

**MID-AMERICA
NEWSLETTER
ISSUE # 1
1993**

CLEAN TIME BIRTHDAYS

NEWSLETTER

FROM THE EDITOR

1 YEAR	EDDIE H. CARLA	DODGE CITY DODGE CITY
2 YEARS	DALE W. PAT BYRON	BLUE RAPIDS WICHITA WICHITA
3 YEARS	ROBERT J. FRAN P. STEVE J.	WICHITA DODGE CITY DODGE CITY
4 YEARS	PAULA S. TIM S. BOBBI M. LARRY P. LAURIE T.	WICHITA MCPHERSON DODGE CITY DODGE CITY DODGE CITY
5 YEARS	TERRI J. SHAWN W.	MCPHERSON COLBY
6 YEARS	KENDELL S.	LAWRENCE
8 YEARS	DEBBY S. ANITA J. JOSEPH S.	MCPHERSON WICHITA WICHITA

Hi, my name is Mate and I'm a recovering addict. Here's issue #1 for 1993. Lots of exciting stuff inside. The newsletter workshop at the last regional service committee meeting yielded much interest and contributions (although some were coerced). Inside this issue you will find some recovery topic discussions from addicts that contributed at that workshop. The Regional literature committee voted to add two issues to the year, so now the newsletter will come out eight times per year. I think that this will make the information within more timely and groups and areas more likely to use the newsletter as a vehicle for getting the word out about their event.

The Regional Convention is upon us and we hope to increase our subscription base which by the way is now at 55 paid subscriptions. Tim S. is conducting a survey about the newsletter and what you like or don't like about it, so take the time to give him your input at the convention. I still have not received all minutes from Areas within our Region. If you bump into your Area secretary, please ask that the minutes be sent to the newsletter.

Speaking of Areas, I'd like to welcome the Miracle Area into the Region. The Miracle Area consists of all the groups in the Lawrence vicinity and I wish it all the best in carrying the message to the addict who still suffers. By the way, the next business meeting will be April 18.

Congratulations to the United Survivors Group in Topoka on turning 16 years old! Congrats also to Twilighters group in Topoka for turning 10 years old! Due to technical error in the newsletter editors brain, Denny C. was given an extra year clean time in the birthday list last issue. Keep coming back Denny.

The next Regional Service Committee meeting will be May 15-16 in McPherson. Be there! I could use some help with the newsletter, any one out there? Call me at: 913-865-3512 or write to: Mid-America Newsletter P.O. Box 1560 Lawrence, KS 66044

Thanks to all who contributed to this issue and to those who shared their recovery thoughts at the last RSC. Campouts are almost here!

Deadline for submissions for issue #2 is April 25th, 1993. Don't procrastinate!

IN SERVICE,
MATE F.

KEEP COMING BACK

NEWSLETTER

Inner Peace

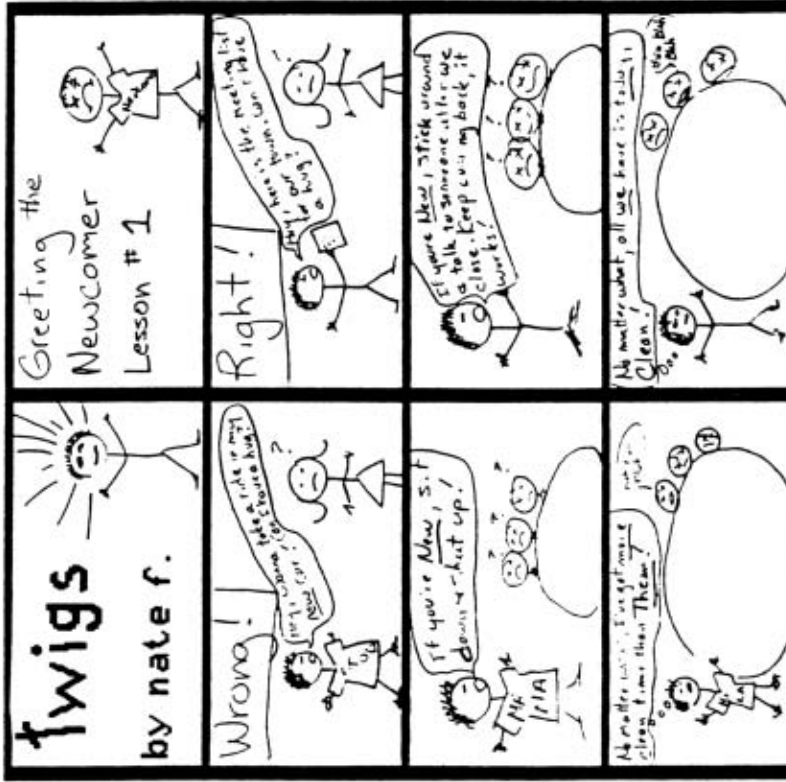
Feeling the inner peace from H.P. There's really nothing like it! I am so thankful that I found my higher power and the ability to let go of the worries of the world. I've learned there's a lot that I have not control over and my life feels uncomfortable and chaotic when I focus on issues outside of myself and my power.

