

# MID-AMERICA NEWSLETTER

October — November 1986

**news!**

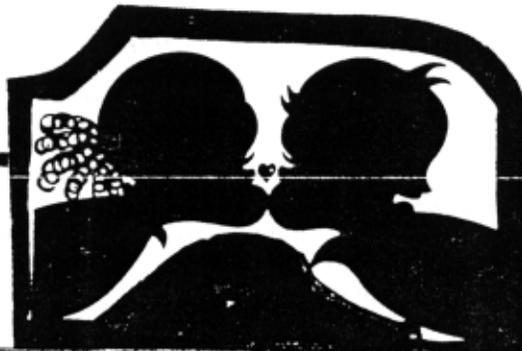


THE  
ROUND  
UP

*Together  
Again*



**For the**



**3**

*Time*

November 21-22-23

Salina, Kansas

# 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.



# from the editor's kitchen table

Greetings from Salina (and Hutch)!

As the cover makes evident, we will all be together again for the third time at the Round-Up in Salina Nov. 21-23. This is a regional function and all areas will be involved in putting on the blitz. Unity Area will take care of the Hospitality Room and Registration. Fellowship for Freedom will line up 2 speakers for Saturday and one for Sunday. Western Kan. is responsible for the auction Saturday night. Get your items to them, or at least tell them what you've got. Their address is: Western Kansas Area P.O. Box 734, Dodge City, Kan., 67801. Wichita Metro is in charge of all NA paraphernalia for sale. Central Kan., will handle the breakfast Sunday morning. The next planning meeting is Nov. 1 in Wichita at which time there will also be a dance. See what's happening section for details. See the flier in this newsletter for further info about the Round-Up.

The Newsletter is going through major changes. There were six hard-working addicts at the workshop when we re-organized. Four areas will be involved in being on the committee that will produce the letter in the future. We ALWAYS need poems, stories, etc. from readers. Send 'em to our new address: Mid-America Regional Newsletter, P.O. Box 1574, Salina, Kan., 67402. It's only a short time away, but the deadline for input is Nov. 15.

If anyone else would like to get involved in service through the newsletter, drop us a line.

(As I'm typing this, I feel compelled to add a bit. It's been a real kick in the head for me to do this newsletter. Many times this service project has stood between me and that next drug. I hope to continue to choose recovery through service and with the help and love of my NA family that should be easy. Thanks for putting up with me and giving me an opportunity to grow.)

In loving service,

*Marci & Julie*



# LONDON WCNA 16 LIVE FROM

The following is an abbreviated report by Steve T. of Manhattan about his trip to London and WCNA 16.

The trip was great. A dozen peak life experiences! It may get better than this but it's never been better.

I left Aug. 26, drove to KC, flew to NYC, ran in Central Park, ate at the Hard Rock Cafe, took the subway to JFK and barely caught my flight to London. Met some NA people on board.

The next 4 days were the convention. Lots of love, hugs, sharing and meetings, a banquet and talent show and dance.

Sept. 1 -- took a bus tour of London, walked through Soho, the red light district, got propositioned by pimps, didn't see the ladies. Walked on to Parliament and Big Ben, crossed the Westminster Bridge over the river Thames and on down to the subway station called "Elephant and Castle." Went for a run around Regents Park, Hyde Park and Kensington Gardens.

Sept. 2 -- Took a boat trip down river to the New London Bridge, Tower Bridge and the town of Greenwich, saw the ship "Cutty Sark" and visited the Old Royal Observatory at 0° longitude. Took another cruise from there to the Thames Barrier, the eighth wonder of the world. Made the Elephant and Castle meeting that night.

Sept. 3 -- Took a trip to the Delamere Forest near Chester, Cheshire. It was about a 400-mile trip. They have motorways instead of interstates, the trucks are a little smaller than ours and are called lorries.

