



Issue #9

PO Box 975, Baldwin City, KS 66006

December 1999

***"What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live."***

*Pg. 65, 5th edition, Basic Text*

## MEETING ETIQUETTE

From The New Life Messenger, the Ottawa, Ontario, area newsletter

Danger! Reading this might help you enjoy your meetings and improve your ability to carry the message to the still-suffering addict. Narcotics Anonymous offers us many tools to use in our recovery; most important are the steps and traditions. However, the "glue" that holds our fellowship together is the NA meeting, the place we gather to share and learn and grow. Our meetings should offer fellowship, a safe haven for addicts, and a sense of welcome to the newcomer. Ultimately, every meeting's first priority should be recovery. Everything else is secondary. The "we" of NA is made up of a whole bunch of "you's" and "me's." Our behavior can make or break a meeting. With this in mind, I offer this "thumbnail inventory" of meeting etiquette. Ask yourself these questions for a look at your own meeting behavior. Maybe there's something you can change to make NA a better place.

- 1.) *Do you respect the meeting enough to get there on time and stay in your seat until the end?*
- 2.) *Do you interrupt the meeting with chatter?*
- 3.) *(Smokers only) Is having a cigarette break so important that you interrupt the meeting to have it? Do you ever miss part of the meeting because of it?*
- 4.) *Do you listen to the readings, or do you "tune out," maybe even start talking?*
- 5.) *Do you listen to the NA announcements? If you've heard the same one ten times, do you think that means everyone has?*

- 6.) *Do you ever walk into a discussion group late, share, and then leave? Do you give others the same attention and respect that you believe you deserve?*
- 7.) *When the collection for the Seventh Tradition begins, is this an important part of the meeting for you or a cue to start talking you your friends? Picture this: A newcomer hears the chairperson say, "We have no dues or fees...." but misses the rest because the room breaks into conversation. Meanwhile, he/she sees people putting money in a basket and passing it around the room. What would you think?*
- 8.) *Do you shout out your own additions to the steps or traditions readings?*
- 9.) *Is your meeting facility as clean after the meeting as it was before? If not, why not?*
- 10.) *What are you doing to make the meetings you attend better than they would be without you?*

Just like recovery itself, being complacent about our meetings can be a very dangerous thing. It has been sad to see meetings close over the years in this area for no other reason than lack of meeting etiquette. It is our duty to provide the best meetings we can, both for ourselves and for the addict who will be arriving later today, tomorrow, or the next day.  
Remember our Fifth Tradition! BK

Taken from the NA Way issue September 1996

*Submitted to The M.A.N. by Ray G. of Emporia - food for thought! KB*

## YOUR STORIES AND POEMS

### **I Am an Addict. My Name is Sherrie.**

“I’ll kill those \*\*\*\* dogs!” That is the command that six drug enforcement agents screamed at me as they surrounded me. It was a cool day of September 26, 1996 when my children, significant other, and I were packing the car to leave the state of Kansas. As we were walking to the car, trying to pack only what we needed, six drug enforcement agents ran up on us in all directions. They surrounded us into a circle, leaving us with no where to run. As our dogs were barking at the cops, my babies were crying, and we were frantic. The cops walked closer to us with their guns cocked sideways at our dogs. I put my hands in the air and walked towards the cops to turn myself in.

I can remember all those feelings. I feel as if it happened yesterday. The shame, anger, hurt, scared, tired, but most of all I felt relief. No more worrying about getting caught, no more paranoia that everyone was a cop, no more lying, cheating and stealing, and no more chasing the high that I had grown to love so much.

The arrest was very embarrassing. I will never forget how they circled me, put me down on my knees, my hands behind my back, handcuffed me, and stood me up. As they were walking me towards the police car, the cops read me the charges, then my rights. My two boys, ages two and four, at the time were in complete strangers hands and put in a separate vehicle. I can still see their faces. I can still see the tears run down their scared little faces. I can still see their arms stretching out to me yelling mommy. As they drove me to the police station I wondered if I’d ever see my little boys again.

It was a real rat race inside the police department. The detectives were walking around patting each other on their backs and congratulating each other. I hated them. I was real rebellious. I had been up for about seven days straight and was in no mood to deal with the procedure, pictures, and fingerprints.

