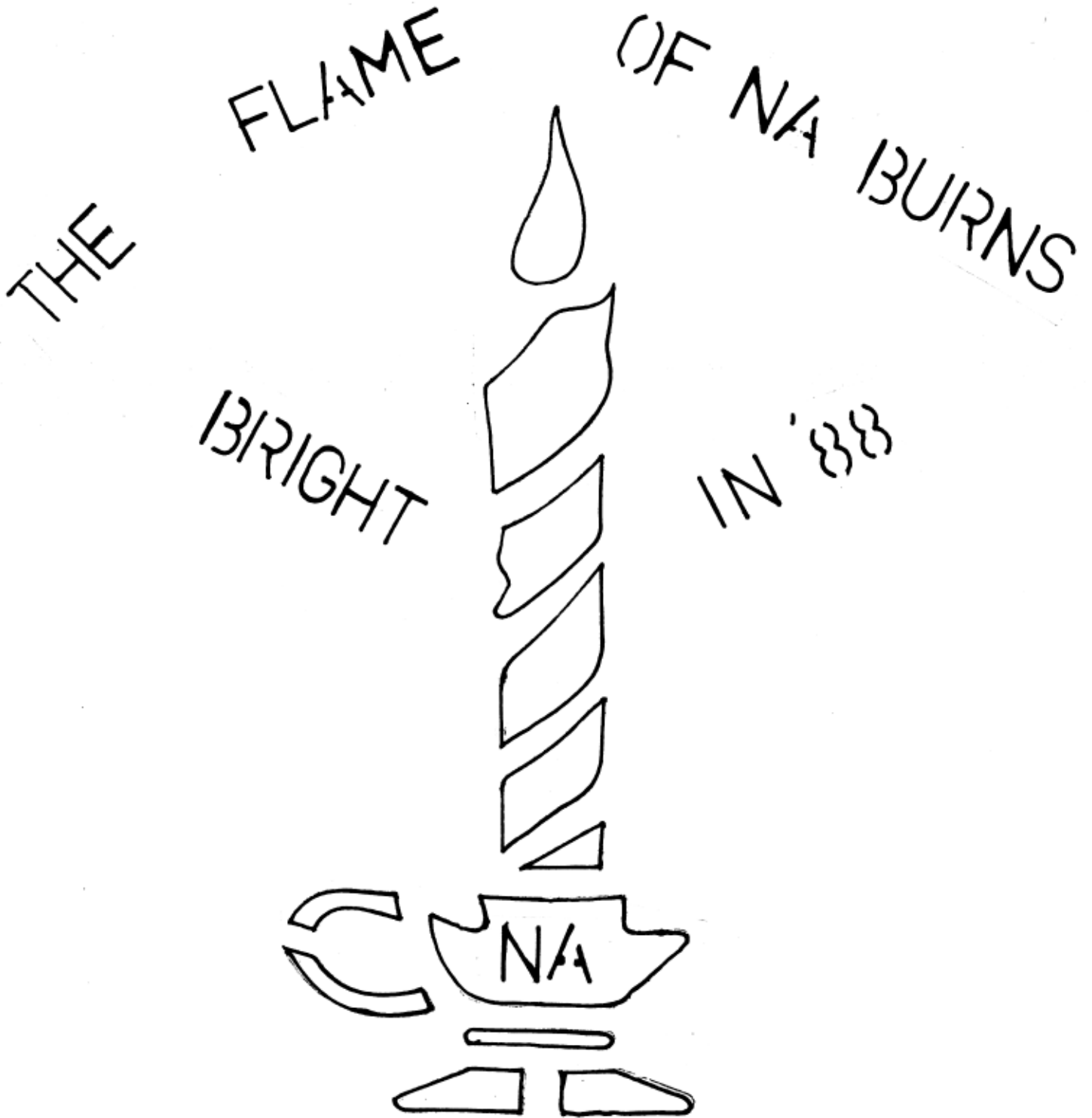


MID-AMERICA NEWSLETTER

December 1987 — January 1988



from the editor's kitchen table

Hi everyone,

Merry Christmas, and happy New Year a little bit late! I'm still trying to catch up from the holidays.

There's certainly no time to slow down now, N.A. sure hasn't! The fun begins Jan. 30th when K.C.'s Dead or Alive Group is holding their Fourth Anniversary Spaghetti Dinner. I went last year and had a blast. The word in K.C. is that this year is going to be even better. They're going to have a live band and the speaker is Chuck from Arizona, who is the vice-chairperson of the World Service Conference. Hope to see you all there! And then of course, what we've all been waiting for; the first annual Mid-America (Kansas only) Regional Convention! It will be in K.C. on Feb. 19, 20, & 21 at the Doubletree Hotel in Corporate Woods. Registration forms and more details are in the "What's Happening" section. So don't miss our first convention. Do what you've gotta do and get there! It's going to be the first of many great conventions. See you there! But don't stop yet. The R.S.C. is the next weekend somewhere in the Central Kansas area.

