

**MID-AMERICA
REGIONAL
NEWSLETTER**



BEST OF
1991-1995



ISSUE #5,6, 1994
PRINTED 4/4/95

HI, MY NAME IS NATE - i'M AN ADDICT AND ALSO THE EDITOR OF THIS NEWSLETTER. DUE TO POPULAR DEMAND, THE M.A.N. HAS PRINTED IT'S FIRST EVER "BEST OF" ISSUE. (THANKS FOR THE SUGGESTION TIM S.) MARIA C. AND I SIFTED THROUGH THE LAST FOUR YEARS OF ISSUES AND DECIDED ON WHICH ONES HAVE STOOD THE TEST OF "CLEAN" TIME. SPECIAL THANKS TO THE ASSISTANT EDITOR, MARIA C. FOR GETTING HER SUGGESTIONS TO ME AND MEETING HER DEDLINE. i ON THE OTHER HAND AM RESPONSIBLE FOR THIS ISSUE BEING SO LONG IN COMING OUT. i WILL WORK AT BEING MORE PROMPT IN THE FUTURE. THANKS FOR ALL THE SUBMISSIONS AND SUBSCRIPTIONS OVER THE LAST FOUR YEARS!

THE NEXT ISSUE OF THE M.A.N. WILL BE A RETROSPECTIVE OF THE 1983 TO 1990 ISSUES OF THE M.A.N.

LOOK FOR IT IN YOUR MAILBOX THE END OF APRIL, '95.

KEEP THOSE LETTERS COMING,
IN SERVICE,

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."

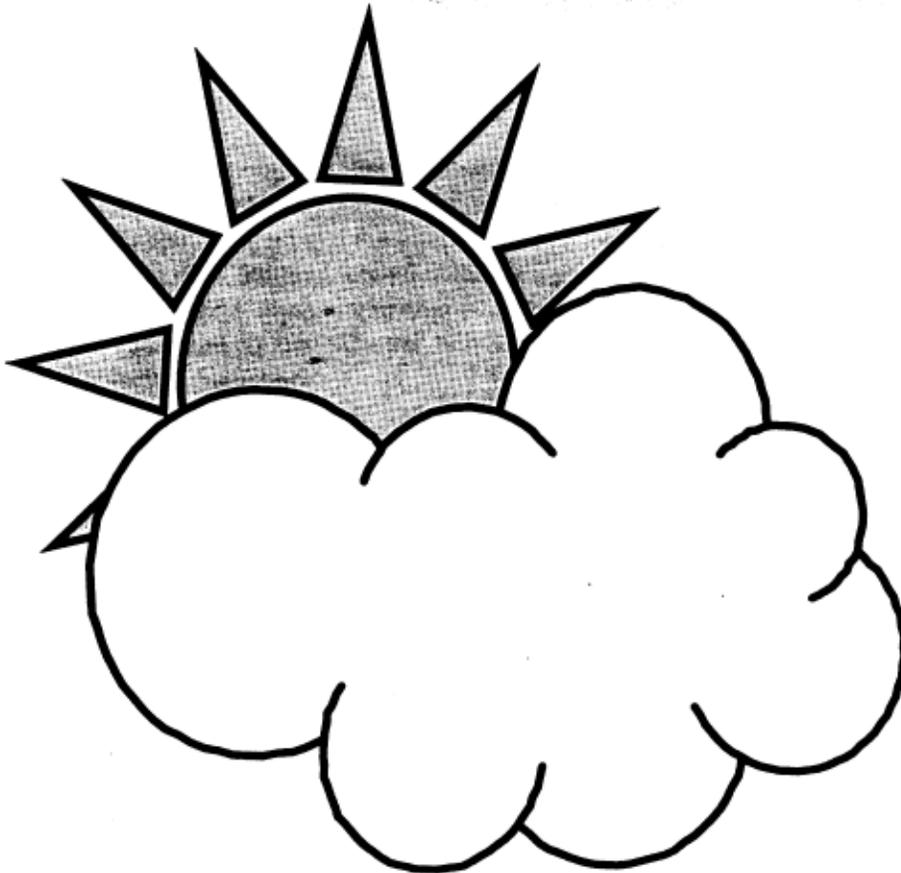
During my first few years of recovery, I identified myself as an 'addict and alcoholic,' whether at an AA or NA meeting. I noticed that it made some people uncomfortable in both fellowships. At the gentle, loving and yet persistent prodding of some of my NA friends, I began to identify myself only as 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.