Higher Power is an ever present force in my life. My best friend I can turn to with my joys and troubles. This relationship is a choice for me and I feel at ease with myself, others, and my environment when I choose to actively participate and have faith in this relationship. Through the grace of H.P., Sponsorship and the fellowship of this program, I am alive, clean and free today. I have a renewed optimism that anything is possible for me as long as I seek my Higher Power and recovery from addiction.


Anonymous

Surrender

My name is Tim and I'm an addict. I randomly picked the topic "surrender" and found it rather difficult to write about. I've practiced this principle many times in my recovery, but still have certain addictions that are problems to me. (food, etc.) Through working the First Step, surrender comes naturally. So I guess that's where I'll start.



CENTRAL KANSAS AREA



MEETING DIRECTORY

HELP LINE
316-792-1991

Meeting Name	Day	Time	Address	Phone
...
...
...
...
...
...
...
...

FOR UPDATES CALL 316-792-1991

Fear of People

Before coming to NA, I can think of very few times that there was not a real fear of the people I came in contact with. The few times this was not the case was when I was loaded. One of the many gifts of recovery is by using the Steps, I am aware of the choices I make in being afraid or not. Like everything else, that choice is mine today. If I am not living the Steps, that choice today is still fear. In the Basic Text, while talking about Step Four, it says that "fear is an absence of faith". With faith, today I no longer need to be afraid of people, places or things.

Anonymous

Fear

I would like to inform the readers that I was coerced into writing on this topic by the Newsletter Editor who shall remain anonymous. Fear: What an appropriate topic for this addict. My entire life has been centered in fear in one form or another. My using was only a futile attempt at dealing with those fears, a symptom of my more deeply seeded problems if you will. I wish I could say my fears have all disappeared since finding the NA Recovery Program, but they haven't. The Program has shown me a way to deal with those fears, the dreaded 4th & 5th Steps.

Every topic that has ever come up in my inventories of which there have been several, revolve around some form of fear. Whether it is dealing with relationship problems, finances, school, or whatever, the word fear is invariably the root cause of my problem. Fear, that lack of trust in my H.P. that everything will turn out the way it is supposed to if I only apply the 12 steps of NA in my life on a daily basis.

Winston Churchill once said "My worst fears have never been realized". Sorry Mr. Churchill, but mine have. When I don't work my fears through the Steps, which is more often than is should be, they become obsessions. When my fears become obsessions they shut me off from the love & guidance of my H.P. that is something this addict can ill afford for any extended length of time.

Once I, I should say "we", have written the inventory and shared it with my sponsor(singular) it is necessary for me to carry the results through all the remaining Steps before they are relieved. Even to the point of sharing them with a sponsor on a 12th Step. That keeps me in touch with my recovery and helps minimize the uniqueness of my sponsor(s).

Due to my imperfections, those pesky fears somehow seem to come back from time to time (like daily). But they can be dealt with as long as we work the Steps and I maintain some level of spiritual contact with my H.P.. Thank God, however you understand God, for the thousands of recovering addicts who came before us to show us the way to recovery and freedom. Freedom even from our fears whatever they may be.

