



MID AMERICA NEWSLETTER



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“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*

Note: the opinions and views shared in this newsletter do not necessarily reflect those of The M.A.N. staff, nor are they necessarily the views of NA as a whole.

*Thank you,
The Staff*

The Convention and Me

I was able to attend a very nice convention in Topeka KS where I saw a lot of old faces as well as new ones. The workshops were good for me and so were the speaker meetings. Most of all this was a time for Spiritual Highs and learning new ways to live free. I've received a lot of experience, hope and love from the people in NA. I also enjoy the dances and meeting new people from other areas of the world.

This all helps me to be able to accept that I have a disease that wants me to isolate, rather than be a part of. I am an addict and I also have cancer. My cancer is in remission right now, and the doctors have done everything that they can to this point. So you see how much it means to me to be able to stay clean one more day. There is no doubt in my mind that without NA and conventions campouts, learning days, and the love that I've received, I would be dead by now. So you see NA is my life, because without it I would have no life. I hope that in the time I have left, I can give back to the people what has been given to me. So I can say I love My Higher power, God, NA, for giving me another day to live. Thank you all. Why don't you let it help you. It will if you turn it over, after all you have everything to gain and nothing to lose but your misery. Be free and happy Just For Today.

Bryan H.
Dwight KS.

“We never have to use again, no matter how we feel.”
Pg. 79, 5th edition, Basic Text

Many thanks to all who planned, organized, and attended the sixth annual “Flight To Freedom” NA convention that was held in Topeka on February 11, 12, and 13.

I am very new to the world of recovery and having the privilege of attending this powerful and awesome inspiring event was absolutely amazing. If before attending I had any doubts or reservations about how I wanted to live my life, the convention opened my eyes, heart, and mind to the fact that there IS Life Beyond Drugs!

I heard from speakers about who I was, and saw first hand the people who I want to model my new recovery life after and become. I know that it will take time, a life time of commitment and perseverance, but with the aid of MY Higher Power, the new associates that I have acquired, and through my new NA family, I can achieve what my heart and mind believe. I have some major serious work ahead of me and I have entered into a contract with myself to accomplish all things concerning my addiction and master the challenge.

Once again thank you to all who donated their time and to all who so freely gave out “bear hugs.” I hope to see all of you in Great Bend and at all the upcoming events this year.

Gratefully Submitted
Don F.

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YOUR STORIES AND POEMS

Hello Family-

I am writing in response to the controversy surrounding the discontinuation of Soul to Soul. It is my firm belief that the individuals who are suggesting this termination have never attended this very spiritual retreat. I have attended Soul to Soul six out of the past eight years I have been around the program. I have gone to two world conventions, several regional and non-regional conventions, millions of dances, and too many campouts to count. Nothing has ever compared to Soul to Soul. This retreat has such a special place in my heart. There has been more than one year that I have gone to Soul to Soul distraught and ready to use, but left reconnected to the fellowship of NA and, most importantly, to my God. Soul to Soul is such an awesome experience that many of us consider it a second home group that meets once a year. This past year when I walked into the cabin at Camp Chippewa I felt an instant peace and knowing in my soul that I was at home. The arguments against Soul to Soul are that it is not well attended and it is not bringing enough of a profit. The attendance of Soul to Soul is something that can be remedied with more advertisement. However, the issue of Soul to Soul not being enough of a profit is disturbing. Did Narcotics Anonymous become a money making organization without my knowing about it? I have watched miracles happen at Soul to Soul. Commitments to recovery reestablished; relationships mended; hearts, minds, and souls healed. If you are a member of Narcotics Anonymous you have a say in this. Please, if you have never been to the Soul to Soul Spiritual Retreat, go before you vote to shut it down. I know there will be a huge void in my recovery if Soul to Soul is closed.

From the Heart,
Devon D.

Ray G. of Emporia sent this to me. I included it even though the author is anonymous because it speaks directly to me and I thought it might speak to others as well. KB

Untitled

I guess I have come to understand that reality is shaped by my perceptions. In coming to this program I had some very twisted perceptions, like the world owes me for the bad hand I was dealt, or if I just exert a little more force things will take a turn and go my way. Today by watching my N.A. family I see that there is a better way. As I mirror these loved ones and practice these principles, serenity comes and I no longer have to go to war with myself over values that only have the roots of "self." I would like to take this time and say I love you all, and with each step I take the hole in my soul heals. My intentions of getting out of self are getting clearer every day. And for that I am grateful.

Author,
Anonymous

I confess, I had no idea that the fellowship has as many poets as we do. Personally, I find prose far easier to write than poetry, but the majority of the work we received this month suggests that Poetry is the preferred format for you, the readers. (or at least the authors!) Keep them coming folks!!! KB

"In the Beginning"

What can I say but only few New Comers know how to say-

Will you find me,
Will I find you
Will you see me
Will I see you
Will you know me
Will I know you?

Will you see my pain and
Recognize my fear?

Will you hear me ask for help
Even if I'm too scared to speak?

Will you be my friend
When we first meet?

Will my dark cloudy skies
Turn to bright sunny skies?

Will my tears
Soon be washed away?

I was scared when I first realized just how powerless that I was over my addiction, but I finally accepted that! Taking myself to my first NA meeting – well, that was even more frightening. But I did it anyway.

Now I find myself writing this article for this newsletter and feel proud of myself for sharing and participating.

I love myself today and all of you who helped me to do so.

God,
Grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.

Thank you all!
Joyce P.
Lawrence KS

"No matter how much we give, there is always another addict seeking help."

Pg. 56, 5th edition, Basic Text

The light of the Sun
(For Struggling Women in Recovery!)

I feel the pain when I think about it. I have had a lot of time to think about it. Knowing that he is still out there. Knowing that he could call. But he never does. I tried to meet with him and he turned me down. Imagine that, he turned me down. That's a first. But I continue to go forward. I do not stop. I march until I can't stand the sound of my feet stepping in front of me.

I look for a light. The sun is too bright and a lighter will not do. I have to be able to see and yet I don't want to see too much. I look for the perfect source, and a flashlight's the best I can do. I hope to see what I need to see. (Sound like control issues to you?) I hope the light I chose is the right one for me. I hope and pray that the light I've chosen will make the feelings of the past go away. But the more I shine the light on them the more they just become a part of my life. They melt in me and become a part of me.

I did the best I could. I tried to hide. But you know what, I was still there. I found myself in the dark corners of my mind trying to get out. I had a flashlight that was loosing the juice in the batteries. (I knew I should have used duracells.) I found myself with the lighter I had in my pocket from the time I had before. Stuck again with the same amount of flare pride that I had when I decided I didn't want my dad in my life anymore.

