

Chair: John S. (785) 865-9999
Treasurer: Jeanie M. (785) 825-6892
Regional Delegate: Rod D. (620) 343-3149

Co-Chair: Russ P. (785) 589-0116
Secretary: Carla D. (620) 343-3149
Alt. Delegate: Tim S. (785) 819-4806

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. (Co-Treasurer)*

NEXT R.S.C.

Red Coach Inn - 2211 E. Kansas Ave. McPherson, KS.

All meetings are held in the Regency Rooms

Saturday February 17th, 2007

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

Sunday February 18th, 2007

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



Volume 23
Issue 4

P.O. Box 684
McPherson, KS. 67460
timandeb@cox.net

Winter 2006

"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.

Welcome to another issue of the M.A.N. 'Tis the season to be bitter, angry, and medicated, OH, wait a minute, that was a previous life. 'Tis the season to be happy, joyous, and free, and also grateful, empathetic, and sometimes depressed. Whatever you are feeling you can thank the 12 steps of Narcotics Anonymous for making it happen. Both good and bad, feelings are one of the many gifts we receive in this fellowship. Being able to recognize and accept them comes from working (living) the 12 steps. I, myself, am feeling a bit overwhelmed with all my activities but more so empathetic for the many addicts still hoping to find a miracle come their way, even though most believe "hope" is lost. I'm also empathetic for the many members who are going through the first holiday season after losing someone close. My wife, Debby is one of those, after losing her mother this

year. Through the writings of members both in and out of the Mid-America Region, it is my "hope" that this newsletter provides some relief, or insight about recovery and the process so worth taking.

In this issue you will not only find recovery in print, but also news from the region and some updates from N.A. World Services. I am also giving my quarterly plea for submissions, if you are thinking about sending an article, poem, or artwork, PLEASE, don't hesitate any longer! If it is N.A. recovery related it will be published. Another thing I want to give a plug for is the regional literature history book project. We are actively looking for past (1979-1989) minutes, copies of the M.A.N. or other newsletters from groups or areas within the Mid-America Region ranging from the late '70s to early '80s, and any other minutes, photos, flyers, you might have boxed away. Copies will be just fine if you are not willing to part with originals.

Yum Editor
1

**Came To My Senses
Pt. 2**

“I can’t believe I’m still following Jimmy”, “who are all these people?” These are some of the thoughts running through my mind as we entered the building where he said an N.A. meeting was going to happen, whatever “N.A.” means. All I could really think about was that roach that was waiting for me after breakfast, but hey, if Jimmy changed maybe there is something here. Not that I really believed that. Over here Sam, you want some coffee? Sure, I said, at least I could have something else to focus on. As I looked around the room I wondered if all these people came because they got busted, is this a trap for me and am I going to get busted? All of a sudden I started to panic inside, OK, calm down I told myself. Most of the people were laughing and smiling, maybe they are counselors or something, they sure don’t look like druggies. Jimmy spoke up, let’s sit here, the meeting is getting ready to start. “hi, my name is Greg and I’m an addict” I almost jumped when everyone chanted “hi Greg” out loud. “Let’s open this meeting with a moment of silence for the still suffering addict followed by the Serenity Prayer.” I should of known,” I thought, “this is a religion!” Now I’m really nervous. Jimmy just looked at me and smiled, you OK? He asked. Yea, I’m OK, really I was totaling freaking out inside and just wanted to jump up and run out. I didn’t though, I had no

where to go and this seemed safer than the streets. People were reading stuff but I didn’t catch most of it, what I did hear didn’t make sense and some of the words I didn’t even know what they meant. Then this basket came around and people were throwing money into it, all of a sudden I sank into a depression, I didn’t have any money. When it came around Jimmy reached around me to get it and said don’t worry about it, it’s not required but we do support ourselves so when possible we contribute. Just keep coming back and you’ll start to understand. That didn’t really take away the feelings of worthlessness though, I just kept my head low. Is there anyone here for their first meeting? I looked up and it seemed that everyone knew, they were all staring at me. I slowly raised my hand and then they started clapping. Greg jumped up and came running over to me, at least it seemed that way, he had me get up and then gave me a hug and a key tag, was that ever weird. Greg wanted me to introduce myself, I freaked, I didn’t want anybody to know who I really was, should I make up a name? Just introduce yourself by your first name, he said. OK, I thought, this is safe enough. My name is Sam and I’m just here because of Jimmy. Once again they all chanted, that will take some getting used to. As people started talking something happened, the things they were saying sounded like they were reading my mind, how do they know what I’m feeling,

