

Mid-America
Newsletter
June — July 1987

from the editor's kitchen table

Hi everybody,

Boy, I'm excited! There's so much going on and not enough time to do it all!

Of course the campout is coming up real soon! I can't wait! The 4th of July MARC is very special to me. My first one was a real turning point in my recovery. I learned a whole lot about me and my recovery. Don't get me wrong, alot of crazieness goes on, like baloon tosses, three legged races, softball, volleyball, inner tube races, egg tosses at you favorite N.A. personality, and a whole lot more. There's also alot of recovery to be had. There's speakers meetings, campfire meetings, and spur of the moment meetings.

Then there's the 8th Annual High of Life Picnic at Lake Stockton on July 17-19. I've never made it, but I've heard it's one heck of a party. I had hoped to try it out this year, but am sad to say I won't be able to.

The Regional P.I. Subcommittee is having a P.I. Learning Day in Hutchinson, where they will be reviewing "Aguide to Public Information". This will be on July 25th beginning at 1p.m. They're going to do a little cooking and dancing after the workshop.

August 1st there's going to be a literature workshop to began reviewing "It Works: How and Why", followed by a dance. Salina's Phoenix group is throwing the dance. It will be our first fundraiser for the convention. So you all come and share your thoughts on our literature and then stick around and dance awhile!

Well, I know I'm looking forward to it all! You know, our N.A. functions are real important to me. When I first got clean, I didn't think there was any fun things left to do. Boy, was I ever wrong! I've learned that I cannot only have a great time at campouts and dances, but that service work is not just work, it involves a lot of sharing and caring and I've found that's alot of fun too! Thanks everybody for showing me how to have some good CLEAN fun!



In Loving Service,

Marci

Marci W.

Clean PERCEPTIONS

I thought eternal strength was something of mine, that which not many possessed.

But little did I know as this feeling would grow it would not be synonymous with success.

As I awoke each day and pushed the clouds away, and the sun came shining though. Like a train on the track with a load on its back. My fantasy would be over soon too.

For the truth is something that is hard to face, it's full of pain such as fear and disgrace. And bigger people seem to turn their backs, they seem diligent, evasive and unclear of the facts.

So who do you turn to in this time of need, a time when all seems dim. As you sit back and ponder and let your mind wonder your future looks very grim.

But there is a shining light that you reach for in spite, of all the hurt that you feel.

And that light that you seek, is right at your feet. That light is your very own will.

So take that chance you have nothing to lose except cocaine, marijuana, other drugs and booze.

There's no sure bet when you are playing roulette. But this is the path you must choose.

Because knowing right from wrong may be an old song but the words we seem to forget. It is easy to say I'll just put that away and fall back into self-neglect.

So as the calendar crawls behind these four walls my strength seems to be returning to its peak. But I know for a fact I must stay on track. I have miles to go before I sleep.

ANTHONY K.
KANSAS CITY NA

WHEN I CARE, AND WHEN I SHARE ...

It Works! In February I took a couple of blank N.A. posters home from a meeting. They laid around for awhile. Finally, I felt so guilty, I filled one out and took it with me to the laundromat. This was in March. In April I received a call from the owner of the laundromat. He said he was a scoutmaster and would like someone to speak to the Boy Scouts about drugs.

On April 26th, Mike T. Tonya P. and myself, (all members of Manhattan's Nameless N.A. Group) drove to Milford Lake to a scout campout and ate lunch with the leaders. After lunch we spoke for forty minutes about our experience with drugs and addiction in general.

Thirty-five scouts and seven leaders gave us undivided attention. I felt that it went just as it was supposed to—and I got a great spiritual high from the experience.



Steve T.

TODAY: I HAVE A PROGRAM

We gave away to N.A.
Now we are here to stay.
We lived a life of total hell,
now we have come to try to get well

SHAYNA
KANSAS CITY NA

I have a five year old boy whose favorite saying is "It's your day to do it, NOT MINE!" , whenever he wants Mom to dress him, put on his shoes or find something he needs.

This weekend the Area I belong to had a fundraiser. We've been trying to put one on for six months! I met alot of recovering addicts whom I care for and love, just as I do my own son. Yet, this weekend I heard alot of "It's not my job to do it!".

A new comer to our area came up to me and asked what was happening next. I heard myself "Well it's not my job, so I'm not going to worry about it. She asked me why she had been hearing that all day. I told her, "Yes I guess I'm pretty tired of hearing it too. But I've been here for ten hours and this is the first time I've sat down with nothing to do but eat my dinner and someone else is going to have to run the auction. I'm eating this meal before I do anything else!"

My mind started racing through all the area and regional gatherings. Afew familiar faces pop to mind, the ones who are dedicated to making sure each function begins and ends. Then my mind rolled through the faces I've seen at Fellowship activities, who were just there for the fun and games. Maybe if it was forced upon them in an easy going manner they would help out, but it wouldn't last for long.

Then my mind went slowly through the Serenity Prayer. "God grant me the serenity to accept the things I cannot change!" (The people who just want to party) "The courage to change the things I can," (My own attitude, so I do not get resentful.) "And the wisdom to know the difference." (I don't mind helping out, just as long

as long as I can sit down for a short quiet time break, in the middle of all the happenings.)

