



MID AMERICA NEWSLETTER



Issue #1

623 N. Richmond, Wichita, Kansas 67203

October 1997

Letter From The Editor

Hello members! I gave H.P. my hunger to serve and it appears that I will realize Scarlot Ohara's dream at Tara...I will never go hungry again!

Let me just say from the start that this addict is aware of the problems that the M.A.N. has had in the past and though not responsible, I am endeavoring, with the help of the literature sub-committee, to repair the wreckage as best as possible.

It is extremely regrettable that an addict was slighted, financially or otherwise. The most immediate way for the M.A.N. to make amends is to become a publication that fulfills Article II of the M.A.R.S.C. guidelines on a consistent basis and return any funds that people are due. Be assured that all that can be accounted for, will be.

I think you might be surprised by the new format and content of the newsletter. Our aim is to manifest a good balance of information, recovery and upcoming events on a quarterly basis with little or NO cost to the member.

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F.Y.I.

Well, the M.A.N. might be startin' from scratch, but there is some dated material in **One Addict Helping Another...** to help it get rollin'. If you're more news-minded, you can look at the sub-committees and R.S.C. business on **page 2**. Not all **activities** are listed on **page 8**, but it's the first one, so try on a little patience. For those who just can't deal with being serious, check out **Levities** on **page 7**. Area and group news might be a little lax, but that should pick up next issue. (Hint, hint, Mr. R.C.M.!) I think as soon as the Editor notifies the W.S.O., there shouldn't be any trouble fillin' up **World Update**. We sincerely wish the best for the Fifth Tradition Area and hope that **Article XIII** will only be a temporary situation. More on that in **Regional News**. That's about it to start things off. We're looking forward to all of your suggestions in the future. Thanks and have a good quarter.

-Ed.

ARTICLE II

The primary purpose of MARSCNA is to carry the message of recovery to the addict who still suffers and to further the unity of the fellowship within our region and other regions by maintaining communication between the areas represented and Narcotics Anonymous as a whole, in accordance with our Twelve Traditions.

It was a long meeting with emotions running hand in hand with the tension. All areas were present except for Central, who sent a written report. All sub-committees were present save Outreach.

In old business it was stated that the newsletter audit was completed and there was further investigation needed. Clay W. was elected Co-Chair and Melissa will be Treasurer for another term. Nancy A. will serve another term as P.I. Chair. The following positions are open at the regional level: P.O. Box Chair, Activities Chair and Camp Out Chair.

The order of business was changed in motion #4 in new business to elect Samuel L. as newsletter Editor, who will follow up on motion #3 to change the format and mailing of the M.A.N..

After much discussion, the region then voted on a motion to take back to the groups. An amendment to Article XIII to provide the area that might be affected with adequate time to resolve it's problems before the loss of its voting privileges. I urge all members to take an active part in this vote.

There were then several motions on the agenda from Steering. They ranged from the handling of funds, to updating and editing the guidelines with an additional clarification on abstention votes, to having the next convention at Hutchinson, Ks. in 1999. All were passed with the exception of locking us into a five year contract, which went back to the Steering Committee.

Tim S. spoke about having the next Zonal Forum in Feb. 1998 in our region. A vote of confidence regarding this matter was given to the R.D. and Activities sub-committee.

Mark H. read 5th Tradition A.S.C. minutes and expressed some concern about accusations made of Wichita Metro Area concerning missing funds. This concern was based on events that have taken place in the past in the 5th Trad. area. There was a rebuttal from Anita J., representing that area.

It was then that the M.A.R.S.C., in the interest of unity, recognized Article XIII. Fellowship For Freedom was moved to abstain from this vote. The 5th Trad. R.C.M. chose to leave at this time. A committee was formed to go to the next A.S.C. of the 5th Trad. to help the area resolve its problems. It should be stated that this action was taken in the spirit of healing and helping and should not be misconstrued in any other way. The M.A.N. is sincerely hopeful for the active participation of the 5th Tradition area in the future.

