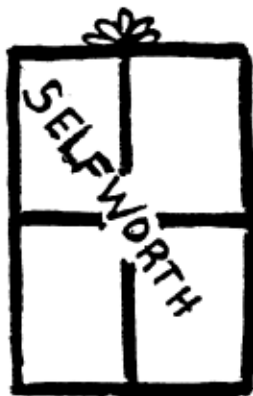


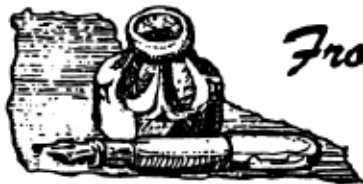
# MID-AMERICA NEWSLETTER



## DECEMBER, 1989

## 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.



## From the Editor



Hello Kansas, my name is Laura and I am an addict. I am the newly elected editor of the Mid-America Newsletter.

I am writing, (typing) to you from the meeting table of the Pioneer Group in Emporia, Ks., who so graciously offered their space and coffee.

During the RSC Literature Sub-committee meeting 11/18/89, it was voted that we would continue to publish this newsletter as a group "committee" effort. In searching my heart to make this commitment, I decided that I would only be willing if we kept it as a group effort. One addict helping another.

It was also discussed and voted to increase the yearly subscription price of this newsletter to \$8.00, due to the rising cost of printing and postage. The new price will go into effect January 1, 1990. Any subscriptions before this date will be at \$6.00. Our records show that all but seven subscriptions will expire at the end of February, 1990. If your records show differently, please let us know. Remember, this is an honest program. Let's have a subscription drive in your meetings. Buy your sponsor, sponsoree, friend, ASR, GSR, whomever, a healing present. A true GIFT OF RECOVERY!!!!

Reminder to submit copy release forms with all articles. In the last few months there have been several articles submitted for publication that were not accompanied with copyRIGHT release forms. We cannot edit or publish any submissions without release forms.

As a committee, we are trying to carry the message of recovery. We will continue to move our work around the state to accomodate the committee members. Each time we have met, we have seen new faces, new ideas. We need help and welcome anyone interested in sharing your experience, strength, hope, typewriters, stories, poems, artwork and willingness.

I am honored to be entrusted with this new venture in my recovery, and I know that I can't, but we can.

The next Newsletter meeting is scheduled for 12/9/89 at 507½ State Street, Augusta, Ks. *Contact W.M. AREA # 775-2115 OR 942-2548 STARTS AT 10 AM.*

Upcoming newsletter themes:

January-February 1990 -- New Beginnings/Sponsorship

March-April 1990 -- Keeping The Miracle Alive/Spirituality

In Loving Service,

Laura Mc., Wichita, Ks.

## WHAT HAS NA GIVEN ME?

It's given me a chance to make my own decisions and see what life is really about. It's given me true friends; friends who are there through thick and thin. When things are rough, these friends are there to help me out however they can. When things are good, these friends are there to help me celebrate. Now instead of picking up that first pill, I use the phone and talk it out. I can face my fears and joys. I travel down the road some times and when I do I stop & say hello to those I love, even though I've never met some of these people. When I leave I know that I've got a new friend that I can count on. But the most important thing NA has given me is my life, for without the fellowship and these meetings, I'd be dead and for that I'm forever grateful.

Loren E.  
Augusta, KS

## GIFT OF RECOVERY

There are so many wonderful changes in my life since coming to Narcotics Anonymous that first night.

Learning that I could live without drugs and alcohol, one day at a time. Seeing a room full of people with genuine smiles. Laughter filled the rooms and there was a warmth in the atmosphere.

People hugged me and told me to keep coming back. By the grace of God, that I had not come to know or understand, I returned.

I have found freedom from active addiction, freedom from my mind and the circumstances around me.

I have learned that emotions won't destroy me if I allow myself to feel them.

I have found serenity and peace of mind, most of the time. Honesty, true honesty. I learned I have an ego, anger, lack of trust, character defects. And, there are paths, 12 steps, to free me from them.

