

**Mid-  
America**

**FREEDOM  
TO**

**LIVE  
STEPS**

**VII & VIII**

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**JULY  
—  
AUGUST  
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.

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Anonymous World Services, Inc.

## "REACHING OUT"

Reaching towards any sanity I can  
grab!  
Choking on my pain.  
The pain of past mistakes and  
deceptions.  
I've wronged so many, but the  
deepest cut is self-inflicted.  
I'm weak from pain, but I must fight.  
I've got to regain myself.  
I know in my heart I'm loved, but I  
can't feel it.  
I know I'm a good person, I don't  
see it.  
I'm reaching out!  
I feel as if I were a rope in a tug-  
o-war.  
Being pulled from both sides and  
crossing the middle line first  
one way then another.  
I must cut that rope before it hangs  
me!  
My own pain is so intense it's severing  
the rope!  
I'm on the winning side today!  
I'm with my God and N.A. and people  
that love me rather than use me.  
I'm reaching out, I'm loved, and I'm OK!  
I'm hanging on for dear life!

Shirley FF.  
Pada By Choice N.A.

## WE NEED TO DO IT MORE THAN ONCE.

As I look back on my recovery,  
I can see many mistakes I have  
made. After I gave my 5th step  
my sponsor suggested I look back  
to see how much progress I had  
made. To tell someone that is  
a procrastinator to pause could  
be dangerous. It was awhile  
before I started on steps 6 & 7.  
Once I started I thought if I  
read about these steps in our  
Basic Text and prayed, without  
much sincerity, all would be well.  
How wrong I was. Just like my  
addiction, each day is a new  
beginning. If I am living my  
program I have to start each day  
anew. I have to be entirely ready  
and then humbly ask my Higher  
Power to do what I can not do  
myself. I must be specific.

## "RECOVERING"

My life was always filled with drugs  
and booze,  
Everything I cherished in life I  
came to lose.  
I've definitely had my fill of being  
in and out of jail,  
Hoping and praying I'll hear from a  
Loved one in the mail.  
Realizing I won't, because while I  
~~used to make them all heart,~~  
Never being responsible and not trying  
to make things work.  
I wish now I could erase all the awful  
things I have done,  
Start fresh like my life has just  
begun.  
I realize this is impossible to do,  
So I plan to use those memories to  
start my life anew.  
Always remembering thru using how  
bad my life was,  
Trying to recover and regain the  
things I "LOVE"

By: RANDY M.

If not, I will miss the effect  
my H.P. has on my life and recovery.  
I must also make this contact  
more than once a day. It has  
taken awhile, but today I can  
seek progress and not per-  
fection.  
The one aspect of my recovery  
that shows me the beauty and  
simplicity of N.A. is that  
this is a We program. As I  
was making a half-hearted or  
no attempt at these steps  
many recovering addicts in N.A.  
were carrying me for some time.  
Thanks to them, I stayed clean  
in spite of myself. So, as I  
walk down recovery road, I know  
that my Higher Power and the  
love of our fellowship does for  
me what I can Not do for myself.

Warren J.  
Wichita, Ks.

"ANGST"  
(a prayer from within)

Deep, in the pit-bottom recess  
Of an emotional well;  
A pressure, presence, exists:  
Tender endings of nerve roots,  
Dilated by seared memories,  
Toppled from a fulcrum of ease.

Another's pains----  
Like fingernails scraped,  
Shrieking across chalkboards;  
Or lawn-rake grinds and sparks...  
Irritable teething on sidewalks;  
Escort sirens of anguish,  
As tears trace cheeks in remorse.

An addict's denial, near bottom,  
Creates, catalysts, the angst---  
Extracted, from contact-high emotions,  
Exposed, to require I require,  
Serenity...  
Not separate inventories, yet  
acceptance and prayer.

Only a Higher Power's love:  
Distincts me from once was...  
Today, Each day, precarious  
from my past;  
Beyond mortal thought--supports  
my strength, any distance,  
To help an active addict accept,  
God's grace, care, and compassion.

—(AMEN)

John W.

"PAST"  
(memories of a "pothead")

Reminiscence, of only a week past, fog-  
hazed amnesia---  
Perspectives of time, deluded proportions,  
altered memories.  
A sense of admission: when distorted mental  
replays compare,  
To a snapshot, or videotape, of a  
celebrated occasion.

Self-esteems, of personal abilities for  
recall,  
Quaked by records of lapses, and time-  
outs, in life...  
Anonymous moments of personalities,  
you've lost, missed.  
Now, a choice: to dare bankrupt, or  
nurture, mind.

As a procrastinator, the design delayed,  
Open, to be judged, enforced through  
penal systems....  
The positive side proclaimed, promotes  
special actions--  
Scaled desires, (over-look), balanced  
constraints.

