



MID AMERICA NEWSLETTER



Issue # 3

623 N. Richmond, Wichita, Kansas 67203-5008

March 1998

Letter From the Editor

F. Y. I.

Well, here we are again. It's another issue of the MAN and I *still* haven't worked out all the details for getting this thing on the computer. However, I have reached the prototype stage and this issue is the guinea pig. I hope that it will actually be easier to produce next quarter. This one was so much extra work due to the learning curve that I'm not sure that I could maintain the commitment should it not become a little more expedient. I believe that this should actually turn out to be a more efficient process for publication, and who knows, maybe I'll *actually* distribute the next one in the same month as the regional. (Please, don't hold your breath.)

Submissions are beginning to trickle in and for that I am extremely grateful. Still, they are not enough to completely fill up the MAN so keep sending your experience, strength, and hope living the NA program. I appreciate the submissions of various works, but personal experiences and viewpoints are still a premium for content as far as I'm concerned. It would be nice to have a cartoon or two as well. There is some interesting items in this issue and of course, I will continue with the same basic format that the MAN has had in the past. Thank you all for your continued support.

-Editor

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Hello to all recovering addicts this quarter! There are a whole lot of things going on this time around. Not the least being the **Mid-America Regional Convention** on April 10, 11, and 12. Check out **What's Happening?** on page 8 for details on that, and other activities. If that's not enough for you, there's going to be a local **contest** for an official logo for the region. This is a really good opportunity for all of you artists to test your metal. Check out **Regional News** if finances concern you. There's a vote you should be in on regarding the **optimal budget** for the convention committee. The **CAR** hits the news this issue in **World Update** and I think there's a supplement that tells how the **Zonal Forum** went in February. There appears to be a new column yet again in **One Addict Helping Another**. Maybe if the editor would get a few more submissions from members, we wouldn't have to put up with all this "regular" stuff. Any way, it's sort of a service related **Q & A**, giving the member the chance to get some information on the service structure of NA and other related information. I hear **Grateful Gus** is going to write it, so this should prove to be entertaining, if nothing else. I *do* know that all questions who's answers cannot be confirmed in conference approved literature will probably not be addressed. (The editor is funny that way.) Here's hoping that all addicts have a great quarter and an early spring. See you in Lawrence!

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.

Proficiency Reflected

The RSC meeting this quarter was productive and shifted gracefully through each item of business with efficiency that has been somewhat elusive in recent months. Business, for the most part, was concluded timely and all were able to get past personalities to the principles at hand. The result was a meeting that accomplished much and ended punctually, with an air of levity maintained throughout.

The February minutes were accepted with only a few amendments, and the reports (with the exception of 5th Tradition), were concluded smoothly. Old business was opened with the elections of Becky S. as Activities chair, and Alan B. as the new H & I chair. A warm regional welcome goes out to both addicts. RSC Chairperson, Steering Committee Chair, Steering Committee Member, and rotation of the Regional Delegate, as well as many sub-committee positions are in need of filling at the May Regional Committee Meeting.

Debby S. reports that the Saline County Court with a wage garnishment has taken the matter of Case #97-CVS-341. She will continue to pursue the filing of papers regarding the monies owed to the region by Maria A. It was then moved to accept Article XIII as amended. This was passed.

There was much discussion at this point about the optimal budget and the funds allotted for the Convention Committee. A motion was finally arrived at to increase the committee's seed monies from \$1,000.00 to \$1,500.00 to cover the increased costs of putting on the convention. This must be voted on at the group level and I urge all members to attend their home group's business meeting and vote.

More old business consisted of an update on the Zonal Forum, a motion to ~~accept~~ the Steering Committee's definition of an abstention vote, the annual World Unity Day event, and the literature issues from the last regional. The region has decided to write off the unaccounted for inventory and given a vote of confidence to the Literature sub-committee to come up with a solution regarding the display rack.