Sub-committee News

Activities: The need for more money was expressed and notice of a fundraiser for the next R.S.C., not for Activities, as the flyer said. Lunch next R.S.C. will be Turkey with the best side winning a free convention registration. Thanks Belinda!

Camp Outs: No Chair at this R.S.C.. Plans for 20 yrs in progress. They will meet next at Shelly W.'s, 407 Walnut, Newton, Ks. at one p.m. Sept. 27. A fundraiser is set for Jan. 24, in McPherson, Ks.

Convention: They report being on schedule, but have lost the Merch. Chair. Concerns were voiced about the contract. Carl K., H.&H. Chair, John, Joyce and Kevin will finalize.

H. & I.: Talked about Learning Day on Oct. 8, at one p.m. at Oak St. Alano Club. Alan B. was elected Co-Chair. Plans for T-shirts. Bring your designs to the next meeting.

Literature: Workshop planned for Working Step Guides 9-12 on Sept. 27, ten a.m. at Lakeside Park, McPherson. W.U.D. is set for Aug. 30 at the 4-H in McPherson at 4:30 p.m. The M.A.N. was discussed. Funds are to be returned and Samuel L. was nominated as Editor. Proposal to make it free to the member.

Outreach: No news at this time.

P.O. Box: Mark H. says all quiet.

P.I.: The Flyer Drive was a success and they are creating a Home Page on the Internet. Professional mailouts

*AROUND THE REGION*AROUND THE REGION*AROUND THE REGION*

CENTRAL

Both R.C.M. and the Alternate have resigned, but with 7 groups and 16 meetings, they should have new one soon. They also lost the "Never Alone" group in Great Bend, so High On Life now serves the whole town with a new meeting on Mondays at 8:00 p.m.. "Be Prepared" group in Ellinwood also has a new meeting Saturdays at 8:00 p.m.. The area also needs to fill the H. & I. Chair position.

FELLOWSHIP FOR FREEDOM

They're still struggling with policy interpretation, but, with the help of long-term members and the principles, are hangin' in there. Russ is the new P.I. Chair and they also have a new Activities Chair. A good stock of literature is reported.

JUST FOR TODAY

They're having great attendance with great recovery in all of their groups. Area tank tops are selling for a paltry \$10.00 a piece!

5TH TRADITION

They have two numbers with which a suffering addict may get a hold of a member immediately: Pager#290-3344 and Cell.#737-0379. The meetings behind the walls appreciate the literature from the region. If you'd like to attend, contact the area P.O. Box or the #'s listed above for more details. They are trying to do some extensive P.I. work, and the A.S.C. meets the second Saturday of the month at: 732 S. Broadway in Wichita.

WESTERN

This area is gearing up for the Roundup, (See What's Happening?) with Activities already planning for Halloween. They also have an 800 phone-line. The # is: 1-800-586-3680

MIRACLE

Larry Town was dropped from their quorum due to lack of representation. They have 25 meetings and Joyce has taken the Activities Chair, with Pattie as the Co-Chair. Miracle's H. & I. efforts still consist of taking meetings into Douglas City jail and a meeting at the First Step House. Cross Bridge has made some changes, so that meeting has discontinued.

UNITY

The area continues to flourish with the additions of the Unity group from Salina and Flying Free group from McPherson. Yay, team! H. & I. and P.I. continue to be of support to the Unity area. Dan J. of Hutchinson is the new Alternate R.C.M. due to Jerry D. having to move. Welcome Dan!

WICHITA METRO

H. & I. is showing some growth in the area with W.R.C. and Recovery Services, as well as the Parallax Treatment Center joining with Wichita Work Release. Lots of addicts on the inside! P.I. Chair is hard at work distributing flyers and planning a radio spot. They are beginning to hold more area functions, but still in need of an Activities Chair. Waterman Street group has started a Service Information Meeting to study the Concepts and Traditions. All addicts are welcome. It meets every other Sunday by 1:30 p.m. at 1206 E. Waterman in Wichita. Contact is Samuel L., (316)945-4629



It is the four pyramid sides that rise from the base in a three-dimensional figure that represent Self, Society, and God. All rise to the point of Freedom. (Basic Text ix)

(service,

GET INVOLVED!!!