**Mid-America Region
of Narcotics Anonymous**

Follow the Steps to Freedom!

M.A.R.C.N.A. XXIV
March 30-April 1, 2007
Salina, KS



Where: The Holiday Inn 1616 W. Crawford Salina, KS 67401	Phone: (785) 823-1739 (Must Call Hotel Directly for Room Rate) Please Identify Yourself as MARCNA/NA
Room Rate: \$70.00 + Tax (Flat Rate) No Personal Checks After 3/9/07 rate will be \$104.00	Convention Chair - Janet W. (785) 827-8635 Registration Chair - Carrie E. (620) 662-5513

Group, Area or Vendor wishing to sell at the Alternative Store **must** have pre-approval from the Convention Committee by February 19, 2007. Please send request along with a letter from your GSR, RCM or a copy of current vendor license to the Committee. All goods **must** be NA related; no goods or logos from other Fellowships will be permitted for sale at this convention. As per our contract with the jeweler, no jewelry may be sold at the Alternative Store.

Attention Parents: There are no activities planned for children at this event. To clarify M.A.R.C.N.A. policies and to maintain a positive relationship with the hotel, the following policy has been implemented for all children in attendance:

- Children **must not** be left unattended or allowed to wander freely around the hotel at **any time**.
- An adult must accompany child under 16 at **all times** in the pool area.
- Unescorted children will be promptly returned to their parents. This **does not** give parents an excuse to allow their children to wander freely.
- There is a **midnight curfew** for all children under 16, including the Saturday night dance.

PRE-REGISTRATION DEADLINE
Postmarked on or before: **Feb. 19, 2007**

Name: _____
Address: _____
City, State, Zip: _____
Phone: _____

Make checks payable to:
M.A.R.C.N.A. XXIV
P. O. Box 3672
Salina, KS 67402

I would like to volunteer			
Convention	_____		
Marathon Meeting	_____	Registration:	Before 2/19/2007: \$20.00 After 2/19/2007: \$25.00
Workshop	_____	Banquet:	\$15.00
		Breakfast:	\$11.00
		Mug:	\$10.00
		Shirt:	\$20.00
		Newcomer Donation	_____

Shirt & Mug only available with pre-registration
Shirt sizes: M _____, L _____, XL _____ (XXL + \$1.00 _____, XXXL + 2.00 _____)

****TOTAL PACKAGE \$70.00****
TOTAL ENCLOSED \$ _____

Dr. I had my family convinced I was dying from this or that. The only thing I was dying from was the combination of every-ones prescriptions I was taking. Dr. Disease still wakes me up sometimes, but I tell him to kiss my ass, my Dr. doesn't make house calls any more. And if he tries, I call my sponsor, I go to meetings, I work my steps WITH my sponsor and I work them honestly and thoroughly. I've also started doing service work, it helps keep me grounded. "We can only keep what we have by giving it away" WOW! What a simple concept. But what power. That one phrase has kept me alive since I came through the doors of N.A. I try to remember to pray every day to my Higher Power to guide me, to give me strength to stay clean today, so that I can give away what I have, in hopes that another addict can stay alive. It is hard to imagine that a year ago, on Christmas Eve, I almost ended my life, and today, I have a gratitude list that grows by leaps and bounds. Not to say that some days I don't want to burn it, or shove it down someone's throat, or shove it up someone's somewhere, but I have it and it's mine and I'm grateful for it. N.A. has so much to offer, there is so much to learn. I had no idea we were organized by volunteers who work their butts off. I thought each little town had its own little group of addicts who get-together, whenever, wherever. When I first came to N.A., the only the only thing I knew was that N.A.