Sept. 4 -- Went to an afternoon NA meeting at 10 Rathbone Place. Went to the musical "Time," starring Cliff Richards and Laurence Olivier. The lights, lasers and hydraulics and story were superb. Saw an 11-member female band in a nearby suburb.

Sept. 5 -- Took riverboat to



Greenwich, shopped, napped on the grass in park near observatory, then walked under the Thames in a pedestrian tunnel. Went to an NA meeting in Camden Town then saw a small rock band in Kentish Town.

Sept. 6 -- Canoeed in the lake at Hyde Park. Went to an NA dance/marathon meeting. Won a subscription to an NA magazine and a bed sheet signed by everybody who came to the dance.

Sept. 7 -- Went to Whitehall Street to see the Peugeot 1-mile race.

Sept. 8 -- Checked out, took the tube to Heathrow Airport, there was a bomb scare at Terminal 3 and there was a short delay.

At the big Saturday night meeting at the convention there were about 1400 people: 500 Americans, 700 British, 50 Irish, 20 Scots, 20 Germans, 10 Indians, 10 Spanish and some from Australia, Panama, Portugal, Israel, Bahrain, etc. What a wild time!

The convention got a letter from Prince Charles saying congratulations and best wishes, etc.

I'm so happy. Am I getting well?

Steve T.  
Sept. 10, 1986

# Clean Perceptions

The following is a letter from a Mid-America NA member to the Loner Group. You, too, can be involved.

Write To: Loner Group  
Meeting By Mail  
WSO, Inc.  
16155 Wyandotte St.  
Van Nuys, Calif. 91406



Dear Loner Group,

I'm secretary of my area because I like to take a lot of notes at meetings to remind me how to deal with a feeling or type of thinking. So, besides writing a loner member about my own feelings, I also sent her notes that seem to help me best. Even the newcomers make good points. I glanced through my notes of two steno pads and discovered I never dealt with "stinkin' thinkin'". It has been brought up in meetings as "you're just in that old Stinkin' thinkin'".

Maybe it's time I shared on that one thought. I know for myself it is a big block in my wall against getting better. The only way I really chip away at it is to admit that's where I'm at. To recognize I'm in my self destruct mood, and that I need to take action or I'll just get worse. Next, I need to share it out loud with my Higher Power or someone, write it out or pray about it and read some recovery literature.

Stinkin' thinkin' can get you down and out so fast. Sometimes it comes from overconfidence, other times it's just wanting to escape reality. I like fighting it best with my new family's help and with some of the program sayings such as, "This too will pass," "You are as sick as your secrets," But for the Grace of God, there go I," "better him than me." If it was not for all of you, I would not be!"

Paggy B.  
Kansas

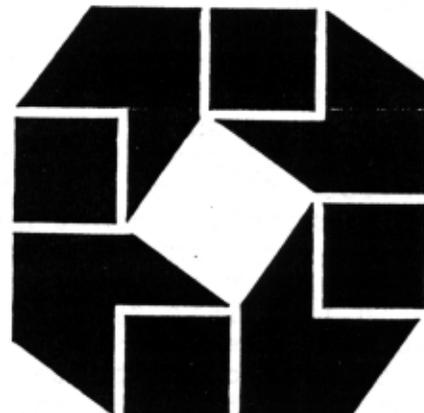
## THE FIRST 30 DAYS

The feeling when I wake up,  
The tremble deep inside.  
the worry & the wonderment,  
Will I live or die.  
My pulse begins to quicken,  
My hands have started to shake.  
I feel the sweat thats forming on  
my hands and on my face,  
I know this feeling I've had it  
before,  
I shout What on earth can I do,  
That's when I drop down on my knees  
& say GOD TAKE THIS BURDEN TOO.

WITH LOVE TO THE  
NONAME FROM

RICHARD

(Taken from NO NAME San Diego &  
Imperial Counties Regional Newsletter)





## Violations of Traditions

I feel the need to write about numerous violations of our traditions that continue to occur in committee meetings and groups of Narcotics Anonymous. We, as informed members of this fellowship, not only have a right, but a responsibility to inform individuals, groups, and committees of violations of our traditions.

