

MID-AMERICA NEWSLETTER

JUNE JULY **88**



RECOVERY WITHOUT HONESTY HAS NO GROWTH

When I was young I was small for my age, I was the kid who was always getting picked on. As I got older, and naturally as my addiction progressed I began telling lies, making up a whole fantasy life for myself. I began saying that I had murdered people, and that I was highly skilled in martial arts etc. People either believed me or they just weren't sure so they left me alone. It protected me from harm while hiding my insecurities.

I had lived this fantasy for many years. By the time I found N.A. I had lost the ability to distinguish between what was ~~real~~ and what was not. In my mind I had lived all these things, and in my mind they were true.

When I first found N.A. I was in prison for sales, when I was released I was sent to treatment and when I left I thought I was working a good program, that I was honest and open-minded and was growing strong in N.A. What I didn't realize was that I wasn't growing in the program, I was at a standstill. Because of my mental imbalance I was totally incapable of true honesty. The only time I felt good was at an N.A. meeting. I was still living the insanity of my addiction.

I was miserable, I lived with feelings of loneliness, fear, anger, and depression and I couldn't see why. I continually focused on the problem ~~instead~~ instead of the solution. I tried using again for a few days and started coming to meetings again. I felt after that I had really begun to grow. The joke was on me, I was talking the talk real well but was still incapable of walking the walk. I brought fear to the lives of many people through fits of anger and threats of violence and my willingness was next to nothing.

I was eventually violated on my parole and arrested at the parole office. While at the parole office I was questioned by my parole officer about all of the stories I had been telling. I told him that they were all true and that he could prove none of it. I then told him that I would be back to kill him too as I had done it before.

After a couple of days in jail I prayed and asked God "why?" I got my answer. I began to look at the solution instead of the problem. I began to reflect and look deep inside myself, realizing the dishonesty and it's depth for the first time in years I cried.

I am now able to begin growth in the program. I sit in jail but it doesn't matter because for the first time I am truly free and it is a freedom that no one can remove. I am grateful to God, and to all of those I love, my N.A. family.

My H.P. has a reason for all things. I am here for a reason and that reason is to grow. Here in jail they have one A.A. meeting a week. I have begun holding N.A. meetings in my cell because it helps me and I do pray it helps the other men here who join me in meetings. Even in here we continue to grow in numbers. I thank N.A. for the gift of recovery (true recovery) and I thank my H.P. for returning me to sanity.

With N.A. and the love and support of it's members "Today I Live" Recovery without honesty is no recovery at all!! It works when you honestly work it!!!

With Love Ken W. K.S.I.R.

Freedom from active addiction

Hi I'm Glenda and I'm an addict. At the last few functions I've been to I've heard Dan "asking" please send input for the newsletter and I've thought OK - but didn't have anything I felt "compelled" to send. This morning as I read my meditation book I glanced in the cover at the names of people who had signed it when I received it at the 80 Regional camp-out. Except for my spouse they are all practicing their active addiction. Depressing yes, but they're doing it so I don't have to, just for today. Just seeing those names reminds me of where I came from and what is waiting for me if I choose not to follow, work and live the steps of this program.

I've been known to refer to the "13 Promises" of this program which are little excerpts from "more will be revealed" in the basic text. The last time I read that chapter I discovered the following statement "NA offers one promise - Freedom from active addiction". That covers a lot more than the limited number of 13. It can be as basic as "I'm clean just for today" to "I can accept life on its own terms today" and on and on and on. I want to thank each one of you for being there. The faces and names may have changed over the years, but the disease is the same.

