



MID AMERICA NEWSLETTER



Issue #11

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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

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*

A Newcomer’s View of M.A.R.C.N.A.

Hi! My name is Scott and I’m an addict. Let me start this off by saying I’m grateful to be a recovering addict, thanks to my Higher Power, this great program, and all the wonderful people involved, including definitely not last or least, my friend and sponsor Brian H. It was actually his idea for me to sit down and write about my experiences at M.A.R.C.N.A. if just for myself, but I had such great experiences that I thought I would try to share it with all of you, just as all of you have shared with me.

I’m writing this on Easter Sunday, (yeah, I know M.A.R.C.N.A. was a whole week ago. Procrastination - one of my biggest faults!) and in two days I will be gratefully celebrating my 60 - day birthday! Thank you all for helping me achieve this and many more to come, if I have anything to do with it, and I do!

Anyhow, back to the real reason for this writing. M.A.R.C.N.A., Great Bend, Year 2000! Wow! If any one out there has not had the privilege to attend a function of this nature, you definitely owe it to yourself to go. I’ve been to some dances, one campout already (damn cold, those nights, but what fun) and numerous meetings of different groups. (Thanks for having me, Junction City, Council Grove, Manhattan, and Topeka groups) But none of this could compare to last weekend. The camaraderie, the spiritual and emotional highs, the speakers, the workshops, the wonder of it all. You know, you might get the impression from this that I had a pretty good time there. The whole weekend was great, but there were definitely some particular moments that stood out for me over all.

The first, as I recall, was the Saturday night meeting in the big

hall. To see so many people there with such a painful common bond was incredible. But more than that was when they did the clean - time countdown. Wow! The circle started at the front of this huge auditorium with 20 some years of recovery. (I don’t recall exactly how many, 24 - 26 yrs. I think. They say drug abuse causes two major problems in the brain area, one lack of memory and two, um uh well I forget, but anyway . . .) The circle counted down through the years into the months, days and practically hours. When the countdown was complete, not only did this circle go entirely around the auditorium it went past itself at the beginning again. Must be something Zen-like there - the beginning and the end interconnecting endlessly. God what a sight! And what a glorious feeling to be part of this circle of people. I could finally understand why some people say they’re grateful that they’re addicts! Otherwise we couldn’t be a part of something so wonderful as this. I think the final tally was something like 1600+ years of recovery together in one room! You want to talk about power of recovery! Awesome! What a feeling!

The second moment that stands out happened later that night, after the dance, or should I say early the next morning. I got to participate in an event that still gives me goose bumps and electric feelings through my body when I think about it. This was the spiritual circle. My friend, Kurt, from Topeka, convinced me this was something that I definitely should not miss. Thank you so very much, Kurt. And thanks to Toby also,

continued on Pg. 2

INSIDE:

Your Letters and Poems	Pg. 1 - 9
Area Reports	Pg. 10 - 12
“Getting to Know Your Sub-Committee”	Pg. 12
Upcoming Region events	Pg. 13
From the Region	Pg. 14
Regional Information	Pg. 15
Art	Pg. 16

YOUR STORIES AND POEMS

continued from Pg. 1

for heading up this very special sharing of spiritual exchange. For those of you who have participated in one, you know what I mean. For those who haven't, do so the next time the chance arises. This is something that can be so powerful, so uplifting, so freeing to the mind, body and soul that mere words cannot express the magnitude of it all! And what gets me is, I know that I only received a small taste of this and that there is so much more to be had yet. I so look forward to my next experience with this. I sat on the inner circle the first time and I honestly was actually a little disappointed overall afterwards, but I realized that this was mostly due to myself. I guess, in retrospect, I was yearning so hard for this to be my big spiritual awakening or experience that I couldn't see the forest for the trees, so to speak. I was trying too hard to find it instead of letting it find me. But, on the other hand, when the second circle began, I was on the outside ring, and that's when I got my taste of the true power. As I went around the circle the power flowed from deep inside me as I exchanged spiritual energy with others. After it was over and I waited outside for the inner circle to come out, I was acutely aware of an almost electrical sensation traveling from my chest down through my arms as though a live current flowed strongly through. And then, when this beautiful lady (we were all beautiful from this experience) walked right up to me first, after coming out from inside, wrapped her arms tightly around me in a massive hug, with such a look of pure wonder, peace, and love and said to me as she hugged me, "I love you" I found my thoughts were not on how hot I thought she was, (I think Sarah Jessica Parker is very sexy, too. Please take this as a sincere compliment and not anything bad, okay?) But rather what a great feeling it was, as two people, not as man and woman, that we could share such a pure moment of love such as this one. And as others came out, both men and women, this experience was repeated over and over. How truly spiritual! I was on such a high that I never ever experienced with any of the many drugs I took in my illustrious career of using! I was so jacked up! I never wanted to come down! And when I think about this experience it gives me that feeling all over again. And to think that I know I just got a small taste of this nirvana. Others had so much more of an experience and I'm so very happy for them, and myself, because I know that one day in the future I will get my full taste of this experience.

The third great moment of this weekend that stands out so clearly in my mind was the Sunday morning speaker. Rex P. from Colorado. Oh my God! What an inspiration you are to all of us, brother! As he stood telling his story to us, the heartfelt emotions came pouring out and through the audience. Breathe, Rex, breathe! I truly hope God allows you a much longer life, so that you may continue to share the faith, the power and the courage, that I, among others have been blessed to receive from you. If any of you left early Sunday, I feel so sorry, because you missed out on something divinely beautiful. That was the first time, since my father's funeral service, in 1993, that the emotions of the

moments had me simultaneously with tears of pain and sadness in my eyes and smiles and laughter of humor, joy and hope on my mouth. This too was indeed an immense spiritual moment that I thank God for allowing me to experience. Anyone out there who thinks that they are too bad off, beyond any help or redemption, too lost to be saved, need only listen to the tape of this sharing by Rex to fully understand that no one is beyond the power of this program, if they truly want it. That is what is so beautiful about this program and the people involved in it! Like we say, "It works, if you work it! And it sucks if you don't!" Rex, thank you again for your courage and inspiration. May the sun always shine its warmth of love on your face and may the moon always light your way on the path in times of darkness. I love you, brother! And I love all of you in this program, for you have allowed me to see a life that is truly worth living. God bless and look out for each and every one of us, and especially to those still out there suffering, whether they realize it or not.

P.S. Many thanks go out to all the people who made this weekend possible in one way or another. The committees who were responsible for everything that had to be done to put this on and all the people who came and shared with everyone. Special thanks to Marte D. and Kurt for giving us less fortunate a place to crash out. (Like we got much sleep anyway, between the activities at the convention and the activities next door. Ha! Ha!) And a note to Jeff Foxworthy - If you've ever gone to the Holiday Inn for the weekend with your sleeping bag and pillow - you might be a redneck!

And to everyone who didn't come this year, come next year and enjoy the experience, because even if you think you can't afford it, you can't afford to miss it. You can get a ride somehow and you'll always be able to find a place to crash out somewhere, somehow, huh, Kelly!

I know it all worked out for me, and God willing, I will be there again next year, among other events I plan to make. Just look for the smiling redneck in the cowboy hat, I'll be happy to give you a hug and a Hi! Thank you all!

Peace
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Please feel free (and encouraged) to contact me with questions, comments, criticisms, complaints and yes, even compliments and stories using any of the above means. I will return your contact in the same fashion as soon as I am able.