I have some information about the newsletter. We have a new editor. Amy G. oops, now Amy D. (she and Tim D. were recently married!) is our new editor. It's really strange, I've been looking forward to giving up the newsletter, but now I'm kind of sad. Sometimes I have wished that I had never taken the Newsletter, but at other times, it's been a lifesaver. I guess that sounds funny. It's something you don't understand, until you get involved with service work. There have been times during the last year when I've been depressed and lonely and just didn't want to do anything constructive. (I'm sure none of you can relate.) But my service work has always been there. Something in the back of my head, saying, "Marci, you took on a responsibility, you owe you life to this fellowship. Get with it!" So eventually I always do, usually not right away, but I do. Service work gets me out of me. Whether it's talking with a newcomer, setting up a meeting, being a group treasurer, being an area and regional literature chair, or putting together a newsletter, it gets me out of the problem, and in to the solution. The bottom line is, I want to give the still suffering addict the chance I was given. I would like to say service work doesn't mean doing everything. I have learned a painful lesson about doing too much. When I do too much, I don't usually get everything done to the best of my ability. That's how I've felt about the Newsletter. I am very grateful for having the opportunity to serve the region in this way. Now I'll be a reader instead of a writer.

I hope everybody will help Amy out. I still haven't received any area minutes, fliers have been scarce, and stories are dwindling. Amy won't have anything to print, unless you send it to her. Be sure and use the new address, it's Mid-America Regional Newsletter, 4817 N. Fremont Ave., K.C., Mo 64119.

Also if you are interested in helping Amy, drop her a line. I'm sure she will welcome the help. She has helped me with "Clean Perceptions" for the last year and I know I wouldn't have made it without her. That's also why I know she'll do a great job. So be sure and renew your subscriptions and watch for the changes! See you around! I LOVE YOU ALL!

In Loving Service,

Marci W.

Marci W.

Principles before Personalities

When I walked into my first N.A. meeting I really didn't notice anyone's personality. I was hurting so badly that all I saw was clean addicts reaching out to me. I loved them all, I didn't care about their personalities. I just wanted what they had to offer, and they were giving it to me. They didn't care about my personality either.

Well, time passed. I got a little clean time under my belt and started doing some service work...EEEEK! My sponsor told me to pray for them and myself, I prayed a LOT.

Today I hear people saying they stay away from service work and certain N.A. meetings because there is someone there that they don't like. They stay away because of the "personalities" they can't handle. They say "this is a selfish program, and I have to do what I have to do for MYSELF."

Who started that rumor? I've never read anywhere in our literature that this is a selfish program. If anything it's a *selfless* program. People caring, giving of themselves.

I thank GOD as I understand him for those addicts who were at my first meetings, the ones who didn't stay away because of personalities, the ones who remembered that the newcomer is the most important person at any meeting.

Today, whenever I start to miss a meeting because of ole So and So, or because I'm tired of hearing a particular person talk, I pray that God will gently remind me that the newcomer IS the most important person at any meeting. I thank God this

newcomer had plenty of recovering addicts around to share with me. I know that, "I can't but WE can.."

I try and remember to say the Serenity Prayer. I even say "God Grant US the Serenity to accept the things WE cannot change" I also say that this is a WE program. I'm trying to forget about selfishness.



I love my fellow addicts for being there for me. It's not necessary for me to like everyone, or to think that everyone has to like me. It IS necessary for me to remember to place principles before personalities, for my own recovery as well as the newcomer's.

I hope and pray I will never forget to Love my fellow addicts, to carry the message, NOT the disease. I love you!

C.Y., Mississippi

You are Service

What is service? Service is many things. It can be what you want it to be. You can serve in many ways. Some examples are making coffee, welcoming people to your meeting, giving your phone number to someone, cleaning up, taking an active part in your business meeting, and so many other ways.

Most of us do these things as a regular part of our recovery. But what about other types of service, such as being a GSR, area service with all of its subcommittees, and regional service and all of its subcommittees?

My involvement in service began when I was very new to the Fellowship, and has done many things to strengthen the process of my recovery. At first I was totally confused with all of the things that were happening and felt that maybe there wasn't a great deal I could do to help.

Soon I started to meet other people, some who had more time in service, some with less time. I was able to draw strength from some and give it to others. I began to get some of the long-lost self-respect I was looking for, plus we were reaching suffering addicts who otherwise would not know of our Fellowship.

