

Mid-America

NEWSLETTER

SWIMMING AUCTION FISHING BASKETBALL
CAMPFIRE MEETINGS HIKING TRAILS SPEAKER MEETINGS

FREEDOM TO LIVE



SOFTBALL & VOLLEYBALL GAMES

NO FIREWORKS

SHADED CAMPSITES

MAY & JUNE '90

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.

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Anonymous World Services, Inc.

MORE AND MORE

As a child, I remember growing up with chemicals readily available whenever they were needed and as I began to grow the need became more and more.

As a child, I learned to love. Then I learned how to live without love. Then the need became more and more.

As a child, I learned to fight. Then I learned to fear and the need became more and more.

As a young man, I learned to use the things I had learned, and the need became more and more.

As an adult, I learned to dislike what I had learned and the need became more and more.

As an addict, I learned to hide everything I felt and live in my own misery. And the need became more and more.

As a recovering addict, I am but a child again. I am learning to love and be at peace with myself and my need becomes more and more.

Cheney L.

FOR THE NEWCOMER

Thank you, because without you I don't think I would be having my five year birthday. The last time I used drugs was on March 4th of 1985. I started working with the newcomer one day after I was out of treatment. I went to my first H&I meeting two days out of treatment. I see people that are still around that I drove to meetings five years ago. I have seen a lot of them in treatment again. I thank the ones that go back to treatment again. Because, they tell me it has not changed. If it had, they would not be back again. They tell me that the first thing they stopped doing was going to meetings.

So now when I think that I don't want to go to a meeting, I remember what you, the newcomer, said and I make myself go, until I feel like going on my own again.

I have met hundreds of people in treatment by doing H&I meetings for the last five years. Thank you again newcomers. I Love You. H&I, it worked for me. DOES IT WORK FOR YOU? OR HAVE YOU TRIED?

In loving service,
Anita J. Wichita, KS

HELPHELPHELPHELPHELPHELPHELPHELPHELPHELPHELPHELPHELPPLEH

WE NEED YOU...WE NEED YOUR INPUT...DO YOU HAVE ANY???DO WANT TO BE A PART OF???
DO YOU CARE???WHAT IS YOUR OPINION???WHAT DO YOU WANT TO SEE???HOW CAN WE KNOW IF WE
DON'T HEAR FROM YOU???WE WOULD LOVE TO HAVE ANY AND ALL WRITTEN COMMENTS FROM YOU...

Upcoming issue is the July/August issue and our topic is Steps 7 and 8.
Do you know it? Write about it. Do you live it? Share it, share your recovery.
Share your experience, strength, and hope. We need it and we NEED you!!!!!!

THE WORDS AND THE WISDOM OF THE N.A. WAY

"Your way" life, through the years until now
full of hate, anger, and sorrow.
They had to come to an end somehow
Today, this minute, not tomorrow.

Facing the truth, as the mirror shows
your thoughts and feelings that no one knows.
Deep down inside love, joy and happiness. But still remains
the hurt, the losses, the games and the pains.

Turn to God and believe he forgives all.
Open the doors and knock down the wall.
To face the challenges and be with the clean
look to the people who have already seen.

Join the world of Recovery this day.
Believe your heart, it went the right way.
Just look and listen to what they say,
The words and the wisdom of the N.A. Way.

Joe B.

SERENITY IN THE STORM

So, you don't like the weather in Kansas. Wait a few minutes and it will change!!!
Campouts in Kansas are adventurous...

Since beginning my journey in recovery, I have encountered numerous N.A.
campouts in Kansas.

The weather has usually been threatening with rain, wind and tornadoes followed
by scorching, hot sunshine the next day.

My memories take me back to the warning from my H.P. to take cover Sunday
morning at Lone Star Lake. There I was, sitting in my car with my Mr. Coffee
next to me watching the rain fall outside. Also, to Webster Lake in 1989.
Unity was the attitude that weekend.

At times, I wonder if we are being singled out by some force. To be tested
and see if we will break. And we don't. We grab each other, each with our own
Higher Power and we hang on. And we survive and we grow. We find Serenity in
the storm.

