

**Deadline For Next Issue Is August 31st.**

Chair: Alan B. 316-283-2033 Co-Chair: OPEN  
 Treasurer: Greg B. 620-653-4516  
 R.D. Alt: Rod D. 620-757-6212 R.D.: Debby S. 785-819-0268  
 Secretary: Carla D. 620-757-6212

*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,  
 Kirk B.

**NEXT R.S.C.**

*Red Coach Inn - 2211 E. Kansas Ave., McPherson, KS*

**SATURDAY AUGUST 20, 2005**

**9:00 AM - 11:00 AM** .....  
 (Regency I) LITERATURE  
 (Regency III) HOSPITALS & INSTITUTIONS

**11:00 AM - 1:00 AM**.....  
 (Regency I) CAMPOUT  
 (Regency III) CONVENTION

**1:00 PM - 2:00 PM**.....  
LUNCH BREAK

**2:00 PM - 4:00 PM**.....  
 (Regency I) ACTIVITIES  
 (Regency III) PUBLIC INFORMATION

**4:00 PM - 6:00 PM**.....  
 (Regency I) OUTREACH  
 (Regency III) STEERING

**7:00 PM - 8:00 PM** **SPEAKER MTG.**  
**8:00 PM - 11:00 PM**

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

**SUNDAY AUGUST 21, 2005**

*Regency I & II*

**8:00 AM - 9:00 AM**  
*ALL OFFICERS AND SUB COMMITTEE CHAIRS OR COCHAIRS TURN IN  
 MOTIONS AND REQUESTS FOR FUNDS*

**9:00 AM - UNTIL DONE**  
*REGIONAL SERVICE COMMITTEE BUSINESS MEETING*

*Just For Today*



Volume 22  
 Issue 2

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

Summer 2005

*"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*

Hello family! Once again another issue has made it out of my cluttered office. Now that our region has an archivist, a few boxes will find a new home soon and maybe create a new path in this office.

Back to this issue in your hands, (or on your computer monitor), as always, the regional highlights from the recent R.S.C. are included. But the main purpose for this publication is to share the message of recovery and I feel it has been accomplished very well! Thank you all who contributed and if for some chance your article didn't make this issue, it will be in the next one.

Summer is here and it's time to go camping. Once again, the regional 4th of July campout flyer graces the inside back cover of this issue. There are many campouts planned this year so check your meeting hall, area meeting, or the

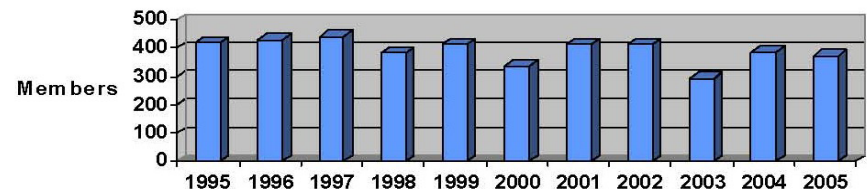
(work-in-progress) Mid-America Regional Website: [www.marscna.net](http://www.marscna.net)

In case you're wondering what the graph is at the bottom of the page, I've tracked registrations from the Mid-America Regional Convention for a number of years and thought I would share the last 11. We generally have many more in attendance at our regional convention, but fail to get much over 400 registering. In actual peak numbers, 1997 had 440 while 2003 had 293, both conventions were held in Dodge City. Location? I guess not.

On a final note, I received word that our Co-Editor, Keith B., is moving North (out of state). Finding a place within this publication was still in progress and I hope Keith carries his desire to work with newsletters with him to his new location. I wish him well.

