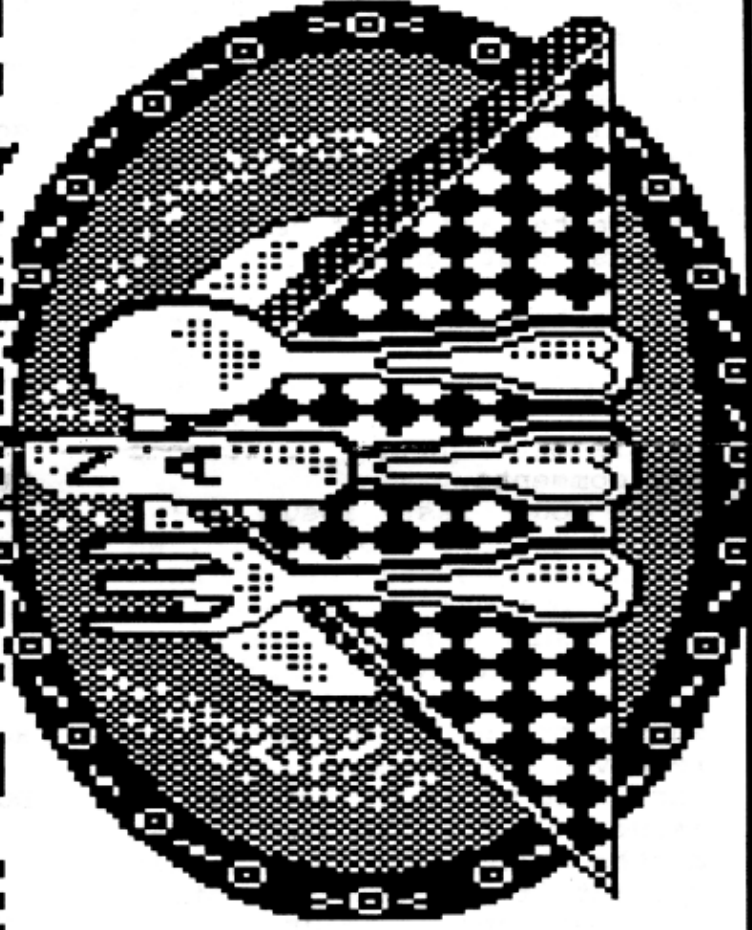


# MID-AMERICA NEWSLETTER

ISSUE #3 JUNE-AUGUST 1992

IF LIFE IS A BANQUET...



LET'S

EAT!



# FROM THE EDITOR



Hi all,  
My name is Nate, and I'm an Addict. I can't believe the summer is almost over! It seems as though we just put together the last issue and here we are, late putting out this one. My apologies for being 2 months late with this issue. I have been on a protracted vacation (excuses)....

I hear that the last Regional Service Committee Meeting was eventful and that the Newsletter and Staff(ha ha) was discussed at length. I welcome the help of Deb M. on the Newsletter (and anybody else). I'm sure that she will be able to help bring Newsletter issues out in a more timely and consistent manner. I welcome any comments.

Since our last issue we've signed up more subscribers, we now have about 52 current paid subscriptions! We're growing. I've heard through the other addicts that some addicts are concerned about their subscriptions and have not received the newsletter. The fact that there has not been an issue out for the last three months might clear some of that up, but if you have a question or comment about your subscription, drop me a note or give me a call. I'm doing my best to keep accurate records on computer, but I can make mistakes.

I still have not received Area minutes from Areas in the Region. I continue to get minutes from the Central Kansas Area and occasionally from the Just For Today Area, but no others. Have your Area Secretary send minutes to us and you'll see stuff about your Area in the Newsletter.

## BIRTHDAYS

ALLISON G. 1 YEAR-LAWRENCE  
ADAM K. 1 YEAR-PIIONEER GROUP  
EMPORIA  
SHELLY S. 1 YEAR-GREAT BEND  
STEVE 2 YEARS-FELLOWSHIP  
FOR FREEDOM  
HAYS  
PAULA H. 3 YEARS-WE WANT IT  
ELLINWOOD  
TAMMY 3 YEARS-WE WANT IT  
ELLINWOOD  
SCOTT J. 3 YEARS-FELLOWSHIP  
FOR FREEDOM  
HAYS  
KIRK G. 4 YEARS-FELLOWSHIP  
FOR FREEDOM  
HAYS  
KENDELL S. 5 YEARS-LOTTA SOUL  
LAWRENCE  
DAVE O. 5 YEARS-FELLOWSHIP  
FOR FREEDOM  
HAYS  
EDDY H. 5 YEARS-LARRYTOWN  
LAWRENCE  
WARREN J. 6 YEARS-UNITY  
WICHITA  
MARKO F. 7 YEARS-LOTTA SOUL  
LAWRENCE  
JOHN B. 9 YEARS-WE WANT IT  
ELLINWOOD  
ROSS F. 10 YEARS-WE WANT IT  
ELLINWOOD  
DON C. 13 YEARS- UNITED  
SURVIVORS  
TOPEKA

## CONGRATULATIONS!

KEEP COMING BACK! WE'LL HAVE  
MORE BIRTHDAYS!

