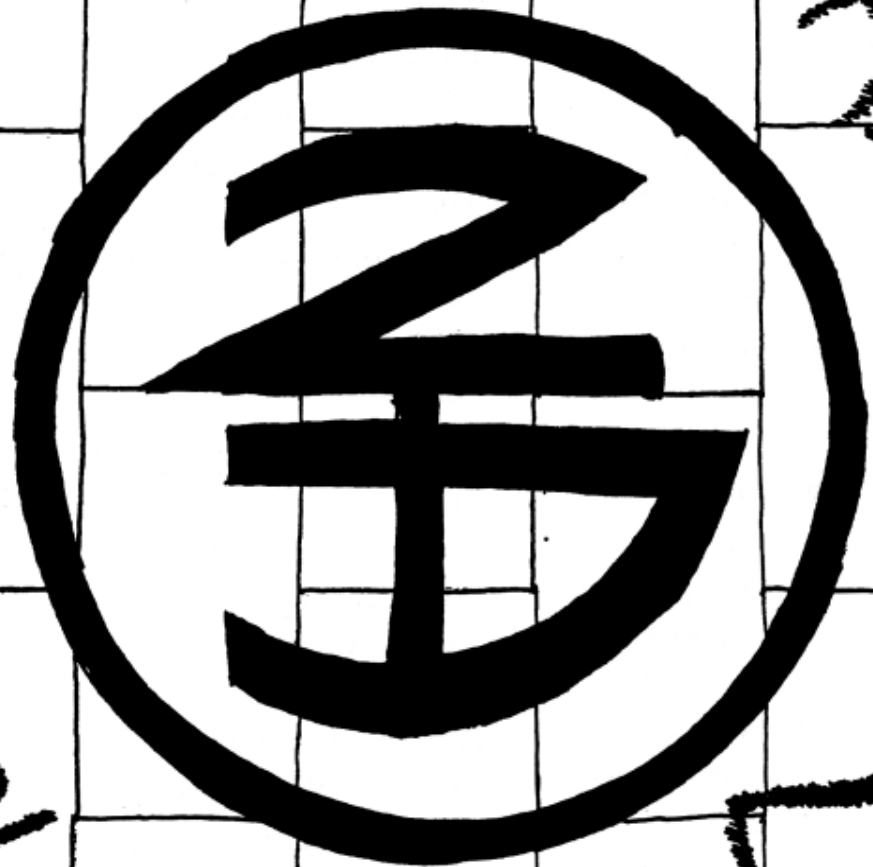


✓ N. O. AMERICA NEWS  
Letter

Aug - Sept  
1989



Just for  
today

Peace  
Covers



## THE TWELVE STEPS OF NARCOTICS ANONYMOUS.

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 these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

#### EDITORS NOTE

We apologize for not having published the last three issues of the Newsletter. We are hopefully back on track and will be publishing six issues per year. Current subscriptions will be extended one more issue-making seven rather than just six issues, as stated in the MARSC minutes of May 20, 1989, under the literature committee report. The subscription list has been lost or misplaced. If you have a current subscription, please drop us a line; include your name, address and the date your subscription began.

We are still looking for input- personal experience, sharing our strength and hope would be great. Art work and poetry are also needed. Opinions on issues within the fellowship of Narcotics Anonymous are welcome. We would also like to know what's going on with you, your group and area- any new meetings, schedule or address changes, B-Days being celebrated, campouts, dances or any N.A. events, etc. Group and area reports are also welcome.

For any material to be published, it must be accompanied by a copyright release form. These forms are included in all issues of the Newsletter.

Mail all correspondence to:

Newsletter  
c/o MARSC  
P.O. Box 8732  
Wichita, Ks. 67203-8732

REGIONAL SERVICE COMMITTEE

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JUST FOR TODAY ASR	David S.	316-343-7331
OZ ASR	Dale G.	316-872-5564
S.E. TRADITIONS ASR	Ruth M.	316-325-2709
UNITY ASR	Laura M.	913-823-8933
WESTERN KS. ASR	Carl K.	316-225-4039
WICHITA METRO ASR	Brent K.	
CALENDAR COORDINATOR	Cindy B.	316-686-4030

NARCOTICS ANONYMOUS  
GROUP REGISTRATION FORM

Today's Date \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

- We're a new group; please refer us to other groups and areas in our state.
- We're helping another group, please send "Starter Kit."
- Please update your records with the following changes for our group.