THE SKY IS THE LIMIT

In time, through recovery our dreams come true. We don't mean that we become rich or famous, however, by realizing the will of our Higher Power, dreams do come true in recovery.

Living just for today, we have no way of knowing what will happen to us. We are often amazed at how things work out for us. We are recovering in the here and now and the future becomes an exciting journey. If we had written down our list of expectations when we came to the program, we would have been cheating ourselves. Hopeless living problems have become joyously changed. Our disease has been arrested, and now anything is possible.

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. Living the NA way of life, "THE SKY IS THE LIMIT."



To the NEWCOMER: With a Vision of Hope
It was in another lifetime full of pain and shame and drugs
When defiance was a virtue and my streets were paved with blood
Well I came in from the wilderness a creature broke and torn
"Come in", they said, "We'll give you Shelter from the Storm"
Many had come before me and found another way
It is a 12-Step Fellowship, a Fellowship called NA
Cousin Cocaine, Sister Morphine both took a heavy toll
The little smoke and old Jack Daniels were my friends no more
"Come in", they said, "We'll give you Shelter from the Storm"
They did not promise everything for life... life will be
But I can tell you this, my friend, if you are much like me
A promise of a life, my friend, from drugs you can be free
Just Take 12-Steps and ask for help that's the way it works... for me.
"Come in", they said, "We'll give you Shelter from the Storm"
So come into our meetings, friend, and give us 90 days
Then if you don't want what we have to offer, you can go your separate way
One thing we all know here, the door it swings both ways
But if your life like mine was you live with numbered days.
"Come in", they said, "We'll give you Shelter from the Storm"
Well we all have stormy Mondays and sometimes Sunday blues
And if you think you're different, well I was different too.
When you reach a crossroad and don't know what to do
Work the steps or die my friend this we promise too,
"Come in", they said, "We'll give you Shelter from the Storm"
NA gave me a Higher Power lots of love and lifelong friends.
NA gave me a life worth living a life that's on the mend.
NA picks up my heart and takes the blues away.
NA puts me back on the track from which I often stray.
"Come in", they said, "We'll give you Shelter from the Storm"
Now if you pass this way again you can rest assured
NA will be here waiting our 12 Traditions do insure
By ourselves we sometimes die together we endure.
The lie is over we do recover... The LIE it lives no more.
"Come in", they said, "We'll give you Shelter from the Storm".
So keep comin back, my friend, and more will be revealed
The child that lives in all of us, the child, it can be healed.
So offer up your innocence, give all you have and more
In this simple program, friend, you'll die and be reborn
"Come in", they said, "We'll give you Shelter from the Storm"
I don't know where we're headed next, we'll have to wait and see
What lies at the end of recovery road? Perhaps . . . Eternity

