



MID AMERICA NEWSLETTER



Issue # 6

150 N. Vine, Wichita, Kansas 67203-5839 (wolfy@southwind.net)

January 1998

Letter From the Editor

F. Y. I.

Merry HO-HO, Happy Holidays, and all that rot. If I seem to be rather like a scrooge, it's because I am. I could have had a better Christmas. Of course, I could have been loaded too. Fortunately, my HP has kept me clean through another holiday. I really have much more to be grateful for than I let on.

I'm going to try something special for this issue. I am inserting an extra page (both front and back), in honor of the holidays. Think of it as the MAN's gift to you, another 2 pages of **One Addict Helping Another**.

The region is undergoing some financial difficulties. Our budget seems to be stretched to the hilt and we are calling again on the fellowship for help and guidance. After all, the region exists to serve the fellowship. It only makes sense that the fellowship should take some responsibility for how this committee functions. As a whole, the Mid-America Region of Narcotics Anonymous could use more member involvement. Dances, workshops, newsletters, and meeting lists have become almost expected from the fellowship, yet its willingness to make some these things possible is sadly lacking. Only time will tell if there are other addicts willing to get involved...

-Editor

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Wow, what a quarter! There were lots of money questions being thrown around on the committee floor. More on that in **Regional News**. There were no service questions for **Grateful Gus** again this quarter, so the editor says that if we don't get any by the next issue, we'll be discontinuing that column. We've been gettin' a few submissions for **One Addict Helping Another** and we will be puttin' out an extra page of 'em for this holiday issue, but in general, submissions are still pretty sad. The editor's been goin' to college, so guess who's been doin' all the work? You got it, yours truly! *Soooo sorry* that this issue is so late, I only have 2 hands! There might be some jokes in **Levities** that'll make up for it (I hope). Check out the **Journals of "M"** to find out how that dude is coping with life's terms, and grab a look at page 10 to find out **What's Happening**. I know some of these functions will be over by the time that you receive this, but *Ohhhhhh Welllllll!* Progress, not perfection, eh? It seems like I'm not the only one that's been whinin' lately, check out **sub-committee** reports to see how the editor is feelin' 'bout this rag. I don't know what *he's* complainin' about, *I'm* the one doin' all the work! We talked about doin' a section on clean-time birthdays, but hell, we can't even get the addict to send in a poem or story, much less when he or she got clean, so I don't know if that'll happen or not. Hope ya'll had a happy holiday season, whether X-mas is your bag, or not.

Happy Holidays

Article II

The primary purpose of MARCSNA 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.

Regional News

November Nods

The regional service committee was dominated by discussion of the optimal budget. However, before we get into that, there were a few other items discussed that warrant some attention. The region is going through more than just the financial challenges with the budget, although that seems to cast a shadow on all the business that we tried to resolve.

We have elected a new Treasurer. Congratulations go out to Belinda C. from Hutch. As of this writing, the Activities committee is without both a chair and co-chair. As a result, the lunches, dance and meeting, and everything else that the activities sub-committee is usually responsible for has been either eliminated or assigned to volunteers for the next RSC. If your group has anyone interested in these positions, please see to it that they attend the next regional meeting.

We have reached somewhat of a settlement regarding the past due funds owed by Maria C. She will begin making \$15.00 monthly payments to resolve this debt. The other 2 outstanding debts are still tied up in litigation at this time. Also, we have not been able to secure a cheaper rate for liability insurance and it looks like that we'll be stuck with the currently high rate.

Clay W. still has MRLD merchandise for sale and the newsletter is going to investigate distribution within its budget. There was much discussion regarding the upcoming GSR assembly and it was a consensus to return to the groups and find out what the fellowship wants and to confirm to it that this would be a service assembly. The Steering Committee now has a set of guidelines that are bound and the RSC voted to reproduce 100 copies of these guidelines.

After lunch, we discussed the optimal budget far into the afternoon. There were many ideas proposed, from starting from scratch in developing a new budget, to doing away with it all together and spending from one great pool of funds. None of these were agreed upon and it was decided to take this issue to the member and let him or her decide. The vote can be done line by line, or on the budget as a whole.

