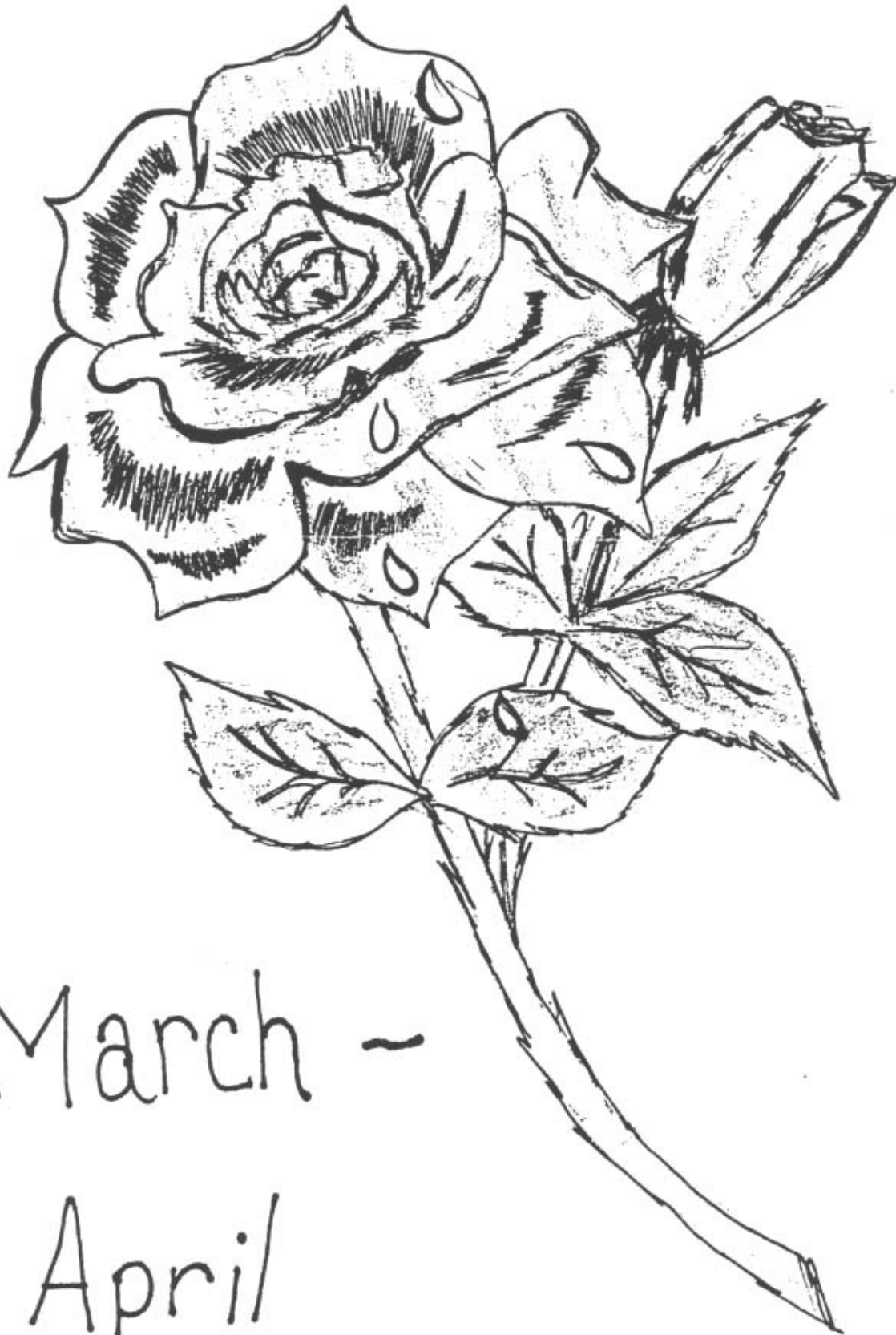


# **Mid- America**

# **n E W S L E T T E R**



March ~

April

1990

## 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.

Hello Family,

March 14, 1990

I have been in the midst of my own insanity!

My addiction is telling me to make excuses for the lateness of this issue of the Mid-America Newsletter, but my RECOVERY is telling me to make amends. What a difference there are in the feelings. Today, I prefer recovery and freedom from myself. Please accept my apology and my humanness.

At the last Regional Service Committee meeting in Scott City, Kansas, the RSC approved a motion for the Mid-America Newsletter committee to obtain a typewriter. Thank you Kansas N.A.