Thanks

bunches,

KB

Problems:

In 1998 I realized that I had some real serious problems. My life was totally unmanageable and I was living in my own self-created Hell. It didn't take a genius to know that the main cause was my addiction. I knew.

I wanted to get and remain clean. Knowing that was the easy part though. Doing that was a whole entirely different ball game. From December 6th, 1998 to October 25th, 1999 I struggled desperately with controlling my addiction. The problem was that I was determined to do so all by myself. I can honestly say that for those 10 months my life was still just as miserable as when I was in total active addiction.

On Oct. 10th, I made the decision to go back out there and do some more research. Within 3 weeks life seemed to be worse then it had ever been. I found myself one miserable night on the bathroom floor, Praying to God to please just end my life while my 3 year old daughter sat outside knocking on the door, begging me in her sweet little voice to please come out and watch her cartoon with her. Not that I hadn't heard that same request from her on the other side of many locked doors, but for some reason this time was different. I knew I had 2 choices. To sit there and die and destroy both of our lives, or get off my butt and do something about the Hell I had created. Take some responsibility for my actions and my life. If not for my sake at that very moment, at least for hers.

3 days later I checked myself into WRC. I spent 32 days being taught the tools I would need if I were going to choose to be in recovery. The rest they left up to me. The choices were still mine to make. I left behind everything my daughter and I knew. Knowing if I were going to survive recovery had to be my #1 priority, I start my days making contact with my God. And I try to keep that line of communication open all day long. I attend as many meetings as I can. Staying involved in NA as much as possible. Staying clean is sometimes a daily struggle for me but doing these things helps. But what has been the greatest gift that God has blessed me with in recovery is my new family and friends in NA. They save my butt on a daily basis. They go out of their way to teach me the knowledge they have obtained in their recovery. They have invited my daughter and myself into their lives and their homes with open arms. They love us unconditionally, something I have never had before in my life. Its a very powerful and healing feeling. So, to all of you in this program, I am so grateful for all you have done and continue to do. To those who have gone out of their way on a daily basis and continue do so, to take me under their wings. To nurture me, teach me and love me as if I have always been a part of their family, I Love You and will never be able to thank you properly. This is for you!

To reach up to the stars at night
and swing across the sky,
That's just one thing I dream to do
Before the day I die.
If I could buy those stars I see
And tie them with a bow,
They would be my gift to you
For you all deserve them so.
With faces and eyes as bright as yours
And the joy you bring to me,
With those talks that help me out,
Forever grateful I'll always be!!!

Trish D.

MONOTONOUS TO ANONYMOUS BY JACK SHANE

A LIFE CAN BECOME MONOTONOUS
OUT OF CONTROL SPUN OUT IN A DITCH,
SERENITY OR INSANITY
COULD YOU TELL ME WHICH IS WHICH?

A WALK THROUGH THE DOOR, TO SOME IS THE HARDEST
CHORE.
IT BEATS WAKING UP ON SOME STRANGERS FLOOR,

RECOGNITION! A WORD THAT IS KEY,
WITHOUT ADMITTANCE I'LL NEVER FIND ME,

A STEP AT A TIME, TOO MANY LEFT TURNS,
SO THE LIFE LEADS TO CRIME,

NOW ALL WE HAVE TO LIVE IS ONE DAY AT A TIME.

LIFE IS LESS MONOTONOUS, WHEN I LISTEN TO
MY FRIENDS WHO REMAIN ANONYMOUS,

HITTING ROCK BOTTOM, SAME OLD DEAD END
ROAD,
TALKING IT OUT SEEMS TO RELEASE OUR HEAVY
LOAD,

IN OURSELVES WE CAN DECEIVE, UNTIL WE COME TO
BELIEVE,
ONCE THE SEED IS PLANTED, LIVES RESTORED, NOT
TAKEN FOR GRANTED

ADMITTED.
BELIEVED.
DECIDED.
SEARCHED.
GOD.
ENTIRELY.
ASKED.
LISTED.
DIRECTED.
CONTINUED.
SOUGHT.

HAVING A SPIRITUAL AWAKENING,

TOP TO BOTTOM, ONCE IS NEVER ENOUGH,
NOBODY PROMISED .IT WOULDN'T BE ROUGH,

TREAT IT LIKE LESSONS LEARNED IN A CLASS,
GET OFF YOUR PITY POT, GET UP OFF YOUR ASS,

TRADE IN THE LIFE MONOTONOUS,
JOIN THOSE WHOM REMAIN ANONYMOUS,
FIRST THINGS FIRST .LIVE AND LET LIVE .EASY
DOES IT.
BUT FOR THE GRACE OF GOD.
THINK .THINK .THINK .

PRACTICE YOUR PRINCIPLES LIFE WILL NOT
STINK

What breaks the ties that bind us...

In 1988 I came to Narcotics Anonymous alone, scared, and desperate. I had no where else to turn and didn't want to die. My first meeting I was made so welcome and met many people who had lived through the same hell I had and found a better way of life. They were giving of themselves and loved me until I could love myself. We all went out for coffee after meetings and I learned how to "socialize." I finally found somewhere I felt like I fit. I would have proudly declared this group as the best home group in the world for several years.

I became involved in service and tried to help carry the message. Then something happened, some members of the group started having a problem closing with the Lord's Prayer. We had a group conscience and decided to keep it. This issue came up again and again and I began to see our group pulling apart. Suddenly resentments were flowing as freely as the coffee. We had more group consciences about this topic and then, when a group of people missed a business meeting, a few individuals made a motion and passed it, removing the prayer from the closing. When this was found out another group was formed. My home group was ripped in half.

This "other" meeting took most of our old-timers. I must admit I went for a while until I realized that there was no one at this other meeting with under 5 years clean. So I went back to my home group and there were few old timers. Well, with people moving in from out of town, we started to get some people with some time and a few of the others got over their resentment and came back. It seemed that we became partially unified again.

Over the years I have seen some disturbingly ugly things happen in this fellowship. I have seen people I care greatly about shamed out of service because they weren't working their program like the popular people thought they should. I am beginning to think this group is starting to make their own set of traditions to form the elitist group of Narcotics Anonymous.

A member of the my home group was thoughtful enough to take a passage from the Basic Text and hang it on the wall at our hall. At the end of this passage she happened to put an amen. The Nazis were furious about this, because it was "religious" and suddenly we had to have a business meeting over all the wall hangings and what was or was not appropriate to hang on the wall. This whole time my head was spinning. I could have sworn the traditions talk about carrying the message to the still suffering addict not fighting over petty BS so a few people can feel better about their control issues.

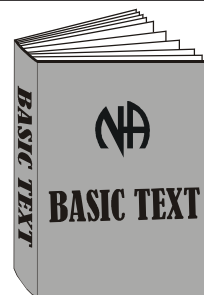
After this, this same group of individuals decided that they should hang a sign on the wall that says "Out of Respect, Please only two people smoke at one time" This was voted on and passed. WHATEVER. (Do you remember being brand new? Shaking in your first meeting, are you focused enough to look around the room to see if it is okay to smoke?)

I was in a meeting the other night with my sponsor and aside from us everyone had 90 days and under clean. We were reading who is an addict and this guy decided that we weren't following the smoking "rule" and was very verbal about his feelings. Some-

one else chimed in, there was a big argument. Two newcomers left, and after that the meeting was pretty much over. The focus was completely lost. We have 7 nonsmoking meetings per week but this we must fight about in the middle of a general meeting.

