

MID-AMERICA NEWSLETTER

FEBRUARY — MARCH 1987



Spirituality
Հոգևորականություն

ENFORCED SPIRITUALITY

There exists in our Fellowship a tremendous ignorance concerning our Twelve Traditions, in my opinion. No, I'm not talking about people who have never heard of the Traditions at all, rather I'm referring to those who think they already know. The Twelve Traditions of N.A. are spiritual principles; they cannot be "enforced." Spirituality and enforcement do not go. My experience of spirituality has always been consistent with the principle of surrender; when I get out of the way, a H.P. can work to do what is best in and for my life. The minute I try to force something or "self-will" it, spirituality cannot exist; I am shut off from the "sunlight of the spirit." So it is when we as individuals and groups seek to "enforce" Traditions. By thinking and acting on this very notion we are strangling spirituality out of our groups and hurting ourselves and others; God is out—we are trying to do his job for him.

So what alternatives do I suggest? How about if we all try real hard to first of all trust God as we understand Him, individually and collectively. What have appeared to be threats to the existence of our Fellowship have come and gone in the past; we have become frightened and pointed fingers at each other with furrowed brows, and God went on and guided us back into the light. In the meantime, while we are trusting a Power greater than ourselves we can seek to educate others about our traditions.

But first and foremost, (in my opinion) we must practice a personal Twelve Step program. While doing so we aren't likely to do anything stupid as regards our traditions. We can work a rigorous personal program and lovingly guide the newcomer into a sane understanding of the traditions.

By way of illustration, let me ask you this: who, while practicing the principles of our Twelve Steps, has the time and energy to be concerned with personalities? Who, while practicing our Twelve Steps is consumed by greed for money, property or prestige? Who after having taken a good look at themselves could be so self-deceived as to believe that they should become a leader who governs our Fellowship, rather than a trusted member who serves it? Do you see what I'm getting at? The principles of our program, the steps and traditions, compliment each other; they are not mutually exclusive of each other. I'm also confident that a person could not know about one group of twelve without having an understanding of the other twelve.

There are many myths born out of ignorance about our Traditions. Let us look at another one that has always been one of my favorites, it concerns anonymity. Many among us seem to feel that this principle has to do with people not knowing our last names; still others believe that we're supposed to be anonymous to each other within the Fellowship, sometimes to the point of not letting anyone know we exist outside of our local area. Wait a minute! I thought the principle of anonymity had to do with us all being equal peers. And what about the principle of helping someone and not getting caught? The point of anonymity is being lost when we crack on someone who uses their last name from a podium; we miss the spirituality that anonymity is supposed to create. And answer me this: How do we get "what you hear here, stays here" from Anonymity is the spiritual foundation of all all our Traditions ever reminding us to place principles before personalities?"

I suggest as an alternative to "enforced spirituality" (sounds a bit like enforced morality, doesn't it?-see page 41 of your Basic Text) that we practice faith, love and trust. When we were all truly doing this, there should be a minimal need for "God squads" and "holier than thou" attitudes. Let's all put a personal program first, holding hands with God we can't go wrong. That's what I'm going to do, today.