Please use what you find in the Basic Text, My Friend and KEEP COMIN BACK

With Love The NA Way

Carl K.
Emporia

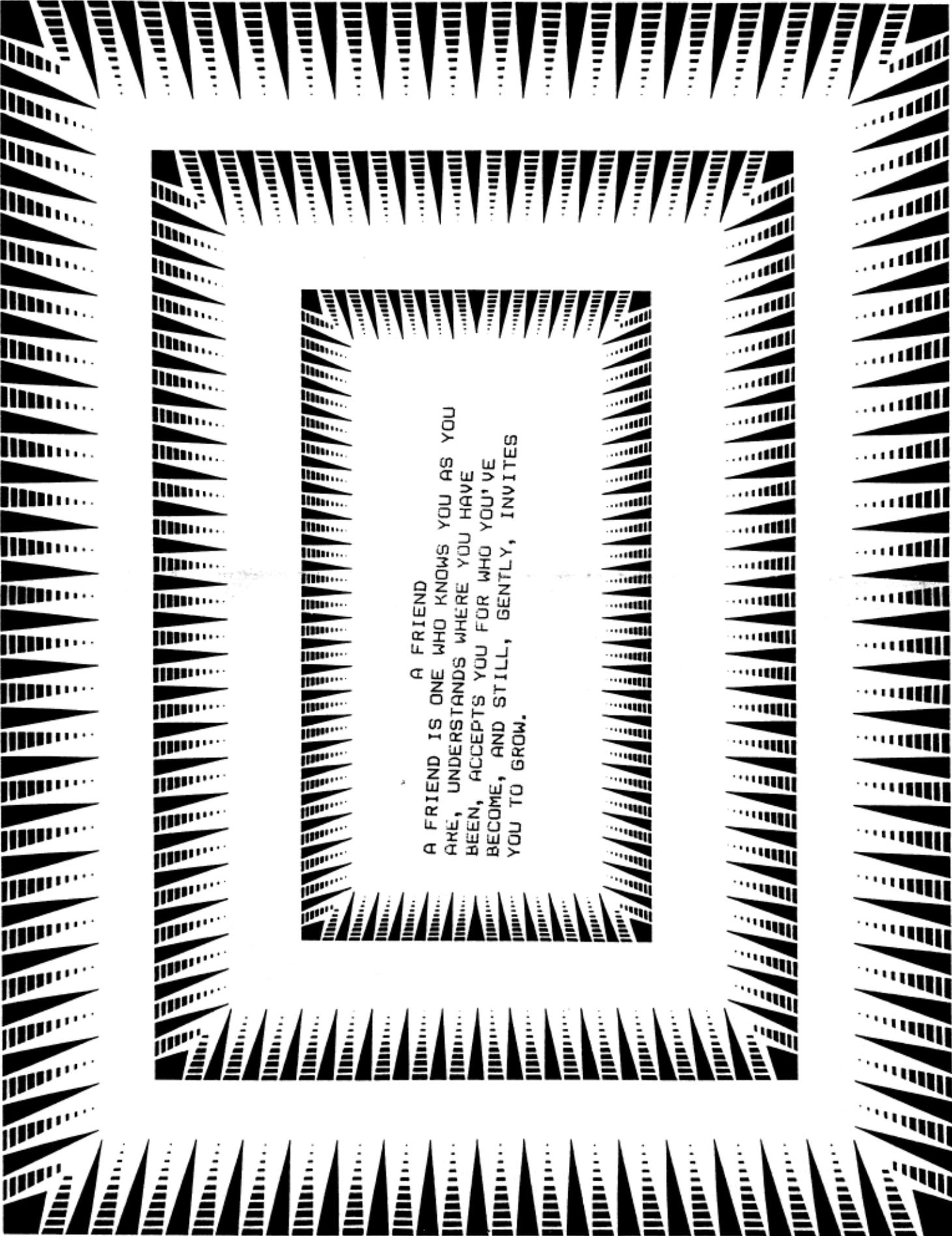
Adapted from "Shelter from the Storm" by Bob Dylan. (Blood On The Tracks album)

ABOUT CRITICISM AND GOSSIP

One thing that I'll allow to bug me is hearing addicts bad-mouth other addicts and before I know it, I'm bad-mouthing the bad-mouthers. When I was introduced to recovery, I had to own my powerlessness over the effects of dope and after some time had come to realize that I'm powerless over other addicts behaviors as well. All I can do when I see or something I don't approve of, I share how I feel (Mad, Sad, Glad, etc.). The only control I have is my own behavior and if I don't like negative bashing, then it has to start with me! I hope and pray it's contagious.

