

MID-AMERICA NEWSLETTER

My Gratitude Speaks
When I Care
And when I Share
With Others
The N.A. Way.

OCTOBER - NOVEMBER, 1989

Remembering those who have shared
their Gratitude with others.

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.

Reprinted for adaptation
by permission of Alcoholics
Anonymous World Services, Inc.

From the Newsletter Committee

The committee urges our subscribers to please submit articles for upcoming editions of the Newsletter. We intend to designate themes two issues in advance. If a theme should spark your interest, your personal experience in the form of stories, poetry, artwork, and humor would be appreciated. You are also invited to attend the Newsletter Committee.

The committee is also trying to define the intent and purpose of the newsletter. We would also like to establish a format. The proposed format is:

- Twelve Steps
- Editors page--upcoming themes
- Activities calander, subscription forms, and copyright releases
- Articles, poems, and artwork
- Twelve Traditions
- Information sheet
- Mailing addresses

We appreciate your comments and opinion i.e.; what do you want your newsletter to be?

Upcoming newsletter themes:

- December 1989--Gifts of Recovery
- January-February 1990--New Beginnings
- Sponsorship

Next Newsletter Committee Mtg. Nov. 19th Basement of 428 N. Market Emporia, KS
Contact Jeff M. - 316-942-0548 Jeri S. - 913-825-5302

**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

Godmother Guru says...

Home Group: An aesthetics supporter.

4th Step: A reducing plan -- the more I work on it, the smaller it gets.

11th Step: Just because God doesn't answer right away doesn't mean he said "no."

Will Power: Defiance not reliance.

Desire: Usually in opposition to the grace of the Higher Power when the stubborn addict stops at Grace...or Mary... or Bill.

Fellowship: What an addict needs when he's used his last time.

Spiritual Awakening: Getting turned on without sex, drugs or rock 'n' roll.

Misery: Some people can't be happy without it.

N.A. Winner: Cashed in his misery.

(Reprinted from - June-July '86 newsletter. Taken from the No Name newsletter, San Diego.)



Today is very special
For today you have been clean
It may have been a hectic one
Or a test to try your serenity.

Today is very special
For you've shared just one more day
The strength and hope of recovery
In a loving and Godly way.

Today is very special
For it could have been much worse
Because today you love yourself
You've taken a less rougher course.

Today is very special
For today you showed you care
By offering your hand to someone else
When it may have seemed no one was there.

Mike M.
North St. N.A.

(Reprinted from - June-July '86 newsletter.)

"KEEPING IT SIMPLE"

~~Remember~~
Easy does it
and first things first
don't ever hunger
and don't ever thirst

Rest when tired
socialize when lonely
one day at a time
we do these things only

Stay on "the path"
and try not to slip
it's hard to get up with a
bruise on your hip

Sometimes quickly
sometimes slowly
the answer comes
through God only

We find our way
when the light shines through
and enjoy a happiness
we never knew

(Reprinted from - June-July '86 newsletter.)

BEING FREE

Many psychologists insist that people today don't want to be free. When we were in the middle of our addiction, we certainly had no freedom at all. We lost our freedom because we lost our power of decision in how we wanted to behave. We had no choice.

Now we have a choice. We can never be free from our addiction, but we can be free in our addiction! We can never be a former addict or alcoholic, but we never again have to take those chemicals and destroy our being. We have a choice of freedom and a freedom of choice. Am I free?

May I realize that if I let go and let God, I will be free.

--Dave S.

Mid-America Regional Newsletter
Jan. 1983

RISKING

To laugh is to risk appearing the fool.
To weep is to risk appearing sentimental.
To reach out is to risk involvement.
To expose feelings is to risk exposing your true self.
To place your ideas and dreams before the crowd is to risk their love.
To love is to risk not being loved in return.
To live is to risk dying.
To hope is to risk despair.
To try is to risk failure.
But the greatest hazard in life is to risk nothing.
The one who risks nothing does nothing and has nothing--and finally is nothing.
He may avoid sufferings and sorrow, but he simply cannot learn, feel, change, grow and love.

Chained by his certitude, he is a slave, he has forfeited freedom.

Only he who risks is Free!

Author Unknown

GRATITUDE

Being grateful is a new experience for me. I'm grateful for being clean today, and I'm grateful for being alive. When I get up in the morning I thank God for giving me another day. When I go to bed I thank HIM for helping me through the day. Before I came into the program I was grateful for nothing, resentful of everything. It was not a very pleasant way to live. Today I'm grateful for NA, which taught me to be grateful for the life I have today, One Day at a Time.

--Author Unknown

Mid-America Regional Newsletter
May 1983

imprisoned
within these walls
is a me
i
never wanted to be
struggling
desperate to get
free
reaching
but never being reached
hoping
against hope
that somehow
i
might escape
to join the many
who call themselves
we

--W.A.S. 1986

Mid-America Newsletter
June-July 1986

JOY

The word joy is a strange and unfamiliar word in my new world of being straight. Many words, things, and feelings in this new, strange world are unfamiliar.

For so many years, joy to me was the highs and escapes from reality that mind-altering drugs gave me.

It is joy to me today in those moments when I am feeling a glimpse of reality--when I am conscious of a real feeling in my gut and my mind understands. What a miracle! My God, as I understand Him, has given me much more than I deserve.

I will be grateful for joy today.

(Reprinted from Oct. - Nov. 1984 newsletter.)