*Jim* **Editor**

**M.A.R.C.N.A. Paid Registrations**



*Just For Today*

**“For the therapeutic value of one addict helping another...”**

We have all heard the phrase, “For the therapeutic value of one addict helping another is without parallel.” But how many of us realize how valuable it is? After returning from a woman’s retreat in Nebraska, I began to reflect over the past year of my recovery. This past year has been an amazing adventure for me. Things like another addict calling in the middle of the night needing help, (from halfway across the country) and offering help in finding a meeting in their state, or just listening to them admit their powerlessness and taking their first step. Things like going to out of town meetings and sharing with others I don’t know. Then have a person thank you months down the road for the words that gave them the strength to cope. (That came from the out of town meeting) It’s letting our Higher Power put two addicts together to give each other strength or gain faith and hope. I never really looked at this until after the retreat. Last night, a person I met a year ago had a topic that he was upset about. As I sat and listened, I was amazed at the passion flowing from within. That meeting was alive with love, strength and hope. After the meeting, he told me the first day he met my husband and I (at his first meeting). Seeing his passion come alive because of “the therapeutic value of one addict helping another is without parallel,” is a wonderful and priceless gift. It doesn’t matter if it’s offering a cup of coffee to the newcomer, or telling a person that is struggling that they are loved, regardless. Phrases like “Keep coming back”, or “We’re glad you’re here”. These words and actions mean so much to these people and myself that it has helped keep us alive and clean and given

*Just For Today*

us the courage to keep coming back. They offer us strength when we feel weak, hope when we feel hopeless, and give us faith and courage to keep going. And don’t forget the biggie... It does get better. This is truly one of the most priceless gifts I have received since coming to the program of Narcotics Anonymous. I have so much more gratitude today because of that phrase. It has saved my life. I thank my Higher Power for bringing people like Sam and people like you into my life. If any of you are feeling “stale” or struggling with something, don’t hold it in. Share it with another addict. You never know, you may be the one thanking them months down the road for giving you strength and hope when you needed it the most. By the way ... Thank you for helping me when I needed it the most.

**Sharon B. Cottonwood Falls, KS**

**Dear MAN,**

Hello again....Mike name is Mike A. (a.k.a. Tattoo Mike) and I’m an addict. Some of you may know from MARCNA XXII that I have a little project underway. I am trying to collect addicts clean dates and telephone numbers for every day of the year, so each morning when I read my meditation I can call and wish an addict happy birthday. Please help me out by e-mailing or snail mailing me your: Name, last initial, clean date, working telephone number, city, state, and your NA home group would be cool too! Thanks, Love Mike A.

[tat2m@yahoo.com](mailto:tat2m@yahoo.com)

Mike Allen  
2349 SW VanBuren  
Topeka, Ks. 66611



*This is A limited space function. Cost is not negotiable of \$40 advance, \$50 at the camp. Questions can be addressed to Pete E. (785) 550-0273*

*No Phone!  
No T.V.!  
No Traffic!  
Only clear space and unlimited growth potential. Food and lodging included, bring bedding.*

*15<sup>th</sup> Annual  
Mid-America Regional  
Soul to Soul Spiritual Retreat  
September 23<sup>rd</sup>, 24<sup>th</sup>, and 25<sup>th</sup>, 2005  
Camp Chippewa, Ottawa, KS.*

*Please fill out and return to: Soul to Soul c/o Shelley Wright, 1116 State St., Emporia, KS. 66801*

Name \_\_\_\_\_ address \_\_\_\_\_

City \_\_\_\_\_ St. \_\_\_\_\_ Zip \_\_\_\_\_ phone \_\_\_\_\_

Number Registered \_\_\_\_\_ @ \$40.00 each Total \$ \_\_\_\_\_

*Make checks or money orders out to: Soul to Soul  
**Hope to see you there***

*Just For Today*

# Around The Region

Activities has 2 events coming up, one of which has a flyer on the inside back cover. The other is our annual Service Assembly which is scheduled for Oct. 15th and 16th, 2005. Be looking for a flyer on that in the next issue. By the way, bravo on the new meeting loca

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Camping season is officially started and Pamona Lake is the place to be over the 4th of July weekend. There are a lot of activities and even more fellowship offered this year. For your convenience, the committee will be selling bags of ice throughout the weekend, you know, in case it gets hot. I'll see you there! Check the spring issue of the M.A.N.