(oops!)

*WORLD UPDATE*WORLD UPDATE*WORLD UPDATE*WORLD UPDATE*WORLD UPDATE*

Regional Delegate News

The R.D. has the annual reports for the W.S.C. and the W.C.C., as well as the financial report for the conference year end. Hopefully, all the R.C.M.'s have had a chance to eyeball them by now.

It appears that the meal allowance of \$25.00 a day, tracked with receipts is an inadequate system. The decision of per diem from the region should put an end to it, so eat up Tim. (Ha!)

There was a quarterly meeting in Providence, R.I., for the final input-gathering work of the Transition Group. The T.G. will have motions in the C.A.R. and the R.D. regrets not having acted on it.

The Plains States Zonal Forum held its yearly C.A.R. in Sioux City, I.A., and the Z.F. has decided to see if the M.A.R. would like to host the workshop in 1998. The R.D., working with Activities will try to meet the October 15 deadline.

On a sad note, the W.S.C. Treasurer, Paul H., was murdered in Puerto Rico on a fellowship development trip. Contributions may be sent to:

Paul Hartman Charity Fund

154 South Shore Drive

Dover, Delaware 19901

Our deepest sympathy and humblest prayers go out to the friends and family of Paul H..

Other News

The M.A.N. regrets that World Update is limited to the R.D. News this quarter. As soon as we notify the W.S.O. of our active status, we'll have more material in the next issue.

One of two items we can report is the letter our region received from the Oklahoma R.S.C. regarding closure of the M.L.R.D. issue, in which they declared their non-affiliation with Anita J. to the M.A.R.S.C..

The second is a notice available to all subscribers of the N.A. Way about the changes being made in that publication through uniting with WSO Newsline. Call Cindy at (818)773-9999

(Cont. from page 2, Sub-com. News)
contact Nancy A. at 721 E. 10th Newton, Ks. 67114 (316)283-5971 Tim from Salina is new Co-Chair. Workshop on Oct. 24-26 in Hutchinson, Kansas
R.D. Alternate: Condolences offered for Paul H., W.S.C. Treasurer. A request was made to all R.C.M.'s to provide info on A.S.C.'s so he could attend at least once during the year. Strong concern about the use of the written word to cause disunity. (Hope the M.A.N. passes!)
New address: 5843 SW Candletree #6, Topeka, Kansas 66614 (785)273-8867 or 273-8445 Thank you Carl K.!

(See World Update for R.D. news.)
Steering: Each member took one or more proposals in July and at the R.S.C. they came up with Hutchinson, Ks. for the next convention in 1999. A five year commitment was discussed. Jeannie corrected grammar on guidelines and they decided on more motions to further update them. Next meeting at Don M.'s in Topeka, Ks. at two p.m. on September 20.

(Cont. Letter From Editor on page 1.)
As we all know, this is a "we" program and the content and success of the M.A.N. depends on all of us. I would encourage all members to use the form on page 7 and submit material. Space will automatically be allotted for each area in "Around The Region", and "What's Happening?" If your R.C.M. does not submit material, nothing will be reported.

If you are a member, attend your G.C. or Business meeting. If you're a Trusted Servant, support your A.S.C. If you're involved with the area, attend the R.S.C.. Attend as many committee meetings as possible. No commitment is needed and you'll benefit by being extremely well informed. The M.A.N. helps but it's not as good as being there.

In closing, I'd like to thank the R.S.C. and H.P. for this great chance to realize Step 12 and Tr 5 in my life. The M.A.N. is back! Let's hope it's here to stay. -Ed.

ONE ADDICT HELPING ANOTHER...

THE HOLE

In the hole one has no light to see,
so full of fear,
His heart is so full of pain that
he just cannot hear,
And though he may desire, with all
of his might,
He hasn't the spirit, to just turn
on the light.

Then the Power that is, throws him
down a fire,
In order to help him see, to lift
himself higher.
In the brightness resulting, he sees
himself well,
And he knows all too well, that his
life is a hell.

