

**MID-AMERICA  
NEWSLETTER**



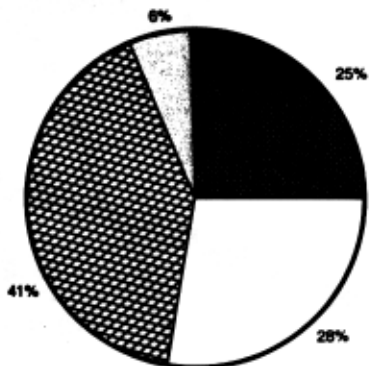
**Issue #4  
Sept-Oct 1992**

# FROM THE EDITOR



Hi, my name is Nate, and I'm an addict. Lots of stuff going on since we last had this meeting in print. The World Convention happened, World Unity Day, and Campouts, Campouts, Campouts! The M.A.N. got some space in the NA Way's last issue, check it out. Since our last issue we have not received any new subscriptions and have lost about six due to non-renewal. Lots of people have expressed interest in the Newsletter in the last three months, but when it comes time to publish the next issue no one is around. I could use some help with organization and layout. If you are interested give me a call.

Thanks to Tim and John for their submissions to this issue. I am still waiting for minutes from the business meetings of the Areas of the Region. It would be useful in passing along information to the rest of the Region and would help give your Area some attention.



■ EXCELLENT (4.50 - 5.00)  
 □ GOOD (3.50 - 4.49)  
 ▨ POOR (2.50 - 3.49)  
 ■ UNACCEPTABLE (less than 2.50 or greater than 5.00)

## BIRTHDAYS

LARRY V. 11 Years, Larrytown, Lawrence

Penny K. 13 Years, Larrytown, Lawrence

**CONGRATULATIONS!  
KEEP COMING BACK! WE'LL HAVE  
MORE BIRTHDAYS!**

Issue #5 will go to press on November 15th, so get your submissions in before then. In Service,

*Nate F.*



IS IT SERVICE WORK OR POLITICS?

As I was talking with a friend the conversation turned to certain personalities involved in service work. I still have the character defect of judging people that think they are in control or who love to stir up controversy, when my disease allows it. My conversation ended with saying "it's all politics," which is a phrase I've heard a lot in the service structure. It struck me as odd that recovering addicts who devote their life to helping carry the message, as I like to believe I have done, can one minute be trusted servants and the next be political leaders. I don't need to like, or even understand, other people's opinions or views to accept them. Today I welcome and learn from other addict's freedom of expression and practice this principle in my own recovery. Though I may not please everybody (THANK GOD!), hopefully I will reach somebody. "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

Tim S.

It's Been 10 (Ten)

Ten years have passed...  
One day at a time,  
Moments of addictions,  
Points of history.

Clean time - saved and massed -  
Twelve steps and traditions to climb,  
Principles smoothed personalized frictions,  
Spirituality, not just everyones tea.

Active addiction - death accelerated fast  
The craved friend is but a mime -  
Masks of voiced delusions -  
Substance - without substance - mimicry.

Cola, please... no coke now asked,  
Bills are bills, and a dime's a dime.  
An addicts gratitude and celebrations  
To bottom and discover serenity.

Ten years, ten years, now of the past,  
Harmony, Overtures, Works of rhyme.  
Chaos, turmoil, the will of H.P. functions  
Balanced, it's your choice to stay freed.

-John W.



## COUNT YOUR CHANGE

As a musician, I relied on "pot" to tame  
Erratic hyper-energies into focused 'talent(s)'.  
The trip to/from the 'gig'  
[And every stagebreak in-between]  
Paid homage to creative 'tokens'.  
I felt my actions were expected,  
You know--sex, drugs, & . . . (music).  
Cool street-cats had slammed my rural past,  
Hip musicians (everyone with shades).  
My 'groove' lacked finesse,  
My 'feel', stiff and undeveloped.  
Smoke some pot, drop some acid,  
Buy cheap shades--the Quest of pulsated rhythms.  
\*\*Good golly, my bop lost its slop,  
My jam became a demand!

Smoke, snort, and swallow . . .  
Mega-hits for MY deprived childhood.  
I'm a Grade-B 'star' (idol to a few),  
When an industry peer tells to the aside,  
Dismay of the drugs' toll--  
The fare to BE creative-  
[Addictive 'fix(es)' that allay stage-fright]  
Had extinguished ALL nocturnal dreams.  
(My) still a child at twenty-five  
Discounted his forty-plus as aged.  
Self-righteous thoughts ("better thee than me")  
Kept pace with the "I'll quit, someday" message  
And ignored, by choice, the sage.  
One year later--crashed and burned,  
A 'shrink' concludes [and I'm mislabelled] . . .  
Cycled further 'treatments' (eight years totalled five)  
Bring the proper forehead bandage  
And a prescribed Rx drug [ying-yang's relief (Lithium)].

Though my music focus has shifted  
And my "pot" curtailed (yet, not complete),  
I write with heart [not hypocrite]  
To any reader, novice to the game.  
The stride towards adulation  
Costs more than time and money.  
It may be a fatal attraction  
With toll-booths along the way (imposed),  
On highways of Life stations . . .  
No free-of-charge turnarounds,  
No rest-stops, no exits, for 20 miles ahead,  
But required, complete stops and fares, please.  
If you challenge these odds with delusions of favor on your side,  
Take heed, my friend, and be sure you have exact change!

(not just whistlin' Dixie) . . . "dream a little dream of me" . . .

