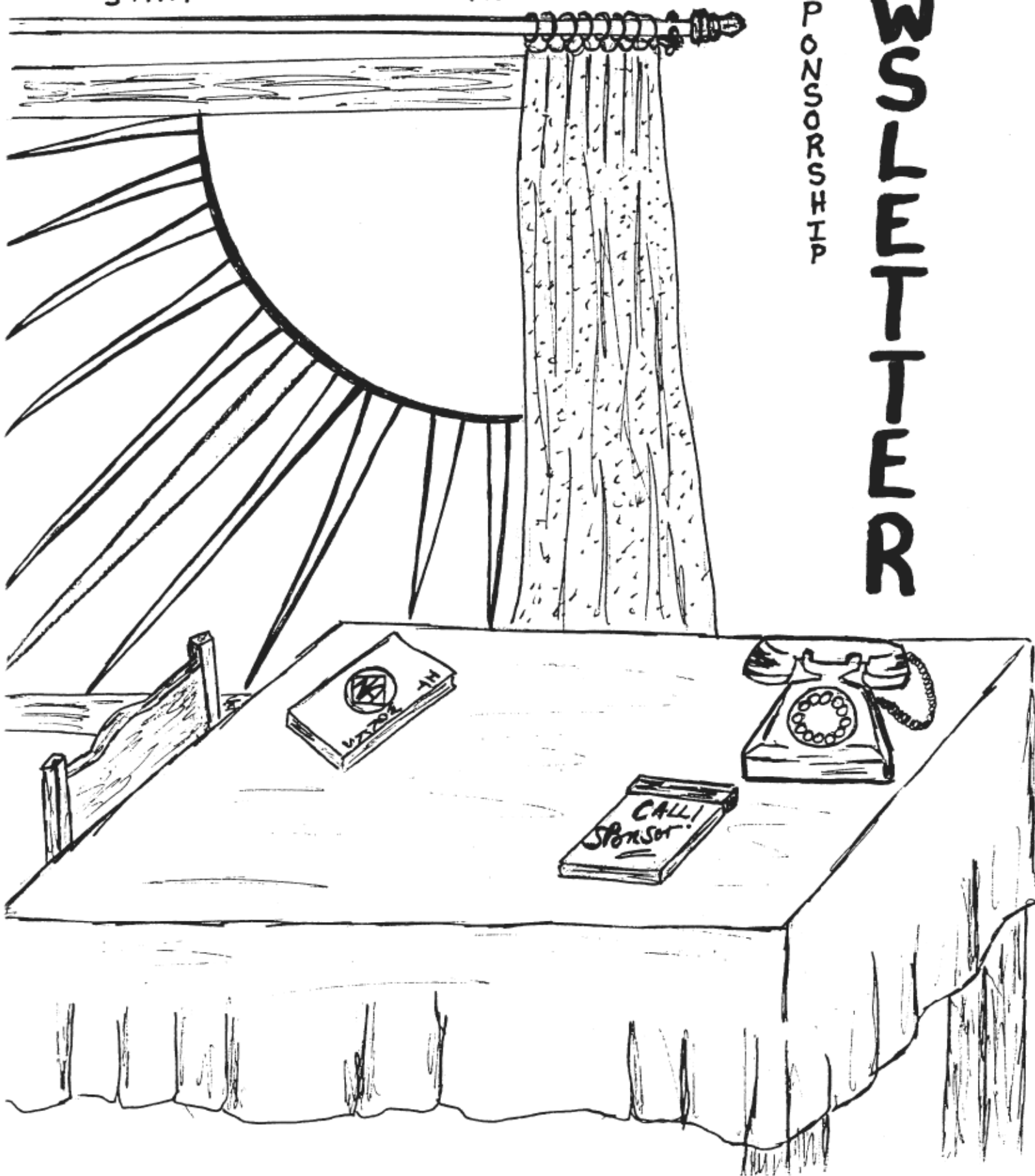


# MID-AMERICA

JAN. - FEB. 1990 - NEW BEGINNINGS

SPONSORSHIP

# NEWSLETTER



## 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.

Happy New Year to my N.A. family!!

