

DEADLINE FOR NEXT ISSUE IS AUGUST 31ST.

**Chair:** John S. (785) 865-9999      **Co-Chair:** Russ P. (785) 589-0116  
**Treasurer:** Jeanie M. (785) 825-6892      **Secretary:** Carla D. (620) 343-3149  
**Regional Delegate:** Rod D. (620) 343-3149      **Alt. R.D.** OPEN

*We can use all the bodies that wish to become involved in Regional Service. I've heard it said that the Region doesn't do enough for the Areas or the Groups. The Regional Committee consists of members of the fellowship from our Groups and Areas. If more is to be done for the individual addict the Groups and the Areas at the Regional level, more addicts need to become involved at this level.*  
Thanks,  
Kirk B.

**Next R.S.C.**

Red Coach Inn - 2211 E. Kansas Ave. McPherson, KS.  
All meetings are held in the Regency Rooms

**Saturday August 19th, 2006**

9:00 - 11:00 A.M.	<b>Hospitals &amp; Institutions Literature</b>
11:00 A.M. - 1:00 P.M.	<b>Convention Campout</b>
1:00 - 2:00 P.M.	<b>Lunch (open)</b>
2:00 - 4:00 P.M.	<b>Public Information Activities / Soul To Soul</b>
4:00 - 6:00 P.M.	<b>Steering Outreach</b>
7:00 P.M.	<b>Speaker Meeting</b>
8:00 - 11:00 P.M.	<b>Dance (Auction and Raffle included)</b> \$3.00 person - No addict turned away

**Sunday August 20th, 2006**

**8:00 A.M. - ????**      **Regional Service Committee Meeting**



**Volume 23  
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**Summer 2006**

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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 N.A. as a whole.*

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**Hello family.** Once again summer is here and campout season is in full swing. This issue still has some great sharing from our members, or what I like to call the MAN's official reporters, but will also have lots of news from both the recent Narcotics Anonymous World Service Committee meeting and the recent Mid-America Regional meeting. In case you're wondering, I did accept a second term as Editor and will be publishing the M.A.N. for another 2 years. I hope the "Reporters" keep the articles and stories coming in as it makes publishing this so much easier and makes it worth reading. There is also something else very special about this issue...IT'S FREE! What I mean about that since it is always free to you is, sales from the M.A.N. archival discs have completely funded this issue, so the regional service committee has no production or mailing costs this quarter. Thanks to all who purchased the discs. If you are not aware of what I am talking about, the

Mid-America Regional Literature Committee converted 82 issues, ranging from 1983 to 2004 to PDF and placed them on a CD. These were then sold for \$5.00 each. We started with 100 copies which have since sold out, but fear not, I have been instructed to produce 50 more. They will be available shortly after this issue hits the street. Some of you may have noticed an address change on the cover, I haven't moved or anything, but my home group has allowed me to rent space in their P.O. Box. This won't slow the process down any and my e-mail remains the same for those that go that route. Speaking of e-mail, in case you don't know I send copies of this publication directly to members and anyone wishing to receive it via e-mail. There will be no change sending hard copies which are sent to your A.S.C. in bulk. If you would like to be added to the e-mailing list just shoot me an e-mail using the address above with "send M.A.N." in subject line. Please keep sending your stories, articles, artwork, and appropriate photos because this is truly your newsletter.....

*Jim*  
Editor

**Miracles continue to happen**

I'm an addict and my name is Sharon. I would like to share about how the miracles continue to happen in my life. While attending the MARCNA Convention, I met some new people who shared about their recent struggles and how they made it to the convention and the rooms of Narcotics Anonymous. Their stories moved me, yet reminded me not to give up hope on those who have been around and have chosen to go back out. Recently, a few women I love chose to leave the rooms. I heard the gossip and the stories, and honestly, it broke my heart to hear them. I would go home and ask my Higher Power how can I help? The only words I heard were "Never give up hope".

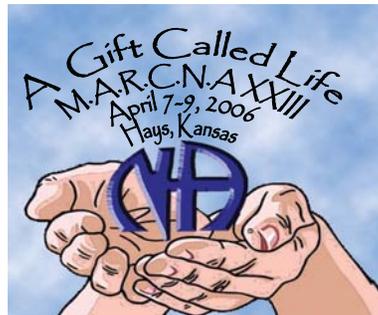
I returned from the convention, unpacked and wiped off the road grime and headed for a meeting.

