



MID AMERICA NEWSLETTER



Volume 26
Issue 4

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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. 68, 6th edition, Basic Text

Hello Family,
Winter is upon us and like any weather condition, it affects people differently. Myself, I like warm weather, usually not found this time of year. So for me it is a great time to pick up a newsletter and start reading. Sure I read them year round, but there's something about reading some good literature in a warm, cozy place. Unfortunately, for some the warm, cozy place doesn't exist so please, help addicts or any other person in need find a safe, warm, place during these harsh months. This marks my 20th issue as Editor and also my last. I will be a contributor and writer still but in the next column you will meet your new Editor, Suzie E. There is no true description of how I feel about this newsletter and the region it comes from. It is my hope to be of service to the Mid-America Region for many years to come. I will help Suzie during the transition time, regardless of how long that is, but I feel she will jump right in comfortably from the start. I also look forward to her graphic design abilities and editorial thoughts. Thank you all for keeping this newsletter going.

Just For Today

Hello Family,
First I would like to thank this fellowship for the opportunity to serve in this venue. Truly if it were not for this program I would not have the skills to perform this type of service work. With that in mind I would like to welcome everyone to attend the Regional Literature Committee on February 14, 2009. That is where you would go if you would like to help in making this newsletter happen. I hope that I can do as good a job as Tim has done these last few years. This is something that I would never have been able to accomplish without Narcotics Anonymous. I will be calling upon members for submissions when it gets close to deadline if not enough have been sent in. I hope my transition into this position goes smoothly and I hope I can help to continue to carry this message of recovery that this newsletter has been doing for so long now.
Suzie E- Newsletter Editor



Hey you guys

This is Sue from the HOW Group in Newton, KS. Our group will be 30 years old on January 3, 2009. That is so awesome! I have only been there since sometime in 1983 (I didn't go to my first meeting as soon as I got clean, I waited until I could walk and not crawl - so it was the birthday night in September). I am so grateful that there was somebody in my town who wanted recovery and started this group. We still survive. Sometimes I think why should I keep going? What good is it doing? Why can't I just stay home and stay clean? Sometimes I think that I need time away from the group. I am so grateful that there was somebody there when I found my way there. Someone to greet me when I walked through the door of Narcotics Anonymous - what a concept! In my heart, I know why I keep going. It's my head that keeps telling me to stay away. Who is going to greet that newcomer? Who is going to give that newcomer a white book w/ phone numbers to call when they need to talk to someone? Who is going to lead that meeting? Who is going to give that newcomer a hug? Well, some nights I'm the one who greets that newcomer; some nights I'm the one who gives that newcomer that white book w/ phone numbers; sometimes I'm the one who leads that meeting; sometimes I'm the one who gives that hug. I pray for my home group some days. Why? Because my Higher Power is who is in charge of it. And I know He will take care of it, so that the newcomer has some place to go to for help. And putting a room full of addicts together needs all the support they can get. Lots of stuff happening in my life this past year, but the thing that has stayed constant in my life has been

my home group, my meeting place. I thank all of my homegroup members for attending meetings this past year (and before, and still) and for that newcomer that found us waiting for them there. I thank my HP for not letting me find a reason to use today.

When my days are the worst, I need a meeting. When my days are the best, I need a meeting. When my days just are, I need a meeting. Please keep coming back. That's one of my favorite sayings, besides "This too shall pass". I used to think that my sponsor made that one up until I read it in the Basic Text. May your HP bless each and every one of you and keep you clean one more day. I'm going to keep coming back because I know that's how it works.

Love and hugs, Sue



From the Editor;

This is a call out to all members. This is an assignment that can be submitted to the MAN via the website submissions page located on the MARSCNA website. Or you may send them to my e-mail address listed on the front of this issue. The title of this assignment is called "Dreams" send us your stories of who you dreamed you would be when you grow up and how you have fulfilled those dreams or even how they have changed in recovery. If you don't have a dream from your youth then use one from your days since coming into recovery. If we can share the hope we have today with the future newcomers of this fellowship then that is carrying the message of recovery far beyond our wildest dreams.