I have once again survived the Holiday Season and another year of living...clean.

Reflecting on 1989, I know without a doubt that I have a kind, and loving Higher Power with a gentle strength. He has carried me through avenues this past year that I wanted (at many times) to turn around and run from. Graduating from a Vo-Tech program, a new job working third shift, making a commitment to marriage, my husband having major surgery, and many other feelings and growth experiences that I can no longer recall. My H.P. said, "One step at a time Laura, you can do it. I'm right here beside you, hold my hand." Thank you God and to my N.A. family for support and strength. I know today that 1990 is possible.

Thank you again to the people that are supporting this newsletter, with input, new subscriptions, and art work. This issue has been more difficult than the last two though, because of the empty chairs at the workshop we had in December.

The next workshop will be Sunday, February 18, 1990 in Scott City, following the RSC at the American Legion, 308 1/2 Main.

Hope to see you there. Be safe and stay clean, one day at a time!

REMINDER: This is the  
LAST ISSUE you will RECEIVE  
IF YOU DON'T RENEW YOUR  
SUBSCRIPTION! DON'T MISS OUT!!  
FORMS ARE ON THE BACK PAGE!!

In loving service,

Laura Mc.  
Laura Mc.  
Wichita, Ks.

Upcoming newsletter themes:

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

\*\*\*\*\*

#### HOLD ON

Hold on it won't be long  
till freedom calls your name.  
Hold on it won't be long  
till God does the same.  
Yes I know as well as you,  
you must feel the pain,  
till the time comes.  
Yes I know as well as you  
it ain't easy, doin time.  
Seasons change,  
you can do the same, yes you can.  
Hold on it won't be long  
till freedom calls you name.  
Hold on it won't be long  
till God does the same.  
Yes you'll always be my brother  
through the hard times  
but it's still lonely,  
so please listen,  
from my own experience,  
you must surrender.  
Seasons change,  
you can do the same, yes you can.  
Oh yes you can.

Steve D., Hesston, Ks.

#### ACTIVITIES

Just For Fun Dance-By Choice Group  
Paola, Kansas 294-9430 or 829-8532  
January 20, 1990

\*\*\*\*\*

Fellowship For Love Dance  
Alive & Kick'n Group  
Ottawa, Kansas 242-3585  
February 10, 1990

\*\*\*\*\*

First Anniversary Dance  
Lotta Soul Group, Lawrence, Kansas  
March 24, 1990

One of our earliest involvements with others in N.A. begins with sponsorship. I'd like to share what has helped this addict in sponsorship, both in sponsoring others and in being sponsored. I don't have all of the answers. These are just my own thoughts based on personal experience.

Sponsorship is a two-way street; it helps both parties involved. The sponsor uses his/her experience, strength and hope to help another addict. Sponsors can't pay your bills, or get your marriage back together. But they can be someone you can confide in. As the N.A. Basic Text states, "the therapeutic value of one addict helping another is without parallel."

#### Seeking a sponsor

- Check out various meetings among different N.A. groups and see who the winners are. Ask yourself: "Do I want what they have?"
- Take the risk and talk to people. Remember, we must be willing to go to any lengths. It is recommended that a good sponsor should be clean at least a year and seem to be enjoying it.
- A sponsor should be of the same sex. This reduces the problem of distractions that may interfere with the newcomer's program.
- Make sure this person will be available and will make the commitment necessary to sponsor you.
- Talk with this person first to see what you both expect out of sponsorship.
- Make sure this sponsor introduces you to others in the fellowship; get their phone numbers. Remember, your particular sponsor may not always be home.
- Be willing to take your sponsor's suggestions. If the suggestion is not clear, then get clarification. You may not always agree, but remember that your sponsor has been clean longer. Talk about it if you don't agree, and share your feelings, thoughts and ideas.
- If you make an appointment with your sponsor, SHOW UP! If you are unable to make your appointment, be courteous enough to call so they don't worry.
- Don't just have a sponsor in name only; USE THEM! Call them often enough to let them know how you are, in good times and bad times. If you have a problem, talk to them and share it. Don't keep anything inside.
- Yes, you can have more than one sponsor, to get a wide variety of experience, strength and hope. Be careful; don't tell one sponsor one thing and another sponsor something entirely different. Get honest and try to be consistent.
- Trust your sponsor. If for some reason they betray your trust (and sometimes this may happen), it's okay to seek another sponsor. When appropriate, tell them why you are seeking another sponsor; it may help their program.
- It's never too late to find a sponsor.

