

MID-AMERICA NEWSLETTER

August — September 1986

Dance Fever Strikes Again



Catch it in Mid-America

See What's Happening Section

From The Trustees

The following questions from members in the Fellowship were answered by the Board of Trustees.

ABOUT T-SHIRTS

Q. We are considering the sale of N.A. T-shirts to help finance a regional office. Is this all right? What about the use of the N.A. logo on these T-shirts?

A. The board of Trustees sees no problem with the use of the N.A. logo on T-shirts, provided they are sold at fund-raising activities of Narcotics Anonymous by members of N.A. for N.A. and not by private entrepreneurs. Members of the fellowship really like T-shirts and we see nothing wrong with your region selling them.

NON-N.A. LITERATURE

Q. Our group reads the "One Day at a Time" meditation guide published by a private company. Someone has informed us this is a violation of Tradition Six. Is this true?

A. The Fellowship of Narcotics Anonymous has, over the years, been successful in offering to its members recovery from drug addiction, one day at a time. Narcotics Anonymous does this by using literature approved by the Fellowship. It is the position of the Fellowship that reading of literature other than N.A.-approved literature at an N.A. meeting constitutes a violation of our Traditions.

Much is available and has been written that is of benefit to individual members of N.A. Many of us read materials we find helpful to us as a part of our own personal programs. However, in order to adhere to our Traditions, it is essential that we read only N.A. approved literature in our meetings to prevent our program from becoming diluted.



NAR-ANON MEETINGS

Q. Can Nar-Anon meetings be listed in our N.A. directories?

A. The World Service Conference adopted a motion in 1981 which states "no outside enterprises be listed in meeting directories." Although Nar-Anon is an organization supportive of our Fellowship and we likewise should be supportive, the motion of the Conference is very specific. Nar-Anon is a Fellowship which is separate from N.A. and in order to avoid affiliation of Nar-Anon and Narcotics Anonymous, separate meeting lists need to be maintained.

USE OF NAMES

Q. In writing to radio and TV stations, judges, hospitals, detox's, etc., should a P.I. chairperson use their full name.

A. If there is any reason to believe the letter will be published or find its way on the air, then it is important that last names be avoided. Wherever there is a chance that this may occur, a non-addict should be used to write the letter. Where this is not feasible, the use of the first name and last initial is appropriate. It has been our experience that letters without a full signature often have less credibility in the eyes of the recipient.

Above all else, we need to adhere to our Traditions and maintain anonymity at the level of press, radio and films. Some of our members have had the unfortunate experience of having these individuals from press make promises that their anonymity would be maintained only to later see their names in print.

One member wrote a letter to a school board regarding N.A. and the board turned the letter over to a reporter who was writing an article on drug usage in the school system. These types of experiences have taught us to exercise extreme caution in these matters.



from the editor's kitchen table

August 14, 1986

Greetings from Hutch!

As you can tell by the cover, Mid-America is ready to rock. There are so many dances and events coming up, the list is difficult to compile. But check the What's Happening section for details as of press time. Also coming is "Together Again For The Third Time," our fall round-up.

During the next few months, the newsletter will be going through an important transition period. And, you can help! There will be an early deadline for submissions so the new staff can get together to compile everything. The deadline is Sept. 12. There will be a newsletter workshop Sept. 14, Sunday, at 1 p.m. in Hutch at my house, 116 East 10th, Apt. 7. As we discussed at the Literature Comm. meeting at Regional, we need at least one person from each area to be here. Those people will then learn how to do a section of the newsletter. This will promote unity and give people a chance to be involved in service work. So, come on down. Or up as it might be.

Our region is experiencing some financial problems with a lack of funds being kicked up from area and group levels. We need to remember that that is how some major projects get accomplished to let us help the addict who still suffers. One major undertaking now being developed is a regional directory, to be updated twice a year that will be sent to many statewide offices, such as Social and Rehabilitation offices, etc...

If you'd like to see a special birthday section, please send us some input so we can get that going as a regular newsletter feature. At this point, some people are having their birthdays listed in the News section after the fact. If you'd like yours in ahead of time, and would like to tell us when and where you'll be celebrating, we'll put it in.

