

MID-AMERICA NEWSLETTER

JAN/FEB 1992

ISSUE # 1



FROM THE EDITOR.



Hi! My name is Nate and I am an addict. Here we are, at last an issue for 1992! Well, anyway here we are. Better Nate than lever.... Ok, so I'm not a stand up. I'd like to say Hello to all the newcomers who have subscribed in the last two months!!! We now have about 40 subscriptions for the Newsletter and it appears that we are on a role. Keep pushing subscriptions and giving them away at recovery functions, to sponsorees, etc...

We plan to go to press with issue #2 for 1992 on April 9, 1992. So send your flyers, contributions, letters, artwork, etc. before then to ensure that they will be included in the next issue.

I'd like to apologize to the groups who sent flyers for February. We didn't get our act together in time to publish before March. Keep sending them and we'll try harder!

I'd also like to thank all the Area Service Committees that send their minutes to the M.A.N.. They are greatly appreciated and help in getting the word out about what's happening in your Area. I'd like to invite Areas and Area Secretaries to send copies of your minutes to the M.A.N..

We've added some new features and layout to the M.A.N. for 1992, let me know what you think about them. Feel free to suggest any improvements that we could implement to make your Newsletter better. I'd like to see a Birthday list for the Region published every issue. In order for us to publish a Birthday list, we need you to send Names and Time to us.

I'd like to thank all those addicts who contributed to this issue and make the comment that

I think this is one of the best issues we've put out since I took over in January, 1991. Keep the material coming and we'll have more issues to come.

Regional Calendar

If your Group or Area is having an event, drop us a line (flyer) and let us know so we can let the entire Region know about it.

Birthday nights, new meetings, Dances, fund raisers, conventions, chili feeds, camp-outs and anything else that is planned around an N.A. event qualifies for the Regional Calendar. This is your Newsletter, fill it with recovery from the Mid-America Region!

Rumors

Rumor has it that there will be a dance in Topeka on the 10th of next month, but I haven't seen a flyer.

There will be a noon meeting in Lawrence, KS starting April 1, 1992 (yes, April Fools Day). But this is no joke! A Closed meeting at Country Kitchen Restaurant on Wednesdays. more info call 913-865-5512.



In Service,

Nate

Nate F.
Editor

NA Language: Keeping It Clean, Not Sober

by Marko F.

I'll start, as I sometimes do in a meeting, with a disclaimer: I speak for myself; I am opinionated, my thoughts are my own and in no way speak for NA. I would like to think that my life reflects the profound change brought about by recovery through NA, but that is surely easier for others to see.

In the years that I have been clean, I have developed a lot of convictions and notions; some have been dispelled and some have grown. In some ways I've loosened up and in some instances my beliefs have been enhanced through the affirmation of experience. Among the 'axioms of recovery' I hold most steadfast is this: *I have to act or behave my way into recovery; I can't figure it out, I can't think my way into a new way of living, I have to live (act) my way into a new way of thinking.*

In other words, sane behavior leads eventually to sane feelings. Telling the truth leads to feeling and being honest. Without realizing it for some time, it was this axiom that brought home to me the significance and I believe, vital importance, of utilizing the language and terminology of Narcotics Anonymous in my personal recovery.

I have been referred to (sarcastically at times) as an 'NA purist,' a reference, which frankly, I don't mind. It hasn't always been that way. Like many addicts in recovery, I've gone to many AA meetings, though it's been a long time since I've gone to one. When I got clean in Key West, Florida, there were only two NA meetings a week, and they were wacky as hell. I was going to 10 or 12 meetings a week, obviously a lot of AA. It was good for me; it kept me

clean. There was a big difference however, between AA and NA, though not so much the meetings as *the programs and especially the literature.* It was the NA message, through its literature and resulting language, that kept me coming back and eventually, as NA meetings expanded to seven-days-a-week, making the complete break from active involvement with AA. Sometimes I wish that AA still worked for me; it would be much more convenient, especially during travel.