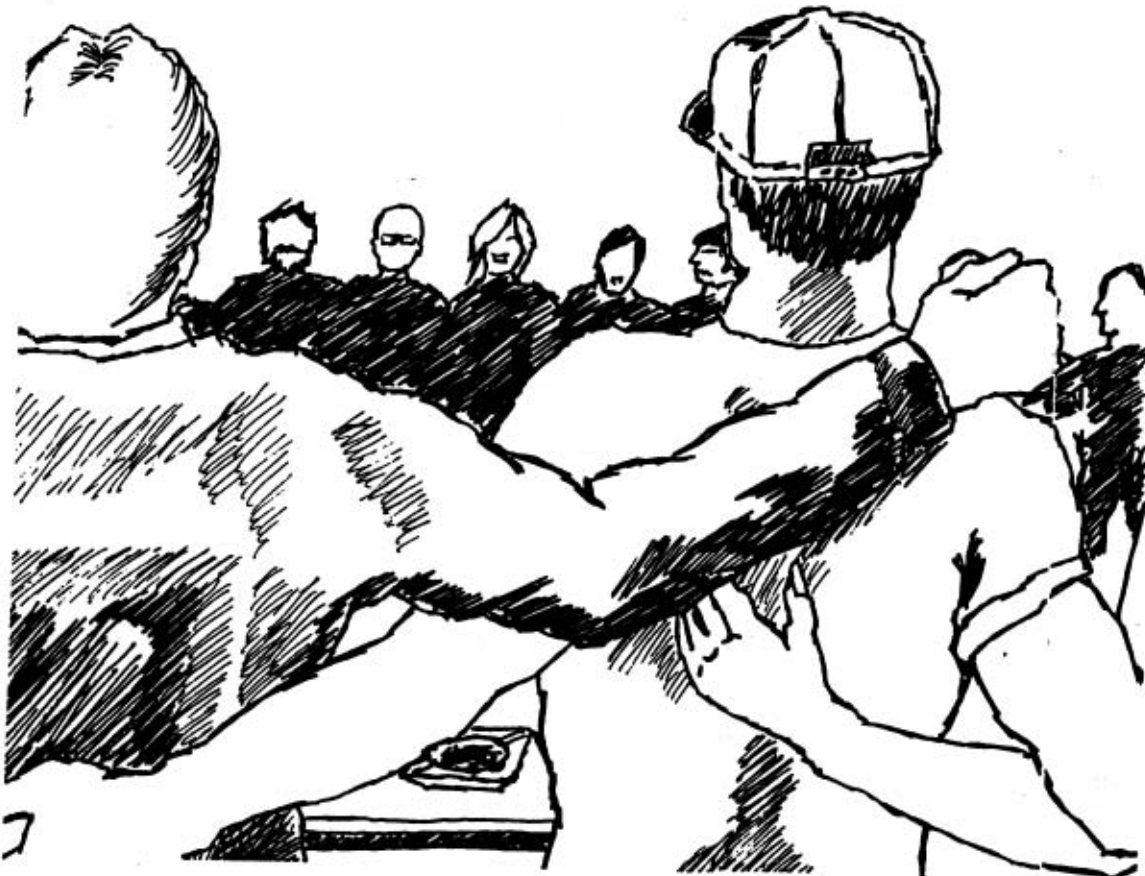
**Have You
Called An
N.A. Friend
Today?
If Not,
Why Not?**



"TOGETHER WE CAN"

C.I.
West Virginia

This article was taken
from the Jan. '87 issue of
the NA WAY.



Hi Everybody,

Sorry this issue is so late!

I goofed in the last Newsletter, and didn't let ya all know that the Editorial from Bob Stone, was taken from the Aug. '86 Newsliner. (Just wanted to let you all know that I'm not perfect!)

I'd like to thank K.C. for a great time at their Spaghetti Dinner and Dance back in January. I had a good time and the speaker was wonderful! He brought tears to my eyes more than once.

Topeka also did a marvelous job hosting the last Regional. I missed the dinner, but heard it was good. The next Regional will be in K.C. on May 30th & 31st. No further details as of yet.

There are a lot of functions coming up. There will be a literature Workshop, Spaghetti Dinner, and Dance, April 18th in Salina. Come and share your ideas about our Basic Text, chow, and then dance it all off. April 4th & 5th there's going to be a Policy Workshop in Great Bend. Addicts from Louisiana are being flown in to share their experience, strength, and hope, and in Norton, Kspn April 24th there is a speakers meeting and dance. (for more details on upcoming events, see "WHAT'S HAPPENING" section.) It does look like Winter is back, so be careful on those highways. Hope to see you all there.

Just a reminder that our R.S.R. needs a group conscience on all the items in the Agenda Report to take to W.S.C. We'll be leaving April 25th, so all you trusted servants get a move on if you haven't already done so.

I would like to thank Amy G. from K.C. and all the folks there who sent in their work, which is in "CLEAN PERCEPTIONS." However, I know there's got to be more of you, in and out of the Region that can write! So, come on now, let's show K.C. we can write too.!

Also, much thanks to Pamela from Haysville for doing our cover again. She's great, huh?! We always need artwork, so all you artists, send your work to the Newsletter address.

Please have material for the next Newsletter in by April 1st, and I'll try to get it out faster!



In Loving Service,

Marci.

Marci W.

