



# MID AMERICA NEWSLETTER



ISSUE #2

623 N. Richmond, Wichita, Kansas 67203-5008

DECEMBER 1998

## Letter From the Editor

## F.Y.I.

Hello family. Let me just say that the MAN is still going through a learning curve as far as looks and layout are concerned. I would also like to say I'm sorry for being so late, late, late.

I have some clarification of what the RSC has decided about past subscriptions. Anyone who had an account with the last Editor needs to contact me by the next RSC in Feb. to let me know if they would like their money back, or their subscriptions fulfilled, or both. I have not been able to make heads or tails of the past records and my efforts to contact past subscribers have failed miserably. I now put the ball in the member's court. If you want some resolution, please contact me by the next RSC or the Region will consider the account resolved.

I am currently trying to convert this publication to a computer program and it's causing a lot of extra work. I also am in great need of contributions from members for content. This is your chance to share with more than just a room-full of folks, so get busy and send in your stuff!

I'd like to take this opportunity to wish all recovering people a wonderful holiday full of gratitude and blessings.

Hey, hey, hey! First off, let me just say **Merry Christmas** to everyone...The holidays can be tough for us addicts...With that in mind, it's surprising that there isn't much new this issue...Tim S. gave some good input for **World Update**, and there's some submitted **poetry** in **One Addict Helping Another...**, but other than that, it's business as usual for the MAN...The **ad-hoc** committee has made its first report to the region, more on that in **Regional News** on page 2...If you're artistically inclined, **H&I** sub-committee can use you. (So could the MAN for that matter.) Check out the sub-committee reports for that and the status of the **Convention** and **Campout** committees as well...**Outreach** was present this quarter and we look to hear more from them in the future...It appears that the **MARSCNA** will be host to the next **Zonal Forum** in late Febuary...That's about it for this month 'cept that I hope that procrastinatin' Editor gets the next issue out in a more timely manner...Sheesh!

(This space for rent.)

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## **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.

This quarter the meeting held an air of business about it and maintained that mood throughout the entire day, the principle embodied in Tradition 12 adhered to and realized as a result. All areas except Just For Today were represented and all sub-committees were present for this regional.

The order of the day was changed almost directly after roll call to elect a new Secretary and the MAN welcomes Burt B. to this very important, if not arduous, position. Also elected at this RSC were the 1999 Convention Chair, the P.O. Box Chair, the Literature Chair and Campout Chair. Melissa P., Betty P., Jon Mc. and Jim M. now hold those positions respectively. A hearty congratulations and welcome to all our new trusted servants. Positions open at MARSCNA include: Activities Chair, MAN Co-Editor, Literature Co-Chair and Secretary, Outreach Co-Chair and Secretary, and Steering Committee Member. Come support your RSC in February!

The Treasurer's report was given and the MAN would like to remind all members at this time that the optimal budget is up for approval again. Please take an active part in this vote.

The committee then moved on with issues of legality regarding the recovery of funds. Debby S. seemed to have gone through some frustration but eventually fulfilled the task of filing and resolving case #97-CVS-341. Later in the day, there were more motions to secure funds owed the region.

Tim S. gave a report on the actions of the ad-hoc committee for clarification and assistance to the 5th Tradition area after their suspension via Article XIII last August. The solution seems to be slow moving and elusive and as such, the MARSCNA decided to keep the committee in place for another quarter.

There was much discussion regarding the amendment to the aforementioned that was taken back to groups the last quarter, as well as the definition of what an abstention vote was, all of which should be much clearer to those who are interested. We also voted in a motion to hold an annual event for "World Unity Day."

All in all it was a very productive meeting with the region moving to donate an amount of \$2023.53 to the World Service Office of NA. See ya in November! (Feb. that is)

## Sub-committee Reports

**Activities:** They turned in \$214.96 and elected Betty P. to be the next Chair for Soul to Soul. The registration for STS increased from \$45.00 to \$100.00. The next RSC will be a fundraiser for the Campout. Great job Belinda! You will be missed.

**Campout:** They report all is well and their off to a good start on fundraising. They are going to offer original Input&Review of the Basic Text as a special auction item. They need auction items for the event in Jan. and would like areas and groups to consider holding fundraisers in their behalf.