One thing that the committee *did* agree on was that, by and large, the groups and areas in this region were not supporting MARSCNA to the extent that was possible. It seems to this addict that more financial support from the groups would eliminate well over half of the region's financial challenges. Some of the committees in the region could further cut their expenditures with a subtle change in attitude. Just because the money has been budgeted, does not mean that it *has* to be spent. We always seemed to find the money in our addictions, why not in our recovery as well?

Sub-committee Reports

Activities: This committee is in bad shape! If it does not get a chair or co-chair, there will be no committee, and its functions will either be eliminated or done voluntarily.

Campout: This committee has decided on a menu for the campout and added a potluck breakfast for Sunday a.m. They now have the DJ and 2 speakers lined up and will set up an extra tent for shelter (22' x 44').

Convention: The merchandise is different this year. Long sleeve denims, ball caps, and car tags. They are dealing with a couple of bounced checks. There will now be a \$30.00 charge for future rubber notes.

H&I: This committee has a learning day tentatively planned for 3-13-99, with PI and Outreach. They have also cut their budget by \$1,000.00! Go team.

Literature: The chair will be attending a panel workshop in Jefferson City, MO. in late January. Requests for questions that he may take with him are the Lit. Sub-committee, stockpile, web pages and the like.

Newsletter: The editor stated that his term is almost up, so if anyone is interested in keeping the MAN going, now is the time to get involved. He is tired of doing it alone.

Outreach: Western Area's Addicts on Asphalt will be visiting Garden City, with Miracle Area beginning road trips monthly. There will be workshops on 1-16-99 in Williamsburg, and Lawrence on 3-13-99. If you are a new group, get your meeting information to the MAN.

P.I.: Ray G. is the new secretary of this committee and they have cut their budget by \$300.00. There will now be monthly meetings on the 3rd Sunday of each month to review the phone line and handbook. Contact is: Shelly Wilmore, 109 N. Elm, Whitewater. 316-799-1002

P.O. Box: Mail is flowing. Thanks John.

Steering: The interim meeting was canceled, but at the RSC, they presented a bounded copy of the guidelines which they would like to reproduce. Several bids were gone over for future conventions, both single and multiple years. Hutch and Great Bend seem to be the cities working with us the best. They will meet again to discuss the GSR Assembly on 1-31-99, at 707 Carriage Ct., Salina.

The regional service committee is a resource pool, gathering service information and experience to guide and strengthen the areas it serves. To do this, each regional committee organizes itself and performs its duties differently, according to the needs of its member-areas.

-A Guide To Local Services in NA, page 10

Around the Region

Central Kansas

This area was not present for this RSC, and the MAN has received no information about what is going on in it.

Fellowship for Freedom

FFF lost one meeting due to lack of support, and a couple of their other meetings are shaky, but they're hanging in. Even without PI and H&I, they still maintain a phone line. They are also building some policy guidelines.

Just For Today

This area reports things are going well with at least 2 fundraisers planned for the upcoming months. A congratulation goes out to Ray G. as the new Alternate RCM.

Miracle

Miracle now has new Area, Literature, and Activities chairs. John S., Deb P., and Kevin Mc. The ASC reports good attendance, despite losing ten meetings from their list. H&I remains active and the Activities will be planning function soon. They are experiencing financial challenges (much like the region that they belong to). The RCM reports a positive experience from attending the Zonal Forum.

Unity

This area boasts steady growth and attendance, with 3 new groups. New Horizons, Living Clean, and a new group in Beloit. Their growth has spread to the H&I subcommittee, and they are looking into securing a web-site. Tim C. became elected as both Alternate RCM and Activities Chair, and Von P. is doing a great job with development of the Outreach committee for the Unity area.

Western

Tom W. (Too Tall) is the new RCM for Western area. They have been busy with updating the public service announcement tapes and trying to secure a tax ID#. They have a new special interest group (Women's) in Dodge on Wed. nights at 6:30, with Syracuse back on Wednesdays as well, at 7:00.

