



MID AMERICA NEWSLETTER



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“What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.”

Pg. 65, 5th edition, Basic

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*

Moving In Recovery

I was six days into being twenty-one when I decided to get some help and change by life. Ten years of using drugs, and just as many running away from my problems. After everyone closest to me that I kept on trying to push farther away finally turned their backs, I knew I had to make a change. So to through the NA doors I went, knowing that this is the only place I could be in order to keep what little sanity I thought I had left. I was told not to make any major changes in my first year of recovery. But, make sure I change everything about myself, people, places, playthings, and attitudes. Everything. So after three years of trying to do everything I was told, trying to work the steps as best as I could, and going to as many meetings as I could, I graduated from College and moved from Lawrence, KS to Portland, OR. I got married 6 months later and am still attending NA and celebrating 4 years clean while loving life.

One of the things that I so desperately wanted to do when I got clean in Lawrence, was to drop out of college, but I was told not to. I also wanted to move to Chicago, but again, no. Wanted to kill myself. No. It seemed like everything that I thought would be good for me, everyone else I respected in the program thought it would be bad. Imagine that. There's a cliché in the program that we go by; it's along the order of "my brain doesn't work right". So I figured if I couldn't

manage my own life, then at least I'd be safe if I didn't make any decisions about it and instead followed everyone else's guidance. It's worked so far. At least when I ask.

Probably one of the biggest things I've learned from this program is when I'm running away from my problems, as compared to when I'm taking a step to change myself. The best example of this was at about the 1 and a half year mark when I decided that I didn't want to be a smoker anymore. I was powerless over it and it reminded me to much of needing to go get a fix. It was the next step in my program. I prayed, relapsed, worked the steps, relapsed, tried the patch, relapsed, threw countless \$ of cigarettes away but to no avail. Relapse. I finally had an idea. I can use a temporary geographical change to help. On top of praying, and grinding my teeth, I was going to be visiting my wife to be in Portland, who hated me smoking. She had moved to Portland about the time I had a year clean so she could go to school up there. I visited often, and thought that a good change of scenery and life-style, on top of a stop smoking aid, would be enough of a shock to my head to give me that first couple of weeks I needed to get over the hump. It

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YOUR STORIES AND POEMS

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worked. That on top of continued maintenance of “Please God, keep me off of cigarettes today,” along with violent mood changes was just what I needed. I’m proud to say that along with my higher power’s help, I’m still a non-smoker.

About a year and a half later when I had close to 3 years clean then my program started to slip some and I began to lose interest in NA. I was still hanging out with NA people and still attending meetings fairly regularly, but it didn’t have the spark it once held for me. My girlfriend at the time was in Oregon, I just received a job offer in KC, just graduated college, and the world was wide open. My sponsor and I couldn’t see anything that I would be running from, So I decided to turn down the job offer and move to Portland to put a spark in my life. What the hell. I was pretty scared though. It was a pretty big change. Kansas boy leaving to go to the big city. The only reason I was able to get over the fear was because I knew that there were meetings in Portland. And a lot of them. I also knew that I wanted to be with my girlfriend. When I had come to Portland to visit my her then I made sure to meet as many people as I could and to actually build a support group for the times that I was in town. I even called them before I moved up to let them know that I was coming, and not to let me fall off the face of the world.

After I moved I made sure to get involved, but, not in the same way that I got involved before. I didn’t want to get burned out. Even though I didn’t do a lot of service work before, I knew I needed something other than a place as a trusted servant of the service structure. So I made sure to take it slow. I’ve had a history of biting off more than I could chew and not being able to deliver. Secretary one meeting a week. Attend the activities board once a month but not commit to anything, at least not for a while. And slowly I eased into it more. I still attended meetings every day, but my main priorities were to meet new people and try to make new friends, get a sponsor, and not get burned out. Set myself up for success as much as possible.

So now I’ve found my niche. I’m publishing a regional activities pamphlet that lists all of the activities that everyone is having. The idea is that anyone can pick up this flyer and it is like a 6 week at a glance calendar that tells you where to go for NA activities. Instead of leafing through a bunch of flyers to find out what’s going on this weekend, members look at this thing like they would a planner. And when they need more information, they go to the flyer. I’m grateful that I was able to find something

that I had a passion for doing. I couldn’t seem to fit in at the area level, or at the dance coordination level. So I felt there was a need for something, found out the rest of the group felt the same way, and now I’m helping to solve that need. And in turn it gives me back a great sense of importance and belonging in a new place.

Still going to meetings, just in a different place.

Still working with a sponsor, and as usual not as much as I need to.

Still working the steps, everyday.

Still praying to my higher power, just in a different way. And even after moving, still doing just about all the same things I was told to do when I first got clean, and expecting the same results. Just for today.

I’ve found that there is a difference between running away from my problems, and just dealing with them in a different place.

Dennis V.

Addict, gratefully still recovering.

Respect Yourself

One of the old AA epithets goes, “If anybody talked to you the way you talk to yourself, you would have no choice but to kill them.” It’s a wry observation, but doubtless addicts suffer more than most people from severe lack of self-esteem. The way addictive using takes over a life, it doesn’t take long unstill all one’s good intentions—to moderate using or stop, to do constructive and competent things, to hold on to satisfying relationships and even jobs, and even to keep little promises to oneself—start to pile up in a rubbish-heap of broken dreams. In the midst of so much failure, it should come as no surprise that self worth would take a nose-dive.

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Please feel free (and encour-

aged) 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

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The addict wants so much just to do something really well; but the only thing he seems really good at is ruining his life.

All this damage and degeneration is often oddly married with arrogance. Another old recovery saying goes, “The addict is the only person in the world who can look down on you while lying flat on his back in the gutter.” This boastfulness with a black eye comes from trying to hold together the tatters of one’s dignity. Addicts try to keep up what I call the “Myth of Competence.” This is often paired with paranoid delusions of persecution; “I could do well if only THEY weren’t against me.” How can one afford to show humility, when everything is going down the drain? How can one admit one’s own miserable total failure, when to do so seems to be the final blow, pushing the last shreds of one’s self-respect over the cliff?