## RUMORS

CONVENTION ROMANCES DO LAST

FRAN B. AND LARRY P. GOT  
HITCHED, SICK PEOPLE ATTRACT  
EACH OTHER

WICHITA METRO AREA NEEDS SOME  
SUPPORT

Issue # 4 will come out at the  
end of September. Get your  
submissions in before the 20th.  
In Service,

*Nate F.*



# LETTERS



## "HIGH"

Hello Mid-American Region. I am an Addict who just got "High"! It's one I won't blackout. I don't have any regrets, guilt, or shame. I went to the MARCNA IX convention and that's the "High" I'm writing about. The spirituality, understanding, and love present at the convention that was shared by Addicts gave me a rush. It was my first convention and it is true "Ones to many and a thousands never enough". I'm so very grateful today for N.A. has given me a life I can get "High" on without the use of drugs.

Thanks N.A.  
from an Addict



I got clean in a small city. I remember when we had 5 or 6 members. That group has grown a great deal since then. I was so grateful to be a part of a close knit group but not grateful enough. I took it for granted that recovery is like that everywhere. I thank my higher power for my first couple years of recovery. I truly felt "a part of!" That group is pretty large today and I still take the opportunity to drive out of my way to catch a meeting.

I'm living in a larger city and I make a lot of meetings. I've been here for awhile now and I am active but haven't been able to rekindle that feeling "a part of." I feel a lot of one upping in the meetings. I don't hear the NA message. I hear a lot of mixed messages. It confuses me. I mentioned to a friend that I didn't feel a lot of love in these meetings. My higher power works through people, my friend told me I needed to look for the love because it is there.

The old tapes have been running through my mind for awhile now and I wasn't even aware of it so, I'll eat a piece of humble pie. Misery loves company, I'm an addict and I forgot how easy it is for me to buy into negative vibes and live in the problem instead of the SOLUTION.

I want to thank my brothers and sisters for taking the time to give me that therapeutic value of helping me! Today in meetings, I choose to seek the love and not fall into the negative messages that I hear. Life in recovery for me is not a bed of roses it's a "JUST FOR TODAY JOURNEY."

Anonymous

## THE VOID SUBSTANCE

INTO this infinite dimension  
Called the Universe,  
GOD deemed me a role to fill.  
At times, when I had lost  
My self-esteem, I felt that  
Whatever I did was insignificant.  
Maybe it was because of a lost  
Perspective or grasp of reality.

---

In hopes of regaining that inner-base  
Of security and growth,  
Drugs were induced to lower inhibitions  
Called FEAR. Chemical warfare set in  
And eroded that false base, leaving  
A void: where light (HOPE) was needed,  
But sometimes, being overshadowed  
By the dark (DESPAIR), it left my  
Inner-shell exposed without a shield.

---

REALITY, what a heavy word.  
To a person of intense highs  
And devastating lows, self-doubt  
Sets in as to what is real versus  
What is unreal. There exists  
A grey zone: and somewhere in that  
Belt lies the human soul's truth (PEACE).

Thanx, N.A.,  
for my Grey zone...

--John W.--





## 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 plus tax  
Call (316) 264-1181

MAIL-OR REGISTRATION DEADLINE IS SEPT. 1, 1992  
MAIL TO: M.R.L.D.N.A.  
P.O. Box 2235  
Seminole, Oklahoma 74676

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
TELEPHONE \_\_\_\_\_

REGISTRATION \_\_\_\_\_ \$115.00  
BANQUET \_\_\_\_\_ \$118.50  
(Saturday Night)  
BRUNCH \_\_\_\_\_ \$110.00  
(Sunday)

#### DONATION FOR NEWCOMER

TOTAL \_\_\_\_\_

☐ 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

Contact #:  
Susan S. (918) 664-4883  
Anita J. (316) 354-0346  
Pamela B.K. (316) 324-3771