My whole point is this, my home group that I have been apart of for years is being ripped apart at the seams because of petty BS. I have talked to my sponsor and basically every other member in recovery that I have respect for and have asked repeatedly "What can we do about this crap?" No one seems to have the answers. "It is just growing pains" they tell me. "Wait it out or go to a different group." The new group in town is composed of most of the old timers and a batch of newcomers that have all gotten fed up. I would love to just bail out on my home group and go to that group. However, recovery has taught me not to run from problems anymore. So I am going to stick it out, but I wanted to share my experience with you in hopes that if you see this happening in your group you can attempt to do something about it. Recovery is supposed to be about the desperate dying addict not politics. We have become so unfocused with this magical thing called clean time. All of our literature says "The newcomer is the most important part of any meeting." I honestly believe if we forget that we are doomed.

Thanks for listening to,
A Concerned Addict and a member of the
Mid-America Region of Narcotics Anonymous.



"Unity is a must in Narcotics Anonymous. This is not to say that we do not have our disagreements and conflicts; we do. Whenever people get together there are differences of opinions. However, we can disagree without being disagreeable. Time and time again, in crises we have set aside our differences and worked for the common good. We have seen two members, who usually do not get along, work together with a newcomer. We have seen a group doing menial tasks to pay rent for their meeting hall. We have seen members drive hundreds of miles to help support a new group. These activities and many others are commonplace in our Fellowship. Without these actions N.A. could not survive.

We must live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish. With faith in a Power greater than ourselves, hard work, and unity we will survive and continue to carry the message to the addict who still suffers."

Pg. 60, 5th edition, Basic Text.

Kirk,
Maybe you want to publish this anonymously since I don't know where it originated but thought it was pretty good.
Val J.

What was that addict's name? Remember that one addict who used to come to meetings awhile back? The one you remember who used to share so honestly with a lot of passion. The one who used to talk about their love for Narcotics Anonymous and recovery and the fellowship.

You know the addict that was at the meetings who seemed to have grasp of the Twelve Steps. Who seemed to welcome newcomers, offered their phone number to them. Don't you remember their name? They used attend a lot of meetings regularly. Was once a trusted servant for their home group. They opened that one meeting for long time.

A lot of good things started to happen in their lives. School, religion, new relationships, new promotion at work. They slowly over time have drifted away from NA meetings and service to others, the one thing they used to talk about in meetings that meant so much to them.

I heard from someone or was it that article in the paper or was it the obituary section. I caught a fleeting glimpse of their name. Dead from the horrors of addiction. Left a family of loved ones. I forget where I read that just as I have forgot their name until I read about it. Died listed as a transient, cremated and the ashes sent to the family.

Now I remember who that addict was. I also remember why I remember them. It was how the disease of addiction took over their life clean. As the question in the Basic Text says "Do we know that our addiction changed us into someone we didn't want to be: dishonest, deceitful, self-willed people at odds with ourselves and our fellow man?"

I remember now what happened. They shared in a meeting how they were at odds with fellow NA members, that all these newcomers weren't sharing what they needed to hear, were acting out on sick behavior that at one time they had done themselves. I remember addicts sharing with them. I remember sharing myself too.

But the disease of addiction was too powerful. Addict ego was too powerful and words fell by the wayside. I remember now they said "Oh I already know that. I know where the meetings are. When it gets bad I come back".

Maybe you can remember their name?

"No one is forcing us to give up our misery."
Pg. 29, 5th edition, Basic Text

Joke submitted by
Rod and Carla D.

A one dollar bill met a 20 dollar bill and said,
"Hey, where've you been?"

I haven't seen you around here much."

The twenty answered, "I've been hanging out at the casinos, went on a cruise and did the rounds of the ship, back to the United States for a while, went to a couple of baseball games, to the mall, that kind of stuff.

How about you?"

The one dollar bill said, "You know, same old stuff, meetings, meetings, meetings."

Hello Family,

My name is Burt B. and I am an adduct, I just had to get that part out in the open for those of you that didn't know. To those of you that think you really know me, my real name is Ed Burris. After sending Kirk B. some of my past experiences, he suggested I write an article about my experience with HCV, while staying clean using the Twelve Steps, Traditions and Concepts of Narcotics Anonymous, while listening to fellow addicts, while listening to my physician, while believing in a Higher Power, and lastly while under the influence of prescribed drugs called Interferon and Rebetrol which are used to treat Hepatitis C, a well known disease which can cause liver problems. Since I have started my treatment, many addicts I know also have the disease, some have gone through what I am going through, and yes, some have even died from complications of this incurable disease.

I was first diagnosed with HCV on April 1, 1992 in Dodge City. I had been feeling really sick and yet was not able to afford a visit to the physician so being the using addict that I was, I went to give blood. I figured if I was too sick they would tell me what I had and it would not cost me anything - except time. Little did I know this was the decision which today is slowly saving my life. The Red Cross went ahead and took my blood that day, and on April 15, 1992 I received a letter stating that my blood contained the virus Hepatitis C. This letter also told me to call my physician and tell him of the tests. It took me over a year to make that appointment, the next time I was sick.

I informed my doctor at that time, over a year later, of my HCV warning from the Red Cross Blood Services. After doing some blood work, my doctor related to me that my viral load was nothing to get upset about and that we would check my statistics every quarter to keep an eye on things. Since that visit with the physician I have undergone various surgeries and each time have informed the doctors of my HCV condition.

It wasn't until I 'made a decision' to undertake more stress in my life, move out of the Mid-America Region, and to be with my immediate family that this condition took over my body and started to take its toll on my physical and mental well being. I moved from Salina, Kansas to Tulsa, Oklahoma in August of

continued on Pg. 9

The following article was written in 1992 and printed in "The Best of 1991 - 1995" issue of The M.A.N. I have reproduced it with permission of the author who now lives in Liberal KS.

KB

NA Language: Keeping It Clean, Not Sober by Marko F.

I'll start, as I sometimes do in a meeting, with a disclaimer. I speak for myself; I am opinionated, my thoughts are my own and in no way do I speak for NA. I would like to think that my life reflects the profound change brought about by recovery through NA, but that is surely easier for others to see.

In the years that I have been clean, I have developed a lot of convictions and notions; some have been dispelled and some have grown. In some ways I've loosened up and in some instances my beliefs have been enhanced through the affirmation of experience. Among the "axioms of recovery" I hold most steadfast is this: I have to act or behave my way into recovery; I can't figure it out, I can't think my way into a new way of living. I have to live (act) my way into a new way of thinking.

In other words, sane behavior leads eventually to sane feelings. Telling the truth leads to feeling and being honest. Without realizing it for some time, it was this axiom that brought home to me the significance and, I believe, vital importance, of utilizing the language and terminology of Narcotics Anonymous in my personal recovery.

I have been referred to (sarcastically at times) as an "NA purist", a reference which, frankly, I don't mind. It hasn't always been that way. Like many addicts in recovery, I've gone to many AA meetings, though it's been a long time since I've gone to one. When I got clean in Key West, Florida, there were only two NA meetings a week, and they were wacky as hell. I was going to 10 or 12 meetings a week, obviously a lot of AA. It was good for me; it kept me clean. There was a big difference however, between AA and NA, though not so much the meetings as the programs and especially the literature. It was the NA message, through its literature and resulting language, that kept me coming back and eventually, as NA meetings expanded to seven-days-a-week, making the complete break from active involvement with AA. Sometimes I wish that AA still worked for me; it would be much more convenient, especially during travel.

