



# MID AMERICA NEWSLETTER



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Dear Mid-America,

Be still, My Heart! What a wonderful convention!

Just wanted to thank you all for the wonderful love, recovery, and hospitality you all shared with us from Nebraska. The gifts so many of you gave are beyond measure - I felt like Dorothy. I clicked my heels three times and "came home" to Kansas! NA is where many of us find a home, and yours is full of warmth, comfort, and peace.

And most of all, thanks to the women of NA in Mid-America. You gave me so much to bring home, from one addict to another. I may not know all your names, but your spirit's will be carried in my heart forever. Love to you all...

Jenny T.  
Hastings, NE



"We grow through pain in recovery and often find that such a crisis is a gift, an opportunity to experience growth by living clean" pp99

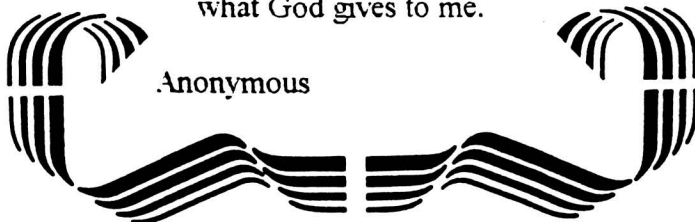
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"INTENTS" RECOVERY  
SECOND ANNUAL WESTERN KS AREA  
CAMPOUT  
7/12 - 7/14 1996  
FORD COUNTY LAKE

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Serenity,  
a quiet peace of mind,  
Tolerance,  
the reason I am kind.  
Forgiveness,  
because God has forgiven me.  
Dreams,  
of what I hope to be.  
Humility,  
to help me pray,  
Acceptance,  
of who I am today.  
Happiness,  
even in my sorrow,  
Hope,  
of who I'll be tomorrow.  
Love,  
what I try to give.  
Honesty,  
how I try to live.  
Gratitude,  
for all that I receive,  
Life, (and all these things),  
what God gives to me.

.Anonymous



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"Although we are not responsible for our disease, we are responsible for our recovery;" Basic Text pp15

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Dear MAN,

Hello to all my recovering brothers and sisters with my recovery birthday nearing and the convention just passed I have done a lot of thinking about my progress in recovery and how important you all are to me. I definitely couldn't have made it alone.

In reviewing my recovery and also my using days. I have become very grateful for the life I have today. Even if I don't get things just how I'd like them, it is much better than anything I know in my days.

I don't like to sit around and tell war stories trying to see who was the sickest, but I do need to honestly review and share the hell my life had become. I have a tendency to become ungrateful quickly and it usually takes a good dose of the reality of my past to make me see just how good I've got it today.

There are times when I wish I could feel the loathing and hatred I had for myself back then, just for a few seconds so I could have it fresh in my mind. It scares me how difficult it can be sometimes, for me to have a clear and truthful recollection of the shadow of a human I'd become in my using. Sometimes it seems like it was all a dream and someone else did all those insane things and hated himself.

I would love to have a film of myself in active addiction to look at when I'm in my self-pity.

but, thanks to you all and the 12 Steps, I don't live with that self-loathing and hopelessness today. I do still live with an aspect of my disease called denial.

In my using, it was obvious to people around me that I was out of control. There were even times when I would wake up with no

money or drugs and have to live with the gnawing reality of what I was, or wonder in fear at what I'd done this time. Someone always was willing to tell me all about what I'd done though. I hated hearing the truth because it poked holes in my wall of denial when they told me what I was really like. I preferred to forget it as soon as possible and to deny it ever happened. I just wanted to get high again and slip into my delusions of grandever and coolness.

I heard a saying that describes me well. "I used to think I was a slow learner, now I know I'm just a fast forgetter."

I know I'm an addict and I can't control my use of drugs. I also know my disease is always with me, waiting for it's opportunity to take me over.

My denial isn't so blatant as it was in using. Today it lets me get comfortable, get on with life's daily tasks, school, T.V....

I didn't think I was sick when using, and there's times I don't think I'm sick enough to warrant going to a meeting still. Is that denial?

The farther it is from my last usage, the easier it is for this subtle form of denial to smooth over the past and make it just a little harder to recall the truth about my addiction.

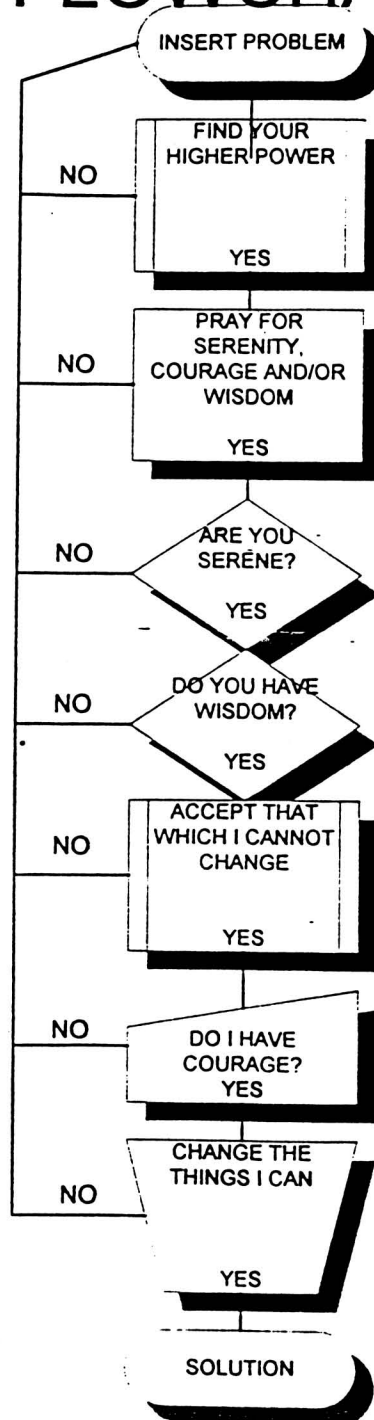
That's why I need to be at meetings regularly, I need to hear newcomers stories, and I need to work at digging up my story honestly to share with anyone in need of it.