A grateful recovering addict
Glenda P. Newton



from the editor

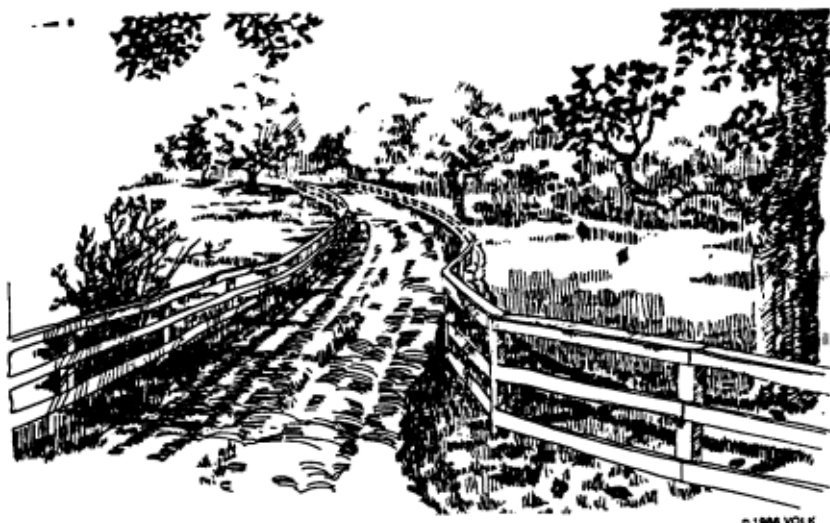
Hi again ! My extreme apologies for the lateness of this issue. I have had some things come up in my personal life that made it almost impossible to spend time on this. It has shown me a major fault in the way things were currently being done (A one person show) . I have taken steps to correct this matter and am pleased to report that I now have a functioning committee to share in the making of this newsletter.

Special thanks to all those who volunteered to help. It can only make this newsletter better by making it a truly "we" type deal. Many thanks to all those who have waited patiently for this issue, and there are a lot more of you than there were when I first started. Whic is a lot of what led to sharing some of the responsibilities, ther are quite simply more of them. Keep the input and stuff coming and thanks to all who have shared already. We are making it into more and more Institutions and It is my hope that we can start getting a lot more input from these people. A lot is going on throughout this region with K.C. at this time taking it back to the groups as to whether to stay with us and Fellowship for Freedom meeting the 24th of July to discuss dissolving. It is my hope that we can pull together and make these setbacks into ties that bind instead of those that would tear us apart. If we can do that we can come through this stronger than ever and have a common bond that will help us all in the end.

The next issue will probably be coming out of Great Bend as I am re-locating there in August. I don't as yet know the new address so continue to use the old one until I do. I have been to lots of campouts already and have plans to make som more and it has really done me lots of good to get around and see old faces and meet new ones.

The next issue should be coming out on time and with the aid of a word processor be with a lot less typos. I now have in my hands plenty of commercial art and access to people with some art background so it looks like we can expect to see a much more professional looking newsletter.

Yours in recovery
Dan C.



NEWS

Unity Area-

PSA is being seen on NBC station. Dances have been going well with good attendance. Marte D. new ASR for the area. Lots of new service positions filled. New group called Ya Wan (Na Way) spelled backwards in Concordia Kansas. "If you're ever in Concordia on a Sunday evening the Ya Wan group would love to see ya. See you at 7:00 Pm Sunday evening."

Wichita Metro-No minutes

Fellowship for Freedom-No Minutes

Just for Today-No minutes, But I did attend their area meeting. They are getting their Literature together at this time. They had quite a lot of functions in June including two campouts. One was in Emporia the other was in Ottawa where they had a pig roast, and a live band. I missed that one but was in Emporia and it was indeed a spiritual experience getting together with a lot of addicts who I do not generally get to see at functions. All in all I think that the two functions could only be called successful. Keep it up!!

Central Kansas-

Newton won the "addicts on Asphalt" contest with 35 cards. The next contest ends in August. Panel discussion starts on June 12th at St. Anthony's The prison in Ellsworth is in need of an H&i meeting. Daylight N.A. of Great Bend has moved to 24th and Washington. It is now an open meeting. New meeting in Ellsworth, Monday 8:00 @ Ellsworth Hospital on the 2nd floor. The Hays group has set new guidelines for the chairperson. Hutchinson has an upcoming dance (see details in upcoming events) they are also holding a picnic the 2nd Sunday of the month, visitors are encouraged but no further details at this time. Larned has dropped back to just one meeting due to lack of support. The remaining meeting is on Saturday night at 803 Main. Hang in ther Larned!! New meeting in Russell info call 913-483-4779.