Curtis B. is new Mid-America Reg. Chairman. Brian J. is policy comm. chair and Von P., activities chair.

Ottawa has 2 new meetings. They also joined the Fellowship for Freedom Area. Check it out Thursdays at 8 p.m. and Saturdays at 1 p.m. at 613 S. Cherry.

An N.A. member in Okla. would like someone to correspond with. Write to Andy M., #136421, P.O. Box 308, Boley, Okla., 74829. Anyone else who would like to experience "meetings by mail" can join the Loner Group by writing to Meeting by Mail, World Service Office 16155 Wyandotte St., Van Nuys, Calif., 91406.

Also available from the WSO is "Reaching Out," a publication for recovering addicts in correctional or treatment centers and members of H&I committees. Local institutions that need help starting meetings are Winfield Pre-Release Center and Fort Scott Work Release Center in Kansas. Talking Leaves Job Corp Center in Tahlequah, Okla., and Great Plains Hospital in Lawton, Okla., are also in need of support.

Hope to see you all this fall at a dance or two.

Yours in recovery,

Julie

Sponsoring Syndromes

Let's talk about being a sponsor. Now, I love being a sponsor, and I love having a sponsor. If it were not for sponsoring and being sponsored, I would not be clean today. Yet, as wonderful as it is, it does have its pitfalls. Today, I find these amusing, so amusing in fact, that I decided to write this. I call these wonderful experiences "sponsoring syndromes." I know of no way to avoid them, but I thought if I wrote this, and maybe you had not experienced them, you would at least recognize them when they creep into your life. May God be with you on this exciting journey.

I used to think that being a sponsor meant having all the answers all the time. This left no room to be human. One day, I was in a crisis and my humanity started to show. Since I didn't ever let it show, this was immediately unacceptable to some of the people I sponsored and they fired me. This common syndrome is called "IF YOU'RE NOT ALL TOGETHER, YOU'RE NOT GOOD ENOUGH TO SAVE ME," also known as "I'M SO SICK I NEED SOMEONE PERFECT TO HELP ME." Today I've found a solution. I don't wait so long to act human with sponsorees. In fact, if possible, I show them my worst behavior right away and then get down to the business of sharing my growth with them.

Next is the "NO CALL, NO SPONSOR" syndrome. I have had a multitude of people ask me to sponsor them. I've either worked with them for a while, or just became their sponsor -- in any event, they don't call. What do you do? This is probably the most common sponsor syndrome, it's not unique. But I have found for me, a solution. If you don't call me, I'm not your sponsor. It's very effective. Now, you can call me anything you want, but as far as I'm concerned, if I've had no communication with you, how can I sponsor you? At night, when I'm saying prayers



I say, "God bless so and so, and so and so, but NO CALL, NO SPONSOR!"

Lastly, is the "BE MY SOCIAL DIRECTOR" syndrome. This was a painful lesson. I had to walk away from one of my babies who was in the middle of a lake, in a boat, screaming at me, "Please don't go!" You see, I had not noticed this person was spending a lot of time with me and not anyone else. I forget to show this person how I learned to make friends and plans and have fun. It's not easy walking away from someone who is standing up in a boat screaming at you, reminding you that they (obviously) don't know how to make friends, or have fun yet.

Today I try to show the people I sponsor how I learned to have fun and make friends right away. This avoids painful experiences later on, and it also helps remind me that this is a big Fellowship and it takes more than one sponsor to keep a person clean.

As always, thanks for letting me share.

Anonymous
Reprinted from
No Name, San Diego
& Imperial Counties'
Newsletter

MY GRATITUDE SPEAKS ...

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

Clean PERCEPTIONS

The War of Wars

I have lived a life of getting high
The reason for that I never knew why
Wildier and faster, my life flew by
No time to love and no time to cry

I had a good time, I thought indeed
I thought drugs were my only need
As the years passed by I became confused
My mind and body, I had abused
My soul and spirit, idle and unused

Drugs and money went by at such a rate
but I could not foresee my coming fate
My heart was so numb and full of hate
I knew for me it must be too late!