But the fear in him returns, and it
paralyzes him,
Soon the fire dies down, and the light
grows dim.
Feeling so worthless and guilty, he
loses all hope,
Then the Highest of Powers, throws
him a rope.

As he climbs up the rope, he soon
gets to the top,
Then he falls clear back down, and
lands with a flop.
But the rope is still there, hope
now lights the way,
Empowered in weakness, the Steps do
all say.

Inside of his spirit, he is now willing
and able,
To regain his sanity and get his
thoughts stable.
Even though it is clear the path is
hard and long,
All the hope that was lost is now
flowing strong.

S.W.L.

A Hug

You looked into my face today,
And saw the terror there.
Although you didn't know me,
You tried to show you care.

You said, "I think you need a hug."
And in my heart I felt a tug.
From that I felt the caring,
My pain was eased in sharing.

4-8-88 Judith L.

Most of all, I am grateful for
people. Through people, my HP can
speak. Through people I find out
that I am not unique-being unique
is terminal for me. I find hope.
I find out that I have something
to share, and am a worthwhile indi-
vidual. I find out that it is "ok"
to let people, even perfect strangers,
love me. As I become friends with
these people who share freely with
me and listen to my story, a strange
miracle begins to take place.

Today, when I get angry-justified
anger is not an option for me-I know
that I have some work to do somewhere.
I am grateful that today I know it
is an inside job. God's way in God's
time is still unfathomable, but I
know it is out there and waiting
for me when I'm ready to accept it.

(Taken from: "Musings on Gratitude"
by an addict who insisted on remain-
ing anonymous.)

(This space reserved for some artistic
talent that isn't as exhausted as I am)

ONE ADDICT HELPING ANOTHER...

SICKNESS

Once we stopped using drugs, many of us started comparing ourselves to other addicts. We focused on our differences rather than our similarities. Seeing only the differences made it easy to think that maybe we didn't belong in NA.

Denial is a prominent aspect of the disease of addiction. Denial keeps us from seeing the whole truth about ourselves and our disease. Feeling that we are different from other addicts is a manifestation of this denial. It helps to take an honest look at the unmanageability of our lives that resulted from our drug use. We look especially at our relationships, our employment, our living conditions, and our financial obligations. Instead of thinking about the good times we had using drugs, we try to remember when we may have said, "What am I doing here? Why do I feel this way? How long has it been since drugs worked the way I wanted them to?"

Eventually, we all face a basic question: "Do I want to stop using drugs?" Many of us could not answer this question immediately. However, when we willingly and honestly looked at our past, we found many reasons to stop using drugs. Your answer to this question can set the course for your future recovery.

The disease of addiction is progressive. Our experience during active addiction proved that to us. Continued drug use destroys us in body, mind, and spirit. We believe that, for addicts, continued use of drugs leads to jails, institutions, or death. Breaking through denial gives us a clear picture of the destruction in our lives. With this in mind, we can look for solutions to our problems.

Excerpt from: I.P.#17, "For Those In Treatment" (1991)

My stomach churns like clouds in a storm,
My blood and my body, are excessively warm.
I'm looking at life, as though it were a dream,
A nightmare of sorts, that makes me want to scream.
Every time that I eat, it just won't stay down,
And when I stand up, I spin round and round.
Oh, is there an end, to this hell on earth,
Worse than I can remember, since the day of my birth.
I pray to ~~the~~ a god, hoping he'll heal me, ^{zzz!}
To bear the brunt of it, if he'll spare my family.
I'm feeling so thirsty, so intensely dry,
With not enough moisture to even cry.
I try to get through it, just grinding my teeth,
Constantly nauseated, on the edge of my seat.
Soon I'll be over it and then I'll be grateful,
Then I'll sit myself down to a huge, tasty plateful,
Of Love...The N.A. way.

We had to reach our bottom, before we were willing to stop. We were finally motivated to seek help in the latter stage of our addiction. Then it was easier for us to see the destruction, disaster and delusion of our using. It was harder to deny our addiction when problems were staring us in the face.
"Who Is An Addict?" Basic Text Pg. 7

COPYRIGHT RELEASE

I, _____, give the Mid-America Newsletter (M.A.N.) permission to print any input submitted with this form. I also agree to allow editing of input that will not change the content.