A means to A New Beginning

I remember that first night I walked through the doors of Narcotics Anonymous like it was yesterday. I was exhausted from the confinement of my addiction and wanted to end my life. The prison of my mind told me there was no other way to live but I wanted so badly to find a different path to follow. I'd tried to get and stay clean on my own only to fail and continue my destructive behaviors. I had no self-esteem, no true friends, and no family members that wanted anything to do with me but even worse, no hope that I could live a life without drugs. This was my last effort and even that I was unsure of, for all I've known was failure. I sat through that first meeting scored, depressed and crying. To my amazement I was welcomed and accepted like I've never been before. The things I heard that night were bits and pieces of my life. I thought I had been all alone in the hell I'd barely survived. The difference was these people had the strength and hope which I so desperately longed for. I was told "keep coming back." Still unsure of the program and my ability to "get it" I did as they suggested and kept coming back. In those first few weeks I just listened and soaked up all the information I could. I started to pray to the "God of my understanding" which gave me a sense of peace and serenity I'd never felt before. I read the Basic Text, got a sponsor, and started to work the steps. I'm getting to know myself for the first time without judgement. I've learned that I am capable of giving and receiving love unconditionally. I've realized in recovery the pain I go through will give me growth and not debilitate me as it did in the past.

I'm bound to make mistakes along the way but can learn from them. I've realized my will destroys my spirit and life, God's will helps me to spiritually live my life. Because of Narcotics Anonymous I've been given some wonderful tools to use and apply in my life today. I finally feel all the chaos I've went through was a means to an end; or should I say a means to a new beginning. The beginning of a life I never knew could exist.



THUNDERSTORMS AND WHY THEY ARE BEAUTIFUL

Listen

Can you hear it?

The sound of hearts beating in grief...
no there drowned out in the sounds of thunder.

As the thunder booms and the lightning cracks

the world is in a statement of awe
for awhile the people are scared what might happen

will there homes be taken away
and will this be the last time they get to breath?

The hate and anger gone for sometime.
No one singled out for the wrongs that they did.

the thunder drowns out the pain from a heart

lightning cuts through the dark

the town is in worry mode

and god is having a bowling tournament

enjoy the beautiful things while you are young

and you wont be scared when you are older.

Came To My Senses pt. 9

I woke up feeling very happy, I know there were a million other feelings going on but “happy” seemed to sum it up. I remember how Jim helped me find this program and I finally got the opportunity to do the same for another addict. I also remember the night before, boy was I depressed. I hope to never forget that night or the several months leading up to it. The desperation and self pity really controlled my life. I read the meditation then poured a cup of coffee. Looking at my Basic Text sitting on the table made me think of the new text that just came out. Maybe tonight I’ll pick one up, I heard just the stories in the back changed. It seems Joe, Jimmy, and a bunch of the others have collections of books; maybe I can start one to. The air was still crisp outside and I really didn’t want to go outside, it seemed to be a good day to just lounge out. I knew though that I couldn’t, something else this program gave me was a conscience and so far I haven’t missed a day of work yet. My boss must have noticed that as well, he actually gave me a compliment when I got there and as little as that seems, it felt good.

Bill came up to me during lunch, which used to make me nervous since we partied together but he hasn’t said anything for a while. “What’s up Sam? He said. I kept it very generic with the conversation, “just trying to get through the day”, I said. “Hey...word is you’ve been going to some kind of meetings to get you off drugs, is that true?” “Yea, Narcotics Anonymous, why do you ask?” “I don’t know, what do you have to do to get invited?” I just laughed a little which was the wrong thing to do; I could see the frustration on his face. “I’m sorry Bill, you don’t have to be invited, it’s open to anyone wanting to go,

if you want I could take you sometime.” “I don’t know Sam, I don’t really have a problem, I’m just sick of being broke all the time, plus the boss won’t get off my back, the landlord has an attitude, stuff like that. It really isn’t fun any more.” “How about tonight then?” Bill’s face turned white, “I don’t think I’m ready yet.” “Look Bill, this program works, you’ve seen the changes I’ve made, and if I can do it anyone can.” I’ll pick you up at 7:30, OK?” After a minute and a deep sigh Bill finally agreed, this was a huge relief for me, I could sense the abandonment on his face shortly after I became a member and avoided him nine months ago. After work I picked Bill up and we made the trip downtown. Jimmy was at the meeting so I introduced him to Bill, I also went through the same routine as I did with Tom the day before. I don’t know if bringing newcomers to their first meeting is my calling but I sure do get a lot out of it. It keeps me in tune with my addiction and the fact that it is still there, I’m starting to accept that I will always be an addict but it’s my choice whether I use or not, or even practice addict behaviors, as my sponsor calls it. As the meeting went around the room I could see Bill’s expression turn to sadness and before it was over tears were welling up in his eyes. I think he realized he had been hurting too much for too long. When it came around to me a big smile came across my face and it wasn’t just because of Bill being there, I announced I was celebrating nine months today! What a miracle, Joe was leading the meeting so I was able to receive my key tag from my sponsor. After several hugs and phone numbers handed out to Bill, I had a feeling he and I were going to have a lot to talk about at work from now on. I decided to pick the new Basic Text up and thought, “why not get two and give one to Bill”. After the meeting