Dressing out was not an easy task for them. I just wanted to be left alone. I wanted to eat and sleep, but they had other ideas in mind. Three detectives put me in a little room to question me. They said “ Sherrie, you have one chance, and one chance only to ever see your kids again.” They tried to trick me, and the thing that came to my mind was what my brother Randy said, “Sis, don’t ever tell on anyone.” So I basically told on myself. What I said in that room could have put me in prison for 154 months, because

of previous possession of cocaine charges in 1989.

I sat up in jail for quite some time. My charges were manufacturing methamphetamines, possession of methamphetamines, possession with the intent to sell, no tax stamp, and endangerment of my children. I could handle the drug charges but the charges that hurt me the most were the endangerment of my children. I was so embarrassed to place my children in the dangerous situations that they were in. Needless to say my bond was so high, \$25,000 cash. I sat in jail. I didn’t know anybody with that kind of money. The jail was overcrowded, ten people in a five man cell. I had been there awhile so I didn’t have to sleep on the floor. There was no ventilation, therefore the stench and stagnation was terrible. I dreaded the girls that came in on a DWI in the middle of the night because in the morning the cell would reek of alcohol. I was physically sick in jail, de-toxing from drugs with only the help of other women who had previously been in my shoes.

After about 55 days in jail my court appointed lawyer got the judge to dismiss the charges because the state kept putting off my preliminary hearing. The drug labs in Topeka were so backed up that they couldn’t get the results back in ample time to satisfy the courts, so they let me go. I found out while I was in jail I had no friends and family. In addition, my significant other of six years had walked out on me too. The day we went to jail was pretty much the last time we spoke. He had the same charges as I did, and his lawyer told him to save his ass, and that is pretty much what he did. I cried every day for a year. I didn’t understand why we couldn’t get clean together and raise our children together. But as time went by, I realized our relationship was based on drugs, lying, cheating, and stealing, and there is no way to salvage it.

When I got out of jail I had no where to go, no home, no children, no clothes, no money. I walked down the street with shorts on, a summer shirt, no shoes, on a ravaging cold November day. I was cold, angry, hurt, lost, and abandoned. I walked to the NA meeting, I opened the door, walked in, sat down, and talked to group of people I didn’t even know. They were understanding and friendly. I felt a warm sensation throughout my whole body as I opened my heart to them. All my fears were lifted, they told me everything was going to be all right, they would help me, but first I had to help myself.

I went to treatment. At treatment I met other individuals just like me, their stories are a little different, but we all share

*Continued next page*

the same pain and guilt. We all suffer from the disease of addiction. There I learned that I was not unique, and there I found out there was hope for me. I am very active in my recovery. I am now a "part of". I have a new family, one that likes me for me.

There is life after drugs. November 14, 1999 will be three years since I took my last drink, inhaled, injected, digested any illegal drugs into my body. I put my recovery as the first priority in my life, because I know if I pick up my life would fall apart. Today I live life on life's terms, I practice the twelve step program in all my affairs. I have a real job, it doesn't pay much, but it is legal. I am a good mom. I help newcomers who walk in the door scared like I was with their recovery. I give them hope and love. I listen to their fears and offer them advice on what worked for me. I am an addict. My name is Sherrie. I suffer from a disease which there is no know cure, it can however be arrested at some point and recovery is then possible.

### CELEBRATION OF RECOVERY

I have been involved with NA service for the majority of my recovery, and have found it very fulfilling and a necessary part of my program. The put three years I have been a member of this regions convention committee and this has been the most fulfilling of all. There is no way to put into words the experience and knowledge I have gained from helping organize and create such an event. I have learned patience and tolerance, unconditional love and spiritual principles that have helped guide me in my daily life I have built many cherished friendships through the years, many of which came from being part of the convention committee. The wisdom mid open mindedness I have today is owed to this, and to the people who helped teach me these valuable lessons. I can't compare any other experience to it. Working with ten or more individuals, each with their own beliefs and opinions, some of which I don't always agree with, is quite a task. Personalities may flare or clash from time to time, but the end result is a gift. The spiritual rewards are astronomical and irreplaceable. After all, a convention is a celebration of recovery, and what better way to celebrate than with the people you love and care about. I am chair for the 2000 convention in Great Bend and am anxious for the time to get here. I have been through some personal struggles to get here, but every bit of it was worth it. The things I have learned and the growth I have accomplished are priceless achievement. I'm not in this for ego or assurance. I'm in this for all the unconditional love I give and receive and the passion and devotion I have for Narcotics Anonymous. Today I am truly grateful.

