

Chair: Alan B. 316-283-2033 Co-Chair: Michael S. 785-832-9613  
Treasurer: Greg B. 620-653-4516  
RD Alt: Rod D. 620-343-3149 RD: Debby S. 785-819-0268  
Secretary: Kirk B. 785-594-2148

We can use all the bodies that wish to become involved in Regional service work. I've heard it said that the Region doesn't do enough for the Areas or the Groups. The Regional committee consists of members of the Fellowship from our Groups and Areas. If more is to be done for the Individual Addict the Groups and the Areas at the Regional level, more addicts need to become involved at this level.

Thanks,  
KB

NEXT R.S.C

4-H BLDG Woodside & Hickory Streets, McPherson, KS

SATURDAY FEB. 12, 2005

9:00 AM - 11:00 AM

(UP)

P.I.

(DOWN)

ACTIVITIES

11:00 AM - 1:00 AM

(UP)

STEERING

(DOWN)

OUTREACH

1:00 PM - 2:00 PM

LUNCH BREAK

2:00 PM - 4:00 PM

(UP)

H.&I.

(DOWN)

LITERATURE

4:00 PM - 6:00 PM

(UP)

CONVENTION

(DOWN)

CAMPOUT

7:00 PM - 8:00 PM

SPEAKER MTG.

8:00 PM - 12:00 AM

DJ DANCE - AUCTION - RAFFLE  
\$3 Per Person - No Addict Turned Away

SUNDAY FEB. 13, 2005

8:00 AM - 9:00 AM

ALL OFFICERS AND SUB COMMITTEE CHAIRS OR CO-CHAIRS TURN IN  
MOTIONS AND REQUESTS FOR FUNDS

9:00 AM - UNTIL DONE

REGIONAL SERVICE COMMITTEE CONDUCTS MEETING



Volume 21  
Issue 4

365 W. Lindsborg St.  
Lindsborg, KS. 67456  
timandeb@cox.net

Winter 2004

"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 publication do not necessarily reflect those of The M.A.N. staff, or NA as a whole.

Thank you,

The Staff

Welcome to another issue of your quarterly newsletter. Consistency in production has really paid off with multiple submissions coming our way. Once again, if you have submitted an article and don't see it printed yet, chances are it carried over to a future issue. By all means though, keep sending your experience, strength, and hope in written form! Your personal message is first and foremost with the M.A.N. The holidays are upon us and can be a very stressful time for some. Now, more than ever, reach out to your newer members or any member in need of extra support. Sometimes waiting for them to ask for help is too late. Hopefully, this issue can provide both comforting thoughts and a level of recognition to member's struggles. I also want to welcome Keith B. from Wichita as the newly elected Co-Editor of the M.A.N. I'll save the following column for Keith to acquaint himself with you. The start of page 2 has a wonderful response to a discussion in the Fall issue! Keep them coming!

fun

Editor

Hello everyone. My name is Keith and I am an addict. Thanks to Tim for saving a spot for me to introduce myself. I am very excited about doing service work at this level and look forward to working with such a fine Editorial staff and Literature Subcommittee. Since I read my first M.A.N. almost two years ago I have been impressed with the dedication shown by this region in producing such a fine publication. The contributions from the fellowship have been truly inspirational and I look forward to reading more of your prose and poetry as well as your personal experiences in recovery. My first home group in Miami, FL. had a newsletter that we published once a month and for our tiny Newsletter Committee it meant many meetings and long hours in front of a computer terminal. The feelings of pride and accomplishment and being 'part of' were instrumental in sustaining my early recovery and to this day I am still in contact with many of those people. I have no doubt that this is where God wants me today and I will do my best to contribute to the continued success of this publication.

In Loving Service,

Keith B.