I’m a great believer in a sufficient bottom. Addicts need to have the fight walloped out of them. It doesn’t matter if a sufficient bottom happens in the suburbs or in the gutter. It’s at that point where an addict’s eyes are opened, where he stops struggling against the inevitable, where he realizes he’s dangling from a thread and will surely die if he goes on the same way. Of course, many addicts never hit a sufficient bottom; and so, sadly, many die, but at that sufficient bottom, humility a kind becomes possible. Having used up every excuse, having exhausted all his own resources, having no more cunning and sleight-of-hand left, an addict finds himself in the unforgivable position of having to ask for help. Oh, the shame of it! Help is only possible when the person needing help also wants it. Most addicts have spent their lives pushing away the helping hand, or only accepting it for a short time and on their own terms. An addict with no more aces up his sleeve, however, may become teachable. In the company of other addicts who are taking suggestions and following directions, (contrary to their oldest instincts,) it doesn’t hurt quite so bad to try doing things somebody else’s way. Warned that “Your best thinking got you here,” an addict in early recovery learns to stifle the impulse to rebel or take back his self-destructive will. Oddly, doing what you’re told for a month doesn’t seem to injure self-respect; rather, it seems to bolster it—if you’re in surrender.

Of course, this is when some addicts get cocky. It’s not the same as self-respect, but rather it’s the old arrogance rising again in new clothes. Cocky newcomers waggle their fingers and stridently announce how others should work their programs. It can lead to relapse or some other comeuppance; at the least, it can lead to humiliation and embarrassment, because nobody’s recovery is perfect. With the right guidance, the right effort and the right attitude, an addict who

wants recovery can get back on track from any setback - even relapse. Working the Steps seems to build the bridge to solid recovery, and the foundation of a new life. Coming to NA consistently seems to lay the groundwork for a pattern of healthy habits.

Once recovery is consistent, an addict sees miracles in his life. For the first time, he can hold down jobs, even get advancements; he can pay his bills, and resist the temptation to cheat or steal; he can keep friendships, and eventually, even intimate relationships because he is becoming more self-aware and thoughtful, and in less of a hurry to ruin everything he touches. Most important of all, he starts helping others, and starts to feel really glad to see them succeed. He is seeing the fruits of his recovery, and he gets deep, warm, enjoyable feelings from what he sees. For perhaps the first time, genuine appreciation for his own value begins to percolate up from his heart. The whole definition of his life has been altered, and he begins to like and respect himself. For the first time, a recovering addict finds reasons to admire his own behavior, attitudes and life. He can look in the mirror with healthy pride instead of detestation. He can trust himself with his own money, time and security, because he knows that he’s no longer in the habit of trying to sabotage himself. There may still be little eruptions of the self-destructive impulse every now and then, but that just helps to keep him humble rather than start a new downward spiral of addiction.

But the overall movement of his life is upwards. The most impressive changes are the inner ones, as the heart softens, and the nature becomes more generous, kind, moderate, righteous and forgiving. At first surprised, and then eventually deeply gladdened to realize that he has become the kind of person he always looked up to, an addict settled in enlightened recovery becomes a good example for others. He doesn’t need to make fiery pronouncements of “Thou shalt” and “Thou shalt not”; his life, his presence and bearing, his dignity and modesty, his radiant goodness, speak for themselves.

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“When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends – jails, institutions or death – or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man’s entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual – not religious – program, known as Narcotics Anonymous.”

Pg. 84, 5th edition, Basic Text

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Addicts who have become a healing influence rather than a burden on society can't help but feel better about themselves. It's true that old habits die hard, and even after decades in recovery addicts can have moments of shame and lapses of low self-esteem. But spiritual is as spiritual does; and just realizing that months or even years have passed since the last time they tried to harm others or themselves can quickly heal those moments or lapses.

What you feel is influential; but it's what you do that counts. Feelings come and go; deeds leave their mark in the world. The habits of doing good, living well, honoring God, others, and yourself, and actively sharing your blessings, all conspire to elevate your self-definition. Coming to believe that "You are a child of the universe; no less than the trees and the stars, you have a right to be here" (Desiderata, Max Ehrmann) forever alters not just who you think you are, but also who you are.

There's a saying, "If you only knew how much God really loves you, it would knock you off your feet like a lightning bolt, leaving you lying stunned and unable to speak." Perhaps it's best you don't know it, as long as you aren't equipped to handle it! Until you feel lovable, it's hard to assimilate such information. But once you do know how valuable you really are, it becomes hard to go back to the shame-based fool you once were. Knowing how dear you are to God helps you know your real worth, helps you enjoy your own company, helps you bear your burdens, and helps you appreciate your life. God does not make junk. We are capable of taking that creation and turning it into junk; but with God's help, we are capable of turning it back into gold. If your life doesn't seem so golden yet, leave it in the bank of recovery, and let it collect interest. As time passes and your life becomes more interesting, don't be surprised if you see it increase in value!

. 1999; David L. Hecht



Reflecting on a year

One year ago this week, I was vacationing with my mother and stepfather, sister and brother, and my then three-year-old son. We were in Winter Park, Colorado, enjoying the cool mountain air at nine thousand plus feet. It was going to be a week of boating, hiking, golf, and tennis. Instead of a much-anticipated family vacation, this trip became a stepping off point. I would be leaving behind the life-styles that I had known for the last twenty - four years and embarking on a journey that would bring me to the point at which I am writing this piece for the Mid America Regional Newsletter.

I started doing drugs when I was twelve. My best friend's brother and his buddy were smoking pot in the gravel pit near our homes. They were a few years older than we were and both of them had older brothers that had initiated them into drug usage. I think it was the second time that we smoked that the drug had its effect, and I had found my shortcut—instead of dealing with the hole in my life, I could just bring on a bogus nirvana with a few tokes.

Soon I was drinking every weekend, taking whatever drugs came my way, and believing I had found my way. If I really examined the time and effort that I spent on using and procuring drugs, I would be overwrought. As I can't control the past, only the present, I will not dwell on it. I will not forget it though. A mistake that is not learned from is bound to be repeated.

If my Grandmother didn't have the resources to pay for a private school, I would never have graduated from high school, in fact, left to my own devices, with the crowd I was running with in my home town, I may not have lived long enough to vote. In high school I settled into my daily routine of staying high. Any money I could put my hands on went toward pot. Equilibrium was established when we had both booze and pot. Anyone with a stash became my instant friend. When the stash was gone, so was I.

I graduated high school with a very poor grade average. I attended a college preparatory school, and I hadn't even taken my SAT's. When the following Fall rolled around, I found myself lonely and without a social circle. I picked the

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If you are in an institution of any kind and have stopped using for the present, you can with a clear mind try this way of life.

Upon release, continue your daily program and contact a member of N.A. Do this by mail, by phone, or in person. Better yet, come to our meetings. Here, you will find answers to some of the things that may be disturbing you now.