Jon Mc.

### *Dope or hope - It's Your Choice...By April M. Clay*

Life in the Dope game Runnin around on the streets  
Makin big grips beatin everyone you meet  
You living a dangerous life of nothing but crime  
You hit a good lick last night, didn't wake-up with a dime  
Don't even have a cigarette, so you're out there again  
Looking for that next trick always wearin a grin  
It's fun while you're out there shootin the breeze  
back and forth to the dope man, talking double up, please  
You ask some one who's servin, finally find where it's at  
Before you take that first blast the Damn blast was a gat  
Another brother is Dead, he was in the wrong territory  
he didn't get a chance to hear the end of my story  
It's a shame what those little white Devils make you do  
You might Rob someone, hell that won't be anything new  
You Do things otherwise, You would never dream of  
You forgot all about Church and your Father above  
You look Rundown, you ragged, you don't even eat  
You beat your own people to try and get on your feet  
One day you might Realize that your life is a mess  
You might end up in prison, that might be the best  
See I've already been there, ain't no shame to my game  
The whole town of Wichita's probably heard of my name  
I've been called a scandalous person, even a strawberry  
I was tryin to get high, talk was my least worry  
I didn't care about nothin, I was moving to fast  
Fightin over petty stuff, Sometimes knocked on my ass  
Well, I finally woke up to a morning without Dope  
I guess you can say there is such a thing as HOPE  
I can think straight Today, I even notice the weather  
FORGET a rock and the dope game it's Time I pulled it  
TOGETHER  
I'm through before it's too late, Nows my chance To get  
OUT  
I'm gonna find out what having things in lifes all about  
I guess things get old and you reach the end of the  
rope,  
And you realize there's better things in life besides dope  
I hope a lot of my young people are thinking like me  
open your eyes and you can only do that DRUG-FREE  
Get a JOB, go shopping, go have some real fun  
Or stay out there baby girl, cuz I ain't the one  
I'm not trying to tell anyone, what they should do  
I'm just suggestin, besides I'm ME, and you're you  
You running around thinking you flat got it going on  
You'll just end up in prison wonderin where yu went  
wrong  
So remember, when it happens I told you with my own  
Voice  
Now it's all up to you, YOU'VE got to make  
YOUR OWN CHOICE!!!



### *Old-timer's Prayer*

God, keep me from the habit of thinking that I must  
volunteer in every  
meeting no matter what the topic. Keep my mind free  
from the recital of  
endless details and give me wings to get to the  
point. Remind me to guard  
confidences and to keep still when I feel that it is  
necessary to share  
information "just for some one's own good." Release  
me from the need to  
straighten out everybody else's thinking and program.

God, I ask for the grace to listen to newcomers.

Please help me to  
remember the patience with which others listened to  
me when I was new.  
Please seal my lips to giving advice, and help me to  
remember to share my  
experience, strength, and hope. Remind me that my  
purpose is to fit myself  
to be of maximum service to You and the people around  
me.

Help me to remain teachable, God. Teach me (again!)  
the lesson that,  
occasionally, it is possible that I may be wrong and  
remind me of the  
freedom that I gain when I am able to promptly admit  
it and make amends  
where necessary. Help me to remember the difference  
between making amends  
and saying I'm sorry.

Help me to be a worker among workers, a friend among  
friends, and an addict  
among addicts. Keep me from being a bleeding deacon,  
God, and help me to  
walk the path towards being an elder statesman. Keep  
me ever mindful that  
I cannot manage my own life. I don't want to be a  
saint, God, show me the  
way to seek you so that I may continue to grow along  
spiritual lines.  
Remind me to put Rule 62 into practice in my life. It  
is so easy to take  
myself too seriously.

Keep me free of gossip, character assassination, and  
judgment. Remind me  
that although I have humbly asked, my character  
defects and shortcomings

arise when I least expect them. Help me to walk with  
serendipity, to see  
good things in unexpected places and talents in  
unexpected people and give  
me the grace to tell them so. Help me to see that You  
love each of Your  
children, and that You do not need my opinion of them  
or suggestions on  
what they might deserve.