Dear Tim and M.A.N. staff;

The issue whether this publication continues to be printed was brought up at my home group's business meeting. Our group voted unanimously. Keep the issues coming! !! The most important issue that was brought up was the fact that a lot of people in recovery do not have internet access, including myself. Some do not even own a computer. A fellow member with only 6 months clean mentioned to me that many of the things they have read have helped them in their recovery. Some have even mentioned donating funds to keep the publication printed. Although we are a small group, I'm sure that there are many more who feel the same way we do. I hope this helps to ease your heart. Sincerely, Sharon B. GSR

  
Do or Die Group Cottonwood Falls

When I came to jail this time I've been attending church and A.A. meetings (only thing available!). Along with the support of family and N.A. friends something has been given to me that I thought was lost and never to be found again. I can name that something, it is called "hope"! I've heard people come in from the outside and talk, people that have been as bad as I was and others that have not gotten that bad yet. Some have been to prison before, some are waiting to go, but all have something in common. Today we have hope, even though in jail. In here, there is literature including books and pamphlets, and letters sent from the outside like this M.A.N. Quite often, I am reading, my eyes fill up with

tears, for I feel that reopened hope deep inside. Today I feel I can help people, just like the people that have helped me. Even in here I can share my experience, strength, and hope, by practicing the 12 steps in my life and showing people there is another way. I have become more of an honest person whom people are not afraid to trust and depend on. As of this writing, I have 70 days left until my sentence is complete and I will hopefully be released. Today, I do not even think how long it will be before I come back the next time. Never have I "not" worried about that. I am an incarcerated addict. I am 24 years of age and been using since I was 16. I have used all drugs, including alcohol, my preference was meth. This part of my story is no different from many others that I'm sure you've heard. I went through many short lived jobs. I also lived with my family a lot and problems always followed wherever I went. For appr. the last 3 years of my using everyone saw my troubles - families, friends, police, and probation officers. They referred me to N.A. I went and thought I had my life under control, that I could handle my addiction. Little did I know! I fell off the wagon just shy of 1 year only by days. Needless to say, I quit going to meetings and lost contact with my N.A. family. I thought I knew what was better for me than my H.P. I bring this up so that you realize the symptoms of what could possibly happen. Always leading to jail, it was usually a short time. I would get out and say I was going to change, but my freedom was always short lived. I can't remember getting out and not thinking that I



## The Mid-America Region of Narcotics Anonymous is pleased to present:

### M.A.R.C.N.A. XXII

**"Our common welfare should come first;  
personal recovery depends on NA unity."**

**April 1-3 2005**

**Where:** The Holiday Inn  
1616 W. Crawford  
Salina, KS 67401  
(785) 823-1739  
(800) 465-4329

**Phone:**

**For further info. call:** Jeanie M. (Convention Chair)  
(785)-825-6892  
Kirk B. (Registration Chair)  
(785) 594-2148

**Room Rates: \$75.00 + Tax  
(Flat Rate)**

*Please Note: any Group, Area or Vendor wishing to sell at the Alternative Store must have pre-approval from the convention committee by February 21, 2005. Please send request along with a letter from GSR, RCM or a copy of current vendor license to committee. Furthermore, all goods must be NA related. No goods, slogans or logos from other Fellowships will be permitted for sale at this convention. Additionally, no jewelry may be sold at the Alternative Store; our contract with the jeweler prohibits this practice.*

**PRE-REGISTRATION DEADLINE**  
**(postmarked on or before): 2/21/2005**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Make checks payable to:**  
M.A.R.C.N.A. XXII  
C/O Kirk Brown  
PO Box 975  
Baldwin City, KS, 66006

**I would like to chair:**

Workshop <input type="checkbox"/>	Registration:	\$ 20.00	After 2/21/2005 \$25.00
Marathon Meeting <input type="checkbox"/>	Banquet:	17.00	
Convention Volunteer <input type="checkbox"/>	Breakfast Buffet:	10.00	