**Convention:** On schedule and doing well. Met with the hotel and the block price will end after the 1st of April. As of that date, the price of room will climb to \$120.00 a night. (So if you're tight, reserve now!) Write "Attention Bill Jenkins" on the envelope if reserving by mail and send to: Lawrence Holiday, 200 McDonald Dr., Lawrence Ks., 66044 (913)841-7077 Billy C. sights the need for continued auction items.

**H&I:** The Learning Day held in Oct. raised \$60.54. They are looking to have a Learning Day in Hutch. or SW Ks. in May, dependent on the bids. T-shirts are in the works, with a major need for designs to be submitted in Feb. and Nov.'98 will be H&I awareness month next year.

**P.I.:** They mailed out to 325 professionals with more on the way and Unity will be having a P.I. Learning Day on Dec. 13th, at Recovery Cove, 202½ E. Iron, Salina, Ks. They are also forming an ad-hoc committee to deal with the professional mailouts.

**Literature:** There was more discussion about the outstanding debt of the past MAN and they recommend that the RSC take legal action on it. Also, the current Chair has resigned and Jon Mc. was recommended to fill the position. Some brainstorming on dealing with past newsletter accounts and pleas from the editor for more input for content. Also many areas forming newsletters.

**Newsletter:** The report addresses the debt and tracking of past subscriptions and the lack of a sub-committee to support the editor and a financial accounting of the past issue that was published.

(Continued on page 3.)

### CENTRAL

They filled the RCM slot, but still need an alternate. There are 7 active groups totaling 16 meetings a week. They did put on a fundraiser in Nov. and are donating \$50.00 to the region this quarter.

### FELLOWSHIP FOR FREEDOM

They have lost the area Chair, but they have a new one. Welcome Don M. and Jerry D.(Alt.) Bill S. is the new H&I Chair for the area, which has a convention scheduled for Feb. 13-15. Lot's of activities planned and an ad-hoc committee formed to sort out policy. 12 groups doing well. They meet on the last Sunday of each month.

### 5th TRADITION

They report some growth and a lot of 12 Step Activity and presentations being done. There is some personality difficulties with the ad-hoc committee from the region have leveled off after the second meeting. They are trying to decide whether or not to remain in the region, but are staying put for the moment. They report some inventory work in the area and are straightening out their financial situation.

### MIRACLE

They have lost their RCM, but John S. was elected to fill in, with Kirk B. as alt. The meeting list has been changed and the new changes were given to the P.I. committee. H&I is still maintaining the meeting at the Douglas Jail with plans for the adolescent center in the works. They have plenty of activities going on. Most of the groups in this area voted yes to all the motions taken back last Aug. \$105.00 given to MARSCNA.

### UNITY

This area is still united and strong. Steady attendance with good H&I/P.I. efforts and workshops to follow. Groups in the area donating to the world and the H.O.W. Group in Newton gave \$50.00 to the region.

### WESTERN

No activities planned at this time, however there are two new groups in the area. New Attitudes in Sublette Tuesdays at 8.00 pm, and Johnson Clean Team in Johnson on Mon., Thurs. and Sat. at 7:30 pm. Their regional donation totals \$50.00 and the new RCM for Feb. will be Deb. H., with Too Tall as alternate. Welcome.

### WICHITA METRO

The area reports rapid growth with most sub-committee positions filled. They put on a fundraiser in Nov. for the convention and donated a sizable contribution of \$400.00 to the region this quarter. A MARSCNA welcome to the new alternate RCM, Dave S.

(Sub-comm. reports cont. from pg.2)

**Outreach:** A decision was made to hand out an Outreach booklet to the RCM's to take back to the areas in the hopes of more area involvement. They are struggling with a lack of participation in this committee. There was talk of seeking input from other regions and they are re-doing an area boundaries map for a more accurate referral system.

**P.O. Box:** We thank Mark H. for his efforts and welcome the new P.O. Box Chair.

**Steering:** (Interim) Discussion of abstention votes using Robert's Rules as a guide. Also the verbiage of the Regional Guidelines was discussed. (Nov. 15) A recap of the interim meeting and notation of some inaccuracy in the Aug. minutes. The responsibility lines between the Convention committee and Steering were then tossed around with some of the talk getting a little warm. This was tabled with Tim S. to complete a preliminary draft. More discussion surrounding the incorporation of the Region for the protection of individual members of a committee and not without some levity, this was hashed out. The next interim meeting will be at Jeanie M.'s house, 707 Carraige Ct., Salina, Ks., at 2:00 pm on Jan.4th

(This empty space is for my  
HP to fill up.)