#### Being a sponsor

- \* Show by example what being clean has done for you; work the steps, use YOUR sponsor, and live the program.
- \* Encourage open-mindedness about N.A., especially if the newcomer isn't sure whether he/she is an addict or not.
- \* Introduce the newcomer to others in the fellowship, and encourage them to get phone numbers.
- \* Stress the importance of working the Twelve Steps.
- \* Don't be a "gestapo sponsor." Don't give orders; make suggestions. Use the N.A. text to back up the suggestions you are giving. This helps to give the suggestion more merit.
- \* Keep an open mind and keep your ego out of it. Be understanding, patient, and willing to devote the time necessary to sponsorship.
- \* Don't pretend to be right all of the time. Admit, "I don't know," and find someone who does. This is helpful when you find the addict who may need some professional counseling. Encourage the newcomer to utilize any and all support systems available to his recovery.
- \* Don't be insulted if the newcomer seeks out others for experience, strength and hope, or finds another sponsor. This is the true test of readiness for sponsorship: the willingness to place principles before personalities. Be okay with that.
- \* Encourage the newcomer to lean on the program, not on you.
- \* As soon as possible, encourage the newcomer to get into service and group activities.
- \* Stress the importance of the Twelve Traditions.
- \* Stress the importance of going to meetings, no matter how long you are clean.
- \* After having a session with the newcomer, be sure to thank them for helping you to stay clean one more day (because they have).
- \* Try not to call the person that you sponsor a "pigeon", it is a negative term implying someone who waddles around and defecate on their sponsor. Use terms like "sponsee", or "friend" or something more positive.
- \* Take the person you sponsor on a Twelfth Step call when they are ready. This will help both of you.

R.B., Florida

## WHAT WILL YOU DO WITH THIS NEW YEAR

### THAT'S DO NEW?

As we start a new year  
untouched and unmarred,  
unblemished and flawless,  
unscratched and unscarred.  
May we try to do better and  
accomplish much more.  
And be kinder and wiser than  
in the year gone before.  
Let us wipe our slates clean  
and start over again.  
For God gives this privilege to  
all sincere men  
Who will humbly admit they have  
failed in many ways  
But are willing to try and improve  
these "new days"  
By asking God's help in  
all that they do  
And counting on Him to  
refresh and renew  
Their courage and faith  
when things go wrong  
And the way seems dark  
and the road rough and long...  
What Will You Do With This New Year  
That's Do New?  
The choice is yours,... God leaves that  
to you!

Helen Steiner Rice

### "THEN AND NOW"

One day in the mirror I happen to see  
That I was a dope fiend as plain as can be.  
I was an alcoholic, a derelict and a bum  
Until that day, I'd never totaled my sum.  
How I got that way only I know  
It started as fun, but joy didn't grow.  
Through the tunnel of hell I took a long ride  
Destroying faith, family and friends tearing up inside.  
Excited for the moment, loving it I thought  
For the fun I might have been having,  
Pain was all I brought.  
At a time I was finished or so I believed  
But I was given one final reprieve.  
Something said, "Save yourself, anyway you may,"  
Then a recovering addict told me about N.A.  
The joy I have found an addict never finds.  
Unless! They take sobriety, one day at a time.  
Now it's not as simple as it may seem to be  
One has to practice it, live it, for themselves to be free  
So when I get the feeling of being attacked  
I don't consider a drug, "I just keep comin' back."

