

Mid America

Regional

**Apr.
May
88**

News Letter



Hi again !! It's nice to be writing again it seems like just yesterday that I printed the last issue. A lot has gone on since I last sat down to this typewriter. I have been to functions in Mcpherson, Salina (twice), Derby and Wichita and have plans to attend as many more in the next month or so. I've gotten much more input and support than I was led to believe was out there and found a lot of excitement everywhere I went. More work needs to be done but I feel we have a fine start. Subscribers have more than doubled and this issue is going to be an all Kansas issue I have been able to gather enough input that I have not had to borrow from other newsletters, hopefully we can continue in this vein and offer views from other newsletters because of quality rather than not having anything of our own to print. I feel a good start has been made in this direction so keep your input coming and if you have not sent anything yet take a moment and share a little of what was freely given to you.

I wish to thank all of the areas for submitting their minutes it's really made my job easy I do have more fliers than I can possibly print, so I am at this time trying to pay special attention to fliers with maps. I do have a number of extra fliers and if you would like to have one in particular send me a S.A.S.E and I'll try to get one to you, also if you are having a function you might send me a few extra fliers and I'll try to help get the word out. Good luck to the new group in Scott City I hope to attend a meeting out there before too long myself and hope anyone else that might be in the vicinity will stop in as I know outside support sometimes makes the difference in a new group staying or folding in those first few months. In this issue you will also find some input and stuff from people currently inside the walls of our penal institutions. Currently I'll put them in clean perceptions but would like some feedback on a possible section of the newsletter devoted to people in institutions and correctional facilities as I feel that it would promote participation in N.A. outside of the walls and make these people more a part of us rather than apart from us. Please write and let me know how you feel about this. I am also currently getting requests for subscriptions from some of these people, so far I have been able to meet all of these due to people in the fellowship sponsoring their subscription please let me know if you are interested in this kind of gift as I feel it could go a long way toward carrying the message of recovery. I guess I'll close till next time.

Yours in recovery
Dan C.

CHANGES

Upon first coming to the program of Narcotics Anonymous, my first inclination was that this was the place where people stayed clean. After several years of clean time, I've come to know that being a part of N.A. and living the twelve steps, so much more is offered than just staying clean. It's been a slow process, yes, but extremely rewarding. One of the greatest experiences I have had since my first day clean in N.A. is realizing that I have learned to love myself.

During my days of using drugs, and even before that (coming from a dysfunctional home) I never thought that a big part of my problem was that I hated myself more than I did a stranger on the street. I did all sorts of insane things to try and be what I was not. Because to be myself meant not being accepted or being human (In my home that was a rare luxury). I spent many years suppressing feelings and trying to have certain feelings only when they were acceptable. I used drugs to hide the pain of not being able to be human until I didn't know how to be human at all anymore.

For 28 yrs, (3 yrs in the program) I hid myself from others for if they "really" knew me they wouldn't like me and would also know that I didn't like me. But my friends in N.A. knew that I didn't like myself, because they watched me indulge in three sick relationships in the time since I got here. In short my self hatred could not be covered up.

After this last relationship ended, I started to really work on myself and live the steps, especially the first three. I came to know a higher power inside of me that I have come to know as my God. If it weren't for my total surrender. I don't think I would be writing this to you today.