### Regional Delegate Report

Through working with the treasurer, Tim was able to come up with an itemized budget for the forthcoming year. \$2825.00 World Unity Day was a success that raised \$200.50 for the WSO. Looking to try make it an annual event.

There are two planned CAR workshops. Feb. 14th in Topeka and Feb. 28th in McPherson. The latter will have participants from the WSC. The conference is scheduled for April 25th to May 2nd of next year. If your area wants to host a workshop, contact Tim or Carl A.S.A.P. to make arrangements.

### R.D. Alternate Report

Fund flow was the topic at the Zonal Forum in Oklahoma. John T. from the WSO attended also Floyd from the World Board of Trustee's. 6 regions were represented with 8 members from the MARSCNA attending.

The WSO used to operation on voluntary donations from the fellowship. As we grew and wrote more literature, the sales of it became primary funds for the WSO and group funds were directed to areas and regions. Regions and areas were sufficient to support the WSO. But literature sales are no longer enough to fund the World, and as such, the WSO is asking the fellowship to return to the original plan of funding.

This format, already been adopted somewhat and the word needs to get out to each group and member that they can make a difference. There was also a reference to the responsibilities of what being a "member" really means. If you are calling yourself a member and fail to support the fellowship in some fashion, be it service or financially, then are you really being honest in your claim of membership? Of course, NA doesn't "cost" anything and we have all paid an enormous price for recovery, but doesn't that just further imply that we should support our fellowship? Or are we just simply "taking" our recovery and moving on? (This applies to those addicts who have the ways and means to contribute.)

Certainly some of this falls in the realm of sponsorship through guidance on

the principles, steps and traditions. Some food for thought for all of us who are in recovery.

(The primary purpose needs \$\$\$!)

### WCC Update on Merchandise Sales

The World Convention Corp. is faced with the challenge of providing space for alternate merchandise at World Conventions. This started out as a way for regions and areas to sell items left over from their own events and the WCC had simply set a space aside for that. It has come to their attention that areas and regions are now purchasing items **specifically** to be sold at WCNA, and as a result, the whole thing has gotten a little out of hand. There were many problems at the last World Convention.

The WCC believes that it's time to research the purpose of said sales and how it affects the WCNA. Meanwhile, they have created a registration process by which committees can facilitate their business. Any area who needs details about this should contact the MAN for a copy of the letter from the World Convention Corporation.

(Recovery is an inside job!)

### Unity and Diversity

If you can't find it in your heart to submit some material to the MAN, then perhaps you'd rather send something to the NA Way Magazine. They are currently seeking input on the topics above to include:

Prejudice: Who is welcome in NA?

Violence in NA: An expression of disunity?

Real addicts shoot dope?: Did I use enough to qualify...?

These are just a few of the ideas on subjects for the next issue. You are always free to choose your own and if it's just too complicated for you, maybe you could send a poem or short story to the MAN...?

In either case, remember to send in an author's release to allow for editing. For a copy of NA Way's release, write the MAN with a SAE. For a MAN copy, see page seven.

### "Letting Go"

To "let go" does not mean to stop caring, it means I can't do it for someone else.

To "let go" is not to cut myself off, it's the realization that I can't control another.

To "let go" is not to enable, but to allow learning from natural consequences.

To "let go" is to admit powerlessness, which means the outcome is not in my hands.

To "let go" is not to change or blame another, it's to make the most of myself.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive.

To "let go" is not to judge, but to allow another to be a human being.

To "let go" is not to be protective, it's to permit another to face reality.

To "let go" is not to deny, but to accept.

To "let go" is not to regret the past, but to grow and live for the future.

To "let go" is to fear less and to love more.

Submitted by Burt B., Salina Ks.

I'm looking at her face,  
with all of her saving grace,  
Striving to keep up the pace.

Loneliness, it comes and goes,...  
Just like the pain.  
Dreams and feelings confused,  
When things don't work!

Trying so hard to make it work,  
Life seems to be passing me by,  
Although it's hard, trying to fly,  
Being an angel with a broken wing.

Alien PI-man, Wichita, Ks.

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Dear Mid America Newsletter,

I would like to say thank you for being there when I came in. I've been here since 3/16/92. When I came in, I couldn't read or write. I didn't know how to live without drugs. I was out there in left-field.