From rags to riches and to rags again
A terrible cycle that there is no end
An uphill climb never reaching the top
A fight with myself, that only I can stop

Some would say "For me there is no hope"
but to them I say "With God's help I'll cope"
My drug life is over, I know that's true
but only with God's help, I know that too
The battle inside of me, I have won
But the war ahead of me has just begun.

By Max J.
November 1984

Max was an inmate in the Jasper, Co., Mo., jail when he wrote this poem. He was 18. The poem speaks for itself describing the desperation we have all felt and the determination to do something about it. Unfortunately, Max used shortly thereafter and hanged himself in his cell three days after he wrote this poem. Within a few months, an N.A. meeting was started in the Jasper Co. Jail.

Have You
Called An N.A.
Friend Today?



HOW IT WORKS

*Utter confusion, Misery and Pain,
Humiliation, Remorseful, Ashamed;
Dreading to face the light of each day;
Not wanting to hear what people would say.*

*Like where is your willpower, where is your pride;
They don't understand that deep down inside
I wish I knew the answer to give,
And how to find the courage to live.*

*I had taken the pills they told me I should;
I tried all the cures but they did no good.
I made many promises and meant them too,
But the compulsion to use is stronger than you.*

*One day a friend happened to say:
"I know the answer, I can show you the way;
All it takes is an open mind;
Believe what you hear from your own kind."*

*I went to a meeting. They read chapter 4.
The steps made more sense. Hope was revived.
I saw living proof of what faith can do.
It worked for them; why not you?*

*One day at a time they told me to live;
They said, "easy does it and learn to forgive;
Be humble, be honest and help when you can;
Pass on what you learn to some other person."*

*I heard them repeat the serenity prayer,
And soon learned all my answers were there.
Now, when someone asks, "can miracles be?"
May I always reply, "take a look at me."*

With NA Love,
Joel S.
Chatt. Town Tn.
Submitted by Wildman Steve

Hardcore campers cope with storm

My perceptions of the best weekend of the year

The hardcores came through to the end once again.

The 8th annual Fourth of July campout became a washout when a heavy summer thunderstorm struck our little tent city at Barton County Lake Saturday night, July 5.

Our HP held the storm at bay until after the dance on the cement slab. Glenn worked the lights in the Winnebago, where the sound system, compliments of Randy, filled the night with tunes.

Pouring rain, thunder and lightning convinced many city slickers it was time to throw gear and tents in their cars and head for home. The rest of us stuck it out. We thought surely it would blow over — soon. But, it didn't.

It stormed all night. Finally, around 4 a.m. it began to let up. By then the pathetic little swimming hole looked like a real pond, and wind and rain had played havoc with tents. Some floated, others were pounded in and down. Mine, which was "on high ground, Julie" had a gully running through the middle of it that managed to total out my bag and pillow in one fell swoop. No industrial-size trash bags were left for cleanup the next day; everyone had used them as ponchos as they ventured out to rescue their stuff or take a whiz. There were little streams running everywhere; mud was ankle deep.

Inside the shelter house it was humid and hot with the air full of friendly banter among tables of Pitch players. It intensified as we went through pot after pot of coffee. I am among the diehard Pitch players who play until they can't see the cards to bid right anymore. Friday night the wind had kept me awake so you know I was bad news bears by Sunday a.m. with no z's.

But, the campout wasn't all mud and no fun. Not by a long shot! Saturday began with a "fun run." Not too many addicts were hip, but the ones that were did have fun. Steve T. outpaced the others and came in first. Topeka won the softball tournament for the second year in a row, and will be

telling everyone about it for the next year. Maybe another team will teach them some humility next year.

At other times Saturday there was lots of participation in the water balloon toss and egg throw. There were some eggs left, but we didn't let them go to waste. Oh no. They were put to good use and brought in a profit when they were sold \$1 an egg to get Nathan, Curtis, Ray and Dennis. Nathan was first and the little kids were psyched and "eggscited." They formed a small army and ambushed him on all sides. By that time the adults were there to finish the job. Nate was trying to hug everyone (without success) before he showered. The kids got meaner as the egging went on. Ray and Dennis got to have eggs cracked down their cracks. Pictures of Curtis are on record and will be auctioned at a later date.