But the fact is AA doesn't work for me. The AA message is clear; it doesn't deal with Addiction. AA considers Addiction an outside issue, a source of controversy. I strongly disagree with the notion that it's all the same; AA or NA.

I've heard it said a number of times-indeed, it is AA's official stand - that Alcoholism is not Addiction. To me, the concept that Alcoholism is anything more or less than Addiction to the mind and mood altering drug/chemical alcohol, is absolutely ludicrous.

Professionally, I am an artist, a graphic designer and illustrator. About a month ago, I drew a spot illustration for an article about herbs and spices; in particular, about some of the myths and fallacies surrounding the ancient use and perception of particular herbs. One of the anecdotal stories in the article dealt

with the Medieval European perception of the toxic qualities of one of my favorites: Basil. The article quoted authorities "who affirm that laying basil to rot in horse dung will breed venomous beasts." The article went on to report on one man, who "by common smelling to it, had a scorpion bred in his brain." Poor guy. Must have been one of those days.

The point I'm making is that more is known about basil today. Myths have been dispelled. By the same token, more is known about the disease of Addiction today than ever before. The literature of NA assures us that Alcohol is a drug. The message is clear: "We cannot afford to be confused about this."

During my first few years of recovery, I identified myself as an addict and alcoholic, whether at an AA or NA meeting. I noticed that it made some people uncomfortable in both fellowships. At the gentle, loving and yet persistent prodding of some of my NA friends, I began to identify myself only as an addict at NA meetings. I began to make an effort to use the terminology of recovery from Addiction during my sharing at NA meetings. I continued to go to AA but something was beginning to happen: the stark realization that I was an addict, that I was powerless over the disease of addiction and not a substance, was beginning to really set in. I realized that any perceived difference between alcoholism and addiction was a social one, and as an addict in recovery, I needed to concentrate on recovery the NA way, not my way. The axiom worked: by speaking the NA language, I began to think about recovery in a new light.



The following article (next page) was written by Marko for *this* edition of The M.A.N. It could be considered a "follow-up" to this one - you decide.

KB

Confessions From the Desert's Edge

Greetings from Liberal, the town that isn't. Our move, a year ago, to southwest Kansas consummated the realization of a goal that my wife and I set-out to achieve about eight years ago. At that time we were living in Lawrence, Kansas, and I was working as a designer/illustrator. We had moved to Lawrence from Key West the year before, and the move itself was set up to enable me to establish 'residency' so that I could go back to school at KU, paying in-state tuition. All of this was directed toward the goal, the plan, revisiting a dream. The master plan was for me to go back to school, getting first my BFA, then my MFA. With my MFA in hand I would teach art at the college level, spending the rest of my working days as an artist-professor. No more magazine illustrations or designing logos for me; no more brutal unrelenting deadlines.

Eight years ago the plan sounded good, and exciting, and little did we know that two or three years into the process it would become almost unbearable. It was harder than Chinese arithmetic. We almost divorced. We had two kids in the midst of it. Finances were at times desperate. And somehow, May 1996 arrived, and I graduated from KU with a BFA. I accepted an offer from KSU to attend their graduate ceramics program and the plot thickened. My grad school choice was not a unilateral decision, but despite my wife's being on-board, the commute to Manhattan was another difficult adjustment for us. Again, we almost divorced. The kids got older, finances got even scarier. And May 1999 rolled around and I found myself with an MFA and several job options; Liberal emerged as the best offer.

I've traveled a good bit and I've moved a number of times, but I spent the first five years of my recovery in Key West, Florida. When we moved to Lawrence, it was with some trepidation. I had made some phone contacts with NA, but I was leaving behind a strong, close-knit support group of recovery. But upon arriving in Lawrence I quickly hooked up with other addicts in NA and became involved with the local program. Lawrence soon became my home in every sense of the word.

Several years later, when it came time to go to Manhattan for grad school, I knew the drill: get a meeting list, go to a meeting, hook up with addicts in recovery and get on with my life. I also had the phone number of an addict in Manhattan, so I thought I was ready for Phase 17b of the Master Plan. I arrived a bit early for my first NA meeting in Manhattan. I was met with a shocking reality: the meeting on my current list was no longer in existence; the custodian told me they hadn't met for almost two years! At that time I felt desperate for a meeting so I found a phone book, called AA and went to my first AA meeting in years. It was a surreal experience, hearing the old AA preambles being read. I met a few addicts that night who informed me that the NA meeting at the Hospital had also shut down, amidst stories of controversy and apathy. God, I missed Lawrence that night.

A few days later I was able to meet two displaced NA members, recently moved to Manhattan. I found a meeting place and the three of us had the necessary ingredients to start a meeting:

attitudes and a coffee pot. We started with a Monday night meeting, at first just the three of us. Kirk & John and the Baldwin City Gang began to visit us once a month and the meeting quickly began to grow. From three we became five regulars, then six. By spring, we had eight or ten every meeting and we had added Thursday nights. When I graduated from KSU in May of 1999, our Miracle on Anderson Group of NA had grown to four meetings a week. Manhattan had replaced Lawrence as my home base of recovery. Since moving, I've attend several meetings back in Manhattan; in a new meeting space, they continue to grow and carry the message of recovery.

Upon moving to Liberal, I was once again faced with those feelings of 'here I go again.' This time I knew for a fact that there were three NA meetings a week in Liberal, but I had no idea what to expect. Expectations, by the way, have never served me well. I'm convinced that expectations are premeditated resentments; despite all that, I still sometimes entertain them...

What I found in Liberal was one person chairing all three meetings, serving as GSR and NA front man. He expressed feelings of being overworked, but he was reluctant to let anyone else chair or open meetings. All three meetings were smoking, and I was amazed that so few people could create such a thick haze. As a nonsmoker with some allergies, I found it pretty rough. But it was the only NA game in town and I needed meetings.

In the year that I've been here I've heard stories of NA struggles, how NA has come and gone in Liberal. Thus far, to this day, I'm the only one who regularly identifies himself as an 'addict.' Everyone else claims to suffer from two diseases, though they say it's all the same, and frankly, I will just have to accept a lot of what goes on for now. For me to take a high road on these issues would serve no good purpose. As well, whether I like it or not, what is true for me is not necessarily true for others. Our literature states that our Traditions are not negotiable, but they are apparently subject to interpretation. The First Tradition has taken on a new significance for me: my personal recovery is dependant on the unity of our autonomous Drugfree Carefree Group of NA, and part of that unity, as established by group conscience, is a smoke-filled atmosphere, where people regularly identify themselves as addicts and alcoholics, often interchanging 'sobriety' for 'recovery.' I don't correct them; I've found that I can be at my worst when I'm 'right.' We even close our meetings with the Lord's Prayer. It has taken some adjustments on my part, and I don't know that I'll ever get used to it.