Action and work is going on all over Kansas. Things are going to happen this year in Narcotics Anonymous. Make plans to be there. See the Activities listings in this issue.

Next Newsletter Committee meeting;

March 31, 1990 10:00 AM, 202½ Iron St., Salina, Ks.

May 20, 1990 9:00 AM, Coffeyville Reg. Medical Ctr.  
2nd & Buckeye Entrance , room 108

May/June issue topic; For The Newcomer/ Freedom To Live

Freedom To Live is the name of the MARC XII July 4th, 1990 campout at Clinton Lake. When your writing your stories and thoughts down for the newsletter, think about the campouts. Past campouts, your favorite one, or maybe your dream campout.

Don't forget; We NEED your input! Are you getting tired of reading these stories and poems over, and over again??!! Write to us, please!!!!!!

Hope to see you in April at the MARC NA VII Convention!!!  
Flyer is included.

Stay Clean, Keep Sharing, and KEEP THE MIRACLE ALIVE!!!!!!

In Recovery Today,

Laura Mc.  
MANewsletter Editor

## THE DOOR TO SPIRITUALITY

Dwelling within the first step lies the spiritual principal that my recovery is based on. The concept appears frightening, seems unnatural and is the opposite of anything I have ever learned outside of this program.

Powerless is only a word. The meaning behind it can mean everything. By being powerless I can find God. I can have freinds, and all the doors to spiritually full life are offered to me.

The concept of a power greater than myself was gone when I came to N.A. I found my dope, I got the money for the dope, I used the dope, I created a support system to help me use the dope. Dope was my God. I believed I controlled everything, but addition had me. Not until I learned to give my life away, did I recieve it back.

Obiously the first realization I needed to come to was; drugs were killing me and I needed a change. That was a enormous spiritual awaking for me. I didn't like it, it didn't "make" me feel good; but this concept cleared a path for me to God. God to me is not "whatever works;" My trust in my Higher Power is enriched by "everything that works." Simply put the first step allowed me to search for solutions outside of my own answers.

The friendships I have been given in N.A. are based on respect, admiration and love. Many of them are distant-"what was your name:" "where did I meet you;" and "Oh! I remember now." that is the beauty of N.A. We are going a common direction. If you are about recovery, I love you for that. Powerlessness presented me with a need for a Higher Power and God began teaching me how to live through you; My Friends!

That brings me to the doors of spirituality. I am eternally gratefull that N.A. does not define this for us. There are suggestions, no rules. The first suggestion I followed was "ninety meetings in ninety days," and I have been clean since. I learned through this that spiritualality does not always mean it "feels great". I discovered developing a spiritual concept can require work. Action I have to take to reach a goal. Actions like: do not

## THE DOOR TO SPIRITUALITY(cont.)

steal, cheat, lie, hurt people, or the biggest one "DO NOT USE DOPE, NO MATTER WHAT!! My lifestyle requires I do something, but not my way. The doors I find are in my family, in my home group, in my friends. All of these are gifts to me. I feel like a child at Christmas --God is good to ME.

When I am able to live a powerless life work the steps with a powerless attitude, and offer myself to friends and the God I understand, that is when the doors of my spirituality are wide open, and my gratitude is rich and full.

In Loving Service,  
Mark G.  
Gratitude Group  
DodgeCity, Ks.

I wish to let me be  
open, Honest and free--  
believing and feeling  
good about me.

Words of advice  
seem bitter but nice  
but hard my heart  
likes to take it.

Let go and let God  
is a hard path to trod  
and it's fearful, lonely  
and long....

I'm tired of this life  
I've created for me  
but at this point in time,  
it's all I can see.

So I'm turning it over  
my wills tired and done...  
and I'm opening up  
to whatever's to come.

JOHNNA  
Reprint from:  
"Together We Can"  
Baltimore, Md.  
Newsletter

When I came to the program of N.A., I was dazzled and stunned by the people who had a year or more. I could not imagine myself ever staying clean for more than one year. I was told to "keep coming back" and "one day at a time". There were many times I was taking it one minute at a time!

That first year was a roller coaster ride for me. I tied a knot at the end of my rope and hung-on during the rough times. During the times of strong desires and urges to use, my main question to my higher power was "what is my purpose". This really bothered me for sometime. I was told again "One day at a time", "in time more will be revealed", and "keep coming back".