But the fact is AA doesn't work for me. The AA message is clear: it doesn't deal with Addiction. AA considers Addiction an outside issue, a source of controversy. I strongly disagree with the notion that 'it's all the same;' AA or NA.

I've heard it said a number of times – indeed, it is AA's official stand – that Alcoholism is not Addiction. To me, the concept that Alcoholism is anything more or less than Addiction to the mind and mood-altering drug/chemical alcohol, is absolutely ludicrous.

Professionally, I am an artist, a graphic designer and illustrator. About a month ago, I drew a spot illustration for an article about herbs and spices; in particular, about some of the myth's and fallacies surround-

ing the ancient use and perception of particular herbs. One of the anecdotal stories in the article dealt with the Medieval European perception of the toxic qualities of one of my favorites: Basil. The article quoted authorities "who affirm that laying basil to rot in horse dung will breed venomous beasts." The article went on to report on one man, who "by common smelling to it, had a scorpion bred in his brain." Poor guy. Must have been one of those days.

The point I'm making is that more is known about basil today. Myths have been dispelled. By the same token, more is known about the disease of Addiction today than ever before. The literature of NA assures us that Alcohol is a drug. The message is clear: "We cannot afford to be confused about this."

During my first few years of recovery, I identified myself as an 'addict and alcoholic,' whether at an AA or NA meeting. I noticed that it made some people uncomfortable in both fellowships. At the gentle, loving and yet persistent prodding of some of my NA friends, I began to identify myself only as an addict at NA meetings. I began to make an effort to use the terminology of recovery from Addiction during my sharing at NA meetings. I continued to go to AA but something was beginning to happen: the stark realization that I was an addict, that I was powerless over the disease of addiction and not a substance, was beginning to really set in. I realized that any perceived difference between alcoholism and addiction was a social one, and as an addict in recovery, I needed to concentrate on recovery the NA way, not my way. The axiom worked: by speaking the NA language, I began to think about recovery in a new light.

CLEAN TIME BIRTHDAYS

NEWSLETTER

Hoisington, KS

Sara D.	4 Years!
Greg B.	4 Years!
Al D.	4 Years!
Dale H.	5 Years!
Jennifer S.	5 Years!

Ellinwood, KS

Brian S.	1 Year!
Charles D.	2 Years!

Great Bend, KS

Bruce F.	1 Year!
Shawn C.	3 Years!

Lawrence, KS

Richard J.	2 Years!
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SEND YOUR GROUP'S BIRTHDAY PEOPLE
SO THAT WE CAN ALL SHARE IN THE
CELEBRATION!

Time

I believe that only one person in a thousand knows the trick of really living in the present. Most of us spend fifty-nine minutes an hour living in the past, with regret for lost joys or shame for things badly done (both utterly useless and weakening) — or in a future which we either long for or dread. Yet the past is gone beyond prayer, and every minute you spend in the vain effort to anticipate the future is a moment lost. There is only one world, the world pressing against you at this minute. There is only one minute in which you are alive, this minute — here and now. The only way to live is by accepting each minute as an unrepeatable miracle. Which is exactly what it is — a miracle and unrepeatable.

KEEP COMING BACK

NEWSLETTER

* REGION AT A GLANCE..... *

March 1992

-
- 8 Sunday
JFTA BUSINESS MEETING - OTTAWA, KS
(CAMPUS)
 - 14 Saturday
4:30pm OCA AREA BUSINESS MTG.
 - 15 Sunday
1:00pm MARCNA IX COMMITTEE MTG
-RAMADA INN TOPEKA, KS
 - 28 Saturday
JUST FOR TODAY AREA DANCE ! 4-H
BLDG LAWRENCE, KS
 - 29 Sunday
7:00pm LOTTA SOUL SPEAKER MTG.
9TH & OHIO, LAWRENCE, KS