Laura Mc.
Wichita, KS

DISCOVERING CAMPOUTS AND SERENITY

My first campout came about three months after treatment. I had fallen off my pink cloud, and landed in a cactus patch that I chose to call home. I didn't get to miss that treatment center much, I took it home with me! I was on my fourth roommate from there already. Nobody ever seemed to be able to pay rent, so I was about to be homeless. I was also getting suicidal, which had recently prompted me to actually call one of the four sponsors I had collected in treatment. This new clean life had shown me no serenity.

Being a hardcore nature lover, when my sponsor said "CAMPOUT", I was more than ready. It was kind of a pre-summer campout. Either in late April or early May, and it got cold! It was so cold around 3:00 A.M., I had to get out of my sleeping bag and tent and huddle by the fire to stay warm. I wasn't alone.

It was the Augusta Group's campout. It was on private land way out in the boonies. It was a real small campout, and that was fine with me. Everyone was extremely nice, but I was in total awe of these N.A. people, alot of them had been clean for a number of years! I felt like a kid who got to play with the grown-ups.

We had the best bonfire I had ever seen. I guess it must have been time to clear the land, trees were hauled in with a tractor, and we burned them all. We found two beautiful young hawks, not yet able to fly, kittens and wildflowers. I have had wildflowers by my tent flap at every campout ever since.

I discovered Serenity Spots, also. The first was a big flat rock, with a tree growing around it and branching over a crystal clear stream. Beautiful. Peaceful. Quiet. Serene. It was impossible not to believe in a Higher Power there. I slowed down and talked to God and listened long enough to hear an answer. And I started to understand serenity. Later I followed a stream deep into the woods. There I found a pond in a small clearing and a deer. We watched each other for quite some time and shared the pond together. I am almost sure the deer was in conscious contact with God also.

Best of all were the people. The relaxation, the caring and sharing. The ease of it all. Everyone was so nice and they did not want anything. But I did! I finally saw something worth wanting.

Some time later, I was at the Newton pre-campout campout. I met some neat people there. I was away from home in the Fall, and those people took me in and treated me like an old friend. I found out the program is there, where ever you go.

Before I knew it, it was time for the big one. The Fourth of July Regional Campout. We were almost the first campers to arrive. Tents started popping up, this time I knew alot of the people. I was starting to feel like I belonged. The next day really blew my little mind. Instead of tents scattered here and there, suddenly there was a sea of tents. So many people!!!!I followed my sponsor, it seemed she introduced me to hundreds of people.

The meetings were wonderful too. Having meetings out of doors seems to greatly increase spirituality and trust. Especially at night around a campfire. I started to get in touch with things I didn't even know were there inside of me. I felt safe. There were no dangers there. No stealing, everything was shared. No con-games or fights, there was truth and love. No drugs, everyone could dance and play without them. The only sad or painful time I experienced that weekend was leaving. But I can keep coming back! Hope you do too!!!!

Love, Diana W.

ACTIVITIES CALENDAR

- May 11-13th Multi Regional Public Information Learning Day
Quality Inn, Springfield, Mo.
Contacts: Dave K.....417-866-7424
 April R.....314-381-5965
 Rob P.....316-856-3467
- May 19th MARSCNA Quarterly Bussiness Meeting
Best Western Fountain Plaza Inn,
104 W. 11th St. Independence, Ks.
Contacts: Steve F.....316-251-9258
 Ruth M.....316-325-2709
 Craig C.....316-331-1053
- May 20th MID-AMERICA REGION NEWSLETTER COMMITTEE MEETING
Best Western Fountain Plaza Inn,
104 W. 11th St. Independence, Ks.
Contacts: Laura M.....316-942-0548
 Jeri S.....913-825-5302
- May 25-27th Welcome Home OCNA VIII,
Seagate Convention Center
Address: OCNA VIII
 P.O. Box 1046
 Toledo, Ohio 43697
- June 8-10th A Harbor In The Storm Of Reality UMRCA VII
College of St. Scholastica, Duluth, Minn.
Address: UMRCA VII
 P.O. Box 5393
 Fargo, N.D. 58105
- June 1-3rd Clean And Serene With The Stars Campout #2
Fellowish For Freedom Area, Lake Shawnee, Topeka
Contacts: Glenn S.....913-484-2849
 Joe J.....913-271-1428
- June 15-17th Show-Me-Regional Convention V
Holiday Inn Executive Center
Address: SMRCNA V
 P.O.Box 373
 Columbia, Mo. 65205-0373
- July 5-8th MID-AMERICA REGIONAL CAMPOUT XII
FREEDOM TO LIVE
Hosted by Fellowship For Freedom Area
Clinton Lake, Ks., Bloomington West Group Camp
Contacts: Glenn S.....913-484-2894
 Burnalee R...913-272-1130
 Joe J.....913-271-1428
 HELPLINE.....913-232-LOVE
- July 5-8th Spritual Dreams Awaken MRCNA VI
Valley Plaza Inn, Midland, Mi.
Address: MRCNA VI
 P.O. Box 597
 Bay City, Mi. 48707