## MARCNA X

### "Primary Purpose"

April 2,3,4 1993

Red Coach Inn

I-135 & US 56

McPherson, Kansas



#### For Information Contact:

Chair--Tony K. (316) 343- 7861 Co-Chair-- Jim M. (913) 825- 6892

Registration-- Pat M. (316) 343- 7740 : Joe W. (913) 825- 0603

Hotel & Hospitality-- Tim S. (316) 241- 6230

Program Chair-- Betty P. (316) 264- 0801

If you are an N. A. member with the willingness to speak, chair workshops or marathon meetings, or wish to submit bids for entertainment, taping, or merchandise, submit tapes, bids, and suggestions (Before Oct. 1) to:

## MARCNA X

P.O. Box 208

Emporia, KS. 66801-0208

or

attend our convention committee meetings in McPherson, KS.

held at 1:00 pm on the third Sunday of July, Sept., Oct., Dec., and Jan.

at 216 South Main and during the Aug., Nov., and Feb. RSC's.

at 710 W. Woodside.

## **PRACTICING THE PRINCIPLES**

**Tradition One** Our common welfare should come first. Personal recovery depends on NA unity.

1. Am I gentle with those who rub me wrong or am I abrasive?
2. Do I make competitive NA remarks such as comparing one group to another or get into defensive power struggles with members of another group?
3. Am I a peacemaker or do I plunge into arguments?
4. Am I as considerate of NA members as I want them to be of me?
5. Do I share all of me, the bad and the good accepting as well as giving the help of the fellowship?
6. Am I respecting other NA members anonymity or am I into gossip and taking others inventories?

**Tradition Two** 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.

1. Am I seeking praise or credit for my work in service positions? Do I feed my ego?
2. Although I've been clean a few years am I willing to serve my turn at NA chores, setting up and cleaning up?
3. In discussions, do I sound off about matters on which I have no experience or knowledge?
4. Am I critical or do I trust my group officers, committees, newcomers and oldtimers?
5. Am I 100% trustworthy, even in secret with NA 12 step Jobs and other service position?

**Tradition Three** The only requirement for membership is a desire to stop using.

1. Are there certain types of addicts that I do not want in my home group?
2. Do I judge some NA members as losers or some that I don't believe have a desire to stop using?
3. Do I let religion (or lack of it) education, sexuality, age, or wealth interfere with my carrying the message?
4. Do I not treat all members of NA equal whether they are a doctor, lawyer, or living in poverty?
5. Am I open-minded towards individuals who are court ordered to attend NA?

**Tradition Four** Each group should be autonomous except in matters affecting other groups or NA as a whole.

1. Do I always bear in mind that to those outsiders who know I am in NA, I may to some extent represent our entire beloved fellowship?
2. Does my group always consider the welfare of the rest of NA? of nearby groups? of loners in Alaska? of a group far from any service structure?
3. Am I willing to help a newcomer go to any lengths-his, not mine to stay clean?
4. Does my group engage in power struggles with other close by NA groups to try and prove "mine is better"?

**Tradition Five** Each group has but one primary purpose-to carry the message to the addict who still suffers.

1. Do I cop out by thinking "I am not a group, so this tradition does not apply to me"?
2. Am I willing to explain firmly to a newcomer the limitations of NA help? Even if he



gets mad because I won't give him a loan?

3. Have I today imposed on any member of NA for a special favor just because I am a fellow addict?

4. Am I willing to twelfth step the next newcomer without regard to who or what is in it for me?

5. Do I remember that old timers in NA can be addicts who still suffer? Do I try both to help them and learn from them?

**Tradition Six** An NA group ought never endorse, finance, or lend the NA name to any related facility, or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

1. Should my group list other 12 step functions on our calendar of events?

2. Should my group plan activities with other clubs, groups, or organizations outside NA?

3. Is it good for a group to lease a meeting building?

4. Should a NA group make charitable contributions to a treatment facility or other organizations?

**Tradition Seven** Every NA group ought to be fully self supporting, declining outside contributions.

1. Honestly now, do I do all I can to help NA remain self supporting? Could I put two dollars in the basket instead of one?

2. Should I put a little more in the basket for that newcomer who can't afford it yet?

3. Should NA have car washes or garage sales to raise funds for NA?

4. Is a group Treasurers report unimportant business? How does the Treasurer feel about it?

5. Does my group keep substantial funds in its account or do we forward the extra money to the Area, Region, or W.S.O.?

**Tradition Eight** Narcotics Anonymous should remain forever non-professional, but our service centers may employ special workers.

