

Deadline For Next Issue Is February 28, 2010

Chair: *Russel P.* 785-383-2257 Co-Chair: *OPEN*
Treasurer: *Janet W.* 785-827-8635 R.D.: *Tim S.* 785-819-4806
R.D. Alt: *Misty K.* 785-819-6482 Secretary: *Michelle C.* 785-783-2061

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
2010 February QUARTERLY MEETING New Location
122 E. Marlin St. McPherson, Kansas

SUBCOMMITTEE MEETINGS

Saturday, February 20

9:00 am-11:00am
Public Information
Activities/ Soul to Soul

11:00am - 1:00 pm
Outreach
Steering

1:00 pm - 2:00 pm
Lunch

2:00 pm - 4:00 pm
Literature
Hospitals & Institutions

4:00 pm - 6:00 pm
Campout
Convention

7:30 pm – 9:00 pm
Speaker Meeting

9:00 pm - 11:00 pm
Literature 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 21

General Business, Elections, Motions, Request for Funds.
MEETING STARTS AT 8:00 a.m. and finishes when done.

Just For Today



Volume 27
Issue 4

PO Box 8732
wichita, ks. 67202
suzie.q.e@gmail.com

Winter 2009

“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

Dear Family,

Well it has been another productive quarter, I hope all of you have taken some time to participate in the issue discussion boards on NA.org. These discussion boards are a great way to participate in the literature process. As you already know, the world board is working on the new NA text “Living Clean the Journey Continues” and are asking for all of our input on the topics outlined for the book. Personally, to me, this book could not have come at a more opportune moment. It seems like a lot of our members are looking for more guidance. It is my hope, after reviewing the first two chapters, that this book will be exactly that.

It is that time again, time for another Conference Agenda Report and a lot of work to be done. We are all going to be busy with workshops and discussions over the new literature coming out as well as the motions sent down from world.

Please don't forget to send in your submissions this quarter. This newsletter cannot be done without your support. The only job I have as editor is to edit, your stories and get them formatted into this newsletter. Therefore it is your newsletter and without your stories I am simply left with

reprinting past stories. I rushed to get this newsletter done before the November deadline as to have it ready for the CAR workshop in December. I think it would not only help to save on postage to give to members from various areas but to also have some available for our traveling guests who will be not only participating in the workshops on Saturday but also the Plains State Zonal Forum on Sunday. If you are not familiar with the PSZF please come down on Sunday to check it out. The flyer is posted on the website with location and times and all addicts are welcome to attend.

Finally it has occurred to me that there is a position open that has not been advertised. We are in need of a Co- Editor for the MAN. This position not only would be great to train the future Editor but it would also help with spell checking. I noticed way too many mistakes in the last edition to count. If anyone is interested in helping out with the MAN please email me your contact information so we can start working together. As I stated earlier I cannot do this job alone. This is a 'we' program. In Loving Service, Suzie E.- Newsletter Editor

Just For Today

...Getting through the funeral wasn't as hard as I thought it would be, I remained fairly sane through it all. I was able to take a few of days off from work to get through my mom's funeral and family gatherings. Cousins, Aunts and Uncles, who I hadn't seen in many years almost didn't recognize me since I had gotten clean and was acting....well responsible. In some ways I was introduced to them like it was the first time I had "actually" met them. Of course I could easily spot the ones who still partied, they kind of shied away from me. It's funny how we call addiction a disease but to using addicts it's us in recovery who are the diseased ones, I had to chuckle inside at the thoughts in my head. Yea, for just having my Mom pass away I seemed to be handling it very well, or so I thought.

I was able to break away each evening and hit a meeting, I really needed that. Being around family members who I barley new kept me on edge. I could unwind at a meeting where I was surrounded by "real family". Finally I got back to work, still feeling sad but needing to get back into the swing of the daily routine. Part way through the day I was working and out of nowhere my eyes filled with tears. I quickly looked down and pretended something got into my eyes, feeling somewhat embarrassed. "Where did this come from?" I thought to myself. Just as I thought I was back in control of my emotions I broke down. Quickly walking to the restroom, I held my head down. Once inside I couldn't stop crying, I guess I had been so preoccupied with everyone around I didn't have time to let it really sink in, my Mom is gone! Fortunately no one came in for the several minutes it took for me to let it out and regroup. I said my goodbye through a prayer to her, slowly, my thoughts turned to the blessings that came out of this, she is in no pain any more! I rinsed my eyes out and walked back out,

Bill walked over to me and asked if everything was alright, I nodded yes, but was still shaky. He put his hand on my shoulder and told me he was there for me. I took comfort in that, and the rest of the day was surreal for me.

