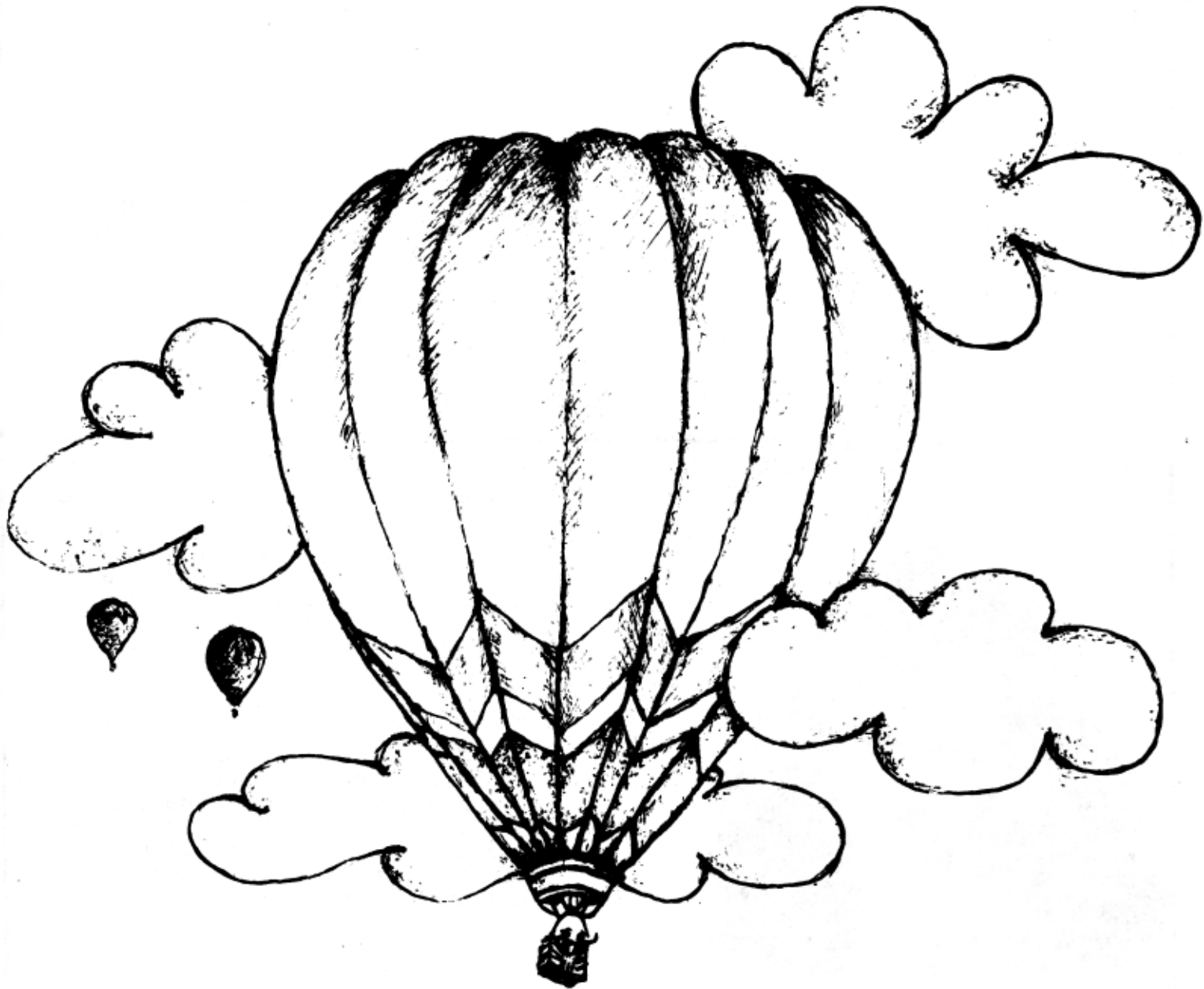


MID-AMERICA NEWSLETTER

August — September



 Living Free!

THIRD STEP

"We made a decision to turn our will and our lives over to the care of God as we understood Him." Having written my Second Step and acquired the deep faith that God will restore me to sanity, it is now time to conform to and align my will with His.

