



# MID AMERICA NEWSLETTER



Volume 21  
Issue 1

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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 Text*

*Note: the opinions and views shared in this publication do not necessarily reflect those of The M.A.N. staff, or NA as a whole.*

*Thank you,  
The Staff*

Welcome to another issue of your N.A. newsletter. I realize it has been quite a while since one has been published, and I think the new structure will bring consistant, quarterly, issues. Please use the address listed above to submit your stories, poems, artwork, and definately your experience, strength, and hope. This publication will also let you know what's going on in the region, both service and activities related. This particular issue is just in time for M.A.R.C.N.A. XXI and is added in all registration packets. It's also in time for the World Service Conference (W.S.C.) 2004 and will contain thoughts on motions entertained in the report in which all members hopefully have voted on or is in the process of voting on.

If you have submitted articles of any kind in the past and have not seen it in print, please re-send to the address above! This is your newsletter, it will be in an up-coming issue.

Tim S.

I'm an addict, my name is Kirk. I wish to discuss service work today.

I got clean on January 13, 1996 and recently had an opportunity to browse through the minutes of my Home Group, Step X Step located in Lawrence, KS. where I found my name in the February 96 minutes several times. I got into service as it relates to business meetings early in my recovery and continue to be involved in that type of service today. I believe that as a member of Narcotics Anonymous, I have certain responsibilities and one of these is to be involved in the business end of Narcotics Anonymous. I don't claim that this work keeps me clean, but it does help keep me an active participant in my recovery and not just a passive observer of that recovery.

I feel that the most important service work I do today is attending meetings, sharing and listening. This is where recovery happens, not at Group, Area, Regional, Zonal or World Conference meetings. This is not to say that those meetings are not important: they are. Without them, Narcotics Anonymous as we know it would not exist. Participation in those meetings does not equal recovery, however, nor is it any guarantee that we will stay clean.

At times they can be frustrating. For me this is an opportunity to grow, not quit.

Having said all that, I want to focus on the positive aspects of the business meetings. When I attend business meetings, I have a chance to rub elbows with other recovering addicts who are working to help keep Narcotics Anonymous going. Many of these people have multiple years of recovery and I find their help with my everyday problems invaluable. I, they, we, are passionate about recovery and Narcotics Anonymous as a whole and many feel as I do that we owe our lives to this Fellowship.

I do not participate in business meetings because I feel that I am invaluable. Whether I wish to admit it or not, the Fellowship of Narcotics Anonymous will continue whether I am at those meetings or not. I am just not that important in the grand scheme of things, although my mind would like me to believe that I am. By keeping this in mind, I stay more humble than I might otherwise be.

While involved in the business structure of Narcotics Anonymous, I have been forced to practice patience and tolerance. I don't always get my way. This is a hard fact of life that I have been a long time learning. Not everyone knows just how smart I am. (JOKE!) I frequently have to bow to the will of the Group or body I am working with. This is good for me, as my will has gotten me into trouble more times than I can count. Life outside of the Fellowship rarely goes my way and my experience within the Fellowship has helped me learn how to deal with this unfortunate (or fortunate) fact of life.

Through my involvement in the business of Narcotics Anonymous I have learned how to disagree without being disagreeable. (Most of the time anyway!)

While serving the Fellowship at business meetings and on the various subcommittees, I have learned a great deal about my strengths and weaknesses. I have found that I am not a good meeting facilitator. I don't like the job and don't do it well. Which came first – my dislike of the job or my inability to do it well? It doesn't matter, I have found that this is a part of the way I am and am able to adjust as a result. On the other hand, I am good at the secretarial work, at the treasurers job, at hospitals and institutions work and public information. I have found areas that I excel in and tailor my efforts accordingly. I believe that all of us have strengths and weaknesses and my involvement with the service structure of Narcotics Anonymous has helped me discover some of mine. Again, this helps me with life outside the Fellowship. I am involved with the Scout program and work not as a leader, but as part of the committee behind the scenes. There are others who make better leaders than I do and I let them do the job. This kind of self-realization would not have come without the help of Narcotics Anonymous, or if it had come, the lessons might have been more painful. The fellowship I experience at business meetings has kept me clean on one occasion in particular when I otherwise would have used. When I was eighteen months clean, I was in the North Woods on a canoe trip with my father. While he was off by himself, I found a bag of pot. As we were many miles from anywhere,