*This was submitted by Tim S. of McPherson and comes to us from  
a good friend of his in Iowa. (Charlotte)*

### **The Needle Talks**

I'm inviting you in to let you play my game  
I'll fulfill all of your dreams and give you a name

I've got something that you'll like, I would never lie  
You won't have to crawl anymore, you can fly high

### **Lets Really Play**

I took your family, here's some guilt and shame  
I took your identity, you don't even look the same

Your eyes are blank and lifeless, your complexion's pale  
Your weight is faltering, you really look like hell

### **Try And Get Away**

You sold me your self respect along with your soul  
You gave me your tomorrows for what's cooking in my bowl

I've taken away much more then you thought  
Your feelings and emotions were sold for what you bought

### **Your Shadow's Fading Away**

You're down upon your knees, you're losing the game  
Shove the needle in your arm if you can find a good vein

Darkness is upon you, you're wearing the smell of death  
Welcome to finality, I've taken your last breath

You Gave Yourself Away  
I wonder If Your Children Want T Play

Troi  
7/8/97

**"Social acceptability does not equal recovery."**

*Pg. 21, 5th edition, Basic Text*



## **AREA REPORTS:**

### **RCM REPORT CKA**

**11-21-99**

Hi Regional Family:

All is well in Central Area. I am happy to say that our Pratt group is back among us, meetings are Sunday and Thursday 7:00 pm open non-smoking at 113 W 4th. That makes our number of groups back up to seven. Our Area service committee is once again going through a re-building progress with a number of committee terms coming up. We are hopeful that once again we can fill all positions without leaving any vacant for very long. How every we do have a couple new sub-committee chairs, Policy is Heather B. Literature is Dale M. and P.I. is open. Attendance has been good for some groups while a few others have been very low. We have three H&I commitments in our Area, Lamed Correctional the 1<sup>st</sup> & 3rd Friday 6:30 to 8:30, Ellsworth correctional the 1<sup>st</sup> Saturday and Russell County Jail 2nd & last Tuesday of each month. The High on Life Chili Bowl 10 is set to go Dec. 4th in Ellinwood at the Knights of Columbus beginning at 4:00 pm come down and join the fun. Among the nights events is the every famous GSR pie in the eye. This year we would like to know if the Convention Chair or Alt. would like to take their place among the honored. The Russell group is planning their annual February function more details to follow. The Regional work shops that were put on in Hoisington last Oct. were very informative and fun we all learned a lot Thanks Denny, Kirk, and John. I would strongly suggest that if any of these work shops come to your Area that you make an attempt to attend. Our Area has voted on the three motions and two recommendations. Do to the fact that our Area is under its prudent reserve we are unable to make a donation this time, how ever the Hoisington group has a seventy-five dollar donation to be divided equally among H&I, PI and Outreach sub-committees.

In Service, Jay F CKA RCM

### **Just for Today Area RCM-Report**

**21 Nov.,**

1999 Hello NA Family:

*The* Just for Today Area is still alive and well. In fact we have recently added a new group to our Area (YEAH!!!), That information will follow later in the report and I have already turned over a copy of our meeting updates to the PI committee.

Our Area has a MARCNA fund-raiser scheduled for Jan. 29, 2000. There are pre-flyers available for that function. Detailed information will follow at a later date. The next batch of flyers will be sent to each group and Area Committee.

Only one group in our Area did not vote on the Regional issues because they were absent from the ASC. My

Area's votes are also at the end of this report. There were a few questions raised about the inventory process, such as:

- 1) Various inventory formats are available. Will the RSC be using one of these formats?
- 2.) Who will be facilitating the inventory? Will it be someone from outside the region?
- 3.) Will this be an inventory taken by the RSC, or an inventory of the Region taken by the groups, or both?

There is a suggestion regarding the inventory... to let the Region's Lit. Sub-committee compile the inventory and send it to the groups. As not to give the Steering Committee too much to do and the give the Lit. Sub-committee something to do, since it is "new" literature (sort of). We do seem to be struggling with getting "new blood" involved though. I realize that this is nothing unusual and unfortunately, pretty standard among all of NA.

Representing the Just For Today Area in Service,  
Ray G.

### **RCM Report Miracle Area**

Good Morning Addicts in Service:

The Miracle Area seems to be in a up-swing as far as service goes. We have a good, not great, but good influx of people to help with our H&I efforts. We now have three such meetings a week. We also have given a P.I. presentation to a Kansas University addictions class and were asked back for the next semester. We hope to start doing the same at Haskell Indian Nations University.

