



*In The HEAT of Recovery*

Well it depends on what "In the Heat of Recovery" means to me. I've come up with two different interpretations. One meaning could be: In the heat of Recovery everything seems serene and dandy. Ones' meeting attendance seems sufficient to lead a fairly serene and chaotic free daily life.

The other meaning (the one that speaks more to me): In the HEAT of Recovery is when I have to dig in my heels and get honest with myself, my feelings and at the very least my sponsor and then he can help me with the previous. It's when I let my meeting attendance slack and my communication with other recovering addicts seem fake (when I don't share what's honestly going on in my life - example "How are you?" - "Fine".)

Just recently this last spring I had the opportunity to experience this meaning of "In the HEAT of Recovery". I had not been attending enough meetings and pretty much isolated myself from other recovering addicts. I found myself alone and in an unfamiliar town when my addiction attacked at full force. "You can drink, Nobody will ever find out", "Alcohol is not your drug of choice" it begins saying the first night I'm away. The next day I return home for the night and my addiction continues. I eventually end up planning my relapse for the

the next night (I'm back in the unfamiliar town). The plan was to do the work I was sent to do then go to the hotel to get drunk and start talking to the waitress at the bar with the track marks (I noticed on the previous stay) and see if I could continue the party. I wasn't even thinking of the after effects, returning home strung out to my family.

Thank my Higher Power for the tools of recovery! That's when the tool of sponsorship presented itself to me. After running through my plan to relapse again I called my sponsor. Trying hard not try bust out bawling and hold my composure. I was originally not going to tell him of my plan but something about just calling him brings out the honesty and trust that we have built over the years. I spilled the beans. "I'm planning to get drunk and feel like crap for having planned to do so" I let out. My sponsor responded only as a sponsor and friend can. We talked through it and how addiction will manifest itself when we least expect it. And what we need to do when it does so. Thank you H.P. and Narcotics Anonymous for the tools to get me out of the "Heat of Relapse and into the Heat of Recovery".

A Grateful Recovering Addict,  
AARON B.



R S B E J K N X N E Z S G G H A B F  
G T R A D I T I O N S M J Y T C Z C  
G V C S C S N S W O A M D T W A N J  
K W C A U A E B S U Q K B K W K E H  
G L K R M R E L H C K H C G X R E Z  
J U T G V P S A C W M G N F D R M T  
A L J I B Y F Z W W K T M T G A C X  
L V C L Q F T I B J A M C J D E H P  
P E U Q P S R I R E X E A T E X L I  
M G F T S K T E N E R G Z D S S I P  
M M S I B Q C Z E U M D T P I I O M  
R A L T H O P E O D W E J S R Q N L  
J M P Q P O X H Z D O T E V E X S C  
K Y I C I E U F B C J M R T Z P S A  
H R A R A D C T X R C J N Q I Q Y M  
O L C B A W Y N R V C W D R K N T P  
B L C N V C O B O E T W I C N U G I  
Q I M E S D L C B C A T R B A C E N  
J W O F R T D E D X U C W V E S A G  
S S R R O F E B P A I U H P W P O K  
M D R B F J P P L Q S R X U O V H M  
F O Q R H F H G O Z A Z C W D L A E  
K G J Q N B X I V N J F R C I G Q S  
O K T Z D U Q F U U E Z L K Z N Y B  
R Z G G V Y S T E P W O R K A F C E  
N R A C V I G N I N E K A W A O A D  
J W X F Z G B N N C M G J L J C E D  
V P P I R T D A O R E N H G I R W A  
F L S W J Z Z F H V W W L F O Q I M  
M N W Y T F L W R J O U T V U I R N

CAMPING  
CAMPFIREMEETING  
STEPWORK  
TRADITIONS  
CONCEPTS  
SPIRITUAL  
HOPE  
TRUST  
SERVICE  
ROADTRIP  
OUTREACH  
STEPONE  
DESIRE  
FREEDOM  
MIRACLE  
GODSWILL  
AWAKENING  
UNITY  
JFT  
GIFT



NA shouldn't leave SOS so meetings continued on the same schedule and was named the "Flying Free Group". Eventually, the meetings at Park School died out and the name New Life Loadies with it.