I used to think that this step was a one-time shot. Do it and move on. Now I see how often it is that I take my will back, and I see more clearly the need to constantly practice this step, daily, and even several times a day.

Self-obsession—that outstanding characteristic of addicts, can only be lessened through a repeated attempt to release control, listen to the inner voice of conscious, and trust in God that as long as I'm making an earnest attempt to live spiritually and grow toward a better me, all will be well.

I am so self-powered, trying to unsuccessfully "manage" things and drive myself and those around me so unmercifully, that the need to turn things over to the care of God is crucial.



"Made a decision" implies action, whether it be written, mental or out loud or all of them as I am attempting to do here and now. I make the decision with the confidence that not only do I "know" it to be the right course of action, but I also feel it to be good right, and proper.

I want God's influence in my life, ever moving away from self-deception and dishonesty into the light of truth and honest effort. You reap what you sow, and I believe that is universal truth.

I interpret my "will" to mean my stubbornness, close-mindedness, and outright refusal to change, whether the reason is fear or other wise.

My "will" is my controlling of any situation or person. My "life" is just that—the Course of my existence during this lifetime. To turn this over to God's care means to trust in the eventual outcome of all situations, even tragedies, trusting that all things happen for a reason, and that my Self is being strengthened and prepared for greater opportunities for growth and development.

Turning my will and life over is learning to live in the moment, just for today, to release control—to just plain stop, slow down, calm down, relax, take a deep breath, say a prayer, and move forth with increase awareness, love, and faith.

The "care of God" means that He is loving and actually has a personal interest and care about me. He cares. Care, by dictionary definition, also means "protection; charge or temporary keeping." God will be my protector, instructor, and supervisor.

"God as I understand Him" is the Force for Good, the Creator of purpose in the Universe that, if I but ask for it and try to practice spiritual principles, will sustain me with unconditional and limitless love.

M.R. Washington

(Taken from N.A. Way
June 1987)



from the editor's kitchen table

Hi everybody,

Whew! Boy isn't recovery great? This summer has been the best yet and there's a whole lot more coming up. The cover is about freedom, and I have experienced a bunch of it in the last few months. When I was using, I really thought I was bad. I did alot of traveling and I thought that was freedom. Now I know that was running. In the last three years, thanks to our program, and my H.P., N.A. has taken me all over, and I remember it all. The freedom is, I don't have to worry about having enough drugs, the law, and I'm O.K. with who's going with me. ME!

I just got home from WCNA 17 in New Orleans on Sunday. It was wonderful. I have never seen so many recovering addicts in my life. Twelve thousand of us all in one place!

I have never learned so much in three days in my whole life. There were workshops all day Fri. and Sat., marathon meetings going on all the time, speakers at night, and of course lots of dances. I saw and heard so much N.A. recovery!

I think the thing I am most grateful for is that I realized, more than ever before, what a magnificent gift we've all been given, and how much I have taken this gift for granted, and how little I give in proportion to what I get back.

Friday night a recovering addict from London told his story. He was really neat. Saturday evening I listened to a man with over ten years of recovery in this program. Both these men's honesty about their recovery was a real awakening for me. I learned so much about honesty, open mindedness, willingness, and a whole lot about humility and my will and God's will.

I also heard alot about service work and how important it is to my recovery. For me service is one of the ways I can give back what was freely given to me. After all, someone was here doing it when I got here, making sure the groups had literature, coffee, and an atmosphere of recovery, so now it's my turn to help out.

Well I'm trying to calm back down after the trip, but it hasn't been easy. (People in Salina are probably sick of listening to me.) I'll tell you one thing, I'll be going to the World Convention next year, H.P. willing!

As I said before, it's been a busy N.A. summer and it's going to get busier! I know there are alot of functions coming up, but as of yet, I don't have all the details. Be sure and check the "What's Happening" section for dates and towns of upcoming events.

Please send me your events. (if you don't have fliers printed yet, just drop me a line with dates, times, and locations), your area minutes, and of course your articles, artwork, poems, jokes. ect...

Thank you Amy G. from K.C. for your work on "Clean Perceptions, and Terry, who's also from K.C., who did our cover, and Laura M. from Salina who helped with the typing, all our subscribers, and anyone who sent me anything!

In loving service.

Marci
Marci W.