*Check out activities for different
ASC's in "What's Happening?"*

Wichita Metro

This area donated a whopping \$380.00 to the region this quarter due to a successful activity. They have elected a new Chair, Alternate RCM, and Literature Chair. Congratulations go out to Pat B., Cherrie W., and John S. respectively. They have 3 new groups attending the ASC. Miracles Happen and NE How are new additions, with Underground returning after a long absence. They report stable attendance at all of their groups.

Mailing Addresses for ASC's in the Mid-America Region of NA

Central Kansas Area: P.O. Box 1361, Great Bend, Kansas 67530 Info Line (316) 792-1991

Fellowship for Freedom Area: P.O. Box 873, Topeka, Kansas 66601 Help Line (913) 232-5683

Just for Today Area: P.O. Box 171, Ottawa, Kansas 66067

Miracle Area: P.O. Box 998, Lawrence, Kansas 66044 Info Line (913) 749-6631

Unity Area: P.O. Box 2834, Salina, Kansas 67833 Contact numbers are as follows:

Salina: (913) 823-1988

Concordia: (913) 738-4270

Manhattan: (913) 537-7854

Hutchinson: (316) 669-6889

Junction City: (913) 762-3831

Western Kansas Area: P.O. Box 588, Johnson, Kansas 67833 Info Lines (316) 356-3764, or (800) 586-3680

Wichita Metro Area: P.O. Box 1303, Wichita, Kansas 67201 Info Line (316) 263-6366

Mid-America Region of NA: P.O. Box 8732, Wichita, Kansas 67208

My Gratitude Speaks...

World Update

Reports and Resolutions

Carl K.'s second report to the region as Delegate was quite comprehensive. He addressed many of the questions that might be floating around in the heads of our fellowship. There is still not a lot of information coming back from the world yet. The World Board and Human Resources Panel are still defining duties and procedures.

Most of Carl's report was about Resolution A. After attending the workshop regarding it, he seems to have a much clearer understanding of what, where, who it will effect, etc. If you're interested in any of these matters concerning the resolution, get in touch with Carl K., or the MAN.

He plans to attend the next Zonal Forum in Lincoln, Nebraska on 2-12-99, and has made no adjustments to the budget for 1999. In addition, he is sending an updated trusted servant list to the world so that we may start to receive correspondence directly from them. Thanks Carl K.

Alternate RD Report

Betty P. gave a clear and concise reporting of the Plains States Zonal Forum. She stated in her report that the PSZF has nothing to do with Resolution A, even though that is the topic that they chose to discuss. The PSZF is a gathering of regions that have similar thoughts and ideas that meet together to do what recovering addicts do best; share their experience, strength, and hope.

Again, this is just a question and answer session, with no decisions being made other than to declare that the PSZF is an official body. These forums are not to be limited to just Regional Delegates and their alternates. They are open to anyone who is interested, and the MAN encourages all members to attend.

Betty said that the discussion was not limited to Resolution A. A GSR Assembly, the duties of the World Services, and networks of communications between worldwide regions were also discussed. For details on what questions were asked and their answers, please contact Betty P. or the MAN, and we will gratefully tell you what we can.



WSO Price Increase for 1999

The World Service Office of Narcotics Anonymous will implement a 5% price increase on all their inventory items effective January 1st, 1999, according to a memo sent out to the fellowship by the WSO Executive Management. This increase is to cover the cost of goods, supplies, growing manufacturer's prices, and inflation.

Further cuts will involve discount allowances and changes in the Sales Policy as a whole. They will also be proposing another 5% increase in the year 2000. This addict feels that they could double their prices and recovery *still* wouldn't hold a candle to the expense of the disease.

Conventions and Functions Outside of the Mid-America Region

AVCNA XVII; Richmond, VA, January 8th-10th.

CRCNA XIV; Marlborough, CT, January 8th-10th.

BACNA VI; St. Xavier's Villa, Khandala, January 22-24th.