Today, I have a personal relationship with a God of my understanding. I have myself and I have friends. Today, I am loved. I can give love and I love myself. Thank you N.A. for a new life.

Laura Mc.  
Wichita, KS



## GIFTS OF RECOVERY

Gifts of recovery as seen by me,  
Come from the heart,  
And they are all for free.

Thanks to this fellowship  
for the Love and the Hugs,  
I am free from the use of drugs.

Let Go and Let God  
Is what they tell me,  
The biggest gift I've found from  
that  
Is complete serenity.

My Gratitude Speaks  
Please Believe Me,  
Because through my Higher Power  
I have found the Gifts  
Of Recovery.

Glenn S.  
Meriden, KS  
WTSODMF

## MY NEW FAMILY

Since I've been in the Fellowship of Narcotics Anonymous, I've found out that I've got a huge, world-wide family. Even though biologically, I only have a brother, I've gotten a whole lot of brothers, sisters, aunts and uncles and even some kids in this program. Every person in every meeting are fellow addicts, so they're my family through drug addiction, not blood. This, to me, is better and closer than blood family. My blood family hasn't always been there for any and every reason, but my N.A. family has been. They've seen my hard times, painful times, joyous times and even temper tantrums. They still love me, no matter what. My thanks, gratitude and LOVE to the people of my big "Family."

Janice S.  
Somewhere in Kansas

## MERRY MIRTH

It was the night before the dance,  
and all through that place,  
I was thinking of all the  
things I had to do,  
I wasn't in a very good space.

When all of a sudden  
I heard such a clatter  
I opened up my Basic Text  
Wow!, I knew what was the matter.

I hadn't worked step three  
or ten, eleven or twelve  
I thought I was hallucinating  
When in my mind popped this elf.

He said, "Listen, Nit Wit,  
Dig in; Dig in; to that old prayer kit.  
Ask God for the guidance  
To get you out of this pit."

I asked God for the guidance,  
The courage and the sanity  
In a matter of time  
I was enjoying that ole serenity.

Glenn S.  
Meriden, KS  
WTSODMF



From a Concerned Member  
The Damage I've Done

Hi, my name is \_\_\_\_\_ and I'm an addict. The reason for writing this is - when is it ever going to stop? You know what I'm talking about. Come on, you've had to have tried it once or twice. It's addictive, ain't it? We use to live and live to use. Yes, that's right, I'm talking to you 13th Steppers out there. Why? Because I once was one too! It was fun and challenging, preying on some newcomer that just walked through that door or even someone that had been here awhile. Yeah, I knew what Love was all about - Sex. Right? Could I even imagine the damage I was doing or even stop long enough to care? Why should I? Everyone else was doing it. Or at least that's what I thought. Yep, I was even 13th stepped. Sounds like someone you know? This person walks up to me and says, "Hi, did anyone ever tell you how pretty you are? I really liked what you had to say. Every time you talked it sent spiritual tingles through me. You're new, huh? Need a sponsor? A friend to talk to? Someone you can trust? Or do you like sport sex, casual sex or feeling lonely?" Well, I have all the qualities in the questions I've just asked you to help you along. Sure, I've been around here awhile. But, I can teach you all the right things. Does that sound familiar? Does that sound like me? Denial often keeps us from recognizing it. There's too much pain in looking at our past and changing who we are or can be. Do we want to change? Or do we keep doing that sick behavior we learned to like? It came to a decision for me. Do I want to be like all those turds in that big pile of turds or do I want to crawl out of that pile and be that person that carries the message of recovery for the addict that is still suffering or do I want to cause some more suffering? Do I want to be part of the solution rather than the problem? I think it all came to a head when I finally realized the damage I had done. But it took lots

of days, work and patience to know that I had a problem that could be overcome. I worked those steps and asked my Higher Power for the courage to let me love myself. That 12th Step says it all for me. "Having had a" sexual, I mean, "spiritual awakening as a result of those steps, we tried to carry this message to addicts and to practice these principles in all of our affairs." It sounds like a big order and I can't do it all at once. I didn't become addicted in one day, so remember - Sleazy Does It!! "Keep Coming Back," You Jerks, I mean, "It Works" if only you Work It!!!!

