

MID-AMERICA NEWSLETTER

November - December 1990



GRATITUDE

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.

Reprinted for adaptation
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Anonymous World Services, Inc.

Laura

Oct 10:00 PM in Garden City

We sit here compiling the next edition
of the newsletter with you in mind
and heart. We wish to show our
appreciation for your care and devotion
as our past newsletter editor. The
words we write cannot show the true
feeling we have for you, so we dedicate
this issue to you. "Our Gratitude
Speaks"

Bill A
DRC

Jeff M. Sam D.
Laurie J.

Al D.

Ann S.
Love you!!

Gratitude: Action word

"I'm so grateful to NA for keeping me clean today. I have so much gratitude to the Fellowship for giving me a new way of life. I'm so grateful etc....."

We hear a lot of people talk about it but what is gratitude or being grateful? Is it a feeling? A state of mind? An attitude? The dictionary describes gratitude as "the state of being grateful" with grateful being "appreciative of benefits received".

This to me clearly suggests action. I would go as far to say that gratitude without action is no gratitude at all! It is all well and good to talk about being grateful or feeling grateful and this I'm sure is part of the process of acting grateful. But how grateful can I be if I don't give back, if I don't put my words into action, if I don't walk the walk?

So my feeling about gratitude is that it is definitely an action, a way to show our love and appreciation. I don't think it necessarily has to do completely with feelings. I don't have to feel grateful to show that I have gratitude. In fact, one way I can get in touch with gratitude is to act grateful no matter if I feel it or not. On an intellectual level I know it's only right to show my "appreciation of benefits received". For me, I've noticed that most of the action in showing my gratitude involves doing things that require effort, things that need me to put out that little extra work. Doing things I enjoy or are easy and calling it gratitude is bull. I don't think I should be self-serving with my gratitude. It requires me to be humble and selfless. Gratitude is something I do because I care and I want to show that through my actions. I say all these things not only because I believe them to be true but by expressing them, they will become more real to me and I can better incorporate them into my life.

S.B.

They buried a drug addict
in Shreveport today.
Sometimes it's hard to feel grateful.
But I cried for him
And now I can be grateful that I feel.

Laurie J.

JUST FOR FUN

Clean Meet

SM 5 yrs recovery. HP has made me available for you. Seeking SF with minimum 1 yr. What we couldn't do alone, we can do together...

SF 3 yrs clean. Vegetarian, vice-free, seeking healthy SM 2 yrs clean. Let's get together for spiritual awakening.

SM 3 yrs clean seeking soulmate into the Steps. Let's meet and have a conscious contact.

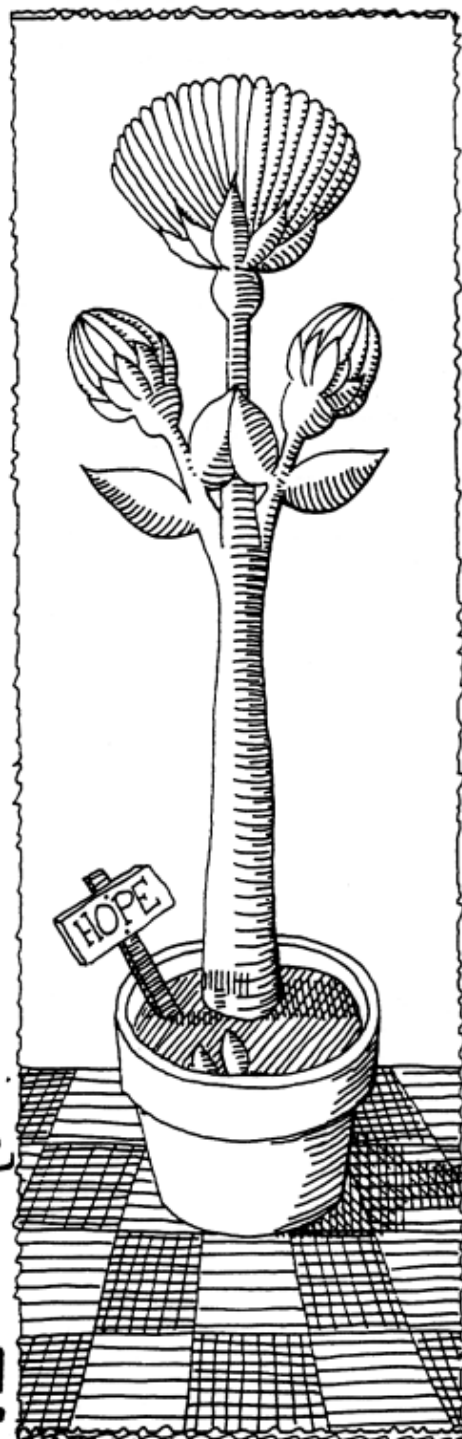
SF 18 mths clean. Seeks addict man 2+ yrs. Together we will change the 3M's to 2M's and an X.