I got clean and hooked up with NA at the VA Hospital. It started a new way of life for me. I was going to meetings in Emporia. I got honest about not being able to read and write at the book study meeting at Pioneer group. I just **knew** I was going to get kicked out of there, but all they said was to keep coming back.

Well, from that time on, I knew I was at home. An addict named Pat M. was the RCM for the area at that time. He had something that changed my life forever...It was called a LARGE PRINT BASIC TEXT! It was made up from the regional literature committee and the Western area.\* The WSO said it couldn't be done, but we did it! It was the first book that I ever read in my life, so don't try to tell me that it doesn't work. I know through unity and placing principles before personalities that it **does** work. If I can do it, then so can you. Thank you for my life back.

Dave R., Fellowship For Freedom area

\*The MAN accepts no liability for claims made in personal correspondence.

### **Just For Today**

**Just for today** my thoughts will be on my recovery, living and enjoying life without the use of drugs.

**Just for today** I will have faith in someone in NA who believes in me and wants to help me in my recovery.

**Just for today** I will have a program. I will try to follow it to the best of my ability.

**Just for today** through NA I will try to get a better perspective on my life.

**Just for today** I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

## One Addict's Journey

(The Journals of "M".)

October 7, 1995:

Well, a lot has happened since I last wrote in you, journal. I've been used and abused, arrested and detested. So much has happened that I really don't know how to put it into words...It doesn't matter anyway. Let's just say that the ball has rolled around to the point that I have reached some sort of conclusion, or bottom, or whatever. All I can say with any honesty is that for today God is working in my life, whether I notice it, or feel it, or deny it.

I haven't had any dope or a drink since the 2nd of October. This is the first day that I've felt like doing anything other than puking. I've been sentenced to another five days in jail and a year on paper. I hope that this, coupled with the Grace of God, will be enough for me to stay clean.

My desire to stay clean is an honest one, although I really don't believe it will happen. Am I conning myself again? For my family and the sake of my own well-being, I hope not. I've checked into out-patient treatment and I'll serve my five days on the eleventh. It will be especially hard on my 5 year old daughter, who hasn't the capacity to understand my absence.

I heard at an NA meeting last night a very simple yet powerful statement. That I never "lost" anything due to my disease. I simply gave it all away through my choice to continue using, despite all consequences. This idea has made it possible for me to admit my powerlessness, when I never could in the past. It is so simple, yet profound. The fact that I am responsible for my life and the progression of the disease is the governing factor that demonstrates my lack of control over it. Hence powerlessness and unmanageability.

Another addict shared that if he was afraid of something and turned to face it, it lost it's power over him and he in turn, gained some power over it. I hope this is true with my addiction. I am scared...And I know I can't do this on my own. I thank God for the wisdom in those two minor statements, and the small amount of peace that they were able to bring me. I have one day clean!

(The MAN will run a day out of the Journals of "M" in every forthcoming issue as series. Please let me know how you feel about it. "M" is a real addict and these are the facts that took place in his early recovery.)  
-Ed.

## Looking Inside

Living my life, looking for the calm before the storm,

I never realized that it wasn't in chaos that I was meant to be born.

I had always thought that it was the way that it was supposed to be,  
Jumping hurdle after hurdle, striving just to be free.

Peace and serenity aren't just a "place" that I need to find,  
They have been there all along, just from me being kind,  
And keeping God in the forefront of my mind.

It gives a whole new meaning to the saying,  
"I feel fine."  
Going back and forth, from the will of God to mine,  
Sometimes I catch myself looking for some sort of sign.

But when I just relax and let myself go,  
I inherently know,  
It's from his presence and his gifts, only from there can I grow.

SWL, Wichita, Ks

A part of Step Four is looking at how we have been obsessed with self. Many of our feelings, and even character defects, stem from our total self-centeredness. We are like little kids who never grew up. Throughout our active addiction, and maybe in our clean time too, we continually have focused on our wants, our needs, our desires. We wanted everything for nothing. We weren't willing to work for what we wanted or pay the price. We have found that we placed extraordinary demands on everybody and everything. We wanted people, places, and things to somehow make us happy, content, and whole. Now, in recovery, we find that only God can accomplish this task.-4th Step Guide

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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: \_\_\_\_\_

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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's Prayer