ACTIVITIES CALENDAR (Cont.)

August 10-12th

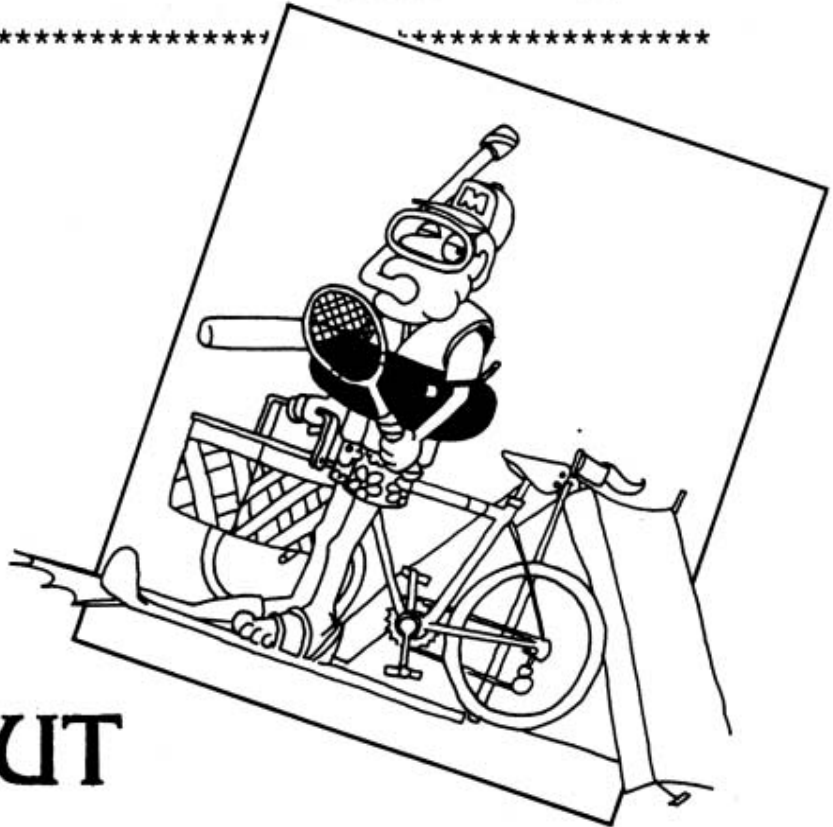
Third Annual Just For Today Free Campout
Thunderbird Marina, Milford Lake, KS.

Contacts: Marte' D.....913-762-3596
Marcella H....913-776-4868

August 31st -
September 3rd

Derby N.A. Third Annual Labor Day Campout
Lake Afton, KS.

