



MID AMERICA NEWSLETTER



**Volume 24
Issue 4**

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Winter 2007

“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.

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Hello family,

Once again winter is upon us and here in the heart of Kansas we have already seen the first snow (mid-November), and even more ice and snow in December. For me this means the golf clubs are replaced by a snow scraper and the inside activities have increased.

For some though, this means trying to find a warm place to hide away and hope to make it until spring time. There are two types of “homeless” addicts, the first is what we would consider the obvious, an addict with no where to live. This time of year it is a must to reach out and help in any way possible, whether by volunteering in the community or even just offer to take a newcomer to coffee and a hot meal. The other type of “homeless” addict is one without a home group. Though this one doesn’t seem as severe, it still leaves a very empty feeling inside, I know, I was there several years ago. I hit consistent meetings, but my work schedule forced me to not attend my home group for about two and a half years. As much as I tried, I could not get the same sense of being home anywhere

else. Don’t get me wrong, I attend meetings all over the country and have never felt unwelcome. But returning back to my home group and the meeting hall where I got clean keeps me centered.

Not only are the colder temperatures an issue, so are the holidays that happen this time of year. Please, please, make an extra effort to reach out to newcomers and members who seem isolated (even if doing a good job of hiding those feelings)!

Now for this issue, are you ready for a 6th Edition Basic Text? You have the opportunity to address this and other items up for approval at the upcoming World Service Conference. Be looking for upcoming workshops in your area or in McPherson at the Plains States’ Zonal Forum workshop. All these motions and discussions should filter to your home group where your voice will travel with the Regional Delegate (Rod D.) and myself back to the conference. As always, this issue contains your experience, strength, and hope in which for some this is their meeting. Please keep the articles coming, I truly enjoy reading them all. I believe this is where you turn the page.

 Editor

**Came To My Senses pt. 6 will return in the next
(Spring) issue due to the limited space available this quarter.**

Tired of the Insanity & Accept I'm Truly Powerless

*I spent the majority of my life doing dope & drinking booze
My dignity, possessions, & spirituality I'd always seem to lose
The drugs and alcohol always seemed to be my master
As I watched my life quickly become a disaster
I've quickly used and abused so many good & a few bad women
I felt so stupid & blind because I never seen it comin'
I've found the hard way that there isn't a cure for this disease
The program of NA is the answer I've come to believe
Here I set again locked down in a lonely & cold jail cell
Awaiting to go to prison for a long time & no chance of bail
I remember while working the program of recovery my
life was so good
After 9 1/2 years clean some controlled using I thought I could
My family and friends in the program were definitely right
In no time I lost everything and was as high as a kite
Jails, institutions, and death, the outcome is always the same
I know when I'm truly being honest about my experience I'm the
only one to blame
Now I've made the big time they say by catching a federal case
I'm not real proud of what I've done because a lot of time I face
I've really missed my recovery family for so long but the dope
was ruling my life
It's so cunning, baffling, powerful, & patient and cuts like a knife
Now that I've acquired some clean time my mind isn't so
foggy and coming back
Recovery is definitely what I want & need to get my life
back on track
I hope I'm able to stay in touch with all my true unforgotten
recovery friends
They can take my freedom but the unconditional love for my
NA family will never end.*

Another Addict's Story

I found Narcotics Anonymous like all of us, I could not live and function, with or without drugs. My life was unmanageable to the point I didn't want to live.

In the beginning, I was very naive to what recovery really was. I just wanted to have a life. In addiction, I threw away the American dream that a lot of people strive for. I had a family, a career, everything I dreamed of having, but I wanted more. Too much was never enough.

So, getting clean, I wanted a lot of the things I had thrown away, and started off the wrong way, looking for a partner in the rooms of NA. I only dated two women in the first two years I had been in recovery, finding nothing but addict behaviors in both of those. Nothing ever came of them but manipulation, lies, deceit, all characteristics of addicts like us.

In October of 2006 a miracle happened, a woman who was new to our group, whom I only wanted to help, having no intentions as far as dating was concerned, came into my life. The miracle came through my H.P., that I was able to make a 911 call, and her life was saved. I sat with her in a hospital room, telling her she had so much to live for, and for the first time in my life, cared and cried for another human being, expecting nothing in return. My first exposure to the unconditional love NA had taught me.

Then things changed, we started hanging out, expressed our mutual attraction for one another, and she told me she loved me! I was confused at first, but as time went on, I fell in love too.