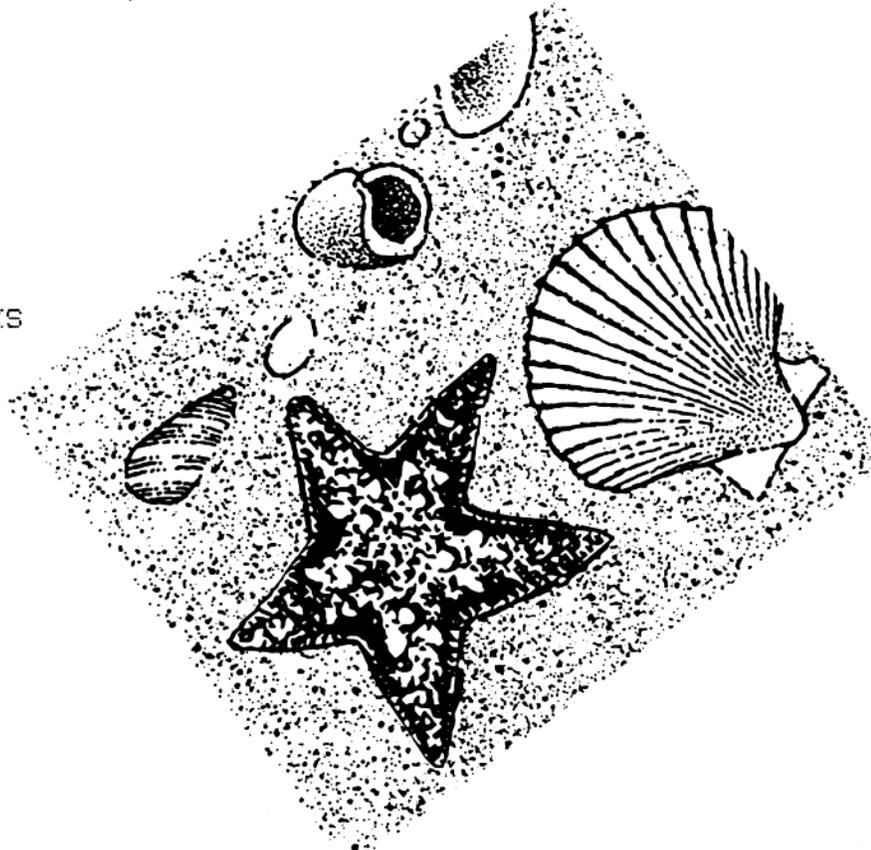


April 1992

-
- 12 Sunday
JFTA BUSINESS MEETING - OTTAWA, KS
(CAMPUS)
 - 24 Friday
PART OF THE SOLUTION MARCNA IX -
TOPEKA, KS
 - 25 Saturday
PART OF THE SOLUTION MARCNA IX -
TOPEKA, KS
 - 26 Sunday
PART OF THE SOLUTION MARCNA IX -
TOPEKA, KS
7:00pm LOTTA SOUL SPEAKER MTG.
9TH & OHIO, LAWRENCE, KS

May 1992

-
- 10 Sunday
JFTA BUSINESS MEETING - OTTAWA, KS
(CAMPUS)
 - 31 Sunday
7:00pm LOTTA SOUL SPEAKER MTG.
9TH & OHIO, LAWRENCE, KS



The Just For Today Area of NA

Invites You To Attend A

DANCE!



A Fundraiser For Area PI-Phoneline

March 28th

4H Fairgrounds • Bldg. 21



Lawrence Kansas
LIVE BAND!

Blues, Rock, Rhythm & Roll

6:00pm • Service Workshop

7:30pm • Speaker Meeting

and then...Dance, Dance, Dance!

NA Items Raffle! • Cleantime Countdown!

Convention Package Doorprize!