THE STEPS WE USED TO LIVE BY

- 1) I decided I could handle my addiction, if other people would just quit trying to run my life.
- 2) I firmly believe that there is no greater power than myself, and anyone who says it isn't so, is insane.
- 3) I made a decision to remove my will and my life from God, who didn't understand me, anyway.
- 4) I made a searching and thorough moral inventory of everyone I knew, so they couldn't fool me and take advantage of my good nature.
- 5) I sought these people out and tried to get them to admit to me, by God, the exact nature of their defects of character.
- 6) I became willing to help these people get rid of their defects of character.
- 7) I became humble enough to ask these people to remove their shortcomings.
- 8) I made a list of all the people who had harmed me, and waited patiently for a chance to get even with them all.
- 9) I got even with these people whenever possible, except when to do so would get me into trouble also.
- 10) I continued to take everybody's inventory and when they were wrong, WHICH WAS MOST OF THE TIME, promptly made them admit it.
- 11) I sought through concentration of my willpower to get God, who didn't understand me anyway, to see that my ideas were best and He ought to give me the power to carry them out.
- 12) I have maintained my addiction for many years with these steps, and can thoroughly recommend them to other addicts who don't want to lose their hard-earned status as junkies, but wish to be left alone, to practice unmanageability in all they do, for the rest of their days.

--Anonymous

Clean PERCEPTIONS

ME

When I was a youngster I would hide my thoughts away and I thought that I might look at them again some other day. The farther down I pushed them, the deeper they became. Until one day I felt that they might make me go insane and then I wondered to myself, how can I reach that place way down deep inside me, those things I wouldn't face. So I thought and thought for hours, to try to find the means to get to those deep feelings that stand between my dreams.

After much consideration I could find no way for me to reach the feelings in me so that I might set them free. It was then I knew I had to find someone that I could trust to help me free these feelings or I knew that I would bust. I looked to all my friends and found that none of them was he that I could trust enough to help remove them from in me. Alas, I thought I'll have to trust someone I do not know to help me with this problem and let these feelings go. So I found a place that advertised anonymous friends for free and something deep within me said that's the place to be. I went inside to meet someone and tell them what I needed and let them know that deep in me my feelings needed freed. They told me that they would help me if I did just what they said and also that the tool I'd need was right inside my head. After weeks of confrontation, one by one they came out where I could look at them and give them all a name.

The first one out was anger. It was nasty as could be; the next one out was guilt and I knew that that one's not for me. It was followed then by sadness and I knew it had its place; then glad came up to pause a bit and shine upon my face. I started feeling lighter but I knew that there were more, so I dug a little slower so I could see what each was for, I

played with each a little while so that I might find a little place for all of them just inside my mind.

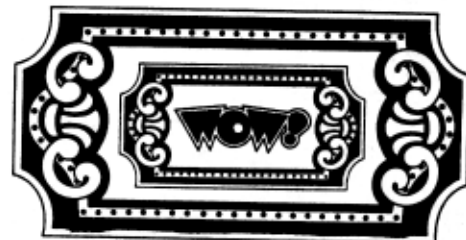
The one I hold the dearest comes from Someone up above the one I want to show the most--the one that I call Love.

JIM C.
ST. JOSEPH NA



Roses are red,
violets are blue.
I found Recovery,
and so can you!

DEE P.
KANSAS CITY NA



There will never be another
now-----
I'll make the most of today.
There will never be another
me-----
I'll make the most of my-
self-----

Before coming to the fellowship,
I spent my life hating myself
and others. I couldn't love my-
self, so I wouldn't let anyone
get close to me. I wouldn't
accept the fact that I had a dis-
ease. The thought never entered
my mind about recovery. Because
of my addiction, my mind wouldn't
function properly. I couldn't
accept other opinions or help be-
cause I knew it all myself.

But now, thanks to N.A. and my
higher power....my mind is once
again beginning to function. The
key to peace inside, is to accept
what I cannot change and leave it
to a power greater than myself.
When I accepted the fact that I
alone could not change, but with
God's help and the N.A. program,
I can. Lets face it!

There are some things I cannot
change:

I cannot change:

The weather.
The tick of the clock.
The past.
Another person against his or
her will.
What is right and what is wrong.
The march toward death.



Oh, but thank God I can knock
the monkey off my back and begin
to live again. Everyday people
are changing, with Gods help, into
the beautiful people God created
them to become.