In 2000 Unity Area was seen as too large so McPherson, Newton, and Hutchinson held planning meetings to create a new ASC. In August 2000 Primary Purpose Area was officially seated and we still participate along with Lyons, Sterling (off and on), Hutchinson, and Newton.

December 2002 the Blue Ball Ball was resurrected and continues as the only annual event for the group. Each year it has a different theme and always seems to be a success.

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*We are in the midst of collecting your group histories for a volume 2 group history book. If you want to participate send your group/town/ or area history to*

*literature@marscna.net*

*or*

*outreach@marscna.net*

*McPherson was an example, but it doesn't have to be written like that.*

*If you noticed, four groups were mentioned in their history. If you can expound beyond your current group that would be great. If your history was included in the 2002 version please update it and send that in. Thank you!!*

*There is no cut off date as of yet.*

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## THIS ROOM-THESE ADDICTS

As I sit in this room, I listen to what these addicts say. You know that my story is different from everyone else. Nobody knows what has happened to me. They can't understand how and why I feel the way I do. No one can imagine what things I have done or what things have happened to me. Why am I sitting here in "this room" with "these addicts?" Nobody cares about my story or what my problems are, or what may be bothering me today.

Today as I sit here in "this room" with "these addicts" I listen to what these addicts are saying. I have come to realize that these addicts in this room are very valuable to myself and my recovery. I am not alone in this room. There are a lot of other addicts who have a lot of things in common with me. Plus some of these addicts have done worse things than me, and have had a lot worse done to them. I have come to realize that these addicts in this room do listen to what other addicts say. They do care about me. They want to help me through whatever is bothering me. Through this room and these addicts of NA I am clean today.

GALE H.

Pioneer Group  
Emporia, KS.

*"reprinted from Summer 2008 issue"*

For me recovery has been walking through my fears with a faith I wasn't sure about. But I was tired of running on self will. When I don't have my faith in grip I look or think back on how another's faith has carried them through. If I went on what I "wanted" or "thought" what was best for me I would've set in self pity and insecurities. I would have ended up isolating or going out to research that drug induced state that has never worked before. I'm finding faith and trust in my HP, NA, the 12 steps, and sponsorship!

*Annette V.*

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I'm a freshman girl in high school and 15 years old. 48 days ago I got sent to an institution\*. Since then I have stayed clean. My drug of choice is not the same as most. I huff and I cut. My mom has been clean for 5 years so NA has been my second family.

When I was little I always wondered if I'd be an addict like my mom. I said I would never do drugs and make the same mistakes that my mom did and 4 years later I did just what I said I'd never do. Like the other story's it started with just having fun with friends on the weekends. We did different drugs but my favorite was huffing; pure poison. Getting high on weekends turned into getting high multiple times every day. There were times when I thought I was gonna die, I had a mini seizure on the bathroom floor but that

didn't stop me from doing it again. I did not see that this addiction was devouring me. My cutting was dangerously increasing and I had been cutting for 3 years.



Ever since my baby sister died I have had many traumas in my life. I cut and huffed to numb the pain. After attending a few meetings I had realized how bad it had really gotten. I had lost my ability to be moral. I stole and lied to the people closest to me. I finally admitted to myself and others that I was an addict.

In the place I'm at now they don't do NA but they do the other fellowship and take us to meetings there. I think it would be great if NA would bring meetings to facilities for teenagers. Luckily they let me out to meetings with my mom and I picked up my 30 day tag. It was overwhelming. I was so proud of myself. My mom and I both cried. "Mr.C", my substance abuse counselor taught me about acceptance, the steps, and life on life's terms and how I'm going to deal with it when I get out.



I'm excited to find a sponsor and start working my steps. And start going to NA meetings regularly. Today I feel happy and free from my pain and I've regained faith in God. I hope that others my age can find what I've found, but I'm surprised there so many addicts out there that don't know about NA. I have gratitude and hope today thanks to Narcotics Anonymous and the 12 steps.

SIGNED: YOUTH IN RECOVERY.