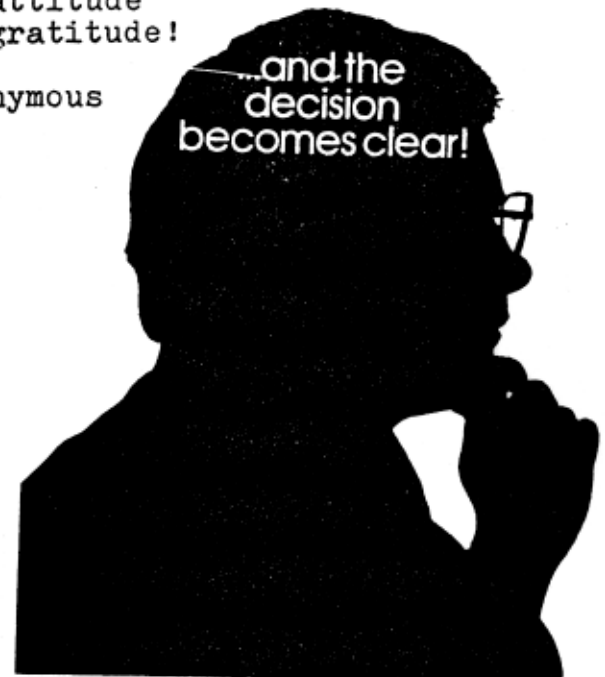
I guess what I learned most from the new comer was that I love N.A. and the people in it, so why ruin my day with glitching, taking some else's inventory, or complaining because I don't have enough help. Let me be grateful instead for the recovering addicts who do show up and have a good time in recovery. What needs to get done, will be done by those who care enough to Share The N.A. Way!

Thanks
I needed
to share
my attitude
of gratitude!

Anonymous

Think it
over...

...and the
decision
becomes clear!



*"My Gratitude Speaks
When I Care and
When I Share with
others the N.A. way*

Thoughts on Step Six

Recently, I found myself in a real mess. My insanity resurfaced in a second and all my character defects sat staring me in the face. My immediate reaction was self pity and I let that take over for about ten minutes. But this time self-pity didn't do the trick. It wasn't working. As it says in the Basic Text, "Where before we could get away with fear, anger, dishonesty or self-pity, we now see where they cloud our ability to think logically." (pg. 31, Third Edition, Revised.)

I also felt anger and fear, but at this point, for once, I couldn't be dishonest with myself. I saw that in my insanity I had done the same thing and expected a different result. Then I felt ashamed and a glimpse of humility came through.

I realized my Higher Power had allowed me to set myself up again with the hope that this time I would see what I had done. And I saw it! What a miracle. But this scared me too.

My Higher Powers presence was powerful. I wanted to deny it and run. And I tried to. I got on the phone and tried to call at least five people. I felt like God was watching me and chuckling. No one was home.

"Oh no," I thought. That means I have to do what I know I need to do - work on Step Six.

You see, the previous four months I'd worked Steps One through Five once again. But then I stopped, with a half-hearted hope that Step Six would work itself.

So I got out my Basic Text and read Step Six. Still not willing to face God one-on-one, I read it again. I realized that in four years of recovery I had never understood this step and had merely skimmed over it in the past because that

was the best of my ability. What a revelation when I connected Steps Two and Six and realized that Step Six is a reaffirmation and deepening of trusting God to take my insanity away.

At first I thought I could work Step Six on lust alone. Then I saw that that's not what it says. It says all these defects of character. A new wave of fear hit me. What would I have left? Then I saw that it didn't matter. I'd have to trust God to leave me with something. And if I align my will with God's, it's a pretty sure thing that if I let these defects go I can move in a spiritual direction and have more assets than liabilities someday.

So finally I wrote some things down, knowing God was patiently waiting for me to pray.

I prayed for the remedy for fear, which is faith. I prayed for restoration of sanity as my character defects are removed. And I said "Here I am. I'm open to whoever I turn out to be because I trust you, God."

I've been praying this same prayer for a couple of weeks now. And I am feeling better.

I don't know when I'll be entirely willing. But I know no lightning will strike me to tell me. It will be from within that I know. And at that point, I pray I will continue on to Step Seven.

Julie P.
Hutchinson

Just for Today

NEWS!

My name's Tim and I'm an addict. I recently experienced the death of a close friend who was in our Fellowship. It is a hard blow to take but I'm slowly coming to an acceptance of the situation. I would just like to pay tribute to him here "Rick S. I love you and I'll miss you." The best I can do now is go on with my program to the best of my ability and live "Just For Today." I'm very grateful to have this program and the people (you guys) to rely on. Service work is one of the most rewarding things in my life. To give back what I have is a privilege and my responsibility. Our Fellowship is on the move which means people are growing and pulling together in love and in the spirit of recovery. I recently attended a fundraising dance in Topeka for our July 4th Celebration and had a great time. (Oh yeah, Happy Birthday Clint.)