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If you have enjoyed attending our conventions (M.A.R.C.N.A.) and thought to yourself, "maybe it's time I got involved and helped plan this thing," this is your lucky month. #23 is just getting started and needs a committee, the dates are April 7th-9th, 2006 in Hays, KS. Pat B. (Chair) and the future committee's next meeting will be at the Holiday Inn in Hays, June 26th at 1:00 p.m. You might ask, what happened at #22 in Salina? We had a great time and overwhelmed our speakers with Kansas hospitality. Plus we netted \$12,736.98 of which the Regional Service Committee received \$7,736.98.

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The Hospitals and Institutions committee has a new Chair (Tom M.) and Co-Chair (Dave R.), a recent presentation with the Kansas Jailers Association was discussed as well as a report of a member taking meetings into an Institution giving mixed messages which he was asked to leave the facility. It has been addressed with the facility and I believe the member as well.

*Just For Today*

Literature has two items in front of it, the M.A.N. archival discs which are for sale and the review and input process for the Public Relations Handbook. In committee we read several pages in chapter 1 to get a feel for it. If you have a desire to participate with this project, log onto N.A.W.S. website or contact your R.C.M. or area Literature Chair. The publication you are now reading is also an ongoing project of this committee, so keep your stories, artwork, poems, etc. coming.

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Outreach is alive and well and productive. At least 2 new groups have been formed in the last quarter and many miles have been logged. Keep up the good work!

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Public Information is scheduling to attend many workshops and professional conferences this summer, members will be asked to help man booths at some of these so contact your R.C.M. or P.I. Area Chair for more information. The Region has a new web-master (Kirk B.) and an all new web site is in the works, monitor the changes at [www.marscna.com](http://www.marscna.com)

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Speaking of Kirk B., he enjoyed scanning and converting the archival M.A.N. to PDF so much that he is taking on a new project, scanning and converting our past regional minutes to PDF. If you have minutes, especially from the early to mid 1980's, please contact the Editor or any member listed on the back page, we only want copies, you can keep the originals if you so choose. If you don't, we also have an official Archivist, John S. III. Our region has a vast history and our hope is that some day we have documentation showing how we got started and so forth.

# BEHIND THE WALLS

*con't from the Spring Issue*

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...Everything was going along just fine for about 6 months. I was calling my sponsor at least every other day, getting with him at least once a week to do step work and still doing service work. I don't remember what happened and I'm sure it was nothing big, no big deal or anything, but something happened or was said that made me feel fear, or hurt feelings, or unimportant, or all of the above. Now understand that most likely no one did anything to me, at me, or against me, but my perception of the way things really were was no where close to reality, so I just reacted the way anybody with no idea of what a healthy relationship is like would do. At first I would just avoid any kind of confrontation and pretend that I was doing just fine and that we would just figure this thing out as we went through the motions. Of course this approach didn't work at all. We both just got more and more uncomfortable with ourselves and each other until one night I could no longer live in my own skin, and the pain and fear of not knowing what to do next, put me on a course for relapse and I had lost power to use, so that's what I did. I really did love this woman and I'm positive she loved me as well, but with so little time in recovery and not knowing how to deal with my own emotions, let alone anyone else's, it was a pretty sure thing that one or the both of us would relapse and even with prison hanging over my head I couldn't make myself not use. I simply did not have the power to keep myself clean, so I started using here and there, always getting lucky with the U.A. test I got from my probation officer. This luck only lasted about 5 or 6 months until once again I got a