Her recovery started well, she got in to service, got a sponsor, and we attended everything possible in NA. Life was getting on track, or so I thought. Then, as we all do, she changed. One

major change was that she wasn't sure if I was right for her and we broke up. Over two years clean, I was devastated! I wanted to die! I was lost without her! So, in so many ways, I convinced her that I was right for her, and we got back together after three months.

We got a house together, started to live life like "normal" people, work, family, and recovery. I was on top of the world! I thought we were both in love as much as I was, but I was wrong. She told me that she loved me, but was not "in love" with me, and anger came out of me in abundance. Things got ugly, reverting back to behaviors that I had not exhibited since active addiction. I was so hurt emotionally, that I started hurting back, turning what once was such an awesome love, to feelings of hate and revenge. This got to the point where I embarrassed both her and myself in front of our group members and built resentments out of good friends, all due to my actions.

Then guilt, shame, and depression sunk into every fiber of my being. That October, with over 1000 days clean, I took sleeping pills to get rid of the deep pain I felt, and tried to die. Somehow, when life was starting to fade, I realized I made the biggest mistake of my life, and just like a year before, another addict saved MY life by making that 911 call for me.

An old-timer told me that the unwritten law of someone with clean time under their belt to not get involved with newcomers was not just for the newcomer's safety but ours too, because that is who usually hurts the most. And I hurt more than ever for what I had done to her and myself, and for what I had become.

So, here I am, 40 days clean, and the pain and hurt is still there, but I am looking to relieve the pain in a different way instead of using or dieing. I had to find help outside of NA, but still need NA for my recovery.

I'm starting over in more ways than one. I'm spiritually, financially, and mentally bankrupt. Everyday I do what I can to recover, I pray, meditate, go to meetings, call my sponsor, and just don't pick up. I cannot turn away or hide my feelings like I used to when using. I'm feeling all these emotions I once used to kill with drugs, and to be honest, it sucks. But I'm told that everything happens for a reason, we just don't know what for and why.

I am still in love, but it's only one sided, as far as I can tell, and that hurts too. When will I be relieved of this burden? I don't know if I ever will, all I can do is the next best thing for ME, take it one day a at a time and try and have faith that it will get better.

Thanks for letting me share, thank God for NA!

anonymous

Surrendered, Not Broken

Pt. 1

I had to die before I could live again. When I got clean I was born into a brand new life. I needed the fellowship of Narcotics Anonymous so badly and I am forever grateful to my God for delivering me into the rooms. I was desperate and had no place left to go.

NA taught me how to get clean, one day at a time. The steps introduced me to another manner of living. It was the 'Had my a** kicked and admitted my life had gotten crazy and I didn't have a clear idea of even how it happened or what to do about it.' The way I had been living

prior to the fellowship was not working at all! (Step 1). I had no God. The drugs, the men, the sex, the food, the friends, the music, the clothes, the attitudes, the fighting, the movies etc. etc. these were the things I worshipped, these were the things I committed my life to and I became all of those things. With no real identity, I emulated all of the things I worshipped. The price was high. All the things I had to do to 'fit' into the world, to be 'cool' to do anything to run from my fear...it all seemed so much easier than taking a leap of faith... I didn't know any better... and by the time I had some suspicion that those people who worshipped 'God', who were not afraid to 'name it and claim it' had something I thirsted for, I felt like it was too late for me. The things I had done in my life, the shame, the sorrow, the unstoppable ache deep in my heart, all of the things I worshipped ceased to fill, the eternal void I thought would never be right, were all of the things fear instilled in me. The people in the fellowship that 'had it' told me, "You better get a God and quick because people will fail you." I *thought* I was not worth that. They just didn't *really* know me. If they did they wouldn't even suggest it. My sponsor told me to scrap everything I knew and just start over with my conceptions of God. She told me to just start believing and it would come eventually. She gave me her basic concept of God, loving, caring, forgiving, means me no harm and has a hell of a sense of humor! She told me that God would be the *only one* who could restore me to sanity. Did I really have any doubts I was insane? No! I saw evidence of my insanity daily in my racing thoughts, *thoughtless* actions and everything I did to pleasure my body, robbing my spirit of the truth I