PLAINS STATES ZONAL FORUM; Lincoln, Neb.,
February 12th-14th.

MARLCNA XV; Lancaster, PA, February 12th-14th.

CCRCNA VII; Ventura, CA, February 19th-21st.

NUACNA VI; Ogden, Utah, February 26th-28th.

DACNA VII; Detroit, MI, April 1st-4th.

LRCNA XVII; Shreveport, LA, May 28th-30th.

For information on locations, times, costs, pre-registration, or contact numbers, contact the MAN with an SSAE and we will be happy to forward all the information we have available on these, or any other NA functions. For a list that it is impossible for the man to print, go to this web site on any PC:

<http://www.na.org/comingup.htm>



Ho, ho, ho!

One Addict Helping Another

One Addict Helping Another Addict

One day in August this last summer, I helped a friend through a cocaine overdose. During an afternoon nap on the couch, I was awakened by the telephone ringing. Upon answering the phone, a friend's younger sister exclaimed, "Please come over to our house immediately; because, my brother is in trouble!"

While quickly driving across town, I suddenly felt a sensation of urgency come over me. Upon arrival at my friend's house, I observed my friend lying on the couch, while his mother was conversing with him. I inquired as to what might be the problem; after a moment, my friend noted that he had just done a lot of cocaine. After finding out how much, I began observing vital signs and recognizing symptoms. While asking my friend questions, I noticed an involuntary muscle spasm traveling through his entire body.

Taking into consideration my experience with cocaine use, I recognized that my friend was in an overdose situation. Simultaneously, I convinced my friend and his mother the need for urgent medical care. Soon we were driving quickly to the hospital; I noticed the involuntary muscle contractions becoming more frequent and intense.

When we arrived at the hospital's emergency room, we mentioned the possibilities of a drug overdose to the nurse. Upon hearing this information, the nurse escorted us into the emergency room. Within minutes, my friend's mother and I watched the ensuing horror of a cocaine overdose. My friend's eyes would roll back in his head. I watched the heart monitor sour to one hundred and eighty-nine; and then, I saw my friend go into a massive convulsion and stop breathing!

After a slight period of time, he would start breathing again only to repeat the terrifying process of events. Subsequently, I remembered this lasting for approximately six very long hours. Eventually, my seventeen-year-old friend was placed into an intensive care unit; he finally came back to us.

In conclusion, I can only quote the Basic Text of Narcotics Anonymous, which states: "It is a privilege to respond to a cry for help. We, who have been in the pits of despair, feel fortunate to help other find recovery."

Allan W., Hutchinson Kansas

The Honor of the 12th Step!

More on Step 12

Sharing with fellow addicts is a basic tool in our program. This help can only come from another addict. It is this help that says, "I have had something like that happen to me, and I did this..." For anyone who wants our way of life, we share experience, strength, and hope instead of preaching and judging. If sharing the experience of our pain helps just one person, it was worth the suffering. We strengthen our own recovery when we share it with others who ask for help. If we keep what we have to share, we lose it. Words mean nothing until we put them into action.

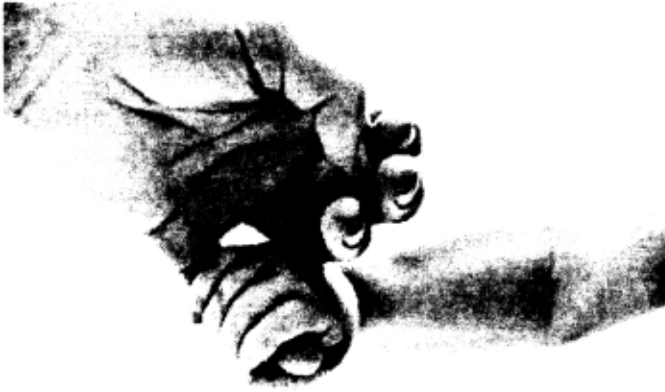
We recognize our spiritual growth when we are able to reach out and help others. We help others when we participate in service work and try to carry the message of recovery to the addict who still suffers. We learn that we keep what we have only by giving it away. Also, our experience shows that many personal problems are resolved when we get out of ourselves and offer to help those in need. We recognize that one addict can best understand and help another addict. No matter how much we give, there is always another addict seeking help.