Jerry C.  
Reprinted from Dec. 1983  
Together We Can

## NEW YEAR'S RESOLUTIONS

### I'M GOING TO;

1. Order a Mid-America Newsletter Subscription
2. Buy a Basic Text
3. Buy Service Manuals
4. Eat more fruit
5. Stay clean, One Day at a Time
6. Work The Steps
7. Dye my hair blonde
8. Help out newcomers
9. Order a Mid-America Newsletter Subscription
10. Get a new spare tire
11. Go to a meeting
12. Plant a garden
13. Put Trust in my Higher Power
14. Raise wild turkeys and goats
15. Order a Mid-America Newsletter Subscription
16. Ask for help
17. Stop Procrastinating, tomorrow
18. Live the steps
19. Try to dodge bumps in the road
20. Call my Sponsor
21. Order a Mid-America Newsletter Subscription
22. Reduce my cholesterol level
23. Exercise
24. Be Real
25. Order a Mid-America Newsletter Subscription

When I hit bottom and found Narcotics Anonymous, I was hurting deep within. I was in severe pain, and the drugs were no longer easing it. I could not live with drugs or without them. The disease of addiction had beaten me to a pulp. I felt like an alien and lived like an animal. Everything about me was phoney; I did not know what reality was. I lived in a fantasy world of nothingness. My family was baffled and confused. I was physically, mentally, and spiritually bankrupt. I hated myself.

I did not know what to expect when I walked into a basement of a church and attended my first N.A. meeting. I do not even remember what was said, but I do remember the welcome I received from those six recovering addicts seated around the table.

They welcomed me with open arms, regardless of the wreckage of my past. They accepted me unconditionally and treated me as a human being. They even told me to keep coming back! They supplied me with N.A. literature and gave me their phone numbers. I was attracted. And it was this attraction that helped me surrender and find recovery. I am grateful for it, because today I have over four years clean.

After attending several meetings, I began to hear about the importance of sponsorship. I got the information pamphlet on sponsorship and read it, so that I would know what to look for in a sponsor. After becoming familiar with it, I was ready to find a sponsor.

The first stumbling block for me was fear. I had always been afraid of people, and carried the fear of rejection everywhere I went. I had to address this fear before I could get on with my recovery. When I approached a certain individual to ask him to sponsor me, I expected the answer to be "no." To my surprise, he said "yes."

Now I had a sponsor, somebody I could turn to, someone to share my problems with. The sponsor I chose centered his recovery in the N.A. program. He practiced spiritual principles in his life, he was an active member of the group, and he carried the message of recovery.

I wanted what my sponsor had. I knew that in order for me to find it I would have to use him. The night I asked him, he sat down and shared his beliefs about sponsorship with me. He made it clear to me that it was my responsibility to contact him when I was hurting or needed to talk to him. From that night on, I began a relationship with him that would be an essential part of my recovery—"the therapeutic value of one addict helping another" had begun.

Sponsorship is a relationship that went beyond my distorted ideas of what relationships were supposed to be like. First of all, it was with another male. Secondly, it was built on sound spiritual principles. My relationship with my sponsor was the first one that had a meaning and purpose to it. Honesty, love and acceptance were the main reasons.

In the past, I'd placed conditions on everything. Sponsorship is unconditional. It is two addicts getting together and sharing freely about recovery from the disease of addiction. It is not a one-way but a two-way street. My relationship with my sponsor has been a journey into the light of reality.

A relationship with a sponsor is the road to a personal involvement with the Twelve Steps of N.A. My sponsor taught me, both by example and word, how to work the steps. No matter what type of problems I would share with him, he would point out the solution in the steps. My sponsor never turned me away. He was always there, regardless of the circumstances. It did not matter what time of day it was. He allowed me to make my own mistakes, and was there after I made them to help me through the pain. He never forced me to do anything I did not want to do. He loved me well before I could love myself or anyone else. He forgave me well before I could forgive. He cared for me well before I could care.