So I continued to stumble around and I did find a treasure chest every now and again, only they were not filled with gold. They were full of feelings. My first instinct was to run. But my sponsor taught me that was not the way to deal with things and continue to stay clean. (Believe me, I did not want to use anymore, so I did what she taught me to do!) So I sat down in front of the treasure chests and I began to look through them. I found all kinds of emotions. Betrayal, abandonment, resentments, loneliness, sadness, sorrow, guilt, remorse, anger, and I felt them. See, now that I let my flashlight rest it was able to give me a little more light. I began to see that I was in the same room I was in when my father sexually abused me. This room controlled my life, up until the time I began to work on it. Hell, I kept it such a secret for such a long time that I didn't even know I had a secret. A secret strong enough for a man, but made for a woman.

I continue to work through this and I try to observe enough to know that when I have a problem that won't let go, I need to go back. Only this time I am strong enough to walk to the dark corners of my mind with more than a flashlight, I take the light of the sun with me now.

Thank You NA
A grateful recovering WOMAN!!!!

Cocaine

You choose to walk with the devil,
where only evil dwells,
where love has no real meaning,
and your soul is up for sale.
It's sad to see this happen,
to someone with so much to give,
but you say you've made a choice,
and it's how you want to live.
I don't believe it for a second,
you just don't know how to quite.
It constantly runs around your brain,
you need another hit.
It creeps into the corners,
and crevices of your heart.
Before you know what happened,
it's torn your world apart.
You fail to see the glory,
in what God has put on earth.
Pretty soon you question,
your very own self worth.
It leaves you feeling helpless,
as if you are in chains.
There's nothing good about it,
this thing they call "cocaine".

By Lana H.
Lawrence KS



“Once we find the N.A. way, boredom and complacency have no place in our new life. By staying clean, we begin to practice spiritual principles such as hope, surrender, acceptance, honesty, humility, unconditional love, sharing and caring. As our recovery progresses, spiritual principles touch every area of our lives, because we simply try to live this program in the here and now.”

Pg. 50, 5th edition, Basic Text

"Crystal"

*Look into the Crystal Ball
can you believe in what you see?
Is this a nightmare or illusion?
Hell or Reality?

*Years ripped away,
from the book of your Soul.
Is it much to late to reconcile?
Or is Satan in control?

*With every breath you take,
but as you push the needle farther,
you become farther lost in doubt.

*Angel of white, you need Rescue,
you think he is the only cure,
but he is really the Devils Demon,
killing you with each shot you endure.

*Painting pictures and fantasies
then reality comes crashing down,
while your mother stands by crying
as they put you in the ground.

*So turn away and don't be fooled,
Love is the only key,
to unlock the door to heaven
God can set you free.

*Remember, He'll never turn you away
if you ask for His Forgiveness and Love
cause Hell waits for the blind
while the Angels rise above.

Angel of Deception

Little dreamer you fly so high
to high to see
I'm the one left in the shadows
look what its done to me.

Higher than the mountains
you soar above this Hell
watching me fall more in love with you
the lonely clown caught in you spell.

You lift me up only to drop me
watching the pieces of my heart
break like grass shattering
you rip my Soul apart.

Tears falling inside like rain
into the sea of emotions inside,
you promised to always be by me
then you took my heart for a ride

You made me believe in you
was I so easily deceived
as I watched you walk away
spreading you wings.

*By Kelly (V.) T.
Hoisington KS*

I feel so hopeless and empty
Lost within myself
Like no one hears me
When deep down I know
People care when I share

I feel so trapped and helpless
Lost within myself
Like I have nowhere left to turn
When deep down I know
I'm not alone if I pick up the phone.

I feel so lonely and scared
Lost within myself
Like no one really cares
When deep down I know
There are a few who truly do.

I feel so tired and weak
Lost within myself
Like I can't go on with everyday life
When deep down I know
Bad things will come and go.

I feel so guilty and ashamed
Lost within myself
Like I've caused so much pain
When deep down I know
It's my addiction that's caused all this friction.

Betsy H.
1-12-2000

"Self-Obsession is the core of our disease."

Pg. 53, 5th edition, Basic Text

To the fellowship of Narcotics Anonymous in the Mid-America Region:

I recently found out that a motion was put on the floor at our last RSC to discontinue Soul to Soul as a Regional Function. The thought of losing Soul to Soul makes me sick in my heart. I have had the personal experience of going to Soul to Soul 3 different times. I am not sure why this particular area decided to make this motion, but my suspicions are that it is a money thing (which is not what N.A. is all about).

Now my personal experience. I have had the privilege of being an activity chair for my home group for a few years on and off. I have always served on that committee for the whole time that I have been clean. The very first lesson that I learned by serving in this position is that activities sole purpose is not to make money, but to show addicts like me that there is life after drugs. Plus these activities have taught me some social skills which I was lacking during my usage. If they break even then it was worthwhile putting on the function; and if they make money, hey, that's wonderful for a non-profit organization. And if they lose money, big deal, if they helped just one suffering addict by carrying the message (which is our primary purpose as a fellowship.)

My personal experience with Soul to Soul involves so much. I will attempt to just touch on the highlights of the times that I have attended.

1.) Because it is a small function I was able to practice "Principles before Personalities." There are a lot of different personalities in our fellowship, and the best way to practice our 12th tradition is to put yourself in an intimate situation like Soul to Soul. I walked away from there with new family every time I went.

2.) I was able to get to know and I mean really get to know some of my fellow addicts that I did not know on a personal level. I just knew about what they shared in meetings, or what I had heard about them. I was able to learn something from each and every person that attended that function. I also learned not to always believe what I hear about other people.

3.) I was able to learn how to teamwork with my fellow addicts. (I believe that one would call this unity). You see, at Soul to Soul everybody pitches in and helps with the cooking and the cleaning. We become a very tight unit. There has never been a time that I have attended Soul to Soul where addicts have come and had the fun but did not help with the responsibility. (As a member of an activity committee I can tell you that this is unusual in our fellowship from the functions that I have attended.)

4.) I had a sponsee who could not grasp a concept of a God of her understanding. She finally had an awakening at Soul to Soul. Soul

to Soul is held at a place that is so peaceful and so serene that she was able to go on a nature hike and find a God of her understanding, something she had not been capable of doing by just going to meetings and reading the N.A. literature.