Coffee Mug (only available with preregistration) \$10.00 \_\_\_\_\_  
Shirt (only available with preregistration) \$20.00 \_\_\_\_\_  
Shirt size(s): XL \_\_\_\_\_, L \_\_\_\_\_, M \_\_\_\_\_ (XXL +\$1.00 \_\_\_\_\_, XXXL +\$2.00 \_\_\_\_\_)

**Full Package \$70.00 (a \$7.00 savings!)**  
TOTAL ENCLOSED (\$) \_\_\_\_\_

The two functions Activities hosted this last quarter went well. The G.S.R. Assembly had record attendance reaching just under 60 members! I hope this trend keeps going. Soul To Soul hosted 27 members and due to the new budget structure, will need to look at expenditures in order to keep this function going. Dave R. read his last report as Activities Chair and Rod D. was elected into that slot. Shelly W. is the new Co-Chair and Pete E. will be Soul to Soul Chair for 2005.

Russ P. stepped up to the plate to Chair the regional campout once again and will lead Scott K. into that slot for 2006. The theme: "Accepting Change Equals Growth in Recovery" graces the flyer and the dates are June 30th - July 4th, 2005 at Wolf Creek Group Camp, Pamona Lake.

M.A.R.C.N.A. XXII is pulling together and will be another great event. A flyer graces the page on the right and it is never too early to register.

Hospitals and Institutions is working on setting up presentations with County Sheriffs and possibly helping out with a booth during the meth conference in Kansas City.

Due to health reasons, Literature's chair had to resign. Mike T., co-chair, will continue acting in that capacity. Kirk B. has completed scanning the newsletters we have in our possession. If you have older issues boxed away, please let us know so we can copy missing issues. For a list of what we do have, e-mail Tim S. (address is on front cover), and I will send you one. As I stated on the front, Keith B. is our new Co-Editor.

Outreach is in need of a Chair and Co-Chair. The Regional Co-Chair oversaw the meeting and discussion on placing flyers in group meeting halls to bring awareness of Outreach's benefits as well as compiling a list of bilingual members in our region gave them direction.

Public Information is actively printing quarterly meeting lists again. It is imperative that all groups keep the regional on-line meeting list updated as that is where the information for the printed version comes from. Each A.S.C. should have a contact to confirm these changes. Go to [www.marscna.net](http://www.marscna.net) to access the list.

The Steering Committee has recommended Hays, KS. for the 2006 regional convention, I believe it will be held at the Holiday Inn. They are also looking into our lack of policy in written form and are raising several questions about motions and voting.

Hello NA Family:  
I have been looking back on these past few months and reflecting on how there is more awareness amongst the areas and groups in the region. We have more requests for inventories to facilitate around the region. This is a positive step in the right direction. Thank you for the opportunity to facilitate or assist in facilitating. I am also learning some valuable things that I can take back to my area and group. Another strong reminder to everyone—discussion topics: Public Image and infrastructure. Be sure to workshop these and document the ideas that come from the brainstorming sessions. Get these ideas to myself or to Rod D., RD-Alt. Have any questions, go to [www.na.org](http://www.na.org) and read more on the subject. In loving service, Debby S., RD

would be back again. The question was only "how long this time?" If the program can give me a sense of hope and serenity, even in a place like this, then I want to continue it when I get out. I have already chosen my first N.A. meeting at my home group in McPherson. I know I need to do as so many others before me have unselfishly done, and give away what was given so freely to me. I would like to extend my heartfelt thanks to all the wonderful people that write and share their hope, and also the people that take their time coming into the jail, which houses those declared unfit to be a part of society by the courts, so they could share the message of life without drugs and alcohol.

Thank you, Jason H.