once again I got a P.V. and went back into the D.O.C. system. Once again I was given one more chance at recovery and still kept my freedom. All I had to do was go to N.A. meetings at night, spend the day at a D.O.C. facility for 90 days and not use drugs, but once again I could not stop myself. The whole time I really did want the power to stay clean, but I just couldn't do it. I begun to think that there was something very wrong with me mentally or spiritually that made me weaker and less human than all the other addicts that I had met in the program over the years. I thought that I was hopeless and worthless and only wished for the end. I thought death would have to be better than the life that I was so destined to live. I was sure that I was proof that God made junk. My self-centeredness and ego were at their peak and my life was a living hell. I had hit bottom and I thought I would not be able to crawl out of this pit I had dug myself into, my life was over. Within days I was on my way to prison for a 5 1/2 year bit. I really believed my life was over and that as soon as I had the guts to do it, I would take my own life and spare myself and everyone who knew me any more hardship or pain. At first I would just tell myself that I won't kill myself today, I'll just wait to see what happens to me. I had no idea what it was that I was waiting for to happen, but that was the best I could do at the time. After only a few weeks in Lansing Correctional Facility, I was able to start seeing how things worked here in prison. One of the first things that I learned was how much dope there was in here, and that it was just as easy to get drugs in prison as it is on the streets. For the first few months I really thought my life was over and that I had nothing

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to live for. I had made a wreck of everything in my life. I had failed as a husband, as a Dad, as an N.A. member, as a son, and as an employee. The list of my failures was endless. I had hurt too many people and destroyed everything good in my life. I blew every good chance at starting a new life over again and I had run out of startovers. I was finally at the very bottom and as low as I could possibly go, but for some reason I would not let myself use dope in here. I just told myself that I would wait until I got out to use again. I tried to stay in contact with some guys in the N.A. program, even though I thought I was done trying to get clean and had no plans of ever going to meetings again. I became very lonely and depressed and wished someone would write to me from my home group in Wichita, so I wrote a letter to that group and asked if they would post my letter so people could read it. In it I asked if anyone would be willing to stay in touch with me while I was in prison. I didn't really think that I would hear from anyone at all, but then came a letter one night from someone that I had never met before. I was not expecting to hear from anyone and I was touched, and I had the first glimmer of hope and I started to think maybe there was some way that I could get and stay clean some how. It felt good that someone I didn't even know could care about a looser dope addict like me. I had also wrote a letter to one of my old sponsors and told him he could post it up at his home group if he thought it might help someone some how. After a few weeks, I got another letter from another N.A. member and it too touched my heart. Then another guy from my home group had moved down the street and also wrote to give me some encouragement

just like the other two guys were doing. Well I started writing them back and now it's a pretty regular thing between the 4 of us to write back and forth to each other. I consider our letters to be my meetings in print. One of the last letters I got had a MID AMERICA NEWS-LETTER in it and for some reason I felt God trying to wake me up from my self-centeredness and selfishness and depression. I decided to try praying one night soon after this experience and I prayed mostly for other people, but also I thanked the God of my understanding for keeping me clean one more day, for supplying me with food to eat everyday, for a warm bed to sleep in, and for a roof over my head. I found myself praying every night and sometimes until I fell asleep. I've started praying for God to lead me to someone he wants me to help and for Him to give me the right things to say to who ever he puts in my path. Then I started to pray in the morning when I woke up. I still constantly have thoughts of using dope. I've had to train myself to stop when these thoughts pop into my mind and ask the Higher Power to help me think about N.A. meetings and stuff to do with recovery. Some days I go all day without thinking about dope now. I finally let myself completely turn my will and life over to the care of God of my understanding and since then I have been given the gift of hope and faith. I am starting to really care about myself and my life clean. I'm able to have gratitude for being sent here to prison so that I could be stripped of my entire ego and selfishness and self-centeredness for just long enough to let God into my heart. I know in my heart today that God wants me to give everything inside myself to the N.A. way of life.