I came to the fellowship of Narcotics Anonymous beaten. I had bounced in and out of another program for several years. I was unable to identify, relate, or completely trust members of that organization. It was suggested that I attend an N.A. meeting, which finally in desperation I did. What I heard there that day, and what is still true for me today, is that the fellowship of Narcotics Anonymous exists solely to carry the message of recovery from addiction to the addict that still suffers. It does not anywhere in our literature talk about a specific drug of choice. The only promise is that which eluded us all of our days, months, and years--- freedom from active addiction. I was, and still am able to relate to this simple approach to such a complex disease. My recovery is dependent on a loving, trusting, and safe environment in which we have a common bond and goal. In this goal, there needs to be certain guidelines, these are our traditions. The message of recovery in Narcotics Anonymous is printed in the literature which is sanctioned and approved by the World Service Office of Narcotics Anonymous (period). I don't know about you, but my Basic Text does not have, for example, a page 449 in it. This type of discrepancy may seem harmless, nonetheless, it does violate traditions one, six, and ten,

as I understand them. I tire of people, often with years of recovery, quoting rhyme and verse from literature that is not N.A.,. If I choose to hear the

message of recovery from another 12 step program, I will attend one of their meetings. Be assured, members of other fellowships do not and will not idly stand by as their traditions are violated. Therefore, neither should we.

There are now more and more of us that got clean in N.A. and have some years of recovery ourselves. Again, we have a responsibility to stand up for violations of our traditions and to carry the message of Narcotics Anonymous.

Newcomers may not know that what they are saying or doing may be inappropriate when talking of sobriety and voting out of unapproved literature in meeting of N.A.. We need to take a risk and gently inform them that their action is in direct conflict of our traditions, and that these traditions are what guarantee freedom for the fellowship of Narcotics Anonymous.

For the older members who continue to violate our simple guidelines, I say shame on you, for you know better.

As long as violations of our traditions continue, there will be a rift within the fellowship. This rift will keep us all from enjoying the unity which our first tradition alludes to.

Peace,

Randy W.  
(No Name San Diego  
& Imperial Counties  
Regional Newsletter)

# DISCUSSION

## Growing Pains

The following article is a reprint from the N.A. Way and concerns coming of age in N.A.

### BE AN EXAMPLE

Last night I received a very disturbing phone call from a good friend who asked me two questions: One, were we changing the traditions, specifically the Third Tradition? And two, would a person who identified as an "addict/alcoholic" be in the near future prevented from sharing in an N.A. meeting? I told this person that the traditions could never be changed and to stop being paranoid, but I also thought about the questions long after we had hung up.

I am an addict who happened to be weaned on the N.A. terms of recovery; I identify as an addict, measure my abstinence in Clean time and consider myself recovering from the disease of addiction. I was taught very early in my recovery that it didn't matter what or how much I used, that I had a disease that went far deeper than the symptoms of my active drug use.

I also live in one of the oldest regions of Narcotics Anonymous, where for 30 of the 35 years of our Fellowship's existence, most addicts were not fortunate enough to have the literature available to them that we have today: the Basic Text, the approval form version of It Works, the various IPs and the N.A. Way.

I have always felt I was extremely fortunate to have found N.A. at a time when the Fellowship was expanding so rapidly, not only in terms of members but also in our consciousness of the disease of addiction and the process of our two books on recovery in N.A., but these few short years were not our formative years.

Unlike A.A., whose members wrote their text within five years of their creation, we went for over 20 years dependent upon whatever sources of

recovery material we could find, borrow or adapt, even our steps and traditions were basically written out for us, and adapted by us for our use.

