



MID
AMERICA
NEWSLETTER



VIGILANCE



FROM THE EDITOR

Hi Again! I apologize for this article being late. I will try to do better next time. Things with the newsletter have been fairly slow.

As for me, I'm staying fairly busy. I'm looking forward to seeing you all at Regionals the third weekend in August.

There's not much to report. I do want to remind you that the co-editor position is still open. Believe it or not, we have not been bombarded with articles (ha!), so we need YOURS. Also, many times I have some extra newsletters printed to hand out to people who do not yet have a subscription hoping they will subscribe. Yet, I need to tell you that this is not supporting your newsletter. So if you like what you see, think about subscribing. If you don't, write and tell me what you don't like, or would like to see more of. You do not have to sign your name. Many of the articles I receive ask to remain anonymous.

That's all I have for this issue. Thank you to those who submitted articles, poems, quotes, and drawings.

Impatiently Waiting For World,



Maria A.

Editor M.A.N.

"We can reverse the effects of our disease by practicing a few simple spiritual principles."

Just For Today

(Submitted by: Clay W.)

HOPE

Sitting' round thinking
Thoughts stir through your head,
Thinkin' 'bout drinking,
Cause all else is dead.

You know that you shouldn't,
And all that you've learned,
Tells you you couldn't,
Go on if you turned
Back to that life that you have once burned.

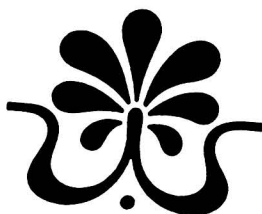
Lift it to your mouth,
Smells really bad,
Swallow it down,
Think you've been had.

Go down south
To that place where you drown,
Realize you've done something terribly wrong,
Must go back to that place that you've found.

Where everyone smiles
when you walk through the door,
Back to that place
that you've known once before.

"I've relapsed", you say,
You know you will pay,
But someone just smiles and pushes it away,
This is where you know you will stay.

Brandy S.
Journey Alateen, Salina



IT'S OKAY

Even though the tears may fall,
and leave you fully drained,
and even though you want to hide
away from the world
and
even though it takes all you've got
to make it through a day.
The tears will dry upon your face,
your life will carry on,
And every day gets easier,
as each one passes on.

Submitted by: Staci B.



*"As we become more God-reliant
and gain more self respect, we
realize that we don't need to feel
superior or inferior to anyone".
Basic Text pp101*

Dear MAN,

I'm not exactly sure why I'm writing. I guess to share what's been going on.

When I first got clean, I was under the impression that all I had to do was not use and go to meetings. My life would just get better if the drugs were gone, right?

I moved to a new town shortly after I got clean, and from the very start met practicing addicts. (Just like an addict to meet other addicts) My so-called friends new that I was clean and thought it was great. They were so proud of me, and of course that inflated my ego. I could still be friends with these people, they were real friends - they would even go into another room to get high. I got into situations that I hadn't even experienced when I was using. My best friends were the biggest dealers around. I even began to get phone calls at my home asking who had what drugs. Yet I wondered why I was so miserable. Through this period I stayed abstinent, thanks to my Higher Power.

When I started going to meetings again and was staying away from the people, places, and things, I started to realize that Narcotics Anonymous is more than about just staying abstinent. It's about working the steps, gaining an understanding of the Traditions, talking with my sponsor, getting involved, going to meetings, reading the literature, sharing with others, carrying the message, and so much more.

There was a time when I thought of these old friends often, and at the time I thought it was because I missed them. And yes, there was a part of me that missed them. But what I really missed was the insanity, (another part of addiction). I was no more of a friend to them than they were to me, and I was "clean". Today when I find myself thinking that I'm missing them, I get myself to a meeting, and share with others. It tells me that there is something in my program that needs to be worked on more than what I am. I do pray for these people and hope that one day, they find what I have found in Narcotics Anonymous.

The biggest part that affected me, and still does, is the shame. I set no example of a Recovering Addict. I used my addiction as an excuse, and I didn't carry the Narcotics Anonymous message, I carried my own. There is still guilt in my heart. Through working the 4th, 5th, 6th, and 7th Steps, I began to let go of the shame.

My amends, at this point, are living a better way of life, doing the things that are suggested to me, sharing my experience, strength, and hope, and carry the Narcotics Anonymous message.

"Just For Today, I will be unafraid, my thoughts will be on my new associations, people who are not using and have found a new way of life. So long as I follow that way, I have nothing to fear". (Basic Text page 90)

Anonymous



"Relapse is a reality. It can and does happen. Experience shows that those who do not work our program of recovery on a daily basis may relapse."
Basic Text 75

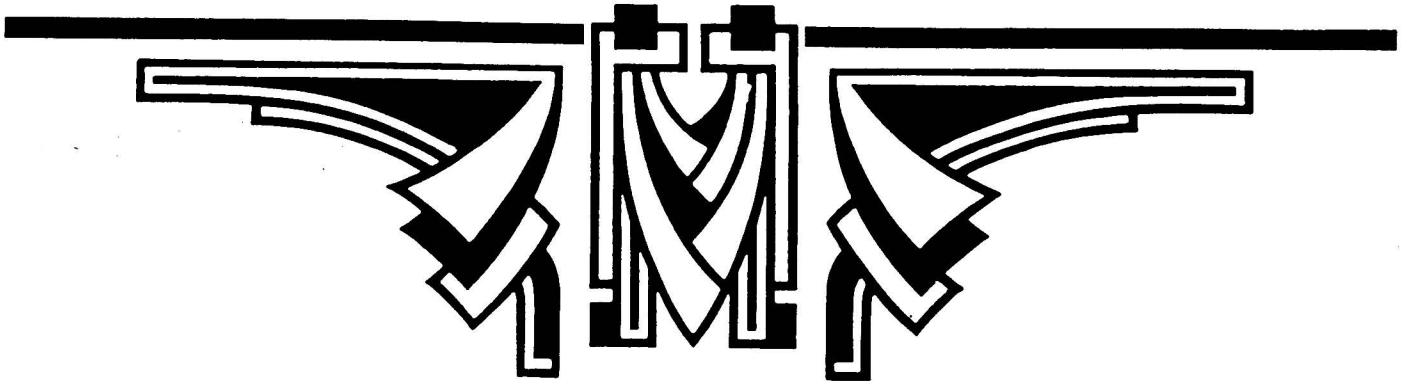


TO MY SPONSOREE:

PLEASE DON'T
RECOMMEND ME
TO YOUR FRIENDS —



IT'S DIFFICULT ENOUGH
TO COPE WITH
YOU ALONE.



TO MY SPONSOR:



"Taking Recovery To A Higher Plain"

Dodge City, KS.

April 4-5-6, 1997

Pre-Flyer

contact numbers

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COMING UP:

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August 29, 30, 31

MRLD V
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Wichita, KS
September 27, 28, 29

"These are the principles that made
our recovery possible". Steps 1-12.
Submitted by: Clay W.

Campout
Milford Lake
September 13, 14, 15

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