



MID AMERICA NEWSLETTER



April 1996

Dear MAN:

Hello, my name is Mike and I'm an addict. I recently took the time to research MARCNA conventions. I thought your readers may be interested in the information I came up with:

MARCNA I "A New Beginning"
April 1-3, 1983 Lodge of the Four Seasons
Lake Ozark, Missouri

MARCNA II "Family Reunion"
April 20-22, 1984 Lodge of the Four Seasons.
Lake Ozark, Missouri

MARCNA III "Growing Together"
March 22-24, 1985 Tulsa, Oklahoma

MARCNA IV "Recovery Is A Reality"
March 7-9, 1986 Lake Afton, Oklahoma

MARCNA V "Recovery Is A Reality"
March 19-21, 1988 Kansas City, Kansas

MARCNA VI "Stepping Towards Recovery"
February 19-21, 1989 Salina, Kansas

MARCNA VII "Keeping The Miracle Alive"
April 6-8, 1990 Great Bend, Kansas

MARCNA VIII "More Will Be Revealed"
April 5-7, 1991 Wichita, Kansas

MARCNA IX "Part Of The Solution"
April 24-26, 1992 Topeka, Kansas

MARCNA X "Primary Purpose"
April 2-4, 1993 McPherson, Kansas

MARCNA XI "Conscious Contact"
April 8-10, 1994 Great Bend, Kansas

MARCNA XII "Back To Basics"
April 7-9, 1995 Salina, Kansas

MARCNA XIII "Clean Dream"
April 5-7, 1996 Hutchinson, Kansas

I would like to thank Marty D., Glen S., Jim M., Jeff B., and Glenda P., for providing the information needed to complete this MARCNA convention history.

****Be sure to stop by the "pre-pre registration" table on Sunday, April 7, and check out MARCNA Theme Tank Tops.****

Just For Today,
Tattoo Mike A.
1997 Convention Chair

Hi Family, I'm Maria and I'm addict, and also your new MAN editor. I'm looking forward to working on the upcoming issues. Before I go any further, I would like to take the time to thank Nate for his years of service to the Mid-America Region as well as his many years to the Mid-America Newsletter. He was very devoted to this newsletter and I hope I can follow in his footsteps. Thanks again Nate!!!

The deadlines for articles, poems, drawings, flyers, birthdays, etc. are as follows:

<u>Cut-off</u>	<u>Mailed Out</u>
June 1	June 15
July 17	July 31
August 31	September 14
October 16	October 30
November 30	December 12
January 17, 1997	January 31
March 2	March 16
April 17	May 1

This is all trial and error. I am open to any suggestions, criticisms, corrections, etc. you may have. This is **YOUR** newsletter and I want to make it worthwhile. **BUT**, along with your suggestions, criticisms, and corrections, I need your articles, drawings, poems, flyers, birthdays, etc. Without these, it is difficult to produce a newsletter.

Thanks to those who have already sent things in! Everything helps!!! A special thanks to Jerry D., Staci B., Mike A., and Don M., who helped make this issue possible.

♦ Remember, the co-editor position is open. Let's learn together!

Again, I am very excited about this newsletter. If you have any thoughts on

- (a) a thought for the month...
- (b) a favorite quote from the Basic Text, It Works,

Just For Today...

- (c) Articles on a certain Step or Tradition...
- (d) or anything sharing your experience, strength, and hope...

please send to: MAN
833 Sheridan
Salina, KS 67401

Hope you enjoy the convention!
Learning in Service & Loving It,
Maria A.

Thought for The Month:

■ "Just For Today: I no longer regret my past because, with it, I can share with other addicts, perhaps averting the pain or even death of another. JFT p.101

TRADITION ONE

"Our common welfare should come first; personal recovery depends on NA unity"

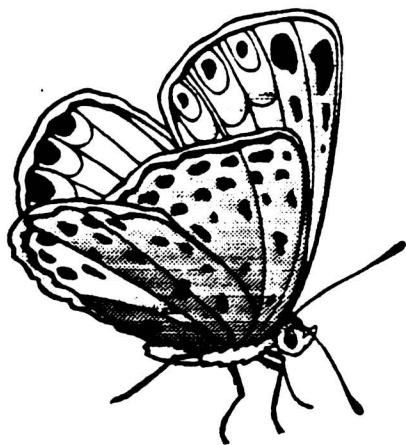
Our First Tradition concerns unity and our common welfare. What is our common welfare? Many of us, including me, thought that our common welfare was me, myself, and I.

Our common welfare is the survival of the group and the Fellowship of Narcotics Anonymous. This tells me that I need to work with other addicts for the good of NA. Without the Fellowship, the Addict dies.

What is Unity? Unity is setting aside our differences and working together and sharing a common desire to stay clean. Our Traditions are the guidelines that protect us from ourselves. They are our Unity.