**Live for
Today!**

OKLAHOMA REGIONAL CONVENTION 1987



MARCH 27th, 28th & 29th

OKLAHOMA CITY, OKLAHOMA
CENTRAL PLAZA HOTEL

Hotel Information: Special rate \$35 / night per room.
Room reservations must be made with the hotel prior to the convention.
Contact: Central Plaza Hotel, 112 N. Eastern Ave., OKC, OK 73117
(800) 522-4383 in OK (800) 233-2219 out of OK (405) 235-2761 in OKC

SPEAKERS:

OKLAHOMA
Guest Speaker

SYDNEY R.
Los Angeles, CA

CHUCK L.
Phoenix, AZ



INDOOR POOL

WHIRLPOOL

RAFFLE

- Speaker Meeting
- N.A. Players:
"Basic Text Revue"

- 5K Recovery Run
- Workshops
- Banquet
- Speaker Meeting
- Dance

- Brunch
- Speaker Meeting

WORKOUT ROOM

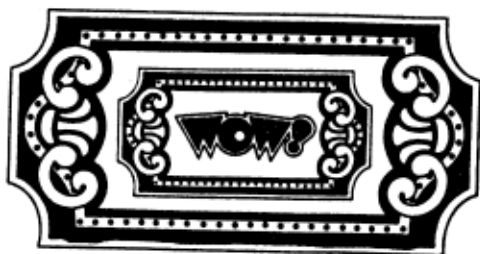
HOSPITALITY ROOM

Registration: \$ 15

Pre-registration ends March 15, 1987 - All meals must be reserved by March 15, 1987
Mail Registration To: OKRCC - P.O. Box 2034 - Tulsa, OK 74101

For More Information Contact: Leo S. (918) 747-4556 — Shari B. (918) 742-3032 — Mark T. (918) 749-2045

Clean PERCEPTIONS



IT WORKED AGAIN

I have stayed straight though another Christmas. It's another miracle. I am still new enough to be constantly amazed by the "real magic" of the program.

Not only am I staying straight, but now I am reaping the rewards and really feeling and accepting those normal highs and lows of the holiday season. I am free.

I could never do that before. I was a fearful slave..

Without drinking and using, the normal friend and family activities were just too overwhelming. I couldn't handle the joys or the disappointments. After I became estrange from my family I couldn't stand their absence or the unfairness of life. I felt sorry for "poor me". I couldn't face the fact that I was very sick with "our" terminal disease of addiction. "I" had it.

"The real magic" of the program is our steps of recovery, but I must work them.

Guided by my sponsor and my high power and constantly inspired by my fellow members. I have found myself and am now a part of something far greater than myself. I belong.

I know now the "magic that works" needs us. I must go to meetings, share, follow suggestions, ask for help, and work our steps.

What 'simple magic' for such wondrc results. I'm going to keep coming back. I want more of life. See you 'round the table.

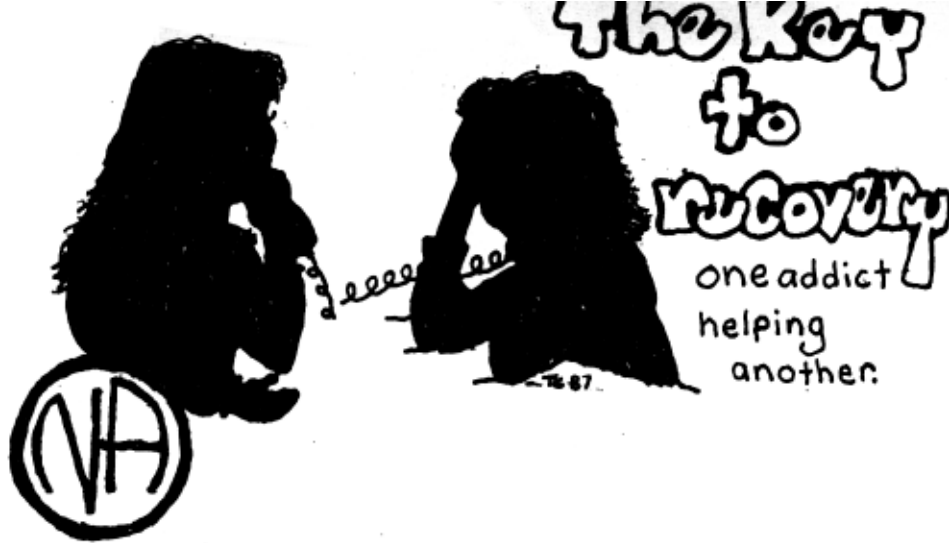
DAVE T.
CHEMICAL ABUSE GROUP
KANSAS CITY NA

The words had dried up long ago
That now rush through my head
To think that only days ago
I wished that I was dead
Grateful for your help am I
I'm happier by far
The cost was just one dollar
And a prayer upon a star

RANDY
KANSAS CITY NA



**Faith
in the
N.A.
Way**



I owe this program my life. I'm a happy contented person although I have my moments of insanity. I try to give freely what has been given to me because I don't want to lose this way of life.