**the Greater the Base,  
the Broader the sides,  
the Higher the Point!**

**Love For My Son, Jason H.**

He came home from meetings reading from the Basic Text  
Hoping I would catch & hold on to one word he said  
He kept on reading and didn't give up  
I finally went to a meeting just to shut him up  
Out of the blue one day, there was a blast of air,  
My insides told me I needed to care,  
Then showed me a new life out there  
He and I kept going to meetings and working the steps  
I thought all was well with no worries or regrets  
The day came when he thought he could do it alone  
I had to step back and watch from afar,  
And now my son is behind prison

bars...  
I write to him daily, and love him the same...  
With everyone telling me I'm not to blame...  
I can give him my strength and hope, prayers and love...  
And ask my Higher Power to take care of him from above.  
Mae H. McPherson

Dear Mid-America Newsletter,  
I am a newcomer to this program. I have been clean from drugs as long as 8-10 years at a time, but I learned that drugs weren't my only problem. I had other issues that needed work also. I became a truck driver of an 18 wheeler; this had been my dream ever since I was a little girl. I teamed with a guy who did not do drugs. I thought that by being with a guy who did not do drugs, I would be able to stay away from them. I did stay clean, but continued with some behaviors that kept me down in life. In Oct. 2001 I was found by police stripped naked, covered in gravel, and had my head beat in on my right side. I had to learn to do everything again, from how to walk, to feeding myself with a knife, fork, and spoon, even how to take a bath & shower again. There are a lot of things I've realized after brushing up to death so close. Brushing up to death isn't just a physical nightmare – it can be emotionally and spiritually enlightening as well. There are a lot of different things people can be addicted to, everything from drugs/alcohol, to food, to relationships. I've realized that jails can also have a lot of different faces. Everything from being trapped in a relationship, to always wanting to use, to wanting

something to eat we don't need. All these are forms of being trapped, or "in jail". For everything we choose to do there is a repercussion. We don't have to make sure the repercussion is one we can live with. Sometimes we can see the repercussions, sometimes we can't. The only thing we can do is take our best interests to heart. Prepare for the worst, hope for the best, and trust in our Higher Power. No one can keep us from giving into our addictions, but our Higher Power can sure help, if we allow it. If we don't work with our Higher Power, it's not going to keep us from giving into our addiction. Our Higher Power doesn't leave us, but it may not be able to help us if we don't give ourselves over to it. When we give into our addictions we get to suffer through the consequences of our acts. Are they ones you can live with?

Diana C.



**"When you look at yourself, or another addict, look upon their strengths with pride, and look upon their weaknesses with compassion." Jimmy K. WCNA XIII New York City 1983**



**I'm Cindy & I'm an addict.** I've been in recovery for a few years and NA has allowed me a life full of, well, life! I would like to share something that demonstrates the power of this program in my life. Recently I found myself feeling very insecure about all of the beauty in my life. I recently attended a service for someone who passed and it apparently brought up some of my own issues. Abandonment, loss of financial security, everyone & everything leaving me & I have nothing to offer that is of any value to anyone, especially myself. And the crazy thing is nothing to threaten any of this.

It's so real that this disease of addiction tells me lies when I'm vulnerable & I listen to these lies. They come from such places where the FEAR lives that they take hold and get my total attention. Next thing I know is I'm agreeing – it's so loud and it talks a language I know. It judges me & picks me apart and I feel stupid and worthless. Screw it, I'll just sabotage it all, stand in the ashes. Leave before anything or anyone leaves me. Quit. And during this time my days go on as they always do the working and coming home, talking with people and not sharing my own insanity because I don't know quite what's going on. Afraid to say anything because part of me says stop, don't form the words, don't empower it with the word. Feel it and keep it. Help is on the way; this isn't what it appears to be. Things don't really change this fast. I've felt this before and it wasn't the way I perceived it after all, as long as it didn't become action. And a power greater than myself could restore me to sanity. I lay in bed, tired, sad, knowing there is nothing I can do to figure out what I can do to change or fix this hollow pain. I pray simply to let this pain leave – here, God, take it from me. My incredibly strong will and all of my logic has no influence at all over this. So I pray and listen to that quiet place we have inside. And the thing I "hear" is that this is the life you always wanted, Cindy, and it's yours and you are safe. I woke up peaceful. That sense of purpose had returned and the fear had left me. And God did it for me when I asked, when I surrendered. No, I didn't call my sponsor. I didn't share it at a meeting. I used the steps, my faith and some of the tools that NA has given me over time. Most of all, I didn't pick up. Thank you, Narcotics Anonymous. ❖❖