Pg. 52, 5th edition, Basic Text

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college at which I would find the largest concentration of my high school buddies, took my SAT's, and applied. Without strong test scores, my high school transcript would never have allowed me to gain entrée to any but the least discriminating of schools.

I went to school with nothing but social life on my mind. The school had changed from an all-female school to coed not too many years earlier, and there were still two women for every man. Between the drink specials, the improved supply line to more potent marijuana, and the occasional foray into hallucinogenics, I found that shallow and meaningless sexual liaisons were easily found. At least they were pretty meaningless to me. I had no concept of intimacy, trust, or love. The ninth step is starting to look like my own seventh circle.

It is a torrid tale, under-whelming in breadth, depth and scope. I had taken the path of a man, pushed this man into living for cheap thrills, and was calling this a life. Have you ever been called a "fart in a windstorm"? A girlfriend called me that when I was twenty-three— and I couldn't argue against it.

Living in the college town, after I had dropped out to concentrate on wine, women and smoke, I became involved in a student film that introduced me to the career that I would dabble in for the next few years. I moved to New York City, working in film production, but mainly concentrating on what I had for the previous ten years— getting and staying high. Here I was, in the most exciting city in the world, in a fabulous industry, and the only thing that I could think to do was hurry home and warm up the bong.

Fast-forward some TWELVE YEARS. I assure you, we haven't skipped over anything important. Just more of the same-old-same-old. I was still smoking, I still had only surface relationships, and I had no goals and wouldn't know what to do with one if I had set one. I had found a good paying job in a field that seemed to bring together all my varied interests— but there was no way I could be happy. My soul was smothered by smoke. I had forced my inner-child into hiding. My emotional growth could be measured in microns.

Before long, my job performance slipped, I began getting high at lunch and getting to the office later and later. One of my casual affairs suddenly took on a life of its own— I had made my girlfriend pregnant.

A few weeks before my son was born, my family had an intervention for (on? with?) my brother. He had been demonstrating life-threatening behavior in his own way. One week of his one-month treatment was family week. My mother, step-dad, dad, and my sister and I all flew out to LA to learn about addiction and its family dynamics. On every branch of the family tree was perched an addict. Sex addicts, rageaholics, alcoholics, drug addicts, enablers, disablers, Æsop fablers, under the tablers— we had a little of everything in our family.

The counselors there recommended I try a twelve-step program. It took me two years to give that a shot. When I did, I stayed clean for two months. I never got a sponsor. I didn't even do the first step. After running into a little package that offered both sex and drugs, I was out there again. I started looking into twelve-step alternatives but never found what I wanted. I wanted to feel better but not make any changes in my life.

One year ago, on that fateful vacation, my family talked me into getting help. I told them that I thought I could not change. That I had tried before to no end. They told me they were prepared to spring for treatment at an institution and that I only had to agree to ask for help, they would provide it. During the first of my seven weeks in rehab, I fought the twelve-step programs until I started to allow my defenses to drop. I am glad for the patience and the love that blessed me during my stay. I entered hopeful; I left with a sense of purpose.

Ten months after rehab, I am still rebuilding. I have not found meaningful (or gainful, or any) employment. My Higher Power may be telling me to try harder at it, or, maybe I am dealing with all I can handle at this point— I don't know. I did make a smart choice in moving to Lawrence. I have found wonderful people in this town working for recovery. I have become involved in service work and have found an outlet for some of my creative juices.

I thank everyone in the Miracle Area for making the NA program as strong and robust as it is in this town. I thank all of you for helping me reinforce my first step with this little writing exercise. Would anyone else like to share?

With affection,
Mark S.

"In our recovery, we find it essential to accept reality. Once we can do this, we do not find it necessary to use drugs in an attempt to change our perceptions. Without drugs, we have a chance to begin functioning as useful human beings, if we accept ourselves and the world exactly as it is."

Pg. 87, 5th edition, Basic Text

***"If we don't change, we don't grow
If we don't grow, we are not really living
Growth demands a temporary surrender of security"***
Gail Shehy

***"Many of life's failures are people who did not realize
how close they were to success when they gave up."***
Thomas Edison

The following was sent to me, author unknown. I included it as I found the material particularly pertinent to me.

KB

Living Day by Day

“Life by the mile is a trial; by the inch it’s a cinch.” In the past, we got into trouble when we thought we had to have our lives mapped out forever. That just did not work.

We need only deal with the problems and joys of today. If we try to see too far ahead, we lose touch with the reality of the here and now. The Lord lets us know what we need to know when we need to know it.

What seems impossible when looked at in total— writing a book, putting the children through college, abstaining for the rest of our lives—becomes manageable when worked at step by step, day by day.

So many of the things we worry about never happen. How much better it is to concentrate our energies on the real demands and challenges of today, insignificant as they may seem. When we turn our lives over to our Higher Power, we trust Him to manage the master plan and to direct us in the small details of living each day.

Show me, Lord, how to best live each day.

I leave the years to You.



The following is taken from “The Best of 1991 - 1995 issue of The M.A.N., printed 4/4/95. It has been reproduced with permission of the author. It should be noted that Nate F. was the editor of The M.A.N. at the time. Thanks, KB

Basic Stuff

Recovery is the joyous expression life on life’s terms. The ability to manage, cope, or, turn over, problems today, is the direct result of the experience, strength, and hop of Narcotics Anonymous literature, members, and program. This ability was lost in the active phase of my addiction. I needed chemicals to deal with the imperfect world outside of and within myself. They drowned out feeling of inadequacy, loneliness, fear, and self-loathing. Little would phase me in my active using career, as long as I had the proper chemical to medicate my emotional, physical, and spiritual state. Today is different. Today I feel. I am. I do. I feel the joys of life and living and being a part of the whole. I also can experience the pain of

emotional growth, disappointment, anger etc. without having to rely on chemicals.