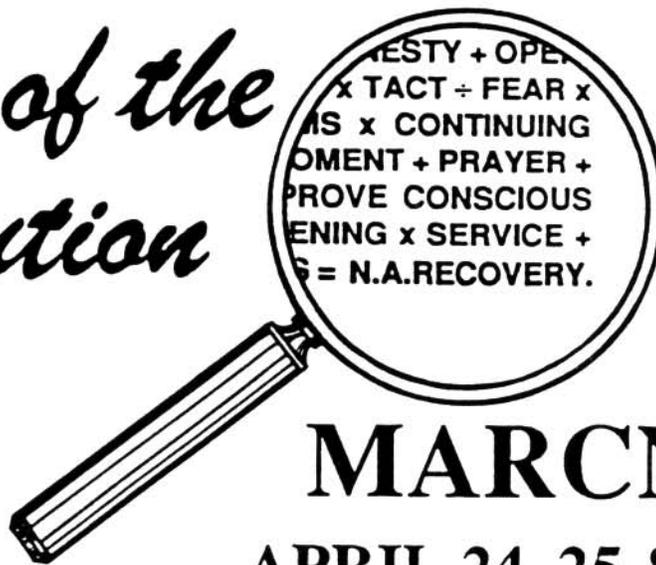
\$3.00 per Person/\$5.00 per Couple

This is an Open Event • Everyone is Welcome • Bring a Friend!

This Event is Sponsored by The Just For Today Area of Narcotics Anonymous.

contact number: Chris H. 913-832-2539

*Part of the
Solution*



The
Mid-America
Region of
Narcotics
Anonymous
Invites You
to Attend

MARCNA IX

APRIL 24, 25 & 26, 1992

TOPEKA, KANSAS

- SPEAKER MEETINGS
- WORKSHOPS
- 24-HOUR MARATHON MEETINGS
(SMOKING & NON-SMOKING)
- GREAT FELLOWSHIP!
- LIVE ENTERTAINMENT!
- DANCES!
- RAFFLES & AUCTIONS!

RAMADA INN

TOWER & ATRIUM

Room Reservations:

Ramada Inn Downtown
420 East Sixth Street
Topeka, Kansas 66601
(913) 233-8981

Flat Rates:

\$42.00 • \$52.00 • \$62.00

To get to
Ramada Inn Downtown,
Take 4th Street Exit
from U.S. 75 or
Interstate 70.



For Information Contact:

Yvonne E. (316) 343-7740

-Secretary

Glenn S. (913) 484-2894

-Hotels & Hospitality

Jeff L. (913) 843-3817

-Registration

Shawn C. (316) 792-2097

-Program

This Convention Sponsored by The Mid-America Region of Narcotics Anonymous

MARCNA IX REGISTRATION FORM

T-Shirts - \$10.00 ea. Sizes:

M _____
L _____
XL _____
XXL _____
XXXL _____

Early Registration: ___ X \$12 = \$ _____

After April 1, 1992: ___ X \$17 = \$ _____

Mexican Buffet & Comedy Show: ___ X \$15 = \$ _____

Sunday Breakfast: ___ X \$10 = \$ _____

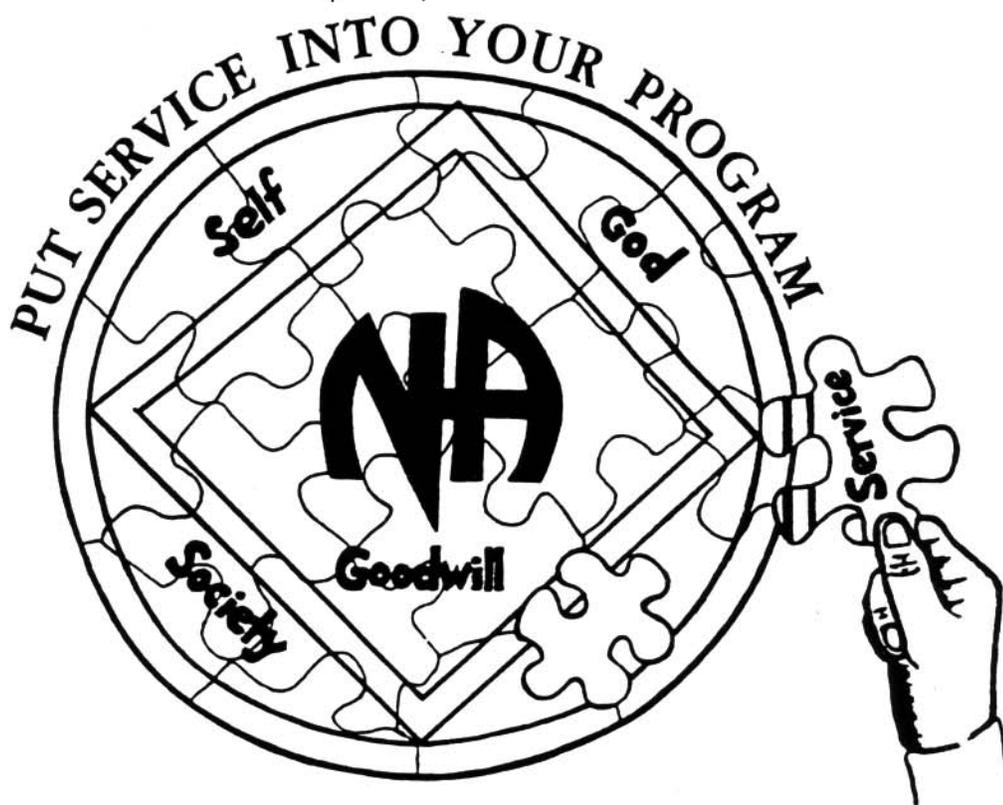
Newcomer Donations: \$ _____

TOTAL: \$ _____

Early Reg. Must be Postmarked On or Before April 1st

MAKE CHECKS OR MONEY ORDERS PAYABLE TO:

MARCNA IX • P.O. BOX 573 • LAWRENCE, KS. 66044



Multi Regional Learning Days

SEPTEMBER 18, 19, 20, 1992

Wichita Plaza Hotel • 250 W. Douglas • Wichita, KS 67202

H. & I. and P. I. Workshops
Speakers and Information

Wichita Plaza Hotel Room Rates
\$49.00 per night flat rate
Call (316) 264-1181

MAIL-IN REGISTRATION DEADLINE IS SEPT. 1, 1992
MAIL TO: M.R.L.D.N.A.
P.O. Box 2235
Stillwater, Oklahoma 74076

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
TELEPHONE _____

REGISTRATION _____ \$15.00
\$20.00 at door
BANQUET _____ \$18.50
(Saturday Night)
BRUNCH _____ \$10.00
(Sunday)

DONATION FOR NEWCOMER

Check for Chairing a Marathon Meeting

If you have P. I. or H. & I. Experience
would you like to do one of the following:

- Chair a Workshop
 Speak at a Workshop

TOTAL _____

Contact #:
Susan S. (918) 664-4883
Anita J. (316) 554-0346
Pamela B.K. (316) 524-3771