**Word Search - See how many you can find**

S	E	U	A	T	T	I	T	U	D	E	E	M	V	E	
B	Z	T	N	O	I	T	C	A	T	D	B	O	L	Y	ACTION
E	S	W	I	L	L	I	N	G	N	E	S	S	A	W	ATTITUDE
D	Z	E	K	Y	W	M	O	J	F	A	M	I	L	Y	BALANCE
W	L	D	P	C	M	H	T	W	I	X	P	N	T	R	COMPASSION
F	S	U	Q	N	O	I	T	A	T	I	D	E	M	R	EMOTIONS
E	V	T	U	H	E	M	O	T	I	O	N	S	P	O	FAMILY
L	Q	I	X	G	U	I	P	R	M	V	D	E	U	O	FELLOWSHIP
L	F	T	Y	H	K	H	U	A	X	C	E	L	S	P	GRATITUDE
O	W	A	F	L	J	S	O	A	S	V	R	X	T	T	HOPE
W	H	R	L	P	O	T	B	P	N	S	U	L	A	K	MEDITATION
S	S	G	B	A	L	A	N	C	E	P	I	W	Y	T	PRAYER
H	S	V	U	O	L	T	S	D	M	I	J	O	I	Y	SERVICE
I	Q	A	K	G	P	R	A	Y	E	R	D	T	N	K	SPIRITUAL
P	T	W	D	F	E	T	H	C	L	I	I	U	G	G	STAYING CLEAN
T	I	W	D	N	K	L	I	U	Y	T	V	E	C	G	WILLINGNESS
S	O	G	N	T	R	V	M	O	Y	U	K	U	L	J	WINNERS
R	P	I	W	D	R	R	N	I	L	A	S	T	E	K	FOUNDATION
S	W	J	P	E	V	M	B	Q	U	L	S	H	A	Y	
Z	C	T	S	F	O	U	N	D	A	T	I	O	N	M	



*Ed S. Hutchinson*  
*"Just For Today"*

## ☉SPONSORSHIP☉

How strong is the bond between you and your sponsor? I know how strong mine is. I'd like to share an experience with all of you that happened recently. For the past few weeks, my sponsor's work schedule and mine have been really crazy. This created a clash in being able to get together and do step work or just to talk. Her meeting times and mine were different. I made the decision to start going to her house to visit with her after I got off work. We both thought this would be a good time for us to get together. As things would go, after I got off work, I would have drop off my time sheet, or rush home to get things ready for our business meeting, the usual wrenches that get thrown into our systems. We were not able to get together. After coming back from a long Area business meeting and a very long drive, I stopped at my home group to hear the end of my husband's story he was sharing that night. We also had a business meeting scheduled after the speaker meeting. My sponsor was there. After the meeting, she asked if we could talk outside. She told me about the things that were going on with work and her family. I shared with her about the things that were going on with me. (I was voted in as the Area secretary that day) I saw the tears well up in her eyes and I knew in my heart that something was wrong. She told me that she felt that she was not doing a good job as a sponsor for me. She suggested to me that if I wanted to start looking for another sponsor, she would understand. This was something I never thought I would hear. I explained to her that she might not feel that she has been doing a good job, but I did. Janet has been there for me ever -since) get-into this-prom. She has helped