5.) Soul to Soul is a spiritual retreat. If I remember correctly spirituality is the biggest principle that we have in this fellowship. I am able to go there once a year and fill up my spiritual bank. I am able to leave Soul to Soul feeling refreshed and with a new sense of hope. I am able to remain grateful for a very long time by having a weekend that is filled with love, laughter and tears. But most importantly I am able to go and let myself be free with my fellow addicts and surrender to Narcotics Anonymous.

When I first arrived in this fellowship there was a woman named Laurie who was a member of my home group. Laurie attended Soul to Soul every chance that she had. Laurie was dying from cancer and Soul to Soul was a place for her to go and have some peace in her life and let people get to know her. She was leery of letting people into her heart in meetings because she knew that she was dying. Now when I attend Soul to Soul I think about Laurie and the impact that this spiritual retreat had on her life.

So I want to make a plea to the people of our fellowship. Before you vote yes or no to discontinue Soul to Soul, make a commitment to at least attend one Soul to Soul. If, after that time you feel that our Region should no longer fund this function then make your vote. But please remember some of my experience. I was able to practice the 12th tradition; I learned about unity, serenity, laughter, sharing and responsibility. I learned to escape life's insanity for a peaceful weekend. I learned what it is like to be intimate with people whom 10 hours earlier I had never met in my life. Soul to Soul restores my spiritual bank and reminds me that I am a dopeless hope fiend, instead of a hopeless dope fiend today.

With all my love the N.A. Way
Shelley W.

"In Narcotics Anonymous, we rely on a loving God as He expresses Himself in our group conscience, rather than on personal opinion or ego. By working the steps, we learn to depend on a Power greater than ourselves, and to use this Power for our group purposes. We must be constantly on guard that our decisions are truly an expression of God's will. There is often a vast difference between group conscience and group opinion, as dictated by powerful personalities or popularity. Some of our most painful growing experiences have come as a result of decisions made in the name of group conscience. True spiritual principles are never in conflict; they complement each other. The spiritual conscience of a group will never contradict any of our Traditions."

Pg. 61, 5th edition, Basic Text

In an attempt to do my part as a contributing addict...I tried to think of a message that I could share with addicts everywhere. One thing kept coming to mind over and over again. It was one of the first lessons that I learned from my first sponsor. It was about looking for the positives in life.

I always felt that I was a positive person by nature...I tended to look at the glass as half full instead of half empty. I came to learn that I was not nearly as good at that as I initially thought. It is much easier when you are looking at another person's problems to say, "yea, but here are the positives." I found it much more difficult to look for positives in my own misfortunes. I would have a problem arise and she (my sponsor) would say to look for the positives. She required that I find at least 3.

Easier said than done when you really want to be on that "pity-pot" (even though it took a while for me to realize that is what was really behind the inability to see the positives). Sometimes it was so basic as: (1) I am alive today; (2) I did not use today; (3) I talked to someone about my problem today. As time went on, it became easier to find positives in the negatives in life. I speak with youths at a local juvenile detention/shelter center weekly. And I try to point out to them that for every negative there is a positive...you just have to look for it. Example: yes you are locked up, but think about what positives you have; okay, so you relapsed, but what did you do about it; yes, you are having difficulties in your relationship, but there are some positives here;...etc. You get the idea.

From my experience I have found that the more you practice this, the more a habit this becomes. Sometimes I find myself doing this just as a reflex, sometimes I still have to work at it. One thing I do know, just like everything else, with time an use, it gets easier.

So next time you are on your pity-pot, give it a try. Look around you, are things really as bad as they seem? My experience is that if I am alive, clean and free, then all I have to do is maintain and things will change. And change is not always better, just different, but that is another story (so to speak). Thanks for giving me the chance to share today a little bit of my experience, strength and hope with you, another addict.

Dori D.
Hutchinson KS

Soul to Soul, a Spiritual Journey

I suppose all good things must come to an end. But before you vote on ending Soul to Soul spiritual retreat as a regional function, please allow me to share my experience.

I was new to the program when I was invited by a friend to attend my first function. That function was Soul to Soul. I am not an outgoing person, and I only knew one person who was going, the person who had invited me. Since I had to work that Saturday, I was to meet my friend at the retreat. Well, that in itself scared me. I never went anywhere by myself. On the way there I got

lost, called my sister and told her I was coming back home. She finally was able to calm me down and convinced me to continue on my journey. And what a journey it was to be. My biggest fear was that my friend wouldn't be there when I got there and I would be stuck with a bunch of people I didn't know. My sister convinced me that this was a silly notion. So, on I went. When I arrived at the retreat, my friends car was there and relief swept over me. However, that was short lived feeling. When I stepped into the cabin only a small group of women were gathered around a table talking. My friend was no where in sight. I was told that a few people were out on a hike (for two more hours). Oh Dread!!!! But this beautiful woman got up, gave me this wonderful hug, and said "welcome." I instantly felt at ease. The rest of the weekend was undescribly spiritual. We talked, we laughed, we had meetings, we prayed, we cooked, we ate, we played, we went on a hayrack ride, and we got very little sleep. We walked to this beautiful outdoor chapel, with views that filled me with awe. I felt so serene and at peace there. I felt loved and accepted. When I returned home the next day, my emotions were raw. I was so full of serenity, peacefulness, spirituality and love that I ached. I convinced several members of my group to go with me the next year.

I have gone every year since with the exception of the last year. Every year, the people from our group have taken a newcomer with us. How can I describe to you what Soul to Soul has meant to me? First, the woman who hugged me: two years later, right after the retreat, I asked her to be my sponsor. You can never imagine the gifts of love and spirituality this woman has given me. Since I am not an outgoing person, I might never had gotten close to this woman who plays such an important part of my life. I now understand what spirituality is. I've learned about serenity and peace. I look so forward to the peacefulness of the retreat. Because it is a regional function, I get to see people who don't normally attend larger functions or get outside their home group very often. Although this function is open to anyone to attend, it is not for everyone. Some people don't care for the closeness, the intimacy, the raw open emotion that the retreat enhances. However, this function fills my soul with so much love and spirituality that I know if it were no longer a function I would miss it deeply .

Could the money we raise at the fundraiser go for something else? Sure, if we chose to support the fundraiser. But there are be a couple of things that we should keep in mind before we vote There are many ways to carry the message. For some this function is more than just another function. What price do we put on spirituality? Why stop something that is based on spirituality? Isn't that what this program is based on? I know we have to be financially responsible, however, must everything be based on money? Doesn't this weaken the principles of our program? I can't tell you I wouldn't be here if it weren't for that first Soul to Soul I attended. However, I can tell you that Soul to Soul has made a profound difference in this addict's life, and continues to today. Thanks for letting me share.