Which brings me to the point of this article: We as a Fellowship evolved slowly and painfully, struggling for identification over a long period of time. We are not a spontaneous creation, and we as a Fellowship are learning who and what we are. It is an evolutionary process, quite similar in many ways to the process of change experienced through working and living the Twelve Steps and Traditions of N.A. We, as a Fellowship and as individual members, have learned internally that this process takes time, it takes patience, it takes tolerance, it takes humility, and it takes the willingness to practice these steps and traditions in all of our affairs.

I can't help but think of our unity in relation to this issue. I would love to see the day when each and every one of us uses only the language of recovery as written in our literature, but I am also aware that this may take a while. As with everything else that pertains to us, this evolution will happen in God's time, not ours, and while we're experiencing the transition we need to keep in mind the fact that we might be scaring and potentially alienating our fellow members by using judgmental tactics. I have listened to many trusted servants, with long periods of clean time, voice their concern over our identification and the role of the member who has not yet made a personal transition in this area. This member has attended only N.A. meetings for years, has the same love and concern for this Fellowship as members who identify simply as addicts, but was taught early in recovery to use different, possibly archaic language to describe continued, total abstinence from all drugs.

# Discussion — Growing Pains (continued)

My friend expressed the fear that his name would soon be removed from all speakers' lists in our region; that he would no longer be asked to speak, even on panels; that is a privilege that members earn by their participation in the Fellowship of N.A., which includes the criterion of identification as an addict. On the other hand, that same member must NEVER be forbidden from sharing in an N.A. meeting; that in itself is a complete violation of the Third Tradition and is a contradiction of all the spiritual principles we have been taught in this Fellowship.

Individual members, groups, and all service entities have the right and the responsibility to carry the message to the addict who still suffers and this includes the addict who came into recovery at a time when the identification process was different than it now is. It is our only primary purpose, and to bar this message, to intimidate or prohibit any member

from sharing their recovery in an N.A. meeting is a travesty of all that this program promises.

We must carry with each of us the ability to teach and the humility to learn from the oldtimer who identifies differently than do you or I, but may have practices these steps and traditions longer than some of us have been alive. We must teach through our literature and through our own personal sharing, by example rather than penalty. We must keep our unity in mind, our common welfare and our primary purpose. I have no doubt that the day will come when we all identify by a common term, as addicts, but we also have to remember that this day may be a generation away, and until that time we owe ourselves and our fellow members the acceptance that we were given when we arrived at the doors of N.A. We owe it to those who came before us, and to those who will follow.

Anonymous

## H.O.W.



## — In the Beginning

Some of us came from the side of the rich.  
Some of us came from the side of the poor.  
Our disease has no preference,  
It knocks on anyone's door.

Some of us used drugs  
that had prestigious claim.  
While these less choosy said,  
"What's in a name?"

One thing is for certain,  
In the end we felt pain  
And we had to surrender  
Before we could gain.

Alone in our darkness  
We fell to our knees  
And in a voice unfamiliar  
We cried, "help me ... please."

That was the beginning  
Of a new way of change,  
And we learned there were others  
Who had found the same way.

For the first time in a long time  
We felt lighter than air.  
Indeed there was someone who loved us,  
Who cared.

We became willing to trust.  
We filled up with hope.  
For now we could live  
And we didn't need dope.

--By R.Z.

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

# NEWS!

# news!

# NEWS!

# news!

Larned has a new meeting. They meet at 520 Broadway at 8 p.m. on Fridays. They need support. Four to 5 people attend regularly and sometimes there are as many as 10.

Hays Understanding Group is now only one of 2 groups in Hays, Freedom group meets Fridays at 11 p.m. Understanding group meets Wednesdays at 8 p.m. at 2000 Main. Freedom's location is 201 East 17th in the basement. Understanding group has had referrals as far away as Hill City and Phillipsburg. October birthdays were Eric and Renee, 30 days, Judy P. and Randy P., Greg B., Rick D., and Robert C., 90 days. Dennis A., and Keith S., 120 days, Kathy H., 1 year.