stood for Narcotics Anonymous. I had no idea what G.S.R., H. & I., I.P., AREA, REGIONAL, WORLD, M.A.R.S.C.N.A., etc. stood for. I still don't know a lot of them, but you know what? I ASK! And I keep asking. I go to as many business and area meetings as I can. And when I do, I sit next to someone who knows what the hell is going on. I ask them if I can, or I take notes and ask later, but I'm learning. It may take me forever, but that's fine with me, it keeps me coming back. What ever works. My sponsor tells me there are no stupid questions. And I love, trust and believe in her. So if you've been wanting to go to a business or area meeting, but have been afraid because you don't know what the hell is going on, find someone you trust and go with them. Just sit and watch if you want. You'll be amazed at how much you'll learn. Not to mention how entertaining the members can be. And the great part about it is that your opinion matters. They WANT to hear fresh ideas from the newcomers. I'm a newcomer and I have a thousand questions and a thousand more ideas. I had to start somewhere. I haven't read this anywhere yet, and I'm sure I'm not the first to think of it, but it makes sense to me, if there were no addicts there would be no N.A. So I figure, we are addicts, therefore, we are N.A. Become involved, each and every one of us. Hope to see you there,

Cindy F. Lawrence, KS.

WORD SEARCH - see how many you can find!

S	E	U	A	T	T	I	T	U	D	E	E	M	V	E		
B	Z	T	N	O	I	T	C	A	T	D	B	O	L	Y	ACTION	
E	S	W	I	L	L	I	N	G	N	E	S	S	A	W	ATTITUDE	
D	Z	E	K	Y	W	M	O	J	F	A	M	I	L	Y	BALANCE	
W	L	D	P	C	M	H	T	W	I	X	P	N	T	R	COMPASSION	
F	S	U	Q	N	O	I	T	A	T	I	D	E	M	R	EMOTIONS	
E	V	T	U	H	E	M	O	T	I	O	N	S	P	O	FAMILY	
L	Q	I	X	G	U	I	P	R	M	V	D	E	U	O	FELLOWSHIP	
L	F	T	Y	H	K	H	U	A	X	C	E	L	S	P	GRATITUDE	
O	W	A	F	L	J	S	O	A	S	V	R	X	T	T	HOPE	
W	H	R	L	P	O	T	B	P	N	S	U	L	A	K	MEDITATION	
S	S	G	B	A	L	A	N	C	E	P	I	W	Y	T	PRAYER	
H	S	V	U	O	L	T	S	D	M	I	J	O	I	Y	SERVICE	
I	Q	A	K	G	P	R	A	Y	E	R	D	T	N	K	SPIRITUAL	
P	T	W	D	F	E	T	H	C	L	I	I	U	G	G	STAYING CLEAN	
T	I	W	D	N	K	L	I	U	Y	T	V	E	C	G	WILLINGNESS	
S	O	G	N	T	R	V	M	O	Y	U	K	U	L	J	WINNERS	
R	P	I	W	D	R	R	N	I	L	A	S	T	E	K	FOUNDATION	
S	W	J	P	E	V	M	B	Q	U	L	S	H	A	Y		
Z	C	T	S	F	O	U	N	D	A	T	I	O	N	M		

On Sale Now!

82 past issues of the Mid-America Newsletter have been assembled in PDF format on one CD with an extra bonus booklet, the history of the groups within Mid-America Region. You can own this amazing piece of history for only \$5.00 plus \$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 (OK Region) and Show Me Region's 1st convention.



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

Reflections—

Oh my—another year has passed! And with that so much has happened. The year 2006 has brought with it a year of changes—some happy, some sad, some joyous, some mad—all-in-all, changes that make our lives different. I am really grateful that with all of these changes, that I have still been able to survive with my clean time in tact. I am grateful that I have a Higher Power that helps me through all of these life situations and lets me grow from it all.