Stacy W.
Emporia KS

**“We” or “They”,
“Us” and “Them”**

Ask yourself this question: Where is the unity in “us” against “them”? The reason I ask this question is, while doing service work I am constantly hearing different people refer to “them.” I hear people at the group level who choose not to do service work referring to those who do as “them” or “they”. Such as: “They” run the business meeting or the group. “They” don’t really care about what the individual members want...etc. I’ve heard people who attend the business meetings and do service referring to those who don’t as “they” also. For example: “They” don’t care about the group. “They” are apathetic.” It is not just at the group level that I have heard this sorrowful message. “We” seem to have slipped into an “us” against “them” mentality. I have heard individuals say, “They” (the RSC) doesn’t listen to the groups. “They (the RSC) do want “they” want regardless of what the groups want. “They” (the groups or areas) are apathetic. “They” (the groups or areas) don’t get involved unless something really gets their goats. I have heard this from individuals, groups, sub-committees & committees. I have even heard WSO being referred to as “them.” Don’t get me wrong; I have caught myself using “them” often. But since I have become aware of this in myself, I have noticed that this reference of “they” only causes disunity. I have read the book and I may be wrong, but I have never noticed the book referring to any recovering addict or group of recovering addicts as “they” or “them.” It seems to me, when we use “them or they,” “WE” are in direct conflict with the steps, traditions, and concepts of “our” program. When “WE” use “they,” we become part of the problem. Basically what it comes down to is the “Blame Game.” When “WE” say “they,” we aren’t taking responsibility for our part in the situation. We are saying what have “they” done for “us” lately, when “WE” should be asking “what can we do to make things better.” There are solutions. The theme at the last RSC seemed to be more open lines of communication. Here are few suggestions of my own.

1. Groups can let their GSRs and RCMs know what is expected. Generic votes of confidence are a cop out. Yes, our RCM’s, GSR’s and sub-committees should have some ability to make decisions, however, we need to let our expectations be known.
2. Don’t get caught up in the heat of the moment. Not everything is an emergency and, by treating things this way, we are excluding individuals, groups and areas from the decision making process. This in turn causes mistrust.
3. Stop putting things off until it becomes an emergency. (See above.)
4. Don’t be apathetic. Voice your opinion, get involved, let your service workers know what is expected.
5. Read!!! Read GSR and RCM reports. Ask for a copy of the regional minutes. Ask questions, relate your thoughts back to your

service workers.

And last, but not least, ask yourself: Am I taking responsibility in my group, area, region, or am I placing blame by using “they.”

Thanks family for letting me share.

In loving Service
Stacy W.

From the Publisher:

I want to take this time to thank all of you who contributed to “The M.A.N.” this quarter. It was looking grim a couple of weeks ago, only three articles had been turned in and those three didn’t quite fill one page. I asked the Fellowship for help (via e-mail) and was flooded with material. The people who got my message passed it on to those without e-mail, and you all responded.

If you don’t see your material in this issue, please be patient. It will be in the next issue. Some of the material came a little too late to get it entered, but I have filed it into next quarters folder (envelope) and will use it then.

So once again, Thank You and Congratulations. Communication did work this time.

*Peace and Love
(Old Hippie Talk)
KB*

Rrrrrrrrrribit!!!



...Tradition Nine speaks of anonymity. When the Ninth Tradition exhorts NA, as such, never to become organized, it is telling us that we ought not create a governing hierarchy, a top-down bureaucracy dictating to our groups and members. As we noted in the Second Tradition, our leaders are not governors but servants taking their directions from the collective conscience of those they serve. Our primary purpose, not the personalities of our trusted servants, is what defines NA, as such. To reinforce the anonymity of Tradition Nine, our groups, service boards, and committees practice various systems of rotating leadership so that no one personality ever dominates.

Pg.193 “It Works How and Why”

EDITORIAL

By Kirk B.

March 13, 2000

I'm a concerned addict; my name is Kirk. At the outset let me say that this letter is not being written as a representative of any Group, Area or the Region; just as a concerned addict. I have attended the RSC for the last three years and each year we have a great deal of controversy concerning the "Budget." I think that this controversy has driven addicts from attending the RSC and has contributed to the perception that all we do is argue during these meetings. I further think that there are some simple solutions to this problem that we as a Fellowship might want to look at. The items I am going to present here are by no means all-inclusive, nor are my ideas necessarily the ones that the Fellowship will want to act upon. They are being presented as a starting point for discussion in your Areas, Groups and with individual Addicts if you choose to pursue this issue.

I believe that our Financial Policy is fine as far as it goes, but needs some refinement. Below I have listed all that I have found in our Policy handbook concerning our Financial Policy. There may be more; if so it isn't easily found.

ARTICLE XI

FUNDS

PASSED 5/15/94

A. All funds collected from Area contributions or any other source are given to the Regional Treasurer who shall deposit them in a checking account maintained for that purpose. The checking account shall have cosigners on it and require more than one signature.

B. All expenses shall be paid by check.

C. All expenditures must be approved in advance by the RSC.

D. All expenditures must be approved by simple majority vote at RSC business meetings.

E. Quarterly, all funds above prudent reserve not budgeted are forwarded to WSC.

F. MARSCNA shall make funds available to assist the Regional Delegate and the Alternate Regional Delegate with designated expenses incurred due to attendance at the World Service Conference each year.

G. Budgeting: All subcommittees shall submit to Steering Subcommittee their proposed optimal budget at the February RSC for the next year's budget. All subcommittees shall submit to the RSC a written expenditure report at each RSC.

H. Prudent reserve shall be set by the RSC as deemed necessary at the May RSC for the following year.

The following can be found in the "Motions that have passed regarding the administrative function of M.A.R.S.C.N.A." section of the minutes.

Motion: To make all business conducted at RSC take effect at the close of that RSC.

Intent: To aid treasurer and various subcommittees conduct business more expeditiously between RSCs and provide clean budgetary guidelines

I think that this policy is vague enough that there is confusion concerning what a "Optimal Budget" is. The dictionary defines "optimal" as:

op-ti-mal (òp'te-mel) *adjective*

Most favorable or desirable; optimum.¹

and budget as:

budget (bùj'ít) *noun*

a. An itemized summary of estimated or intended expenditures for a given period along with proposals for financing them: *submitted the annual budget to Congress.*

b. A systematic plan for the expenditure of a usually fixed resource, such as money or time, during a given period: *A new car will not be part of our budget this year.*

c. The total sum of money allocated for a particular purpose or period of time: *a project with an annual budget of five million dollars.*²

This gives us three different definitions of the word budget and it seems to me that we use all three at various times. I believe that we would do well to determine which of the three the Fellowship wishes us to use (or define it for themselves) and stick to it.