Service work is very important. Whether it's cleaning our meeting place or representing our group the rewards are immense. I attended the Regional Roundup (Thanks Salina NA) and saw many people giving freely of themselves and thought "I'm grateful to be a part of the Fellowship." I would just like to say, with all the neat and caring

addicts in this Fellowship the saying "No addict need die without having found a new way to live", is not just a saying but the God's honest truth. Wishing you all the best in the New Year and stay clean 'cause I need you.

TIM D.
KANSAS CITY NA

GOT TO GIVE IT AWAY

I came into this Fellowship Dec. 8, 1982 full of fear and desperation. I can't remember much of my first meeting, only that it was nothing like I had ever experienced before. I had been to meetings a couple of years earlier but I never had this feeling. I continued to come back out of fear. The meetings felt safe, plus I thought it would get people off my back. I began to open my ears and listen to folks, one man in particular who later became my sponsor. People seemed happy. More than that, they were happy and said that I could be too! This really caught my attention so I asked how. They told me to begin with Step One and keep on keepin' on. That was my key to freedom. Today, four years later, I am achieving real freedom as a result of that earlier decision to try the steps. It's not always an easy task but a lot easier than hustlin' junk. After working the steps for a while and staying clean my sponsor read Tradition Five to me one night over coffee. He said to carry the message of recovery is my responsibility. I didn't understand; but he hadn't lied to me yet so I tried it. I didn't "fix" anybody but I did reaffirm who I was. In Step Twelve it says "we try to carry this message to addicts and to practice these principles in all our affairs". By carrying the message I get an opportunity to walk the walk.



DEADLINE FOR THE
NEXT ISSUE: APR. 1

I FOUND HOPE!

I started using so I could fit in with people and gain a feeling of belonging. I always felt unique. I felt inferior to other people. Using drugs gave me a feeling of confidence. I wasn't able to fit in with people and feel OK about myself. For the first several years of my using, drugs were a social activity for me and I told myself that they were the answer to all my problems. The only problem I had with drugs at this time was running out.

I got married to an addict and we started raising a family. Things weren't great but whenever we had problems we blotted them out with drugs and we kept rolling along.

Eventually my wife's drinking got way ahead of her. She reached her bottom and sought help through another fellowship. I continued to use drugs. My wife urged me to do something about my problem. I could either stop using or seek help in NA. I told her that I didn't have a drug problem, I stopped using narcotics and "just" smoked pot and pot wasn't a drug.

After 5 years of her recovery and my getting loaded she got sick and tired and left me. Within two years my kids had left also. As far as I was concerned it was not because of drugs. They were my only friend, now that every one had deserted me I devoted all my time and energy to getting loaded. Drugs were no longer a social activity, but something I did alone. My life became very isolated and it was very hard to talk to people. I reached a point when I was miserable when I wasn't loaded and didn't feel a whole lot better when I was loaded. Life became meaningless. I was alone and filled with fear and resentment. I felt I couldn't go on like this for too much longer. I started praying to God to work a miracle in my life.

Shortly there after I got a slip of paper from the Post Office telling me to come pick up a package. It was the NA text signed from an anonymous friend. I almost threw it away but I decided to take it home so I could examine it to figure out who sent it. As I thumbed through it I kept reading "If you are an addict give yourself a break and read this book." The book seemed like it was about me. As I kept reading I started to get a small glimmer of that my life could change. I decided to check out the meetings to see what it was all about. At my first meeting I was unable to talk and felt hopeless. I felt like no matter what I did to try to help myself the end results would always be the same-- failure. That was 11 months ago and today my life has changed dramatically for the better. I met people who were coping with life One day at a Time and who seemed successful and reasonably happy. I kept going to meetings and got a sponsor, probably the most important part of my program. Today I am able to talk to people both in and out of the fellowship. I am gaining self-respect and am learning to deal with my problems in a whole new way. My problems haven't all gone away but today I am dealing with them in a more positive way. When I surrendered to the program I thought life would be eternally dull without drugs. Today I have some real friends who care about me and my life is fuller than it has ever been. One of my kids has moved back in with me. Today I have real hope that as long as I continue to practice the principles of Narcotics Anonymous everything will be OK!