But despite all my kvetching, we read the NA readings every meeting. We pass out NA literature and we're talking about an NA dance or social event this fall. I believe if we all personally used NA language in our meetings we would see our program strengthen, simply because the clarity of the message. But hey, we've just added another meeting and our numbers keep growing. And I'm staying clean and Liberal is surprisingly beginning

continued on Pg. 8

to feel like home. Matter of fact, we're closing on a house in a few days, so I guess we'll be here for a while. And the other day, a guy who has for nine months identified himself solely as an alcoholic, has just started calling himself "an alcoholic and an addict." I've had to readjust how I define progress these days. Hell, I'm the GSR now. Now, if I can just get one of the meetings to go nonsmoking. Then, I'll hit 'em with closing with the 'we version' of the Serenity Prayer; hope springs eternal when you stay clean. Thank God for Email and conventions, but in the meantime I plan to keep coming back.

Marko F.

The following article was printed in "The Best of 1991 - 1995" issue of The M.A.N. I have reproduced it with permission of the author who is once again living in Emporia after a few intervening moves.

KB

To the NEWCOMER: With a Vision of Hope

I t was in another lifetime full of pain and shame and drugs
when defiance was a virtue and my streets were paved with blood
Well I came in from the wilderness a creature broke and torn
"Come in" they said, "We'll give you Shelter from the Storm"
Many had come before me and found another way
It is a 12-Step Fellowship, a Fellowship called NA
Cousin Cocaine, Sister Morphine both took a heavy toll
The little smoke and old Jack Daniel's were my friends no more
"Come in" they said, "We'll give you Shelter from the Storm"
They did not promise everything for life... life will be
But I can tell you this, my friend, if you are much like me
A promise of a life, my friend, from drugs you can be free
Just Take 12-Steps and ask for help that's the way it works for me
"Come in" they said, "We'll give you Shelter from the Storm"
So come into our meetings, friends and give us 90 days
Then if you don't want what we have to offer, you can go your separate way
One thing we all know here, the door it swings both ways
But if your life's like mine was you live with numbered days
"Come in" they said, "We'll give you Shelter from the Storm"
Well we all have stormy Mondays and sometimes Sunday blues
And if you think you're different, well I was different too.
When you reach a crossroad and don't know what to do
Work the steps or die my friend this we promise too,
"Come in" they said, "We'll give you Shelter from the Storm"
NA gave me a Higher Power lots of love and lifelong friends,
NA gave me a life worth living a life that's on the mend,
NA picks up my heart and takes the blues away,
NA puts me back on the track from which I often stray,
"Come in" they said, "We'll give you Shelter from the Storm"
Now if you pass this way again, you can rest assured
NA will be here waiting our 12 Traditions do insure
By ourselves we sometimes die, together we endure
The lie is over we do recover... The L I E it lives no more
"Come in" they said, "We'll give you Shelter from the Storm"
So keep coming back my friend, and more will be revealed
The child that lives in all of us, the child, it can be healed.
So, offer up your innocence, give all you have and more

I n this simple program, friend, you'll die and be reborn
"Come in" they said, "We'll give you Shelter from the Storm"
I don't know where we're headed next, we'll have to wait and see
What lies at the end of, recovery road?
Perhaps..... Eternity

Please use what you find in the Basic Text, My Friend and KEEP COMING
BACK

With Love The NA Way,
Carl K.
Emporia

Adapted from "shelter from the Storm" by Bob Dylan
("Blood On The Tracks" album: 1974)

continued from Pg. 5

1999. My mother had been diagnosed with reoccurring cancer and was going downhill fast. I felt, in my heart, that I needed to be closer to her at this point in our lives. Today, I am very grateful I made that decision.

My first symptoms began in September of 1999. I was diagnosed with gastrointestinal esophageal reflux disease (GERD). I was at my initial appointment when the doctor asked me about my addiction to alcohol and drugs. He questioned my usage of illegal substances and how I actually used these drugs. After about an 'honest' twenty minute interview, he decided to give me a complete physical and complete blood count tests (CBC).

When I received the results in the mail, along with an encouraging letter (handwritten) from my doctor, he offered me some hope in combating this disease. Dr. Cheatum told me of a treatment which might be able to arrest the complications of HCV.

There were certain side effects involved along with a list of things I would be expected NOT to do anymore. The first of these 'things' was to give up smoking for good. I had previously quit on March 15, 1999, so this was a smaller obstacle than the ones he was getting ready to announce to me. No more caffeine was the next obstacle, this one was really rough. I had been drinking "Burt Coffee" (also known to remove driveway grease) for the last twenty years and was just as addicted to espresso as I was to anything else. The headaches only lasted for about two weeks, which were actually more intense than the mental strains I went through from nicotine withdrawal. (I would compare these two quits to when I quit using drugs on April 27, 1993, but I really can't remember being in detox). Next Dr. Cheatum told me I needed to begin a regular regimen of vitamin intake, exercise, and watch what I was eating. The vitamin intake and exercise program was no problem, since I was blessed with a niece who was a vegetarian and into all that health stuff. I soon started a new diet consisting of no red meat and plenty of vegetables. After about a month of this diet regimen, I had no significant weight loss and my GERD complications had worsened. I promptly went back on my 'meat an' potato' diet which I had previously been known to enjoy immensely (and still do). I started my treatment with a positive attitude and told myself that no matter what happened, I was going to feel terrific. I was also doing the NA IP - "Living the Program" on a daily basis, which will only be viewed my myself, my HP, and my sponsor.

The following is a journal I would like to share with you to let you know what it was like, what I did about it, and how it has affected my life in general.

Sunday, January ??, 2000

Hey Journal, what a great day to feel terrific. I just wish I did. I feel like I have some kind of flu or something coming on. David H. sent me something really interesting about needing to adjust my attitude, just because I look like a duck, and talk like a duck, and walk like a duck doesn't mean I am a duck. Today I can be a chicken because I can adjust my attitude which I just did by coming up with something totally off the wall like that. Whew !!! Talk to you tonight. Thanks NA and HP!!!

Had a overall great day, other than that duck trying to come back in to my attitude. The highlight of my day was when I went shopping at Bud's on 15th and Lewis. There I was, shopping away, squeezing the lemons, and looking at bouncing grapefruits., and someone tapped me on the shoulder.

When I turned around, there stood Bob. Now let me enlighten you to who Bob is. Bob and I used to work at Nelson Utility Products, way out in east Tulsa back in 1983. We made pre-cast manholes and the such. Well back then, I was a Ph D (Pretty Heavy Doper) in partying, and basically my life consisted of lying, cheating, stealing, going to work higher than a kite and all sorts of other using habits. Ok back to Bob, here's Bob and I standing in the supermarket, reminiscing about old times, when Bob asks me if I want to buy some pot. Well, since I have been in recovery since 1993, my obvious answer was "No, hell No!" This statement brought a mean look into Bob's eyes, which immediately brought my brain into gear to explain to him that I have joined the NA people and was happy the way my life was going. Bob had a quick comeback to this, "Oh the NA cult," was his negative reply. I could sense an argument coming on, so I briefly stated, "Yep, they got me and there's nothing in this world worth leaving NA for right now in my life." Well, after his rendition of how the brainwashing of all twelve step groups will never ruin his life, I quickly changed the subject. Seems like Bob is still Bob. So he asks where I am working, and I go into the part of working as a computer consultant, going to school full time at TCC, and leading a normal life where most of my computer clients are either lawyers, cops, or doctors. At this time I could see Bob getting somewhat nervous, and mentally was looking to get out of this conversation in a hurry. So I paused my conversation, and sure enough he said he had to go and he would catch me later. That's the last time I have seen him.