This is an anonymous Fellowship, but it does not have to be a secret. There are addicts dying out there every day who have not had the blessings that we have. It is our responsibility to see that they are given the same choice that we are given. It is through giving that we receive.

member, for our own recovery, we should not over-do. Each member has to find a balance to the amount of service they can or can't do. Our sponsors will know when and how we may serve best, if at all.

Why do I serve? There are many reasons why, but the bottom line for me, in my heart, is so that no addict within reach of this Fellowship shall have to die from this disease.

J.M., New York

Deadline for
next issue
Feb. 10

I have to think, where would I be if not for those first members I met when I came in, the ones who helped to save my life, or the ones that have followed to help keep me in recovery? It is through the service committees that we can get the word out to addicts who are still suffering, and the work that is done is both blessed and beautiful.

Service is something as a Fellowship we should not under-do, and as a

These two stories were taken from May and July of the NA Way.

Clean Perceptions

Step 2

They say I need a power, one greater than myself. They say to look back and see what I've done.

My decision, my actions, my feelings, my pain, am I really that great, what did I gain?

Did I give myself birth, did I raise myself up, did I pay the bills, do I love myself? No, I drank and I used, I lied and I stole, I ran and I hid, and hurt those around.

Am I really that great? Can I go on this way. Why then am I here, what is my plot?

I search and I look for a God, he's not far! My mind isn't open, I still want control.

My pain keeps on coming, mistakes are repeated,

I know deep inside that a God's really needed.

I read and discuss Him, I'm still trying to run,

But little by little I'm still losing ground.

The fear grows inside, I'm exhausted you see, I fall to my knees and pray aimlessly.

To whoever's out there, I need you I say, and suddenly a touch of peace comes my way.

I asked, and it's clear, the feelings are there, a power that's greater makes Himself clear.

So there is one, I say, O.K. he's there, but how do I start to know that he cares Just look around, feel the love of the group, see others clean and let go of self.

The relationship grows, a new world unfolds, there's strength from within, where all else had failed.

Alice M.
Northside Stroll

Out of Control

Why don't they listen, how come they can't hear,
Can't they see what needs doing?
Can't they feel what I feel?

My life's out of order, I want and I wish,
I try to control it but opposition I get.

I need to be working, the money we need, I need to be busy, I can't sit and wait.

But why can't I do it? How come it's so hard. I'm not using or drinking, it should be a snap. People won't listen, won't give me a try, I know I can do it, but depressed am I.

Maybe it's I that can't accept me, maybe my old ways are destructive to me.

I'm told to keep simple, a day by day task, but when I need help it's so hard to ask.

God give what is needed, but I have no faith, I want what I want in whatever way.

So as long as I try, so hard in vain, as long as I look to myself for the gain, I'll continue to feel anguish and pain.

So why not ask for direction and help, it's new and it's different but what can it hurt. Things might go better, I might be renewed.

I might find relief and might start to grow.

And I'll find I'm not the one who needs to control.

Alice M.
Northside Stroll



These two poems were taken from "Spiritual Connection", July-August '87 issue.

Dear Fellowship,

As of the last R.S.C. I was elected H&I Chairperson. I, like many other recovering addicts, know how important H&I meetings are. For some of us it was the first taste of the N.A. Program and the people in the Fellowship that bring the word of recovery in to H&I meetings.

The general word from all our areas it seems, is that they need support. Recovering addicts spreading the word of hope and recovery is the best example that the N.A. program works. Remember, we can only keep what we have by giving it away.

One thing that the Regional H&I subcommittee has been working on, and has almost completed, is a list of temporary sponsors. This list consists of recovering addicts from all over our region that have one year of clean time, a phone, and a car. These people are willing to be contacts for people getting out of the H&I settings that the NA program brings there. The H&I Chairperson of the area will have the list.

If anyone in the Fellowship has any questions about H&I in their area, contact your area H&I Chair. If you still can't get answers, then contact me and I will do everything I can to get your questions answered.

Yours in loving, struggling,
but always growing service,

Marte' D.
325 W. 16th
Junction City, Ks 66441
(913) 762-3596



IF YOU ARE NOT COMFORTABLE WITH WHERE
YOU ARE..... CONSIDER TAKING A STEP.

ANOTHER COP OUT

My recovery is my responsibility.
It is not God's responsibility to bring about
change in my life.
You want change; change!
Don't continue to say, "In God's time, not mine."
All time is God's time,
Therefore God's time is now.
To tell myself "In God's time, my adverse
behavior will change."
Only means I want to continue that behavior,
until I'm ready or feel uncomfortable enough
to stop it.
Is that in God's time or mine.
In God's time, I will stop using people.
In God's time, I will find a job.
In God's time, I will let go.

God's Time Is Now!

Love & Respect,
Isaac H.