On a more serious side Saturday, there was a women's meeting and a "Just for Today" literature workshop. At the workshop, we got some good ideas on paper as we wrote on "Ongoing Participation" in N.A. and "Spiritual Awakening."

The super supper Saturday came off in fine form. We pigged out on roasted hog, stuffing, potato salad and beans.

Scott V. from Ponca City, Okla., Bill S. from Topeka, and Glenda P. from Newton shared their stories at speaker meetings. Glenda's touched my heart, but then I've known her for a couple of years and never heard her complete story. She did so good, she didn't even say and um.

Thanks to the hard workers on the campout committee — Curtis, Mike, Ross, Nathan, and Ray (and any others I've forgotten) — for another great year and, good luck Fellowship for Freedom in trying to top it next year.

Julie P.

ACCEPTANCE IS THE KEY FOR ME

*Accepting the things we cannot change.
I cannot change the shape of my eyes nor the shape
of my head.
I cannot change the things I've done.
No more than I can change the weather.
So why not accept these things and go on with my life.
Being the kind of person people can respect.
The kind of person I can respect.
I must accept the past as gone and forgive myself.
I work on setting a good example by staying clean
and walking the walk, today.
Acceptance helps me live with me, One Day At A Time.*

Love and Respect,
Isaac H.

REMEMBER

*Whenever you're feeling sad and blue
Remember picking up is not the thing to do.
Whenever your back is against the wall
Remember to pick up the phone and make
that call.
Whenever you feel like you want a shot
Remember how hard it was to step.
Whenever you feel like you can't go on
Remember it's just a feeling and it will pass on.
Whenever your feeling sad and blue
Always remember God Loves You.*

Cidney B.

More from the Trustees

Regarding special interest groups, etc...

Due to interest expressed at the Mid-America Regional in McPherson Aug. 8-10, the following is a reprint of the World Service Board of Trustees' statement regarding special interest meetings.

The World Service Board of Trustees has been discussing special interest meetings for many months. We have been attempting to come to a firm position regarding this issue. Some of the trustees feel special interest meetings within Narcotics Anonymous may violate our traditions by excluding some addicts who seek recovery and also by reinforcing a separation or isolation of some addicts. However, all of the trustees also recognize the need for identification which many of our members have expressed when they come to Narcotics Anonymous. The dilemma we see is one of maintaining the integrity of our traditions, while not alienating recovering addicts who have special needs. Can the Fellowship meet any or all of these special needs in unity? It is apparent that some N.A. meetings have been started and continue to exist which are attended primarily by addicts with one type of special need or another. Many members of Narcotics Anonymous have related to us and others that these meetings have served a need in their early recovery.

The Board of Trustees has decided to submit this issue to the Fellowship and request written input which relates to all sides of the issue and the rationale involved. In addition to soliciting opinions of all members of our Fellowship, in the coming year we will continue to gather information and experience regarding special needs and special interest meetings in N.A.

We are interested in how special interest meetings may or may not interfere with our message of recovery from the disease of addiction. We are concerned with how that message may or may not be inhibited by labeling and identifying any special needs in addition to the need for recovery from

the disease of addiction. We would also like to hear from members who believe that these meetings and their identification enhances their recovery.

We would hope that the Fellowship understands that we as individuals as well as a Board have grown, and therefore our positions on many issues have changed. We as a Board are very much aware of the fact that we have been inhibited by an "Advisory Board" title. It has kept us from making strong statements in the past which might be interpreted as dictating or policy making. We are asking for the support of the Fellowship to do our job as trustees and we ask for clarification of your expectations of us.

In addition to the written and documented inquiries we have received in the form of letters, each member of the Board of Trustees has also received many phone calls and have been involved in many personal conversations at workshops, conventions, and other Fellowship activities which have related Fellowship concerns to us.