We have a new activities chair, who, believe it or not, has the support of a committee. There has been some new people getting involved and some meetings that were dead or near death have risen and seem pretty stable at this point. We are working through a controversy having to do with requirements to get on the meeting list. With our Higher Powers Guidance, we will come to a spiritual resolution.

Grateful to be  
Clean and a member  
Of N.A.,  
Jerry D.

### **RCM Report UNITY AREA**

Hi Family:

Unity Area continues to prosper we have at last count 15 Groups in our Area with several new groups just coming on board. Most of our Groups are doing well except for the Trusted servants positions. Our Outreach Committee is working hard to formulate new ideas on how we can get

support to the struggling groups. We have a brand new Group Starting "Together We Stand". Their first meeting will be Sat. Dec. 4th from 7-8pm at the Christian Church 106 E. Main Council Grove, KS. I am sure that they could use all the support we could give them to start their first N.A. meeting off right. H&I is doing well. with Allen B. back on as our Chair, though we could always use more volunteers to take meetings in to facilities. Although our Area doesn't have a P.I. Chair or Co-Chair we have been able to get some of the N.A. approved PSA's on Multimedia Cablevision in Salina. They air for 30 sec. on 19 different channels at least 3 times a day. I hope that we can "tag" more of the tapes to air.

Here are some upcoming activities:

Dec. 31st Phoenix Group "NA IN Y2K" New Year's Eve Dance 4-H Building Salina, KS. \$3.00 per person no addict turned away.

Dec. 31st Gift of Life "Millennium Blow Out" New Years Eve Dance 400 E. 2nd On the 3rd floor. \$3.00 per person no addict turned away.

Feb. 12th Gift of Life Annual "Valentine's Dance" 400 E. 2nd On the 3rd floor. \$3.00 per person no addict turned away.

We are also in the planning stages of a GSR assembly more will be revealed later.

One Group "Yawan" had input on the Regional Inventory, That Committees Co-Chairs communicate better with their Committees Chairs, to be more responsible in let each the Chair know if their having trouble with their position, and or getting to the regional meeting or interim meetings.

Our vote on the motion produce wallet size cards was - YES

Our vote on the motion the MARSC shall start at 8:00am and end at 5:30pm - NO

Our vote on the motion RSC officers going to a two year length of term, having to be reelected at the end of the first year. - NO

Unity Area has two motions to bring to the floor today:

1st that the RSC cease sponsoring and funding of the World Unity Day Activity.

2nd that The RSC discontinue the regional meeting list.

In Service,  
Tim C.

UNITY AREA R.C.M.

### **RCM Report Western Area**

Hello Regional Family:

Not a whole lot going on in Western Area right now. We are planning our annual "Breaking the Wind" chili feed cook-off tentatively in January. Flyers will be sent out.

Hope we have your mailing address.

We are carrying the message inside the walls. Somewhere between 30 - 40 H&I meetings a month. Elections were held and I am once again RCM. Yea!!! Not only that, we have a donation for Region today.

In Service with a Smile,  
Tom W.  
AKA: Too Tall

### **Wichita Metro Area August 15, 1999**

Greetings:

My name is Trent. I am here representing W.M.A.S.C. in Pat B's absence. Our groups brought back questions for the inventory and also voted on the other 3 questions that were brought back to the groups. The W.M.A.S.C. is also donating \$80.00 to the Region at this time. Waterman Street NA is also planning a dance January 11, 1999.

In Loving Service,  
Trent T.

### **RCM Report Fellowship For Freedom Area**

Dear Family,

Hello ya'll. Our Area is starting to come together a bit better. We now have a Alt. Chair - Tim D.: new P.I. Chair - Lindsey F.: Activities Chair - Valencia C., as well as a new Alt. RCM - Brian A. So I see our Area getting a little stronger and a little better. Looks like we are headed towards some positive growth.

Our donation will be put in the mail and sent within the next month. This will be for \$150.00. I have already talked to our Area chair on this. So this will be done.

We didn't come up with any ideas for the inventory. The other motions we did vote on and pass.

We have a couple of dances coming up. One on December 18th called the 12 Steps of Christmas put on by United Survivors/Work the Steps or Die M.F. - all right, unity is alive! This will be at Forest Park - for information call 232-love.