We cannot afford to lose sight of the importance of sponsorship and of taking a special interest in a confused addict who wants to stop using. Experience shows clearly that those who get the most out of the Narcotics Anonymous Program are those to whom sponsorship is important. Sponsorship responsibilities are welcomed by us and accepted as opportunities to enrich our personal N.A. experience.

Working with others is only the beginning of service work. N.A. service allows us to spend much of our time directly helping suffering addicts, as well as ensuring that Narcotics Anonymous itself survives. This way we keep what we have by giving it away.

-Basic Text, page 56

One Addict Helping Another



Fear

Powerless as we are, living on self-will is a frightening, unmanageable experience. In recovery, we have turned our will and our lives safely over to the care of the God of our understanding. When we lapse in our program, when we lose conscious contact with our Higher Power, we begin to take control of our own lives again, refusing the care of the God of our understanding. If we do not make a daily decision to surrender our lives to the care of our Higher Power, we may become overwhelmed with our fear of life.

Through working the Twelve Steps, we've found that faith in a Power greater than ourselves helps relieve our fear. As we draw close to a loving God, we become more conscious of our Higher Power. And the more conscious we are of God's care for us, the less our fears.

When we feel afraid, we ask ourselves, "Is this fear an indication of a lack of faith in my life? Have I taken control again, only to find my life still unmanageable?" If we answer yes to these questions, we can overcome our fear by turning our will and our lives back over to the care of the God of our understanding.

Just for Today: Daily Meditations for Recovering Addicts, p2

Happy Holidays!



Happy New Year to all

Like an infant we come into the rooms of NA,
Looking for what, we do not know.
But what we *do* know, is that we need another way,
A way that we can feel better, a way that we can grow.

Blindly, we reach out to those who are older and are wise,
Hopelessly hoping that the answers will come.
We see them living their lives without all the lies,
We see their peace and we wonder...Can I have some?

So full of our fear, we're sure that we'll never make it,
Add to that seeing the disease take so many back out.
They say, "Keep coming back," so once again we just sit,
Love and warmth are still given, even when we pout.

Sometimes in whispers, we begin to ask about God,
We want to know: Does it work? Can it, will it, for me?
We begin to realize that we don't have to go back to the nod,
The steps open a door and we begin to live honestly.

Then one day we wake up and it is obvious to see,
We go to a meeting to share the good news.
That NA is a miracle, and how we are now free,
That no matter what, we never have to use.

Afterwards, we look around and there is someone new there,
We can tell by the emptiness that we see in their eyes.
They're scared and they're shaking, needing someone to care,
With handshakes and hugs, you strengthen the ties.

You tell them you know just how they feel,
You smile and you say, "Keep coming back."
Inside you feel joy and you know that it's real,
Knowing HP and recovery can get them on track.

It Works!

One Addict Helping Another

One Addict's Journey (The journals of "M".)

October 14th, 1995:

Today went pretty quick. There was little that got to me. There are 3 or 4 guys in here that I have sort of hooked up with. All of them but 1 want to stay clean (so they say). Time on the outside will surely tell. I feel that one of them is sincere because he gave me his home address and phone. Still, they are a good-humored bunch, and playing cards with them has helped to pass the time.

I hope tomorrow will pass as quickly and easily, but I fear that it won't. It'll probably snail by since it's my last day. I'm kind of stressed because I only have about 15 smokes to last the next 30 hours. Some of the other inmates owe me, so I'm sure I'll be able to collect before my release.

HP seems to have taken care of me throughout this entire ordeal. I don't know why I can't seem to just trust that he knows what he's doing. He always comes through.

Just 1 more miserable day here and then, I'm home.

October 15th, 1995:

This day is finally done. Just one more night of fitful sleep, and then it's off to the home front, and my Harley! I hope that HP sees fit to stay with me, and that I keep inviting him in.