In Loving Service,
CK

Primary Purpose

The primary purpose is to carry the message to the still suffering addict! The message I want to carry is there is no need to suffer alone. There's no reason to suffer period. The worst bottom I've ever hit I had 1 1/2 years clean and I wanted to die. Unfortunately, the messages that were carried to me were that the "Program" was a committee on gossiping, the steps were to read and not worked and nobody really wanted me to reach out for help. Although a message was carried, it was not a message of recovery. I understand that in everyday life, it is easy to get caught up in the local soap opera, but that experience taught me how important it is to clean house 1st, carry a message 2nd! Each group, area, and region carry messages of recovery as a group, but as an individual, it is my responsibility to carry the spiritual principles and message to addicts inside and outside NA. Little things like treating the newcomer like an old friend, living the steps and traditions in my life, refraining from gossip, and staying up all night talking and listening to another addict. Basically, living another person unconditionally with actions! I've seen groups lacking in this area...And it is my fault if I'm not willing to carry the appropriate message! I can't change the groups, but I can change me! The primary purpose goes back to the basics. What we need, not necessarily what we want. It's easy to get wrapped up with wanting gobs of money "for the group" so we can have toys. But toys are not what keeps me clean. You people and my Higher Power (GOD) is what keeps me clean. And that's the bottom line.

Shawna

Acceptance

I don't have to like the person, place, thing or situation. But if I can learn to accept the situation I don't have to have a battle within myself. With acceptance, I can be at peace with myself and others.

Anonymous

Compassion

This is a feeling I never felt until I found the fellowship of NA.

Unknown



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 (8 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 ENOUGH !!!!

For only (8) eight bucks, you too can be totally hip to what's up and on in the Region. So.....

JUST DO IT!!!!

=====
yes, i would like to be hip and knowlegable of n.a. events and "stuff". i have enclosed (8) eight dollars.

NAME _____

ADDRESS _____

CITY _____

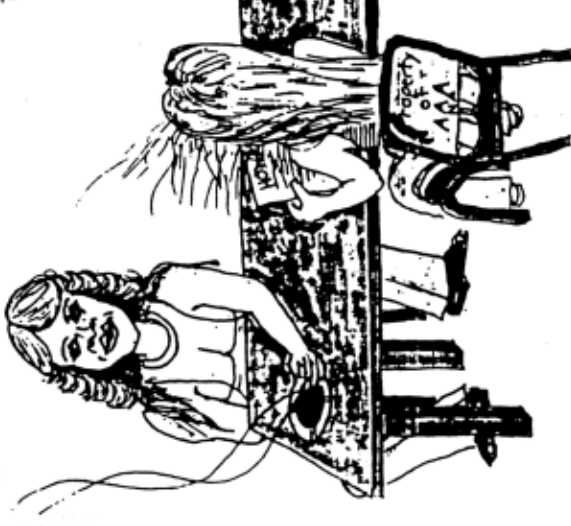
STATE/ZIP _____

NEW SUBSCRIPTION _____ RENEWAL _____

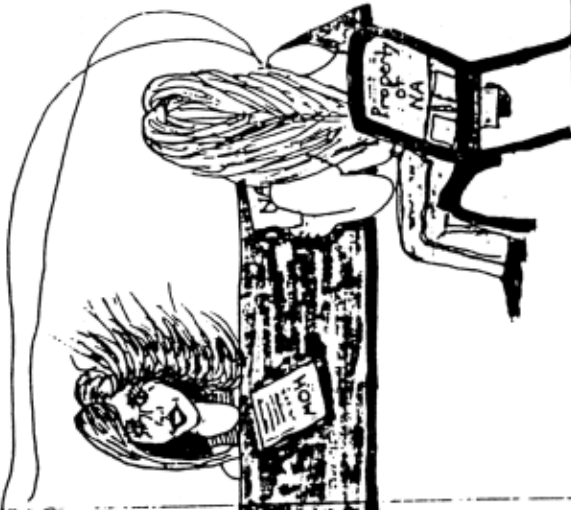
MAIL TO: MID-AMERICA NEWSLETTER
SUBSCRIPTIONS DEPT.
P.O. BOX 1560
LAWRENCE, KS 66044-1560
913-865-5512



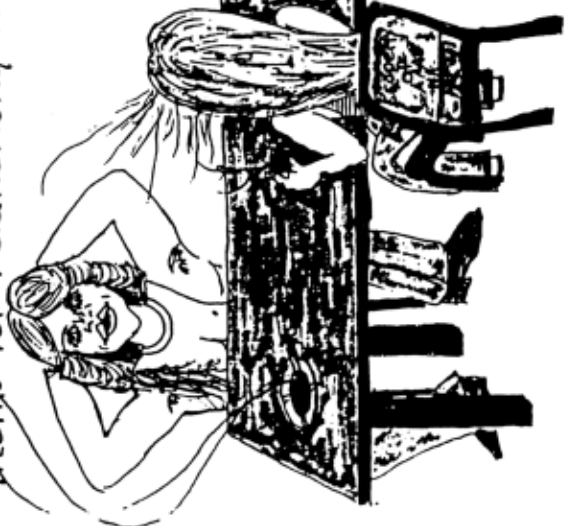
Hey Mel, how much clean time did you say you had?