This article was taken from the
Sept. '87 issue of "Together
We Can".

news!

HOT OFF THE PRESS...I just received the following news!!!

CENTRAL KANSAS AREA-

Eighteen members were present at their A.S.C. in December. The area has a new P.O. Box #. It is 1361, Great Bend, Ks, 67530-1361.

Central KS elected a new area vice-chair, Cliff M. the current A.S.R. They also elected an activities co-chair, Jannette Y. Congradulations, Cliff and Jannette! Hays will be sponsoring the next R.S.C. on Feb. 26-28. No details yet.

The Great Bend raiser was a big success. The group donated \$700.00 to the convention comm.

H&I- Pratt meeting needs support. The Larned meetings are doing well.

Ark City group- Two meetings a week are doing well. Their first annual gratitude dinner was a big success.

Great Bend Group- Attendance is growing, they are averaging 15 to 25 every week. The group has ordered a 30 second radio spot.

Hays Group- This group is in need of a secretary and a G.S.R. Attendance is good, with 18-25 a week.

Hutch. Rainbow Group- This group has started a new candlelight meeting on saturday nights at 8:30. This brings them up to three meetings a week. The mondat night meeting is now a Basic Text study.

Newton Group- They have three meetings a week also. They are averaging 5-15 addicts a week.

UNITY AREA-

There were nine addicts present at their last A.S.C. Two trusted servants from this area were elected regional servants at the last R.S.C. They were Marte' D. H&I Chair, and Laura M., R.S.C. secretary. Congradulation!

H&I- The area's only H&I meeting is doing well.

Literature- Stacy S. was elected vice-chair of literature. Congradulation and thanks Stacy.

The literature stockpile is growing. We now have quantities of everything except a few medallions and Basic Texts. Basic Text survey will be completed at the next meeting after we have a chance to look over the 4th edition .

P.I.- The mailing was completed. Decisions about what to do with extra packets will be made at next meeting.

Butterfly Group- Attendance is great averaging 17-20. They have had a workshop to go over approval literature.

Crossroads Group- Attendance is up. They are looking for a band for their camp-out. Anyone knowing of a good band contact Mike T. (913) 537-7682.

Friday Night B.T.- The group elected Alan R. as their new G.S.R.

Nameless Group- This group has the only 4th edition Basic Texts in the area! Group needs to support to read them!

Omega- Outside attendance is down. They need volunteers to the speak at the half-way house. Contact Marte' D. (913) 762-3596.

Pheonix Group- Attendance is good. Lots of newcomers are coming back. They have reviewed all approval literature except two pamphlets.

Unity Group- The group bought a 42 cup coffee pot. Now their attendance is down. They need support badly. They meet every Tuesday at 8:30 P.M. in Christ Cathedral, Parish Hall, at 138 S. 8th.



I would like to express my appreciation to Stacy S. of the Unity area and Anita B. from the Central Ks area for sending me their minutes!

What's Happening?



MID-AMERICA REGION-

Dead or Alive Group's 4th Anniversary Spaghetti Supper- Jan. 30 at the American Legion Post 370, 7500 W. 75th St. 6:00-7:00 pm is coffee hour 7:00 -8:00 is an all you can eat Spaghetti Supper. 8:00-9:00, guest speaker, Chuck from Arizona. 9:00-12:00, dance to the tunes of a live band! Dance only-\$5.00, Dinner and dance \$7.00.

RECOVERY ROAD MID-AMERICA CONVENTION-flier and hotel registration included in this newsletter. Come and support our region's first convention, and above all share in the recovery!

I have also heard rumors of some Valentine's Day dances, but I don't have any details. Don't forget to send your fliers to the new M.A.R.N.L. address!



ELSEWHERE-

GET IT TOGETHER AT... SNCNA II Feb. 5-7 at the Showboat Hotel in Las Vegas, Nevada. For more info. contact Dave T. (702) 452-6938, Nancy T. (702) 451-0899, or Mike B. (702) 452-4010.

Fourth Annual Gathering of the Fellowship at Camp Erdman, on Fer. 12-14. For more info. contact N.A. Regional Office at (808) 533-4099, in Hawaii.

CELEBRATE IN '88 with the LPRCNA VI on March 4-6. For more info contact Peter and Mary R. at (504) 626-7298, or John B. and Kat C. at (504) 893-9265, in Cocalington LA.

SPIRITUAL CONNECTION- Philadelphia's 6th convention of N.A. on March 25-27. Contact Dennis D. at (215) 423-1761 or Dennis N. at (215) 879-1172.

FREEDOM IV A RAY OF HOPE- Michigan's Regional Convention of N.A. July 1-4 For info call Bob W. at (616)857-2538, or Carl D. at (616) 344-7530.