later found in the light. So I just started believing the basics. (Step 2). I had to make a decision. (Step 3) I can't deal with the '*rest of my life*' decisions. Too much uncertainty, too much room for open interpretation in my head. I can deal with **Just for Today** I will turn my will (which is all of my wants and physical desires) and my life (which is all of my life....my relationships, family, friends, jobs, school etc. etc.) over to the care of God that I had not yet even come to understand yet. I practiced these three steps and the following nine to the best of my ability for years. Because of the day at a time practice I accumulated years of clean time and the ability to stay clean **One Day at a Time**. Yet, using the basic beliefs I started with in the fellowship I thought it was all 'good enough' that I 'had done enough' that all was 'fine' now. The problem. I had been receiving the gift of Step Twelve. My spirit was awakening to the *truth* that resides in me and the God who nurtured my spirit all along. I took off on the second half of Step Twelve and passionately went out to 'try to carry the message to other addicts'. I refused to take responsibility for the third part of the twelfth step, and *practice these principles in ALL of my affairs*. I thought my recovery was good enough. I thought I had done enough. Didn't everyone realize how much work it took me to get this far!! Cut me some slack already.... I am sure God giggled at that. What an ungrateful wretch I was. Accepting the gift, *all of the glory* and giving none of the credit to my God for the amazing gift of recovery I was given. Step Ten says that we have to continually grow and change because, "What is appropriate for one phase of recovery is not appropriate for another."

(Basic Text) Step Eleven says: "We sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for the knowledge of HIS will for us and the power to carry that out." Before I truly began to live the Eleventh Step and *practice* prayer and meditation I misinterpreted the step as 'I will pray sometimes because I am told to, but I am not really going to give it effort and I am just going to pay lip service...' "Hey thanks for this"..."Help me out"...blah...blah...blah...I have other sh** to do.... After I got clean my life did improve. The desperation of not having to use one day at a time was lifted...Whew! Which was my "Done enough...Thanks!" part. I became so comfortable that I forgot what a struggle it actually was to get there. I forgot how much work it truly was to '*get*' clean. Staying clean kind of became routine...okay...Go to meetings...Stay away from people and places that are using....Got it....I became so very arrogant. That was the message I was carrying..."Do these things...you can get off the sh** and life will be merry..." Meditation in my recovery was the ultimate joke. I read a passage out of the JFT book and passed it off as good spouting off to all,..."Yeah I meditated this morning." According to the Wikipedia encyclopedia the definition of meditation is as follows, "**Meditation** describes a state of concentrated attention on some object of thought or awareness. It usually involves turning the attention inward to a single point of reference." (I have spent a lot of time in recovery with a dictionary trying to figure out what things actually mean opposed to Amy's twisted version of things...or you know...not wanting to ask anyone

else for help...lol.) When I first got clean I was taking so much action, I was running for my life literally. Without meditation, I was still engaging in the race without the brakes. I only had an emergency break which was usually pulled by my sponsor. Who still TODAY will say things to me like, "Amy do you know....." and I will nod my head yes 'like I do know' when I am thinking..."Oh sh**! No I didn't." Pride prevents me from admitting it. Meditation showed me where the brakes were. It has helped me stop my car and given me the ability to get out and ask for directions. I don't know where I am going on any given day. I have been so busy trying to control my life and just stay clean I forgot to 'live' inside me. I was out there running amuck in the world trampling over people feeding all of my selfish desires with NO CONSCIOUS decision making or *conscious* action. The result...I stayed clean, got an education, obtained a career, had kids... all of the trappings of success right? Oh wait... there was another side... I was not a mother to my children... I treated them as if they were constantly in 'my' way. I loved them...didn't know what to do with them...let fear rule me and I took off to do what I did 'know' how to do. I made my career my life.... My relationships were in shambles. I was working on my relationships with women trying to make peace with who, I am as a woman, what it meant to have class and act like a lady. Opposed to the happy hooker I was before recovery. Who am I kidding....half way through my early recovery too!...

Due to the length of this article it will continue in the next issue as "Surrendered, Not Broken part 2"

An Open Letter

November 6th, 2007

To all who supported the 18th annual Dodge City Round Up, The committee would like to thank everyone, whether you supported the fund-raisers, attended the event, shared in a meeting, helped out on the committee, or just dropped a dollar in the basket. This year's event had the smallest attendance of any past year with 73 registered and only 90 people fed on Saturday night. It is however, time to pat yourselves on the back. With your help we were able to distribute \$1,443.49 worth of literature and financial help for struggling areas in our region. (That's only \$62.69 less than last year!) The 19th annual DCNARU Committee has begun work on next year's event. There will be changes made due to suggestions from those attending: these include some program changes as well as making the event NON-SMOKING. More will be revealed. In the meantime, consider this your pre-pre-flyer.