New business consisted of basically three items. These consisted of an increase of \$100.00 for secretarial expenses, the disbanding of the ad-hoc committee for the 5th Tradition, and the announcement of a contest for an official MARSCNA logo. Clay W. committed to the writing of a letter with love and understanding to the 5th Tradition, confirming their status as a member of this region, and to indicate MARSCNA's willingness to accept them back should they choose to return. The next RSC will be held on May 17th in McPherson, Kansas. I hope to see you all there!

Sub-committee Reports

Activities: Lois W. will continue as secretary, and the co-chair position is vacant. Spaghetti will be the lunch in May, with the best sauce winning a registration to Soul To Soul. Next RSC will offer something new with games upstairs while the dance is going on downstairs.

Campout: They had an interim meeting/fundraiser in January that was success. They have also confirmed 2 out of the 3 speakers. There are still a few sweatshirts available and the next meeting will be on March 29th, at 147 W. Washington, Bridgeport, Kansas (Becky's)

Convention '98: It sounds as if they have some great speakers lined up, and are finalizing things. They are requesting that anyone selling merchandise provide a letter of authorization from their group, area, region, or provide a vendor number for the protection of the individual and the fellowship.

H & I: Approval of Learning Days, one on May 2, at Shaddock Park, 600 W. 2nd at 1:00 pm and another on March 21, Williamsburg, Ks. They will be having a workshop with PI at MARSCNA. An ad-hoc committee will get and distribute their new t-shirts. Alan B. was elected the new chair and Cindy B. new secretary.

Literature: Five areas showed up and all were doing well. There were some suggestions for involvement discussed. There was much talk about the CAR and the possibility of a literature review workshop on the 6th edition Basic Text, with Just For Today area hosting if the motion passes.

Newsletter: It's running smoothly with some new ideas for the internet and electronic distribution in the works. Past subscribers who contacted the editor by the deadline will begin to receive the MAN at their homes. There was also a financial accounting of the costs involved.

Outreach: Denny C. was elected co-chair and Kirk B. secretary. This committee is reaching out for new ideas and doing a lot of work on area boundary maps.

P.O. Box: Mostly flyers, a copy of the CAR, a literature order form and a letter on insurance. Thanks Betty P.

Steering: They talked about the guidelines and communication between Convention and Steering. They plan on updating the bid solicitation and the possible incorporation idea proposed in August. A regional letterhead was brought up with the subsequent decision on the logo contest. The next meeting will be at 2:00, on Saturday at the convention.

Central Kansas

This area is predicting activities in the future. Russell will be holding their 2nd annual dance and the area may put a fundraiser on in the future. Randy D. filled the Alt. RCM position and they've worked out some of their problems by having a special business meeting in Hays. The MAN hopes that these positions in Hays will soon be filled.

Fellowship For Freedom

An H & I workshop on March 14 should compliment the 7 H & I meetings this area supports. There is some struggling with PI, but with a healthy literature stockpile and Carl K. as the new area chair, the MAN hopes that the newcomers and old-timers can "just get along." (We'll miss you, Dave! Please keep coming back!)

Just For Today

JFT is coming along great. Pioneer Group hosted a fundraiser for MARSCNA in February and the area will host one on the March 21st. Thanks goes out to JFT for their help.

Miracle

They report that things are going well, with Nate F. sticking with PI for another year. They are lacking an Activities chair, but John G. was elected H & I chair for the coming year. Their meeting attendance is on the rise and they are donating \$105.00 to the region this quarter.

Unity

Attendance at the groups in this area is stable and growing, with a new group conceived in this quarter. It's in Salina and named Something Spiritual. H & I and PI continues to thrive with the 11 groups in the Unity area. There will be an H & I Learning Day in Hutchinson on March 22nd. They have also scheduled a Campout Fundraiser Dance for March 21st in Newton, Kansas.

NOTICE! The Convention Committee is requesting that any member, group, or area that has a previous MARSCNA banner to please bring it to the convention for display and/or auction.