You know something Journal, today I am really glad I am in recovery. Today I have people who love me, and a list of things a book long to be grateful for (except this fever, nausea and headache), and it reminds me of something I read somewhere. It was about the attitude we cultivate, whether of love or selfishness, inferiority, or superiority, my attitude will determine how the events of our lives affect us. That principle is so simple. If we meet life with love, with a smile, we'll find love and something to smile about. And that's what I did this morning. Even though I was feeling like crap, I was still able to "adjust my attitude" so that today was a great day. Now, if I can just shake this "crud" before tomorrow, I have classes. Love Ya Quacker

To be continued...(Next Issue...)

The preceding article is only a portion of Burt's journal. I included the first portion of his article to give you some background material and will continue to publish the journal itself long as there is interest. I believe that the material will be of great importance as we all get older and have to deal with various problems and diseases related to the aging process.

KB

AREA REPORTS:

Central Kansas NA Regional Report

Hi Family,

The CKA is alive and doing well. We have a free campout planed for June 16, 17, 18 at Lake Wilson, Lucas Group Park. The CKA has a \$100 donation to the RSC. H&I is still carrying meetings into Ellsworth C.F. and into Larned C.F. We do have some good news. We finally have a new CKA Sec. Congratulations Bethlee W. The bad news is Sally O. has resigned the RCM II due to conflicts in her work schedule. We will miss her.

Thanks,
Brian S., RCM

Fellowship for Freedom Area Report

Hello Family!

I'm new so please help me learn. The following are newly elected officers in our area:

Brian A.	RCM
Tim D.	Chair (Area)
Jim Y.	Co-Chair (Area)
Joe K.	Treasurer
Dave R.	Alt RCM

(Still searching for an Area Secretary)

The area convention for 2001 will be at Days Inn Downtown Topeka. (Same bat place, same bat channel)

Motion passed for clean time Olympics between Lawrence (Miracle Area) and Topeka (Fellowship for Freedom Area) on June 17th at Forest Park, (3158 SE 10th St. Topeka). There will be an interim meeting for the area campout at the time.

Thank you for welcoming me to the family.

In loving service,
Brian A.
RCM FFF Area

PS: I have the FFF area donation of \$150.00.

Just for Today Area RCM Report 21 May, 2000

Hello NA Family,

The Just for Today Area is on the grow again. We had a new group join the Area, SOS (Start on Serenity) El

Dorado. So, I do have group updates that I have turned over to the PI chair. Here are the results from my area regarding the motions from the last RSC and the general result from the Steering Committee's request for feedback:

Motion 1:	PI responsible for web-site.	YES
Motion 2:	Cease World Unity Day.	NO
Motion 3:	Notify on vacant positions.	YES
Motion 4:	Alt. Sec. And Treas.	YES
Motion 5:	Cease Soul to Soul.	NO
Motion 6:	Printing meeting schedule.	YES
Motion 7:	Budget Motion.	NO

Steering Committee Resume: To be blunt, . . .my area does not even like this idea. There seems to be enough problems filling vacant positions now, so why add to the problem.

There are several functions coming up in the JFTA. The Pioneer Group will be hosting a camp-out June 2 - 4 at the Double E campgrounds in Emporia. The New Hope Group will be hosting a camp-out July 7 - 9 at Council Grove Lake, Ritchies Cove. And finally, the JFTA is hosting a camp-out August 4 - 6 at Melvern Lake, Turkey Point. There are/were fliers on the table. There are also copies of our area meeting schedule on the table.

In loving Service,
Ray G.

Miracle Area RCM Report

Good morning family,

In the past three months, we have had a lot of officer's position exchanged and filled.

RCM	Paul R.
Alt. RCM	Bob K.
PI	Mike K.
PI Co-Chair	Kirk B.
Literature Co-Chair	Darlene
Area Co-Chair	Brian L.
Area Secretary	Dan S.

The P.I. Committee is on the move, planning a discussion panel at Haskel Institution and started work on a Miracle Area website. H&I is doing very well with a lot of volunteer for the jail meetings, both men's and women's. With a few more volunteers

Continued next page.

we will be taking meetings into the youth shelter. Activities, on June 17th, along with the Fellowship for Freedom is planning a Clean Olympics at Forest Park. Softball, VolleyBall, Horseshoes and other events will be held. Hey you other areas, we challenge you to bring your teams and show us what you got.

New position, same face
In Service
Paul

**May 21, 2000
RCM REPORT
UNITY AREA**

Hi everyone,

Well, the groups in my area saw fit to move me up from Alt. RCM on into the RCM position. I plan to fulfill this position to the best of my abilities and hope that I can do as good a job as my predecessor, Tim C.

Unity Area is going through a number of changes right now and I hope they end up being for the best. We've had 2 more groups drop from our area since last RSC and are now down to 10 groups. These groups were "Together We Stand" in Council Grove and "Light of Hope" in Hutchinson. In March we voted to discontinue our Outreach position due to lack of willingness. We are also still struggling with filling trusted servant positions. Currently we have Area Chair, secretary, literature co-chair, policy co-chair and activities chair positions open. Hopefully next month, Tim S. will move up to the Area chair position, but then the Area co-chair position will be vacant. I am encouraged that some new faces have been stepping up and showing willingness to serve including Bryan H. who is our new Alt. RCM. Bryan shows some strong enthusiasm and I'm looking forward to working with him over the next year.

There was a lot of discussion this last month on dividing up our area. An adhoc committee has been formed by some group members and we are in the process of going through an area inventory. I have many mixed feeling about this issue and I am trying to stay on neutral ground and remain unbiased regarding this topic of division. I am concerned that the strongest opinions on this matter seem to be about who gets what as to our literature inventory and the checking account. I am hoping our members will see through this and focus on what is best for the area as a whole.

Since we are currently without an activities chair, I do not have much to report on our area activities. I do know that Newton HOW will be having their annual campout at Harvey C. Park West on Memorial weekend and Gift of Life will be having their annual campout June 9-11 at Marion Lake. Our next area meeting will be held at Marion Lake on June 11.

We voted on (6) motions that were sent down to the groups at the last RSC. Our votes are as follows:

- 1) Policy VIII PI Duties #6 yes
- 2) RSC cease sponsoring World Unity Day no
- 3) Open regional positions taken back to groups yes
- 4) RSC elect alternate secretary and treasurer no
- 5) RSC cease sponsoring Soul to Soul yes
- 6) Policy MARSCNA Guidelines (6-B-3) yes

I would like to note that we had several groups comment that they would like to see Soul to Soul continued, but with some changes.

I think that about covers it until August.

In grateful service,
Ted R.

**RCM Report
Western Area**

Hello NA Family:

Western Area is alive. I don't know how well. We have a few activities coming up in the future, but first we do have a new Alt. RCM. He is Gary D. from Colby. Some activities:
Dodge City birthday: June 3rd Oxford house on 2nd street
Pool Party: fundraiser for Western Area Phone line (it is working - calls from all over)
Western Area in Tents Recovery #6: flyers on table. July 14 - 16: Camp Mandan at Ford County lake.
Western Area Spiritual Retreat: September 8 - 10 Camp Lakeside, Scott Lake at Scott city.
Dodge City Roundup #11: October 6 - 8 Flyers on the table.
We have been carrying the message via addicts on asphalt once a month - this month will Oberlin - new group. We wish them well. Last month was also a new group in Garden City. Can't think of nothing else at this time.