In Chapter 4 of our N.A. Book
(How it works)

"We sought through prayer and
meditation to improve our con-
scious contact with God, as we
understood him, praying only
for knowledge of His will for us
and the power to carry that out."

Done!

I know people can change, be-
cause I, for one, am not the per-
son I was yesterday. With god's
help and with all of my N.A.
brothers and sisters, I am going
to keep on improving and be an
even better person tomorrow. "KEEP
ON KEEPING ON!" It takes not one
choice or two choices or three,
but thousands of choices to be-
come a better person. Old habits
dont die easily. New habits are
established by great dffort and
persistence.

How do you eat an elephant? One
bite at a time.

How do you climb a ladder? One
step at a time.

How do you cut down a tree? One
chop at a time.

How do you become a drug free
person? One day at a time.

"The best is yet to come"

Danny C.
Freedom Seekers N.A. Group
Boley, OK, 74829

SUMMER

I remember well, the siren call of summer joys. For awhile I really had good times; ball games and beer, ever dancing with drug flying feet, kegs of picnic beer to wash down pills, and the quick shooting of silver syringes. Those days were wild and fun. I felt strong even great and popular. We were a wonderful bunch. The occasional fights, getting sick, vandalism, and stealing were all part of the fun. I was in and on top of it all.

The summer highs passed faster and faster. The falls came harder and sooner. Fun and good feelings came less and less. I danced faster, drinking more and shooting quicker. The autumn sun now burned purple and my mind burned in crazy racing circles.

The music played faster, but I tripped and fell often. It was a mad dance of dying desperation.

I fell again and again. The summer joys were long gone, and only the painful consequences of my disease remained.

I could not and would not face truth in my early days in the program. I looked for a party to begin that had already ended.

I now thank my Higher Power and all of you, my friends "round the table" who helped me see that all my "dying parties" were over and a new kind of "living party" had begun.

In the beginning our parties "round the table" were not much fun. Would you believe I didn't think of them as parties or even see that they were helping to save my life.

I know that today. I thank you all for honest sharing. I too share honestly today and feel a real part

SELF-WILL RUN RIOT

My mind is racing ever racing
through event of days gone by.
Seeking answers to the questions,
always asking how and why?
But solutions are evasive
seeming always beyond reach.
Never, ever coinciding
with the things that I might teach.
Am I doomed to always coming
within inches of my goal?
Just to find the path I have chosen
is so far from what I know.
I quest for knowledge
that will save me
from a lifetime of despair.
And simply asking for the help I need
is getting me no where.
In following my heart
my will's led easily astray.
In following my will
I find I've gone the other way.
If I cannot keep perspectives
in the lines of my own sight.
I might as well look for tomorrow
in the shadows of last night.

JIM C.
ST. JOSEPH NA



in "our daily party of life."

I'm going to "our parties round the table" all summer. It won't get too hot, it won't be too much work, and those "old summer sirens" will no longer draw me back to their dance of death.

I now dance a new dance. I use the NA Step of Living. Join us! Give them a try and by this winter your steps will be lighter and free. We will be going in the right direction. Good Orderly Direction. Come to the "party of life."

DAVE TERWILLIGER
WESTPORT CAG
KANSAS CITY



HALLOWEEN COSTUME DANCE!

Oct. 31st

Salina, KS

Friendship Center
746 Commanche
Phone at Center
825-9495



Prizes will be given
for the Best Costumes,
SO WEAR A COSTUME!
Bring Auction Items!



Contact Jim or Marci at (913) 825-9510, for more info

NEWS!

UNITY AREA has a new ASR and also a new alternate. Alan R., Salina resigned as ASR, and Mike T. moved up. Marte D., Junction City, was elected alternate.

Literature-Meeting cards should be ready by the next ASC. Area stockpile is growing. The comm. is planning to have two workshops on "It Works...".

PI-is working very hard on compiling a list of doctors, lawyers, P.O.'s, social workers, dentists, and judges to whom they are going to send information about N.A. They decided to end a cover letter, the I.P. pamphlet "Who, What, How, and Why", and a meeting list.

Nameless Group is holding steady, and is helping Crossroads Group with the campout.

Omega is doing well, but still needs speakers.