Agnostic, once; rejected concepts of God---  
Caution, confound acceptance of a Higher  
Power;  
The core of recovery, sometimes difficult  
to find,  
Unsecured, unaligned, does not achieve a  
serene being.

John W.

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- 1) The 12th step is not always pleasant, remember your first contact.
- 2) NEWCOMERS: Offer your 12th Step before you appraise their 13th Step.
- 3) 12th Step Motto: Keep your basic text and phone list ready,  
(just in case you are not.)
- 4) N.A.---The positive addiction.(to simple to be original!?!?!?)
- 5) Watch 12- steps can be addictive!!!!

John W.

## SEARCHING

My entire life I have been searching for something. For a long time I didn't know what I was looking for, spending time trying to do something, without knowing what I am trying to do, is very frustrating. As I looked for this something, I felt like I was losing - never making progress.

What I was never able to comprehend, in my using years, was that losing is finding. While I looked, in every conceivable place, for the experience of life, I was in actuality, separating myself further from the experience I sought.

When I was introduced to the fellowship of Narcotics Anonymous, I was told that this program would give me what I was searching for. I still thought I was looking to gain something. What I have found to be the answer was to lose something.

As I progressed through the steps, I tried to change. I tried to rid myself of bad memories and feelings. I have written fourth steps, shared fifth steps, made lists of character defects, and asked that these shortcomings be removed. However, the freedom I sought did not come until I began to make direct amends to the people I had harmed.

I am not sure why I began to feel real freedom at this point in my recovery. I could say simply, because "It Works", but there is a reason why it works.

To look at the harm I had done, began to awaken in me an awareness of why I had reacted to life the way I had. As I sat and talked openly with these people, I saw their humanness. In seeing theirs, I saw my own. I had harmed these people by hurting the part of them that I had been trying to protect in myself. The motivation that had caused harm came from my effort at protecting my own feelings.

I have always been told that I couldn't change the past. I have never been able to argue the reality of that statement. What I have been able to change is the way I and other people in my life feel about the past.

Guilt, remorse, and regret are feelings. It is those negative feelings I want to be free of. For a long time I tried to sedate or obliterate those feelings. By living up to my own past, I have made some big gains in replacing those negative feelings with the positive feelings of forgiveness, acceptance, and hope, for the future.

I have heard it said that humility is only the truth. The truth is not only what I have done, but also why I have done it.

Pat M. Emporia, Ks.

HIKING TRAILS

FISHING

BASKETBALL

SWIMMING

CAMPFIRE MEETINGS

FREEDOM TO LIVE



NO FIREWORKS

BOATRAMP

SPEAKER MEETINGS

AUCTION

FELLOWSHIP

HORSESHOES

SHADED CAMPSITE

MID-AMERICA REGIONAL CAMPOUT #12  
FELLOWSHIP FOR FREEDOM AREA  
CLINTON LAKE, KS.  
JULY 5,6,7,8, 1990

AREA SOFTBALL &  
VOLLEYBALL GAMES

FREE  
CAMPOUT

*Bloomington West Group Camp*

#### THURSDAY

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

#### SATURDAY

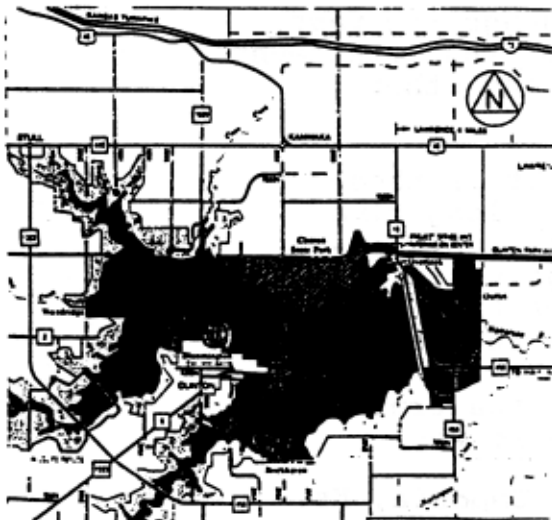
9:00 A.M. -- SPORTS ACTIVITIES BEGIN  
5:00 P.M. -- BAR-B-QUE  
6:30 P.M. -- SPEAKER MEETING  
(JIM N. - CEDAR FALLS, IA)  
8:00 P.M. -- RAFFLE & AUCTION  
9:00 P.M. -- DANCE  
11:59 P.M. -- CAMPFIRE MEETING

#### 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





MARC NA

VIII

1991

APRIL

5-6-7



THE WICHITA PLAZA

250 WEST DOUGLAS

WICHITA, KS. 67202

(316-264-1181)

Contact Numbers

Help Line: 832-9441

PAMELA B.K.: 524-3771

JEFF M.: 942-0548

Lori C.: 652-9220

## **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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the mail.

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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.