Anonymous

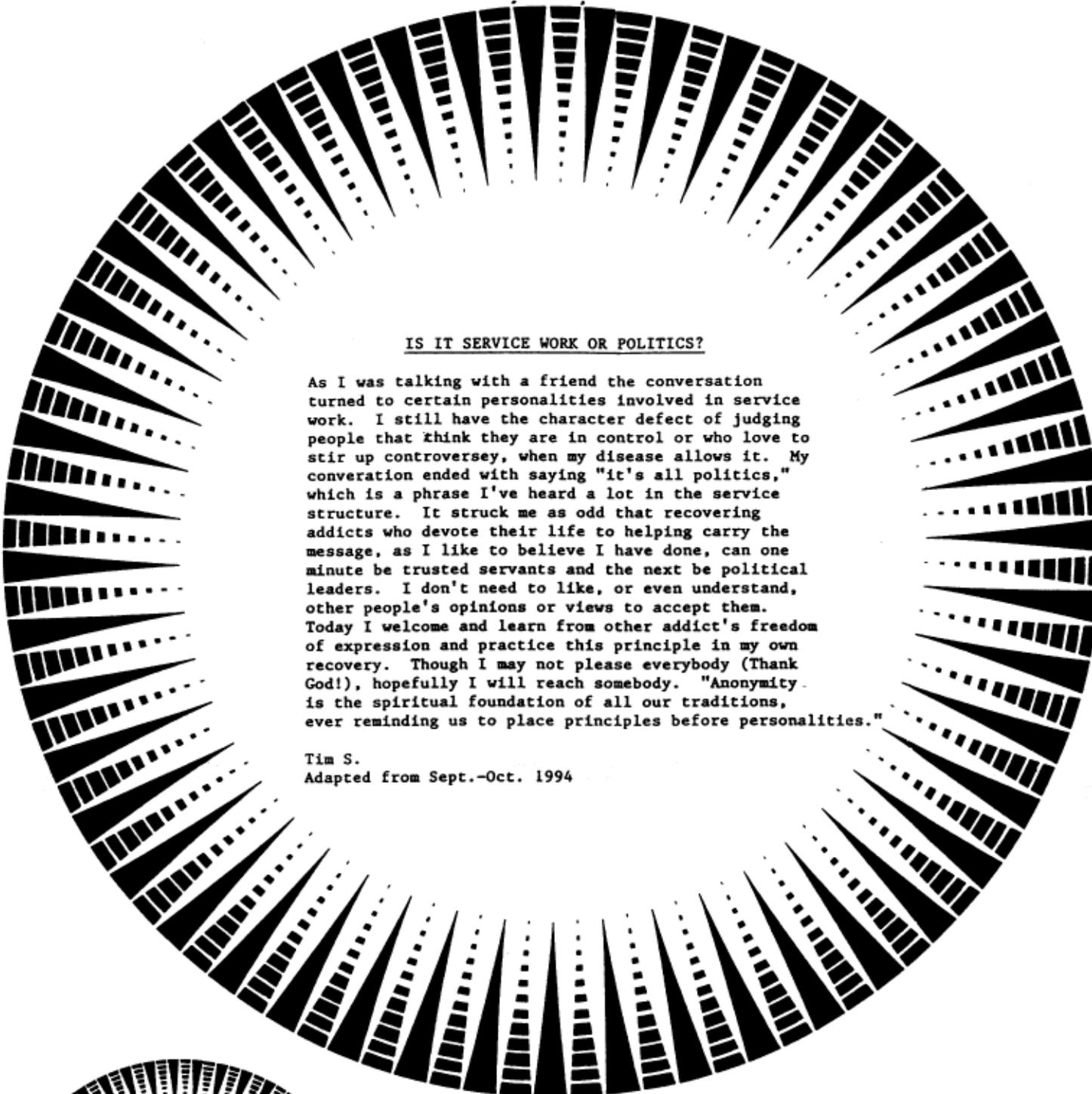




A FRIEND
IS ONE WHO KNOWS YOU AS YOU
ARE, UNDERSTANDS WHERE YOU HAVE
BEEN, ACCEPTS YOU FOR WHO YOU'VE
BECOME, AND STILL, GENTLY, INVITES
YOU TO GROW.