As always,
In Service with a Smile (Smirk),
Tom W.
AKA: Too Tall

Wichita Metro Area

Hello everyone,

The Wichita Metro Area sends their greetings. All the groups have voted on the motions sent back to them for review. Thanks to the groups for their support on these matters. Unity Group of Narcotics Anonymous in the Wichita Metro Area would like to know two things:

1. Does the Mid America Region Service Committee of Narcotics Anonymous file a yearly tax return to the IRS?
2. Should the Unity Group and the WMA file an income tax return?

They are asking that the Region answer these questions and have the RCM report back to Unity Group and Area of their response. Thank you for tending to this matter.

I have attached a current listing of all the meetings and a 'grid' list from the WMA for your information. [see end of minutes - KB] Please note that the Unity Group and Waterman NA have new addresses. Please make the needed corrections in your meeting lists. Will also add zip codes to list for Denny.

WMA is making an \$80.00 donation to the Region.

In service,
Pat B.
RCM
WMA

“Getting to Know Your Sub-Committee”

The following was submitted by Bob K. who is a member of the Regional PI subcommittee. He was elected as the webmaster for our soon to be updated webpage.

Update on the Mid-America Region web site.

The region is looking to adopt policy concerning the “official” web pages of this Narcotics Anonymous region. While this may appear to be a relatively simple task, there are several issues that need to be addressed. One of these issues concerns anonymity and what should (or should not) be published on the web. The internet is world wide and anything that is put out on a web page has the potential to be viewed by anyone with internet access. Another issue is the use of copyrighted material. It may be best to not put ANY copyrighted material on our web site without the author’s written permission. These are just two of the many issues of concern with regards to the Region having a presence on the web. The look and feel of the web site should come only after policy concerning the content of the pages has been approved.

After reviewing some web sites of other regions, these are

some of the policies that this region might want to adopt.

1. The Public Information Subcommittee will oversee the web site.
2. There will be at least three people who have access to passwords and are able to update and/or maintain the web site, with one of the people being the Regional PI chair.
3. The twelve concepts and twelve traditions will be adhered to.
4. There will not be copyrighted material on the web site unless written permission has been obtained to display such material.
5. The pages displayed will focus primarily on those users most likely to come to the site. These are identified as being fellow members of Narcotics Anonymous, professionals in the field of recovery, and the still suffering addict who is searching for help.
6. Meetings for each Area will be available along with help line phone numbers.
7. There will be at least one text only page with relevant information for those that are unable to see information displayed that has been written in the current HTML (Hyper Text Markup Language).
8. There should only be links to other regions and/or areas that are endorsed by a Public Information Subcommittee and that do not break any of the twelve concepts or traditions. A link to the World Service web site will be included.
9. When and/or if the Narcotics Anonymous World Service Office adopts policy concerning the Internet, Mid-America Region will follow/or adapt to such policy.

In loving service,
Bob K.

“To have the faith and courage to write a fearless inventory, Steps One, Two and Three are the necessary preparation. It is advisable that before we start, we go over the first three steps with a sponsor. We get comfortable with our understanding of these steps. We allow ourselves the privilege of feeling good about what we are doing. We have been thrashing about for a long time and have gotten nowhere. Now we start the Fourth Step and let go of fear. We simply put it on paper, to the best of our present ability.”

Pg. 28, 5th edition, Basic Text

UPCOMING EVENTS IN THE REGION

Soul to Soul 10th Annual Spiritual Retreat 1 Sept. 22 (Fri.) - 24 (Sun)

"Renew the Process" of recovery

Where???: Camp Chippewa, Ottawa, KS.
(Asbury Lodge)

Cost???: \$40 for 3 days/2 nights
\$30. after 12:00 noon on Sat.
(includes meals and lodging)

3:00 p.m. Fri. Lodge opens & check-in begins
Food, fun, and fellowship, fellowship, fellowship!!!

Horseback riding, hayrack ride, hiking,
canoeing(sometimes)

Men and Women's Meetings

Campfire meetings

Great Food

Pre-register or Just Show Up!

Directions: turn North on Homewood exit (8 miles west of
Ottawa on 1-35, 40 - ish
miles east of Emporia on 1-35). Go 3 miles North of Homewood
Exit, turn right
and follow the winding road to Asbury Lodge

The Spiritual Experience of a Lifetime

**For more info call: Karen W (316) 341 - 9502, Lois W (316)
728 - 1042, or Carl K (316) 341 - 9332**

to pre-register make checks to M.A.R.S.C.N.A. and mail to:
Carl K. 1753 Rd E #411 Emporia, KS 66801

MARCNA XVIII

Ramada Inn in Hutchinson, Kansas

March 30, 31, and April 1, 2001

MIRACLE AREA "DAY AT THE PARK"

When: July 15th
Where: Centennial Park
West from Iowa (1/2 block) on 9th St., North
side of Rd.
Lawrence KS
Time: 10am - Finish (?)
What: Games, (Frisbee and stuff - bring something!)
Auction, Raffle, Food

"Come and Play With Us!!!"

MIDAMERICA REGIONAL CAMPOUT COMMITTEE PRESENTS THE 22nd ANNUAL 4th OF JULY CAMPOUT

KEEP IT SIMPLE!

June 30th - July 2nd

Lucas 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 CAMPOUT!!

When: August 25, 26, 27
Where: Hickory Campground, Clinton Lake (near
Lawrence KS)
What: Campout, Gratitude workshops (John S.
moderator), Speakers, Campfires, Fun,
Fellowship, and Stuff
Cost: You pay for your own campsite, We provide
the Saturday evening meal
Contact: **Jim C. (785) 979-1821** for further informa-
tion. If you wish he will be able to reserve
your campsite for you on Thursday.



**"Membership in Narcotics Anonymous is not auto-
matic when someone walks in the door or when the
newcomer decides to stop using. The decision to become
a part of our Fellowship rests with the individual. Any
addict who has a desire to stop using can become a
member of N.A. We are addicts, and our problem is
addiction."**

Pg. 62, 5th edition, Basic Text

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

PI will be electing a new chair at the next Region.

Literature will be electing a new chair at the next Region.

The Regional Sec. position will be up for a vote next Region. This will become effective at the Nov. RSC, but we need to have the new sec. in place by then. (I will not be doing this for another term – I believe in sharing the fun! KB)

1.) **Motion:** (from Fellowship For Freedom Area) we not have campout at Lake Wilson after this year. To be taken back to groups.

Intent: to look for a more centrally located camp area. Many members of FFF Area said past campouts have had bad weather at Lake Wilson.

2.) **Motion:** (from Just for Today Area) to add, under the “Budgeting” policy (ARTICLE XI: FUNDS sect. G; “Budgeting) the following line

- 4.) All request for funds above and beyond the optimal budget approved by the Groups, needs to be sent back to the groups of the Mid-America Region for approval.

Intent: a.) To allow the Groups of the Mid-America Region to fully participate in the decision making process of how their money is to be spent.

- b.) To allow subcommittee chairs and RSC officers the opportunity to better plan all financial expenditures.

\$ Impact: None, this will actually prevent any frivolous expenditures and potentially save the Mid-America Region money



“Yes, we are a vision of hope. We are examples of the program working. The joy that we have in living clean is an attraction to the addict who still suffers.