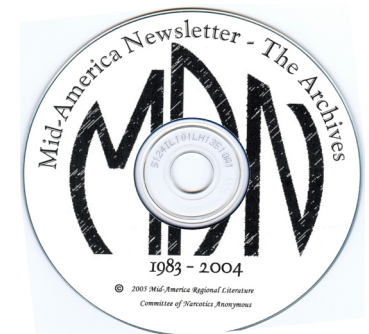
*Just For Today*

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

N	E	W	A	Q	P	A	T	I	E	N	C	E	T	N	
O	E	Q	U	A	L	I	T	Y	I	T	A	Z	P	L	amends
A	C	W	M	L	T	R	H	O	N	E	S	T	Y	Y	balance
L	A	D	C	L	E	N	O	S	C	B	K	P	O	F	camping
E	Q	D	A	O	L	D	M	P	R	V	D	A	B	R	commitment
A	E	X	E	L	M	J	U	B	K	E	L	P	N	E	compassion
D	N	B	I	D	Z	E	Q	T	E	J	B	K	W	E	diversity
E	I	T	W	T	E	M	R	P	I	A	U	M	O	D	equality
R	L	Z	U	I	Q	A	G	S	L	T	U	N	E	O	freedom
S	D	N	E	M	A	M	O	A	U	K	A	I	L	M	gratitude
A	E	O	C	E	N	R	N	S	I	B	C	R	O	P	honesty
Y	L	I	K	R	J	C	G	N	O	U	Z	Y	G	S	inventory
T	E	S	D	S	E	E	S	R	O	M	E	R	A	Z	leaders
I	D	S	O	W	A	T	O	N	H	P	O	O	M	E	membership
S	A	A	W	R	D	H	K	O	U	Y	T	T	E	R	newcomers
R	E	P	G	E	L	P	M	I	S	D	O	N	M	A	oldtimers
E	T	M	U	Y	V	L	O	S	Q	W	F	E	S	L	patience
V	S	O	P	O	Y	W	E	E	N	L	I	V	Y	W	remorse
I	W	C	O	M	M	I	T	M	E	N	T	N	U	K	simple
D	E	I	P	M	T	U	K	C	A	M	P	I	N	G	

**On Sale Now!**

82 past issues of the Mid-America Newsletter have been assembled on one CD with an extra bonus booklet of the history of the groups within Mid-America Region. You can own this amazing piece of history for only \$5.00 + \$2.00 shipping and handling. Avoid the shipping by attending any one of the regional service committee meetings in McPherson, KS. You will enjoy many hours of reading our history plus look at flyers from such events as M.A.R.C.N.A. I, held in 1983. All you need is a computer with a CD drive.



**Mail to:**

M.A.N. Archives  
365 W. Lindsborg St.  
Lindsborg, KS. 67456

*Just For Today*

**Curtis B.  
1960-2005**



Hello, I'm an addict, my name is DeWayne I live in Wichita and I am writing this to say a few words about a brother in recovery who recently passed away. Curtis B. or big Curtis as a lot of us called him passed on while he was in the hospital in Hutchinson Ks. It had been a long time since I saw him. His death has made me look at so many more things in my recovery. When I look back at the time I spent with him so many lessons and experience, strength, and hope returned. Curtis held a multitude of service positions, he worked in his home groups, at the area level, and when he passed he was still on the regional P.O. Box. I will remember him most as my good friend and my former grand sponsor. We went to countless service meetings together, as well as many functions. We shared a home group for along time. When I went to his funeral I felt pride in this fellowship when his parents were presented with an eternity medallion. I will miss Curtis greatly, he changed my life and I will always have my memories. And with that I will say good journey to all. May we all walk in the grace of God with our dear brother Curtis.