On the way to the meeting, I told my husband my concern for a person I love dearly who went back out and that I was not going to give up hope.

At the meeting, a young woman who is still struggling asked me to step outside to talk in private. She began to cry and admitted she had gotten high recently, but she was more concerned for the same person I have been praying for (who is still out there). For the first time this young woman shown true compassion and love for the still suffering addict. She told me what had happened and asked for help with another addict. It took a young lady who does not have much time in this program to verify what I had been praying for... Hope for the still struggling addict. I told her I would contact this person after the meeting. I called the person and was unable to reach them. A part of me said to drop it

and go home. Instead, I had my husband drive to her house. She was there; I chose not to go into her house, knowing she had dope in there. But she came out on to the porch, I asked her to "Come Home". She told me she was afraid and ashamed. We spent time on the porch holding each other, talking and sharing tears once again. She finally said she wanted to come back, but needed someone to hold her hand as she walked back into the rooms. I will be there holding her hand and walking beside her as she enters the rooms once again. I whispered in her ear that I had never and would never give up on her. She cried and said "I know". This person was my sponsee. This is how my Higher Power works in my life and shows me how miracles continue to happen. I thank all of you who never gave up hope for me; you have given me a chance to give back what was given to me, the message of hope for the still suffering addict. The next time you observe the Moment of Silence for the still suffering addict, remember those who have chosen to go back out. They may be the next miracle walking back through the doors and into your life.

Sharon B.  
Cottonwood Falls, KS



**Attention all members of  
Narcotics Anonymous:**

**You are hereby invited to attend and participate**

**at the Mid America Region's**

**5<sup>th</sup> annual Service Assembly**

**October 14<sup>th</sup> and 15<sup>th</sup>, 2006**

**Red Coach Inn**

**2211 E. Kansas St**

**McPherson, KS.**

**N.A. – The Key To Life**



**Everyone is encouraged to attend regardless**

**of clean time or service positions**

# Around The Region

Some of you are probably reading this while at the longest running free campout in the world. That's right, the 27th annual Mid-America Region's 4th of July campout. Once again it is held at Pamona Lake in Eastern Kansas. With the right amount of support we will continue to see it as "free" to our members and keep this priceless tradition going.

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M.A.R.C.N.A. XXIV 2007 has most of their base committee but still need a few crucial positions filled. If you would like to help plan and execute the upcoming celebration attend the scheduled meetings the 3rd Sunday of the month at 139 N. Santa Fe, Salina, KS. The Holiday Inn in Salina is the convention location and as always will be a very spiritual gathering.

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In the H & I committee some concerns were presented about the way certain panels are being conducted. As a result, I have contributed some thoughts through an article in this issue. State wide there are several panels and meetings brought in and the message is being carried. H & I is also doing a very good job about getting literature in, even meditation books. Way cool!

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I'm happy to say that Outreach is the most active it has been since it was created in Mid-America Region. Not only are new groups being started throughout the state, but some awesome contests are getting members on the road. Outreach will also participate at the Plains States Zonal Forum meeting and workshop this August in South Dakota. There is more information about this in this issue.

If you attended M.A.R.C.N.A. XXIII in Hays, KS. you probably approached about filling out a survey. The rest of you may have filled one out at your homegroup or even from the last issue of the M.A.N. Public Information is compiling all this information and produce a flyer with the findings. This not only will help with local presentations, but will be beneficial at the next Governors Conference in Kansas City this August. The website is also going through changes and hopefully will continue to be a service to both members and professionals alike.

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The Steering Committee is focusing on policies and/or the lack of policies. Also, working with future convention bids and continued insurance are topics of research currently being dealt with.

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Literature is in the very early stages of producing a book length piece laying out the history of the Mid-America Region. Much compilation will have to take place first. If you have minutes, flyers, M.A.N. issues, etc. dating from the early to mid 1980's please copy and forward them to the address on the front of this issue. In other news, the archival discs have completely sold out! I will be producing 50 more so if you haven't seen one you still have a chance. See details in this issue.

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Be looking for flyers on the upcoming service workshop and Soul to Soul Spiritual Retreat!