Western

Strong recovery is what is reported from this area. They are going to be having their annual Whole Enchilada in Colby, Kansas on May 2nd. The New Attitudes Group in Sublette, Kansas has relocated to the Legion Hall on Main Street. (Still Tuesdays and Saturdays at 8:00 pm.) They will host a CAR workshop on March 8th in Scott City at the American Legion. Food will be provided.

Wichita Metro

This area has filled a few of its trusted servant positions, but unfortunately, has vacated just as many. Attendance seems to be wavering and a Spiritual and Free group has sadly closed its doors. Older groups are trying to gather strength as the area hosts a dance on the 28th of March. Contact is Dave S. at (316)-683-6209

Regional Ad-hoc Committee Disbands

It was decided at this RSC that the committee formed to communicate and assist the 5th Tradition area has fulfilled its purpose, and as such, is no longer needed to convene. While attendance at the area meeting was still quite small, representatives from the region filled the room, as well as many concerned members.

A motion to withdraw from the Mid-America Region was entertained. One of the three members failed to bring back a conscience from their group and as a result, this motion carried. A merger for this area and the Wichita Metro area was proposed, but not very well received. Their financial situation remains unchanged with the Anitz and Warren still signing the checks.

A line of communication was opened and offered by the Literature chair for the Wichita Metro area, but as of this printing, communication between the areas remains elusive at best. As already mentioned in Regional News, Clay W. has committed to writing the 5th Tradition a letter in the hopes of confirming their position and status as an area in this region. We hope that eventually, the problems within the 5th Tradition can be resolved and they become once again, an active area in the Mid-America Region.

Conventions Outside of the Region

DACNA VI ; Detroit, Mi., April 9th-12th
SMRCNA XIII; St. Louis, Mo., June 12th-14th

Report From the Regional Delegate

As it is Conference Agenda time, the main focus of Tim's report this time was on the CAR. This year's CAR has 52 motions in it, so the best way to understand them is probably through attendance at the Zonal Forum Workshops related to this issue. There were four representatives from the World level at the February workshop. These motions *should* technically be voted on at the group level so, if you're a GSR, it is strongly advised that you familiarize yourself with them.

It was then indicated that one could check into a Best Western motel in McPherson for business reasons for about \$5.00 a night less than for personal travel. The trip to WSC '98 is going to cost somewhat more than anticipated due to motel and shuttle rate increases. The total expense cost for the trip comes to \$1,846.70, with almost half of that allotted for the cost of lodging.

Tim has decided to seek election again to the WSC Literature Committee. If the motion passes in the Transition Group, then his nomination will wind up in the world pool. In the event of an ad-hoc committee formed to address literature projects, he will be led in that direction.

He concluded the report by instructing RCM's with regards to the tally sheet on the CAR. Should there be any questions, feel free to contact Tim S., Carl K., or of course, the MAN. We will assist in any way possible.

Alternate RD Report

Carl basically echoes Tim's sentiments on the CAR, noting the importance of getting your area's conscience. He is spending a vast amount of time reviewing the over 400 pages and trying to do some comparative contrast with the previous CAR. Since it is so detailed and large, he stresses the importance of going over it at length, for the purpose of understanding it. He also recommends attending CAR workshops (or at least maintaining discourse with those who have) to get a comprehensive knowledge of the Conference Agenda Report.

Should any RCM feel the columns are inadequate, he may add a column and entitle it, "Vote of Confidence." But as with many things in Narcotics Anonymous, autonomy is respected as to how the confidence is achieved and the tallies made. The only stipulation in the time limit involved.

"We have learned that for our Fellowship, leadership by example and by selfless service works." (Basic Text Pg.61)

Events Across the Nation

LSRCNA XIII: Irving, Texas; April 10th-12th

NJRCNA XIII: Iselin, New Jersey; May 22nd-24th

FREEDOM XIII: Kiamesha Lake, New York; June 12th-14th (GNRCI)

WESTERN STATES UNITY XIII: Casper, Wyoming; July 3rd-5th

UNIDOS PODEMOS IX: San Juan, Puerto Rico; August 14th-16 (CRNAPR)

(For registration information, contact names and numbers, addresses and costs for these events contact the MAN with a SSAE. We will be happy to provide any information we have available.)