Came to my Senses Con't.

we went out to coffee, it was a relief to share with bill just why I had avoided him the past nine months and he was also grateful I talked him into going along. Getting home I reflected the past nine months, it really seems so much longer. I slept peaceful that night, it was still very cold out, people on the street seemed grumpy, but I was feeling very serene, a feeling I also hope to never forget...

Con't. in the next issue



“Basic References”

We are not a religious organization. Our program is a set of principles through which we are recovering from a seemingly hopeless state of mind and body. Throughout the compiling of this work, we have prayed:

“GOD, grant us knowledge that we may write according to Your Divine 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.”

Everything that occurs in the course of N.A. service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. It was for this reason we began this work. We must always remember that as individual members, groups and service committees, we are not and should never be in competition with each other...

Basic Text 6th Edition pg. xxvi

Asset or Defect

I have cellulite – this is usually inherited from Mothers. Who is my Mother? She gave birth to me, Is inheritance from Her not an asset?

I have stretch marks – this is from becoming a Mother. Is giving birth not an asset?

I don't have perky breasts anymore – this is because I sustained life after giving birth. (And maybe because I hate to wear a bra...I mean really guys, if you had to wear a jockstrap all day, every day would you?) Is sustaining life (and being comfortable) not an asset?

I have wrinkles around my eyes – these are from laughing and smiling. Is a smile or a laugh not an asset?

I have wrinkles on my forehead – these are from concentrating. Lessons are learned better if I have to concentrate. Are lessons not an asset?

I have a scar on my leg from a 2nd degree burn (I got this while strung out) – finally after four years it doesn't sting when it's in the sun.

I also have scars on my heart from bruises, cuts, and burns...sometimes caused by myself and sometimes by those I care about. If a burn on my leg can stop stinging after the right treatment and enough time...then why can my heart not heal? With the right treatment and enough time some wounds may never completely go away. I may laugh, concentrate, and even scar a bit but the lessons learned from this are NOT A DEFECT. These lessons are GODS ASSETS given freely to me if I accept them. Four years later, a strung out night can be an asset...if I accept it.



The Best of the MAN

The following articles are from some of the past issues the editor chose as some personal favorites. I hope you enjoy them again as much as I did, Suzie E.- Editor

Respect Yourself

One of the old AA epithets goes, “If anybody talked to you the way you talk to yourself, you would have no choice but to kill them.” It’s a wry observation, but doubtless addicts suffer more than most people from severe lack of self-esteem. The way addictive using takes over a life, it doesn’t take long till all one’s good intentions—to moderate using or stop, to do constructive and competent things, to hold on to satisfying relationships and even jobs, and even to keep little promises to oneself—start to pile up in rubbish-heap of broken dreams. In the midst of so much failure, it should come as no surprise that self worth would take a nose-dive. The addict wants so much just to do something really well; but the only thing he seems really good at is ruining his life.

All this damage and degeneration is often oddly married with arrogance. Another old recovery saying goes, “The addict is the only person in the world who can look down on you while lying flat on his back in the gutter.” This boast-fullness with a black eye comes from trying to hold together the tatters of one’s dignity. Addicts try to keep up what I call the “Myth of Competence.” This is often paired with paranoid delusions of persecution; “I could do well if only THEY weren’t against me.” How can one afford to show humility, when everything is going down the drain? How can one admit one’s own miserable total failure, when to do so seems to be the final blow, pushing the last shreds of one’s self-respect over the cliff? I’m a great believer in a sufficient bottom. Addicts need to have the fight walloped out of them. It doesn’t matter if a sufficient bottom happens in the suburbs or in the