1. Do I sometimes try to or expect to receive some reward even if not money for my service work?

2. Do I sometimes try to sound like an expert on addiction? On recovery? On medicine? On sociology? on NA itself? On Psychology? On spirituality/ Or, heaven help me, on humility?

3. Do I make an effort to understand what WSO employees do? What workers in other addiction agencies do. Can I distinguish clearly among them?

4. In my own NA recovery have I had any experiences which illustrate the wisdom of this tradition?

**Tradition Nine** NA as such ought never be organized but we may create service boards or committees directly responsible to those they serve.

1. Do I still try to run things in NA?

2. Do I exercise patience and humility in any NA job I take?

3. Am I aware of all those to whom I am responsible in any NA service position?

4. Have I learned to step out of a service position gracefully and profit thereby when the time comes?

5. What has rotation to do with anonymity? With humility?

**Tradition Ten** NA has no opinion on outside issues; hence the NA name ought never to be drawn into public controversy.

1. Do I ever give the impression that there really is an NA opinion on the war on drugs on doctors, psychiatrists, churches, treatment facilities, government?
2. Can I honestly share my own NA experience without giving the impression I am stating the NA opinion?
3. What would NA be without this tradition.
4. How can I manifest the spirit of this tradition in my personal life outside NA? Inside NA?

**Tradition Eleven** Our public relations policy is based on a attraction rather than promotion: we need always maintain personal anonymity at the level of press, radio, and films.

1. Do I sometimes promote NA so fanatically that I make it seem unattractive?
2. Am I careful about throwing NA names around even within the fellowship?
3. Am I ashamed of being an addict?
4. Am I always careful to deep the confidences shared with me as an NA member?
5. Is my NA recovery attractive enough that a practicing addict would want such a quality for themselves.

**Tradition Twelve** Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

1. Why is it a good idea to place the common welfare of all members of NA before individual welfare? What would happen to me if NA as a whole disappeared?
2. When I don't trust a current servant, do I wish I had the power to straighten them out.?
3. Do I try and get my group to conform to my standards not its own?
4. What is the real importance of me among the thousands of recovering addicts?
5. Do I not go to certain meeting because of personality problems with somebody there?
6. Do I do all I can do to support NA financially? When is the last time I gave away a Newsletter subscription to a Newcomer?

Anonymously put together from a few anonymous sources



**WORLD UNITY DAY IS SATURDAY, SEPTEMBER 5TH, 1992. ADDICTS AROUND THE WORLD WILL BE HAVING A GROUP HUG AT 7:00PM KANSAS TIME. GET TOGETHER WITH OTHER ADDICTS AT THAT TIME AND JOIN IN THE STRENGTH HOPE AND EXPERIENCE OF ALL THE WORLDS RECOVERING ADDICTS BY BEING A PART OF THE "WORLD HUG".**



# MID-AMERICA NEWSLETTER

## SUBSCRIPTION FORM

We won't give you a clock radio, or a cheap phone, home stereo, video tape, or swim-suit issue.....

JUST:

Twelve months (6 issues) of events, happenings, doings, campouts, chili-feeds, meetings in print, birthday nights, recovery stories, and other recovery "stuff" from your N.A. Region, by your Region and for your Region (which - by the way - is the MID-AMERICA REGION).

IT'S MINE!!

For only \$4 eight bucks, you too can be totally hip to what's up and on in the Region. So.....

JUST DO IT!!!

You, I would like to be hip and knowledgeable of a.s. events and happenings. I have enclosed \$4 eight dollars.

NAME

ADDRESS

CITY

STATE/ZIP

NEW SUBSCRIPTION

RENEWAL

MAIL TO:

MID-AMERICANS NEWSLETTER  
SUBSCRIPTIONS DEPT.  
P.O. BOX 1560  
LAWRENCE, KS 66044-1560  
913-865-5512

THE **N.A. Way.**  
M A G A Z I N E

### Subscription:

one year US \$15, Canadian \$15 not enclosed. Bill me.  
two year US \$28, Canadian \$28 check for money order enclosed  
three year US \$39, Canadian \$39 or credit card order.

Allow four to six weeks for your first issue to arrive.