My sponsor showed me living proof that recovery is possible for any addict willing to practice the principles that make recovery possible. He gave it away—to me—in order to keep it himself.

There are many things I have received from my sponsor. I can remember thanking my sponsor many times for the help he'd given me; his response was that I, too, had helped him tremendously. That amazed me.

He has helped me find the N.A. way of life. He has shown me the need to get involved and help carry the message of recovery to addicts who still suffer. What started as sponsorship has developed into a deep and intimate friendship that can not have a price tag attached to it.

I am grateful for sponsorship. I know that if it were not for my sponsor I would have faced a rougher road. My sponsor is a gift from God.

Anonymous

Reprinted from Oct. 1989

N.A. 1144

## SPONSORSHIP

I have received so much more than I have given, at least it feels like that. God has chosen to put some of the most special people in my life to sponsor, and all I do is ask God for HELP. I want to give them everything and the only thing I can give is myself. So I ask God to help me to be human and to be REAL!

I've learned a lot about being real through being sponsored and being a Sponsor. I've had to look at myself in so many different ways. From how I am with confrontation to how I feel about parenting my children and friendship versus sponsorship, and can I love someone enough to tell them what they need to know and not what they want to hear. We have cried, laughed, cursed and screamed together and gone on crusades.

I wouldn't change a thing because it's brought me Love, warmth, understanding (a little) of myself and others, and true friendship (which is God given) and beyond compare.

If you don't have a sponsor ask someone and if you haven't become a sponsor yet, Look forward to it. It will be a wonderful growing experience.

A special thanks to N.A. and to the special people in my life.

In loving service, Pamela-Wichita

Wind sighs through trees;

I sigh too!

Bird soars through clouds;

I dream of flight!

Moon gleams at Earth;

I shine with you!

You've kept me from leaving

The Earth-Sea too soon.

You've kept me from being

The wind bent tree.

I will love you all in my soul

Till the Seas and Time part.

Thank N.A. for giving me life!

Shirley F.

Paola By Choice

## "I MEANT TO WRITE"

I am sitting here pondering what I should write for the N.A. NEWS. I started a story this past week, but I couldn't finish, so I put it off until the next day. However, at that time I was unaware of my hectic schedule. I tried again on Wednesday, but I didn't feel up to writing, so I left it all until Thursday. Thursday I was forced to rule it out due to my favorite T.V. series. Sorry! By the time Friday rolled around, I had forgotten my original article. I guess I'll have to wait until the next time when my feelings motivate me. One iota of insight I did gain from all this is that I am a great starter. After all, I did try, didn't I?

Oh, yeah! Hey editor! I read where the August issue of the N.A. NEWS was cancelled due to a lack of support. Isn't it a shame how some people can think of any excuse not to write?

John S.

Reprinted from Oct. 1978  
N.A. NEWS, Scranton, Pa.

My name is Al. I'm an addict.

At the world level, it is being proposed to sell the N.A. Basic Text in book stores and related enterprises. Basic Text, medallions, and pamphlets are already being sold through Hazelden Foundation.

I feel strongly against this happening. And it is in violation of Tradition Six and Tradition Eleven.

In Tradition Six, it states that "an N.A. group ought never endorse, finance or lend the N.A. name to any related facility or outside enterprise." It states in the Basic Text that an "outside enterprise includes any agency or business venture."

These stores and literature outlets are out to make a profit and I see the profit being made on the N.A. name.

In Tradition Eleven it that "our policy is attraction rather than promotion." It is important to reach as many people as possible, but it is imperative for our protection that we are careful about any literature that may reach the public hands. Once this literature is in these outlets it will be out of N.A.'s hands on how they will be promoting it.

If you feel as I do, let your voice be heard.

Let's Keep it Simple - One Addict Helping Another.

Thanks, an addict in recovery.

# 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.

# **MADNA7** **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.

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 \_\_\_\_\_