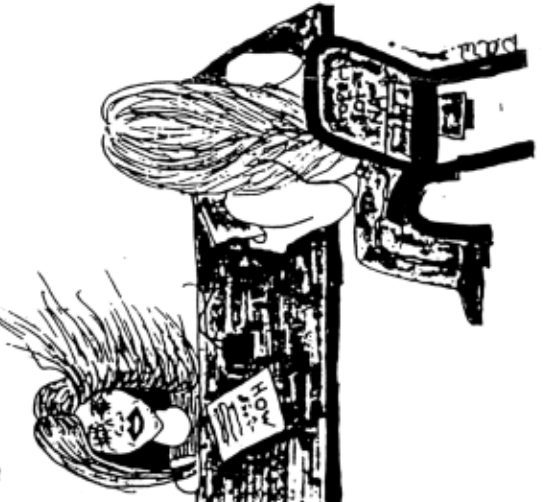
Well Chance I just got my 60 day key tag! why?



Uh any chance of you waving clean time requirements for relationships?



Boy Chance get a program. How much clean time did you say you had?



Acceptance
Attitude
Faith
Feelings
Freedom
Gods Will
Gratitude
Higher Power
Humility
Just For Today
Open Mindedness
Patience
Powerlessness
Santly
Serenity
Service
Spirituality
Sponsorship
Surrender

A C C E P T A N C E B U G D E
C I L O M N C S E R E N I T Y
D H B J S P O N S O R S H I P
M I O X U L O M S E R V I C E
D G P P D S R P A M S D O F E
P H E S E Y T Z G S F X B C
L E N Y A C B F M U I C B B H
O R M X Y N D A O R P X F L U
S P I G B G I I P R N M R I M
P O N O R D C T A E T E R N I
I W D D C A Q H Y N P O E G L
R E E S D T T N W D M L D S I
I R D W O T P I Q E Z W O A T
T N N I B I D D T R L W M D Y
U L E L C T F E U C F P B D
A X S L D U O P B P D Q D C F
I Q S C L D Q B D B M E B F L
I E P O W E R L E S S N E S S
T Y A L L D A C F A B C X L C
Y A Z B P A T I E N C E M B N

XL



MID-AMERICA REGIONAL CAMPOUT

XV

WILSON LAKE-LUCAS PARK
JULY 1,2,3,4 1993

THURS:
5:00pm CAMPOUT BEGINS
(GET TO KNOW YOUR NEIGHBORS)
10:00pm CAMPFIRE MEETING

FRIDAY:
REGISTRATIONS CONTINUE
8:00pm SPEAKER: YVONNE E.
10:00pm CAMPFIRE MEETING

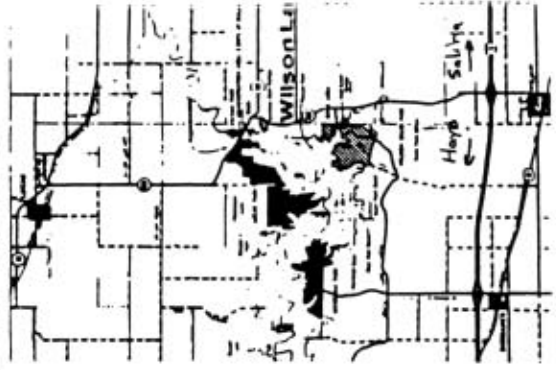
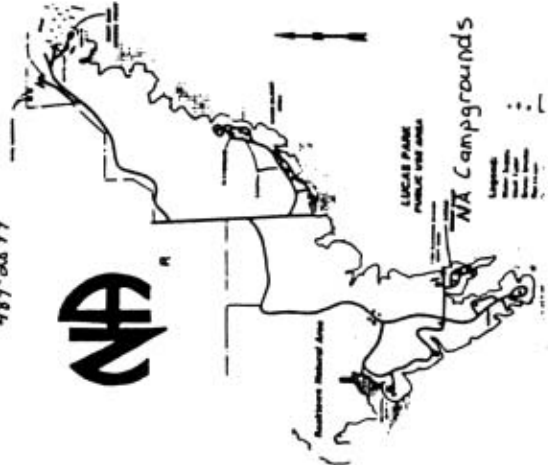
SATURDAY:
TIMES & PLACES OF ACTIVITIES
WILL BE POSTED AT THE REGISTRATION
AREA.
5-6pm DINNER PROVIDED
PLEASE BRING COVERED DISH.
PENUS: PORK, BAKED BEANS, POTATOE SALAD.
7:00pm SPEAKER: GREGG P. (TENN)
9:00pm DANCE STARTS
11:00pm AUCTION/RAFFLE
12:00am MIDNIGHT CAMPFIRE MEETING