I went to an AA meeting tonight. It started out okay, but deteriorated into when all of us were getting out. They didn't even read the preamble. When I get out and start going to NA meetings, I'm going to see about how we can get one brought in here. This place really needs it. It'll give me a chance to maybe help some soul who's feeling like I am; that he can't go on using, but that he can't stop.

The first thing on my agenda is finding a home group. None of the guys in here even *know* about NA, but I found a guard whose son goes to some meetings. He said that he'd try to bring me a list, but I'm hoping I'll be out of here before his shift tomorrow. Thank God!

It is the four pyramid sides that rise from the base in a three-dimensional figure that represent Self, Society, Service, and God. All rise to the point of Freedom. All parts are closely related to the needs and aims of the addict who is seeking recovery, and to the purpose of the Fellowship which is to make recovery available to all. The greater the base, (as we grow in unity in numbers and in fellowship) the broader the sides of the pyramid, and the higher the point of freedom.

Basic Text, page ix.

Ask Grateful Gus!

This issue's question comes from the editor. If no questions are submitted by the next issue, this column will discontinue.

"How *exactly* are the funds supposed to flow in NA?"

Below is a diagram that explains the fund flow procedure. As you can see, the group is responsible for donating to 3 places: the ASC, the RSC, and the World. As to the percentages that this is accomplished, that depends on the group, its financial condition, and the needs of each of its committees.

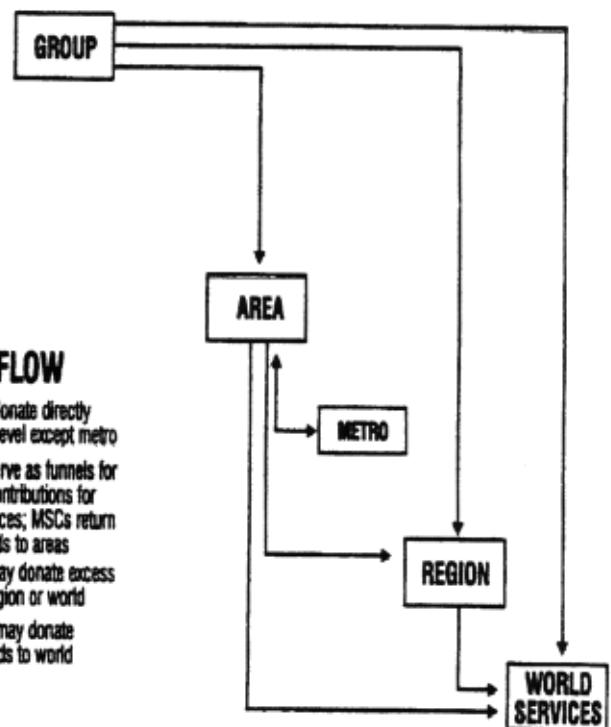
These needs change from time to time, and a smart group or committee will alter its donated funds to accommodate these changes. Traditionally, most groups and committees tend to forward all of their excess funds not necessary for group or committee survival up the ladder to the next group or committee. This should eventually should result in a greater amount of funds to the World.

It is important however, to maintain the survival of the ASC and RSC committees that are in between. As any parent is well aware, you can't feed the world if your own children are starving.

-G.G.

FUND FLOW

- 1) Groups donate directly to each level except metro
- 2) Areas serve as funnels for all group contributions for metro services; MSCs return excess funds to areas
- 3) Areas may donate excess funds to region or world
- 4) Region may donate excess funds to world



One Addict Helping Another

Our Diversity is Our Strength...

I was sitting on a park bench with my sponsor on one side, and my husband on the other. The day was beautiful. I was surrounded by recovering addicts and was very fortunate to be at the 27th World Convention of NA.

As I was looking around at all the different people, I noticed a "man of the streets" walk up and sit down on the park bench next to us. He set down his 2 sacks, which were holding his life's possessions: a tarp to keep the elements off his body, some spare clothes, and some other belongings. I could see a look of sadness and desperation etched into his face and I could feel his loneliness as he sat on that bench, smoking his cigarette.