I think of it being spring and I thank my H.P. for something I choose to enjoy. I am reminded of something on page 101 of our Basic Text which says "Not only is this way of life better than the hell we lived, it is better than any life we had ever known." How true and sweet it is!

To the newcomer who is scared and trying to come to grips with all the pain and confusion that the disease of addiction can bring. Don't panic and take heart in the fact that if you do three simple (not easy) things 1. Don't use 2. Go to meetings and 3. Ask for help and take comfort that as more is revealed through the Twelve Steps and the loving, caring people of this Fellowship that it will get better than you could ever imagine. It's working for me "Just For Today." For that I am very grateful. Hope to see you soon. **KEEP ON KEEPIN' ON**

CENTRAL KANSAS AREA

Twenty-two were present with eight votes counted. The vote count was raised to ten as two new groups were accepted into the area. They were Hoisington's Women's Group, and the Wellington Group:

Activities Subcommittee- The first annual Central Kansas Area N.A. Fund raiser was a success. \$209.00 was raised at the fund raiser.

H&I Subcommittee- \$62.50 was raised at the fund raiser in Pratt and was turned over to the area. Hoisington will only be allowed one H&I meeting a month which will be held on the third Friday of each month. Group lists for speakers at H&I meetings are still needed.

Literature subcommittee- There was no lit. comm. The Area Literature will be done later. The committee needs support from the groups for the committee to work.

Policy Subcommittee- The Policy comm. has prepared the Guide To Service for the Central Kansas Area. The committee has decided that we will not discuss word usage during the course of the next ASC. If there is a need, the committee chair will ask for time on the floor to explain the problem. Also the committee is asking for a group conscience about writing guidelines for group service. Also each subcommittee needs to give their policy to the policy comm. for insertion into the guide for the Central Kansas Area.

news!

TIM D.

CAG KC NA

UNITY AREA

Ten members were present, with fives votes counted. Steve T. from Manhattan (not present), resigned as Area Vice-chair. Brad M., Salina was elected as the new vice-chair. Congradulation and thanks Brad.

P.I. Subcommittee-The comm. is comprising a mailing list of professionals to send some info. about our fellowship. Joe W. collect information from everyone and come up with one list.

Literature Subcommittee-New approval literature was ordered for each group. This will be distributed at the next meeting.

H&I Subcommittee-This comm. dissolved. It was decided, however to donate ten white books to the A.T.U. H&I meeting.

Still working on getting a meeting started in Abilene.

What's Happening?

MID AMERICA REGION

MARC '87 Camp out- Admission? FREE! Activities include softball, volleyball, water sports, horseshoes, ect. Where? Lone Star Lake, Douglas County, Ks. Of course there will be a bar-b-cue, dance and meetings. When? July 3,4,&5. This will be our ninth annual, so let's make it the best yet! For more info, call Chris or Jenny at (913) 235-9045, or Blake at (913) 843-0667.

P.I. Learning Day, Picnic, and Dance-Topics reviewing PI Handbook, "AGuide to Public Information. July 25 1987, Hutchinson, Ks, Fourth Estate Cabin. Learning Day begins at 1p.m.; other events to follow.

Literature Workshop- Topic will be, It Works; Hop and Why. Workshop begins at 1p.m. on Aug. 1, 1987 at 315 n. 2nd, Salina, Ks. Workshop to be followed by a convention fundraiser and dance, beginning at 8p.m.

DEADLINE FOR
NEXT ISSUE:
JULY 20



ELSEWHERE

TOGETHER WE CAN - July 3,4,5,
1987, Albuquerque, New Mexico,
Western States Unity Convention
IV.

ISLAND IN RECOVERY - July 3,4,5,
1987, 8th Annual BCNA Rally
'87 Victoria, B.C.

MORE WILL BE REVEALED - IRCNA
IV '87 Waterloo, Iowa July 3,4,5,
1987.

IN THE SPIRIT OF UNITY - 1st
Sierra Sage Regional Convention
'87, July 10,11,12, 1987in
Reno Nevada.

A WAY OF LIFE - July 10,11,12
1987, SDIR Convention III, in
San Diego, Ca.

HIGH ON LIFE PICNIC - 8th
annual, Stockton Lake, July 17 ,
18,19 1987, in Missouri.



THE JOURNEY BEGINS - FRCNA '87,
July 2,3,4,5, in Ft. Lauderdale,
Fl.

THE TIES THAT BIND US TOGETHER-
The third annual convention,
July 24,25,26 1987 in Rock-
ford, Ill.

EUROPEAN SERVICE CONFERENCE IV -
July 24,25,26, 1987 in Frank-
furt, West Germany.

DON'T GIVE UP 5 Minutes Before
the MIRACLE! - August 14,15,16
in Front Royal, Virginia.

LIVE YOUR DREAMS - WCNA-17 Sept.
3,4,5,6 1987 in New Orleans,
Louisiana.

PRINCIPLES BEFORE PERSONALITIES
UNITY IN ACTION - NRCA IV, Oct.
9,10,11 in Omaha, Nebraska.



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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