Twenty-five addicts attended the Central Kansas Area meeting in Hays in October. Curtis resigned as ASR due to his election as RSC chair. Von P., who was alternate ASR, will take over.

Pratt has strong meetings on 2 nights. They did an excellent job sponsoring a Halloween dance Oct. 18. Sept. birthdays were Von P., 3 years, Kathy H., 1 year, Deana S., 9 months and Casey H., 6 months and Devon F., 90 days. Nov. 1 the group will carry the message to Larned Treatment Facility. This will work into a bi-monthly meeting.

Great Bend group meets on Wednesday nights at 8 p.m. at 24th and Washington in the basement of the church. Attendance is steady at 10 to 15. Birthday in Oct. was Randy H. with 2 years. Ross F. was elected GSR. Great Bend will host Nov. ASC and Area birthday night.

Newton NA is sponsoring a Turkey feed and a celebrity roast Sunday, Nov. 16. Bring your own table service and a covered dish. It's at the 4-H building. All of the Newton

day meetings have all been canceled. Meetings now are Tuesday, Thursday and Saturday at 8 p.m. at Bethel Hospital. Newton is now involved in bringing treatment center clients to meetings.

Hoisington meetings are strong. Group will send a member to the treatment center for the bridge group meeting every Thursday. Bruce J., H&I, Julie B., PI, Bobbi F., Literature, were elected. After the December ASC and birthday night meetings in Hoisington, there will be card parties. The group raised \$49 from a yard sale. Group still has some Clean and Crazy items to sell. Looking for a good turnout for the Dec. chili feed. Bring auction and raffle items.

# Done!

Hutchinson Rainbow Group meets at 8 p.m. on Mondays in the basement of Horizons Mental Health Center. There is also a new Step Study meeting on Fridays at 8 p.m., same location. Attendance varies from 2 to 12. New Beginnings is no longer meeting.

Unity Area -- Jim M. elected as chairman. Marte is the new secretary. Alan R. is ASR. Mike is ASR alternate. Hot line needs money. Since it is in Salina, Salina groups support it.

Omega Group, Keith reported that things are the same.

Unity Group, Brad reported that the group had activities planned for Oct. 24 and 25, a dance and a hay rack ride.

Phoenix Group, Brian said the group sent \$50 to Area and \$25 to the Region.

# HERE'S THE LATEST!

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Nameless Group has 10 members regularly. Mike says they are in the process of starting a new meeting.

Friday night meeting in Salina moved to Christ Cathedral. Alan said the group may start a step study and will elect officers.



Western Kansas Area has had some trouble getting its trusted servants to turn in written reports at Area meetings.

Dodge City Against All Odds Group has had an attendance increase. Meetings are Tuesdays at 7 p.m. and Saturdays at 7 p.m. at 805 Ave. J.

Garden City New Way NA has 8 to 10 for each meeting. They now have 3 meetings weekly. They are carrying the message to officials in local schools for their PI work.

Fellowship For Freedom Area had about 20 people at its September area meeting. Dead or Alive group sent input on special interest meetings into the WSO. The Area is in the process of registering with WSO. ASR and PI committee will work together on updating meetings for the World directory. Area is sponsoring Halloween Dance Oct. 31 in Topeka.

ORB -- Mike S. is new GSR. Clint B. is new alt. GSR. Meeting is disruptive and attendance low. Looking for a new meeting place.

WFS has ordered literature. Carol R. is new secretary. Group will give a basic text to newcomers and those who need one.

Bitter Ends has 40-50 attending. Group got NA posters to display. Tim K. elected alt. GSR. First Wednesday of each month is Speaker night.

US -- meetings are going well.

Twilighters -- Meetings OK.

Give Us This Day needs support. Bob B. is acting GSR. Need secretary and Alt. GSR.

Ottawa Group moved its Saturday day meeting to Sat. night.