After, being a speaker at a speaker meeting, Going on a few twelve step calls, and getting involved with N.A., I picked up my one year chip. I was told that I was a MIRACLE. I believed I was a MIRACLE, as well as everyone else that was at the meetings with me. It was then revealed to me, that this was my purpose in life. As simple as it was, all I had to do was to stay clean and spread the MIRACLE of recovery to the still suffering addict. This helps to KEEP THE MIRACLE ALIVE in me and help others experience the MIRACLES of recovery.

GRATEFUL TO BE HERE OR ANYWHERE  
Joe J.

#### REMEMBER

Whenever you're feeling sad and blue  
Remember picking up is not the thing to do.  
Whenever you're back is against the wall  
Remember to pick up that phone and make that call.  
Whenever you feel like you want a shot  
Remember how hard it is to stop.  
Whenever you feel like you can't go on  
Remember it's just a feeling and it will pass on.  
Whenever your feeling sad and blue  
Always remember God Loves You.

Cidney B.  
Taken from;  
Mid-America Newsletter  
August--September 1986 issue

What does "KEEPING THE MIRACLE ALIVE" mean? It sounds good, there is a lot of power and force behind it. Webster's Dictionary defines Miracle as; "a supernatural event". Upon turning to supernatural It states; "happenings or forces beyond the natural; divine, miraculous".

When I was eleven I had to have two surgeries with numerous Chemotherapy Treatments because I had been diagnosed with a rare, deadly cancer. I was not expected to live more than six months. I can remember my mother and friends saying "It's a Miracle".

Continuing on with life and a fully alive addiction, I was unable to grasp and really feel the impact of this "MIRACLE".

Today, In recovery, I know what a Miracle is. I can feel the forces in my own life daily. An addict living without mind and mood altering chemicals is a Miracle. I have acceptance today of the reality of the Miracles that have taken place in my life. Acceptance of a power greater than myself that has plans for my life. A power that needs me to be alive and clean, with diseases in remission.

Many days, I take these Miracles for granted, I slip into self-pity and self centeredness and cry about my life and the path way I am on. And I remember the pain and the torture of the chemotherapy, the pain and loneliness of additions. Two painful miserable times in my life of chemicals, one to keep me alive, and one of self-destruction.

KEEPING THE MIRACLE ALIVE!! How simple how strong and powerful. Remembering where I came from, turning to my Higher Power and sharing, from the heart, with another addict. Taking care of my physical, mental emotional and spiritual self.

I recall a speaker once talking about the "MAGIC" in the room full of clean addicts, about a thousand of them. And I could feel it. I could feel. I was Alive! And I am the MIRACLE!!! Staying clean today is: KEEPING THE MIRACLE ALIVE!!!!!!

Laura Mc  
Wichita, Ks.



## THE WAR OF WARS

I have lived a life of getting high  
The reason for that I never knew why  
Wilder and faster, my life flew by  
No time to love and no time to cry

I had a good time, I thought indeed  
I thought drugs were my only need  
As the years passed by I became confused  
My mind and body, I had abused  
My soul and spirit, idle and unused

Drugs and money went by at such a rate  
but I could not foresee my coming fate  
My heart was so numb and full of hate  
I knew for me it must be to late!

From rags to riches and to rags again  
A terrible cycle that there is no end  
An uphill climb never reaching the top  
A fight with myself, that only I can stop

Some would say "for me there is no hope"  
But to them I say "With God's help I'll cope"  
My drug life is over, I know that's true  
But only with God's help, I know that too  
The battle inside of me, I have won  
But the war ahead of me has just begun.

By: Max J.

November 1984

Taken from The Mid-America Newsletter  
August--September 1986 issue

sometimes faces drift  
back into my life  
eyes once clouded  
from drug induced minds  
clear to see the pain  
of a lifetime of dream  
where fear and anger  
confusion and greed  
sabotaged every moment  
of serenity and hope  
sometimes desperation  
becomes so great  
that like small children  
we call out  
into the night  
surrendering at last  
to a power  
greater than ourselves  
humbly crawling  
through those first steps  
that take us  
from the abyss  
of our selfish pasts  
sometimes miracles happen  
and a few  
live to share  
and carry the message  
that the lie is dead  
that there is life  
after drugs  
forget for a moment  
and sometimes  
becomes never again

W.A.S. 1985

taken from "Together We Can" newsletter

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## SPIRITUALITY

Spirituality is my goal, my ideal.  
I would like to be a spirit-filled  
person, there are moments I believe  
that I am. Those are the times when  
I have completed all of the footwork,  
when I have faced the pain and have  
made friends with it. When I became  
willing to do that one extra thing.