*Thank you,
the 18th annual Dodge City NA
Round Up Committee*

19th Annual Dodge City NA Round Up October 3rd, 4th, and 5th, 2008



LIFE IN RECOVERY



I Want To Thank You

As I sit here tonight, thinking back on today
I give thanks for the many blessings that have come my way
My family, my friends, my job and my wife
Freedom from active addiction, a new lease on life
And I want to thank you.

Things are so different from six short long years back
No longer does every day seem way out of whack
I've changed my careers, with faith I took a huge leap
And with help from my Higher Power I landed on my feet
I want to thank you.

Even though I've ended up so very far away from home
I meet more of my NA family no matter where I roam
From meetings in Casper Wyoming to Sidney Montana too
And some towns in North Dakota, well I've been to a few
I just want to thank you.

I've even made friends in the chat room, of a meeting on the internet
To talk with recovering addicts worldwide gives a great feeling you bet
But just like little Dorothy said, "There's no place like home!"
Since I'm not there, I know your love's with me,
Wherever I may roam.

And I really want to thank you!
Dedicated to all my family back home in the Mid-America Region
Peace and Love to you all, Scott K. (written 6/26/06)

WORD SEARCH - see how many you can find!

S	X	Q	S	A	R	S	G	P	R	E	T	N	I	W		
T	G	C	O	N	F	E	R	E	N	C	E	V	M	L	WINTER	
S	W	U	C	G	E	R	N	A	I	V	R	T	P	K	SPIRITUAL	
U	M	Y	H	E	D	E	Q	C	V	N	J	U	M	Y	CONFERENCE	
S	P	L	Z	L	A	N	N	E	K	G	B	R	E	R	ANGELS	
T	P	F	A	S	W	E	C	N	E	L	X	H	U	G	TWELTHSTEP	
E	M	I	J	C	L	X	W	R	I	L	N	O	O	J	MEDALLION	
P	C	M	R	Y	I	U	R	C	A	R	I	N	G	C	SERENE	
W	E	P	M	I	C	R	I	W	E	T	R	E	O	N	MEETINGS	
O	Q	Z	N	I	T	M	E	M	F	Y	R	S	K	L	MIDAMERICA	
R	N	V	X	N	A	U	I	M	P	L	E	T	V	N	PUBLICIMAGE	
K	W	S	O	G	N	T	A	G	A	L	I	Y	V	O	CARING	
M	T	R	E	O	N	M	M	L	K	D	P	N	W	I	HOPEFUL	
S	E	X	J	A	L	E	L	O	T	N	I	U	B	L	STEPWORK	
R	C	P	E	V	U	E	O	M	D	L	N	M	R	L	CLEANTIME	
U	J	L	A	N	F	T	R	D	L	E	T	B	F	A	HONESTY	
L	C	H	M	I	E	I	T	E	C	Z	E	M	Y	D	PEACE	
E	Q	E	G	T	P	N	N	O	L	B	R	R	Y	E	HUGS	
A	P	M	I	X	O	G	S	L	O	M	B	U	F	M	FREEDOM	
T	W	E	L	T	H	S	T	E	P	A	E	V	U	P		

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

AROUND THE REGION

Even though the upcoming Mid America Campout is free as always, bringing your vehicle and obtaining personal electricity may not be. Costs have been lowered for both with the region covering the offset. It will be held at the El Dorado Reservoir which is more centralized in Kansas and the dates are July 4th-6th, 2008. I hope to see you there.

The inside back cover has the registration flyer for this year's convention, or MARCNA XXV. Through changes in the merchandising structure over the last five years, you are also seeing much cheaper registration costs. Inviting outside vendors in addition to jewelry has utilized the fund flow in other ways. The next issue, or Spring 2008, will once again be inserted in all registration packets. I hope to see you at this event.

Both Public Information and Hospitals and Institutions are very active helping with area workshops and Contacting facilities throughout the state requesting NA support. P.I. is also making more changes to our website to better serve it's purpose.

Outreach has several projects in the works, most of which were featured in the last issue of the MAN. Something new is the "Clean Connection", this is a volunteer list where addicts can contact a member in the town they will be returning to and attend their 1st meeting with.