**MID-AMERICA
NEWSLETTER
MARCH-APRIL
1991 ISSUE #1**

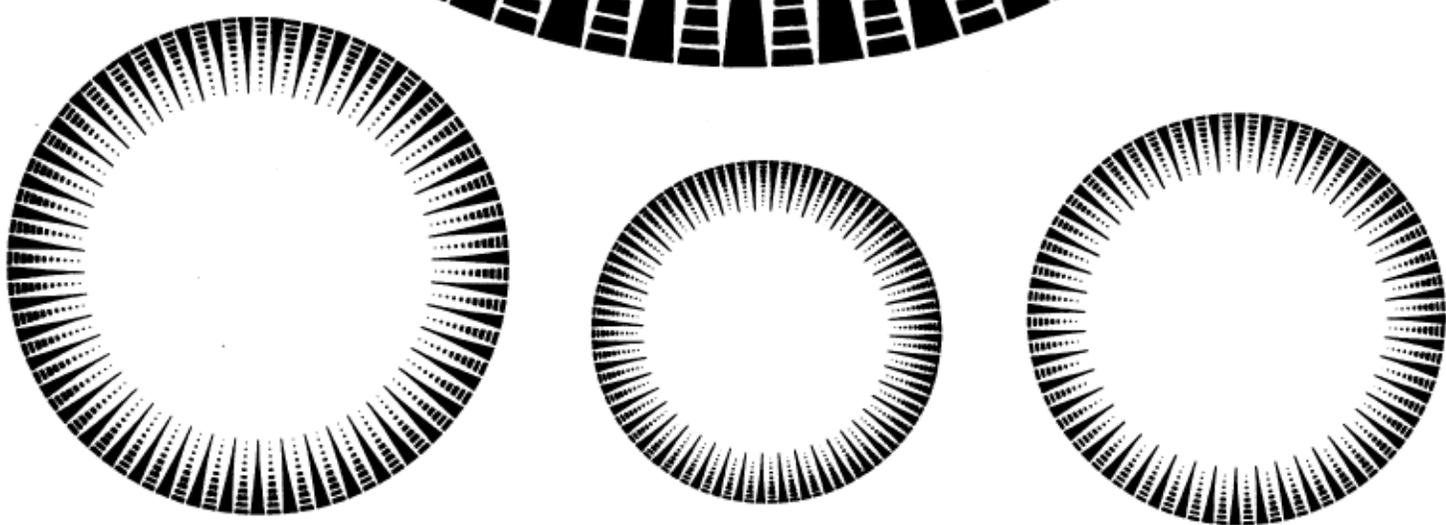


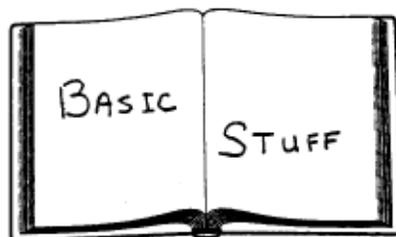


IS IT SERVICE WORK OR POLITICS?

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.
Adapted from Sept.-Oct. 1994





Recovery is the joyous expression of life on life's terms. The ability to manage, cope, or turn over problems today, is the direct result of the experience, strength, and hop of Narcotics Anonymous literature, members, and program. This ability was lost in the active phase of my addiction. I needed chemicals to deal with the imperfect world outside of and within myself. They drowned out feeling of inadequacy, loneliness, fear, and self-loathing. Little would phase me in my active using career, as long as I had the proper chemical to medicate my emotional, physical, and spiritual state. Today is different.

Today I feel. I am. I do. I feel the joys of life and oliving and being a part of the whole. I also can experience the pain of emotional growth, disappointment, anger etc. without having to rely on chemicals.

I received a letter in the mail today. Its was disappointing news. As I slowly, but surely lifted the lid and sat upon my gilded throne (pity-pot), I was reminded of an old friend of mine named Herb M.....

Herb and I had met ten years ago in a 1/2 way house for men in recovery. I was thirty six days new to the program, bewildered, confused, and somewhat lost. Herb took me under his wing and showed me the ropes and the walk of recovery. We spent many hours in deep conversation and discussion and I became very fond of him. Looking back, I can say that Herb was my first N.A. sponsor. Soon after we had met, Herb graduated from the house and moved away to Arizona. We kept in touch by phone as best we could for a few months, but lost track of each other after a while as people separated by distance can. About a year or so later I decided to try to locate him. He had moved several times

since his last known address. After numerous phone calls to his friends and family, I located him in New Mexico. We were excited to share details of the past year or so with eachother, so I asked him what he was up to. He replied that he had gotten married, (I Congratulated him) divorced, started a new career (again, congrats) failed at it, owed byck taxes and that his new girlfriend was pregnant (congrats?) but she had left him. "Oh my God!" I said, "That's Terrible". (I was afraid to ask if he had stayed clean through all this) "Not at all" said Herb, "on the contrary, things are GREAT!" "What do you mean", I said, (now totally confused). "What I mean is that things are great because I am still Clean and I am actually experiencing and feeling what's happening in mylife - rather than being a numbed out ovsrver to what's going on". (Silence on my end) "Sure, some of the feelings hur", he went on to explain, "but I've been able to learn and grow from each experience". We talked for about an hour and when I hung up the receiver, I realized that Herb had taught me something about recovery again. I realized that you must know the Yin and the Yang (positive or negative) of life to really experience it on it's terms. If excitement is the Yin, then disappointment is the Yang. The key for serenity is in living the whole experience, rather than just the positive side. If I was to expect to really feel my emotions, I would have to take the painful ones with the pleasurable ones.

As I closed the lid on my pity-pot one more time, I'm thinking of you Herb, and wondering where and how you are. I'm doing great! I just celebrated 10 years clean and I got a letter in the mail today....