gutter. It’s at that point where an addict’s eyes are opened, where he stops struggling against the inevitable, where he realizes he’s dangling from a thread and will surely die if he goes on the same way. Of course, many addicts never hit a sufficient bottom; and so, sadly, many die, but at that sufficient bottom, humility a kind becomes possible. Having used up every excuse, having exhausted all his own resources, having no more cunning and sleight-of-hand left, an addict finds himself in the unforgivable position of having to ask for help. Oh, the shame of it! Help is only possible when the person needing help also wants it. Most addicts have spent their lives pushing away the helping hand, or only accepting it for a short time and on their own terms. An addict with no more aces up his sleeve, however, may become teachable. In the company of other addicts who are taking suggestions and following directions, (contrary to their oldest instincts,) it doesn’t hurt quite so bad to try doing things somebody else’s way. Warned that “Your best thinking got you here,” an addict in early recovery learns to stifle the impulse to rebel or take back his self-destructive will. Oddly, doing what you’re told for a month doesn’t seem to injure self-respect; rather, it seems to bolster it—if you’re in surrender.

Of course, this is when some addicts get cocky. It’s not the same as self-respect, but rather it’s the old arrogance rising again in new clothes. Cocky newcomers waggle their fingers and stridently announce how others should work their programs. It can lead to relapse or some other comeuppance; at the least, it can lead to humiliation and embarrassment, because nobody’s recovery is perfect. With the right guidance, the right effort and the right attitude, an addict who wants recovery can get back on track from any setback- even relapse. Working the Steps seems to

Respect Yourself Con't.

build the bridge to solid recovery, and the foundation of a new life. Coming to NA consistently seems to lay the groundwork for a pattern of healthy habits.

Once recovery is consistent, an addict sees miracles in his life. For the first time, he can hold down jobs, even get advancements; he can pay his bills, and resist the temptation to cheat or steal; he can keep friendships, and eventually, even intimate relationships-because he is becoming more self-aware and thoughtful, and in less of a hurry to ruin everything he touches. Most important of all, he starts helping others, and starts to feel really glad to see them succeed. He is seeing the fruits of his recovery, and he gets deep, warm, enjoyable feelings from what he sees. For perhaps the first time, genuine appreciation for his own value begins to percolate up from his heart. The whole definition of his life has been altered, and he begins to like and respect himself. For the first time, a recovering addict finds reasons to admire his own behavior, attitudes and life. He can look in the mirror with healthy pride instead of detestation. He can trust himself with his own money, time and security, because he knows that he's no longer in the habit of trying to sabotage himself. There may still be little eruptions of the self-destructive impulse every now and then, but that just helps to keep him humble rather than start a new downward spiral of addiction.

But the overall movement of his life is upwards. The most impressive changes are the inner ones, as the heart softens, and the nature becomes more generous, kind, moderate, righteous and forgiving. At first surprised, and then eventually deeply gladdened to realize that he has become the kind of person he always looked up to, an addict settled in enlightened recovery becomes a good example for others.

He doesn't need to make fiery pronouncements of "Thou shalt" and "Thou shalt not"; his life, his presence and bearing, his dignity and modesty, his radiant goodness, speak for themselves.

Addicts who have become a healing influence rather than a burden on society can't help but feel better about themselves. It's true that old habits die hard, and even after decades in recovery addicts can have moments of shame and lapses of low self-esteem.; But spiritual is as spiritual does; and just realizing that months or even years have passed since the last time they tried to harm others or themselves can quickly heal those moments or lapses. What you feel is influential; but it's what you do that counts. Feelings come and go; deeds leave their mark in the world. The habits of doing good, living well, honoring God, others, and yourself, and actively sharing your blessings, all conspire to elevate your self-definition. Coming to believe that "You are a child of the universe; no less than the trees and the stars, you have a right to be here" (Desiderata, Max Ehrmann) forever alters not just who you think you are, but also who you are.