Each individual member of the Board of Trustees has had the privilege to have participated in various regional and area workshops and conventions in providing and sharing experience, clarification of issues, and advice to the members of the Fellowship and trusted servants at all levels of service. This participation was valuable in our growth as Board of Trustee members to not only feel the pulse of the Fellowship but to gain awareness of the beautiful growth and recovery of our program, Narcotics Anonymous. We thank you for the warm reception and fellowship which was extended to all of us.

We want to thank the World Service Office for their assistance in the form of providing personal and facilities throughout the year.

We would also like to take this opportunity to generate some thought and discussion in the following areas: We would like to see this service arm

strive for better communication in the reports submitted to Board of Trustees meetings by the World Service Office-assigned staff coordinators for subcommittees; through overview reports submitted by the World Service Office Board of Directors to the Board of Trustees and vice versa; and by the World Service Conference Administration Committee to the Board of Trustees and vice versa.

We intend to clarify our roles as Board of Trustee members assigned to the World Service Conference subcommittees, defining the consistency of purpose and function of our Board of Trustee members to the respective committees.

Further, we would like to envision the Board of Trustees becoming informed enough so that when we are asked for help, we can either give it directly or refer the matter to the best resource within the Fellowship of N.A.

The continuing and future role of the Board and its role in World Service Administration needs to be clarified and defined. The "full" time

commitment of individual Board members will be necessary to the ongoing success of Board assignments. For those Board members not participating in an active role on a subcommittee, we would like to see their participation as World Service Board members developed through assigning them to other active roles, such as correspondence, in a liaison relationship to the World Service Office Board of Directors, or other specific tasks, i.e., Public Information or in a liaison role to the RSRs.

The Board of Trustees believes that the current method of electing World Service Trusted Servants is in desperate need of improvement. The only time currently available to determine the appropriateness of nominees is on the floor of the Conference which is very awkward and intimidating. We trust the Conference will utilize careful consideration in determining who and how many trustees to add.

We thank you for the support you have given us and for the privilege of serving on the Board this past year.

RECOVERY

FIND THESE HIDDEN WORDS

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

clean
 coffee
 emotions
 faith
 feelings
 freedom
 god
 growth
 happiness
 helpline
 life
 love
 mature
 meeting
 phone
 recovery
 responsible
 steps
 tables
 twelve

NEWS!

news!

NEWS!

news!

Sent in from groups:

Norton Freedom of Choice N.A. meets Thursdays at the United Methodist Church at 8:30 p.m., closed to addicts only, and they also meet Saturdays at 7 p.m. at the VFW hall for an open meeting. Pam L. is secretary/treasurer and Kay R. is GSR. They are doubling previous meeting attendance.

Boley, Okla. Freedom Seekers N.A. is at John Lilly Correctional Center. Meetings are at 7 on Monday nights. Andy M. celebrated 6 months, Dale F., 9 months and Hark H., 6 months, and Pete U. 6 months. They are a new group with approximately 25 members. They would like clean and serene recovering addicts to write to them. Thirteen members of the group attended the "Clean 'n' Crazy" campout in Stillwater, Okla June 20-22. They met people from Kansas.



From Areas:

Fellowhip For Freedom, Topeka, Lawrence and Ottawa has a new activities committee. Their objectives are to provide drug-free entertainment; to plan fund-raisers; to have each group and committee represented on the activity committee and to increase unity in their area. Rick S. is the chairman, Vickie S. is alt. chair. The first area fund-raiser was in May and they raised \$235. The next dance is in Aug. See What's Happening for details. Activities will also include events tentatively planned for Oct. 31 and Feb. 14. The 4th of July campout will be sponsored by the FFF area next year. Other subcommittee work includes

PI - phone line updates. P.O. Box number is 2382. #&I needs GSRs to attend committee meetings and would like to get new people involved. Literature ordered key tags, etc., and has them available to groups for cost.



Foundation Group is doing well. Bills are paid.

O.R.B. moved to Stormont Vail Hospital meeting room. The group will meet in the north tower in the basement Founders Room. It is a closed meeting at 7:30 p.m. on Mondays.

Just For Today has Jeff as new GSR. A group account was opened. Richard B. is secretary. Alt. GSR is needed. Group discussed changing name to Just For Today instead of Just For Today Men's Group. There is good support.