Girl in yellow dress. We made eye contact at noon meeting. Let's talk.

SM 2 yrs seeks 1+ yr. SF. Let's walk up the Steps and reach for the stars.

Reprinted from
N.A. POST
New York City
September, 1990

Hope you had
a Happy
Thanksgiving.
And here's
hoping you have
a very
MERRY
CHRISTMAS!!





THOUGHT FOR THE MONTH

Membership in Narcotics Anonymous is not automatic when someone walks in the door or when the newcomer decides to stop using. The decision to become part of our Fellowship rests with the individual. Any addict who has a desire to stop using can become a member of N.A. We are addicts, and our problem is addiction.

Taken from N.A. Basic Text, 5th Edition
(Chapter 6, Page 62, Paragraph 3.

"The Twelve Traditions of Narcotics Anonymous")

Reprinted from
THE CLEAN SHEET
Dallas NA Area
November, 1990

The Dodge City N.A. Fellowship would like to thank everyone who lended their support to the 1st Annual N.A. Round-up. We hope to see you next year at the 2nd. October 18th, 19th, and 20th.

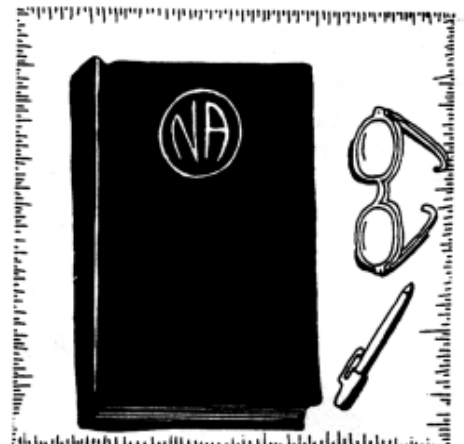
DEFINITE DEFINITIONS

Gratitude: An attitude of deep appreciation for kindness or benifits received.

AS WE SEE IT

Gratitude is...

- ...having all my fingers & toes/Anonymous
- ...being an addict/Melanie M.
- ...waking up in the morning/Anonymous
- ...only having to live one day at a time/Becky L.
- ...Narcotics Anonymous
- ...Freedom from active addiction/Kevin S.



Reprinted from
THE CLEAN TIMES
Clinton, Maryland
October, 1990

Day of Gratification

*I am Working, I am Waiting
Mustn't Stop Trying
For the day when I am completely OK
I hope the reward will be better than I expect
Hoping not to expect*

*If I can just keep working, waiting for the day
when my life falls into place
It will be great to know I worked and waited
for that day when it occurs.*

*To get there will require me to be the best I can be,
always less than perfect
And yet I won't know how to be my best
until I get there*

*So failure after failure will fall upon my best efforts until,
and I just know I can,
do what is needed to be done
The flame of pain will burn me until I am a
well-tempered human*

*Still the pain will scorch me
I believe I will simply know better how to
manage it
For I will have had the experience of working, waiting and
trying until I am able to
take on high responsibilities
At the cost of much humbling pain*

--Shane C.