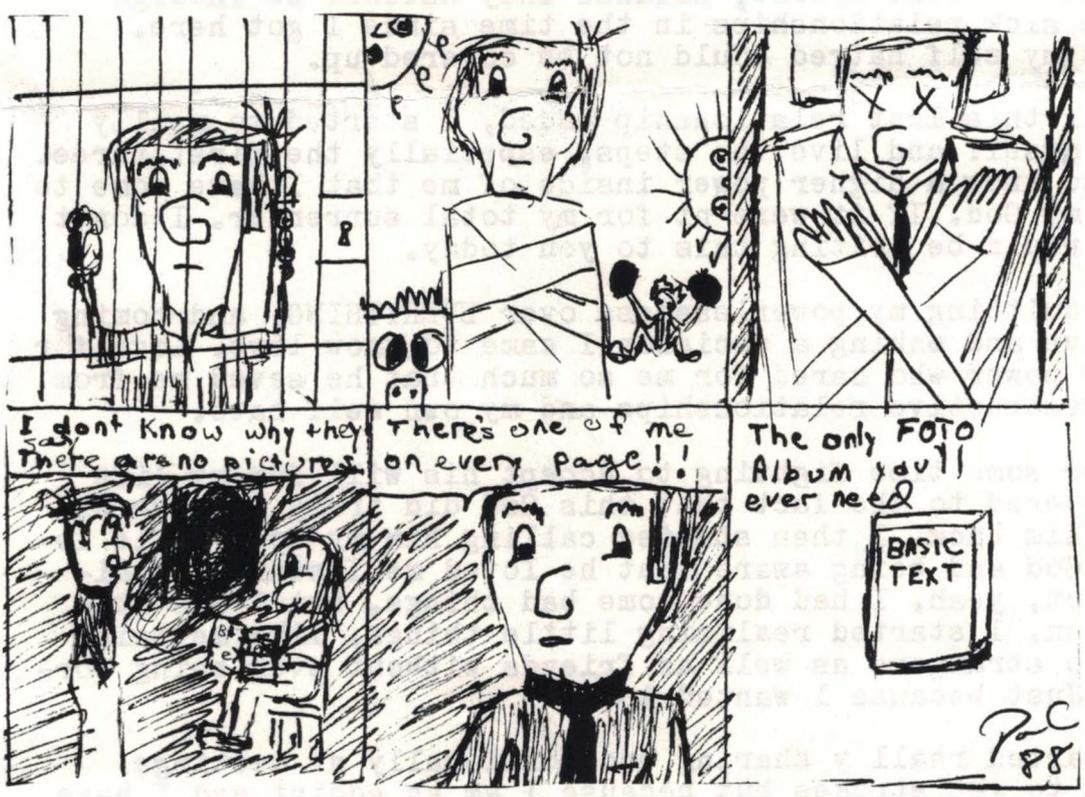
By admitting my powerlessness over EVERYTHING, and coming to believe and making a decision I came to know love. Love for a higher power who cared for me so much that he saved me from death, destructive relationships and my own self hate.

After some time fighting to accept his will for my life I surrendered to the fact that this God did truly love me and I loved him back. I then started calling him my God. While loving my God and being aware that he loved me I started Realizing that, yeah, I had done some bad things, but I wasn't a bad person. I started realizing little things, like me being polite to strangers as well as friends without ever being forced to. Just because I wanted to.

I started really sharing unconditionally at meetings, not just to get strokes but because I am an addict and I have something to share with other suffering addicts. I started really reaching out to newcomers and tried to make them feel welcome.

I started letting people get to know me, crying in front of them when I hurt, being angry when I was angry and needed to speak my mind and laughing with them when I felt joy. I started listening to others and feeling compassion for their hurts and joys or confusion. This, all, of this, to me is love. Right under my nose, all of my life, shown to me by a loving, caring, powerful God, my God. I could'nt ask for anything more, today, I have everything I need and more. If someone had said I would have all of this today when I first walked through the doors I would not have believed them. But they did'nt and I stayed. I now have something to really be grateful for- myself and my life, my God and you people. Thank God, he was just in time.

Laurie B.
Wichita KS.



Western Kansas Area-
New Hope N.A. 1st annual
roundup May 22 12:00 lunch
1:30 meeting 1065 W 5th
colby KS. New group in
Scott City.

Central Kansas Area-
Newton and Newton Womens
group joined Wichita as
of May. Tentative area
get together June 18
"challenge of the addicts"
Pratt Mon. night H&I at
P.R.M.C cancelled.

Wichita Metro Area-
PSA will now state "for
more information call
316 684-9481" in response
to other areas wanting
to be mentioned in the PSA.
Decided to have a Nar Anon
speaker at the campout.
Theme will be "It works New
Freedom MARC 88"

Kansas City-
Northland N.A. has new Fri.
night meeting @ 8:00 PM.
From the Heart N.A. is moving
to 4925 St. John, KC. MO.

Unity Area-
Will try to have a dance a month
5/28, 6/24, 7/17 and 8/20
Still looking into PSA.

Keep sending your minutes!!
(the editor)



12 AN PERCEPTIONS

THANK YOU NARCOTICS ANONYMOUS

N ow (Not Yesterday or Tomorrow)
A nother (The N.A. Program)
R easoning (12 Steps)
C an (not maybe, but CAN)
O rganize
T his
I nsanity (our addictive personalities - with drugs and without drugs)
C alled
S elf-will (what usually got us in trouble to begin with)
A ccepting (enduring without protest)
N ew
O rderly direction (Higher Power's)
N eeding (under necessity)
Y our
M ind
O pen (characterized by ready accessibility and cooperative attitude)
U sing (avail oneself of)
S piritual assets (Serenity Prayer, Higher Power, etc.)

Today I am alive. I will not worry about tomorrow as I have not been promised a tomorrow. I will not worry about yesterday, as it is not in my power to traverse in time. I will, to the best of my ability, be thankful for today as this is all I truly have.

Anonymous

8-18-87

SEARCHING

I am searching for
a strong person.

A person with a
strong heart.

A strong will to live
without drugs or alcohol
of any kind.

I am searching for a
person involved in N.A.

You see I am an
addict.