With faith in a Power greater than ourselves, hard work, and unity, we will survive and continue to carry the message to the addict who still suffers, hence putting our common welfare first protecting the survival of the fellowship of Narcotics Anonymous and the survival of an addict.

Anonymous



- "Today, we seek solutions, not problems. We try what we have learned on an experimental basis. We keep what we need and leave the rest. We find that by working the steps, communicating with our Higher Power, talking to our sponsors, and sharing with newcomers, we are able to grow spiritually." Basic Text p.55

The Twelve Steps

Admitting I am powerless
over my disease,
My drinking and my drugging - I thought,
put my mind at ease.
Then I had to believe,
in a God that I understood,
Yet I was not recovering
as fast as I thought I should.
Praying to God,
my life, I must give,
In order for me
to begin to live.
Taking my inventory,
admitting I was wrong,
The resentments and the guilt,
I held onto for so long.
Ready, humbly, to have God remove
all the painful guilt,
During the times that I was using,
the resentments that I built.
Ready to make amends,
to all those who I've harmed,
To those I made believe,
by my manipulative charm.
Continuing to take my inventory,
I sought through prayer and meditation,
Becoming more sane, with each passing day,
acknowledging my gratification.
Having had a spiritual awakening,
trying to carry the message to those still in
pain,
Praying to practice these principle, in all my
affairs,
knowing I have so much to gain.
Going to meetings, working the steps,
Knowing there's no other way,
Paying to God that I'll make it,
If I live JUST FOR TODAY.

-Anonymous

I am just beginning
to make some definite changes
in my life
Some of them will take time,
some will cause me grief,
some will mean risk
and a lot of growing pains, too
But whatever the case
I know I will make it...

It's having someone like you
to see me through
both the good times
and the bad
that makes me so sure....

-Gail Nishimoto

Submitted by Staci B.

■"Until we let go of our reservations,
no matter what they are, the foundation
of our recovery is in danger.
Reservations rob us of the benefits that
this program has to offer. In ridding
ourselves of all reservations, we
surrender. Then and only then, can we
be helped to recover from the disease of
addiction." Basic Text p.21

WHAT IS IT LIKE?

What is it like to live in a house and have the same name and be at the same table and not be a part of the family that lives there?

Maybe - if you're an addict - you understand!

What is it like to be a father or a mother, and to watch your children avoid you and look at you with anger, and tell you you don't love them- when your whole insides are crying because that is all in the world you want to do- and can't because you don't know how, or you're sure you do love them, but they won't believe you!

Maybe - if you're an addict - you understand!

What is it like to be left- sitting alone- at the social gatherings, and the family planning sessions, because "you wouldn't be interested in what they're talking about", and have to stay there- alone- when your whole insides ache just to belong.

Maybe - if you're an addict - you understand!

What is it like to wake up in the morning- physically, emotionally, morally and mentally sick- vomiting up the poisons that fill your body which now does the only thing it can to seek relief, while your mind, your heart and your very soul can only wretch violently inward but cannot obtain relief?

Maybe - if you're an addict - you understand!

What is it like to be told constantly that you are hopeless and beyond help, or "you can stop using anytime you want and all those other things if you would just make up your mind to!" And your fears and angers and hates wretch one more violent blow to your heart, which just twists up tighter and tighter until you wish it would stop beating so you can escape from the land of the living dead!

Maybe - if you're an addict - you understand!

What is it like to try to get through a day with the guilt and remorse and self-hatred that have become your way of life, and perhaps, trying to "hang yourself like Judas" as the betrayer of yourself, your fellowman and your God? And to cry out in utter despair---"God help me!!"

Maybe - if you're an addict - you understand!

What is it like to be traveling down the road of life and meet a stranger who looks at you for the first time in a long time with understanding and hope and love, and says to you, "There is help and hope and something better if you want it."

Maybe - if your an addict and you've found recovery - you understand!

What is it like to have come from the depths of death and hell into the land of the living --- living just one day; to have found a face with a smile on it that speaks of things like serenity and peace and love and acceptance; to have become a part of a group -- a special, a family and a part of the world at large; to have friends-- friends whom you believe in and whom believe in you; to have a God that you want to try to love and understand, but most importantly, One who know loves and understands you!

What is it like?

*If you're an addict- and you've found recovery- and you've become willing believe that living, and loving, and caring and sharing, are here for you- then, **YOU UNDERSTAND!!!***

Anonymous

Submitted by Don M.

■ *"As addicts we have an incurable disease called addiction. The disease is chronic, progressive, and fatal. However, it is a treatable disease., We feel that each individual has to answer the question, 'Am I an addict?'. How we got the disease is of no immediate importance to us. We are concerned with recovery." Basic Text p.7*



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