STOP !! (YOU'VE FOUND THE ADDRESS)

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Reprinted from
GRATITUDE SPEAKS
Phoenix, AZ Newsletter
October, 1990

I NEED A HUG

At the end of a lengthy
And tiring day
When I've faced the world
In my private way,
I NEED A HUG
When I'm hungry and cranky
And feeling up tight
And a day has passed
When too little went right
I NEED A HUG

When my body is craving
The warmth of another
And my poor aching muscles
Compete with each other,
I NEED A HUG
When I'm insecure
And a little bit nutty
And my mind is exhausted
My body like putty,
I NEED A HUG

When I am affectionate
Loving and caring
And want to enjoy
A real moment of sharing,
I NEED A HUG!!



Reprinted from
THE CLEAN TIMES
South Potomac Area Newsletter
Committee
August, 1990

From the Mouths of Babes

Last summer as I sat in jail for drug related charges as before. I spent much time trying to figure out: why I was really there, how I could get out, what I could have done to stay out, etc... The questions just kept coming. My mind was going so fast in so many different ways I thought that I was losing my mind. I finally had gotten in touch with God. I didn't ask Him to get me out or to lessen the charges. I ASKED for understanding of what I wasn't sure.

I later recieved a few vistor's, one being my four year old nephew. I tried real hard to hide my feelings, but he somehow saw through my facade. When he left he said, "You'll be okay. Just don't drink beer and stuff". What a concept!! Don't use and things get better. I know that is not all there is to it, but it is part of the FIRST STEP to recovery. I no longer spend hours in my mind trying to figure out why. NOTHING HAPPENS BY ACCIDENT has become a daily saying of mine. With God, you people, and the 12 steps life is so much better and simpler. THANKS.

w/you clean and serene
Casey L.

Gratitude

My name is Bill and I am a grateful addict. The reason that I can say I am grateful is because of what I have learned in NA about self, God, and my fellow person. I have learned that: I am a loving person, I can accept problems today with a clear mind, I am able to talk with a member and know I may help him/her out. I am grateful for the simple fact of being alive, having a mind, and being able to say hello to all my clean friends.

Bill H.

GC Ks.

UPCOMING EVENTS

JUST FOR TODAY DANCE
Convention and Area Fundraiser
4-H Building Lawrence, KS 12-15-90
Contact - Pat Mays Emporia, KS

A GIFT OF RECOVERY DANCE
1248 Buchanan, Topeka, KS
Contact - 913-232-LOVE

WICHITA METRO AREA DANCE
3rd Saturday of every month
1507 S. Hillside Wichtz, KS
Contact - Wichita Metro NA Helpline

GENESIS NA GROUP OF ULYSSES, KS
AREA CHRISTMAS DANCE
Friday, Dec. 14 thru Dec. 16, 1990
Contact - John C. Ulysses, KS

GREAT BEND ANNUAL CHILI FEED
Sat. Dec 29, 1990
111 E. 1st Street Ellinwood, KS
K of C Hall

January - February 1991
Newsletter topic will be
Something along the lines of..
New Year/New Life
New Beginnings

HELP US PLEASE
We Need Your INPUT!!

SERENTITY RETURNED

I (a)wake, on a beautiful God-given day,
with my only comfort being in my
recovery, and the eyes of my hungry
child.

My breakfast--a sour taste in
my mouth, from our unfulfilled, meaningless conversation(s)
last night.

Still, thinking of your wants and needs,
instead of mine.

Alone, with waves of unidentifiable
feelings sweeping over me,
crying, inside.

A sudden smile comes across my face.

An all new meaning of comfort swells in
my mind:

Realizing I really don't need you to be happy.

I'm worthy of my own love. . .

The unconditional love of the child within me,
and the serenity seen in her gentle eyes.

By: A Fellow Co-Dependent
(JFT Area)



Sorry this is
so late, please
bear with us
while we try
to find a
few Editors.
Laura [unclear] you!
this is hard!

Please, anyone who can, join us for
the ^{next} edition's compilation December 29th at
Lox C Hall Ellinwood, Ks at 1pm.

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.