This is when I experience the peace  
that passes all understanding.

Spirituality is having the ability  
to accept something that I don't  
like and that I don't understand and  
still know that I am OK!

Knowing everything is going to be okay  
is spiritual and is a GIFT from my  
Higher Power.

I believe in Grace. I believe in the  
12 steps and I believe that spirit-  
uality is a result of working the  
12 Steps, and the Grace of a power  
greater than myself.

It is a feeling of being warm all  
over and knowing that I am loved by  
the people in my life for who I am.  
They love me for me and in spite of  
myself! They love me the way my  
Higher Power loves.

I will continue on this Journey,  
and be glad for my fellow com-  
panions.

In love,  
Pamela B.K.  
Wichita

## AS OUR RECOVERY PROGRESSED

I'm a addict and my name is Dan. I would like to share something with you that made me study a chapter in the Basic Text.

Around a month ago I was at a meeting where we read chapter ten (more will be revealed). After reading this we went around the room sharing. During this time someone said this chapter reminded them of the twelve promise's of another twelve step program. I have read this chapter many times and have never gotten this out of it. So I started to study this chapter to see if I could find what he was talking about. I did find some things that were alot like promise's, but... on page 102 It says, "Narcotics Anonymous offers only one promise and that is the freedom from active addiction, the solution that eluded us for so long. We will be freed from our self-made prisons." So with this in mind, I would like to call the things I have found.... as our recovery progressed.

## AS OUR RECOVERY PROGRESSED.....

...."We became increasingly aware of ourselves and the world around us." [Page 97]  
...."We came to realize that we had no power to change the world, we could only change ourselves." [page 97]  
...." We come to understand humility as acceptance of both our assets and our liabilities." [page 97]  
...."We learn to become fexible and to admit when others are right and we are wrong." [page 98]  
...."We come to know ourselves for the first time." [page 98]  
...."By giving unconditional love in the fellowship, we become more loving." [page 99]  
...."By sharing spiritual growth , we become more spiritual." [page 99]  
...." By caring, sharing, and praying for others, we become a part of them." [page 101]  
...."We become more God-reliant and gain more self respect, we relize that we don't need to feel superior or inferior to anyone." [page 101]  
...."We become able to make wise and loving decisions, based on principles and ideals that have real value in our lives." [page 101]  
...."As we grow spiritually, we become attuned to our feelings and our purpose in life." [page 102]  
...."We become increaingly open-minded and open to new ideas in all areas of our lives." [page 102]  
...."One of the continuing miracles of recovery is becoming a productive responsible member of society." [page 102]  
...."We now have become free to develop a new understanding of life." [page 102]

I would like to thank you for letting me share this with you and also I would like to thank the person for giving me the desire to study this chapter. It shows me the importantance of listening at meetings, to hear what other people have to say and to keep an open mind.

AS MY RECOVERY IS PROGRESSING  
Dan M. Great Bend, Ks.

RECOVERY ORIENTED SERVICE  
-VS-  
SERVICE ORIENTED RECOVERY

Upon my arrival in N.A., it was with fear of the unknown. Not really knowing where or how I would fit in, set the course for the shaping of my recovery.

I had managed to get one of the real hard headed sponsors who believed in Just Do It. My first involvement in service was at the group level. Just the important stuff like, making coffee and dumping ash trays. at the time it really made me feel good to give back a little that I was getting.

As my recovery continued to stack another day in the pile, so also did my service commitments. Service had eventually ceased to be something that I did with willingness, but another symptom of my disease obsession.

My recovery was getting hampered , I confused service meetings for recovery meetings, arguing for sharing and arguing for carrying the message.

I lost complete focus upon my recovery the things that had kept me clean, meetings, fellowship, honest sharing, and working my butt off to get what I got.

It was like using all over again, to be lonely in a crowd, to be apart of, yet apart from. I was becoming an unbearable person to myself, but I used the justification of "In the name of recovery" I was doing good.

My salvation again was N.A. Through the help of a newcomer it was brought to my attention that it was okay to say NO! It is okay to be wrong, make mistakes, and not feel like I have to do it all. WE do.

Today I am back in service, the first question I ask myself before a service meeting is who showed up today-A God Centered, Selfless Individual or A Self Centered Godless Individual.