BOB C.
KANSAS CITY NA



AND THE

• MID-AMERICA REGION •

Proudly

~ **present** ~

SATURDAY, APRIL 18TH, 1987

AT

FRIENDSHIP CENTER
746 COMMANCHE, SALINA, KS.

Service

1pm. REGIONAL LITERATURE
WORKSHOP (For more info call
Marcia 825-9510)

Food

6pm. SPAGHETTI FEED
(\$3⁰⁰ CHARGE FOR SPAGHETTI FEED)

Fellowship

8pm. DANCE!! ROCK AND ROLL
'TIL MIDNIGHT

FUNDS RAISED WILL GO TO THE
UNITY AREA, SO THAT WE MAY
CONTINUE TO CARRY THE MESSAGE
TO THE ADDICT WHO STILL SUFFERS

CENTRAL KANSAS-AREA

Twenty-two attended the area meeting in January. There were eight voting members present. December minutes were read and approved.

Literature- Bobbi F., Hoisington was elected as Lit.-co-chair. Literature handbooks were received. Meeting lists will be ready in Feb. Area Lit. Comm. is asking that groups review the Basic Text and send input to their area lit. comm.

H&I-Requested funds for six handbooks for the Feb. 7 workshop in Pratt out of the H&I Fund. Funds allocated. Received the 87 H&I list. Bunny M., Pratt announced that she was resigning as H&I Chair, but would be involved in the H&I Workshop in Feb. White Books and pamphlets were bought for the H&I meeting on Larned.

Policy-Comm. asks that groups review the Shreveport area policy guidelines and submit pros & cons to the policy comm. before the policy workshop in April.

GROUP REPORTS

Ark City- Still there.

Great Bend-Meeting at 8:00 p.m. in the basement of the Presbyterian Church at 24th & Washington. Meetings have been slow around the holidays but are expecting things to get back to normal.

Hays-Freedom-Friday night Group is co-sponsoring a dance Feb. 21 at St. Mary's basement at 7:00 p.m. Group is starting a birthday book and are obtaining chips for birthdays. Treatment Center patients are attending and attendance is up.

Hays-Understanding-Wednesday night group now meeting at St Anthony's Hospital Annex (south) Canterbury Rd. 8:00 p.m. Attendance around 20 to 25. Group would like to see some out of town addicts! Birthdays-Nick G., Rene G.-90 days.

Hoisington- 12 to 18 people attending. New Year's Party was a big success. Donated \$30.00 to area and elected Doug G. new Alt. GSR. Birthdays-Bobbi F.-1 yr. Dee-90 days.

Hutchinson-Still hanging in there.

Larned-Still struggling, but have seen some new faces. 5 to 8 people attending meetings.

McPherson-Friday and Sunday meetings going strong.

NEWS!

Newton-Three meetings a week are going pretty well, averaging from 5 to 15 in attendance. Birthdays-Glenda P. 8 yrs. Congradulations! New Years dance was a great success

Pratt- Averages 6 to 10 in attendance. Planning a sub-committee workshop Feb. 7th. There will not be a dance after the workshop after all. Birthdays-Casey H. 9 mos., Dena-1 y & Debbie-3 yrs. Congradulations!

GREATER KANSAS CITY AREA

H&I-Meetings are being covered. There is a demand for more Meetings. Meetings will hopefully be started by late Feb. at Lancing.

P.I.-Answerette is doing O.K. T.V. and radio PSA's are going well. Ad should be in the Star soon.

Activities-An area activities committee has been formed. Joe R. was elected as chairperson. Nancy F. was elected as alternate.

GROUP REPORTS

Northland- Nancy F. was elected GSR, Bob C., alternate, Jim T., Treasurer, Brian M., P.I. rep., Bria M., H&I rep., Steve B. and Literature Patti W.

St. Joseph-All four meetings are going well, and meetings will be on the area schedule. They are getting more steady clean time in their groups.

DOA-Meetings going great, and attendance is high. Elected Bill S. as activities person.

CAG-Holiday and New Year activities were a success. Over \$140 was raised for the literature comm. PI is in the process of sending out packets to area churches and running ads in the Westport Reporter 9am Wed. meeting was cancelled. Terr C. was elected group H&I chair. The group now sends \$50 to Region, \$50 to Area, and \$100 to WSC monthly. Tuesday 8pm meeting has been changed to a tradition study format.