I further believe that we need to find out from the Fellowship how we are to deal with unexpected expenses. In the past, the RCMs have voted to allocate funds from the general fund (funds over and above the "budget"). This does fall in line with our "Concepts" as I understand them. Furthermore, as far as I know, this is a common practice for businesses and organizations, but this may not be what the Fellowship wants us to do. This last RSC we voted to dip into our prudent reserve. My own understanding of a "Prudent Reserve" is that it is a separate fund that is not to be touched at any time except the in case of a financial shortfall, in which case the money is to be used for the conducting of essential business with no "frills" attached. This understanding may be faulty, or the Fellowship may want us to use the funds in a different fashion. This remains to be seen.

Another thing that the Fellowship could do to help us with our budget is go "electronic." There are many programs on the market that are geared toward this. Two that I know of are "Quicken" and "QuickBooks Pro." With either one of these, the treasurer (or one of the accountants we have in the Fellowship) could set up a standardized format which could be passed on to each succeeding treasurer thus helping to eliminate confusion. Both of these programs are easy to learn and could be taught to the new treasurer in a few hours. The programs are capable of printing off a complete

set of transactions for any given time period (RSC to RSC) and at the end of the year creating a “end of year” statement which I think would help the Fellowship as a whole understand where their money has gone. I believe that this would help with the RSC’s accountability to the Fellowship.

Another area of concern is the amount of money we send to World. So far this year we have sent \$7,489.60 on to World and while this is commendable, I can’t help but think that we could be using these funds in our Region to help Addicts here. We have an Area that has no phone line or meeting list because of the expense, and I’m sure there are Areas that could use more literature than they can afford. It may be that this Region wants all funds over the budget to go to the World office, but perhaps if they knew of issues such as those just listed they would opt to keep more money at home.

I think that the formation of a committee that included one representative from each Area as well as one or two of the accountants that we have in the Region to look into these and other issues relating to the Regional finances would help us all do a better job of representing Addicts in our Region. I think that the representatives from each Area ought to be determined by each Area, as they are better qualified to pick people who have the interest and qualifications that the Area is looking for.

These are just a couple of suggestions. I hope that I have not offended you or anyone in your Area and or Group. My objective is to look at what we are doing and see if there might not be some solutions to some problems that I perceive. It should be noted that these are problems that I perceive, and they may not be problems for anyone else. If that is the case, ignore this letter, or, better yet write me and let me know. I’ve been known to be full of “stuff” before and this won’t be the last time I am, if indeed I am.

In Loving Service
as a Concerned Addict,
Kirk B.

¹Excerpted from *The American Heritage® Dictionary of the English Language, Third Edition* © 1996 by Houghton Mifflin Company. Electronic version licensed from INSO Corporation; further reproduction and distribution in accordance with the Copyright Law of the United States. All rights reserved.

²*Ibid.*

The Twelve Concepts of N.A. Service

1. To fulfill our fellowships primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.
2. The final responsibility and authority for NA services rests with the NA groups.
3. The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it.
4. Effective leadership is highly valued in Narcotics Anonymous, leadership qualities should be carefully considered when selecting trusted servants.
5. For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.
6. Group conscience is the spiritual means by which we invite a loving God to influence our decisions.
7. All members of a service body bear substantial responsibility for that body’s decisions and should be allowed to fully participate in its decision-making processes.
8. Our service structure depends on the integrity and effectiveness of our communications.
9. All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.
10. Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.
11. NA funds are to be used to further our primary purpose, and must be managed responsibly.
12. In keeping with the spiritual nature of Narcotics Anonymous, our structure should always be one of service, never of government.



AREA REPORTS:

Central Kansas NA Regional Report

Hi, NA family. There is a lot going on in CKA- The CKA has strong support from all seven of its groups. Hoisington is trying a Friday night candlelight meeting at 10:00pm in their regular meeting facility.

HOL is re-opening its women's meeting on 2-22-00 at 7:00pm at their scheduled meeting facility.

Russell has a new Step Working Guide meeting on Tuesdays at 8:00pm in that same little church.

Lamed is moving their meeting location to the church Annex, across the street from the courthouse, out of the State hospital.

Russell's 4th Anniversary blowout is February 26,2000 (next weekend) along with the Area Birthday Night, scheduled to start at 4:00pm until (?) at the Armory Building (see the Flyer). A 12 Concepts Learning Day is being planned in CKA for April 22,00. The details for this day are being worked out as we speak.

The PI Chair has been taking Lit. into the Crisis Centers and putting Info flyers throughout our Area. The H&I Chair has requested help in taking a meeting into the Lamed LYCOL (juvenile facility). Contact Mike G. - (316) 285-2842 - if interested. Russell Co. jail meeting has been closed, due to the facility's lack of a secure place to hold meetings.

The new officers elected are CKA Chair- Susan B., CKA co-Chair- Kristen S., Treasurer- Greg B., RCM- Brian S., RCM 11 - Sally O. Congrats everyone.

The CKA Secretary's position has been vacant for 2 months. Heather B. has been generously giving her service as acting Secretary. Thanks, Heather.

Our Area wants to give their thanks to Jay F. for his tireless efforts in selfless service as our outgoing RCM. Great Job, Jay.

CKA is donating \$100.00 to the Region.

In Loving Service,

Brian S., RCM

FFF Area RCM-Report 2/20/00

Hello Family,

Area Family is doing well, except for a problem with a member not understanding the concept of "Principles before Personalities." It will however be straightened out. Our apologies; we were unable to have our Area meeting last month.

Convention went off real well. There was a lot of attendance, and some really good workshops.

All motions were taken back to groups but not voted on, therefore we will have to abstain on all votes. Once again, our apologies.

In Loving Service,
Brian A. Alt. RCM

Ps. We made our donation of \$30. We are once again caught up.

Hello Family,

This is my last time as RCM. It has been both an honor and a privilege to sit with this body. This doesn't mean that I will stop coming to this body. I will be here because of the fellowship and the opportunity to learn from new people.

In Loving Service,
Kelly P.