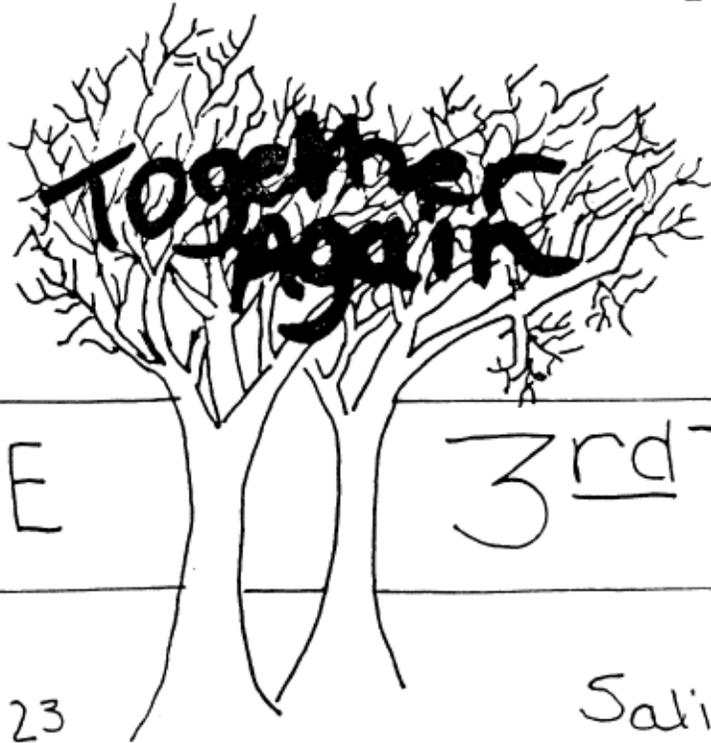
Larrytown meetings doing well.



Foundation Group's meeting at women's house needs support. Other meetings are OK.

# INDIAN-AMERICAN REGIONAL ROUND-UP

19



86

FOR THE 3<sup>rd</sup> TIME!

November 21-23

Salina, KS

Friendship Center  
746 Comanche

Friday- Registration  
Candlelight meeting

5:00 pm to midnight  
10:00 pm to midnight

Saturday- Sub-committee workshops  
Regional Service Conference  
Speakers meeting  
Oz T. - Topeka, KS  
Raphael - Omaha, NE  
Dance and Auction

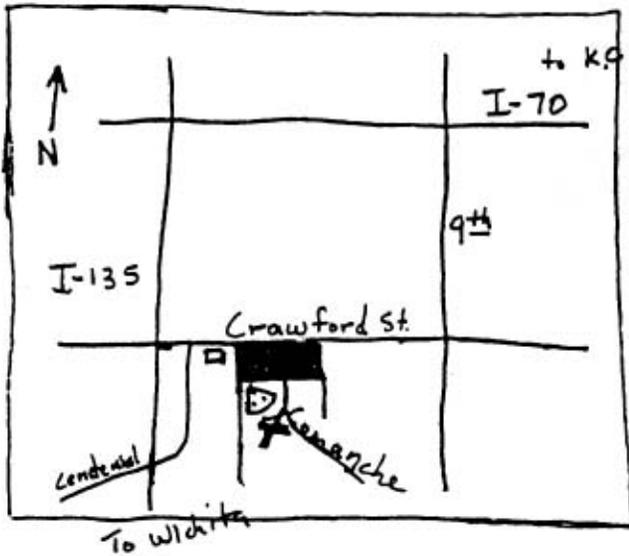
9:00 am. to noon  
1:30 pm to 3:30  
6:00 pm to 8:00

8:00 pm to midnight

Sunday- Breakfast  
Speakers meeting  
Burnalee R. - Topeka, KS

8:00 am to 10:00  
10:00 am to 11:00

Registration open all weekend  
\$5.00 per person



Off of I-135 At Crawford  
St. Exit. - Take 2<sup>nd</sup> Right  
One block then left one block  
You'll see it.  
Friendship Center  
746 Comanche

For more information

Call Jim or Marci at.  
913 - 825 - 9510

Pay Phone At Friendship (913) 825-9495

Motels & Hotels within a few blocks of  
Round-Up Site

Holiday Inn 1616 W. Crawford Av. (913) 823-1739

Best Western 632 Westport Blvd. (913) 827-9315

Red Coach Inn 2110 W. Crawford (913) 825-2111

Super. 8 Motel 1640 W. Crawford (913) 823-9215

Also some homes in Salina will  
be open, for best spot call early.