**Love to all DeWayne K.**

*Curtis B. served both the Wichita Metro Area and the Mid-America Region throughout much of the '80's to mid '90's, any where from Regional Chair to his last position as P.O. Box Chair.*

*Just For Today*



*I love you.*

Seriously, I do. I know you are thinking.....you don't know me...I'm unlovable...I've done \_\_\_\_\_. But the fact is that none of that matters to me. I love you anyway. I love you in spite of what you have done or who you *think* that you are. Why? You may ask since I probably don't even know you. The answer is overwhelmingly simple. You are an addict and as such I love you completely and want nothing but good things for you. The fellowship of Narcotics Anonymous has loved me since the day I stepped through the door. It didn't matter that my behavior sucked. It didn't matter that I pushed them away at every turn, because I didn't feel worth love. They loved me anyway in spite of myself. Because they loved me unconditionally, I learned to love myself and others. Now I can give that away and I am giving it to you. Recovery is not easy...simple...not easy...it requires a lot of effort and can be quite painful.... but the beauty is..we have ALL been there, done that, and are ready to be here for you. So if you are reading this...give yourself a break....reach out and allow members of the fellowship to love you until you can love yourself. Then... when you have reached that point.... love someone else until they can. This is the gift of the fellowship...embrace it YOU ARE WORTH IT!!!!!!

**Anonymous**

God used some guys in N.A, to pull me out of the pit I had dug so deep that there was no way that I could climb out on my own power, I was a goner. Through the letters that these guys send me, they have shared their strength, experience, and hopes with me, when I really had no hope of my own left inside. I know today that the only way that I can repay them is to give back what I have been so freely given. On February 23<sup>rd</sup>, 2005 I will be clean for 10 months. It's been over 10 years since I've been clean this long, but this is the first time I have completely given myself and my will over to the Higher Power. It's still "just for today" for me and like some of you, at times I can only take it one minute at a time, but no matter what, I know I don't have to do it alone anymore because now I know I belong to the fellowship of N.A. and that God is in charge, not me. I will always be grateful for the love and understanding that these guys in N.A. showed me and to God for working through them to save my life from addiction and death. I hope that some how, some day, I can give back to someone suffering what has been given to me.

In the spirit of fellowship, **MIKE C.**



**Congratulations Mike C.  
4/23/2004**



*Just For Today*

*"Reprinted from the  
February, 1983 N.A. Way"*

The image of Narcotics Anonymous is something to which each of us can and does contribute. When attending conventions for our Fellowship as anonymous members, we leave an impression on the community. Our dress, our manner, our demeanor and our behavior is evaluated by the hotel staff, and those merchants we come in contact with during such events. We all know the obviously negative things that we have done that contribute negatively to the image of N.A. There are some obvious things that we can do to contribute positively to the image of N.A., not only at conventions or other events where we as a group of anonymous members have an impact on large communities, but also in our daily lives and our group efforts that have a long-lasting effect on our local communities. I make a personal statement about who and what I am to my neighbors through the way I dress, the way I talk, the way I act, and the way I keep my house and property. Many of them saw me in my active addiction. Most were concerned. Several have asked what has happened to me, and I have at times mentioned that I attend N.A. meetings. I often indicate that attendance at those meetings is what has resulted in a change in my life. What the public sees, what my neighbors see, is the way I behave in society. Society places value on obeying the law. Society places value on public expression of morality and immorality. How we behave when people are watching is a direct reflection on our personal program and can have an impact on the image of N.A. As secretary of a group, I told my story to the board of a local church in order to secure a meeting place. I shared the fact of my N.A. membership with these people. Then I spoke to them about

the principle of anonymity, and requested that they keep in strictest confidence what I had told them about my personal life. The condition in which we leave our meeting place on a weekly basis reflects very strongly the local image of our Fellowship. Periodically, our group holds community awareness meetings to inform concerned professionals and others who have routine contact with addicts seeking recovery. We inform them of the N.A. Program, what we offer, how and when we're available. We have personal contact with these professionals whenever possible and urge them to attend. How we appear to them reflects on the image of N.A. The dignity and public acceptability of those N.A. members who conduct our "community awareness" meetings, again reflects on the image of N.A. My home group also sponsors an institutional meeting in a local rehabilitation center for addicted people. We co-sponsor this meeting with our area service hospital and institutions subcommittee. We have made a commitment to this institution to bring a meeting in on a weekly basis. We have made a further commitment that this meeting will carry the message of recovery from addiction as found in N.A. How well we live up to that commitment reflects not only upon our group and the individual members attending, but also on the image of N.A. Such efforts within the treatment community have the potential to affect N.A. as a whole. We try to be sure to live up to our commitment. Often times my personal rebellion and defiance leads me to dress, behave, and use language in a rebellious and defiant manner. This personal immaturity reassures me that I am still sick, still powerless over the disease of addiction. I'm confident that