As I looked away, I noticed an "odd fellow" coming down the street. He was walking with a light step and had a smile on his face. In his arms was a pink flamingo wrapped in a burlap bag. He had a nametag hanging from his neck like some 20,000 other addicts were wearing that weekend. As he approached, he walked over to the other bench where he asked "Mr. Lonely" for a smoke. His reply was that he didn't have any, but that he was welcome to a drag or 2 off the one he had going. Our NA friend sat down and they proceeded to talk.

After a few minutes, the happy guy got up and walked into the restaurant in front of us. A half-minute or so later, he emerged carrying a napkin. He walked over to the bench and handed it to the lonely man, who was still sitting there. They talked a bit longer, then our happy friend strolled off down the street with his light step and his ever-present smile.

Several minutes passed and I noticed the other man looking at the napkin, studying its contents. It had a telephone number and an address on it. He read it, put it down, and stared off into the distance. He repeated this several times. He finally picked up his wallet, folded the napkin ever so carefully, and tucked it carefully inside. As he did so, I heard him sniffle, and I looked up at his face to see the tears flowing from his eyes. I felt a sense of hope for him.

As he walked away, blending with the other "street people," I asked myself, "What was it that I had just seen?" It was a miracle—the diverseness of fellow addicts and how they reach out and offer hope to someone who is desperate.

From this, I learned that it is not always the "speakers," or the "gurus" that give me hope. It is the people like that happy addict with the light step that reach out and show love...Unconditionally. My heart is in NA, unconditionally.

Debby S., McPherson, Kansas

Working the Steps

Hope, Acceptance, Surrender, Sharing and Caring, Honesty, Open-mindedness, Willingness, Humility, Patience, Tolerance, Faith, and Unconditional Love.

The steps "lead" us to each of these, and more. The Basic Text speaks well to our inability to recognize principles that are evident in everyday life. "We sought help and found none..." is the foundation of why we are even here.

It is through the HOW and constant practice, that we change and achieve a new way of life free from active addiction. Our whole outlook changes. We see through a new pair of eyeglasses, if you will. We have relationships that we once never thought of. These are with God, others, and ourselves, that become wholesome and real.

"Simplicity" is the first word in our Basic Text and it characterizes a program written in such a way that those in need of its message of hope (addicts) will better identify with principles and skills that are needed in order to escape the chains of addiction. Most certainly these are the very same principles and skills that are revealed in other ways outside of Narcotics Anonymous. Although many members have shared that the NA program is "just what the doctor ordered," there are numerous individuals who have shared the success of these principles utilizing other means. They too are living happy, productive lives free from the horrors of addiction.

The only requirement for membership in Narcotics Anonymous is a desire to stop using. What keeps us here is an honest desire for recovery (change). This takes vigilance. It takes wanting recovery for more than just relief from the misery that brought us here. Once again, I state that the steps, in and of themselves, are not spiritual principles. They are venues leading us to a spiritual foundation necessary for ongoing recovery from the disease of addiction.

We entered the program spiritually bankrupt. The Narcotics Anonymous program offers us a solution to spiritual emptiness. The steps lead us to service...We freely give back what was so freely given to us. Service is a reflection of the inner change, which has occurred in us. All of our combined efforts promote NA growth and expand on the freedom that is expressed within the NA symbol. Good health and spirit,

Vinnie F.



Levities Levities Levities

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Date: _____.

Please photocopy and distribute this publication freely. Feel free to submit material, comment, or suggestions. Submissions that we are in particular need of are: service questions, opinions, original artwork, cartoons, poems, and stories of experience, strength and hope living the NA program. If you wish to aid the MAN in its fulfillment of the Seventh Tradition, please make your contributions payable to MARSCNA, and send them, along with your submission to:

Mid-America Newsletter

150 N. Vine

Wichita, Kansas 67203-5839

E-mail: wolffy@southwind.net



Each month, the MAN will publish a statement or letter of opinion from a member of Narcotics Anonymous. These submissions do not reflect the opinion or view of Narcotics Anonymous as a whole, nor does the World Service Office of NA sanction them. They are strictly the views of the person who wrote them. -Editor

A bus stops at the bus station, a train stops at the train station. On my desk at my place of employment, I have a workstation...