Meeting Day \_\_\_\_\_ Time \_\_\_\_\_  A.M.  P.M.

Type of Meeting \_\_\_\_\_  Open  Closed

Date of Group's First Meeting \_\_\_\_\_

Location of Meeting \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mailing Address: Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Regular Members of Group for Contact Purposes:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

*If your group has any specific needs, problems or questions, use the reverse side of this form to communicate them, thank you.*

Please mail this form to:  
N.A. WORLD SERVICE OFFICE  
P.O. Box 9999  
Van Nuys, Calif. 91409

MID-AMERICA REGIONAL NEWSLETTER

AUGUST - SEPTEMBER ISSUE

I NEED A HUG

At the end of a lengthy  
And tiring day  
When I've faced the world  
In my private way,  
I need a hug!

When I'm hungry and cranky  
And feeling up tight  
And a day has just passed  
When too little went right,  
I need a hug!

When my body is craving  
The warmth of another  
And my poor aching muscles  
Compete with each other,  
I need a hug!

When I'm insecure  
And a little bit nutty  
And my mind is exhausted,  
My body like putty,  
I need a hug!

When I am affectionate,  
Loving and caring  
And want to enjoy  
A real moment of sharing,  
I need a hug!

PRAYER

"Many of us lose confidence in prayer  
because we do not realize the answer:  
We ask for strength and God  
gives us problems, the solution  
of which develops wisdom;  
We plead for prosperity and God  
sends us brain and brawn with which  
to work;  
We plead for courage and God gives  
us dangers to overcome;  
We ask for favors and God  
gives us opportunities."

RELAPSE IS FREE

Serenity is acquired, relapse is free.  
Anything worth having in life is worth  
fighting for...working for....as it is  
worth having.  
Serenity too is in my heart.  
In life we weren't promised a rose  
garden. We were given the Choice to  
choose our own path.  
When you get to that fork in the middle  
of your road,  
Remember what life was and take God's  
path.  
Remember the times in your life,  
there was doubt and despair.  
Believe in a Higher Power. He will  
set you free, with the courage and  
the wisdom to let me be me.

by Chauncy Gibson

When you have reached the end of your rope, tie a knot in it while saying  
The Lord's Prayer, and hang on.

AFFIRM YOURSELF

JUST FOR TODAY I WILL BE VULNERABLE WITH SOMEONE I TRUST.

I'M AN OK PERSON TODAY.

## How DO YOU THINK OF GOD

At first I saw God as my observer, my judge, keeping track of the things I did wrong, so as to know whether I merited Heaven or Hell when I die. He was out there sort of like the President. I recognized His picture when I saw it, but I didn't really know Him.

But later on when I recognized my Higher power, it seemed as though life was rather like a bike ride, but it was a tandem bike, and I noticed that God was in the back helping me pedal.

I don't know just when it was that He suggested we change places, but life has not been the same since, life with my Higher power, that is. God makes life exciting!

When I had control, I knew the way. It was rather boring, but predictable. It was the shortest distance between two points.

But when He took the lead, He knew delightful long cuts, up mountains, and through rocky places and at breakneck speeds; it was all I could do to hang on!!!! Even though it looked like madness, He said, "pedal!"

I worried and was anxious and asked, "Where are you taking me?" He laughed and didn't answer. And I started to trust.

I forgot my boring life and entered into the adventure. And when I'd say "I'm scared," he'd lean back and touch my hand.

He took me to people with gifts that I needed, gifts of healing, acceptance and joy. They gave me their gifts to take on my journey, our journey, God's and mine.

And we were off again. He said, "Give the gifts away; they're extra baggage, too much weight." So I did, to the people we met, and I found that in giving I received, and still our burden was light.

I did not trust Him at first, in control of my life. I thought He'd wreck it, but he knows bike secrets, knows how to make it bend to take sharp corners, jump to clear high rocks, fly to shorten scary passages.

And I am learning to shut up and pedal in the strangest places, and I'm beginning to enjoy the view and the cool breeze on my face with my delightful constant companion, my Higher Power.

And when I'm sure I just can't do any more, he just smiles and says... "PEDAL."



## I AM ME

If you ask me who I am, I might answer, "I am me." If you ask me where I've been, I might say, "Here and there." If you ask me how I am, I may say, "I'm all right."