Nate F.
Adapted from April - May 1992

MY ADDICTION.... THE QUEEN

The queen stood by,
her watchful eye
A constant chain as days rolled by
"Release me! Please!
I'm on my knees!
Sobbing, My pleas were muffled screams.
"Silence!" she roared
I fell to the floor
She whispered, "You know I open doors"
Her proven vow,
(Unwanted now)
As before, would not allow,
For me to voice
My pondered choice
If it denied the queen's rejoice
"I'm going to go."
She shouted "NO!"
I answered "it's my turn. I want to grow"
I covered my head
As queen turned red.
Her throne is shattered but she's not dead.

Sarah C., Lawrence

Adapted from Issue #6 1992



JUST ANOTHER GRATEFUL ADDICT

Just read the most recent issue of the Mid-America Newsletter and for some reason (HP) felt inspired to write.

I have been clean for 11 years and it still amazes me how the program works. (HP) I clearly remember being a newcomer. The fear and anxiety about the uncertainty of the future. Being uncomfortable with the unknown. (Hey, a using addict knows what each day hold- "the getting and using and finding ways and means to get more".) Still, facing those doubts on a day to day basis, somehow (HP) finding the courage to carry on. You (HP) told me to go to meeting - I listened. You (HP) told me to get involved in service - I listened. You (HP) told me to not use, no matter what - I listened. You (HP) told me to work the Steps - I listened. You (HP) told me JUST FOR TODAY - I listened. You (HP) told me to read the literature of Narcotics Anonymous - I read and I related. You (HP) told me to KEEP COMING BACK - I listened.

Because of the many addicts who have gone before, these messages or suggestions have been passed along. I feel truly grateful for the addicts who have gone before me, for they are the ones who searched the very depths of their souls to somehow pass on to me - us, how to stay clean. They battled this disease and they lost and they fought some more and they won. At last inspired to put these things that kept them clean on paper so that I - we - too might be free from active addiction. I guess the best way to give thanks to those who have gone before is to stay clean and carry the message.

Today, I know in my heart that I am where I'm supposed to be - living and learning about live on life's terms. Some days I struggle, some days I coast. Each day I reach out to someone whose having a harder time than I am, I lose a little more self-centeredness and I become grateful for this gift of recovery. The more I give away - the more I receive. What a wonderful concept! I was just another Fx##&*@ addict, (Thanks for sharing Cindy L). Today, I know I'm nothing special, but through the principles of NA, I try to do the right thing. I have goals today and they have little to do with the material world. They are all about the spiritual principals of NA. I pray that I may become humble enough to understand just a hint of the power involved in this program of recovery. I'm sure it's too awesome for words. Each time a newcomer comes through the door, I catch a glimpse of myself and recall the desperation that brought me to my knees and this program. And no matter how rocky things get in recovery, I've never felt that desperate again. Thanks to my HIGHER POWER for showing me the path to Narcotics Anonymous. And thanks to all of you for caring and sharing the NA WAY.

PEACE, CANDY C.



I remember my first campout. I borrowed everything. Tent, lawn chair, cooler, sleeping bag, coleman stove, and black iron skillet. I took a sponsoree with me and we didn't arrive to our destination until about three in the morning. Talk about taking risks! Thank God for my NA family. I didn't have a clue how to set up a tent, somebody wandering by helped us! So about four in the morning we finally fell asleep. We were exhausted.

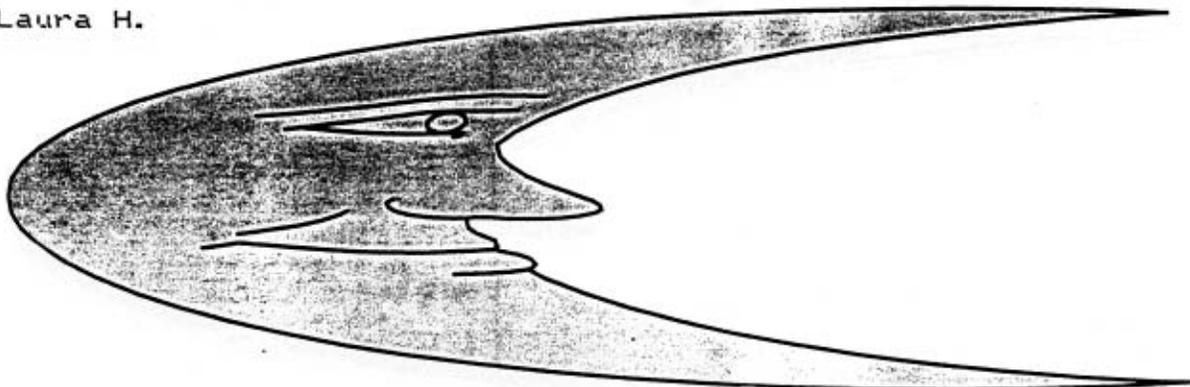
We woke up at six o'clock in the morning to the sound of two or three Harleys. After my eyes focused I noticed that our tent was being overtaken by ants! We'd set the tent up on a huge ant hill. The main thing I learned that weekend is it doesn't make any sense to drive 10 miles to find an outlet to plug the curling iron in to!