Just for Today Area RCM Report

Hi Family,

The Just for Today Area is in a "state of flux." We have had a new group join the area (New Hope) and another group fold (Garnett). So I do have group updates that I have turned over to the PI chair, and I will also include them in this report. They are as follows:

Emporia-Lyon Co.

The New Hope Group
202 E. 12~ Ave, PO Box 306, Emporia, Ks 66801
Tuesday, 8:00 PM - Open, N
Thursday, 8:00 PM - Open, N
Friday, 8:00 PM - Open, N

One Day at A Time Group
1021 E. 1r Ave, Emporia, KS 66801
No Longer Meeting

The Pioneer Group
1107B Commercial, Emporia, KS 66801 Monday, 12:00 Noon - Open, N, D
Monday, 8:00 PM - Closed, D
Tuesday, 8:00 PM - Open, N, D Wednesday, 6:30 PM - Open, D
Wednesday, 8:00 PM - Open, B Thursday, 8:00 PM Open, N, D
Friday, 12:00 Noon - Open, D
Friday, 7:00 PM - Open, D
Saturday, 8:00 PM - Open, D, C Sunday, 10:00 AM - Open, N, D
Sunday, 7:00 PM - Open, B

Iola-Allen Co.

The "24 Hour" Group of Iola
202 Walnut, Iola, KS 66149
Monday, 8:00 PM - Open
Wednesday, 8:00 PM - Open and
430 N. First, Iola, KS 66149 Friday, 8:00 PM - Open, B

continued next page

Ottawa-Franklin Co.

Alive'n Kickin'

203 E 40, Ottawa, KS 66067

Tuesday, 8:00 PM - Open, N

Thursday, 8:00 PM - Open, N

Sunday, 8:00 PM - Open, N, C

Garnett-Anderson Co.

Garnett Group

3'd 8L Vine, Garnett, KS

No Longer Meeting

Just for Today Area

PO Box 171, Ottawa, KS 66067

Emporia, Iola, Ottawa

That's all the updates for today. This will make our meeting list "up to date."

Also, here is the conscience of my area regarding the motion about the Regional Meeting List and the general result from the Outreach Committees request for feedback:

Discontinue Printing Regional Meeting List: Resounding NO!

Rotating the RSC:

My Area feels that rotating the RSC would actually be counter productive to getting more involvement. The rotation would create lengthy drives for the current and future trusted servants at some point.

There is some discussion in the JFTA about getting an "information" line. This will be finalized next week (Feb. 27, 2000). So, hopefully I'll be able to give the news at the next RSC.

In loving Service

Ray G.

RCM Report

Miracle Area

Good Morning fellow Addicts:

Miracle Area is alive and well. With spiritual guidance we worked through our problem of who should be on our meeting lists. It is very nice to have addicts come here from Miracle Area for the first time, I hope they come back. I think that the Area as a whole has a renewed enthusiasm. We now have an activities committee that is a committee. They are very enthusiastic and excited and it shows. There is now a regular game night every Friday night at the club house and there was a sleepover this last Friday night. (I just heard it didn't happen!) March 11th is a dance for M.A.R.C.N.A. (a

fundraiser). We had several more people go through orientation for Douglas County Jails and the Youth shelter meeting has begun. One meeting, Flicker of Hope, has ended, however, the other meetings have been pretty stable.

We are donating \$105 this quarter and our Area has voted to increase our quarterly donation by \$15 starting next quarter.

Grateful to serve,

Jerry D.

RCM Report

UNITY AREA

Hi Family:

The Unity Area Service Committee is struggling right now. We have no one serving in our P/I committee or Outreach committee. Also we need help with the Secretary position and several other co-chairs positions. I hope these positions can be filled soon.

We have had 2 groups fold in the last 2 months Something Spiritual and Key to Freedom both in Salina, so we are down to 12 Groups

Our Area feels that the Motion that we brought to the Regional floor last November needs to be redressed; that the RSC cease sponsoring and funding of the World Unity Day Activity. Because an Area brought it to the floor, it is our understanding that it should have automatically gone back up to the Groups. Instead it was voted down by the RCMs. So we will be resubmitting this motion today in old business.

Our vote on the motion about whether the RD and Alt. RD should continue on a 2 year rotation was – YES

Our vote on the motion on whether to discontinue printing of the Regional meeting list and, in its place, print small wallet cards was - YES

Since our Area has been the host of the Regional meeting here in McPherson, we were torn about the idea of rotating it and felt best that we listen to the other Areas

Unity Area has several New motions to bring to the floor today, that we will be bringing up in new business.

On a personal note, this will be my last time serving as the RCM for Unity Area at the Region. Ted R. will take the reins in April. I will still be hanging around and probably serving in other areas of service. The last year has been quite a learning experience for me. I want to thank you all for the time and patient that you have shown me.

In Service,

Tim C.

UNITY AREA R.C.M.

**RCM Report
Western Area**

Hello NA Family:

Well another "Breakin the Wind" chili feed is in the books, with the Cimarron H.O.W. Group hanging on to their championship. Although work kept me from attending, I heard it was a real gas.

The spiritual retreat is set for May 20th and 21st at Scott Lake, Scott City at Camp Lakeside – cost is \$38 and it includes three meals and sleeping rooms. Bring your own bedding and snacks.

We do have a motion to be brought to the floor.

We do have a outreach chair now and she is doing a great job of getting the road trips going. Other than that, not much going on.

Hope to see ya all at the convention in April. By for now...

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

Wichita Metro Area

February 20, 2000
Alt R.CM Report - Wichita Metro Area

Greetings all,

We are still growing as an Area, with bumps and scrapes along the way. The groups are strong with many newcomers attending meetings. Our H & I and PI committees are working to keep this movement alive.

We have had several events for recovery, all were successful and well attended. We'd like to thank all who came and supported the WMA.

The area groups have votes on the questions to be placed on the RSC floor, and we are making a donation of \$80. 00 to the Region.

The Wichita Metro Area is sponsoring a MARCNA XVII fundraiser on Saturday, March 25, 2000 with an accompanying workshop on meetings, meeting leaders and their responsibilities. Possibly a CAR workshop also. More information will be forth coming. Please come join us on March 25th in Wichita.

In service to NA
Pat B.
Alt. RCM
Wichita Metro Area

"Getting to Know Your Sub-Committee"

I was given the assignment to tell you a little bit about the Regional Literature sub-committee. This is connected with a new column which should be appearing regularly in the MAN entitled: "Getting to Know Your Sub-Committee."