There's a saying, "If you only knew how much God really loves you, it would knock you off your feet like a lightning bolt, leaving you lying stunned and unable to speak." Perhaps it's best you don't know it, as long as you aren't equipped to handle it! Until you feel lovable, it's hard to assimilate such information. But once you do know how valuable you really are, it becomes hard to go back to the shame-based fool you once were. Knowing how dear you are to God helps you know your real worth, helps you enjoy your own company, helps you bear your burdens, and helps you appreciate your life. God does not make junk. We are capable

Respect Yourself Con't.
of turning it back into gold. If your life doesn't seem so golden yet, leave it in the bank of recovery, and let it collect interest. As time passes and your life becomes more interesting, don't be surprised if you see it increase in value!
. 1999; David L. H.



One's Message
From time to time I stop to think of people in the street
I'm sure you know cause most of us experienced it's defeat
Out there in some forgotten town or in a darkened room
We realized that we were standing face to face with doom.

Remembering the life I lived where selfishness deceived
A time when I loved nothing more than powder or a leaf
Returns me to Reality when everything seems lost
Reminds me that I almost paid the nearly fatal loss.

So here and now I'd like to state my feelings on this page
I'm grateful for what's come to me at such an early age
Through ever guiding patience your love helps me with today
I thank you for the gift that you so freely give away.

Then let me always greet the souls who wander through the door
And let them know they I have a chance to Die or Live once more
To leave or stay to use or not surrender to defeat
And share my faith so they won't have to suffer in the street.

Anonymous, Topeka, Ks.

Once again it works
Once again the Program has worked in my life. The support the people in NA has given me, my friends, my NA Family and loved ones. The rooms are always there - all I have to do is walk in and say I need help, I need to talk and there will be people there. I have been taught to use the Steps, Rooms, People and my Sponsor and my Higher Power. I have made it through the death of my father. I was lucky to have some time with him before he passed. I watched my father suffer bad his last two weeks, but I realized what I had to do for myself to stay clean and I did so. I could not have done it without the help I got in NA my teaching, sharing, and caring. It's shown me I can get through bad things and not have to pick up. The program showed me how to deal with things, if I can't, we can! So I am glad to have some time behind me and everything I have been taught, the Program to depend on, people to help. I can trust in N.A. to be there for me, good or bad it will be there. So once again, THANK YOU N.A. for being there. Hope you can give your life a break, trust in N.A. It works if you work it.

Just for today, pick up the phone and ask for help.-Bryan H.



"If I ever have an epitaph on my headstone...

It should read something like this;

***All we did was sow some seeds
And worked and wrought to make
this work***

***So that we and others could live-
In peace, in Freedom and in
Love."***

-James P. Kinnon, 1982

Word Search - See how many you can find

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

ACTIVITY
CONSCIENCE
FELLOWSHIP
FREEDOM
GOD
GOODWILL
GROUP
HOSPITALS
INFORMATION
INSTITUTIONS
JAILS
LITERATURE
PROGRAM
PUBLIC
RECOVERY
SERVICE
SOCIETY
UNITY
UNIVERSAL



Around The Region

The next RSC Fundraiser will be a Campout fundraiser. Please bring a raffle and auction item for the event. It will also be a sweethearts dance so bring your sweetheart and a new-comer.

There will be a spiritual inventory done by the RSC committee and the RSC Subcommittees. To be involved and see the results of the inventory contact your local ASC for more information or check out the regional minutes posted on the regional website at www.marscna.net.

The literature committee is looking into making the RSC committee meetings a working meeting where we put together assignments for the MAN. Any addict is welcome to participate so come and join us at the next RSC on February 14th at 2:pm and give us some ideas and input on what you would like to see in your newsletter.

Campout is looking for artwork submissions for the 31st annual Free Running Campout. Please send your submissions to the next RSC committee meeting on February 14 @ 4:pm. Or contact Wayne M. or any other campout committee member for more information. This years campout theme is "An Addict Alone is in Bad Company."

Outreach had a successful fundraiser for the storm torn Iowa region and the Iowa region was very grateful for the outpour of support from our region. They sent a thank you letter to our region which has been included in the regional minutes.

PI is working on a project for the medically underserved in our region. Please check with your local PI members to help and find out more about this project to get our literature into the hands of addicts in need.

The Plains State Zonal Forum is coming up on March 7th and 8th 2009 in Norfolk Nebraska. There is a flier posted on the regional website for more information. Some of the topics discussed at the forum will include "Leadership", "Our Freedom, Our Responsibility", and "Building Communication."