I could have smoked it and no one would have been the wiser. (There were papers with this bag.) By that time I had been a part of my Home Group, involved in the Area Service Committee, and had been to the Regional Service Committee meetings a couple of times. The temptation to smoke was strong, but the strength of the friendships I had made at all of these business meetings, as well as regular meetings, helped me stay clean. Basically I'm a chicken and I didn't want to have to come back to Kansas and admit to all of my new friends that I had used again. These people meant too much to me. (They still do!) Had I not formed those relationships, there is no doubt in my mind that I would not have stayed clean. I am **very** grateful to the service structure and Narcotics Anonymous as a whole for the opportunity it has afforded me to forge these kinds of bonds – the kind that allow me to go against my very nature. My natural state is to be high and to pass up a opportunity is quite a miracle. We frequently hear complaints about what we are/are not doing, the manor we spend money and in general about the service structure and how is or is not meeting the needs of the Fellowship. We do the best we can, keeping in mind our primary purpose to whit, “to carry the message to the still suffering addict”. We welcome and encourage all members to attend these meetings and become a part of the solution, not the problem. If you would like to see things change, join us. You don't need to take a service position to be a “part of”. I have found that I can effect change without a title, just by participating in discussions. **We NEED YOU and YOUR** opinion if we are to carry

out the will of the Fellowship and improve on our ability to fulfill our primary purpose. My personal experience has been that I did myself a favor by becoming involved with the business end of Narcotics Anonymous. I hope that more of you will take advantage of this unique opportunity to grow and become more self-aware.

I just went through my records of The M.A.N. and find that this is not the first article I have written about service work. (September, 2000) I apologize for sounding like a broken record, but not for the article. I find that this is such an important part of my life and recovery that I am quite passionate about it. If I encourage only one person to become involved in this opportunity to grow, it will have been worth it. Of course, if I reach more than one that would be great!

Anyway, I guess that's all for now.

Stay clean,

Peace and Love,

Kirk B.

Baldwin City, KS



Created by: Kirk B.

**I'm Sharon, I'm an addict.** I wrote the following letter after coming home from an N.A. New Year's Eve bash. I was working on my 9th step at the time and was having an internal conflict. That night I heard a speaker share his experience, strength and hope. He shared about how damaging secrets can be. That night I couldn't sleep. I finally realized that my internal conflict was a secret I have carried through 33 years of addiction. It was an amend to God. This letter took me 4 hours to write, but after writing it and reading it aloud, I felt free. As I fell asleep, it began to thunder. A response from God? Maybe. I hope that sharing this will help another addict who has a heavy heart. Don't keep secrets.

My Amend to God  
Written by: Sharon B.  
1-1-2004  
Do or Die Group  
Cottonwood Falls, KS.

Dear God,  
It's me again. There are some things I've wanted to tell you for so long now, I could no longer keep this to myself. From early childhood to my adult years, I always thought it was your fault for my life being so messed up. Although I played the major role. I hated you when bad things happened in my life, never admitting that I let them happen or even had a part in it. I blamed you for letting go of my hand and letting me fall. When I was the one turning my back on you. You took my life, the people I loved, and the things I valued the most away. When it was me letting it all go. When I asked you why was all of this happening to me,