Contact: Curtis B.....316-686-9167



CAMPOUT

RECOVERY

FIND THESE HIDDEN WORDS

B O C L I M L F A O P Y J J F V B F D G
 W E D S E Q E L U B I U R W E X N R S K
 A T T Z O G O E M G S S R E E A O Y S Y
 V Y F F E A E Z T E Z K C F L P P M T T
 R H P P N E O N L I S S Y Z I S I H E B
 S J Y E I R B B O X N E X E N A K F R H
 S I H E L U A F N H L G S D G F I Q U K
 K Q B F P T F B R B P J D P S L L Q T V
 A H W F L A W G I C Q I Y D E K U P V S
 A K X O E M Z S X M R F U D M T V C S S
 Y I L C H X N S U I I I D G V A S E Y T
 D Y E H N O F R E E D O M D A N N U Z W
 S O J K P L A C R Y L V K T G I Y F Z O
 N W G S C F V Q Y U A J E F P R U G P Q
 O J E B H V C L D C U V A P E N O T X R
 I R N E T H Q E E K L V A V U A L W Y E
 T V B E I U I K S E U H O H Z E T O T T
 O S Z Q A B S D W T D C E U M L X D V H
 M X Y B F D D T V E E O X F J C O O E
 E A Q N P G N Z K R X G Z G Q J R R K F

clean
 coffee
 emotions
 faith
 feelings
 freedom
 god
 growth
 happiness
 helpline
 life
 love
 mature
 meeting
 phone
 recovery
 responsible
 steps
 tables
 twelve

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

HIKING TRAILS

FISHING

BASKETBALL

SWIMMING

CAMPFIRE MEETINGS

FREEDOM TO LIVE



NO FIREWORKS

BOATRAMPs

SPEAKER MEETINGS

AUCTION

FELLOWSHIP

HORSESHOES

SHADED CAMPSITES

FREE CAMPOUT

MID-AMERICA REGIONAL CAMPOUT #12
FELLOWSHIP FOR FREEDOM AREA
CLINTON LAKE, KS.

JULY 5,6,7,8, 1990

Bloomington West Group Camp

AREA SOFTBALL &
VOLLEYBALL GAMES

THURSDAY

4:00 P.M. -- GATE OPENS
10:00 P.M. -- CAMPFIRE HUG MEETING

SATURDAY

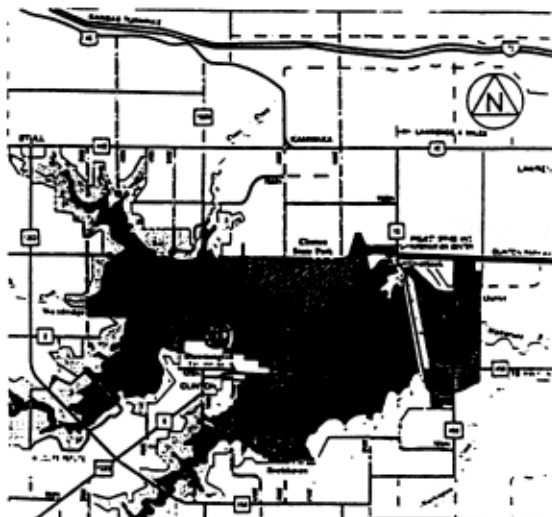
9:00 A.M. -- SPORTS ACTIVITIES BEGIN
5:00 P.M. -- BAR-B-QUE
6:30 P.M. -- SPEAKER MEETING
(JIM N. - CEDAR FALLS, IA)
8:00 P.M. -- RAFFLE & AUCTION
9:00 P.M. -- DANCE
11:59 P.M. -- CAMPFIRE MEETING

FRIDAY

7:00 P.M. -- SPEAKER MEETING
(MARTE D. - JUNCTION CITY, KS.)
9:00 P.M. -- RAFFLE
10:00 P.M. -- 12 STEP MEETING
(BY CANDLELIGHT)

SUNDAY

10:00 A.M. -- SPEAKER MEETING
(BECKY B. - PACIFIC JUNCTION, IA.)
11:30 A.M. -- MONEY RAFFLE \$\$\$\$
4:00 P.M. -- GATE CLOSES



CONTACT NUMBERS

Glenn S. (913) 484-2894
Burnalee R. (913) 272-1130
Joe J. (913) 271-1428
HELPLINE (913) 232-LOVE



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

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RENEWAL _____

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Send a \$ 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.

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.

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.