Today, I have new clarity of what life is really about. Each day is a learning experience. Each day is a blessing (good or bad—it is still a blessing). With each step that I take and each step that I work, I learn that there is more about me to learn! Thank you HP for the Narcotics Anonymous program! Without this program, I would have lost myself long ago. Today, I love myself just the way I am—and am grateful that I have more to learn.

Anonymous

Isolation Blues

I sit in my chair all alone feeling sorry for my self. Nobody is to blame but me 'cause I don't go to meetings any more. I blame work but really I just got lazy. Maybe you have had the same circumstances going on. I know that all my friends are there to greet me with open arms, so why do we stay away? If I could figure out an addicts thinking I would have wealth beyond imagination, but I am an addict also so I'm in the same boat. If I can't figure it out no one can. If we go to meetings and talk our problems out we will get better, not cured! We have somewhere to go, people to talk to and to call later when we are alone. It is so comforting to have a home group, **so turn the TV off and go to a meeting!**

Doug K.

An "Aha" Moment

I was feeling very lonely driving to a convention in Texas so I asked my Higher Power to show me a sign he was with me. I turned this bend in the road (dropping down into a canyon) and in the middle of the road, staring at me, was a young deer. I stopped my car and we just watched each other. Ever since that day, when I see a deer, I know my HP is with me.

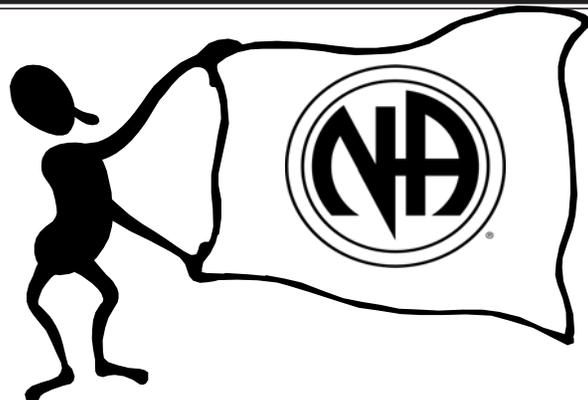
Betty P.



A Gift To Ourselves

Throughout our lives many of us have found that there was something about ourselves that made us feel alienated from the rest of our world. In some way we felt different from others, often to the extent that we acted according to their standards. When that didn't work, we tried something else, eventually believing that our drug-of-choice was the answer, along with the various people who fit into that life-style. Sooner or later, that choice wasn't working for us either; it was slowly driving us insane and gradually killing us in the process. Somehow we survived long enough to make it into the NA program, giving us a chance to rebuild our lives. One of the first things we learned is that we needed to not use, just for today; without that we could make no further progress. That was a realistic goal we could achieve in our lives, and a point from where we could grow. In working the first-

three Steps, we surrendered and became honest about our addiction and unmanageable lives, we became open-minded about finding a Power greater than ourselves that could lead us back to sanity, and we became willing to develop a relationship with that Higher Power. As a result of that work, we felt more positive about ourselves than we have in years, if not for our entire lives. Now what about that person we wanted to become? Is that person still alive inside? We can't ignore the fact that our disease still lives with us, but we don't have to listen to its demands and feed it today. Consequently, we have the freedom to find that person we believed lost to us. Or maybe that person we wanted to become is not going to work for us. Maybe that person was just a fiction we created to cope with our general dissatisfaction about the world we lived in. Each of us needs to find out who we really are deep inside, and how we can become that person. As luck would have it, this is not a 3-Step program, but a 12-Step program. Having worked, and continue living the first three Steps, we move forward to Step 4. We take an inventory of who we really are. We discover that we are not entirely good or entirely bad. We discover that, yes, we are different from one another, which in truth is a good thing. We discover what our liabilities are as well as our assets. We begin the process of honestly accepting ourselves. Now,



today, I have the opportunity to learn more about who I REALLY am. I have the choice to keep what I need and not act upon what I don't, so long as I choose not to use and lose. I can give myself a wonderful gift: learning to accept myself.