That campout took place 5 summers ago! I've learned a few things about camping and myself since then. I particularly enjoy campouts because I have a tendency to be more real. I like being out in nature hanging out with fellow addicts that I don't see on a regular basis. It's kind of like a family reunion.

I've only been able to attend one campout so far this summer. It was pretty wet but today I know I'm not sugar and I won't melt. I spent two or three hours visiting hours visiting with a couple addicts and it still makes me smile thinking about it! I really felt a connection and it feels good!!!

Some time later that night the wind came up and blew and blew for about five hours. I just kept turning it over and taking it back and turning it over and taking it back then finally acceptance and surrender. The tent survived the wind storm and so did I! As I'm writing this Nate and I are putting out the newsletter and there are a few more campouts lets. But most of them were canceled due to flooded campgrounds... but hang in there I'm sure there will be plenty of campouts in the spring and summer of 1994. Glad to be a part of!

Laura H.





Multi Regional Learning Days **IV**

H & I AND PI WORKSHOPS
 SPEAKERS & FELLOWSHIP
 DANCE

September
 22•23•24

**Kansas City
 Missouri**

FLAT RATE \$49 per Room
 1-4 People

Until Sept. 2nd

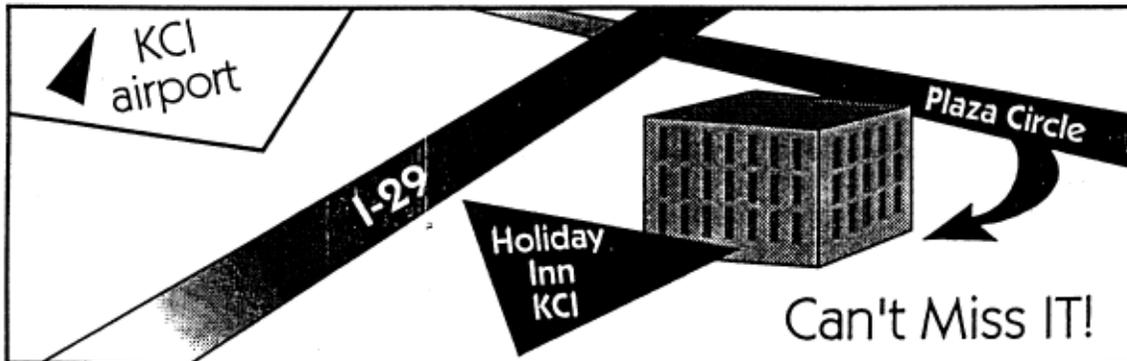
Be Sure to Mention "MRLD"

Holiday Inn KCI

11832 Plaza Circle - KCMO

1-816-464-2345

"Free Shuttle Service from Airport"



PREREGISTRATION FORM

Name _____
 Street _____ Phone _____
 City _____ State _____ Zip _____
 Clean Date _____ Additional Needs _____

Preregistration at \$10.00 each (Before Sept. 1, 1995)	\$ _____
Registration after Sept. 1, 1995	\$ _____
Saturday Night Buffet (BBQ) - \$12.00	\$ _____
Sunday Morning Breakfast Buffet - \$7.00	\$ _____
Newcomers Donation	\$ _____
Total Amount Enclosed	\$ _____

- Willing To Chair Workshop
- Willing To Help with Workshop
- Help with Registration

Make Checks
 Payable & Send To:
 Multi Regional Learning Day IV
 P.O. Box 10854
 Midwest City, OK 73140

Chair - Bert M - 316-232-5636
 Registration - Carl - 405-235-2539
 Randy S - 913-262-4906
 Hotels - Todd-June - 816-224-9589

3rd
ANNUAL



SPRING
FLING

April 29 at the national Guard Armory
speaker: 8:00p.m. 200 South Main

Dance: 9:00p.m.

\$2.00 - person

\$3.00 - couples

No addict turned away!