me grow and learn to live life on life's terms. She has helped me become the person I thought was long gone. She has given me love, when I could not love myself; she has had faith in me when I had doubt. We have grown together through the good times and the bad. We have learned the steps and the traditions together. We have shared things about our lives that others do not know. We have laughed together, cried together, and prayed together. We have a bond that has grown stronger every day for the past 2 years. I gave her my decision to stick with her and "we" can overcome anything that is put in front of us. My sponsor is my best friend and my teacher. For that, I am forever grateful. She told me that she had been praying about this and was hoping to hear my decision to stay with her. She has made the effort to get with me at different times; I can do the same for her. I feel that this experience has strengthened the bond between us. For all of those out there, (sponsors and sponsees) who don't think things are working out because of a work or school schedule, keep trying. Make the time to spend with each other. Sponsorship is a two-way street. You never know how good it will make a sponsor feel when you call them and share the good things with them. A strong bond is part of my solid foundation I need to remain clean. Feed your faith and the doubts will starve. Janet, thank you for everything you have given me. I love you.

Sharon B. - Cottonwood Falls



*"Just For Today"*

I started using around the age of twelve. At first it was to feel grown up and fit in. Then I realized that it helped me escape everything that was happening to me at home. I believed if I stayed high I could be free from the abuse I was suffering, but as a result of that use I had gotten raped and ended up pregnant with my first child. My mother didn't believe I had been raped and I was installed with the believe that all children had the right to life so I was going to love this baby more than life it self, and I did for awhile. After the she was born I went back to using and thought I could handle everything. Well I had two more children by the age sixteen and pretty much thought my life was over. I couldn't quiet the voices in my head by myself and I felt tormented so I used more and more drugs hoping that I would die soon. That never happened, what happened was that I became a very bad addict. By the age twenty five I had completely lost all of my children, they were with family and I would take my oldest because she wanted to be with me and I believed I could handle the tasks that go with parenting and still use. Well that was never good any of the times I tried to do it. I had been in alot of abusive relationships, even got married and I messed that up as much as any addict could. Eventually we got divorced because of my using and because of the abuse I inflicted upon him. So when it was final I went crazy with my addiction and did any type of drug I could get and did them anyway I could and in the mean time I still tried to be a mother, that's something I'm still working at very hard. I had no idea I was hurting anyone but myself with my addiction, but I had hurt the only people

that truly loved me the most (my children.) In the last two years of my using I tried to find the help in NA but when I went to the first meeting I thought they were all crazy people and that I had nothing in common with any of them. I had gotten arrested for forgery and put in jail. While in there I had time to think about my life and about what I really wanted out of it. I decided I wanted to be happy and peaceful. I wanted my children to be proud of me for once. I have been clean for almost one year now, on the tenth of October I will have a year. And in the program of NA I have not only found happiness but I have found the best people that I have ever known. I'm still working on becoming better. I hold a service position that I had to get a little push in order to get more responsible. I did finally figure out that they are crazy but so am I and I love my friends for being crazy enough to think I was a good person, because if it wasn't for them and my new husband Ray I would have never believed I was good enough to feel love the way I do from the people in NA. My husband is also a recovering addict and that helps me the most because he understands everything about me. He just celebrated fifteen years in this amazing program. Today all I have to say is thank you everyone who has believed in me and thought I was good enough. I love you all and I have a deep love for NA.

Tia G. In Emporia

*"Just For Today"*

**We Choose**

We choose how we should live;  
 Courageously or in cowardice-  
 Honorably or dishonorably-  
 With purpose or in drift-  
 We decide what is important  
 And what is trivial in life.  
 We decide hat makes us  
 significant  
 Either what we do or refuse to do  
 We decide – we choose  
 And as we decide-as we choose,  
 So our lives are formed

Joey S. McPherson

**Turning Point**

His spirit's broke; his life is a mess,  
 Shameful, he enters the room.  
 Without his God he couldn't care  
 less,  
 With him, his aura of gloom.  
 ...Nobody knows the trouble he's  
 seen.  
 Choices he's made have led to  
 regret.  
 They make peace so hard to find.  
 He's hurt and pain he'll not soon  
 forget;  
 It's hard to find peace of mind.  
 ...Nobody knows the trouble he's  
 seen.  
 With open arms they comfort his  
 soul,  
 With gentle voices they soothe.  
 He finally admits he's out of  
 control-  
 There's nothing more left to prove!  
 -Everyone knows the trouble he's  
 seen.