The other dance is a January 8th convention fundraiser - for info call Joe K. 785-379-0588 Shelly A. 785-235-3406 Tobey 785-233-3911.

It was brought to my attention that the address for the 6th annual FFF convention was wrong. It is at Days In Hotel - 914 SE Madison, Topeka KS PH 785-232-7721. The theme is Flight of Freedom. This will happen on February 11-13th.

Our H&I is alive and doing well - 5 groups.

In Service,  
Love Peace Dove,  
Kelly P.

## UPCOMING REGIONAL EVENTS!

### Just for Today Area:

#### **NA 2000**

#### **Y2K RECOVERY AND BEYOND (M.A.R.C.N.A. Fund-raiser)**

January 29, 2000

Williamsburg, KS @ the Community Center

Doors: 5pm Dinner: 6pm

Speaker: 7pm Dance: 8pm

For Information call:

Carla D. 316-343-3149 / Ray G. 316-343-6984

### Western Area

#### **11th annual Dodge City Roundup**

October 6th - 8th, 2000

Info: Laurie @ 316-225-6505

Lonnie @ 316-227-6457

Web Page:

<http://www.angelfire.com/ia/naroundup/index.html>

### Fellowship for Freedom

#### **Convention Fundraiser Dance**

January 8th

For information call:

Joe K. 785-379-0588(?)

Shelly A. 785-235-3406

Tobey 785-233-3911

#### **6th annual FFF Convention "Flight of Freedom"**

February 11th - 13th

Days Inn Hotel

914 Madison, Topeka, KS

Phone: 785-232-7721

### Central Kansas Area:

#### **Nothing to Fear dance (4th annual dance)**

February 26th

Russell, KS @ the Armory Building

### **DON'T FORGET TO REGISTER FOR M.A.R.C.N.A. XVII IN GREAT BEND!**

*What are you waiting for?*

*Your registration fees are a big help in the planning and preparation for the convention and are also used to purchase merchandise for our fund-raising efforts. Don't put it off until the last minute. Help support your Regional Convention Committee and register early. Preregistration deadline is March 31st, 2000. The convention committee also had deadlines to meet for room reservations, banquets, and brunch buffets. The earlier you register, the less likely you will miss out on something. Early registration also entitles you to special merchandise that is only available in the preregistrations packets, and will not be for sale at the convention. Take advantage of the opportunity to get an early start on celebrating recovery.*

**NAME :** \_\_\_\_\_

**ADDRESS :** \_\_\_\_\_

**CITY, STATE, ZIP :** \_\_\_\_\_

**PHONE :** \_\_\_\_\_

**I WOULD LIKE TO CHAIR:** ☐ **WORKSHOP**

☐ **MARATHON MEETING**

**MAKE CHECKS PAYABLE TO:**

**MARCNA XVII**

**P.O. BOX 2341**

**HUTCHINSON, KS 67504**

**REGISTRATION:**

**BANQUET:**

**BREAKFAST BUFFET:**

**HENLEY/MUG {ONLY AVAILABLE WITH PRE-REGISTRATION} \$25.00**

**XL \_\_\_\_\_ L \_\_\_\_\_ M \_\_\_\_\_ XXL + \$1.00 \_\_\_\_\_ XXXL + \$2.00 \_\_\_\_\_**

**NEWCOMER DONATION:** \_\_\_\_\_

**BEFORE**

**3/14/00**

**\$15 \_\_\_\_\_**

**\$13 \_\_\_\_\_**

**\$ 9 \_\_\_\_\_**

**AFTER**

**3/14/00**

**\$17 \_\_\_\_\_**

**\$15 \_\_\_\_\_**

**\$11 \_\_\_\_\_**

**PLEASE SEND SAMPLE SPEAKER TAPES AS SOON AS POSSIBLE!**

**"Working the Steps and practicing the Principles simplifies our lives and changes our old attitudes."**

*Pg. 56, 5th edition, Basic Text*

**By nature, we are strong-willed, self-centered people who are thrust together in N.A. We are mismanagers and not one of us capable of consistently making good decisions.**

*Pg. 60, 5th edition, Basic Text*

## FROM THE RSC

### TO BE TAKEN BACK TO GROUPS.

**Note:** I think that this is all the material, but it is up to the RCM's to look through the minutes and be sure that it is all here. KB

- 1.) RD and Alt. should continue on a two year rotation and the Region send the delegates to the WSC Interim meeting on the off year of the World Service Conference.