I never received an answer. Although it was in front of me the whole time. I punished and condemned you for all of this, but I punished myself even worse. I feared you would never forgive me, but I never forgave myself. I wanted so desperately for you to be a part of my life, but was afraid to ask. You let me go through hell, although I created it myself. All of these things I have done to you kept me alive. Even when I was killing myself slowly. You put clothes on by back, food in my stomach, and a roof over my head. And I was still afraid to ask for help. But I have finally asked you. You have brought me back to life and have given me the gifts of love, strength, courage, faith, hope, acceptance and forgiveness. For me to keep these gifts you have lovingly given to me, I must now give them away. By reaching out and carrying the message to the still suffering addict, and sharing these wonderful gifts of life to those who are likemyself so many years ago. Lost and hopeless. And now it's time I make my amends to you. I make no promises, for I am human and will make mistakes. All I can do is talk to you and listen for you always. I will try to remain clean and live a program to the best of my ability. all I can humbly offer is for you to take my will, guide me in my recovery and show me how to live, clean. From this addict's heart, I am forever grateful.

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**Higher  
Powered!**

## Poetry and Prose

Do you really know  
The degradation of the soul  
Do you really know  
How it will unfold  
Do you really know  
How to fill the role  
Do you really know  
How to free the soul  
Do you really know  
Where you need to go?  
Micheal S.

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### N.A.

When lost in life and you don't have a clue.  
You feel like the drugs make it better for you.  
You think that the drugs will help get you through another day.  
So you smoke a little Cocaine maybe some meth or weed.  
But when it's all gone you still feel the need.  
So you do it over again a time or two.  
And before you know it, it really traps you.  
Now you're spending all your money and your really in deep.  
And you feel like you will never get back on your feet.  
So change your life by throwing the drugs away.  
And go to the meeting they call N.A.  
There you will find family and friends.  
That have gone through the same thing over and over again.  
If you work the 12 steps, listen and share.  
Be honest with them and share in their prayers.  
N.A. can help you through teh tough times in life.  
And help keep you off drugs for another night.  
One day at a time is what they tell me.

So come to a meeting and maybe you will see.

There is a better life with out all the drugs.  
All it takes is N.A. and a few loving hugs..  
Dusty

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Life is not measured in time but deeds and the love we have in our hearts & souls. As children, we are free but soon become trapped in life's faces, we learn, we struggle, we die. Break free my child of so long ago and truly live in our heart & soul as we did in the beginning. life is short, live it and be filled with life forever. Shear your love and speak with your soul, be the child we were, see it in the true eyes of life. Break the chains that hold us, to not live, let go forever, live life in freedom and peace.

Alan B.

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I came ragged and worn  
knowing my life was all torn  
my life was at an end  
I walk into NA not wanting to bend  
but the more I came the better it got  
so know drug free is my lot  
Doug K. McPherson

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### Famous Quotes:

"We may not have it all together - but together we have it all!" Mr. Bill

"NA is better than sliced bread - go for all of it!" Dutch H.

"Stay visible" Tony K.

"Keep coming back - it works if you work it!" members all over the world

## Mid-America Regional Literature Committee

It has been said for years “the Literature never lies”. The Basic Text, It Works – How and Why, Just For Today, and many other booklets and pamphlets have all been written by addicts for addicts through Literature committees. Of course, all “Pre-Basic text” literature was written by members like Jimmy K. and Greg P. when membership was very small, and very few committees of any kind existed. Regardless, the print we have today has helped and continues to help millions of addicts find a new way to live.

Mid-America Region has played a very big role in Literature development ever since the World Literature Committee was formed and met for the first time October 1979 in Wichita, KS. The first “committee developed” literature, the Basic Text, was very instrumental in the growth of N.A. As a result of this huge explosion in growth, many changes took place as well as Basic Text editions. Literature development and revisions became a focal point for regions and areas to “become active” outside local services. It also caused heartaches and resentments, mainly with earlier members who quickly got tired of these changes. Another aspect of Mid-America Literature that started in the early 80’s was the M.A.N. (*Mid-America Newsletter*).