Western Kansas-

New H&I meeting being taken into the Ford county jail. Second chance N.A. will be having a Roundup July 24th noon til 6:00 bring covered dish. Against all odds group has moved to 501 Beeson D.C.U. they have a new Thursday nite candlelight meeting @ 9:30. New meeting in Houghton Friday 8:00 PM Stevens county hospital. Way to go Western Kansas all that growth just blows me away!!! They also have the dubious distinction of hosting the next campout.

Kansas City-No report submitted

Clean PErceptionS

Dear Fellow Members

Our next convention will be in Salina in February. I am asking any member that has raffle or auction items to start gathering them together for the largest auction and raffle in convention history. I am looking for T-shirts, bumper stickers, coffee mugs, banners etc. from past conventions or anything you can think of that will help generate funds for NARCOTICS ANONYMOUS. Reach in your closet, look through that old box in the basement or garage, or just donate from the kindness of your heart. Remember - We Can Only Keep What We Have By Giving It Away.

Yours in service

Glenn Smith

501 Oakley

Topeka Ks. 66606

(913) 235-6622

With Gratitude

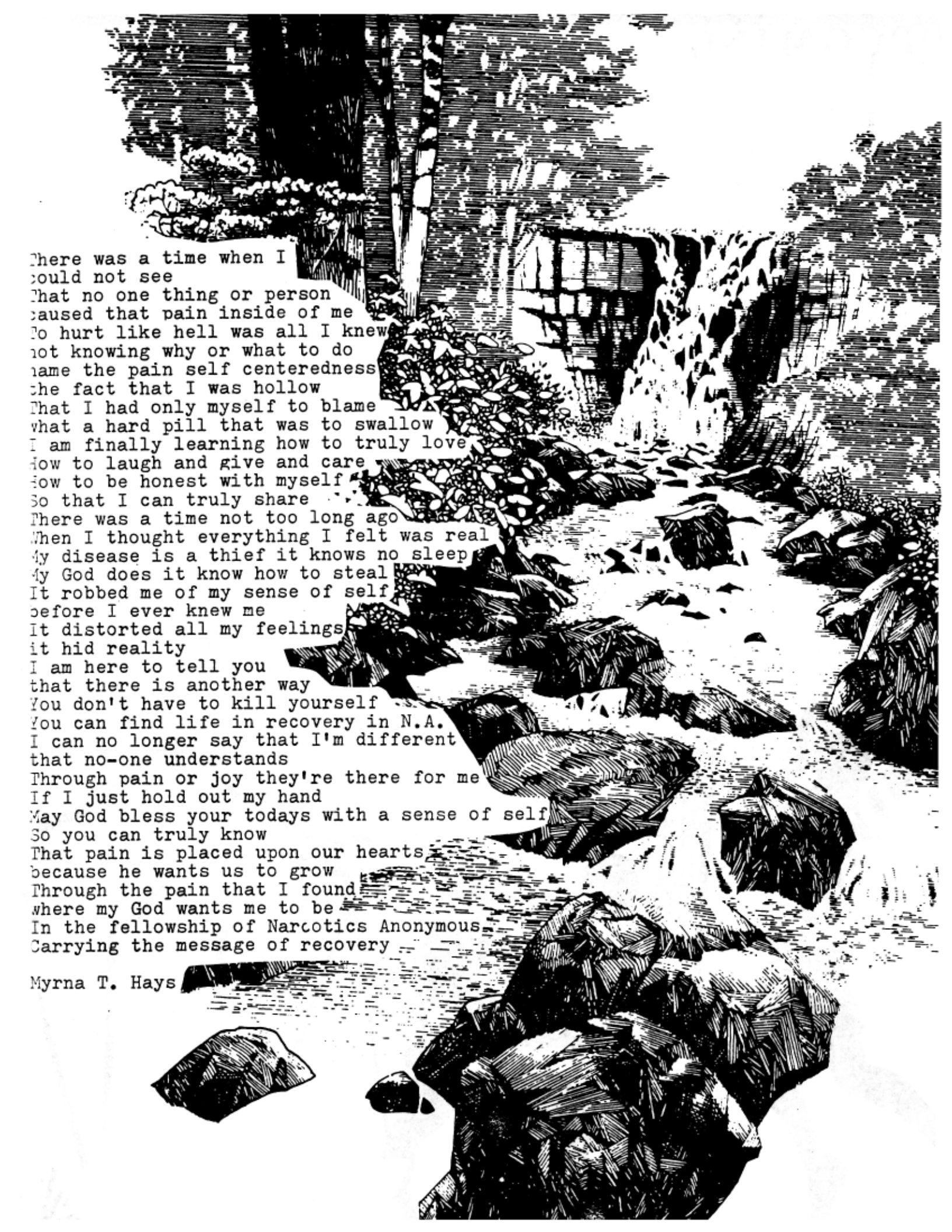
My Gratitude Speaks

Very loudly today. I am a very grateful recovering addict - grateful for the people I have met and who care for me. I am grateful for NARCOTICS ANONYMOUS and the 12 steps for a new way of life, the simple directions for a new perspective, new attitudes and outlooks and a much more manageable and humble life. I am very grateful for my HP who led me to this program, and is strengthening not only my faith and trust in him but but in others in our fellowship as well.

He's given me a serenity and an inner peace I've known before, but this time, it's for real - I can keep it - one day at a time with only one string. I have to give it to someone else! This is not tough to do when you have it in your heart to give, because then I find that if I share it with someone else, My camel never runs dry, He's given me strength to take risks I've been afraid of in the past, and sometimes still am but he fills me with a faith and knowledge that things will work out right, He tells me "Just Keep Going To Meetings And Don't Use!" Thank you God, and thank you NA!!