**Financial Impact:** Should save us money as the interim meeting will be shorter in time than the conference.

\*Note: There was much confusion concerning whether there was a motion or a recommendation. Some Areas didn't even take it back to their groups. As a result, Billy asked that this be taken back as a motion.

- Motion: Carl K. moved that this recommendation be taken back to the Groups in the form of a motion.

Second: Too Tall

Passed - take this back to your Groups.

- **Outreach subcommittee** is requesting the RCM's obtain information from their Groups and Areas. Do they want to have the RSC rotate, in an alphabetical order, between the Areas? Do they have an interest? Do they have the facilities and the manpower to do so? If so, how would they like to see it done (logistics)? Etc.

Currently we are renting the 4H building in McPherson for \$200.00 for the weekend. In addition, we are giving the activities committee \$200.00 for seed money. Usually the RSC pays for itself with the dance, raffle and auction.

It is felt by the Outreach committee that rotating the RSC would promote unity in the Region and give the local Area's people a chance to get involved.

**\*NOTE:** this is NOT a motion, but rather a fact or information seeking REQUEST! (KB)

- **Motion:** (out of PI subcommittee, Miracle Area and Unity Area): To discontinue printing of Regional meeting lists and in its place print small wallet cards with Area and Group phone numbers including surrounding Regional numbers as well as the World Service information.

**Financial impact:** Substantial savings.

This motion passed and needs to be taken to the Groups for them

### NEWGROUP!

Where: 202 S. Walnut, Iola, KS

Time: 8pm

When: Monday's and Wednesdays @8pm

Where: 430 N. First

Time: 8pm

When: Fridays

### LETTER FROM THE EDITOR

Here it is another issue and the submissions just keep flying in. My hat (if I wore one) goes off to Kirk, he make's this publication happen and should get all the credit for the editing and putting it all together. So PLEASE keep sending your articles and artwork, etc. in, he needs all the help he can get. As for me, I'll help when and how I can with advice (*is that what I was elected for? I don't think so!*) Look for more photos in the near future as I am constantly searching and weeding through the mass quantities I have built up. Our two main objectives are: Make this publication more entertaining, and mass produce it. So please help support it with your input.

Tim S.

### NOTE FROM THE PUBLISHER

Once again the M.A.N. is ready to hit the streets. I want to thank all of you who submitted material for this issue. I received enough work that the newsletter is one page larger than it was last time. This is GREAT and I hope that your efforts will continue. Eventually we would like to see this a 16 page publication. A bit ambitious, but with your help I think quite doable.

As a result of relatively low printing costs, we were able to get 700 copies of The M.A.N. printed and distributed this time. We hope that all who want a copy can have one. Please let your RCM know if your Area doesn't receive enough to go around, and we will make adjustments in the distribution next issue. If we need to print more, we can. The funding is available.

As usual, your comments and input is not only welcome, but encouraged. The only way that we can improve the newsletter is to listen to you, and if you don't talk we can't respond.

In closing, I want to wish you all HAPPY HOLIDAYS! Remember that there are those in our fellowship who are numbered among the less fortunate. We need to do what we can to help them through what can be a difficult time of the year. (I know that it can be difficult from personal experience.) We need to take care of our own.

Once again,  
Happy Holidays,  
Peace and Love  
(Old Hippie Talk)  
Kirk B

**"The price may seem higher for the addict who prostitutes for a fix than it is for the addict who merely lies to a doctor. Ultimately both pay for their disease with their lives."**