Right about now, you are probably thinking that I am not going to give you a straight answer. How can I give you something I don't have? I've been so many places, I've seen so many things, I've heard so many words, I can talk to you and never say anything. I can show you so many different sides of me. Unless I feel good about me, I cannot feel good about you.

I can be low enough to sit on a cigarette paper and dangle my legs. I can be so high that I have to look down to see up. The place I would like to be is somewhere in between.

**Life**, to me, is a lot like a lake - along the shore, you'll find waves: in the middle, you might find ripples. I want to stay in the middle so I don't have to deal with the waves. As long as I'm in the center, I can really go nowhere. And if I'm going nowhere, I'm stale or placid and not getting anything back for my efforts. I have to strive or work for anything I get, but sometimes, I go for something that is not good for me. Oh well, I think you know what I'm trying to say.

I want to be a human being, no better, no less than any other person. I want to feel OK, and know what I'm feeling when I feel it. The old way didn't get me far; some kind of chemical, person, place or thing was my crutch.

So, let's try again. If you ask me who I am, I will say a man. If you ask me where I am, I will say I am here. If you ask me how I am, I will tell you OK. If you ask me what are my feelings, I will tell you just this - I love life, I love little things, I love big things, I love being a part of. I can even say, "I love me," so I can honestly say, "I love you." If you ask me what love is, I will say love is accepting you as you are. Love is saying I'm sorry when I'm wrong. Love is giving of myself, not expecting anything in return. Love is receiving from you with grace and appreciation, saying, "Thank you." Love is everything that is good. Love is being a part of.

When I see another human being suffering, I always want to try and share the suffering so it won't hurt so much. I know I can't take the hurt and wear it for you, but I sometimes wish I could. I know from experience that my problems get smaller by dealing with them. I know that sharing me with another person can place me a little closer to God as I understand Him.



## PLEASE LISTEN TO WHAT I'M NOT SAYING

Don't be fooled by me. Don't be fooled by the face I wear. For I wear a mask, I wear a thousand masks, masks that I'm afraid to take off; and none of them are me.

I give you the impression that I'm secure, that confidence is my name and coolness my game, that the water's calm and I'm in command, and that I need no one. But don't believe me. Please.

My surface may seem smooth... beneath I dwell in confusion, in fear, in aloneness. But I hide this. I panic at the thought of my weakness and fear being exposed. That's why I frantically create a mood to hide behind, a nonchalant, sophisticated facade to shield me from the glance that knows. But such a glance is my salvation. And I know it..

It's the only thing that can assure me of acceptance and love. I'm afraid you'll think less of me, that you'll laugh, laugh would kill me.

So I play my game, my desperate pretending game, with a facade of assurance without, and a trembling child within. And so my life becomes a front. I idly chatter to you in the suave surface tones...I tell you everything that's nothing, and nothing of what's everything, of what's crying within me. So when I go into my routine, do not be fooled by what I am saying. Please listen carefully to hear what I **am not** saying.

I dislike the superficial, phony game I'm playing. I'd like to be genuine and spontaneous, and me. You've got to hold out your hand even when it seems to be the last thing I seem to want, or need. Only you can call me into aliveness. Each time you're kind, and gentle, and encouraging, each time you try to understand because you really care, my heart begins to grow wings, small wings, very feeble wings.

I want you to know how important you are to me, how you can be a creator of the person that is me if you choose to. But it will not be easy for you. A long conviction of worthlessness builds strong walls.

The nearer you approach me, the blinder I may strike back. It is irrational, but despite what the books say about man, I am irrational. I fight against the very things I cry out for. But I am told that love is stronger than walls, and therein lies my hope. Please try to beat down those firm walls with firm hands. but with gentle hands-for a child is very sensitive.

Who am I, you may wonder? I am someone you know very well. I am every man and woman you meet.

## SERENITY PRAYER

GOD GRANT US THE SERENITY TO ACCEPT THE THINGS WE CANNOT CHANGE, THE COURAGE TO CHANGE THE THINGS WE CAN, AND THE WISDOM TO KNOW THE DIFFERENCE.

## AFFIRM YOURSELF TODAY

I AM CAPABLE OF CHANGE

I AM CAPABLE OF LETTING GO AND LETTING AND LETTING MY HIGHER POWER HAVE IT!!!