Glenn S.  
Meriden, KS  
WTSODMF

REAL FRIENDS

I was coming up on 10 months clean. I had only been in the area about 7 months and in that 7 months I had started going to out of town meetings. Another person and myself were coming home after coffee when we got into a wreck. My car was totaled and I was feeling hurt and very angry. I didn't know what to do. All of the sudden, people I knew from the meeting were there. They told me not to worry. These people took care of everything. They comforted me and the person with me. They stayed at the hospital most of the night until we were released. I saw and felt alot of love that night. I realized that the unconditional love I have is a gift of recovery. Thank you Higher Power and all you recovering addicts who have helped me.

DeWayne K.

## LOOKING FOR LOVE?

Everyone longs to give themselves completely to someone; to have a deep soul relationship with another; to be loved thoroughly and exclusively,  
But God says:

"No, not until you are satisfied, fulfilled and content with being alone; with giving yourself totally and unreservedly to Me; to having an intensely personal and unique relationship that I have planned for you. You will never be united with another until you are united with Me...exclusive of any other desires or longings."

"I want you to stop planning, wishing and allow Me to give you the most wonderful, thrilling plan existing - one that you cannot even imagine. I want you to have the best. Please allow Me to bring it to you. You just keep watching Me, expecting the greatest things. Keep experiencing the satisfaction that I am. Keep listening and learning the things that I tell you. Just wait. That's all."

"Don't be anxious. Don't worry. Don't look around at the things others have gotten, or that I've given them. Don't look at the things you think you want. Just keep looking off and away, up to Me or you'll miss what I want you to see."

"And then, when you are ready, I'll surprise you with a love far more wonderful than any you would dream of. You see, until you are ready, and until the one I have for you is ready (and I'm working at this very moment to have both of you ready at the same time), until you are both satisfied exclusively with Me, and the life I have prepared for you, you won't be able to experience the love that exemplifies your relationship with Me, and is, thus, perfect love."

"And, dear one, I want you to have this most wonderful love; I want you to see in the flesh a picture of your relationship with one, and to enjoy materially and concretely the everlasting union of beauty, perfection and love that I offer you with Myself."

"Know that I love you utterly. Believe it and be satisfied."

Reprinted from November 1982  
Letters of Hope, Dallas, Texas  
Submitted by Alive & Kickin Group  
Ottawa, KS

The Gift of the Fellowship, N.A.

[\*\*a Narrative, by John W., Paola "By Choice" NA\*\*]

---

Lost beyond all horizons,

In a sea of despair,  
Encircled by sharks of doom...  
Dealers of bottles, bags, vials, pills, and needles,  
A silhouette against the setting sun draws near.

A form of a "Clipper" ship,

As of long ago,  
Wakes into my circle,  
With a ladder of twelve rungs draped to the surface,  
I barely still float.  
Cast to my side,  
Is a ring, a buoy, a preserver of life,  
Labelled with the word HOPE.  
Hope to leave that sea of despair,  
Hope to climb those twelve steps and join fellow travellers,  
Experienced themselves,  
In navigating through life,  
Away from the seines of future sharks.

Though the sea is calm that night,

And I hear the seagulls and smell the ocean breeze...  
(the first for quite some time),  
I look about,  
And know deep within,  
I trust this boat guided by a power higher than me,  
And know despite whatever tempests or storms I need pass through,  
It will return me to stand on solid grounds.

---fine'

---



Dedicated to all 1st Step meetings,  
for what they seek to give the newcomer!!!





To those whom this does concern:

It has been brought to the attention of the trusted servants of the OSAGE GROUP that some individuals, in a few meetings have brought shame upon our group's name.