Women For Serenity sponsored a women's spiritual retreat in July. The group has reps that attend all subcommittee meetings. They have started a birthday list.

United Survivors ordered literature. Thursday meeting is picking up. Sunday has good attendance.

Twilighters bought literature and also donated money to area. They held a meeting at July 4 campout.

The Bitter Ends is newly named. They need an Alt. GSR. Average attendance is 45-50 people. They contacted WSO and registered name and address in order to receive Newslines.

Larrytown recently ordered literature and elected new officers.

Central Kansas Area

The recently formed Central Kan. Area is doing real well. We almost always have representation from all the groups at ASCs. We also have a monthly area birthday night that is a fine time for fellowship and fun. PI - Area helped in presentation to professionals during panel at Pratt May 30. Hutchinson was given money to send letters, meeting lists and pamphlets to all its doctors; only 2 came back in the mail. Literature committee is slowly building stockpile. Help us get this established by letting Mike B. know at area meetings or before if there is a need to order anything. If we can get it together and order in bulk, we can save money.

Almost forgot - H&I has a new area chairman, Bruce R., Newton. A letter is being mailed to a person who is carrying an H&I meeting into an institution but who hasn't attended outside meetings for about a year or more. There is a real need for this meeting to continue but there is no one eligible to take the meeting into the prison. This has caused a real dilemma in Central Kansas Area.

Just for TODAY

Rainbow Group, Hutchinson, recovered its T-shirts from the member who made them then stopped coming to meetings. They have since all been sold except for one shirt. The T-shirt sales kept the group going and made us able to donate funds to the area even when few people were attending meetings. Attendance was really down in June and first part of July. It has since picked up and at least 4 newcomers keep coming back.



New Beginnings, Hutchinson, has been having 6 regular members and some visitors at each meeting. Rob and Pam moved to Colorado. The group had a picnic at Carey Park in June. The group is responsible for taking in 2 meetings each week to a local adolescent treatment center.

Pratt N.A. has had steady attendance of 11-14 members. Julie M. and Dena celebrated 6-month birthdays. Kingman H&I meeting needs outside support. Contact Dennis H., 316-893-2384 to help out. The group welcomed Bunny M. who moved from Hays. Cliff M. is treasurer and Bunny is secretary. Debbie S. is alt. GSR and Dennis is GSR. Bunny M. celebrated 1 year in June along with Dennis H., 1 year.

Great Bend N.A.'s meetings are a little smaller - about 10 - but sharing is quality. Group invested in clean and crazy packet to raise funds and it is working. Thane M. had a 4-year birthday as did Ross F. Travis D., 1 year and Darrelle 60 days. Camp-out at Lake Barton was a great success and lots of fun. Thanks for all the help and attendance.



news!

Hays N.A. has a strong group with 15-20 in attendance. New secretary is Rick Z. The group sponsored a dance July 26. Voted to donate \$5 a month to ASC. Saturday meetings are no longer happening due to lack of interest. PSAs were sent out to all radio stations in the area. As of early summer only one station was announcing it. Another letter will be sent out to all radio stations.

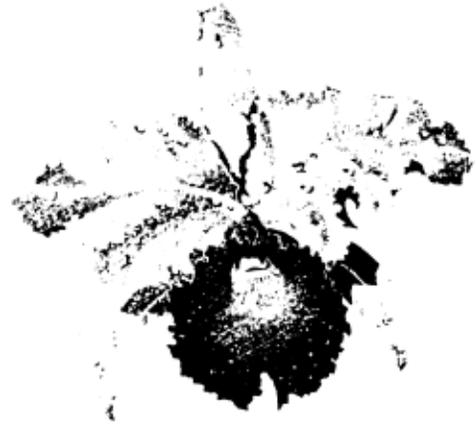
First Things First, Ark City, has a new closed book study meeting on Monday nights. A treatment center in town is allowing clients to attend meetings. David R. is new secretary.