I received a letter in the mail today. It was disappointing news. As I slowly, but surely lifted the lid and sat upon my gilded throne (pity-pot), I was reminded of an old friend of mine named Herb M

Herb and I had met ten years ago in a 1/2 way house for, men in recovery. I was thirty six days new to the program, bewildered, confused, and somewhat lost. Herb took me under his wing and showed me the ropes and the walk of recovery. We spent many hours in deep conversation and discussion and I became very fond of, him. Looking back, I can say that Herb was my first NA sponsor. Soon after we had met, Herb graduated from the house and moved away to Arizona. We kept in touch by phone as best we could for a few months, but lost track of each other after a while as people separated by distance can. About a year or so later I decided to try to locate him. He had moved several times since his last known address. After numerous phone calls to his friends and family, I located him in New Mexico. We were excited to share details of the past year or so with each other, so I asked him what he was up to. He replied that he had gotten married, (I Congratulated him) divorced, started a new career (again, congrats) failed at it, owed back taxes and that his new girlfriend was pregnant (congrats?) but she had left him. “Oh my God!” I said, “That’s Terrible”. (I was afraid to ask if he had stayed clean through all this) “Not at all” said Herb, “on the contrary, things are GREAT!” “What do you mean”, I said, (now totally confused). “What I mean is that things are great because I am still Clean and I am actually experiencing and feeling what’s happening in my life rather than being a numbed out observer to what’s going on”. (Silence on my end) “Sure, some of the feelings hurt”, he went on to explain, “but I’ve been able to learn and grow from each experience”. We talked for about an hour and when I hung the receiver, I realized that Herb had taught me something about recovery again. I realized that you must know the Yin and the Yang (positive or negative) of life to really experience it on it’s terms. If excitement is the Yin, then disappointment is the Yang. The key for serenity is in living the whole experience, rather than just the positive side. If I was to expect to really feel my emotions, I would have to take the painful ones with the pleasurable ones.

As I closed the lid on my pity-pot one more time, I’m thinking of you Herb, and wondering where and how you are. I’m doing great! I just celebrated 10 years clean and I got a letter in the mail today

Nate F.

Adapted from April-May 1992

Service

Hi fellow NA members. Recently I had the privilege of attending an NA service structure workshop/presentation. On the way up to the workshop, my sponsor, who was the presenter talked about several things but mostly we tried to figure out what this meeting was going to be about. I didn't have a clue and the only thing my sponsor knew for sure was that this new Area was experiencing some inner turmoil and wanted some service structure information. Imagine that, conflict in NA. Sound familiar? (ha!)

As it turned out it was a great soul searching, answer seeking, experience sharing, spiritual experience. Several issues came to light such as: lack of money (lets not let anything divert us from our Primary Purpose), personality conflict (even though anonymity is the "Spiritual foundation of all our traditions"), lack of unity (even though our personal recovery depends on it), and a little fear based on lack of information about how the service structure works, etc. etc.... Gee, this does sound familiar. Keep the Faith, this is not a criticism, every Group, Area, or Region I have seen has had the same problems and these same problems tend to surface on a fairly regular basis. That's how we grow personally and as a whole.

In the few years I have been lucky enough to be involved in NA, I have seen new Groups and new Areas start up as a result of personality conflicts. Those same Groups and Areas now cooperate with each other fairly well because their individual members have grown in recovery.

When we don't have money we worry about that. When we do have money, we worry about what to do with it. It seems like the less money we keep, the more we work together and the more unified we become. Funny how it works, isn't it?

We can all stand to learn more about the service structure – knowledge and experience provide strength and unity. A Group that wishes to govern themselves with the strength of unity that knowledge and experience provide. There is a wealth of knowledge and experience in service areas and Groups throughout our Region. Our job is to use that strength to carry out our Primary Purpose through attraction and unity.

Thank you for twelfth stepping me. I needed that you're a great group of people. Keep the doors open, the coffee pot on and your HP will take care of the rest.

In Loving Service,
Anonymous
The M.A.N., issue #1, 1995

Friends and Family:

My apologies for the lateness of this issue of the newsletter. I had the audacity to have a life, and furthermore to let that life interfere with this publication. I hope that it won't happen again, but no promises. (I think that the line "Acceptable, Responsible, and Productive member of Society" was left when I attended that 1st meeting or I may not have stayed around!) Seriously though, I have been busy, the printer has been busy and I extended the deadline for submissions to The M.A.N. and all of these contributed to the delay in publication. I will try to get it out in a more timely manor in the future.\

I have started to use material from previous issues to fill and flush out the newsletter. (there are printing issues that make a full publication easier to work with than a partial one) I find that the topics and issues we dealt with in 1990 seem to be much the same as the topics and issues that we face today, and the articles written then are just as pertinent today as they were when written. If you would rather have current articles, please write and submit them.

At the moment, we (the Region) do not have a archive of The M.A.N. Nate F. has graciously let me use his "stash" of old issues for the purpose of copying and archiving, but it is incomplete. If any of you have old issues that you would like to either donate, or loan for copying purposes, please let me know or even better, give them to your GSR to bring to the next RSC. (of course, best of all would be for you to come to the next RSC and give them to me personally after getting involved!) I believe that this newsletter is one piece of who we are and it is important to that we keep a record of that.

Thanks, KB

"This is a program of total abstinence. There are times, however, such as in cases of health problems involving surgery and/or extreme physical injury, when medication may be valid. This does not constitute a license to use. There is no safe use of drugs for us. Our bodies don't know the difference between the drugs prescribed by a physician for pain and the drugs prescribed by ourselves to get high. As addicts, our skill at self-deception will be at its peak in such a situation. Often our minds will manufacture additions pain as an excuse to use. Turning it over to our Higher Power and getting the support of our sponsor and other members can prevent us from becoming our own worst enemies. Being alone during such times would give our disease an opportunity to take over. Honest sharing can dispel our fears of relapse."

Pg. 98, 5th edition, Basic Text

Service Work – is it for you?

When I first got clean, I wanted to do anything I had to, to stay that way. I was told to go to meetings, don't use between meetings, get a sponsor, work the Steps and get involved in service. I have done all of those things and am still clean some 1,700 + days later. Apparently those suggestions have worked in my life – at least to this time and I am truly grateful for it. I want to focus on Service Work and what it has meant to me and my recovery in this article.

I arrived to this fellowship broken in all parts of my life. I could no longer hold a job, my family was disgusted with me and I was disgusted and revolted with myself. All of my dreams were used up, my health was a wreck and I was about to die. I had lost hope and was grasping at straws.

I joined the Fellowship on January 13, 1996 and attended my first business meeting on February 5, 1996. (Another thing that I had been told to do was get a Home Group and become involved.) I am sure that this is the date, as I found the old minutes and found my name in the minutes 3 times. I continue to attend the business meetings of my Home Group every month and have since that fateful 1st meeting. I have served as our GSR and sec. once.