Our sub-committee meets every 3 months on Saturday of the Regional meetings. Our task in the past has been to evaluate literature to be sent to the World level or to evaluate literature being sent down from the World level. The most visible thing you see at this time associated with our sub-committee is the MAN (the newsletter that you are reading right now). Since plenty of adequate literature is available and new literature has dwindled, we are now at a point where we are looking to identify other things that the literature committee should be looking at. As with most sub-committees, everyone has a voice in the Literature Sub-committee. We report directly to the Regional Committee. The primary responsibility of this committee is to the addict! As I see it, the responsibility of our committee is to try to make the "message" available to all addicts everywhere and to determine how this can best be accomplished. We would like to invite anyone who has an interest in the literature to join us and get involved and we challenge all Area Literature chairs to get involved. We hope to see you at the next Regional meetings.

Dori D.
Lit. Sec.

The M.A.N.
"A short report"

The following is a short excerpt from my report to the February RSC. For the full report, see your RCM and get a copy of the minutes. KB

We printed 700 copies this time and I distributed 100 per Area. I think that some Areas needed a few more and others needed less, so if the RCM's could get together with me and let me know what their Area needs we can do a better job of getting the newsletter to all addicts in the Region who want them. We did come in under budget, so if we need more copies we can print them.

The following is a financial breakdown of what I spent for the December issue.

Description	Quantity	Unit price	Total
Newsletter	700	\$0.122	\$85.00
Bulk mailing cost	4	\$7.00	\$28.00
Bulk mailing cost	1	\$7.20	\$7.20
Bulk mailing cost	1	\$6.80	\$6.80
Mail to World	1	\$.77	
		\$.77	
Total	700	\$0.1825	\$127.77

UPCOMING REGIONAL EVENTS!

Narcotics Anonymous Mid- America Region Multi-Area. Learning Day

9:00 - 11:00 Public Information
 11:00 -1:00 Outreach
 1:00 - 2:00 Lunch
 2:00-4:00 H&I
 4:00 - 6:30 Dinner & Fellowship
 7:00 - Speaker -Randy Kansas City
 8:30 - 12:00 Dance {Admission 3.00}

Saturday April 29"
 Forest Park Retreat Center
 3158 SE. 10th
 Topeka KS,
 Exit off of Hwy. 70 onto Carnahan - DeerCreek
 Traffic way. Go north one block and
 turn right on 10th by Ressers Food, go to
 first left. Follow to the back parking area.
 For Information Call
 Lindsey 785-234-1562

M.A.R.C.N.A. XVII

When: April 14 – 16
 What: Mid America Regional Convention of N.A.
 Where: 3017 W. 10th ST.
 Great Bend, KS 67530
 (The Holiday Inn)
 Who: All are invited to attend!!!
 Contacts: Pat B. (316) 269-3275
 Jon Mc. (316) 662-1030

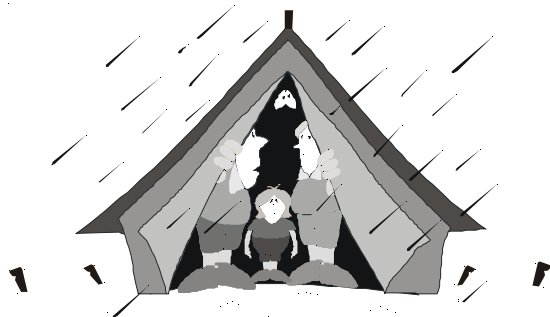


MIDAMERICA
 REGIONAL CAMPOUT COMMITTEE
 PRESENTS THE
 22ND ANNUAL
 4TH OF JULY CAMPOUT

KEEP IT SIMPLE!

June 30th – July 2nd
 Lucal Park Group Camp
 Wilson Lake,
 Wilson, KS

FUN, FELLOWSHIP, & RELAXING
***THE WORLD'S LONGEST CONTINUALLY RUNNING
 FREE CAMPOUT!***
 CONTACT: TIM K. 785-887-8064
 OR VON P. 316-628-7925



Miracle Area Dance

When: April 8th
 Where: Douglas County 4H Fairgrounds
 2000 Harper, Lawrence KS
 Speaker: 7p.m. (Kirk B., Baldwin)
 Dance, Raffle, Auction afterwards
 Contacts: Jim C. (785) 832-8048
 Sherrie B. (785) 331-3156



“This is a Step of willingness. Willingness is the Spiritual principle of Step Six. Step Six helps us move in a spiritual direction. Being human we will wander off course.”

Pg.34, 5th edition, Basic

FROM THE RSC

TO BE TAKEN BACK TO GROUPS.

Note: this page is taken from the Regional minutes. If you have questions, talk to your RCM. KB

Literature needs a chair and co-chair...take back to Groups.
Activities needs a chair next month, Carl K. will rotate out at the end of next RSC...take back to Groups.
RD and RD2 will rotate out next RSC, these positions will be open...take back to Groups.
Steering will have two positions open next RSC...take back to Groups.

- ◆ **Motion (made by Carl K.) to be taken back to Groups to add to policy VIII PI Duties #6 That the Mid America Regional web page fall under the direction of the PI subcommittee and that the committee provide accurate information to the individual responsible for monitoring said web page, including development of guidelines for the web page.**

Motion passed – take this back to Groups

- ◆ **Motion from Unity Area: To be taken back to Groups, the RSC cease sponsoring and funding of the World Unity Day Activity.**

Intent: The last World Unity Day was not well attended and was in conflict with other Area or Regional events. It is costly and it seems that this should be an Area sponsored activity.

Financial impact: Substantial savings.

- ◆ **Motion from Unity Area: To be taken back to Groups that the Mid America Region make a policy that vacant positions at the Regional level be taken back to Groups at least one R.S.C. cycle prior to voting.**

Intent: To inform all members that positions are open, giving an opportunity to more of the fellowship, and time to consider their involvement and qualifications.

Financial impact: None

- ◆ **Motion from Unity Area: To be taken back to Groups that we have the Mid America Region elect an Alternate for the Secretary and Treasure positions.**

Intent: That there will be someone to fill in if someone should leave these positions for any reason, and also to gain understanding of the position and the duties that are needed for it.

Financial impact: None

- ◆ **Motion from Unity Area: To be taken back to Groups the RSC cease sponsoring and funding of the Soul to Soul**

function.

Intent: In order to fully explain I must read Yawan's Groups motion. It is as follows:

Financial impact: see attached.

See pg. 13 KB

- ◆ **Motion: (Western Area) To take back to Groups: that mailing address for each Group in the Region be included in the Regional meeting lists.**

RCM's need to compile this information and get it to Denny C. at the next RSC...these addresses should be ones that will get information to Groups in a timely manner, and may be an individuals address...