\*written May 19th, 2012

### THE HEAT IS ON

When you think about it, flames and heat are a part of every addicts' life from the time he or she starts using and continues through recovery. Certainly the pressure of getting and finding the ways and means to keep using creates heat, and who among us hasn't gone up in flames countless times while using? And yet, because of the nature of our disease, we keep touching the flame and we keep getting burned.

While we are using, and especially when our using gets out of control, we burst into flames and turn into a fiery tornado, spinning around and around, burning everything and everyone we touch, until the flames subside and we crumble into ashes.

Some of us are lucky enough to rise from these ashes, and if the spark of life is strong enough, we burn with renewed spirit.

We keep the flames going by being active in our recovery. Having a home group, a sponsor, and working the steps ensures that there is always an ember burning to keep that flame alive.

Keeping that flame alive means taking on sponsees, doing 12 Step work, making coffee, participating in business matters, serving on committees, helping out at area and regional levels, even writing articles for the newsletter. The warmth that comes from serenity is the reward we get for our efforts.

And where would we be without the heat of summertime? How would we be able to camp out without it? And without heat we wouldn't be able to have the best thing about campouts: the campfire meetings!

Heat is the basic building block of life. To paraphrase, our Higher Power only makes it as hot as we can stand.

Remember the old saying: "If you can't stand the heat, stay out of the meth lab!"

Darrel P.  
Salina, KS.



### History of Narcotics Anonymous in McPherson, KS.

Tuesday July 22nd, 1980 Dennis O. and Marlena K. started a group on the 3rd floor annex of the Memorial Hospital called the Survivors Group. Marlena was the GSR, and they met Fridays at 8 pm. That lasted until AA members bought and fixed up what is now the SOS Clubhouse, where NA moved to and remains today.

It was Oct. 1983 when NA moved to the back room of SOS, with Von P. and Dennis O. being the founders. The state of Kansas was part of a vast, multi-state region known as Mid America and in July of 1984 the name "New Life Loadies" was adopted and we joined the Wichita Area which covered more than half of Kansas. Von P. was the first GSR. As other states grew and became their own regions, Mid America had dropped to just Kansas, Oklahoma, and Kansas City Area. Oklahoma formed their region in 1985, creating a sweep across Kansas to re-structure area boundaries' and the Central Kansas Area was formed March 1st, 1986. It included Derby, Ark City, Larned, Pratt, McPherson, Hutchinson, Hays, Ellinwood, Hoisington, Newton and Great Bend. Whether it was lack of willingness, or what, New Life Loadies dropped out of Central Kansas Area and was removed from the meeting list June 1987, they did what

was needed, kept the door opened.

There was a large burst in membership during the next few years and in December 1989 we held the first Blue Ball Ball which wasn't an annual event at that time. The following summer, August 1990 the first campout was held at Wilson Lake and that remained annual for four years, until a flood destroyed the camping area.

Also in August 1990 another group started a block away called the "Jubilee Junkies", the meetings were Friday and Saturday at 11:00 pm but only survived one year. The fact that we couldn't smoke in the building played a part in lack of participation. In 1991 the group started talking about joining an area again, we literally shopped around to the surrounding ASC's but it was an experience Tim S. and Debby B. had with members from Salina at a convention that led to the Loadies joining Unity Area April 1991, which included Salina, Concordia, Beloit, Abilene, Junction City, and Manhattan. Hutchinson and Newton soon followed and also joined the Area.

It wasn't until December 1992 that we had our 2nd Blue Ball Ball but there were a few other dances hosted by us. During discussions of expanding meetings in September 1993, we found a new location, Park School, where we could have meetings daily if desired. The only problem was it was also non-smoking. A few members decided that

## Hello NA Family:

P.I. (Public Information) is needing your help! There is a motion out to the groups to vote on which is asking the fellowship if they would be interested in a regional toll free phoneline that would service ALL groups and ALL areas of the Mid America Region. There was a test phoneline that was available for everyone to listen to. That was to give you an idea on how the phoneline could be set up. There are many vendors out there, this is just a test. Maybe even one of our areas has a better phoneline capability----it would just need to be checked out to see if it could be available for the entire region. We are also needing to find out the cost of the different phonelines. If we do get the go ahead with this endeavor, then we can be ahead of the game with costs and comparisons of the different ones available.