Date: _____

Please feel free to submit material, comments, or suggestions. Items that we are in particular need of are: Original artwork, (Small, no full page, please.) poems, stories and experience, strength, and hope living the NA program. Anyone wishing to aid the M.A.N. in fulfilling the 7th Tradition may send their contributions to the same address: Mid-America Newsletter

623 N. Richmond
Wichita Kansas 67203

Newcomer: What's the 13th Step?

Old-timer: One that doesn't exist, as far as I'm concerned.

Newcomer: Great! I thought I was gonna have to add that 1st one with the 12th one.

Overheard after a meeting on the 12th Tradition: "I've got the principles if you've got the personality!"

(My defect of perfectionism apologizes for going to sleep a couple of times during the course of this issue.)

S.W.L.

Grateful Gus



Sponsor: That's not exactly what I meant Gus, when I said: "Recovery is about change."

Two aging recovering addicts, after staying clean together for almost four decades, made an agreement between one another that which ever one died first would come back and tell the other whether or not there was NA in heaven.

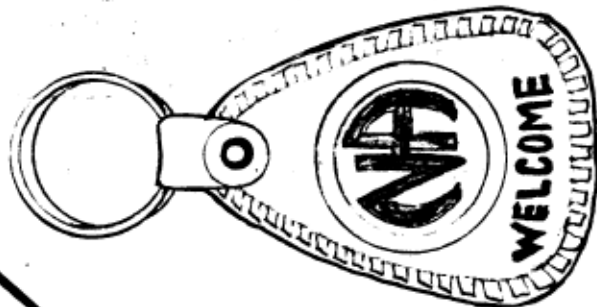
Shortly after receiving his forty year medallion Jack passed away. Every night John prayed and meditated on the return of his friend and four weeks later, the night after John received his own medallion, Jack appeared at his bedside.

"Jack!" He yelled, giving his old friend a big hug. "How ya doin'? Is there NA in heaven?"

"Well," Jack began. "There's good news and bad news. First off, there is NA there and it's wonderful! We finally get to live the Steps to perfection."

"What's the bad news?" John asked.

"I have a Welcome key-tag to give you." His friend replied.





CENTRAL KANSAS

The MAN has no information for the months of October and November.
The member may contact the area at: P.O. Box 1361
Great Bend, Kansas 67530

FELLOWSHIP FOR FREEDOM

The MAN has no dates for October or November at this time.

5TH TRADITION

Last Saturday of every month; Area Birthday Night, 732 S. Broadway,
Wichita, Kansas 67213

JUST FOR TODAY

The MAN has no dates for activities at this time.

MARSCNA

October 18; Mid-America Regional H & I Committee Learning Day with
Speaker and Dance; Oak Street Alamo, National Guard Armory, Hays,
Kansas Contact: Don E. (785) 827-7012
November 15-16; Mid-America Regional Service Committee Meeting and
Convention Fund-raiser; 4-H Building, McPherson, Kansas.

MIRACLE

October 17; Dance scheduled at the Holidome.
November 28; Dance scheduled at the Holidome.

UNITY

November 1; Costume Halloween Dance; Unity Group, Friendship Cen-
ter, Salina, Kansas
December 31; New Year's Eve Dance; Phoenix Group, 4-H Building.

WESTERN KANSAS

October 3-5; 8th Annual Dodge City Roundup; VFW Building, Dodge
City, Kansas 67801 \$10.00 Registration to include Saturday dinner.
Contacts: Laurie T. 225-6505, Alan F. 225-0668, Mike G. 225-3072

WICHITA METRO

The MAN has no information on activities in the area.

Note: The deadline for material to be published in the newsletter
is the Regional Service Committee Meeting. If your area has an event
scheduled between that meeting and the time that the MAN comes out,
(10-14 Days.) then it will most probably ~~XXXX~~ not get listed. The
only other option is notifying me at the previous region. Rather
than that, I am currently considering a one-page supplement for such
circumstances to be mailed midway through the quarter. -Samuel L.