- ◆ **Motion: (from the PI chair) to take back to Groups out of actions by subcommittee to change policy in M.A.R.S.C.N.A. Guidelines (pg. 6 – B – 3) to read every 3 months.**

Intent: to update better and faster

Financial impact: cheaper than before

- ◆ **Motion: To change the following policy under ARTICLE XI: FUNDS, sect. G "Budgeting" (pa. 15):**

All subcommittees shall submit to Steering Subcommittee their proposed optimal budget at the February RSC for the next year's budget. All subcommittees shall submit to the RSC a written expenditure report at each RSC.

To read:

1.) A11 subcommittees and RSC officers shall submit to the Regional Treasurer their proposed optimal budget at the February RSC for the next years budget.

Amended by Jerry D. to read November RSC. Accepted by the RCM (Ray G.)

2.) The Regional Treasurer will compile the individual optimal budgets and the final compiled optimal budget shall be sent to the groups of the Mid America Region for approval.

3.) Alt subcommittees and RSC officers shall submit to the RSC a written expenditure report at each RSC.

Intent: a.) To put the current practice of sending the budget to the groups for approval into policy.

b.) To allow for a solid financial accounting of the Region's funds.

Financial Impact: None.

"None of is perfectly good or perfectly bad. We are people who have assets and liabilities. Most importantly, we are human."

Pg. 35, 5th edition, Basic Text

MID AMERICA REGION GENERAL INFORMATION

RCM's for the

Mid America Region February 2000

Ray Gould 15 W. 5th #3, Emporia KS, 66801, Ph# 316-343-6984: **Just For Today Area**

Tom Whitehead Box 16, Spearville KS, 67876, Ph# 316-385-2900: **Western Area**

Brian Sanders 1612 N. Maple, Russell KS, 67665: Ph# 316-653-2140: **Central Kansas Area**

Tim Comfort 963 Highland Ave, Salina KS, 67401, Ph# 785-827-3206: **Unity Area**

Ted Robinson 503 East 1St., Hutchinson KS, 67501, Ph# 316-662-0245 **Alt. RCM Unity Area**

Kelly Parker 1041 Wood Ward, Topeka KS, 66604, Ph# 785-354-1772 **Fellowship For Freedom Area**

Brian Alcorn 431 Roosevelt, Topeka KS, 66606, Ph# 785-357-8331 **Alt. RCM FFF**

Pat Brown (alt. RCM) 1030 N. Market #207, Wichita KS, 67214, Ph# 316-269-3275 **Wichita Metro Area**

Jerry Divine 1624 Northwood, Lawrence KS, 66044, Ph# 785-841-1103 **Miracle Area**

Paul Rockers 420 North St. Lot 19, Lawrence KS, 66044, Ph# 785-832-2793 **Alt. RCM 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

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, 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: May 20 & 21

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, 5/19 @ 9:00 AM

RSC Meeting

Sunday, 5/20 @ 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.

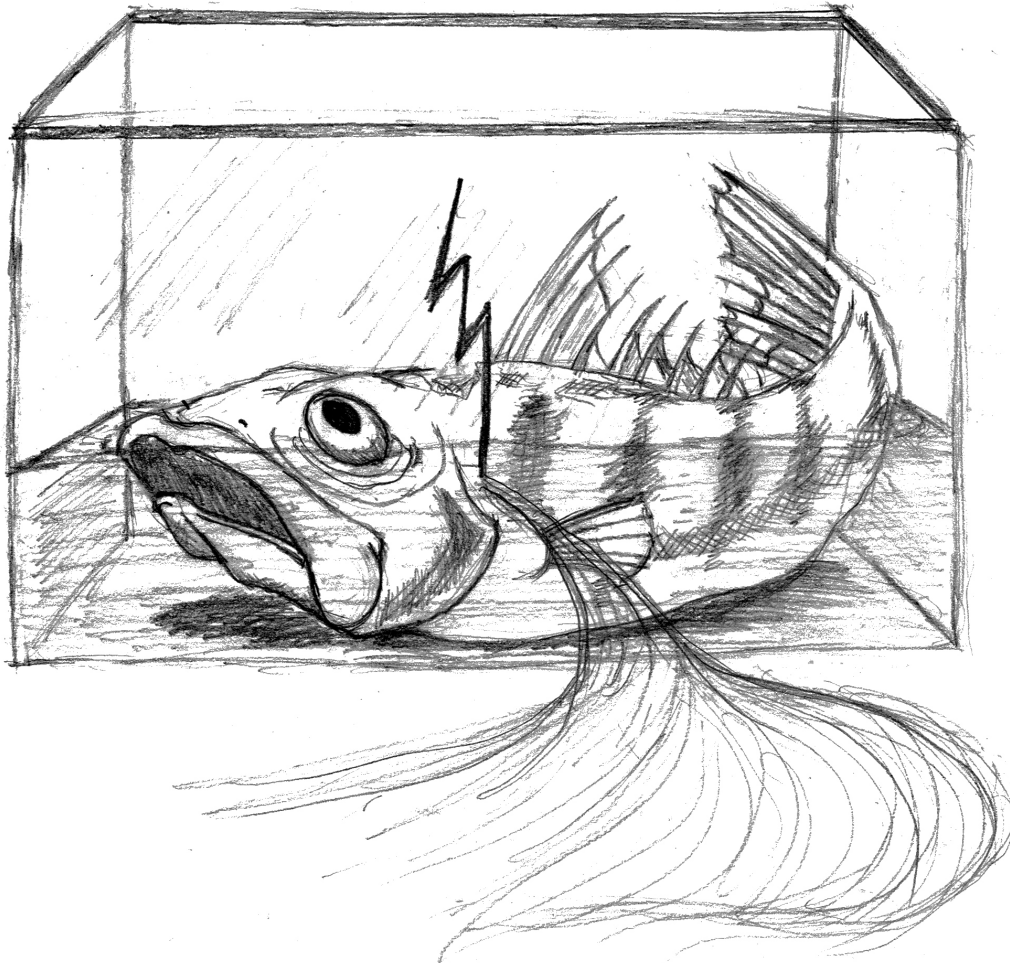
Copyright Release

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.

This piece was submitted by Cindy N. of Lawrence KS. She writes "I made this in a treatment center. The assignment was to illustrate my powerlessness over my addiction." I think that she has succeeded.



"NA offers relief from the isolation and self-destruction of active drug addiction."