As the new Public Information Chairperson for the region, I am reaching out to all of you—Narcotics Anonymous is in desperate need of better public information. Brainstorm amongst yourselves and come up with some other ideas. I have heard of the following:

- 1) billboards on interstates with a toll free number
- 2) advertising signs on park benches, bus stop benches
- 3) advertising signs on the doors of restrooms

- 4) making flyers for flyer drives in towns so that all towns have the same information, same look, etc
- 5) many others...

This is a chance for all of us to pull together and unify our efforts, to work as one, to make a difference and to get that old PIZ-ZAZZ back into our efforts!! We can work together with Hospitals & Institutions and Outreach and become an even greater team. Remember, this cannot be done without YOU!!! You can contact me at: [timandeb@cox.net](mailto:timandeb@cox.net)

Would love to see many of you at the next RSC!

In loving Service

*Debby S.*



## Let's Go Camping!!

The Mid-America Region hosts one campout a year, and it is labeled as the "longest running free campout in the world!" No, we didn't just make that up, it was recognized at a World Service Conference in the mid '80s. This campout is more than "just a campout", it is the beginning of this region, the event where groups got together from Kansas and Nebraska and formed the Mid-America Region. Three areas were created, Kansas was split North (*Salina and Topeka*) and South (*Dodge City, Newton, and Wichita*), Nebraska remained one area (*Lincoln and Omaha*) even though that would change within a few months.

Just months after forming a new group in Newton called HOW, members found out about a special meeting in Topeka March 11th, 1979 through a representative of the world service organization that attended their meeting the night before. Like addicts did back then, a car pool was formed and they attended the Topeka meeting, with the rapid growth in the mid-west, it was decided to hold a conference over the 4th of July weekend and invite all known groups, Newton had already been working on a picnic for their group so they knew of a reasonable location to host it, Camp Hawk at a cost of \$30.00. Members from Topeka and Wichita handled the planning of events and invitations, Newton

handled securing the location and planning games.

Kansas South Area planned their next meeting for September 1979, since Wichita was a member of this area they brought news of winning the bid for the next world convention, which led to planning fund-raisers throughout the year, including the next 4th of July campout.

The next meeting for the "new" region was scheduled for November 1979, members from the Newton group attended and it was decided that they could host the next campout also if they wished. Ray P. brought it back and the group voted to do so.

The campout has remained "free" as in no tent fees and has provided at least one full meal at no cost to the member every year since 1979. Unfortunately as years go by, costs go up and finding locations gets harder. The past few years we have been located at Wilson Lake, but through lack of cleaning up and disregard for park property even this location has been jeopardized. This 4th of July could see an end to this event if the members don't step up and take responsibility for this service that has been provided to the newcomer as well as long timers.

I have been blessed to have attended most all campouts since 1989 having just four months clean, I haven't seen one as bad as that one (*weather*) since then. That even includes a tornado dropping behind the speaker but not touching down at another. It didn't matter what part of the state of Kansas we were in, it notoriously stormed, was blistering hot, and was windy. Welcome to Kansas! So if your first excuse is it's too hot and windy there (*Wilson Lake*), you might want to step outside where you are (*reference to Kansas members*) but my real message is to the younger members, many of

us that has carried the torch have grown old(er) and physically can't withstand the elements as well as we used to. It's your turn! I have many great memories from this regional campout, and one not so great, until I focus on the big picture. Almost drowning does not compare to the miraculous efforts of a beach full of members that saved several members of a family that was not part of our group, as well as myself. I am eternally grateful for that outcome.

Tim S.



## *Writers Needed!*

*Do you have the gift of words?*

*Do you write long posts on various social pages?*

*Do you share at great length in meetings?*

*Do you like to write?*

*The Mid-America Newsletter needs you!!!!*

*Whether you like to write about recovery, group/area news, recovery fiction (you know, based on actual events), or write recovery poems this publication needs your input. Currently there is no Editor, but if articles get submitted there is enough willing members to put it together and get it printed.*

*Artists!! We need your drawings!*

*Make this publication a continued effort!!!!*

**SEND ALL SUBMISSIONS TO THE ADDRESS ON THE FRONT COVER**