I am searching for a
person who knows how to
live.

Live the life of a
recovering addict.

You see I've tried
this on my own.

I can't do it alone.

If you are this person
or if you know such a
person.

I would like to hear
from you.

Edward Dale Pierce
K.C.V.T.C H-2
P.O. Box 1536
Topeka KS. 67601

Today I am hopefully helping-
Not hopelessly helpless.

The mark of growth is that we
can see that things go wrong
so that we can be more right.

submitted by
Sue W. Newton

DAY BY DAY

I live my life
day by day
For an addict like me
there's no other way
I'm a recovering addict
a past full of drugs
A future filled with friends
love and a lot of hugs
I live to stay clean
one day at a time
If im not clean
I'm not worth a dime
Day by day
I follow the program to the letter
The N.A. program
12 steps to the better
I live my life
day by day
For an addict like me
there's no other way.

Kenneth W.
Somewhere in the
penal system

Around the Region-

May 13,14,15-2nd annual G.K.C.N.A. campout for N.A. Smithville lake
Crow's creek campgrounds Smithville Mo.

May 22nd-New Hope 1st annual N.A. roundup, Sacred Heart Church,
Colby, Ks. starts at noon, bring covered dish

May 27,28,29 and 30th-6th annual Pre-campout campout, Harvey County,
West Park.

June 11th and 12th-1st anniversary picnic, Camp Alexander-2 mi. E.
of Emporia. Sponsored by the Pioneer group.

June ? 1st annual challenge of the addicts- somewhere in Central
Kansas Area.

July 1st,2nd,3rd and 4th-MARC 88, Harvey County West Park.

Aug 5th, 6th and 7th-4th annual Blowout campout, Hoisington N.A.
Wilson lake.

Aug-12th,13th and 14th-"just For Today" FREE CAMPOUT, Milford lake,
Ks, Thunderbird Marina Area.

Elsewhere-

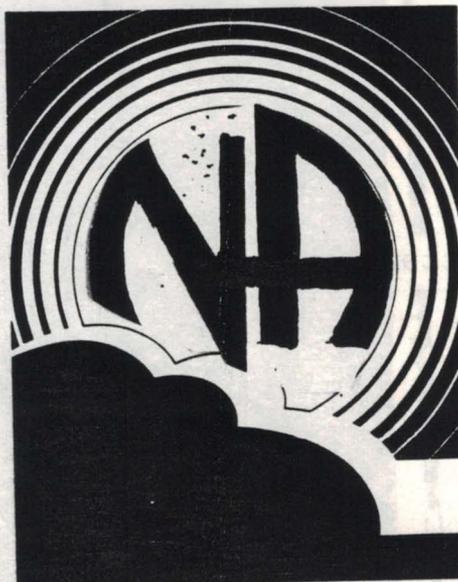
May 20th,21st and 22nd-4th annual Beaver Roundup
lake Leatherwood Ar.

July 27th,28th and 29th- High on Life Picnic, Stockton Mo.

Ongoing-

New Attitudes group of K.C. sponsorsa Picnic in the park till
the weather gives out. 3rd Saturday of the month starts at 3 PM
goes til whenever. Krug Park, St Joseph Mo.

Salina-1 dance per month for the next few months at least, dates vary.
5/28,6/24,7/17 and 8/20



WE BE DOING IT AT ...



The 6th

ANNUAL PRE CAMP OUT - CAMP OUT

May 27, 28, 29 & 30, 1988

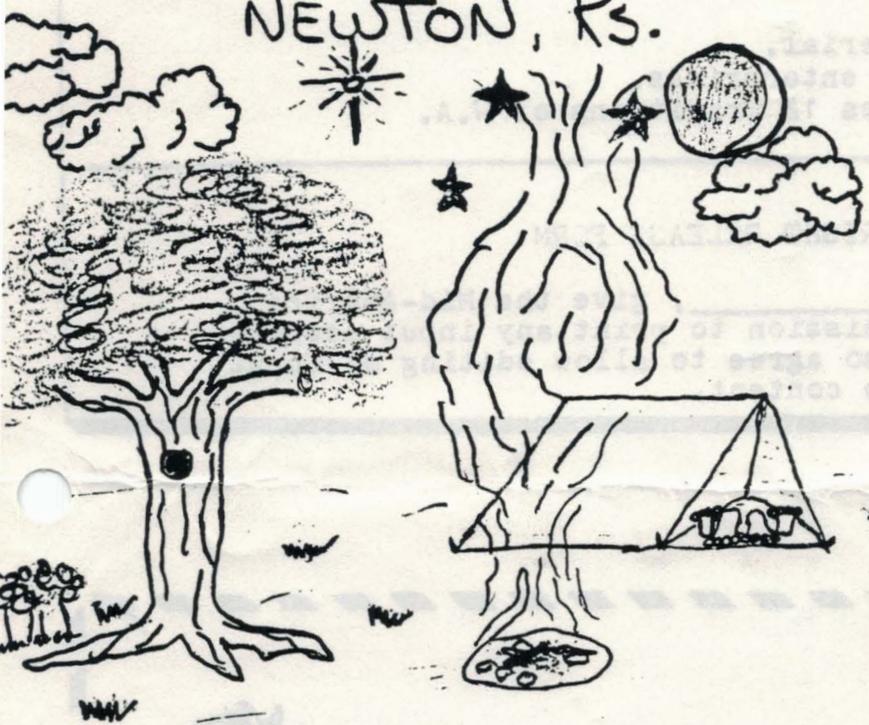
HARVEY County WEST PARK
NEWTON, Ks.