New meeting lists are being printed. Next ASC will be preceded by a Policy committee.

NEWS!

Just for TODAY

UNITY AREA

Eleven attended the area meeting in Junction City on Feb. 8. Jan. minutes were approved.

PI - Feb. basic texts were given to Mike T. to distribute in Manhattan. It was decided to only donate one book a month from now on because of lack of funds. March's book will go to the library in Abilene. Salina had another "PI Day" to distribute "do you have a drug problem, maybe we can help! Call NA" fliers. Brian M. said it went very well.

Literature - There was much discussion about Literature Report from Susan S. in regards to the problems in the Basic Text. Workshop planned. It was brought up that any groups financially unable to afford literature should say so and it could be ordered from WSO. Two groups asked for literature.

H&I-Jim M. from Salina resigned. Fab from Salina was elected new chair. Brad M. Salina started the H&I meeting at St. John's A.T.U. back up. He said the first two meetings had gone fairly well.

GROUP REPORTS

Butterfly Group, Salina- meeting has shown some growth. They have moved to a permanent address, which is 315 N. 2nd, 8:00 p.m. on Mondays.

Unity Group, Salina-Meeting doing well. Sweetheart dance was a big success.

Phoenix Group, Salina- Meeting is doing very well. Usually between 25 and 30 in attendance. Donated \$50 dollars to the area. Also planning a dance on April 18th, which will be preceded by a spaghetti dinner-fund raiser for the area. Fliers in the works.

Basic Text Study Group-attendance has increased slightly. Group needs a GSR.



WESTERN KANSAS AREA

Twelve attended the area meeting in January.

PI- Committee is asking for addresses and phone numbers for PI chairpersons at the group level in their area. They are looking for volunteers to take PI meeting into schools in their area.

Literature-purposes and functions of Literature committees were read. They read and reviewed "The Loner Staying Clean in Isolation." The committee liked the pamphlet as written.

GROUP REPORTS

Liberal-New Hope Group's New Years Eve dance was a big success. The group bought a coffee pot. Attendance is about the same. They elected a new alt. GSR, Genoa L. Congratulations Genoa!

Dodge City-Membership is stable. Birthday night went well.



What's Happening?



ELSEWHERE

May 29, 30, and 31- Fundraiser Campout for the K.C. Area at Smithville Lake, Smithville, Mo, Crows Creek Campground, off E. Hwy. Starts Fri. after 6:00 through Sun. 'till noon.

March 27, 28, &29th-The 5th Greater Philadelphia Regional Convention, "STEP UP TO RECOVERY" at Dunfey City Line Hotel. Total registration package &50.00 at the door. This includes registration, banquet, and brunch. For more info call, Steve and Shat at 215-925-7766.

March 27th, 28th &29th-Okla--homa 1st Annual Regional Convention, "STRAIGHT FROM THE HEART" in Oklahoma City, Ok. Flier attached for more details.

July 10th, 11th &12th-"IN THE SPIRIT OF UNITY", 1st Sierra Sage Regional Convention'87 at the Peppermill Inn & Casino. For info call Reno N.A. Hotline, 702-322-4811.

EVENTS IN KANSAS

April 4th and 5th- Policy Workshop in Great Bend. No details have arrived as yet.

April 18th-Literature Workshop for reviewing the Basic Test, from 1:00 to 4:00, spaghetti dinner at 6:00, and a dance at 8:00. Three dollar charge for the dinner, and everything else is free. Where's it at? 746 Commanche, Salina, Ks.

April 24th-"WELCOME BACK, GET TOGETHER DANCE" Speakers mtg. at 5:30, dance at 7:30. Location- Norton County 4-H Bldg., Norton, Ks.



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.

COPYRIGHT RELEASE FORM

I, _____, give the Mid-America Regional Newsletter permission to print any input accompanying this form. I also agree to allow editing of input that does not change the content.

SUBSCRIPTION FORM



NAME _____

ADDRESS _____

RENEWAL _____ NEW SUBSCRIBER _____

Send \$6 check or money order made out to Mid-America Region to: Mid-America Newsletter, P.O. Box 1574, Salina, Kansas.

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 MID-AMERICA NEWSLETTER, P.O. BOX 1574
SALINA, KANSAS