"Souls United" is the theme of the next Soul to Soul Spiritual Retreat scheduled for Sept. 19-21, 2008 in Ottawa, KS. Camp Chippewa. Preregistration is going on now until Aug. 15th, 2008. Contact your GSR or RCM for more information.

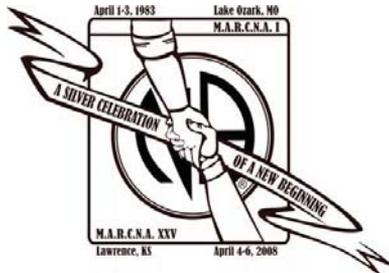
Besides this publication, Literature is planning to work on a possible book addressing Mid America Region's history. The process of putting together this history is a very long term project which a few members are undertaking. Since this committee doesn't deal with distribution and only projects already started by members or NAWS, the question came up whether this time slot would be better fitted for a "Newsletter Subcommittee" and allow projects pertaining to review and input be handled by an ad-hoc committee as needed. Since this publication would be directly affected by this I would like to open up your thoughts and publish them in the next issue. As a previous Literature Chair I have seen this committee become stagnant since NAWS infrastructure and our own has changed. This change might give us a solid continual direction.

Have you ordered your Conference Agenda Report (CAR) yet? If not, the price is \$11.00 and contains 12 motions, 8 from NAWS and 4 from various regions. I strongly encourage you to obtain a copy and participate in this process. NAWS website also offers it in it's entirety if you just want to read or print portions of the report. The Plains States' Zonal Forum along with this region will host the first scheduled workshop in this region Jan. 5th. and 6th. in McPherson, KS. There will be members from the World Board present to answer questions and help with the understanding of each motion plus all other content in the CAR. Various ASC's will also be hosting workshops in the near future to obtain their member's votes so please check. Both Rod D. (Delegate) and myself (Tim S. - Alt.) will need each area's votes no later than April 15th, 2008.

MID-AMERICA REGION OF NARCOTICS ANONYMOUS

M.A.R.C.N.A. XXV

APRIL 4-6 2008



WHERE: The Holiday Inn
200 McDonald Drive
Lawrence, Kansas 66044

Convention chair: Dorothee M. 620-443-5014
Registration chair: Shelley W. 620-757-0450

PHONE: 1-785-841-7077

(Must call Hotel directly for room rate)

Please identify yourself as MARCNA/NA

ROOM RATE: \$84.00 PER NIGHT PLUS TAX
After March 3, 2008 Full Price

Group, Area or Vendor wishing to sell at the Alternative Store **MUST** have pre-approval from the Convention Committee by February 16, 2008. 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 children under the age of 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 the age of 16, including the Saturday night dance.

Pre-registration deadline postmarked on or before February 16, 2008

Make checks payable to M.A.R.C.N.A. XXV

P.O. Box 1112 Emporia, Kansas 66801

	<u>Before 2/16/08</u>	<u>After 2/16/08</u>	
Registration	\$10.00 _____	\$20.00 _____	I would be willing to
Banquet	\$20.00 _____	\$22.00 (limited supplies) _____	volunteer for
Brunch	\$15.00 _____	\$17.00 (limited supplies) _____	Convention _____
Shirt	\$25.00 _____	Not available	Hospitality Room _____
Mug	<u>\$10.00</u> _____	<u>Not available</u>	Marathon Meeting _____
Total	\$80.00 _____	\$59.00 _____	

Newcomer Donation _____

Total amount enclosed _____

Discount for whole package if registered by 2/16/2008 \$75.00 (Enter quantities on spaces above please)

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL ADDRESS: _____

Shirt Size- S _____ M _____ L _____ XL _____ XXL (add 1.00) _____ XXXL (add 2.00) _____

"See ya There!!"

Chair: John S. (785) 865-9999

Co-Chair: Russ P. (785) 589-0116

Treasurer: Janet W. (785) 827-8635

Secretary: Susie E. (316) 361-0300

Regional Delegate: Rod 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 16th, 2008

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 and Institutions
4:00 - 6:00 P.M.	Convention Campout
7:00 P.M.	Speaker Meeting
8:00 - 11:00 P.M.	Dance (Auction and Raffle included) \$3.00 person - no addict turned away

Sunday February 17th, 2008

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