Hays Fellowship For Freedom

IF YOU WANT TO USE DRUGS
THAT'S YOUR BUSINESS

IF YOU WANT TO STOP THAT'S OURS



NARCOTICS

ANONYMOUS

732 S. BROADWAY

HIGH NOON GROUP - 12 NOON
SUN. MON. TUES. WED. THUR. FRI.

PHONE: 263-4341 - 554-0346

1st ANNUAL

Easter Egg Hunt April

@
2:00p.m.



(ALL) Kid's of Recovery Easter Egg HUNT
1230 SW 25th - Plenty of yard - Park & Swings in backyard
Hamburgers and Hotdogs Provided - Bring your own Top, Covered Dish,
Plates...etc., and Your own Easter baskets.

IF YOU DON'T HAVE CHILDREN, BORROW SOME!! COME JOIN IN THE FUN!

Topeka, Ks

Questions: Tim or Angel 234-8752

1994-1995 MARCNA CALENDAR AT A GLANCE

September 1994

M	T	W	T	F	S	S
			1	2	3	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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October 1994

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31						

November 1994

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December 1994

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January 1995

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February 1995

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27	28					

February

- 11 CENTRAL KANSAS AREA SERVICE COMMITTEE MEETING
- 12 JFTA SERVICE COMMITTEE MEETING 1:00pm UNITY AREA A.S.C.-202 1/2 E. IRON, SALINA, KS
- 4:00pm MIRACLE AREA ASC, 1900 E 19TH, LAWRENCE, KS
- 26 7:00pm LOTTA SOUL SPEAKER MTG. 925 VERMONT LAWRENCE, KS

March

- 5 7:00pm MIRACLE AREA BIRTHDAY NIGHT, 925 VERMONT, LAWRENCE CENTRAL KANSAS AREA SERVICE COMMITTEE MEETING
- 11 CENTRAL KANSAS AREA SERVICE COMMITTEE MEETING
- 12 JFTA SERVICE COMMITTEE MEETING 1:00pm UNITY AREA A.S.C.-202 1/2 E. IRON, SALINA, KS
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- 26 7:00pm LOTTA SOUL SPEAKER MTG. 925 VERMONT LAWRENCE, KS

April

- 2 7:00pm MIRACLE AREA BIRTHDAY NIGHT, 925 VERMONT, LAWRENCE CENTRAL KANSAS AREA SERVICE COMMITTEE MEETING
- 7 MARCNA XII "BACK TO BASICS", SALINA, KS
- 8 MARCNA XII "BACK TO BASICS", SALINA, KS
- CENTRAL KANSAS AREA SERVICE COMMITTEE MEETING
- 9 MARCNA XII "BACK TO BASICS", SALINA, KS
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May

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- 13 CENTRAL KANSAS AREA SERVICE COMMITTEE MEETING
- 14 JFTA SERVICE COMMITTEE MEETING 1:00pm UNITY AREA A.S.C.-202 1/2 E. IRON, SALINA, KS
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May

- 28 7:00pm LOTTA SOUL SPEAKER MTG. 925 VERMONT LAWRENCE, KS

June

- 4 7:00pm MIRACLE AREA BIRTHDAY NIGHT, 925 VERMONT, LAWRENCE CENTRAL KANSAS AREA SERVICE COMMITTEE MEETING
- 10 CENTRAL KANSAS AREA SERVICE COMMITTEE MEETING
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- 25 7:00pm LOTTA SOUL SPEAKER MTG. 925 VERMONT LAWRENCE, KS

July

- 2 7:00pm MIRACLE AREA BIRTHDAY NIGHT, 925 VERMONT, LAWRENCE CENTRAL KANSAS AREA SERVICE COMMITTEE MEETING
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August

- 6 7:00pm MIRACLE AREA BIRTHDAY NIGHT, 925 VERMONT, LAWRENCE CENTRAL KANSAS AREA SERVICE COMMITTEE MEETING
- 12 CENTRAL KANSAS AREA SERVICE COMMITTEE MEETING
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March 1995

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April 1995

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10	11	12	13	14	15	16
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24	25	26	27	28	29	30

May 1995

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 1995

M	T	W	T	F	S	S
1	2	3	4			
5	6	7	8	9	10	11
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July 1995

M	T	W	T	F	S	S
						1
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August 1995

M	T	W	T	F	S	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

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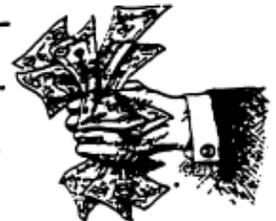
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