If Federal Express and UPS decided to merge, would their new name be FED UP?

The way that I figure it, 4 out of 5 people have trouble with fractions. (Or is that 5 out of 4?)

If children who are missing are on milk cartons, do missing husbands go on a six-pack carton?

If quitters never win, and winners never quit, how is it possible to quit while you're ahead?

It seems to be that we were put on this planet to help others. What I'd like to know is what exactly were the *others* put here for?

Do workers at a tea factory take coffee breaks?

If a man says something in the woods when there are no women there, is he still wrong?

You figure it out!

Involved?

I was at a dance recently, and I was speaking with another recovering addict whom I greatly admire. (he will soon have over two decades clean). I was taking advantage of the opportunity get some history about service and was amazed when he looked at me and said, "The same people who were doing service 10 years ago are the same people who are doing service today."

When I got clean, I had a sponsor who was adamant that I get involved and try to give back what had been given to me. I was fortunate in the fact that I was excited, rather than intimidated or frightened by service. I'm grateful to my HP for that because today, after over 3 years of continuous clean time, I can safely attribute that amount of recovery to doing service.

You see, it wasn't just the activities and duties involved with serving, but the associations with other clean addicts that I made. It's from them that I began to learn that true service permeates every area of our lives. I would have never learned that had I not gotten involved.

I don't hold the new addicts coming in responsible. Ironically, it is the old-timers who are sponsoring folks that carry the blame. Either they are not providing an example of service in their own recovery, or they are not stressing the importance of service to their sponsees. Either way, it something I am getting sick of seeing.

What's Happening?

Central Kansas

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

Fellowship for Freedom

- January 23rd **FELLOWSHIP FOR FREEDOM AREA DANCE**
6715 Westview Road (This was all the information provided.)
- February 12th-14th **FELLOWSHIP FOR FREEDOM AREA CONVENTION**
Ramada Inn Downtown Tower, 420 S.E. 6th Street, Topeka, Kansas
Pre-reg. \$12.00 Contacts: Toby (785) 233-3911, Dave (785) 234-5834

Just for Today

- January 16th **JUST FOR TODAY AREA MARCNA FUNDRAISER**
Williamsburg, Kansas Outreach Workshop, Supper, and Dance
Contacts: Denny (316) 746-5404 or Carla (316) 343-3149
- February 6th **PIONEER GROUP MARCNA FUNDRAISER**
325 1/2 Commercial St., Emporia, Kansas 7:00 p.m. Speaker and Dance

MARSCNA

- February 20th-21st **MID-AMERICA REGIONAL SERVICE COMMITTEE**
4-H Building, McPherson, Kansas Saturday night speaker and dance.
- March 13th **H&I, PI, AND OUTREACH WORKSHOP**
Lawrence, Kansas More will be revealed.
- April 2-4, **MID-AMERICA REGIONAL CONVENTION XVI**
The Ramada Inn, 1400 N. Lorraine, Hutchinson, Kansas
1-316-669-931 or 1-800-362-5018
Flat Rate-\$59.00+tax per night. For reservations use the code: "MARC"

Miracle

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

Unity

- February 14th **GIFT OF LIFE ANNUAL VALENTINE'S DANCE**
More will be revealed.
- March 13th **UASCNA 1999 CAMPOUT FUNDRAISER DANCE**
Friendship Center, Salina, Kansas More will be revealed.
Contact Tim or Joyce Comfort comfy@midusa.net
- April 17th **UASCNA AREA FUNDRAISER DANCE**
Friendship Center, Salina, Kansas More will be revealed.
Contact Tim or Joyce Comfort comfy@midusa.net

Western Kansas

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

Wichita Metro

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