Manual R.

Hi! My name is Terri and I'm an addict. A grateful recovering addict! I don't know how much wisdom I have to offer but I am just pack full of encouraging concepts. Like, keep coming back, it works if you work it! Welcome newcomer. Know that you are the most important person in the program today. Without you there would be no me, because in the beginning of my journey, I was a newcomer. I will never regret surrendering to the Power greater than myself that allowed me to enter the fellowship of NA. Today I have a family, a family who understands my problem and welcomes me with open arms whenever I enter the room. THE ROOM, Now there's two important words. It's in those rooms wherever they may be found that we find people like ourselves to share ourselves with. And that's no small thing in my reckoning! Anyway, something about me is I love to write. I've been writing since I can remember. Whether I'm any good is yet to be seen. During my active addiction I wrote a poem that I can't seem to forget, so I thought maybe you would like to hear my poem that speaks so strongly about how my addiction affected me, and what I thought at that time. Then I would like to compare it to where I'm at today. I named the poem; "A crack in my world 1999".

*If we're going to be real, let's do it right  
 The things that quiver and shift  
 through the night  
 The cake from Hell, Satin's pâté  
 Obvious seasons we all will pray  
 Spoken whispers unheard in the  
 silence  
 The wings of a bird spoken in  
 violence*

*The raging storm that must come  
 to peace  
 No dreams advantage can bring  
 release  
 The grand angel of hate and his  
 caviar  
 Shared with so many...he's made  
 plenty of stars  
 Misinterpreted processes make  
 many a cleansing rain  
 It's not for me to know about God's  
 teaching pain  
 So, the hot flakes of a snow white  
 dream  
 Fall all around us like dry ice  
 cream  
 Taste the pleasure of serpents  
 then leave it alone  
 Elsewhere command it and march  
 for your zone  
 Be a trooper, a soldier, and live as  
 your own  
 And make sure if you want it all,  
 we'll leave you alone  
 Walking through the paths of hell  
 On streets that have no name  
 A world full of lonely little tears  
 That made a sane world insane  
 So what about the mutts in life  
 Haven't they had a place to stay?  
 Where the worlds all kinds of  
 beautiful  
 It's a way to be  
 So guaranteed get lost somewhere  
 A place I do not go  
 And though that lost is bad enough  
 Try out satin's snow  
 To make the world grey  
 To shackle us down  
 his prey.  
 That's the white cake from hell  
 I'll tell you it's no party  
 A place we do not dwell  
 A place where there is no parlay  
 Fine flakes so sweet tis' first quite  
 amazing*

*As you dig down deeply  
 You find God in raising  
 A butterfly's wings so slight, so frail  
 It's hard to imagine they harbor the  
 whole of hell  
 It's a bittersweet knowledge, it's a  
 typical pain  
 Shovels  
 Deeps  
 The cold's a chill  
 What more could I ask for  
 That's how I feel*

And there it is. What do you think? I think that even in my active addiction I was crying out for help, only I didn't know how to get it. That's when my Higher Power stepped in and told me what I had to do. He told me to turn my will and my life over to his care. Then one day I finally did. And you know what? After surrendering the battle I had fought for so long and submitting to my God, as I understand Him, I was granted a peace of mind, a new family in the NA fellowship, and a new life that today I live in. I was raised in institutions and have never had a job before, I do now. I never paid rent before, I do now. I never had a family, I do now. And I never cared before, I do now. Thanks to the support of the NA fellowship I have people to inspire me and encourage me to stay clean today. And thanks to my Higher Power I have a peace of mind and a solid spiritual foundation to lay my woes upon. And I have my lucky stars that I still have the body to be here to call my sponsor. Today, (What more could I ask for?), I can only ask that another suffering addict such as I was will receive the message that today, we don't have to get high, there is a way. The NA way, it works! Terri