

Mid- America

September - October 1990



NEWSLETTER

Is Your House Clean?

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.

Classified

MID-AMERICA NEWSLETTER

September-October, 1990

NOTICE:

To whom it may concern;
the Mid-America Newsletter
is in need of a Newsletter
Editor. As of January, 1991.
No editor, no newsletter.

~~XXXXXXXXXX~~
Many thanks to Curtis B.
for making mailing labels,
picking up the mail, and
for support and understanding.
Thanks, Laura Mc. Editor.

NEXT ISSUE: GRATITUDE

MARCNV VIII April 5,6,7, 1991
Wichita Plaza, Wichita, Ks.

"More Will Be Revealed"
MARCNV VIII Committee Needs You!!
Next meeting-September 23,1990,
1:30p.m. at 246 N. Emporia,
Wichita, Ks. Contact Jeff or
Laura Mc. 316-942-0548, Pat M.,
316-343-7740, Ross F. 316-564-2545,
for more information.

WANTED!!!

NEWSLETTER EDITOR for the Mid-
America Newsletter. Position open
January, 1991. Requirements;
a desire to serve the fellowship
of Narcotics Anonymous, Typewriter,
supplies, and experience, strength,
and hope will be passed on. Patience,
tolerance and creativity are helpful.
Compensation dependent on attitude and
work given freely. Interested persons
please contact Laura Mc. 316-942-0548,
or attend the next newsletter committee
meeting-October 28, 1990, 546 N. Edwards
Wichita, Ks., at 1:30 p.m. or the next RSC
November 17, 1990 in the Western
Kansas Area. We thank you for your
attention!!!

To the N.A. Fellowship of Kansas;
I would like to thank all of you for
your input, support and acceptance
of my humanness. I have grown in mind
and spirit in this last year. My recovery
has been strengthened. A special
thanks to Jeri S. and Jeff M. for
showing up, consistantly. In Love and
Gratitude for Recovery, Laura Mc., Editor.

KEEP it ALIVE!!

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etc. and give everyone a chance to attend Mid-America's meeting through
the mail.

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MEDITATION & MAINTENANCE

Ah--o-o-o-o-o-m-m-m-m-m-m-m-m-m...a universal mantra focus of mystical meditations. Although the NA Basic Text mentions meditation in five distinct locations, NA cannot endorse, or lend it's name, to any particular discipline, nor impose a particular understanding of God onto an individual. With the sense of a "Catch-22," an addict in the lower steps of recovery may find to relate, or grasp, the concept of conscious contact in God a difficult task. My limited concepts of meditation allows me, in a sense, to appreciate you addicts who have tapped into your God's spiritual powers.

As an addict, I have attended NA for three years, and for the past year, with a patient clergyman, I have struggled to complete a comprehensive 4th Step. Just a short seven steps before I need to get serious about God interactions.. ..**WRONG!** Newcomers are advised to prepare for the 11th Step by saying their "pleases" and "thank-you's" in each day's existence. When this basic maintenance is established, it evolves into moments of "prayer"--an indirect communication (conscious contact) with God. My mental response to a sponsor's suggestion to pray for all situations was --"too simple to be effective"-- **Wrong!** Now my prayers are more in gratitude for the grace shared with me by, and through, other people, in and out of NA.

I have written as a lower-member of the 12 Step totem pole, in hope other peers in the Fellowship will react and heed to the insights veterans of the 11th Step may share with us. I invite those veterans to recall their own challenges for conscious contact with a Higher Power and the beneficial outcome in on-going recovery. Perhaps the veterans will excuse, and not discount, my seemingly infantile concepts of "How It Works."

Let Go, Let God,
Grateful for NA
--John W.
Paola By Choice NA



PICK ONE AND GO FOR IT

When I got the phone call from a friend asking me if I could write something along the lines of "Freedom to Live" or "The Newcomer", I was grateful that my sponsor just happened to be in town visiting. His words of wisdom still ring with me to this day. He said, "Pick One and Go For It." Thanks! I reflected on an experience that I had taking the step to recovery that he was aware of. I wanted his opinion on it, to see if it fit the theme or not. With that gleam in his eyes and serene "sponsor smile" he said, "Whatever." Oh I get it! Pick One and Go For It! so I did.