WORLD SERVICE CONFERENCE  
OF NARCOTICS ANONYMOUS



P.O. Box 9999  
Van Nuys, CA 91409  
(818) 780-3951

March 22, 1989

Mid-America RSC  
c/o Pat Mays  
P.O. Box 576  
Emporia, KS 66801

Dear Friends,

Thank you for your contribution of \$7,000.00 to the Fellowship. The strength and growth of the Fellowship depends on contributions like yours.

The World Service Conference provides a valuable level of service for the entire Fellowship. The Conference is responsible for the development of new tools and literature to be used by the Fellowship to assist us as members to carry the message of recovery to the still suffering addicts. Your contribution and others like it make it possible for the conference to accomplish these tasks.

On behalf of the addict who still suffers, we thank you very much and extend our appreciation for your concern and dedication.

The World Service Conference publishes, at the end of our annual Conference, a report containing information on all the contributions by states or regions. Your contribution will be shown in that report.

Should you have any questions concerning WSC expenditures, please let me know.

In Loving Service,

*Shari Bradshaw*

Shari Bradshaw, Treasurer  
World Service Conference

*(m.)*

SB/hm

## TRADITION OR TRADITIONAL?

The Lord's Prayer had been the center of controversy for some time.

Questions in my own mind have arisen. Are we endorsing Christianity by using a direct quote from the Bible in closing our meetings?

I feel that this is an endorsement which makes the use of The Lord's Prayer traditional rather than a reflection of the principles found within the Twelve Traditions.

In talking with other members of the Fellowship, we came up with a solution that is working.

This solution - the way I presently am closing meetings that I chair - is to close with a long moment of silence, in which each addict is asked to say silently their prayer of choice and close with My Gratitude Speaks.

This has alleviated the problem of having to learn something new as in the case of "Welcome to Our World."

I believe that closing in this manner also compliments the philosophy of each individual developing their own concept of a Higher Power.

Bill Y. Wichita KS



## !!!!UPCOMING ACTIVITIES!!!!

### Wichita Metro Area--

- Area Dance third Saturday of every month.
- Area Service Committee is the second Sunday every month.
- Area Birthday Night is the fourth Saturday of the month.
- Meetings are held everyday of the week.
- Labor Day Campout - hosts are the Derby Group.

### Central Kansas Area--

- Blow-out Campout - Wilson Lake - Lucas Park August 4, 5 & 6.
- Birthday splash - Great Bend - Town & Country Racket Club August 26, 1989 ASC Pool Party!!! Flyer out soon.

### Unity Area--

- Just For Today Campout August 11-13 at Milford Lake Thunderbird Marina.
- Dance August 5th Oakdale Park Gazebo 7-11P.M. DJ - Don B. Salina KS

!!!!UPCOMING ACTIVITIES!!!!

Just For Today Area--

Area Service Workshop Saturday August 5th Workshops 5 to 8 P.M.  
Covered dish dinner DJ and dance about 9:30 Ottawa University  
Union Building 10th and Cedar upstairs.

Fellowship For Freedom--

Regional Business Meeting August 19, 1989 12th and Buchanan  
Topeka, KS. There will be a workshop on August 20, 1989  
Fellowship for Freedom still has Clean & Serene with the Stars  
campout T-shirts, hats and coffee mugs - contact Glenn S.

MARC VII - Holiday Inn, Great Bend, KS April 6,7 & 8, 1990.

World Convention of Narcotics Anonymous August 31-September 3, 1989.  
"The Miracle Is Real." Orlando Florida.

SUBSCRIPTION FORM

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ADDRESS \_\_\_\_\_

RENEWAL \_\_\_\_\_

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Send a \$6 check or money order made out to Mid-America Region to:  
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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.

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.

## THE TWELVE TRADITIONS OF NARCOTICS ANONYMOUS.

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 ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. N.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous 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.

INFORMATION SHEET

NAME AND ADDRESS OF GROUP \_\_\_\_\_  
\_\_\_\_\_

BIRTHDAYS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

STATUS OF GROUP (any particular problem, need, success, new meeting,  
etc.) \_\_\_\_\_  
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ANY SPECIAL EVENTS (include time, place, cost, other information  
and phone numbers) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PLEASE SEND TO: Mid America Regional Newsletter P.O. Box 8732 Wichita,  
KS 67203-8732