What Can We Do?

At a group business meeting one night, someone brought up the topic of public information and the services that the area PI committee was providing. After most had commented and shared their experience, the conversation became directed toward answering the question, "What can we do?" Someone suggested that everyone think about it for awhile, pray, consult their sponsors and friends, and come back with some ideas for letting folks in their little town know that the group was there and recovery, as we experience it in NA, was available. At that moment, a process was begun in the hearts and spirits of a few members that would ultimately help the group become known in the community.

(NA Way Magazine, Vol. 15, #1)

The realm of public information is an often sensitive and misunderstood field of NA service. I ran across this article in the NA Way and it struck me as ideal in the basic simplicity inherent in it. Public information should not be formed as an "advertisement" for NA. In fact, the Basic Text talks about this on page 72 (Tradition Eleven) when it states: "Our public image is what we have to offer, a successful proven way of maintaining a drug-free lifestyle."

With this in mind, all of us, who are actively practicing the principles embodied in the Twelve Steps in our lives, are indirectly doing the work of Public Information. Most observations carry infinitely more weight than testimonials and as we lead by example, so do we also carry the message of recovery. Not only to the suffering addict, but to the general public as well. What does this mean? Well, for one thing, it means that I have yet another reason to "Keep coming back!"

One Addict's Journey

(The journals of "M".)

October 9, 1995 (Afternoon):

I spaced out my entry for yesterday. I had a pretty good day with not much strife. I played with my newfound recovery today by going by the club for a pop. Pam showed up and just watching her little addicted games brought me back to reality and out of there! I made a meeting later on a-mends. It seems that I might owe the %*#\$ some, but I'm definitely *not* willing yet.

I came home at nine o'clock, despite the full moon and my screwed up thinking telling me to "go play some pool." Who am I kidding? I'm not spiritually sound enough by any means (or physically for that matter), to be going anywhere even *near* a bar yet. At least I'm honest enough with myself to at least admit that!

I finished my First Step in outpatient treatment today and I'm sure glad to get that out of the way. Now they've given me a relationship assignment to work, but I have until I get out of jail on the sixteenth to finish it. My apprehension about being locked up grows with every hour that eight o'clock on the eleventh draws near. I hope that God will go with me and protect me from all the idiots that are there, both locked up and free. (End of day.)

I went to a meeting tonight at Spiritual and Free. We read a story out of the Basic Text of NA called, "Sick and Tired At Eighteen." It was relatively short and simple. The woman's story was only a couple of pages, but she sure says a lot! More important than the story, some of the folks that were at the meeting seemed actually glad to see me back! It gave me a feeling of belonging somewhat and I need that. I think that maybe some of the main attraction to the bars for me is the fact that I feel like I belong in them.

I seem to be losing that underlying hatred that I've always carried around. Knowing that dope is not responsible for the destruction in my life, that *I* am, I think is the reason. It is a further deepening of my First Step. I'm happy and sad about it at the same time.

Part of me has a new hope that I can at last cling to the program, while another part of me grieves for the euphoria that I've lived with for so many years. I hope that this slow spiritual awakening that is taking place in me never deserts me and that it will eventually reap a much better and longer lasting "high." I am *truly* thankful to my Higher Power for another day clean!

Ask Grateful Gus!

Each issue, the MAN will print a question about the service structure that is sent in from a member. Gus will do his best to answer them. If he can't, the member will receive a copy of the next issue of the MAN in his or her mailbox, special delivery. (Well okay, as special as the U.S. Mail gets!) Good luck!

This quarter's question comes from Lori P. out of Augusta, Kansas and she asks:

"A member I know said that their GSR was doing a good job of 'running' their group. Just how much power does a GSR hold? Can they make decisions for the group?"