# What's Happening?



Oct. 31, Friday, Topeka Halloween Dance, sponsored by Fellowship for Freedom Area. It's at Candletree Apts., 5820 Candletree Drive, Topeka. It starts at 7 p.m. and there will be a prize for best costume, chili and hotdogs, a kissing booth, and raffle and auction. Admission is \$1.50. For more info call 913-232-LOVE.

Don't take off your dancing shoes! The fun continues in Wichita the next night -- Nov. 1, Saturday where a fund-raiser for the round-up will be held at 901 West Douglas. The regional activity planning committee will meet at 6 p.m., speaker meeting at 7, and a dance and raffle follows at 8. Admission is \$1 each. This is also a Halloween Costume Dance. For more information, call Laura R., 316-942-0548.

Newton's having a Turkey feed Nov. 16 at the 4-H Building on 1st Street. You can't miss it, it's on the Harvey County Fairgrounds. This will be an afternoon activity. The same day, there will be a celebrity roast for a yet unnamed individual.

Of course, we'll all be together again for the 3rd time at the Mid-America Regional Round-Up. See the flier in this newsletter for complete schedule. It's Nov. 21-23 in Salina.

Dec. 6, Saturday, Hoisington is sponsoring a chili feed. It's at 109 East 1st, the municipal building. Set up's at 5, eats at 6, speakers follow, get nervous Jim M. and Mary from Salina. A dance begins at 8 until? This is a 2nd annual affair and is sure to be a winner.



## ELSEWHERE:

Pennsylvania, Oct. 31-Nov. 2, TSRCNA IV, P.O. Box 110217, Pittsburgh, PA 15232. Call Ken J., 412-731-9219 or Jeff 412-363-8444.

Louisiana, Nov. 7-9; Second Chance Group 4th Campout, Burns Point State Par, south of Centerville, La., Call Howard, 318-386-5161 or Fred 318-828-5888.

South Carolina, Nov. 7-9, Serenity Festival IV, Myrtle Beach, SC, Write David P., P.O. Box 91, Columbia, SC 29202 or call Stan 803-781-2841.

Florida, Nov. 13-16, Serenity By The Sea, Colonnades Hotel, Singer Island, WPB, FL., Recovery 5, Box 164, Delray Beach, FL. Or call Ray 305-734-2601.

North Dakota, Nov. 15-16, Meet your Nabor Days, 1st and 3rd St. W. Dickinson. Call Mike, 701-225-4392.

Oklahoma, Nov. 21-23, 2nd Annual Fall Retreat, Camp Takatoka on Fort Gibson Lake, Choteau, OK., EASC, C/O CSO, 4611 S. Peoria, Tulsa, OK 74105. Call Leo 747-4556.

Tennessee, Volunteer Regional Convention IV, Radisson Plaza Hotel, Nashville, Tenn., Pre-register before Nov. 16. Dances, banquet, speakers, workshops, marathon meetings, coffee shop, health club, indoor pool, sauna. All this happens Nov. 26-30. Call Charlie R., 615-868-3150 or Allison C., 625-383-8417.



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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RENEWAL \_\_\_\_\_ NEW SUBSCRIBER \_\_\_\_\_

Send \$6 check or money order made out to Mid-America Region.  
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special events, etc. and give everyone a chance to  
attend Mid-America's meeting through the mail.