Through shaky times and many changes of its own, it still gets published, as you are reading this in the M.A.N. Because of changes at the World level, our main focus in Literature is this publication. We “*the Mid-America Regional Literature Committee*” have two main functions: providing service handbooks for sale at all Regional Service Committee meetings, and publishing the M.A.N. We are currently looking for ways to enhance participation in writing, drawing, or creating content for the quarterly publication. This is where you, the reader, come in. Call it pride, passion, the desire to fit in, whatever, when I was a newcomer, Literature was the main focal point of my recovery. I read every piece we had printed as if my life depended on it, because it did. When I found out I could give input and help make changes, I instantly became an active member of N.A. I wasn’t told I had to have a certain amount of clean time to help, or a degree, or any education whatsoever. You have that same respect! Regardless of your clean time or stature in the community, you are an “Official Reporter/Writer” for the Mid-America Newsletter. Share your recovery in print “*as if your life depended on it*”, because it does. If you can’t find the address to send it to on this newsletter, give it to your G.S.R. or someone at an Area meeting. Eventually it will get published. The last aspect of Literature I want to discuss is its universality.

No matter what form of service you do, Literature will be there. Public Information, Hospitals and Institutions, and Outreach all carry Literature to read and distribute. Some Literature committees have distribution as their only duty, especially now that projects coming from Narcotics Anonymous World Services (N.A.W.S.) are few and far between. As stated before, we don't fall into that category. Literature is dubbed as "A Universal Element in all of Narcotics Anonymous Services".

*"GOD, grant us knowledge that we may write according to Your Devine precepts. Instill in us a sense of Your purpose. Make us servants of Your will and grant us a bond of selflessness, that this may truly be Your work, not ours – in order that no addict, anywhere, need die from the horrors of addiction." Basic Text 5<sup>th</sup> edition, pg. xvi*

Tim S. - Mid America Regional Literature Chair



This is a sampling of items from Tim S.

If you want to see the most complete collection of Literature and N.A. memorabilia known to this region, visit Burnalee's table while at M.A.R.C.N.A. XXI!!

## How's Your Home Group?

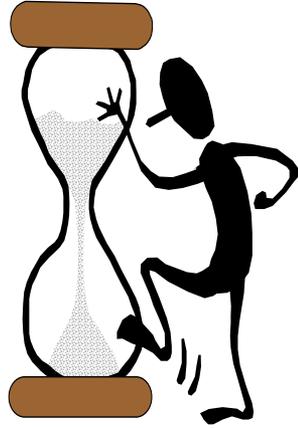
Let's go on a little journey shall we? This is an exercise in perception, as a member of Narcotics Anonymous, I have the best home group in the world. Apparently, I'm not alone in that thinking. I have the best home group in the world, because, like any relationship, I have to put 100% into it. I have my regular nights of attendance, I share at every meeting, I talk to newcomers, if only an acknowledgement, and I listen while others are sharing. I also attend and vote at our business meetings. Our group belongs to an area, that's our choice. If we put that same passion into the area service committee, we would have "the best A.S.C. in the world." Sure there are issues to be worked out on what seems to be a regular basis, but is my life in general without issues? We don't learn to be perfect in the outside world, we learn to work through issues on a daily basis. Based on that, Our area is as only good as the willingness going into it. Our area belongs to a region, that's our choice. With the same passion put into the regional service meetings, we have "the best R.S.C. in the world." I'm not sure how it happened, but somewhere in time, members got the illusion that the region is there to carry, or support the member, and I've heard it all too often, "what have they done for me?" As a member of Narcotics Anonymous, I am responsible, The door is opened to our meeting house as scheduled, our area meets every month as scheduled, and our region meets every quarter, as scheduled.

It didn't happen because I set back and blamed the structure, it happened because, as a member of Narcotics Anonymous, I AM the group, the area, and the region. It's not "what have they done for me?" It's "what have I done for Narcotics Anonymous?" We've all heard and read it, "you can't keep what you have unless you give it away." I have faith in my Higher Power, regardless of which level of our service structure happens to be on "the spotlight". Personally, I have been fortunate enough to attend several world service committee meetings as well. I have found high levels of devotion and experience all over the world. Yes, I do have the best homegroup in the world, and it appears at many levels.