The individuals have made comments about people in treatment and those who have to have their papers signed. They've said that they are not welcome, that Osage groups was a club, that you have to pay dues to belong that treatment folks were requested to not show up at a certain time at another group, therefore were ridiculed, ect.....

We trusted servants wish to set this straight! Yes, it was true that these things were said. But this is not, I repeat NOT the doings of the entire group.

It is a disgrace to the entire recovery community, but more so to us since it happened within our groups walls.

Apparently these individuals have forgotten where they have come from, for many of us first were introduced to a 12 Step Program through a treatment facility or through a correctional institutional. It is one of our traditions which is being broken when someone forgets that our primary purpose is to carry the message to the addict that still suffers.

We are not sure whom this has affected, or how wide spread the word has spread about this disgraceful act, but we at Osage Groups wish to stop this virus before it goes any further.

We admit that this was extremely wrong of these individuals and pray that this will not stop the newcomer from entering into our doors. The Newcomer is THE MOST IMPORTANT person at our meetings, whether they come from treatment a correctional institution, the streets or out of their expensive homes.

We are not a club, we have no initiation fee or dues, no pledges to sign. We are a non-profit group that is supported by donations from it's members. Many cannot afford to give money, money is not why we open our doors. We are seeking recovery, freedom from active addiction and a new and better way to live.

We humbly apologize for these misconceptions given to the newcomer, and wish you to know that OSAGE GROUPS is for anyone seeking recovery from addiction.

And, to those personally affected and turned away, we at Osage pray that this will not keep you from seeking help and carrying the message of recovery to others.

Sincerely, THE OSAGE GROUPS

LIFE-THE N.A. WAY

NARCOTICS ANONYMOUS has given me.  
something to live for  
I've discovered myself  
and so much more  
My life means so much  
Without the use of drugs,  
I get a better high  
Out of loving hugs.  
Some may ask  
"Why are we here?"  
Because we're addicts  
And because we care.  
"Who is an addict?"  
I am, we are, even you  
If drugs are a problem in your life  
You're an addict too.  
"How does it work?"  
There are Twelve Steps-that's how,  
They help you in your life and your  
recovery  
Today, tomorrow and now.  
Addiction is a disease  
And there's no cure,  
But going to meetings help  
- This I'm sure.  
"What can I do?"  
Stay clean, just for today,  
And to live my life  
The N.A. way.  
"What is N.A.?"  
A fellowship- no a family and lots of  
loving hugs  
Where everyone lives  
With the complete abstinence of drugs,  
N.A. is LIFE

Teresa S.

## Activities

### Just For Today Area

Larrytown - "Hobo's Again" Dance  
Lawrence, KS  
Dec. 22nd, 1989

New Way - "New Years Bash"  
Emporia, KS  
Jan. 1990  
Details to Come

Pioneer - "After New Years Bash"  
Paola, KS  
Last Saturday in January  
Details to Come

Contact: Roger B. (913) 242-3585 or Laura M. (316) 342-1123

### Wichita Metro Area

Area Dance - Christmas Dance -  
Worker's Communication Bldg.  
Dec. 16th 1989  
\$2.50 per person  
Claude (316) 788-4229

Newton - New Years Eve Dance  
4-H Bldg.  
1st & Grandview  
7:00 p.m.  
Dee (316) 283-7626

### Fellowship for Freedom

Mid-America Activities Committee  
A Gift of Recovery - Gift exchange Bring unisex gifts  
Dec. 16th at 7:00 p.m.  
Topeka, KS  
Helpline (913) 232-LOVE

### Southeast Traditions Area

New Group & New Dimensions Christmas at N.A. in Coffeyville  
Dec. 2nd at 5:00 p.m.

### Central Kansas Area

Great Bend Group - Annual Chili Feed  
Saturday, Dec. 2nd, 1989 at 4:30 p.m.