## *Within not without*

A few years back a friend of mine gave me a special candle for my clean birthday. It was a gel filled candle with frosted words all over it and my clean date. The words on the rim of the candle were: Serenity, God, Love, Freedom and Joy. I was trying to work on my eleventh step by quieting my mind and focusing on the flame. In the process I noticed the word Serenity reflected onto the wall from the light. Just then another thought occurred to me. The word as reflected onto the wall was backwards as reflections always are. So often in my life I seek answers in another person. I try to find serenity by 'borrowing' someone else's. I am always looking outwards for the answers instead of looking within. Somewhere during the course of my addiction I obtained my entire identity and self worth from the people around me. So often in my life I seek answers in another person. I try to find serenity by 'borrowing' someone else's. It is clear to me now that I was going about it all backwards. Just as the reflection on the wall was backwards so was I. When I came to Narcotics Anonymous in 1989, I was desperate. I was emotionally and spiritually dead. The physical part was the only thing that was still the slightest bit functional. When I got here I somehow, despite all evidence to the contrary, thought I could still use. It wasn't that I

thought my life was manageable. It was that I thought I couldn't deal with life without using. Then I saw you people that had life in your eyes, laughter in your hearts and symbols of functional lives outside the rooms. I became very dependent upon you looking to you for every answer to every question. I looked to the women trying to understand how they could be okay with themselves as they were. I looked to the men to make me feel worthwhile because at least if there was attraction that was exciting and it was a feeling of something. When I was just existing in the world with no real purpose, all of my purpose became an effort to feel something other than numb. If it was a horrible feeling, I would take it because at least it was something. I often confused fear with excitement or elation. I used to think that sick feeling in my gut was a sign things were really going to kick butt...now I know it as a sick feeling that is actually a warning that things are going way wrong. In the first step I learned I was never alone. That very feeling of terminal uniqueness that I used to justify my self destruction was bunk, because you had been there to and together we could find a different way. In the second step I learned that my life before was nuts. Absolutely nuts. I learned that the 'group conscious' of druggies that I now run with were all 'something' and were well on their way to becoming everything. I learned that the material things in life will not restore me to sanity but the higher power of my understanding probably could.

The third step taught me how to rake a risk. I didn't for a second believe my higher power could/should/would want to run my life. And if I let go of my will (control was how I perceived it) then what would happen? I felt that was a pretty big risk. Again, you helped me see that I really had nothing to lose...I mean REALLY....the things I stood to lose were: fear, self loathing, demoralization etc. So I took the risk and WOW has it paid off. In fact my HP is WAY more capable of running things than I am. I just have to show up and do the legwork. Step four was the beginning of the wasteland clean up project. I got all of the toxic muck out of my head and onto the paper. I got to take a good, long, hard look at where I had been and where I was headed. Step five helped me develop trust in you and my God. In step four, I identified the muck, in step five you helped me with the hidden garbage that even I didn't see and GET rid of it. Step six helped me understand what parts of my personality caused me grief. A lot of 'character defects' were survival skills. The kill or be killed, screw over before they screw you over, lie or be humiliated, steal or don't eat kind. They were my assets exploited or being used in reverse. Instead of being confident in my abilities, I was arrogant and cocky about what I feared. I would go very far to convince you I was okay masking all so I could see a reflection in your eyes of what I hoped to become. Step seven let me ask to get rid of all of that garbage and start practicing the spiritual principles. What I didn't know is I would find my true abilities practicing those principles.

4.

*Just For Today*

Step eight helped me understand the people in my wasteland I trampled over along the way. I had to become willing to let the "It's all about Amy show" go off the air and become a part of society again. Step nine helped me to start the repair process for all of my wreckage and ruin. It was amazing how many unsalvageable relationships are now beautiful, nurturing, support systems in my life today. Step ten helps me keep my feet on the ground. When I start to walk down a road that has a neon flashing light that a toxic wasteland awaits, I get the choice of turning around and promptly admitting it is the wrong road. Alas, so here I am at step eleven. (*Thank you for bearing with me through that little journey.*) Which I have now realized I not only have the ability to look within, that if I do...I will find the answers. It is the step that allows me to stop being such a life sucker from you and a help to myself. It allows me to hear my higher power within me gently offering me guidance. If I had not worked all the previous steps there is no way I would be able to hear it. I had too much garbage in the way. I could not have done it without you. For a long time...years...I was so dependent on you for everything. Now, here...in this moment, I have come to understand that through prayer and meditation I have a conscious contact with the God of *my* understanding. As I deepen that relationship praying ONLY for the knowledge of his will for me and the power to carry that out...I am actually gaining control not loosing it as I thought in step three. The control I am

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

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

### On Sale Now!

82 past issues of the Mid-America Newsletter have been assembled on one CD with an extra bonus booklet of the history of the groups within Mid-America Region. You can own this amazing piece of history for only \$5.00 + \$2.00 shipping and handling. Avoid the shipping by attending any one of the regional service committee meetings in McPherson, KS. You will enjoy many hours of reading our history plus look at flyers from such events as M.A.R.C.N.A. I, held in 1983. Also see flyers from Oklahoma and Show Me Regions 1st conventions!