Just one member of N.A.

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## Word Search

See how many you can find

A	C	C	E	P	T	A	N	C	E	B	U	G	D	E	
C	I	L	O	M	N	C	S	E	R	E	N	I	T	Y	Acceptance
D	H	B	J	S	P	O	N	S	O	R	S	H	I	P	Attitude
M	I	O	X	U	L	O	M	S	E	R	V	I	C	E	Faith
D	G	P	P	D	S	R	P	A	M	S	D	O	F	E	Feelings
P	H	E	S	E	Y	T	Z	G	S	F	P	X	E	C	Freedom
L	E	N	Y	A	C	B	F	M	U	I	C	B	E	H	Gods Will
O	R	M	X	Y	N	D	A	O	R	P	X	F	L	U	Gratitude
S	P	I	G	B	G	I	I	P	R	N	M	R	I	M	Higher Power
P	O	N	O	R	D	C	T	A	E	T	E	E	N	I	Humility
I	W	D	D	C	A	Q	H	Y	N	P	O	E	G	L	Just For Today
R	E	E	S	D	T	T	N	W	D	M	L	D	S	I	Open Mindedness
I	R	D	W	O	T	P	I	Q	E	Z	W	O	A	T	Patience
T	N	N	I	B	I	D	D	T	R	L	W	M	D	Y	Powerlessness
U	L	E	L	C	T	F	E	E	U	C	F	P	B	D	Sanity
A	X	S	L	D	U	O	P	B	P	D	Q	D	C	F	Serenity
I	Q	S	C	L	D	Q	B	D	B	M	E	B	F	L	Service
I	E	P	O	W	E	R	L	E	S	S	N	E	S	S	Spirituality
T	Y	A	L	L	D	A	C	F	A	B	C	X	L	C	Sponsorship
Y	A	Z	B	P	A	T	I	E	N	C	E	M	B	N	Surrender

## Ar ound The Region

As you are reading this, M.A.R.C.N.A. XXII is getting ready to elect it's committee and start the year-long-process of planning and executing another convention. XXII will be held at the Holiday Inn in Salina April 1st, 2nd, and 3rd, 2005. The committee will be elected at the May R.S.C. (9:00 a.m. May 15th.), of course some of are reading this while attending this year's convention and don't really want to think that far ahead.

As Spring is upon us, so is camping season. It's not usually until Memorial weekend that we get our tents out for the Pre-Campout Campout at Harvey Co. West Park compliments of the Newton HOW group, but after that there will be several to choose from throughout the summer. The next issue will have a list of the ones we know about. My favorite, our region's 4th of July campout, has a flyer included in this issue. This is our 26th annual "FREE" campout and no storms, nor tornadoes, will ever get in our way of celebrating freedom from active addiction Mid-America Regional style. The committee has done an excellent job of making sure of this. I'm sure it's an inside connection with H.P. Once again, Wilson Lake will provide the scenery, water, and beautiful sunsets.

In Hospital & Institution (H&I) news, long term goals are being discussed and with P.I., will keep working on presentations with State Judges, Parole Officers, Doctors Assoc., etc. They are also still working on the presentation scheduled for the Sheriff Assoc. and the Governor.

Public Information (P.I.) is working on more cost efficient ways to get regional meeting lists out and keeping them

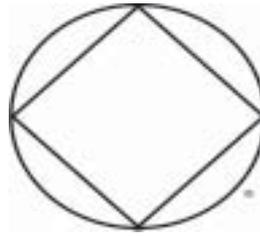
current. Working closely with our webmaster, meeting lists can be updated by members and then printed directly from our website. Just log onto [www.marscna.net](http://www.marscna.net) to access it. It was decided by consensus to have all area web contacts along with our web masters to develop procedures for handling the website.