Dear Lord,

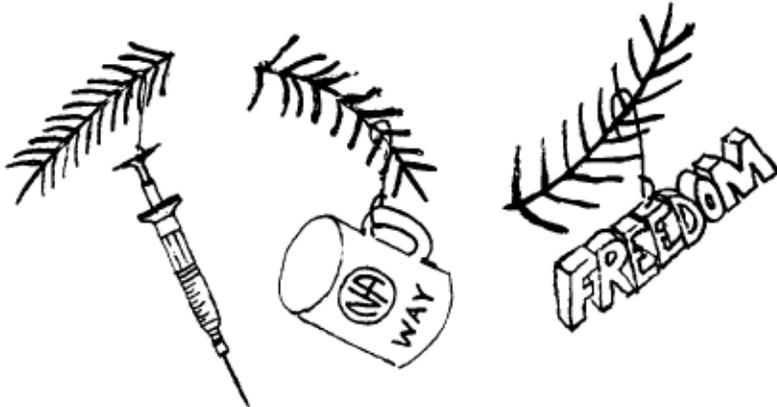
So far today, God, I've done all right. I haven't gossiped, I haven't lost my temper, I haven't been greedy, grumpy, nasty, selfish or over-indulgent. Not only that, but I haven't wanted to use dope and I'm very thankful for that...

But in a few minutes, God, I'm going to get out of bed and from then on, I'm probably going to need a lot more help.

Amen

Overheard after a Group Conscience meeting:

"Those of you who practice the principles in your lives are very annoying to those of us who don't!"



Christmas ornaments from the past, present, and future.

Some one-liners...

You're looking at the problem! (On mirror.)  
If you keep doin' what you're doin', you'll keep gettin' what you're gettin'.  
If nothing changes, nothing changes.  
You have to give it away to keep it.  
If you want to hear God laugh, just tell him your plans.  
Don't use even if your ass falls off.  
If it does, pick it up, put it in a bag, and go to a meeting.  
I'm powerless over nouns!  
Today I live!  
Higher powered, sponsor driven.(Bump. Stick.)



Problem:

Solution:

self  
lies = DEATH

love  
HP =NA

RECOVERY>DISEASE

DO THE MATH!

Are you living in the problem, or the solution?

**CENTRAL KANSAS**

The MAN has no information on any activities in this area at this time.

**FELLOWSHIP FOR FREEDOM**

- Dec. 31, 1997: Fellowship For Freedom New Year's Eve Dance  
516 E. 29th, Topeka, Kansas
- Jan. 24, 1998: Fellowship For Freedom Area Dance  
516 E. 29th, Topeka, Kansas
- Feb. 13-14: Fellowship For Freedom Area Convention  
Ramada Inn, Topeka, Kansas

**5TH TRADITION**

Last Sat. of every month: Area Birthday Night, 732 S. Broadway, Wichita, Kansas

**JUST FOR TODAY**

- Feb. 21, 1998: Pioneer Group MARSCNA Fundraiser  
614 Commercial, Emporia, Kansas
- Mar. 21, 1998: Just For Today Area MARSCNA Fundraiser  
6:00 pm-? (No other information provided.)

**MARSCNA**

- Jan. 24, 1998: Mid-America Regional Campout Fundraiser  
4-H Building, McPherson, Kansas
- Feb. 13-14: Mid America Regional Service Committee Meeting  
4-H Building, McPherson, Kansas
- Feb. 28, 1998: Plains States Zonal Forum/CAR Workshop-Dance  
4-H Building, Mcpherson, Kansas 10:00 am-12:00 midnight
- April 10-12: MARSCNA XV Regional Convention  
Holidome 200 McDonald Drive, Lawrence, Ks. 66044 (913)841-7077  
Contact #'s: Jon Mc. 316-662-1139, Kevin C. 785-862-1309  
Flat rate of \$50:00 if registered before April 1st.

**MIRACLE**

The MAN has no information about activities in this area at this time.

**UNITY**

- Dec. 31, 1997: Phoenix Group New Year's Eve Dance, 4-H Building, Salina, Kansas

**WESTERN KANSAS**

- Dec. 31, 1997: Against All Odds Birthday Night-Dance (No other info. provided.)

**WICHITA METRO**

- Dec. 27, 1997: Waterman Street Christmas Dance, 1206 E. Waterman, Wichita, Ks.
  - Dec. 31, 1997: Unity Group Open House, 807 E. Maple, Wichita, Ks. Open all day.
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