### Mail to:

M.A.N. Archives  
P.O. Box 684  
McPherson, KS.  
67460

*Just For Today*

9.



## H. & I. and other services

### My Name's Tim and I'm an addict.

Getting involved in service with Narcotics Anonymous is what I see as a “must” for growth in life. It usually starts with being asked to lead meetings, make coffee, clean the meeting hall, or any other necessary functions that teaches responsibility. For some people, this is where their service commitment stays, and keeps that contact with the newcomer so they can follow suit and get introduced to service the same way. But there are many areas of service which all have the same importances for our fellowship's growth. Once members get introduced to Area Service Committees (A.S.C.) and Regional Service Committees (R.S.C.) a whole new world opens up to them. It often ties in with their introduction to N.A. For me it was Literature / Hospitals & Institutions, and I've devoted my life to literature development as well as many other aspects of service.

My first N.A. meeting was in Ellsworth Correctional Facility. Once a week one member would consistently come in bringing at least one or two members with him. I still have contact with some of those members that came in even today. The one thing I saw with these meetings was they had a message of hope. Like any practicing addict I would look them over head to toe and question if they even really had a problem with drugs, or were actually some counselor or Government worker. You see they were dressed nice, not suits but nice clean shirts and jeans or sometimes casual pants. They also had a clean appearance with their hair and facial hair, well groomed. To me this isn't what an addict looks like! Oh yeah, they also had clear eyes, a definite give-a-way

that they couldn't be addicts. But when they talked I could identify, and I had thought to myself, if they could look and present themselves like that even being an addict maybe getting clean has more to offer than I realized.

I have seen many people over the years have the desire to take meetings into institutions like E.C.F. and some choose to do this with very little training or guidance. The first impression I received both in actions and dress gave me the hope that maybe my life can truly change in recovery. If the members that brought in those meetings had sloppy, or dirty, or torn, or plastered with “logos that are common in the partying world” clothes, I wouldn't have paid much attention to what they were saying. In home group meetings or functions that kind of dress is fairly common with some of the most spiritual people I know, but there is a time and a place for that. Carrying meetings into hospitals or institutions definitely isn't one of those times. Not only does it affect the members we are taking the meeting to, but it also affects the respect from the professionals that are allowing us to bring our message in. If you have a clear concise Narcotics Anonymous message you are suited to do H&I, but please follow the guidelines. The service structure has a vast assortment of duties, or responsibilities that make our fellowship survive and grow. They all have the same importance and carry the same respect. I have been elected to and fulfilled over 25 positions in the last 16 years (I started with 1 year clean), but I haven't carried a meeting into an institution yet. Whether you are the current group door greeter or a member of the World Board you are equal. You have my respect and unconditional love.

## Parting words from the Regional Delegate:

Hello family:

Just a note to let everyone know that I have enjoyed the past 4 years serving as your Regional Delegate and Regional Delegate Alternate. These are positions that hold quite a bit of responsibility and I feel that I learned so much more than I ever imagined I would. It is an honor to be of service to this region and to Narcotics Anonymous as a whole. The fellowship of NA has given me a life of hope.

I do encourage everyone to “fine tune” their knowledge by communicating freely with NAWS and other regions around the world. We are a worldwide fellowship and we all need and learn from each other. Also, the issue discussion topics that NAWS has directed us to workshop are great learning tools. Get involved and workshop these:

- Building Strong Home Groups
- Who is Missing from our Meetings and Why
- Our Service System

On a personal level, I will continue to be involved with this region and work as diligently as I have in the past. I also believe that if I were to “walk away” from service, then I would be walking away from furthering my recovery. NAFTA (*Narcotics Anonymous Failing to Advance*) is a part of the disease that is lurking around the corner—that can only be overcome by continuing to be active, ask questions, and fighting for something that we are truly passionate about.

In loving service,  
Debby S.

Past-Regional Delegate