My past is extremely important. It's not just a war story, it's a common bond that any addict can understand, whether clean for years or hours. Thanks.

M.D.  
Hutchinson

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# SERENITY PRAYER FLOWCHART



By: Nate F.

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Dear MAN,

Hi! I'm an addict, just like you. Though for a long time, I thought I was different, unique. I use to go to meetings and concentrate on how different I was from each person who shared. I listened for how much you used and how insane your life was, and if it was "worse" than mine or not "quite as bad", I didn't think you could relate. That was my way of keeping you at a distance. I got a sponsor and realized that wasn't completely true, yet I continued to look at our differences. Then I got a sponsoree. And as she shared, I could really relate. Our using was different as well as our lives, though the feelings, the yearning to stay clean, and the struggles were very similar. It was then I opened myself up.

There's a part in one of our readings that says, "We are not interested in what or how much you used or who connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help". I realized that our pasts are all different, yet the pain of our addiction is often very much alike. I began to look at our "similarities instead of our differences," and my whole outlook on recovery changed. Today, I have more friends because I've opened myself up. I now have new ways of dealing with "life on life's terms", and my recovery has changed for the better. I now share when I struggle and know that though the situations may be different, you can relate.

Never Alone, Never Again,  
Just For Today,  
Anonymous

## 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 out trusted servants; they do not govern."*

The biggest confusion with Tradition Two is the difference between group conscience and group opinion. Sometimes our most painful growing experiences have come as a result of decisions made in the name of group conscience. Group conscience will never contradict any of our Traditions. True spiritual principles are never in conflict. An atmosphere of recovery in our groups is one of our most valued assets. We are trusted servants, placed in those positions in trust, at no time do any of us govern. Our HP gave us the program of NA and we can maintain our group's dignity only with group conscience and Higher Power's love.

Anonymous



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*"We come to know ourselves for the first time. We experience new sensations: to love, to be loved, to know that people care about us, and to have concern and compassion for others." Basic Text pp98*

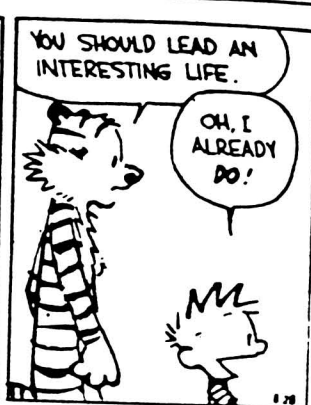
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THE STRENGTH TO CHANGE  
WHAT I CAN, THE INABILITY  
TO ACCEPT WHAT I CAN'T,  
AND THE INCAPACITY TO  
TELL THE DIFFERENCE.



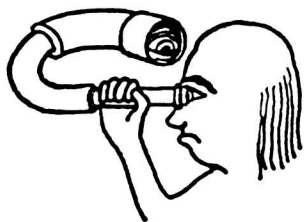
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IF I DON'T HAVE  
SOME INSANITY  
SOON,  
I'LL  
GO MAD!

ONE OF THE WORST  
OF MY MANY FAULTS

IS THAT  
I'M TOO  
CRITICAL OF  
MYSELF.



IF YOU HAVE  
DOUBTS ABOUT ME,  
DON'T WORRY—

I HAVE MANY  
ABOUT MYSELF.



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Hi! I'm Maria A. and I'm an addict. Not much to say. So much has happened in my life since the last newsletter. yet i feel pretty talked out.

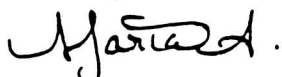
Don't forget, I still need articles, poems, drawings, birthdays, flyers, etc. for the upcoming newsletter. The deadline for the next newsletter is JULY 17.

Thanks to all those who submitted articles and poems for this newsletter!

If you have any ideas, comments, or criticisms, please let me know.

The co-chair position is still -open! That's all I have for now. See ya' at the campouts.

Waiting for World,



Maria A.

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UNITE UNDER THE STARS  
THE 1ST UNITY AREA CAMPOUT  
7/19-7/21 1996  
KANOPOLIS STATE PARK  
ROCKWALL CAMPING AREA

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FREEDOM TO CHANGE  
MID AMERICA FREE CAMPOUT XVIII.  
7/4-7/7 1996  
THUNDERBIRD MARINA  
ROLLING HILLS AREA

UPCOMING EVENT:

A.O.A.

Addicts on Asphalt is going to W.C.N.A. XXVI, St. Louis, MO

August 29 to September 1

Contact people: Rod D. or Lee B

325 East St. or

207 Dorset Dr.

Emporia, KS 66801

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