Two old-timers in N.A. knew they were getting up in years. They had been friends a long time, so they made a pact. The first to die would come back and let the other know if there was an N.A. meeting in heaven. A few days later, one died. In keeping with the pact, he came back and visited his friend. As soon as he recovered from the shock, the friend said, "Well, tell me, is there an N.A. meeting in heaven?" "Well, I have good news and bad news," the ghost answered, a bit reluctantly. "The good news is there's a HUGE N.A. Meeting in heaven. The bad news is you're scheduled to lead it next week!"

(Reprinted from - June-July '85 newsletter. Taken from the N.A. Way.)

I'M A NEW MEMBER

I see you at the meetings
but you never say hello.
You're busy all the time you're there
with those you already know.

I sit amongst you fellows and
I'm such a lonesome guy.
The new pigeons are all strangers
Old-timers pass me by.

But, among it all, I am one of you.
You talk of fellowship,
You could step across the room,
but you never make the trip.

Why couldn't you nod and say hello
or stop and shake my hand?
Then go and sit among your friends.
Now, that I would understand.

Now, I'll be at your next meeting,
An hour or so to spend.
Please, stop.....Introduce yourself,

I want to be your friend.

Author Unknown
(Reprint from - Iowa Regional Newsletter)
(April 1986)

LET GO AND LET GOD

As children bring their broken toys
with tears for us to mend,

I brought my broken dreams to God,
because He was my friend.

But then, instead of leaving Him
in peace to work alone,

I hung around and tried to help
with ways that were my own.

At last I snatched them back and cried,
"How can you be so slow?"

"My child," He said, "what could I do,
You never did let go."

Author Unknown

(Reprinted from - Mid-America Newsletter)
(April 1984)

A MEMBER'S CONCERN

Recently I've been approached by some newcomers who are confused about the personality conflicts that have been going on amongst several of the members in our groups. This is really frightening and terribly confusing to these newcomers because they're reaching out for our love, understanding and fellowship. If we can't get along with each other, how can we help them?

I still remember the love and fellowship when I first walked through the doors of N.A. almost a year ago, because I really needed love from other people, something that I never really had during my many years of using and abusing drugs.

Those of us who have a substantial amount of clean time must always remember and never forget that we, too, were once newcomers. We had to admit that we were powerless over our addiction and that our lives had become unmanageable. N.A. helped us to realize that.

We are all united in a very special way: We are all recovering addicts and we are dealing with a life and death situation. We have the only disease that keeps telling us that we don't have a disease, and we need each other to remind ourselves of this. We must practice the Twelve Steps AND the Twelve Traditions as if our lives depend on them, because they do!!!

Remember. . .the Fifth Tradition states: "Each group has but one primary purpose. . .to carry the message to the addict who still suffers."

To help the newcomer we must share with them and love them, and we must start by loving each other.

"GOD HELPS US AS WE HELP EACH OTHER"

--Author Unknown
The Iowa Regional Newsletter
April 1986

ON THE ROAD TO RECOVERY

Dreams make me wonder what I'm going to gain
with the reality of all my jealousy and pain,
hoping to make the right choice;
wish I could hear a magical voice.
Knowing I have a disease
with only one cure--death.

I close my eyes and drift away,
seeing people sift through my day,
remembering friends in the past,
making sudden changes that will have to last
I'm trying to do my best
so that people in my life will rest.
I have fallen hard in my game
feeling pity and shame.

For now, I feel better with my life to live,
a lot of prayer and love to give.
So when I look to the sky,
I know I have no need to lie.
I see a long road of happiness
climbing this newfound mountain.
On the road to recovery
I thank my Higher Power.

Stuart S.



M A N A 7

IS COMING IN APRIL 1990

TO GREAT BEND KANSAS



APRIL 6-8, 1990 THE SEVENTH MID-AMERICA CONVENTION
OF NARCOTICS ANONYMOUS WILL BE HELD AT
THE HOLIDAY INN OF GREAT BEND KANSAS

THE CONVENTION COMMITTEE IS LOOKING FOR IDEAS, SPEAKERS,
WORKSHOP LEADERS, AND TOPICS OR IDEAS FOR WORKSHOPS

IF YOU HAVE IDEAS OR WOULD LIKE TO SPEAK, SHARE OR CHAIR
CONTACT:

MID-AMERICA CONVENTION N.A. SEVEN
P.O. BOX 374
GREAT BEND KANSAS 67530

OR CALL:

CLIFF M. 316-672-7883
ROSS F. 316-564-2545

!!!UPCOMING ACTIVITIES!!!

Unity Area

Fright Night Dance! Oct. 28th 8:00 to 12:00 am at the Friendship Center, Salina, KS Djs Jammin Jim and Blasting Brad. FREE!!!
Sponsored by the Unity Area.
Area meeting is October 8th at Manhattan, KS

Wichita Metro Area

Area Halloween Costume Dance! Oct. 21st Communication Workers Bldg. Harry and St. Francis. Wichita, KS
Area Business Meeting is the 2nd Sunday of every month. 246 North Emporia, Wichita.
Area Birthday Night is the last Saturday of every month at 246 North Emporia.

Just For Today Area

Regional Service Committee Meeting. Nov. 18th at Ottawa, KS
Ottawa University, Student Union building.

SUBSCRIPTION FORM

NAME _____

ADDRESS _____

RENEWAL _____

NEW SUBSCRIBER _____

Send a \$6 check or money order made out to Mid-America Region to:
Mid-America Newsletter P.O. Box 8732 Wichita, KS 67203-8732

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.