Hoisington N.A. is doing well. They sponsored the post campout blow-out Aug. 15-17 at Lake Wilson. Birthday night in May was excellent. Julie P. celebrated 3 years and 23 attended. The card players had a great time. The group would like to thank everyone who helped with the 4th of July campout at Lake Barton. We have lots of clean and crazy paraphernalia to sell, also T-shirts. The coffee cups with N.A. logo are in and the group is rapidly selling those, also.

McPherson N.A. is showing some unity and excitement about the Aug. regional, which was a great success. More people are taking responsibility for meetings also. Some newcomers are attending faithfully and there is a general feeling of closeness.

Newton N.A. had a pre-campout campout June 21-22. We fought bugs, but still had a good time. The group is having trouble getting support at meetings and business meetings. Some meeting days and times have changed. All are at Bethel hospital. Tues. 8 p.m., closed; Wed., 1 p.m., closed; Thur, 8 p.m., closed; Saturday, 8 p.m., open.

N.A. for Today



Western Kansas Area

Eight people attended the ASC in June and 5 attended in July. In hopes of increasing attendance, area administrative committee decided to hold next ASC in Aug. at Lake Meade and stay and camp overnight.

The last regional in May was held in Dodge City at the Western Inn. It was a huge success and everyone enjoyed the marvelous facilities. Area made inquiries of WSO regarding PI work and Paggy has much information if anyone is interested. Western Area is making a concerted effort to learn about PI work and they soon plan to get informational panels going in schools. The area is trying to update its meeting list. Please sent the information to Paggy B., J-2 Happy Homes, Dodge City, Kan., 67801. An N.A. book was donated to Larned State Hospital. Some members are trying to take H&I meetings in there. A new literature person is needed. The area needs a vice chair.



HERE'S THE LATEST!

Against All Odds Group, Dodge City is picking up. The group voted to use the 60-30-10 plan for funneling funds. Shipping costs on Basic Text will be absorbed by group. Tony K. was chosen Alt. GSR.

Garden City New Way N.A. has had 8 newcomers recently. There is a new meeting on Thursdays at 9 p.m. at 307½ 8th St.

Liberal New Hope Group has had some attendance problems. It varies from 3 to 12 at meetings.

No report from Elkhart or Scott City. Are you still out there?

News Notes from Missouri

Joplin meetings will be in a new place at least until early fall. It is the Travel Inn, 3535 Range Line. All meetings of the 5th Tradition Group and the Survivors Group will be there for a total of 19 meetings a week! Last month's (May) birthdays were Danny Joe J., 5 years, Mark K., 5 years, Glark G., 3 years, Steme M., 2 years., Brenda A., 2 years and Billy R., 2 years.

The Show-Me Regional Convention at St. Louis was a great success, almost 400 in attendance.

The High On Life Picnic Aug. 8-10 pulled in the junkies like you would not believe, breaking all attendance records for a campout in the Midwest.



MY FEELINGS

Sometimes I want to know "WHY"?
I couldn't stay clean and I wanted to die!
My feelings varied. Mostly, sad.
Yet, deep down inside, I was glad
To know I was where I was supposed to be.
In the rehab! Trying to get free
From my thoughts, which have never been right.
Oh, thank you God for your insight.
12 STEPS TO LIVE by each day. If I
Work those Steps, I'll be Okay.
So, here I am, my life's on the line
I'll be okay
ONE DAY AT A TIME.

Peace and love,
Veronica

Hello, my Brother
It's plain to see
That you're a user
Just like me.
We come to N.A. to break
Us of this nasty thing
We call drugs.
Where does it come from?
We don't know
It's always around when
You got the dough.
You're chasing the man
Night and day
For that next fix
to put you away.
So let's all stop
And live the rest
For the N.A. people
They know the best.
And tell Mr. Monkey
To go and rest.

Ken S.
MCIJ 179598
4/22/86



What's Happening?

In Mid-America Region:

Aug. 17, Kansas City, Westport Chemical Abuse Group, 2 p.m. phone line workshop.