RECOVERY ORIENTED SERVICE  
-VS-  
SERVICE ORIENTED RECOVERY  
(cont.)

Somedays I do better than others, but I try to do the best I can. But for today my priorities are in line and I pray that my recovery always stay first.

Tony N.  
Wichita, Ks.

MY SPONSOR

In the start I never knew  
Just how much I needed you  
More than a sponsor, some one  
I could talk to  
You've changed my life in so  
many ways.

All my secrets I told to you.  
There were many times I didn't know  
what to do,  
You put your arms around me and  
helped me through.  
My family knows me, but not like  
you do.

Sometimes I slipped and fell  
All my faults you know well,  
But you never turned me away.  
You stood right by me even today.

There many nights I was afraid.  
I stood on the promises that  
I've made.  
You have really helped me along  
the way,  
To reach a much brighter day!

Written for Dan  
By Kenneth Lee  
(11-22-89)  
I Love You!!!

REMEMBER TO PRE-REGISTER  
KEEPING THE MIRACLE ALIVE  
WHEN: APRIL 6, 7, 8, 1990  
WHERE: HOLIDAY INN  
ADDRESS: MARCNA VII  
P.O. BOX 374  
GREAT BEND, KS.  
67530



### ACTIVITIES

- March 10th-- Conference agenda report workshop, 325 1/2 Commercial St.  
Emporia Ks. 10:00 a.m.-???
- March 11th-- Convention Committee meeting, Holiday Inn, 3017 10th St.  
Great Bend, Ks. 2:00p.m.-???
- March 17th-- St. Patties "Just For Fun Dance" 325 1/2 Commercial St.  
Emporia Ks. 9:00p.m.-1:00a.m. \$2.00 person/\$3.00 couple  
FUNDRAISER FOR CAMPOUTS IN JUNE AND JULY.
- St. Patricks Day Dance, Riverside Park Shelter House,  
Independence, Ks. 7:00-11:30p.m. \$2.00 person.
- Public Information Workshop Derby, Ks.  
More information call (316) 832-9441
- Wichita Metro Area Dance, 530 E. Harry  
Wichita, Ks. 7:30p.m.-???
- 2.50 person
- St. Patricks Day Dance  
Arkansas City, KS.
- March 24th-- Lotta Soul Group 1 yr. anniversary and dance, Lawrence, Ks.  
4-H Fairgrounds "Live Band" 6:00-11:30p.m. \$5.00 person
- 12 Concepts Workshop, Chili Feed & Dance, KTI Cafeteria  
Salina, Ks, "Live Band" 1:00 p.m.-???
- Food Free/Dance \$5.00
- Fellowship For Freedom Area Dance,  
1248 Buchanan, Topeka, KS. 7:00p.m.-???
- March 23-25th Fifth Annual Lone Star Regional Convention  
Gavelston Island, Tx. Moody Civic Center  
contacts:  
LSRSO-(405) 273-0159  
LSRSO, Inc.  
10727 Plano Road,  
Suite 200  
Dallas Tx. 75238
- March 30- Ok Recovery -OkRNCA IV  
April 1st Holiday Hotel Shawnee, Okla.  
Address:  
OkRNCA  
1820 Southcrest  
Norman, Okla. 73017

ACTIVITIES (cont.)

- March 31st-- Newsletter Committee Workshop, Salina, Ks.  
Contact Laura Mc. (316) 942-0548  
We need your support!!!!
- April 6-8th- KEEPING THE MIRACLE ALIVE, MARCNA VII  
Holiday Inn Great Bend, Ks,  
contacts: Pam B. (316) 793-9072  
Ross F. (316) 564-2545  
Sue B. (316) 793-6588  
Address: MARCNA VII  
P.O.Box 374  
Great Bend, Ks. 67530
- April 14th- Easter Eve Spring Fling Dance 1248 Buchanan Topeka, Ks.  
7:00p.m.-12:30a.m. \$3.00 person/\$5.00 couple  
Fundraiser for campouts in June and July!!
- April 21st. Wichita Metro Area Dance 530 E. Harry  
Wichita, Ks. 7:30p.m.-??? 2.50 person
- April 27-29th- CRC II LIVE FOR TODAY, Sherton International, Rosemont, Il.  
Address: CRC II  
C/O CSO  
212S. Marion, #27  
Oak Park, Il. 60302
- April 28th. Bash in the Backwoods 428 S. Woodlawn, Woodlawn United  
Methodist Church, barb-b-que/dance/auction/volleyball  
pie auction/junky dunk/COMMERATIVE EDITION BASIC TEXT  
RAFFLE find out how to get your raffle ticket now.  
2:00p.m.-????
- Today's Choice Group, 2nd Anniversary VFW hall 1419 Swift Ave.  
5:00p.m.-1:00a.m. \$4.00dance/\$7.00 Dance & all taco's eatable
- May 19-20th MARSCNA QUARTERLY BUSSINESS MEETING, Bestwestern Fountain  
Plaza Inn, 104 W.11th St. Independence, Ks.  
contacts: Steve F. (316) 251-9258  
Ruth M. (316) 325-2709  
Craig C. (316) 3311053
- May 25-27th. Welcome Home OCNA VIII, Seagate Convention Center  
Address: OCNA VIII  
P.O.Box 1046  
Toledo, Ohio 43697