I next got involved in Area Service. I went to my 1st meeting there in October of 96 and have attended every one since then. At that 1st meeting I asked to be put on the phone list as a contact for Baldwin City, as we had none at the time. I am still doing this and do field calls at all times of the day and night. At the Area level, I have served as the Area Secretary, Treasurer and alt. PI chair, though not all at once. Once again, I am still involved at an Area level and will soon become the Area PI chair.

The final level of Service that I have been involved in is at the RSC. I attended my first meeting at the urging of my good friend John S. in November of 1997. (John had been going for a year before he convinced me to attend.) Once again, I opened my big mouth and got involved. I had become involved in the convention committee in August of 97, and continued that work. In addition, I started work with the outreach committee as the secretary. Since then, I have served on the convention committee, literature committee (The M.A.N. publisher) secretary and general member.

I have listed the above record not as a matter of pride or as something to brag about, (there are a lot of people who work as hard and hold as many positions as I) but to establish my credentials for the following observations.

While Service Work doesn't keep me clean, it has kept me in contact with a lot of Addicts who have the same goals as I. I want to live a better life in all Areas of that

life. I want to incorporate the Spiritual Principles of recovery found in the 12 Steps, Traditions and Concepts into my daily experience. I have found that the people who are involved in Service Work generally have done so and I get the benefit of their experience when I work and “hang out” with them. Although we may differ as to how to approach an issue, we all are working towards the same goal – “to carry the message to the still suffering addict.” At times we need to remind ourselves of this, but when we do, we come to good decisions.

As a result of Service Work, I have had the opportunity to meet and get to know people from all over the state. I can travel to all parts and be within a half-hour of knowing someone. I believe that this program works as a “WE” program, and “we” depends on getting to know, sharing with and spending time with people in the program of Narcotics Anonymous.

Aside from the intangible benefits I have derived from being involved in service, I have gotten some very tangible ones. As a result of taking on various positions, even when I didn't know what I was doing, I have been forced to learn how to use a computer and the software to do what is requested and/or required of me. When I joined the Fellowship, I knew nothing about computers. There are those who now consider me a “guru”. I don't know if this is accurate, but I can get the machines to do what I want (most of the time!)

As I stated before, I came here “broken”. Part of that was a belief that I couldn't learn. I had kept up on some of the trends in my chosen vocation, but I had learned nothing new in many, many years. This belief has been a long-standing problem that dates back to a time before my active addiction and was compounded in my active addiction. Imagine my amazement and joy as I started learning not only about myself, but about something tangible and marketable as well! Today I have gone from one extreme to the other, I feel that there is very little that I can't learn if I take the time and effort to do so.

All in all, Service has been a large part of my Recovery. I have learned about my fellow Addicts and myself. I have learned to get out of myself and to work for others. I have learned that growth is possible with some effort and tenacity.

So, is Service Work for you? I don't know. I know that it has been and will continue to be a part of recovery for this addict. I think that it can be for most Addicts, and I know that all Addicts have something to contribute if they wish to get involved. If you don't know if this is for you, give it a try! (You might like it.)

Thanks for listening,
Kirk B.

PS this article is a bit of Service Work!

AREA REPORTS:

Presentation from Primary Purpose Area for seating within Mid-America Region

I'm Jon and I'm an addict. I am the newly elected representative of a newly formed Area that is requesting to be seated within the Mid-America Region. Our chosen name is the Primary Purpose Area which at this time is comprised of five Groups. They are: Gift of Life in Hutchinson, How in Newton, Flying Free in McPherson, Life After in Kingman and Lyons NA. A few of the groups have been in existence for some time while the others have just recently been formed. The purpose of forming this Area, we believe, is to better serve our NA community, become more localized and have easier accessibility to our resources. We are still in the process of building a workable service structure but have elected several trusted servants. Tim S. is chair, myself RCM, Kim G. alt. RCM, Basil W. H&I chair, and we have several positions temporarily filled. Currently we are rotating our service meetings within the Area when possible. We know that this task of forming a new Area will not be easy and will require a lot of hard work and dedication, but I believe we have both requirements and we have addicts that are willing to help see this new Area succeed. By becoming a member of this Region, we feel we have a lot to offer, but will also be able to draw from the strength of Areas already in the Region as a whole. With your support and the support of addicts inside and outside our Area we can only further our Primary Purpose.

Thank you,
In Loving Service,
Jon Mc. RCM

Primary Purpose Area Service Committee
PO Box 2870
Hutchinson, KS 67504-2870

Central Kansas NA Regional Report

Hi Family,

The Central Kansas Area has filled the secretary's position. Congratulations Liz B. You are doing a great job! H&I cochair is Richard D. H&I chair is Tom C.

Motion to not have Regional campout at Lake Wilson failed. Motion to add under budgeting policy, article XI funds, section G. failed.

H&I is taking meetings into the Larned Correction Mental facility every Tuesday night at 7:00 p.m. with 6-12 inmates attending on a regular basis.

A 12 Concept workshop will be held Saturday September 30 at 1:00 p.m. in Larned Group meeting house, First

Christian Church Annex, south of the Jordan Library east side of Broadway. Look for the signs. Contact Heather B. (316)-653-4516.

Hoisington NA is having their annual Day in the Park fund raiser and Area Birthday recognition Saturday, September 16 at 1:00 p.m. in Hoisington City Park behind the swimming pool. Look for the signs. (flyers are enclosed)

CKA has a \$100.00 donation for the Region

Sorry but due to the weather and my work I can't be here.

In Loving Service,
Brian S., RCM

Fellowship for Freedom Area Report

Hi my brothers and sisters.

We are doing good and have all our Area positions filled.

Tom D. is our chair, Jimmy Y. our alt. Chair, Joe K. our treasurer, and Dave R. our alt. RCM.

We have 9 meetings going on now and our H&I is kicking but PI needs some help.

We have a campout coming up in September and our convention is coming along. It will be at the Days Inn in February.

Love and Service,

Dave R.
alt. RCM

Just For Today Area RCM Report

Hi Family,

Everything's going just as it should. The Area's campout the first of this month was a success.

The Area has moved the ASC meeting to Emporia, on a trial basis, to try and stimulate more involvement on the Area level. Unfortunately, apathy seems to be a common theme with the members in my Area. Any suggestions on how to stimulate member involvement at the Area level would be greatly appreciated.

Do to no quorum at the Area meeting I have no new business or meeting schedule updates for the Region. Being a "trusted" servant (not a slave) I will vote what I believe to be my Area's conscience on the Old business.

Thank You (everyone) for being a part of my life today.

In Gratitude

Ray Gould

Miracle Area RCM Report

Howdy!