FREE TENT CAMPING

Electric Hook-up FEES
for RV'S

MEETINGS

- FRI. - Midnite Campfire
- SAT. - 8:00pm SPEAKER
- SUN. - 11:00am Spiritual
- SUN. - 8:00pm SPEAKER
- Mon. - A NOONER



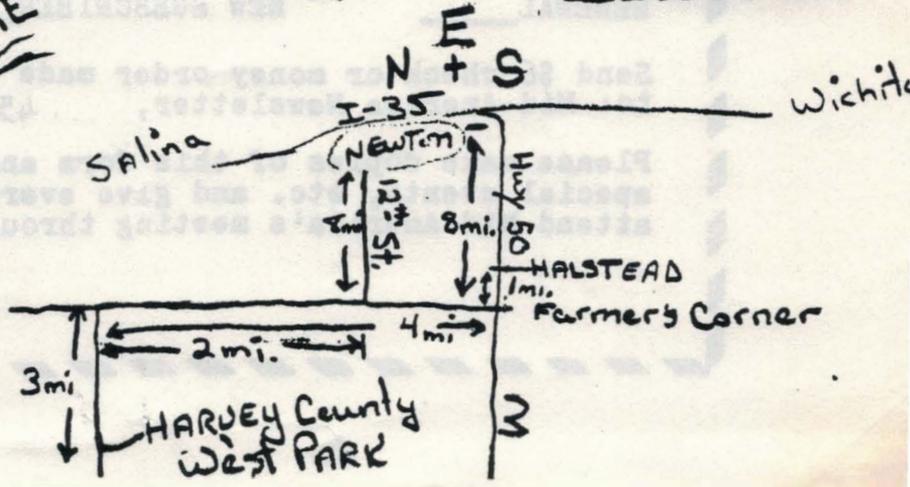
FELLOWSHIP

Fishing, Swimming,
Volley Ball, Softball,
Watermelon Contest,
Egg RACE, **DANCE**

Bring your Camp Stuff
& Grub and Join us ...
Bring Frisbees,
Softball stuff and
Yourself and Friends
for A GOOD TIME

for more info.

- EM & SUE W. (316) 284 2617
- KIRBY D. (316) 284 2370
- RAY & Glenda P. (316) 283 3529





What we print:

- 1) N.A. related material -- group, area, regional and world activities.
- 2) Poems or essays by N.A. members.
- 3) Perceptions on the Steps and Traditions.
- 4) Topic discussions.
- 5) Cartoons, drawings and jokes.
- 6) Group reports.

What we don't print:

- 1) Extreme vulgarity.
- 2) Non-N.A. program material.
- 3) Reference to outside enterprises.
- 4) Material that violates 12 Traditions of N.A.

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I, _____, give the Mid-America Regional Newsletter permission to print any input accompanying this form. I also agree to allow editing of input that does not change the content.

SUBSCRIPTION FORM



NAME _____

ADDRESS _____

RENEWAL _____ NEW SUBSCRIBER _____

Send \$6 check or money order made out to Mid-America Region
 to: Mid-America Newsletter, 4587 Meadowview, Wic., KS, 67216

Please make copies of this form and take to meetings,
 special events, etc. and give everyone a chance to
 attend Mid-America's meeting through the mail.

INFORMATION SHEET

NAME AND ADDRESS OF GROUP _____

BIRTHDAYS _____

STATUS OF GROUP (any particular problem, need, success, new meeting, etc.) _____

ANY SPECIAL EVENTS (include time, place, cost, other information and phone numbers) _____

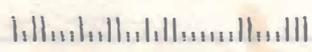
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NAME _____
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Bob Richart
610 Pearl Ste. C
Joplin Mo. 64801



DATE _____
TIME _____
PLACE _____
COST _____
OTHER INFORMATION _____

PLEASE SEND TO MID-AMERICA LETTERS, 1587 S. BROADWAY, WIC, KS, 67516