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☐ VISA ☐ MASTERCARD  
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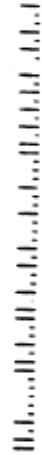
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\*\*\*\*\*  
 \* REGION AT A GLANCE..... \*  
 \*\*\*\*\*

August 1992  
 -----

30 Sunday  
 7:00pm LOTTA SOUL SPEAKER MTG.  
 9TH & OHIO, LAWRENCE, KS

September 1992  
 -----

1 Tuesday  
 MULTI REGIONAL LEARNING DAYS -  
 DEADLINE REGISTRATE

4 Friday  
 CAMPOUT LAKE MEADE-AGAINST ALL  
 ODDS GROUP

5 Saturday  
 CAMPOUT LAKE MEADE-AGAINST ALL  
 ODDS GROUP

6 Sunday  
 CAMPOUT LAKE MEADE-AGAINST ALL  
 ODDS GROUP

13 Sunday  
 JFTA BUSINESS MEETING -

18 Friday  
 MULTI REGIONAL LEARNING DAYS -  
 WICHITA, KS

19 Saturday  
 MULTI REGIONAL LEARNING DAYS -  
 WICHITA, KS

20 Sunday  
 MULTI REGIONAL LEARNING DAYS -  
 WICHITA, KS

27 Sunday  
 7:00pm LOTTA SOUL SPEAKER MTG.  
 9TH & OHIO, LAWRENCE, KS

October 1992  
 -----

11 Sunday  
 JFTA BUSINESS MEETING -

MEETINGS OF RECOVERY

SUNDAY	10:00 p.m.	O,NS
SUNDAY	7:00 p.m.	O
MONDAY	8:00 p.m.	C,ST
TUESDAY	8:00 p.m.	O
WEDNESDAY	8:00 p.m.	O,BS
THURSDAY	8:00 p.m.	O,NS
FRIDAY	8:00 p.m.	O
SATURDAY	6:30 p.m.	O,NS,SS
SATURDAY	8:00 p.m.	O

O - OPEN C - CLOSED  
 NS - NO SMOKING  
 BS - BOOK STUDY  
 3rd Friday Birthday Night  
 ST-Step,Tradition  
 SS-Step Study  
 2nd Friday Candlelight

PIONEER GROUP  
 1107 B COMMERCIAL  
 EMPORIA, KS.  
 316-342-8467 (INFO)

*If you are heading  
 in the wrong direction,  
 GOD allows U-Turns.  
 (bumper-sticker in K.C.)*

GET INVOLVED!!!!!!

## NARCOTICS ANONYMOUS GROUP UPDATE FORM

Please fill in the appropriate lines for any changes in group information. If the group is being registered for the first time, please use the "New Group Registration Form."

**Group Code** \_\_\_\_\_ *You must have a group code to use this form. The group code can be found on the confirmation letter which was sent upon original registration. If unable to locate the group code, contact the WSO.*

Area: \_\_\_\_\_ Region: \_\_\_\_\_

Meeting Day: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Country: \_\_\_\_\_

Does this group offer services for addicts who are:

Hearing impaired? | yes | | no  
Sight impaired? | yes | | no  
Wheelchair-bound? | yes | | no

### Group Mailing Information

A group P.O. Box is preferred, otherwise list contact information.

Group Name: \_\_\_\_\_

(Contact Name: ) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Please mail this form to:

N.A. WORLD SERVICE OFFICE  
P.O. Box 9999  
Van Nuys, CA 91409

## NARCOTICS ANONYMOUS NEW GROUP REGISTRATION FORM

This form is for new groups only. If you are updating group information, please use the "Group Update Form."

### Meeting Information

Area: \_\_\_\_\_ Region: \_\_\_\_\_

Meeting Day: \_\_\_\_\_ Time: \_\_\_\_\_ | A.M. | | P.M.

Type of Meeting: \_\_\_\_\_ | Open | | Closed

Name of Group: \_\_\_\_\_

Location: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Country: \_\_\_\_\_

Does this group offer services for addicts who are:

Hearing impaired? | yes | | no  
Sight impaired? | yes | | no  
Wheelchair-bound? | yes | | no

### Group Mailing Information

The following information is necessary for any communications with the group. Please list the information for the contact person or Group P.O. Box. Check this box | if this is a P.O. Box exclusively for your group.

Group Name: \_\_\_\_\_

(Contact Name: ) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please mail this form to:

N.A. WORLD SERVICE OFFICE  
P.O. Box 9999  
Van Nuys, CA 91409

DeWAYNE KITCHEN  
 5400 E  
 WICHITA  
 EXP. 1  
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 5314 COUNTRYSIDE ST  
 WICHITA KS 67218-4410  
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2



MID-AMERICA NEWSLETTER  
 P.O. BOX 1560  
 LAWRENCE, KS 66044

ES