I am a addict, I am grateful for the Traditions of Anonymity. At about 90 days into clean time I was asked to come to an institution for "bad boys" and help carry the message. Ok, I showed up. I was scared. For the life of me I could not figure out why I was going into a penal institution on purpose! The memories of jail doors clanging, that infernal echoing down the halls and rattling of keys almost stopped me. But I did it anyway. Two other people with the same amount of clean time as myself and the chairperson with six years were already there when I arrived. Then ten kids came into this dingy, greenish room. They were from about 11 to 18 years of age, and came in all shapes, sizes and colors.

The meeting opened with four readings and birthdays. The chairperson started us off by asking me to tell a short version of my story. I was nervous, but once into it, some things that had been locked deep, deep, down inside me for years came rolling out. I did not "know" they were in me. My Higher Power knew, as well as where I could unload it. I was in the right place at the right time. When I was done I felt at peace, warm and comfortable.

After the meeting, I wanted to know how I could come back and get more involved. I went to the meeting again the following Monday and met the "powers to be." They explained that for someone to come on a regular basis they had to be at least 21

PICK ONE AND GO FOR IT [cont.]

years old and have six months clean. As they could see there was no problem with the age. I was honest with them and told them I only had 90 days clean. They said I could come back the following week but that would be the last time for a person can only visit that meeting three times.

I went back the following week and they asked me if I wanted to take over chairing the meeting on a weekly basis. I could not believe it! I did not know anything about H&I meetings but I knew I was in the right place! As it became part of my weekly routine, we got to know each other while learning more about the program. Some changes started to occur. We added the Serenity Prayer to the begining and the Lord's Prayer at the end of each meeting. Next we decided to elect officers. At the first business meeting they named the group, It is called The Freedom To Recover group. That really made me feel happy considering where they live, day in and day out. At the next business meeting they created a format and schedule of meeting rotation. What they voted in is the first Monday of the month is a step study, the second a caring and sharing, the third a Tradition study, and the fourth could be a business, speaker, or caring and sharing meeting. I did not know that an even bigger wonder was yet to come.

On occasion I would not be able to make it or find someone to cover for me. When this happened I would call the "powers that be" and they would cancel the meeting for that evening. I hate it when that happens. One particular occassion I did not call. [I was wrong I admit 't.] The following week was when I learned of what happened the week before. For some reason the "powers that be" let these institutionalized youth conduct their own Step study, unsupervised! And it is my understanding that they followed the whole format with one exception. They had to choose a chairperson. I cannot begin to explain my joy and gratitude to God as I understand him for this experience.

I have never been to a bad meeting. What I learned by attending the ones at this youth correctional facility in my home town is worth more than gold to me. I learned true Freedom To Recover comes from inside myself. To experience it, I have to get out of myself. Those young men taught me well. I received much more than I gave over the year that "I carried the message." To know in my mind and in my heart that no matter where I have been, no matter where I am, no matter where I am going --The Steps, Traditions and Fellowship of Narcotics Anonymous work on the inside. Even when your on the inside. To me that is Freedom To Live. I am GRATEFUL.

SCOTT G.

I'd always been an outlaw,
Doing things my own way.
One day the Lord looked down on me
And said, "This boy must pay."
He took everything He'd given me,
Leaving only my soul intact,
He put me in jail, taking my freedom,
Only to give it back,
Now He seems to be guiding me,
Showing me how to live.
I never knew that life with God
Had so much to give.
I'm grateful for His blessings.
I thank Him every day.
Now the Lord He works in me
And that's all I need to say!