Due to unforeseen circumstances Paul R had to resign as RCM. We would like to thank Paul for his service to the Area and Region.

Miracle Area is growing. We have 2 new meetings and an Area sponsored games night to add to regional schedule.

P.I. Is now doing biweekly presentations, at DCCCA, twice a year at Haskel and have been contacted by KU.

H and I is going strong in the county jail with more than enough grateful addicts to fulfill our commitment there, and are looking to expand into the Juvenile Detention Center.

Our campout is next weekend at Clinton Lake. Jim W. from Newton, will be the Saturday night speaker, and Denny C. from Williamsburg will be the Sunday speaker.

We are donating \$120 to the Region.

Thank you,
In Service,
Jim C.

Special Announcement

Jim C. and Gloria L.

Are pleased to announce their intention to be married

Where: Kansas University Chapel

When: November 25th @ 11am

Reception to follow at

311 E. 9th Club (a recovery clubhouse)

311 E. 9th St., Lawrence Ks

More information available at (785) 594-2148

(All are invited to the reception)

RCM REPORT UNITY AREA

Unity Area has split into two Areas. The new Area is Primary Purpose. Hope everything works for both Areas. Good luck, best wishes

There are many openings at Area service level. Please come and support both Areas. I, Bryan H., am the new RCM for Unity Area. I would like to visit the Groups in the Unity Area in the near future.

Regional motion #1 Vote: 1 – 6 – 0 Failed

Regional motion #2 Vote: 2 – 4 – 0 Failed

I have no information on upcoming events at this time.

Looking forward to serve,
Bryan H.
RCM, Unity Area
PO Box 161,
Dwight KS, 66849
(785) 482-3514

RCM Report Western Area

Hello NA Family:

Western Area is “Alive and Kickin”.

Another “In Tents” is over, well over sixty attending – not too bad. Upcoming events are:

Dodge City Roundup October 6, 7, & 8th

Western Area Spiritual Retreat October 20, 21, & 22nd

We brought back our tallies from last Region – We are still doing Outreach, “Addicts on Asphalt” – next will be going to Ulysses on September 9th.

This will be my last Region as RCM. Two years is long enough. The alt. RCM, Gary D. should be taking over.

Thanks Gary.

In Service with a Smirkey Smile,
Tom W.
AKA: “Too Tall”

Ps. The Spiritual Retreat will be at the Boy Scout camp at Ford County Lake. Price will be \$20.00 - \$25.00 including lodging and food.

Wichita Metro Area

To the Mid America Region Service Committee of Narcotics Anonymous:

Hello from the Wichita Metro Area,

We would like to welcome our new Area chair, Cat N., Crystal P., our new Area secretary, and Area PI chair, Olivia V. All are from, gosh, Wichita. We wish them the best in their new positions.

Narcotics Anonymous is growing in our Area. Meeting attendance is strong, with new faces at almost every meeting, and an increased interest in service work (yeah!). Our H&I committee is continuing to grow, we have approved a PSA for our Area, and recovery is “happening”. It is a wonderful thing to see newcomers and old-timers together. As we continue to grow it is a grateful feeling to have such a strong NA community in Wichita.

The Area is planning a function sometime this fall. When the information is updated and available I will get this information out to all the RCM's. We are making an \$80.00 donation to the Region.

In service,
Pat B.
RCM
WMA

The following is a mailing list of the Groups in our Region. It will be continually updated, as new information becomes available.

KB

| GROUP | C/O | MAILING ADDRESS | CITY | ST | ZIP |
|--|--------------------|--------------------------------|---------------|----|----------------|
| <i>Unity Area</i> | | | | | |
| YAWAN N.A. | | PO Box 109 | Concordia | KS | 66901 |
| PACC N.A. | | 1811 North Walnut | Beloit | KS | 67402 |
| Miracle on Anderson | C/O Valerie Jonas | 152007 Oxford Pl. | Manhattan | KS | 66502 |
| Phoenix Group | | PO Box 2956 | Salina | KS | 76402 |
| Newton How | | 429 East 1st. | Newton | KS | 67114 |
| Clean & Crazy | C/O Randy Mitchell | 852 Hancock | Salina | KS | 67401 |
| Flying Free NA | | 216 South Main | McPherson | KS | 67460 |
| Omega/Crossroads | | 119 West 7th | Junction City | KS | 66849 |
| No Name NA | | PO Box 161 | Dwight | KS | 66849 |
| <i>Central Area</i> | | | | | |
| Hoisington Group | | PO Box 2 | Hoisington | KS | 67544 |
| We Do Recover | | 80021 S. Highway 201 or 1500 E | Pratt #20 | KS | 67134 or 67124 |
| Nothing to Fear | | PO Box 374 | Russell | KS | 67665 |
| Larned Just for Today | C/O Darren Ryan | RR#3 Box 52A | Larned | KS | 67550 |
| High on Life | | 2300 Jefferson St. | Great Bend | KS | 67530 |
| Hays NA | | PO Box 1494 | Hays | KS | 66550 |
| <i>Western Area</i> | | | | | |
| Cimarron How Group | | PO Box 491 | Cimarron | KS | 67835 |
| Genesis (Ulysses) | | 813 Ulysses Parkway | Ulysses | KS | 67880 |
| Solutions NA | C/O Terry Kane | 701 N. 7th | Garden City | KS | 67846 |
| Colby New Hope | | 815 Lane Dr. | Colby | KS | 67701 |
| Johnson Clean Team | | PO Box 22 | Johnson | KS | 67855 |
| Against All Odds | | PO Box 435 | Dodge City | KS | 67801 |
| Step Sisters | | 813 Kelly | Dodge City | KS | 67801 |
| Gratitude | C/O Darrel Black | 11764 Kettle Way | Dodge City | KS | 67801 |
| <i>Miracle Area</i> | | | | | |
| New Way, Lotta Soul, Larrytown, NA Saturday | | 311 East 9th St. | Lawrence | KS | 66044 |
| Step by Step | C/O Kirk Brown | PO Box 975 | Lawrence | KS | 66006 |
| Not So Famous Group | C/O John Stanley | 1856 N. 250 Rd. | Baldwin | KS | 66006 |
| <i>Just For Today Area</i> | | | | | |
| Alive 'N' Kickin' | C/O Randy Burns | 619 N. Cherry | Ottawa | KS | 66067 |
| S.O.S. | | 1139 S.E. Bluestem Rd. #17 | Eldorado | KS | 67042 |
| New Hope Group | | PO Box 306 | Emporia | KS | 66801 |
| Pioneer Group | | 1107B Commerical St. | Emporia | KS | 66801 |
| <i>Wichita Metro Area</i> | | | | | |
| Unity Group | | 1007 W. Douglas | Wichita | KS | 67203 |
| Waterman St. NA | | 3900 E. Harry, Suite 230 | Wichita | KS | 67203 |
| H.O.W. | | 429 E. 1st. | Newton | KS | 67114 |
| Just For Today NA | | 507 1/2 State St. | Augusta | KS | 67040 |
| Northeast H.O.W. | | 530 Cleveland | Wichita | KS | 67214 |
| Riverside Candlelight | | 875 Spaulding | Wichita | KS | 67214 |
| Underground NA | | 721 N. Topeka | Wichita | KS | 67214 |
| Hardcore | | 3750 E. Douglas | Wichita | KS | 67208 |

