Name Newsletter, San Diego.)

# Activities

Minnesota, June 28-29, 2nd Annual NA PIG; 4030 Silver Creek Rd., Rochester, Minn., Ed, 612-872-9043, or Marty, 612-823-5796.



**let's go camping!**

Nevada, 4th Annual campout, Aug. 1-3. Sierra Sage Reg Serv Comm, PO Box 3344 Sparks, Nev., 89431. NA hotline 702-322-4811.

New Jersey, July 18-20, 3rd annual campout. Wharton State Forest, Hamonton, NJ, Sonya F., 14 Forrest Dr. Turnersville, NJ, 08012, 609-227-2319.

New York, 1st Northern NY RCNA, June 27-29. Wells College Campus, Aurora NY, Mel 315-548-3610, Ilga 607-273-8884.

Wisconsin, Aug. 1-3, Mid-Coast Regional Convention II, Sheraton Manitowoc. Mid-Coast Reg Conv Comm PO Box 347, Manitowoc, Wisc., Kathy C., 414-921-4044 or Bill L., 414-233-6037.

London, Aug. 28-31, World Convention 16, Wembley Conference Center. U.S. registration, Vida 818-780-3951. PO Box 9999, Van Nuys, CA, 91409.

Ohio, July 18-20, 2nd Annual Columbiana County Camp-Vention, 340 S. Fairfield Ave. Apt. A1, Columbiana, Ohio, 44408, Jo, 216-482-3292, Shawn 216-385-7508.

South Carolina, July 4-6, 7th Annual Carolina Convention, Blue Ridge Conven. PO Box 5497, Greenville, SC, 29607. Michael, 803-762-1690, Dee 803-246-2969.

Washington, July 4-6, Wariki Freedom Retreat IV, Wariki Freedom Retreat, 15014 NE 74th St., Vancouver, Wash., 98662. Ladwa 206-694-7241 Mike M., 206-254-0179.



# One Disease — Addiction, One Program — NA

This is for those N.A. members who for some reason believe that they need to go to other fellowships for their recovery, those who have not totally surrendered to the program of Narcotics Anonymous. For a long time, I was one of these people and I would like to share with you why I chose to recover in N.A.

In my early recovery, I was told that I was a drug addict and an alcoholic. I was told that in order to recover, I needed to go to A.A. for my alcoholism and N.A. for my drug addiction. Even though in N.A. I was told that alcohol was a drug, I still had to go to A.A. and N.A. It did not make sense to me, but then a lot of things did not make sense in the beginning of my recovery.

Eventually, I came to understand that N.A. was about recovery from addiction, which included alcohol. However, I still went to A.A. for the wisdom that was there; the "long-term sobriety" as it was called. What I would do was go to A.A., get all the recovery there, then translate the message into N.A. language and bring it to the N.A. meetings. I was the carrier of the message, I was not sure what that message was, but I was carrying the message. I guess I was really carrying the mess.

I began to get in contact with N.A. members in other areas and states. I heard talk of pure N.A. recovery, those who went only to N.A. meetings. I did not think it was possible to recover with just N.A., after all, N.A. was a place where young recovering people went to talk about drugs, a place to socialize, not a place to find recovery. From talking to these other N.A. members, I came to believe that it was possible to recover in N.A. and I came to a few other realizations too.

I came to believe that all my needs could be met in N.A. if I was willing to try. All I had to do was surrender and let the God of my understanding work in my life through N.A.

I had many strong feelings and great awakenings when I made that surrender. I felt totally loved and accepted in N.A. for exactly what I was, not in spite of what I was. I never had to alter my story in N.A. and I never had to describe myself in terms that really did not fit me. (I never did like that word, "sober," it's such a serious term.) I always felt at home in N.A. and it was one of the only places that I really felt I belonged. I never really felt at home in any of those other fellowships.

I realized that I was being a hypocrite when I said that N.A. worked, then turned around and said that I needed to go to that other fellowship too. How could I be active in service in a program that I did not fully believe in? How could I say, "Keep coming back, it works!" when deep down I believed that I still needed to go to that other fellowship. I may have been talking the N.A. talk, but was certainly not walking the N.A. walk. Looking back, I can see that I had no idea what I was talking about.

I realized that I was taking from A.A. and giving to N.A. but what was it that I was taking? Today, I do not know, I never got clean from someone else's sobriety. I do not believe that recovery "rubs off." I believe that in order to recover, one must experience the 12 Steps. To experience them, I had to live them, every day in one program.

When I was being the carrier of recovery from A.A. to N.A., I was confused and wouldn't admit it. In A.A., I felt small and insignificant and in N.A. I felt important and all-knowing. I had no idea what the 12 Traditions were about. I did not understand the