*Thank NA, for making change* -jw/JFTA-NA



MID-AMERICA REGIONAL SOUL to SOUL SPIRITUAL RETREAT II

November 6, 7, 8  
1992



CAMP CHIPPEWA  
Ottawa, Ks. 6606

NO PETS

NO CHILDREN

For more info.  
call Roger B.  
913-242-3585

All meals and bunks  
provided

Bring bedding

NO REFUNDS

FRIDAY

6:00 pm-Check in  
10:00 pm-Campfire  
Meeting

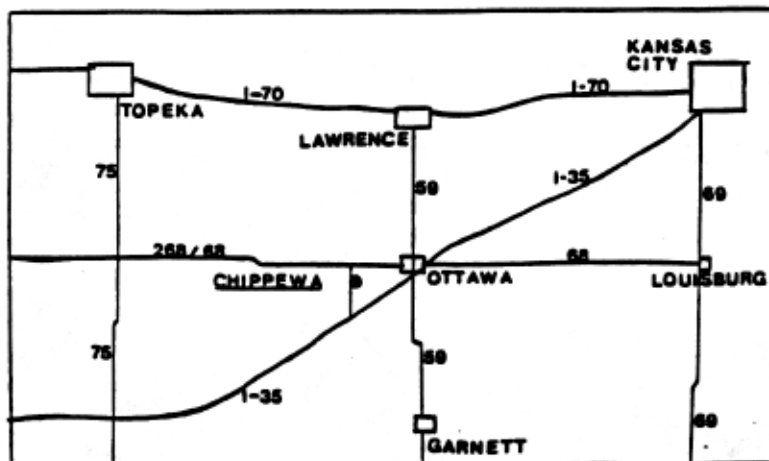
SATURDAY

8:00 am-Breakfast  
9:30 am-Exercise Stretch  
10:00 am-Nature Walk  
Noon-Lunch  
2:00 pm-Men/Women Workshops  
6:00 pm-Dinner  
8:00 pm-Group Workshop  
Midnight Meeting

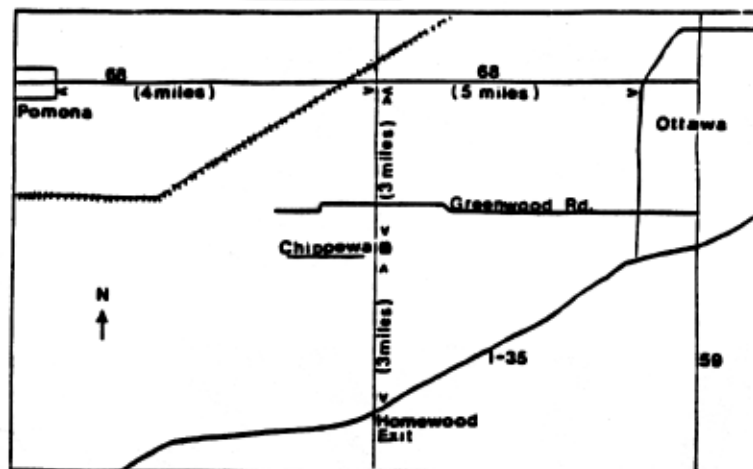
SUNDAY

9:00 am-Breakfast  
10:30 am-What-you-got  
Spiritual  
Meeting  
1:00 pm-Close

GENERAL AREA MAP



Local Area Map



REGISTRATION FORM

Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_

Number of Persons: \_\_\_\_\_  
Early Registration by Oct. 17, 1992  
\$30.00 per person-\$35.00 thereafter

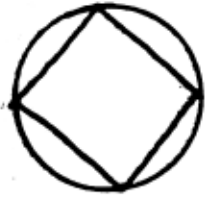
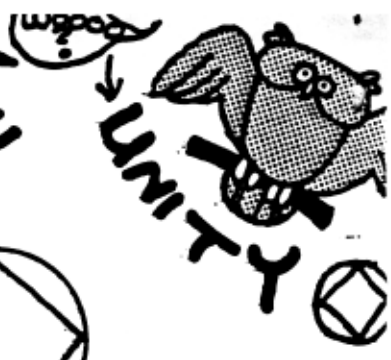
Mail to: Soul to Soul Retreat  
2595 Indiana Rd.  
Ottawa, Ks 66067





WHERE?  
Lawrence  
H-H building  
at the fair  
grounds

# FALLLOWEEN DANCE



## WHEN?

Sat. Oct. 31<sup>st</sup>

TIME: 7:00pm - 11:30

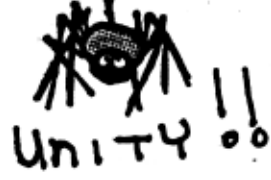
Fish bowl meeting 7:00-8:00

COST: \$3.00 per person  
\$5.00 per couple

Dance starts at:

8:30pm !!!

Come Experience



Costume  
Contest

## CASH PRIZE



mmm!  
free  
chilli!



CASH RAFFLE  
and  
prize raffle!



FUN  
&  
GAMES



Don't  
miss  
the Fu





# 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 & Hospitalities-- 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.

NEW

NEW

PROMISE  
OF  
FREEDOM  
GROUP

WED: 7:30 pm  
NEWTON

CONTACT:

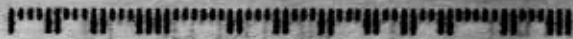
Tony P. 316-283-9029  
Mark K. 316-284-2135

## PROMISE OF FREEDOM

What is our message?

The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.





BOX CLOSED  
UNABLE TO FORWARD  
RETURN TO SENDER

EXP. DATE 05/92

SAMMS

JAMES SAMMS  
P.O. BOX 226  
CORY, KS 67022  
SAMMSB 677012015 1911 10/23/92

A5



MAN  
P.O. Box 1560  
Lawrence, KS 66044