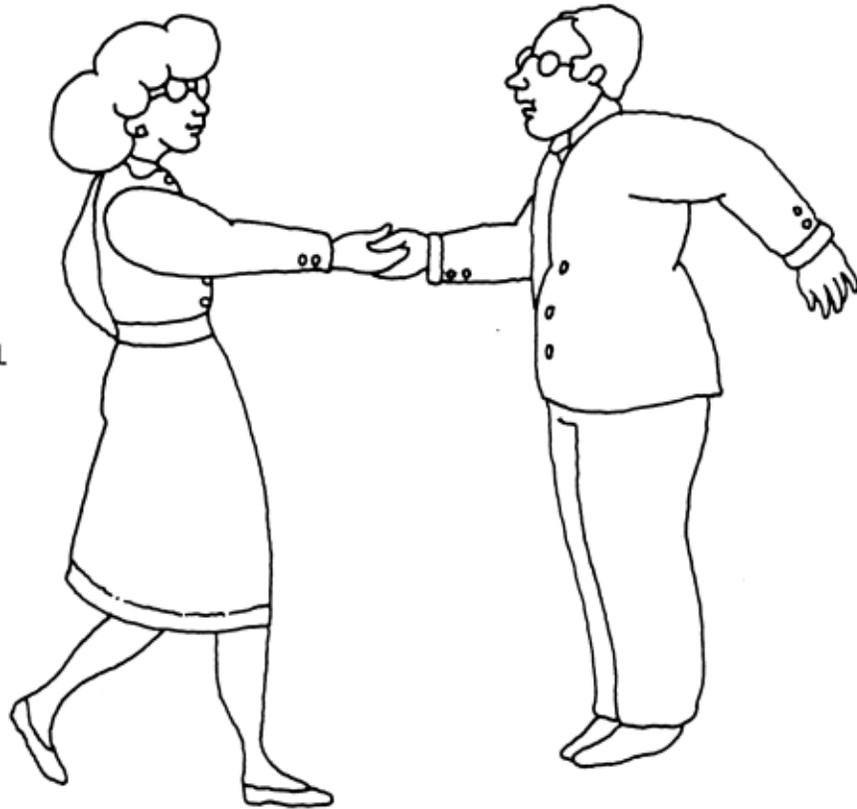
Aug. 30, Central Kansas Area birthday night. Curtis B. and Frances C. will celebrate. Potluck supper is at 6:30 p.m. It's in Newton at Bethel Hospital in the big room beyond the cafeteria.

Aug. 30, Fellowship for Freedom Area is sponsoring a dance for those who couldn't make to WCNA in London. It starts at 6 p.m. at the Shelter House #1 at Shawnee Lake. Look for the NA signs. There will be a raffle. Music provided by Mr. Music and his DJ.

Sept. 6, Wichita Metro Area is sponsoring a picnic in Linwood Park in Wichita. It starts at 4 p.m.

Sept. 6, Fellowship for Freedom Area's birthday night will be in Lawrence at 7 p.m. at the Unity church.

Sept. 13, Mid-America Regional Activities Committee will meet at 746 Comanche in Salina at 4 p.m. I think. Call Jim or Marci to check the time - 913-825-9510. This is an important meeting, it's the first planning meeting for our fall round-



up "Together Again for the Third Time." Following the committee meeting there will be a dance.

Sept. 13, Central Kansas Area is having its first subcommittee meetings before the regular ASC. The meeting is in Pratt. Check with Ray or Glenda for the correct time for subcommittee meetings at 316-283-3529.

Sept. 14, Newsletter workshop to plan and implement transition to new staff. It's at 1 p.m. at 116 East 10th, #7, Hutchinson. All areas should try to have their literature people or another representative in attendance. Call Julie, 316-663-6651 if you get lost.

Oct. 18, Pratt is sponsoring a Halloween dance with 19ts of weird and "fun" games and prize for best costume. More details later.

Nov. 14-16 is Mid-America's round-up, "Together Again for the Third Time." Fliers will be forthcoming. Watch for 'em.



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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Send \$6 check or money order made out to Mid-America Region to: Julie P., 116 East 10th, #7, Hutchinson, Kan., 67501

Please make copies of this form and take to meetings, special events, etc. and give everyone a chance to attend Mid-America's meeting through the mail.

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, 116

East 10th, Hutchinson, Kan., 67501.

Ans. 7