this local treatment community is tolerant of my growing up. I am grateful, however, for the awareness that my public immaturity can affect that Fellowship which I hold so dear. In public information and institution work on a group level, I feel that my personal opinions about recovery from addiction are not an appropriate message to carry. My knowledge of and experience with the Twelve Steps and the Twelve Traditions of N.A. are the most appropriate sharing in such situations. Our Basic Text provides sufficient guidance in these matters. It seems that study of this Basic Text can help me express the "WE" of our program. Appropriate use of personal experiences which illustrate the material in our Basic Text constitutes responsible sharing in P.I. and H&I work. These are some things that come quickly to mind in terms of the image that we project to the public at the group level and as individual members. Many events are sponsored by groups, areas and regions to help us learn about and have fun in our recovery. I can't think of any such event where some member of the local community is not watching our behavior. How would we have them view our Fellowship? How can we help them see it as it is?

**Anonymous**



*Public image is one of two topics this conference cycle for fellowship discussion. This article, though written more than 20 years ago, brings an awareness to this important aspect of how we deal with society.*

**Hello I am an Addict and my name is Tia,**

I am wanting to share with everyone the awards that I received by attending M.A.R.C.N.A this year. This was my first M.A.R.C.N.A. I had attended and if you have never been to one you are missing out on one of the best experiences you may receive in you life. All the speakers were very awesome and I identified with all of them. But the one I give thanks to is Tony from California. His story taught me that I can stay clean even with the loss of someone who meant a lot to me. He talked about losing his wife when he brought her into his addiction. Now I will tell you how I relate to him. I was 17 years old living in a old abandoned building in Chicago, with an addict named Nathaniel. This man and I were together, I guess you can say and we did anything to obtain our drugs. He would work anywhere the Temp agency put him, so we could buy our dope. He did this because if we did not have the money I would use my body to obtain them. All we had at the time was each other, and the evilness of our addiction. One night we scored our dope, went into an alley, and fixed our shots. He was shaking so bad that I had to hit him first in order for him to hit me. As a result of too much dope for his system, when I shot him up he overdosed and died. Before he died he told me to leave him there and get away so I would not get in trouble. So I did as he said and left. He died in that alley alone with no one. To this day I do not know where they laid him to rest and for years I carried this pain around with me not letting myself let go and blaming myself for not getting him help. So when after I heard Tony speak, I started to think real hard about my recovery and

myself. I guess what I am trying to say is I got hope from Tony and his story. I got home that Sunday after M.A.R.C.N.A and thought some more about all the messages I heard in his story or at least what I perceived I had heard and I cried and cried and then I let go of Nathaniel and asked him to forgive me for leaving him. I can never explain in full detail what a peaceful feeling that I got when I let go of the pain. Letting go of Nathaniel was very hard to do. But in recovery, I have found that when I let go and face my feelings, pain, and my part in the situation, my life is not so burdened with my past. I have also learned through my N.A. family that I can not change my past at all no matter how much it hurts, but what I can change is today. I learned a lot about myself at M.A.R.C.N.A just by paying attention to the messages the speakers were giving. But like I said I thank Tony from the depths of my heart for allowing me to see and hear what recovery has brought to his life. And for allowing me to know that with letting go and having recovery in my life I may be celebrating 30 years myself one day. But for now all I have is today. Thanks to this program of Narcotics Anonymous I am learning how to live a better life and I am learning how to love myself and others.

A Grateful Recovering Addict,  
Tia G. Emporia



**ATTITUDE  
OF  
GRATITUDE**