We do recover to live clean and happy lives. Welcome to N.A. The steps do not end here. The steps are a new beginning!”

Pg.34, 5th edition, Basic Text

The M.A.N. “A short report”

The M.A.N.
5/20/00

The cost of production for the M.A.N. has gone up since the last reporting period. This is in part due to a larger newsletter and in part due to a jump in printing costs. The printer I have used in the past wasn't available last time so I went to Barker Printing and he proved to be more expensive than Rand, although Rand did tell me that his costs will be going up as well. I have talked to Rand and he tells me that he will be able to do the printing next month, and each sheet of paper will cost about \$.09. This does include folding and stitching.

The following is a breakdown of the expenses for The M.A.N. for the last issue.

Description	Quantity	Unit price	Total
Newsletter	390	\$0.513	\$200.00
Bulk mailing cost	5	\$6.50	\$32.50
Mail to World/Areas	5	\$.99	\$4.95
Total	200	\$0.609	\$237.45

Motion: (Lit committee)

Due to an unforeseen increase in printing costs, and after much discussion in the literature committee, we are requesting an increase in our budget of \$150.00 per quarter or a total of a \$600.00 increase per year. This will bring our quarterly operating budget from \$200.00 to \$350.00 and our yearly budget from \$800.00 to \$1,400 per year. With this increase in funding we will be able to resume printing and distributing 700 copies of the M.A.N. per quarter. Without this increase, we will have to cut back either the number of pages per issue, the number of issues printed, or both. The feedback we have received suggests that the fellowship likes the newsletter and wants us to continue as we have been, i.e. 16 pages per issue and 700 copies per printing. (100/Area)

In Service,
KB

The M.A.N. publisher

This motion did pass on the RSC floor, and so I expect to have 700 copies printed and distributed this quarter. Thank you all for your support of this newsletter.

KB

“When we, as a group, waiver from our primary purpose, addicts who might have found recovery die.”

Pg. 67, 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
Just For Today Area **Ph# 316-343-6984**

Tom Whitehead Box 1 Spearville KS 67876
Western Area **Ph# 316-385-2900(?)**

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

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

Brian Alcorn 431 Roosevelt Topeka KS 66606
FFF **Ph# 785-357-8331**

Pat Brown 440 N. Exposition Wichita KS
67214 Wichita Metro Area **Ph# 316-269-3275**

Paul Rockers 420 North St. Lot 19 Lawrence
KS 66044 Miracle Area **Ph# 785-832-2793**

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: **Betty P.**
1912 N. Burns Wichita KS 67203
Ph# 316-264-0801

RD2: **John S.**
1856 N 250 Rd Baldwin City KS 66006
Ph# 785-594-2527

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

Saturday Aug. 20, 2000 9am to 6pm Committee meetings

Sunday Aug. 21, 2000 9am till Done RSC



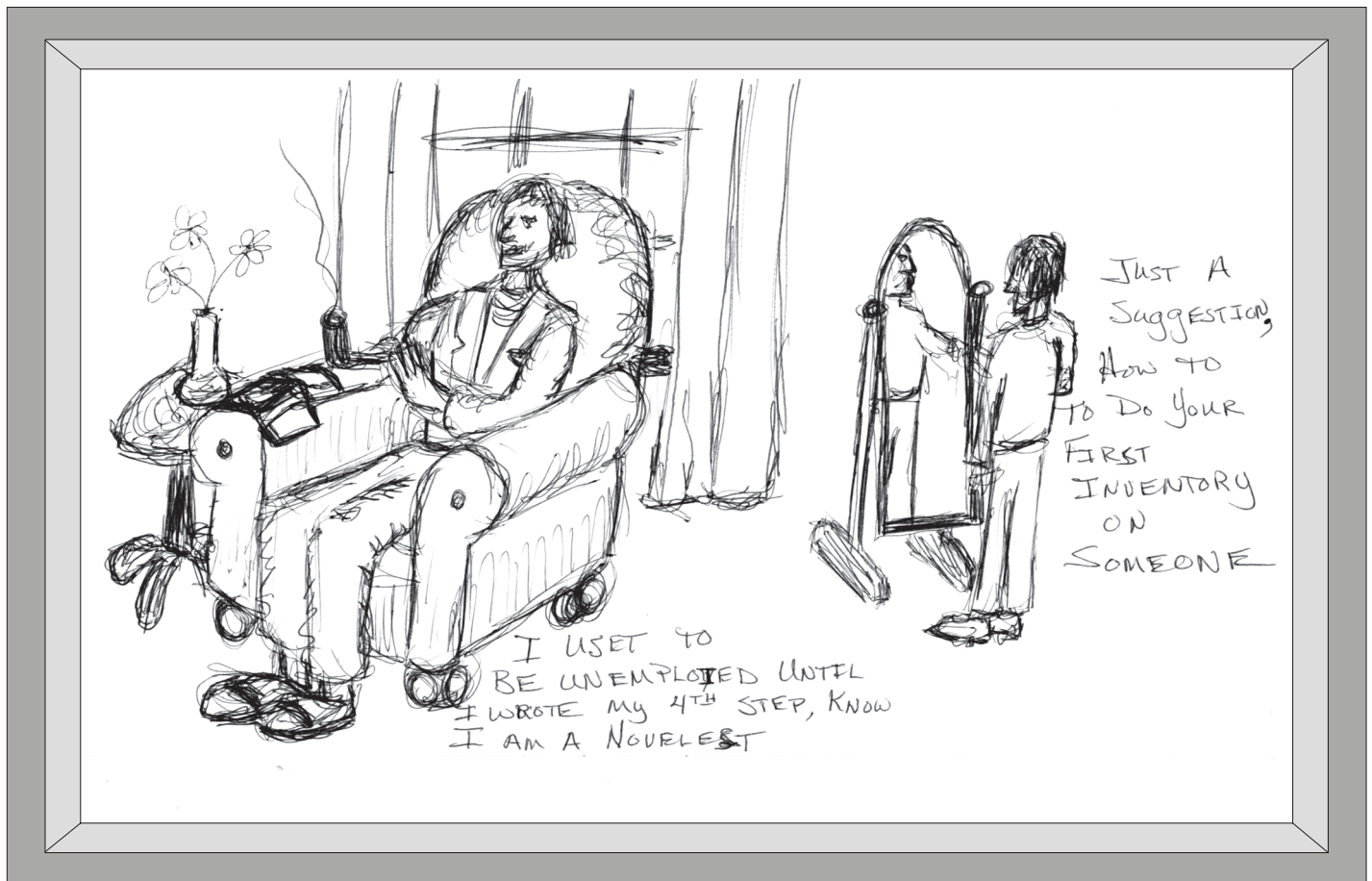
The Art World

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 was submitted by Paul R. of Lawrence KS. He did this while at the Regional Committee meeting in May. Is he just beginning or just finished with the infamous 4th Step? You guess.

KB



“Some of us make the mistake of approaching the Fourth Step as if it were a confession of how horrible we are – what a bad person we have been. In this new way of life, a binge of emotional sorrow can be dangerous. This is not the purpose of the Fourth Step. We are trying to free ourselves of living in old, useless patterns. We take the Fourth step to grow and to gain strength and insight.”

Pg. 27, 28, 5th edition, Basic Text