*Pg. 23, 5th edition, Basic Text*

**"Although we are not responsible  
for our disease, we are responsible  
for our recovery."**

*Pg. 15, 5th edition, Basic Text*



## MID AMERICA REGION GENERAL INFORMATION

### RCM's for the Mid America Region August, 99

**Ray G.** 15 W. 5<sup>th</sup> #3 Emporia KS 66801  
Just For Today Area  
Ph# 316-343-6984

**Tom W.** Box 16 Spearville 67876 Western Area  
Ph# 316-385-2900(?)

**Jay F.** 415 E 5<sup>th</sup> Hoisington 67544 Central  
Kansas Area  
Ph# 316-653-2140

**Tim C.** 963 Highland Ave. Salina 67401  
Unity Area  
Ph# 785-827-3206

**Kelly P.** 1041 Wood Ward Topeka 66604 Fellowship For  
Freedom Area  
Ph# 785-354-1772

**Pat B. (Alt. RCM)** 1030 N. Market #207 Wichita 67214  
Wichita Metro Area  
Ph# 316-269-3275

**Jerry D.** 1624 Northwood Lawrence 66044 Miracle  
Area

### Officers for the Mid America Region November, 99

**Chair:** **Tim S. \***  
501 N. Ash McPherson, KS 67460  
Ph# 316-241-6230

**Co-Chair:** **Tony K. \***  
1010 Kelly, Dodge City, KS 67801  
Ph# 316-225-4280

**Treasurer:** **Debbie S. \***  
501 N. Ash McPherson, KS 67460  
Ph# 316-241-6230

**RD:** **Carl K.**  
1753 Rd. E. #411, Emporia KS 66801  
Ph# 316-341-9332

**RD2:** **Betty P.**  
835 Nims, Wichita KS 67203  
Ph# 316-264-0803

**Secretary:** **Kirk B.**  
PO Box 975, Baldwin City KS 66006  
Ph# 785-594-2148

\*Note: Tim S. Tony K. and Debbie S. were elected at the November RSC and took office upon the close of business. They are now the current officers. Congratulations (or condolences) to them all! K.B.

### Mid America Regional's Area Hot Line/Info Line/Help Line numbers

#### JUST FOR TODAY AREA

*Emporia, Paola, Ottawa, Gardner, Osawatomie, Louisbourg*

#### FELLOWSHIP for FREEDOM AREA

*Topeka, Seneca, Frankfurt*

Help Line Number (785) 232-5683

#### UNITY AREA

*Hutchinson* (316) 662-5390

*Concordia* (785) 243-7984

*Manhattan* (785) 539-7535

*Junction City* (785) 482-3514

*Omega/Crossroads* (785) 762-6098

*Salina* (785) 823-1988

*McPherson* (316) 241-6230

*Beloit* (785) 738-3189

#### CENTRAL KANSAS AREA

*Great Bend, Hays, Hoisington, Pratt, Ellinwood, Ellsworth, Russell*

Info Line Number (316) 792-1991

#### WESTERN KANSAS AREA

*Dodge City, Garden City, Liberal,, ScottCity, Colby, Norton, Leoti, Goodland, (Guyman, OK)*

*Ulysses* Info Line (316) 356-3764

Area Info Line (800) 586-3680

#### WICHITA METRO AREA

*Wichita, Augusta*

Info Line Number (316) 554-7705

#### MIRACLE AREA

*Lawrence and Baldwin KS*

Hot Line Number (785) 749-6631

**Next RSC:**

**February 19, 20**

Please mark your calendars and plan to attend! All are not only welcome, but encouraged to attend and help make the decisions that affect this Region and the way it fulfills it's primary purpose: to "Carry the message to the still suffering addict". (Refer to Pg. 1 to see what that message is! Or, better yet, look in The Basic Text.)

Where: 4-H fairgrounds, McPherson KS

When: Subcommittees

Saturday, 2/19 @ 9:00 AM

RSC Meeting

Sunday, 2/20 @ 8:00 AM

### The Art World

This section will be devoted to art work. I know that there are many of you out there who are artists and would like an opportunity to share your work with the Fellowship. This is your opportunity. The only rule for having your work displayed is that it be NA oriented and not be profane. You may submit it as a hard copy, in which case it can be no larger than a 8.5 X 11 and I will scan it. If you choose to submit it electronically I can take it in any of these formats, BMP, GIF, EPS, JPX, JPEG, TIFF as well as a Photoshop format. Please note that all work should be in gray-scale, as that is the way it will be printed. If you submit it in color, I will convert it to gray-scale, and that does change the appearance. (You will have a more accurate rendition if you do the conversion yourself.) If you would like to submit a short description of your work, what inspired it or anything else related to it, please feel free.

Thanks, Kirk B.

The following piece was submitted by Rand G. of Lawrence KS. He tells us that this is one of his "lesser pieces" and that he donated most of his good stuff some years ago for sale at auctions. Wish that I had been around at that time to see it!

K.B.

### 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 said input that will not change the content.

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, original artwork (for the Art World), photos, cartoons, poems and stories of experience, strength and hope living in the NA program. In other words, we need any and all material that you can come up with.