“Getting to Know Your Sub-Committee”

The Steering Committee

At the August 2000 RSC the Steering Committee was approached and ask to write a little bit about what we do. The Committee in its infinite wisdom unanimously suggested that I be the one to explain what this Committee is about. The only reservation I had was the stipulation of “a little bit”, as most of my committee members know I never speak or write just a little bit! Actually I was appreciative of the task as I think there have been some misunderstandings surrounding this committee.

Perhaps the best explanation of the Steering Committee is reflected in the *Guidelines of the Mid-America Regional Service Committee of Narcotics Anonymous*. One of the original purposes of this committee was to secure bids for the upcoming convention thus relieving some of the pressure of a newly organized Convention Committee. Along with this task we are also asked to work on “tasks” as determined by MARSCNA. When MARSCNA found itself without a Policy Committee they gave the responsibility of Policy to the Steering Committee. The Steering Committee Policy was rewritten to take out the responsibility of securing a Convention Site. To sum up what the Committee’s Responsibilities are, I would say we do whatever MARSCNA asks of us.

The Steering Committee meets eight times a year. Along with meeting at every RSC we also have Interim meetings at various locations. However, there have been times when the work being done required meeting more often. The members of this Committee are required to donate many hours of their time for the service of MARSCNA. One fallacy of this committee has been that it is one that “Directs” the Region. This is far from the truth. This Committee only works on projects that are approved by the Region. The Guidelines describe our duties as “Provide information on past experience and recommendation for new procedures”.

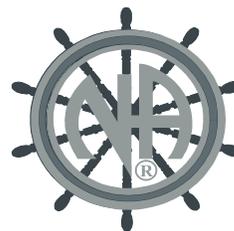
Because of the nature of the work this Committee undertakes it tries to follow the requirements for membership. It has been found that one of the most important requirements is the “ability to exercise patience and tolerance”. Every member of the Steering Committee has to be approved by MARSCNA every year and MARSCNA has the right to remove any member if they feel the member is not fulfilling the duties of the subcommittee. The Commitment for this Committee is a minimum of two years and no more than four consecutive years. In my experience most members of this committee have fulfilled the four-year commitment.

Some of the “tasks” assigned to this Committee have been:

- ◆ Securing Hotel Bids for the Convention
- ◆ Look into Incorporation of the Region
- ◆ Issues regarding Taxes
- ◆ Getting Bids and Securing Insurance for the Region
- ◆ Collected artwork for MARSCNA Logo and made recommendation
- ◆ Gathered input and developed recommendations for Article XII, XIII and XIV
- ◆ Researched and put on the First MARSCNA Service Assembly
- ◆ Developed a Inventory for MARSCNA
- ◆ Reworked the Guidelines to reflect the new language and put them in a binder for all Areas and subcommittees

As you can see the duties of this committee are varied and depend on the diverse experience of its members. However, there is one thing that the Steering Committee firmly believes in and that is following Article II of the MARSCNA Guidelines. “The primary purpose of MARSCNA (and the Steering Committee) is to carry the message of recovery to addicts who still suffer and to further the unity of the fellowship within our region and other regions by maintaining communication between the Areas represented and Narcotics Anonymous as a whole, in accordance with our Twelve Traditions and Twelve Concepts.” Finally all members are welcome to come to a Steering Committee meeting; we welcome fresh ideas and the experience of other members.

Don M
Steering Member



“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

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

M.A.R.C.N.A. XVIII
"THE MESSAGE"
MARCH 30-31-APRIL 1,
2001

Where: The Ramada Inn
1400 N. Lorraine
Hutchinson, KS 67501

Phone: 1 (800) 362-5018
(316) 669-9311

For further info. call:
Pat B. (Convention Chair)

| | |
|-----------|------------------------------|
| Room | (316) 269-3275 |
| Rates: | Kirk B. (Registration Chair) |
| \$63.00 + | (785) 594-2148 |

Please Note: any Group, Area or Vendor wishing to sell at the Alternative Store must have pre-approval from the convention committee by February 24, 2001. 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 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.

PREREGISTRATION DEADLINE
(postmarked on or before): 2/24/2001
GO TO MEETINGS!!!

(and get your very own flyer and preregistration form)

**Miracle Area Convention
Fundraiser Dance**

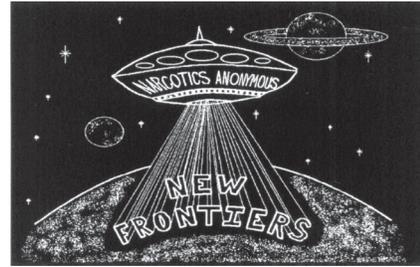
When: Saturday October 28th
Where: Lawrence KS (More info available later)

WHAT: *A fundraiser for the Mid America Regional Convention of Narcotics Anonymous.*

The Miracle Area in conjunction with the convention committee is hosting a dance to help raise funds to insure a successful convention this year. It takes a lot of up front money to put a convention together and your help and support will be appreciated. We have a lot of great items from all around the world to auction off, and this is your chance to get some of them. Hope to see you there!

For more information, call Jim C. (785) 979-1821

Dodge City Roundup 11th Annual NA Round



OCTOBER 6th, 7th, 8th

Friday Night at

New Hope of the Plains

613 Cedar Street, or where 6th Avenue dead ends

All Day Saturday & Sunday Morning at;

VFW HALL

909 N. 13th Avenue

Dodge City, KS 67801

for more information, contact:

Mike (316) 225-3066

Laurie (316) 225-6505

Web site: <http://www.angelfire.com/ia/naroundup/index.html>

GO TO MEETINGS!!!