I really hope that member is just mistaken in his choice of words. As the name Group Service Representative implies, a GSR is a *service representative* of the group. For him or her to do or decide anything without the conscience of the group that he or she represents is in conflict with at least three of our Twelve Traditions. This behavior would threaten the unity of the group (Tradition One), it would definitely be a case of personality over principles (Tradition Twelve), and of course, it would be a circumvention of the Ultimate authority of a loving God (Tradition Two), since he wouldn't be able to express himself in the group conscience.

Of course, if the members trust their GSR, and have given him a vote of confidence (usually this is only done in specific matters), he may vote in their behalf without a formal conscience of the members. For the most part a GSR has no "power" and is first and foremost a servant that "carries" the conscience of the members to the ASC. If one must use the term "power" (sorry, it rubs my First Step the wrong way), the position with the most would be that of the individual member. -G.G.

Lovers shall come and lovers shall go, but lovers are only
our fantasy you know?

But people who love you, people who care, are so very
special and so very rare.

The ones that will listen are the ones that will last,
They'll be friends in the future and laugh at the past.

We are the ones that *always* listen,

Our friendship *shall* last.

Friends in the future...Laugh at the past.

-James Michael S. (4-22-90)

The Looking Glass

Looking through the looking glass...
Seeing another life go by so fast.

Love and light, darkness and horror...
All seen through the eyes of an explorer.

He ponders the dream and what's real...
And wishes they would combine on one wheel.

To realize his dreams to his life...
Including for him a God-given wife.
Without any strife...Or a turning of the knife.

The glass becomes foggy, making him sweat...
He looks into the darkness, his forehead all wet.

Hope turns to fear, he has no such luck...
Thinking pain and misery is where he is stuck.

Reality returns, along with the faith in his God...
Closing his eyes, once again he does nod.

Reflecting on all the torn images of his past...
Looking through the looking glass.

-Samuel L. Wichita, Kansas

The most important results of the Ninth Step will be found within ourselves. This step teaches us a great deal about humility, love, selflessness, and forgiveness. We begin to heal from our addiction and no longer live with as many regrets. We grow spiritually and find that we are truly gaining a new level of freedom in our lives. Our past is just that: the past. We have put it behind us so that it no longer hovers on the edge of our thoughts, waiting for a chance to haunt our present.

One of the most wonderful gifts that we derive from working the Ninth Step is the knowledge that we are becoming better human beings. We realize how much we have changed because we are no longer doing the things for which we are making amends. We may not have realized how much we had changed in our recovery until now. The amends process drives home the knowledge that we are becoming truly different people. The extended nightmare of our addiction is finally beginning to fade in the dawning light of our recovery.

-It Works: How and Why Pages 93-94

A Letter from Ray

Oct 10 1997

Samuel,

In regards to your letter dated October 2, 1997. First, may I congratulate you on being elected newsletter editor for the Mid-America Newsletter. I am so happy to see that someone is interested in trying to straighten the problems we've had with the newsletter. Good luck and you have my moral support.

As to the dates you asked for; I have none. My memory is burnt and I can't find any of the issues I received. I did receive two or maybe three.

I will forgive MAN for the attitude and lack of respect the former editors portrayed. What I would like to do is, if you will mail me a subscription for the newsletter, mail you a check for on year worth of newsletters. Doing that seems like the easy way to get us straight.

Thank you, my brother, for caring.

Ray W.

Well Ray, the MAN appreciates your honesty and the return of the correspondence. You will be receiving the next four issues of the MAN (including this one) in your mailbox. You may keep your money. If, however, you feel that you want to support the MAN, you should make your check payable to MARSCNA, or send a submission in to the MAN (or both).

-Editor

Flunked Perfection Again

I made a mistake, blew it again.
What's gonna happen, is the world gonna end?

If you asked me that question a few weeks ago,
I'd have told you that I really do think so.