ACTIVITIES(cont.)

- June 8-10th      A Harbor In the Storm Of Reality    UMCNA VII  
College of St. Scholastica, Duluth, Minn.  
Address:    UMCNA VII  
             P.O.Box 5393  
             Fargo, N.D. 58105
- June 1-3rd        Clean and Serene with the Stars Campout #2  
Fellowship For Freedom Area    Lake Shawnee, Topeka, Ks.  
Contacts: Glenn S. (913)4842849  
             Joe J. (913)271-1428
- June 15-17th.    Show-Me-Regional Convention V    Holiday Inn Executive Cnt.  
Address:    SMRCNA V  
             P.O. Box 373  
             Columbia, Mo. 65205-0373
- July 5-8th        FREEDOM TO LIVE CAMPOUT    MARC XII  
Clinton Lake, Ks. Host; Fellowship For Freedom Area  
  
Spritual Dreams Awaken MRCNA VI    Valley Plaza Inn  
Midland, Mi.  
Address:    MRCNA VI  
             P.O. Box 597  
             Bay City, Mi. 48707
- August 10-12th    3rd Annual Just For Today Free Campout, Thunderbird Marina  
Milford Lake, Ks. contacts:    Marte' D. (913)762-3596  
   Marcella H.(913)776-4864
- August 31st-  
September 3rd    Derby N.A. 3rd Annual Labor Day Campout, Lake Afton, Ks.  
Contact:    Curtis B. (316) 686-9167





# MARCNA VII

**April 6-8, 1990**

**Fellowship Workshops Speakers**  
**Dance Pool Party**

Registration	_____	X \$15.00	_____
after March 26, 1990	_____	X \$17.00	_____
*Saturday Banquet	_____	X \$15.00	_____
*Sunday Brunch	_____	X \$8.00	_____
		<b>TOTAL</b>	_____

*\*Preregistration only*

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

Holiday Inn  
 3017 10th St.  
 Great Bend, KS 67530  
 316-792-2431

**\$45.00 a night per room**

**other accommodations available**

Send check or money order to:  
 MARCNA VII  
 P.O. Box 374  
 Great Bend, KS 67530

Pam B.  
 Ross F.  
 Sue B.

316-793-9072  
 316-564-2545  
 316-793-6588

# MARSCNA

Quarterly Business & Committee Meetings  
May 19-20, 1990 Coffeyville, Kansas

## SCHEDULE OF EVENTS

Friday May 18, 1990

Candlelight Meeting - 10:00 pm

New Dimensions Group 7th & Elm (St. Pauls Episcopal Church)

Saturday May 19, 1990

Regional Meeting Events

Committee Meetings - 9:00 am

Lunch Break ----- 1:00 pm

RSC Meeting ----- 2:30 pm

Speaker Meeting ---- 8:00 pm (or completion of RSC)

Dance, Raffle etc. - 9:00 pm

(All Events on Saturday to be held at Best Western, Fountain Plaza Inn, 104 West 11th Street)

Sunday May 20, 1990

NR Newspaper Meeting (9:00 am, Coffeyville Regional Medical Center, 2nd & Buckeye Entrance Room 108)

## Contacts

Steve F. (316) 251-9258

Ruth M. (316) 325-2709

Craig C. (316) 331-1053

John M. (316) 251-5126

Mileage chart and Accommodations list on the reverse side.

Hosted by the Southeast  
Traditions Area



## **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 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.

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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.

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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.