Crossroads is averaging two to ten people. They are selling T-shirts to raise funds for their campout.

Phoenix group donated \$100.00 to the area, and \$114.22 to the convention committee. The group has moved from the third floor cafeteria at St. Johns Hospital, to the first floor Sunflower room.

Unity Groups attendance is holding steady with eight to fifteen. The group has Basic Texts for sale.

Friday night Basic Text Study Groups attendance is usually four to ten. Stolen money was replaced to the group!!!The group needs willing addicts to fill service positions.

Butterfly Womens Group reports "Attendance is great! Averaging

ten or more a week. They had a very successful dance, and donated \$70.00 to the area and \$10.00 to the phone line.

WESTERN KANSAS AREA has a new PI Chair and H&I alt. Chair. Alan R. is filling both these positions. The area voted to get a subscription of the N.A. Way". The area will be electing a new treasurer at their next ASC.

Literature comm. was attended by eight addicts. They talked about the new literature, and discussed the new approval literature.

H&I meetings at New Chance are doing well. The comm. discussed taking a meeting into the Minimum Security Prison at Norton. All agreed that it was a good idea.

Hill City Just for Today group's attendance ranges from six to ten. Members celebrated two, one year a five year, and various three, six, and nine month birthdays.

Phillipsburgh Friday Night Group-Attendance is holding steady with two to four regular members.

Norton Freedom of Choice N.A. is averaging around twenty addicts a week with the attendance from Valley Hope. The Norton State Hospital is switching over to a minimum security security prison. The group is preparing to set up an H&I meeting there if possible.

Against All Odds is going well. Meeting place is getting crowded with fifteen to twenty addicts, and seven or eight new comers from New Chance.

Only Chance is working on PI activities, such as radio and newspaper announcements.

*Deadline for next issue
Oct. 15th!*

What's Happening?

MID-AMERICA REGION

Oct. 3rd, 2937 Oaklawn, Wichita, Ks-E&I Workshop followed by two speakers, Jim M. from Salina, and Liz E. from Wichita. There will also be an open meeting, a dance, and a late candlelight meeting.

Oct. 24th-Regional PI Workshop in Wichita. This may be followed by a dance, but I have no details as of yet.

Oct. 25th-Literature Regional workshop on 'It Works: How and Why' Part 1. I don't know the location or time as of yet. This will also be in Wichita!

Oct. 31st-Halloween Costume Dance, sponsored by Phoenix Group, in Salina at Friendship Center, 746 Commanche, at 8:00p.m. Everybody wear your costumes!



Nov. 14th-Unity Group is sponsoring a dance at Friendship Center in Salina at the same address given above, and it's also at 8:00p.m.

Nov. 13-15-There will be a World Workshop on "It Works: How & Why" Part 1, the steps in Kansas City! Since it is a world Workshop, this means that members of the World Ad-Hoc Comm. will be flying in to work with us on our book! From my own experience, I can tell you that this will be something you won't want to miss. Above all, we need your experience, strength, and hope.

Whether you are new to the program, have a few years, or you have lots of clean time in the N.A. Program, we need you! If you haven't made any of the workshops we've had through-out the state, feel free to write your own individual input, and bring it to the workshop in Kansas City. If possible, bring ten copies of your input. Fliers will be sent throughout Kansas and the neighboring states in the near future.



ELSEWHERE

Oct. 9-11-NRCNA 1V in Omaha, Nebraska

Oct. 9-11, NRCNA 1V-Nebraska's fourth Regional Convention is in Omaha at the Holiday Inn at 72nd and Grover. Registration-\$15.00, Buffet/Banquet-&17.50
Buffet/Brunch -\$10.00
Total packet -\$35.00
Make check or money order payable to:NRCNA 4

P.O. Box 3532

Omaha, Nebraska 68103

For room reservations call:
1-800-HOLIDAY. Hope to see you all there!

March 4-6 LPRCNA VI-Louisiana's sixth convention is in Covington, LA at the Holiday Inn. For hotel reservation call Cheryl Hunt, (504) 893-3580. For convention info., contact Peter and Mary (504) 626-7298, or John B. and Kat C. (504) 893-9265.

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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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.

67402

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.



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 67402

Laura S. Rhea
2808 W. Harry
Wichita, Ks 67213

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