Anonymous





There was a time when I
could not see
That no one thing or person
caused that pain inside of me
To hurt like hell was all I knew
not knowing why or what to do
name the pain self centeredness
the fact that I was hollow
That I had only myself to blame
what a hard pill that was to swallow
I am finally learning how to truly love
How to laugh and give and care
How to be honest with myself
So that I can truly share
There was a time not too long ago
When I thought everything I felt was real
My disease is a thief it knows no sleep
My God does it know how to steal
It robbed me of my sense of self
before I ever knew me
It distorted all my feelings
it hid reality
I am here to tell you
that there is another way
You don't have to kill yourself
You can find life in recovery in N.A.
I can no longer say that I'm different
that no-one understands
Through pain or joy they're there for me
If I just hold out my hand
May God bless your todays with a sense of self
So you can truly know
That pain is placed upon our hearts
because he wants us to grow
Through the pain that I found
where my God wants me to be
In the fellowship of Narcotics Anonymous
Carrying the message of recovery

Myrna T. Hays

UPCOMING

July----

15,16,17-1st annual Wild and Wooley Weekend in the Wilson Wilderness Lucas Group Park, Wilson Lake

15,16,17-Campout at Pomona Lake

16th-Dance at Fellowship center in Salina 746 Commanche

16th-Dance at 1200 W. 15th in Hutchinson

31st-Topeka Bitter ends annual reunion Gage Park 12:00 til ?

AUGUST-

5th,6th,7th-4th annual Hoisington campout, meet at Hell creek bridge and watch for signs, Wilson lake

6th-Colby New Hope 2nd annual picnic and dance picnic is at Fike park at 5:00 and dance is at the city hall at 8:00
No Charge-Donations accepted

Elsewhere-

Jul-14th-17th World Literature Workshop, Rosary College 7900 W. Division, River Forest Ill.

29th-31st-9th annual High on Life Picnic, Orleans Trail Resort, Stockton Lake Mo,

Aug-5,6,7-OSIRCNA Eugene Ore, Contact Laurie 726-2449

Sep-1,2,3,4-World Convention, Anaheim Ca,.....

OOPS!!! Almost forgot

Aug-12th,13th, and 14th "Just for Today" FREE CAMPOUT Milford Lake Thunderbird Marina Area, Dance with live band etc. contact Marte D (913) 762-3596