Our Steering Committee once again has the task of creating our regional budget. To find out more, visit them at their interim meeting April 25th at Brian's house 17365 S. Levelling, Scranton, KS. No time was given, but I would guess early afternoon.

Outreach is in the process of making sure everyone who has 5 years or more fill out a world pool information form. They are also in the 3rd month of another project, "e-mail meeting challenge", this project also reaches out to surrounding regions, way to go!

**Off to California!** Our Regional Delegate (John S. III) and Alt. Delegate (Debby S.) have set mid-April as the deadline for getting your votes in, which means by the time you see this it has drawn near. Hopefully everyone has seen or heard about the motions up for your vote this year, some of them will make big changes if passed. The Sponsorship booklet is at the top of most member's list, it might not provide direct guidance, but is filled with "meeting in print". Which also brings up possible changes to our Basic Text, at least the personal stories section, if passed, I encourage every member to submit their story. Guidelines will be sent out on how to formulate it, if passed of course.

2nd Annual Mid-America Regional  
 Campout Fundraiser Hosted by  
 Central Kansas Area May 8th, 2004  
 Great Bend, KS. Recreation Center -  
 Stone St. Speaker, Auction, Raffle, DJ  
 Dance. CKA Service Committee  
 Meeting to precede this function.  
 More info. can be obtained at  
 (620) 653-4516



**26th Annual**

**Mid-America Regional Campout**  
**"Going 4th in Recovery"**

When: June 30th-July 5th, 2004 Where: Wilson Lake, Lucas Park Group Camp  
 (gates open Wed. at 2:00pm) No Dogs (follow the NA signs)

**ACTIVITIES**

Shade Tree meetings	No moving fire rings	Fri., Sat., Sun., Evening Meal Provided
Campfire Meetings	No fires outside fire rings	Followed By, Speaker Meeting, Dance Auction & Raffle
Men & Women Horseshoe Tournaments	Don't tear up the grass	Pre-campout Committee Meeting Thurs. 8:00pm
Co-Ed Volleyball Tournament	Obey one-way signs	Post-campout Committee Meeting Mon. 12 noon
Washer Toss Tournaments	No blocking roads	
Kids Games	No fireworks	
	Fireworks display provided by the Corp of Engineers	

Consent Numbers:  
 Matt C. 620-339-5526 / Dodge City  
 Scott K. 785-313-0829 / Manhattan  
 Mike & Russ P. 785-433-4215 / Jeff 785-965-0118 / Topeka

Possible Poker Run  
& Fishing Tournament

*Bring firewood & campsite to Wilson Lake*

**Chair:** Alan B.. 316-283-2033      **Co-Chair:** Michael S. 785-832-9613  
**Treasurer:** Greg B. 620-653-4516  
**RDAlt:** Debby S. 785-819-0268      **RD:** John S.III 785-594-2148  
**Secretary:** Kirk B. 785-594-2148

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

*Thanks,  
 KB*

NEXT RSC

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

SATURDAY May 15, 2004

9:00 AM - 11:00 AM

(DOWN)

CONVENTION

(UP)

CAMPOUT

11:00 AM - 1:00 AM

(DOWN)

P.I.

(UP)

ACTIVITIES

1:00 PM - 2:00 PM

LUNCH BREAK

2:00 PM - 4:00 PM

(DOWN)

STEERING

(UP)

OUTREACH

4:00 PM - 6:00 PM

(DOWN)

H.&I.

(UP)

LITERATURE

7:00 PM - 8:00 PM

SPEAKER MTG.

8:00 PM - 12:00 AM

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

SUNDAY MAY 16, 2004

8:30 AM - 9:00 AM

RSC CHAIR/CO-CHAIR, SECRETARY & TREASURER RCM' S, ALT RCM' S  
 SUB-COMMITTEE CHAIRS &  
 CO-CHAIRS MOTIONS AND  
 REQUESTS

9:00 AM UNTIL DONE

REGIONAL SERVICE COMMITTEE MEETS CHAIR/CO-CHAIRS MOTIONS &  
 REQUESTS