Recently, I've come to the conclusion,
Well, that answer was just an illusion.

For today, I flunked perfection again.
Guess what? The world didn't end!

-Judith L. 4-24-88

We pray for knowledge of our Higher Power's will for us, and we seek the power to act on the knowledge we're given. The result? We don't get perfect, but we do get better. -Just for Today (Daily Meditations) Page 59

Levities Levities Levities

Copyright Release

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

Date: _____.

Please feel free to submit material, comment, or suggestions. Submissions that we are in particular need of are: original art (small, no full page, please), 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
623 N. Richmond
Wichita, Kansas
67203-5008

Yuks and stuff

Just thoughts

Q: What happens when a suffering addict (male) walks into a women's group?

A: The fulfillment of Traditions Three and Five. (But only if he's *really* suffering!)

Q: How do you tell a newcomer at a rebounder's meeting?

A: He's the one who's never relapsed.

Q: How many Nar-anons does it take to screw in a light bulb?

A: Zero, they just stand around and watch it screw itself.

Q: How many addicts does it take to screw in a light bulb?

A: Five hundred and seventy-three, because each one has a better way of doing it than the last.

Your joke goes
here!

You ever notice how the people who complain the most about folks taking too long to share are usually the first to take up fifteen minutes of the meeting talking about "their day at work," or some such subject unrelated to the topic or recovery? Or how about the individual who always complains about how the coffee tastes, but you never see him or her making or pouring it? My personal favorite is the member who constantly grouches and whines evangelically about the poor decisions made and the "wrongful" actions taken by the group, yet is *never* caught dead at a group conscience, business, or any other committee meeting. How about the members who say, "I have no time in my life to do service because I'm working too much overtime." Yet they never drop a dollar in when the basket goes by.

Other behaviors that fall into what I call the "funny" category are members who show up only on Birthday Nights, to get their coin or keytag, and then are never seen again until their next recovery birthday rolls around. Another, whom I shall label the "I give NA enough" member, can only be found at service-related meetings and functions. There are of course, many others. I was just thinking...

-S.W.L. Wichita, Kansas

What's Happening

Central Kansas

This area is planning a fundraiser and a possible CAR workshop. (More will be revealed.)

Fellowship for Freedom

March 14, 1998 Fellowship for Freedom H & I Learning Day Session; Topeka, D & D Dance Studio, 519 E. SE 29th Street. Contact Dave R.

Just for Today

March 21, 1998 Just for Today Area MARSCNA XV Fundraiser; Williamsburg, 4:00 pm, PI Workshop 4:30 pm, Spaghetti Dinner 4:00-7:30 pm. (Please bring a salad or desert.) Speaker 8:00 pm, Clay, Kareoke/Dance to follow. Auction and raffle. Cost: Single/\$3.00, Couple/\$5.00 Family/\$7.00

MARSCNA

April 10-12, 1998 MARSCNA XV Regional Convention; Holiday Inn, Lawrence, Contact Kevin C. 785-862-1309 or dmason@cjnetworks.com

May 16-17 1998 Mid-America Regional Service Committee Meeting; McPherson, 4-H Building (Fundraiser for Soul to Soul) Dance/Games 8:00-12:00

July 3-5 1998 Mid-America Regional Campout; Milford, Rolling Hills Campgrounds
Contact Jim M. mageeco@midusa.net

Miracle

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

Unity

March 21, 1998 Unity Area Campout Fundraiser; Newton, 4-H Building.

May 2, 1998 Unity Area H & I Workshop and Dance; Hutchinson, Shaddock Park, 12:30 pm.

July 17-19, 1998 Unity Area Campout; Kanopolis, Kansas

Western Kansas

May 2, 1998 Western Area 3rd Annual Whole Enchilada; Colby, 4-H Building, Speaker and Dance

Wichita Metro

March 28, 1998 Wichita Metro Area Spring Fling Dance; Wichita, Barclay Square Apts. \$3.00 per person. Contact Dave S. 316-683-6209