H&I is looking into getting our efforts back into some juvenile facilities. they are also looking into getting literature into facilities that are in need some listed in the regional minutes include a facility in the Lawrence area. the Regional H&I committee is also compiling a list of all the facilities our region currently takes H&I into. they are also asking for help with getting members qualified to go into some of the jails around the region.



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Room Rates
Single / Double \$ 99.00/night + tax
When reserving room, please identify yourself as MARCNA XXVI / NA
Please call the hotel directly to receive this rate.

FOR MORE INFORMATION

Convention Chair
Betty P. 316-264-0801

Convention Contact
Mike T. 785-493-5658

Registration Chair
Shelley W. 620-757-0450

WHY REGISTER?

Many convention participants ask the question, "Why should I register for the convention? What do they do with the money?"

The money that is collected from registration is how we pay for all of the hotel and convention facilities that we use during the convention, as well as all the associated service expenses. It is also how we pay for all of the items contained in the registration packets, and in the future planning of this convention. These expenses include the meeting space, printing costs of flyers and programs, general supplies, entertainment, and catering.

We believe that once participants understand that it is fees from registration that make the holding of this event possible, and that all of the funds collected for this convention are used as seed money for the next Mid America Regional Convention, and are used to further our primary purpose; to carry the message to the addict still suffering; during the coming year, the question "Why Register?" will be answered.

Group, Area or Vendor's wishing to sell at the Alternative Store **MUST** have pre-approval from the Convention Committee by February 15, 2009. 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. Please refer to your M.A.R.C.N.A. XXVI programs for disclosure in regards to our policy.*

(CUT HERE AND MAIL IN)

Pre-registration deadline postmarked on or before February 15, 2009
Make checks payable to M.A.R.C.N.A. XXVI - P.O. Box 1112 Emporia, Kansas 66801

NAME: _____ PHONE: (____) _____
ADDRESS: _____ City, ST, Zip _____
E-MAIL : _____

<u>Before 2/15/09</u>	<i>Total Package \$80.00</i>	<u>After 2/15/09</u>	<i>Total Package \$65.00</i>
Registration \$10.00	_____	Registration \$20.00	_____
Banquet \$23.00	_____	Banquet \$25.00 (<i>limited supplies</i>)	_____
Brunch \$16.00	_____	Brunch \$20.00 (<i>limited supplies</i>)	_____
Shirt \$25.00	_____	Shirt <i>Not available</i>	_____
Mug \$10.00	_____	Mug <i>Not available</i>	_____
Newcomer Donation	_____	Newcomer Donation	_____
Total Amount enclosed \$	_____	Total Amount enclosed \$	_____

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

I would be willing to volunteer for: (Please circle one)

Registration Merchandising Marathon Meetings Hospitality Room

Deadline For Next Issue Is February 28th

Chair: *Russel P.* 785-383-2257 Co-Chair: *Mike T.* 785-493-8308
Treasurer: *Janet W.* 785-827-8635 R.D.: *Tim S.* 785-819-4806
R.D. Alt: *Misty K.* 785-819-6482 Secretary: *Suzie E.* 316-361-0300

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,
Kirk B.*



**MID-AMERICA REGIONAL SERVICE COMMITTEE
2009 FEBRUARY QUARTERLY MEETING**

EconoLodge, 2111 E. Kansas Avenue, McPherson, Kansas

SUBCOMMITTEE MEETINGS

Saturday, February 14

9:00 am-11:00am

**Regency I
Regency II**

**Public Information
Activities**

11:00am - 1:00 pm

**Regency I
Regency II**

**Outreach
Steering**

1:00 pm - 2:00 pm

Lunch

2:00 pm - 4:00 pm

**Regency I
Regency II**

**Literature
Hospital & Institutions**

4:00 pm - 6:00 pm

**Regency I
Regency II**

**Campout
Convention**

7:30 pm - 9:00 pm

Regency III

Speaker Meeting

9:00 pm - 11:00 pm

Regency III

**Campout Fundraiser
DJ Dance - Auction & Raffle
\$3.00 per person ... \$5.00 per couple
No addict turned away**

NA AUCTION / RAFFLE ITEMS NEEDED

REGIONAL SERVICE COMMITTEE MEETING Sunday, February 15

General business, motions, request for funds.

MEETING STARTS AT 8:00 a.m. and finishes when done.

Just For Today