SUNDAY:
7:30am POT LUCK BREAKFAST
10:00am SPEAKER: SUE V.
12:00pm CLOSING GROUP HUGS

NOTE: TO RESERVE AN ELECTRICAL HOOKUP CONTACT JEFF NOT LATER THAN JUNE 1, 1993. COST \$10.00 FOR THE WEEKEND.

PLEASE NO PETS UNLESS THEY ARE FOR PEOPLE WITH SPECIAL NEEDS
CONTACT #1
JEFF (913) 484-2894

ANITA & WARREN (316) 554-0346



Carrying The Message of Recovery

M • A • R • C • N • A • X

APRIL 2, 3 & 4, 1993

MCPHERSON, KANSAS

MARATHON MEETINGS * WORKSHOPS * SPEAKERS
KARAOKE FRIDAY NIGHT * LIVE BAND SATURDAY NIGHT
ALL YOU CAN EAT BANQUET & BRUNCH

MOTEL INFO:
FRI-ADAMMA C., NEW MEXICO
FLAT RATE \$43.00
SAT-DORENE P., WASHINGTON D.C.
RED COACH INN
SUN-VIDA, VAN NUYS, CA.
I-35 AND U.S. 56

MCPHERSON, KS. 67460
KS. 1-800-362-0072
OUTSIDE KS. 1-800-835-0117

FOR MORE INFO.: PAT M. 316-343-7740
TIM S. 316-241-6230
JIM M. 913-825-6892



Come join the celebration of recovery at: a new meeting!
a new group!

the NANA: meeting of Narcotics Anonymous

Starts: Sunday, January 31st, 1993.

At: Grace Episcopal Cathedral

701 W. 8th St. (corner of 7th & 8th St. over parking lot off 8th St. by highschool track field)

time: 8:00 pm, Common room.

meeting: Open to All, Step & tradition study, and discussion. - Non-smoking -
- Handicap accessible -

"Narcotics Anonymous offers addicts a program of recovery that is more than just a life without drugs. Not only is this way of life better than the hell we lived, it is better than any life that we have ever known. We have found a way out, and we see it work for others. Each day more will be revealed"

4 basic text, 5th ed. pg. 96+

N.A.N.A.

Never Again
Never Alone

For information contact:
Susan or Doni 368-3153 ext. 1



GROUP OF NARCOTICS ANONYMOUS
IS NOW HAVING NA MEETINGS @ 501 GYPSUM ST. IN
BLUE RAPIDS KS. SOUTH OF BASEBALL DIAMOND TUES. & THURS.
@ 7:30 PM & SAT. @ 12:00 PM. IF YOU THINK THAT YOU MAY
HAVE A PROBLEM WITH DRUGS OR ALCOHOL, COME SEE WHAT
LIVING WITHOUT THEM IS ALL ABOUT. JOIN A GROWING

Hospitals
And
Institutions

If you are interested in supporting Hard I meetings in your Area. Contact these people for these Facilities.

Beloit Girls Facility: George M. (913) 446-3390

ELLsworth State Prison: Randy D. (913) 472-3590

KSIR in Hutchinson: Todd W. (316) 662-1270

Narcotics
Anonymous
Holton, Kansas



When: Tuesdays at 8:00
Where: 826 Penn. Ave
Contacts: Dave L or
Sherry Z. 364-3847