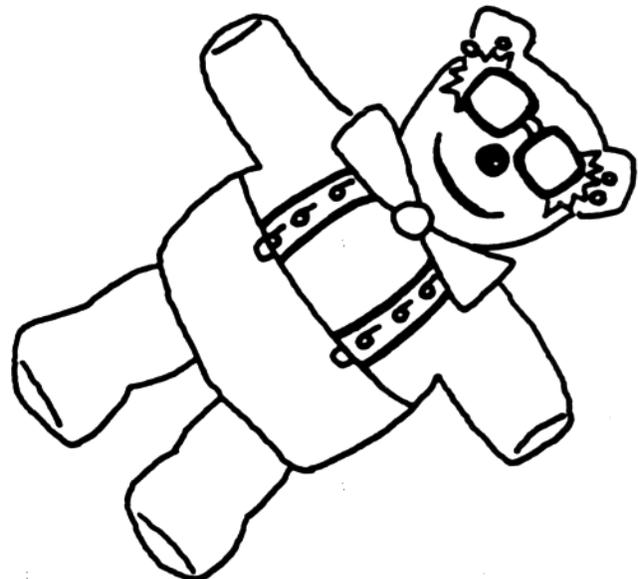
March, 1992

REGION-AT-A-GLANCE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 <i>Hopefully you got your M.A.N. Issue #1</i>	11	12	13	14 <i>↑ Your group's Event Here! ←</i>
15 <i>MARCNA IX Committee Mtg.</i>	16	17	18	19	20	21 <i>↓</i>
			25	26	27	28 <i>JFTA Dance! 4-H Bldg 21 Lawrence, KS 6:00 PM</i>

our



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Check the out

PIONEER GROUP

1107 B COMMERCIAL
EMPORIA, KS. 66801

INFORMATIONAL LINE: 316-342-8467

MEETINGS

SUNDAY 10:00 AM Q, NS
 SUNDAY 7:00 PM O
 MONDAY 8:00 PM C
 TUESDAY 8:00 PM O
 WEDNESDAY 8:00 PM Q, BS
 THURSDAY 8:00 PM Q, NS
 FRIDAY 8:00 PM Q
 FRIDAY 8:00 PM BN, Q
 SATURDAY 6:30 PM Q, NS
 SATURDAY 8:00 PM O

3RD

O - OPEN C - CLOSED
 NS - No Smoking
 BS - Book Study
 BN - BIRTHDAY NIGHT



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if you want to get the U.S.O. Newsletter (they are starting a new mailing list)

REGIONAL OFFICERS

CHAIR: Randy Ryan
401 Church
Scott City, KS 67871
316-872-7391

CO-CHAIR: Jeff McNickle
1716 Elpyso
Wichita, KS 67202
316-688-1752

RSR: Pat Mays
P.O. Box 576
Emporia, KS 66801
316-832-5512

ALT. RSR: Warren Jackson
3701 Arkansas
Wichita, KS 67204
316-832-0475

NEWS ED: Nate Feidt
2533 Ridge Court
Lawrence, KS 66044
913-865-5512

TREAS: Laurie Thompson
1111 LaSalle
Dodge City, KS 67801
316-225-6505

P.I.: Anita Jackson
3701 Arkansas
Wichita, KS 67204
316-832-0475

H&I: George VanSteenburgh II
1018 Grant
Great Bend, KS 67530
316-792-7743

LITERATURE: Steve Jensen
1103 W. Trail
Dodge City, KS 67801
316-225-2470

POLICY: Larry Reyer
1328 Garfield
Topeka, KS 66604
913-357-7024

ACTIVITIES: Debby Stewart
1200 Crescent Lane
McPherson, KS 67460
316-241-6230

SECRETARY: Leah Sluder
P.O. Box 31
McPherson, KS 67460
316-241-2161

OTHER AREA OFFICERS

UNITY: Tim Stewart
1200 Crescent Lane
McPherson, KS 67460
316-241-6230

WESTERN: Steve Jensen
1103 W. Trail
Dodge City, KS 67801

FELLOWSHIP FOR FREEDOM: Larry Reyer
1328 Garfield
Topeka, KS 66604
913-357-7024

WICHITA METRO AREA: Betty Parks
835 Nims
Wichita KS 67203
316-264-0801

OZ AREA: Roger Burgoon
2595 Indiana RD.
Ottawa, KS 666067

JUST FOR TODAY: Casey S. Lujan
1007 Court
Scott City, KS 67871

How many Regional service people
 don't have a subscription to the M.A.N.?
 Why?