(and get your very own flyer and preregistration form)

Effective Now!!!



**Waterman St.
Narcotics Anonymous**

We Have Found Our Home!

3900 E. Harry

St. 230

(Upstairs)

(Behind Church's Chicken)



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

TO BE TAKEN BACK TO GROUPS

- **Motion from activities:** For activities to sponsor a Service Assembly on an annual basis with a 2000/2001 budget of \$400.00.

Intent: To better serve the Mid America Region by assisting with educating trusted servants.

Financial impact: \$400.00

Take this back to your groups.

- **Motion: Updating Regional Policy/Guidelines**

1. The MARSCNA Secretary compile a motion log of all motions passed at the current MARSCNA, which will be included in the MARSCNA meeting minutes.
2. The motion log will be compiled once a year as “supplemental pages” and “Table of Contents” at the February RSC. The “supplemental pages” and “Table of Contents” will be distributed to all RCM’s, subcommittees and Regional officers at the May RSC for placement into the current MARSCNA Policy/Guidelines Manual.
3. Every two years the Steering Committee will completely revise the MARSCNA Policy/Guidelines Manual. The “supplemental motion log” will remain a part of the MARSCNA Policy/Guidelines Manual as an appendix.

Financial Impact: Revisions of “Table of Contents” and “Supplemental Pages” – approximately \$10.00
 Complete Manual Revision – approximately \$50.00

H&I will be electing a new chair & co-chair at the next Region.

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

Steering will be electing a new member next Region. (Two in May)

Outreach will be electing a new chair & co-chair next Region.

The Regional Sec. position will be up for a vote next Region. We found no willingness at this last RSC. I’m sure that someone will step up to the plate next RSC. (I have lots of Faith.)



**The M.A.N.
6/23/2000**

Hello Family,
 Well, I just got the newsletter into the mail and have finished my financial accounting. (see table below) As you can see, we got this issue printed and distributed for just under \$.39/copy. I think that this is a great price and although Rand had to raise the printing costs, he still deserves a big note of thanks. I checked with two other printing houses, and their prices were over twice what we paid Rand. **(PLS. note: this pertains to the June issue)**

| Description | Quantity | Unit price | |
|-------------------|------------|---------------|-----------------|
| Total | | | |
| Newsletter | 700 | \$0.35 | \$245.00 |
| Bulk mailing cost | 3 | \$5.01 | \$15.03 |
| Bulk mailing cost | 2 | \$4.03 | \$8.06 |
| Bulk mailing cost | 6 | \$.77 | \$4.62 |
| Total | 700 | \$0.39 | \$272.71 |
| | | | (rounded up) |

I have been getting great material and encourage The Fellowship to continue sending me this “stuff”. This is **your** newsletter and the credit for its quality (or lack there of) lies with you. Remember, this is not English 101. You don’t have to create the perfect article to share your Experience, Strength and Hope. We all have stories that are worth telling. All you need to do is be honest, which is a Spiritual Principal that we all are working on. I can be reached at the following addresses:

Kirk Brown
 PO Box 975
 Baldwin City, KS 66006
 Phone (785) 594-2148
 e-mail klbertha@aol.com

The following table is an accounting for the yearly budget ending at the close of business on Sunday at the May 2001 RSC. I will be including this in my future reports.

| | |
|------------------|-----------------------------------|
| Quarter/month | 1st Q. June, 00 |
| Starting Balance | \$1400.00 |
| Spent | 272.71 |
| Ending Balance | \$1127.29 |

In Loving Service,
 Kirk B.

The M.A.N. Publisher

“Although we are not responsible for our disease, we are responsible for our recovery.”

Pg. 52, 5th edition, Basic Text

MID AMERICA REGION GENERAL INFORMATION

*RCM's for the
Mid America Region
February 2000*

*Omega/Crossroads (785) 762-6098
Salina (785) 823-1988
McPherson (316) 241-6230
Beloit (785)738-3189*

Ray Gould Just For Today

Jon McNeely Primary Purpose

Tom Whitehead Western Area

Brian Sanders Central Kansas

Bryan Hatfield Unity Area

Dave Rose FFF

Pat Brown Wichita Metro Area

Jim Clark Miracle Area

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 NOV 19.2000

9:00 AM - 11:00 AM (UP) OUTREACH
(DOWN) STEERING

11:00 AM -1:00 AM (UP) LITERATURE
(DOWN) H & I

1:00 PM - 2:00 PM LUNCH BREAK

2:00 PM - 4:00 PM (UP) CAMPOUT
(DOWN) CONVENTION

4:00 PM - 6:00 PM (UP) PI
(DOWN) ACTIVITIES

7:00 PM - 8:00 PM SPEAKER MEETING

8:00 PM -12:00 PM DJ DANCE - AUCTION - RAFFLE
FUNDRAISER FOR CONVENTION
\$3 Per Person - No Addict Turned Away

SUNDAY NOV 20. 2000

8:30 AM - 9:00 AM RSC CHAIR/CO-CHAIR, SECRE-
TARY & TREASURER

RCM'S, ALT RCM'S
SUB-COMMITTEE CHAIRS & CO-CHAIRS
MOTIONS & REQUESTS

9:00 AM UNTIL DONE REGIONAL SERVICE
COMMITTEE MEETS
CHAIR/CO-CHAIRS MOTIONS & REQUESTS

**Officers for the Mid America Region
November, 99**

Chair: *Tim S.*
Co-Chair: *Tony K.*
Treasurer: *Debbie S.*
RD: *Betty P.*
RD2: *John S.*
Secretary: *Open Position*

**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**

*"One of the most profound changes in our lives is in the
realm of personal relationships."
Pg. 55, 5th edition, Basic Text*

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.

We had no art work submitted this time, so I have included this piece. I was laying in bed one night (couldn't get to sleep - a reoccurring problem for me) and this image came to me in a complete form. It took some time and work to get what I saw in my mind into the computer, but in the end I am pleased with the result.

If we have no art entries next quarter, we will drop this portion of the newsletter.

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I, _____, give the Mid America Newsletter (M.A.N.) permission to print any input submitted with this form. I also agree to allow editing of said input that will not change the content.

Date: _____

Please photocopy and distribute this publication freely. Feel free to submit material, comment, or suggestions. Submissions that we are in particular need of are: service questions, original artwork (for the Art World), photos, cartoons, poems and stories of experience, strength and hope living in the NA program. In other words, we need any and all material that you can come up with.

KB