### Unity Area

Clean & Crazy Group Dance  
Dec. 16th at Kansas College of Tech.  
\$3.00 per person (covers refreshments) at Salina, KS  
Contact: Gerry M. (913) 823-1008 or Jeri S. (913) 825-5302

### Other Activities

McPherson Ks. - New Life New Hope  
Join the celebration Dance  
Dec 9th 1989 at 7:30 p.m. 4-H Bldg. McPherson, KS  
Jeff M. - Regional Literature Chair - Speaker  
710 W. Woodside  
Contact Debbie or Tim (316) 241-6230

Mid-America Campout coming soon  
Stay tuned for more details

Kansas City, MO  
1 is too many - 1000 is never enough  
Open podium - eaten meeten  
3rd Anniversary  
9201 Wornall  
Dec. 15th at 7:00 p.m. til ????  
Admission \$2.00 with side dish \$1.00

Mid-America Regional Convention  
is coming April 1990 to  
Great Bend Kansas  
April 6-8 at the Holiday Inn  
Contact Cliff M. (316) 672-7883 or Ross F. (316) 564-2545

# this holiday season

**HOPE**

**SUCCESS**

**HELP!**

**Imagine the Possibilities**  
**You'll Be Hooked For Life.**

**MORE INFO**

# MID AMERICA REGIONAL SERVICE COMMITTEE MEETING - SCOTT CITY, KS. FEBRUARY 17, 1990 - AMERICAN LEGION 308 1/2 MAIN - DOWNTOWN SCOTT CITY

## SCHEDULE

\*\*\* Friday, February 16 - Candlelight Meeting - 11:00 pm.  
American Legion Basement

\*\*\* Saturday, February 17 - Regional Meeting Events:

8:00 am. - Continental Breakfast

9:00 am. - Committee Meetings

1:00 pm. - Lunch Break\*

3:00 pm. - RSC Meeting

8:30 pm. - Open Meeting

9:30 pm. - Dance and White Elephant Auction

\*\*\* Sunday, February 18 - Eye-opener Meeting - 10:00 am.  
(Coffee and donuts served)

\*\*\*\*\*

NOTE\* - A catered lunch will be available at the meeting hall.  
Those that are interested in the meal, please R.S.V.P. by February  
1, 1990: The cost will be \$4.00 per person for the buffet.

There will be few personal residences available for lodging,  
however, there will be group rates available at two motels if the  
reservations are made by January 15, 1990. Also, there will be  
a church available for NON SMOKERS ONLY, at no charge.

CONTACTS: Randy R. (316) 872 7391  
Linda B. (913) 627 3955, 4131  
Monica M. (316) 375 4375

Chaparral Motel (316) 872 2181\*

Marz Motel (316) 872 2164\*

\* At the time of reservations, you must let them know that  
you are with the Regional Service Committee group that  
is meeting in town on the above dates. N.A. need not be

# MADNA

## 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

## **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.

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Anonymous World Services, Inc.

ATTENTION...ATTENTION...NEWS FLASH...BUY NOW...DON'T WAIT...

HEY, HAVE WE GOT A DEAL FOR YOU!!! BY TELEPHONE, TELEGRAPH, TELL-A-FRIEND!!!  
IF YOU ORDER THE MID-AMERICA NEWSLETTER BEFORE JANUARY 1st, 1990 WE WILL KEEP  
OUR PRICE TO \$6.00 FOR THE SUBSCRIPTION PRICE FOR 1990. AFTER JANUARY 1st, 1990,  
THE RATE FOR 1 YEARS SUBSCRIPTION INCREASES TO \$8.00.  
SO, GET YOUR ORDERS IN TODAY. DON'T WAIT!!! TAKE ADVANTAGE  
OF THIS INCREDIBLE OFFER OR MISS OUT.  
SAVE...SAVE...SAVE...SAVE...SAVE...DON'T PROCRASTINATE...ORDER NOW!!!

SUBSCRIPTION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

RENEWAL \_\_\_\_\_

NEW SUBSCRIBER \_\_\_\_\_

-----  
Send a check or money order for \$8.00 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. member.
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 Newsletter  
permission to print any input accompanying this form. I also agree to allow  
editing of input that does not change the content.

Dated \_\_\_\_\_