--James, Larry & Todd--Yale
Reprinted from The Clean Sheet
Dallas NA Area
August, 1990

A LETTER TO DAD

Resentments come, resentments go.
By using me pen, they'll start to flow.
I just said goodbye to Dad.
Had to write a letter to him; Boy, that's sad...
To him, in verbal words, I could not express how
I felt,
But with ink, my heart will melt.
You see, my heart was once made of wax.
I couldn't stand myself, and with him I
couldn't relax.
Always feeling he was on my inventory,
I don't have enough words to tell the story.
With my Dad, I could never measure up--
To his expectations; I could not fill his cup.
Resentments, anger, fears of days gone by,
Guilt, remorse, shame, all of these thing I say
with a sigh.
You know, my Dad did the best he could.
He taught me right from wrong, like he should.
He taught me of a power greater than myself.
But being a man of few words, he couldn't express
himself.
Good times, bad times. We had them all.
It's the bad ones I have to terminate, or they'll
make me fall.
My Daddy is dead and gone.
He left me with a few tools to carry on.
I'm keeping the good, and burning the bad.
Keeping good things that we had.
I forgive you Dad, as you always forgave me.
From my past, no more will I have to flee.

--Ben W. Rodao
Reprinted from The Clean Sheet
Dallas NA Area
July, 1990

INFORMATION FOR YOU

The Crossroads & Nameless NA groups would like to thank you fellow addicts who made our third annual "Just For Today" free campout. See you next year August 9,10,11,1991 for our fourth annual campout.

MULTI-REGIONAL WORK SHOP

October 5-7,1990 "A Guide To Service In Narcotics Anonymous" multi-regional workshop.

Best Western Villa
Kansas City, Kansas
contact: Pat Mays:
[316]343-7740

CONVENTION COMMITTEE

Next meeting Sept. 23,1990
Wichita, Kansas
246 N. Emporia

Contact:
Jeff M. [316]942-0548
Pat M. [316]343-7740
Time: 1:30 P.M.
we need your support, please
get involved.

SWINA 5 -Aug.31 -Sept.3
PORTERS LAKE, IOWA
402-449-7822

MARC NA

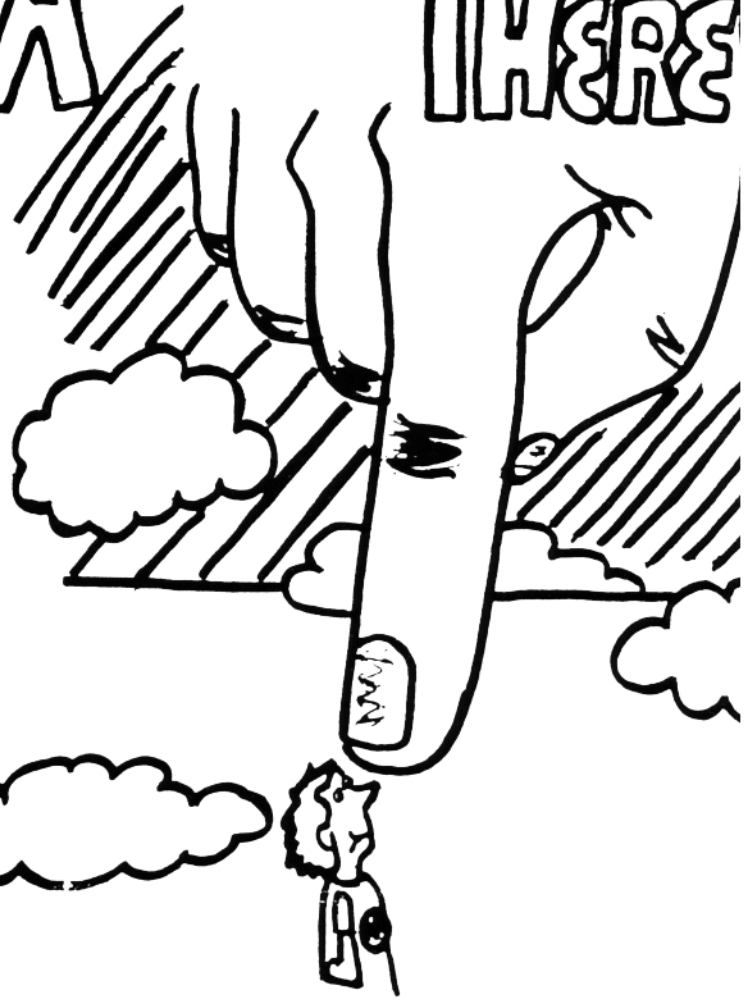
BE
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VIII

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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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.