Joe A.

– grateful recovering addict in central Pennsylvania

.....
God has been there and shown me that even in my using days, but it's not about using it's about recovery. Last days of it all I was pretty much trying to destroy myself, insane all the time. The very last day I tore up the house, stereo thrown out the front window to the front yard, etc. Went in to the bed room, shut the door, and thought my family would be better off without me screwing their lives up. I found the gun, searched and searched for the bullets where I know they were in my dresser top, but could not find any, so I went out for more pain, fighting any one around. The next day, some how I got home, and I woke up saying that I AM done. *(I had been in NA for 2 years at one point, and this was now about the 4th year after choosing to leave the fellowship)* as I was going to get dressed I open the top draw to the dresser that I was looking in the day before, for the one bullet that would of ended it all, and what did I find, a whole box. Was God looking out for me? Hmmm, yes I believe so.

Alan B Newton Ks

This drug has taken so much from me, My kids, my future, my sanity.

It promised to take the fear away, Just trust in me, I heard it say, Follow me, I'll lead the way.

The rush of the run, for years it was fun. To party and not care, not for anyone.

It came to a point that I was so lost, If I kept going, my life it would cost.

I couldn't do anything, but try to recapture, That high I once felt, I trusted my master.

Then sickness took over my body and soul, This drug had me powerless, it wouldn't let go.

I hit rock bottom, fried and wired, I dropped to my knees ... lonely... and tired.

I cried out in despair, God here my plea, I'm weak, I can't do this, please, save me.

I give all to you, for clean time I lack, this drug is not worth it, my life I want back.

I reach out to you, please take my hand. For divided I fall, and united we stand,

My surrender is all I have left to give, but I give it completely so that I may live....

Belinda B. - Hanford, CA
Cindy F. - Lawrence, KS

Finding my sponsor:

I was told early on to go to meetings a few times before I just "get a sponsor". OK, I did at this time have about 2 months clean and been sharing with a lot of the guys around. I went to work one day and when I came home after work every thing was gone, the wife had left. OK, I already thought she might have a boyfriend so I went to the house where she would go and yes, she had moved in with this guy. I argued then went away mad & insane. Driving down the road I had thoughts of F%&* it and heading for the next liquor store. I could have gone many ways to it, but took a left on High Street, really, High Street went by a house and I saw a car that I knew well. I went about a block, turned around and went back to the house and knocked on the door. I didn't use that day! The next meeting I went to that man became my sponsor that I still have today after 12 years (woo hoo). GOD, hmmm, yes I believe so.

Alan B Newton Ks
8/7/94

.....

Relationships:

My first wife and I had been together for 14 years and had 3 kids together when she said we were incompatible, well that what she put as the reason. Done with that, I was free. It was hard at first, didn't even really know how to talk to women. I think I only went out on two dates; they wanted to go to bars and stuff.

Now with a few months clean it wasn't my scene any more. So did I worry about the women side? I started working the steps, going to meetings, service work, etc. When I first met my wife, I didn't know she would be my wife then because I was still partying, right, one night at a meeting she was there all messed up like we all are. She came from time to time, went to coffee with us, etc. I asked her one day to go, as there are no other women at that meeting that night and she needed, to well, at least be with someone to share with. I had about 6 months clean, we started seeing a little more of each other and I would take her to meetings, share, and have coffee. This really never crossed my mind, now, the group on the other hand; well you know how people talk ha ha. Our Regional convention was coming and I was going, that's for sure. First one for me and when a friend of ours in the group said I should take her, so, OK we went. Got there to sign in, hmm, what to do, well we went with Mr. & Miss and we were married a few months later. We have been together every since, 11 years now through good & bad. God, hmmm, oh yes I believe so again.

Alan B Newton Ks 8-7-94
.....
Alan B. is currently serving in Iraq. Fortunately we still have communication via e-mail (where these writings came from) and phone calls during our regional service meetings. Please get home safe! 7