I called my sponsor, Joe, right after work. He met me at my house and I cried for most of the evening as I told Joe all about Mom. So much for being "strong and in control", I had to laugh after later that night. I was told the first year was all about staying clean, and from there on it was about learning to live. Well, the learning process definitely had started. As the days went on, I grew stronger and more balanced with my emotions. Even though I am still sad, I can smile at the thought of Mom in a much better place, probably playing cards with Elvis or something. I had started going to H&I meetings with Joe and sharing with inmates. I was nervous at first but the gratification from sharing made it go easier. I shared about my Mom and how I communicate with her in my prayers. After the meeting one of the inmates came up and told me about his Mom, who had passed away and he couldn't get a pass for the funeral. I felt bad for his situation but could only tell him that as long as her memory is in his heart, she was there. He seemed to take some comfort in that and then asked for a white book. He shared that he attended these meetings for a break from the cell and free coffee, but now has a real interest in what NA has to offer.



Around The Region

Central Kansas reports they are getting ready for thier annual Christmas Dreams Celebration on December 12, 2009. They have booked the campsite for memorial day weekend at Lucas Park in Wilson lake for their annual campout. The 20th annual Chili Bowl will be an H&I fundraiser and they are planning an event with Western area in the near future.

Fellowship for Freedom area is planning both a holiday celebration as well as a New Years Dance. They also report the need for members to step up for service at the area level with many positions needing to be filled. Please watch the regional website for flyers on these upcoming events.

Just for Today area has a new RCM and Alternate to represent them at region. The H&I committee is going strong and getting the message of recovery to the addicts behind the walls, though due to lack of manpower are having trouble getting members into the Montgomery Co. Jail. If you are interested in helping out the H&I subcommittee you can contact the area via their website at jftarea.net!!

Miracle area has a lot of new faces stepping up for service and had 8 'miracles' in attendance at the RSC!! Great participation from Miracle area. Also they have seated a behind the walls group in their area. What an exciting way to carry the message. I hope this type of unity and service becomes more and more habit forming in our region.

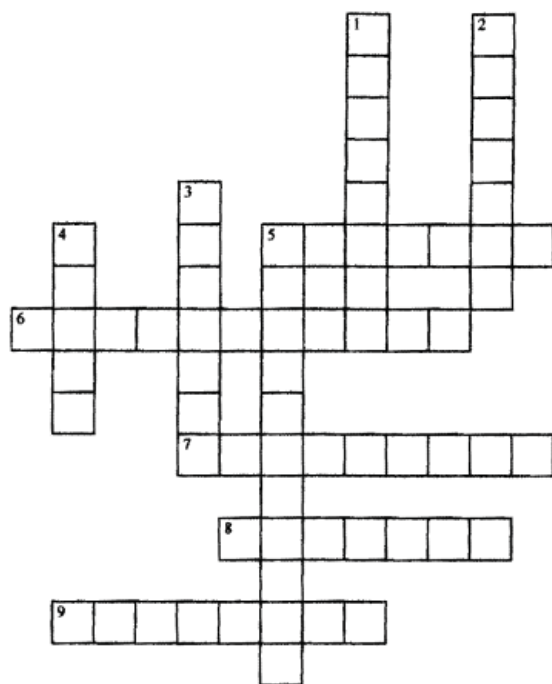
Primary Purpose area reported a new group joining the ASC. The "1-12" group of NA meets at 112 N. Poplar in Hutchinson Ks. Newton HOW is hosting the area's annual New Year's Eve Dance at the 4-H building check out the website for more information. McPherson's Flying Free group is getting ready for their annual Blue Ball ball in December and Hutchinson has voted to make their annual Sock Hop a MARCNA Fundraiser!! Please check the website for more details!!

Unity area is welcoming a new group to their area. "The Lost and Found" group meets in Abilene 3X's a week check the website for times and days. Their Outreach efforts involve reviving the "Capture the Banner", way to go guys.

Wichita Metro area is proud to welcome 2 new groups to the area. "Misery is Optional" in El Dorado and "Sowing the Seed" in Winfield Kansas. Day by Day is starting up a midnight meeting on Saturdays and the area is having a Chili Cook Off on the 12th of December. They are also having their annual Celebration of Recovery on January 23. The Just For Today group of Augusta is hosting their annual New Years Dance and Unity group is having a Valentine's Dance on February 13. Please check the Website for flyers.

Western area is proud to report a lot of members stepping up for service. They have combined their H&I and Outreach efforts in order to get the message to more addicts. The next area function is the "Breaking the Wind" Chili contest to be held in Goodland sometime in January please keep an eye out for flyers to advertise and support this wonderful event!!

Step Two



ACROSS

- 5 An indispensable principle.
- 6 This came about because we were tired of our old ways.
- 7 The first step that leaves us with a need to believe.
- 8 How we viewed the world around us.
- 9 With hope and faith this is possible.

DOWN

- 1 We ask our sponsor for this.
- 2 We go to meetings rather than
- 3 Watching these stay clean is proof of an H.P.
- 4 We start to develop this while coming to believe.
- 5 We search for this by working step two.



I had my Basic Text with me and slid it over across the table, his eyes lit up, "can I borrow it?" he asked. "No", I said, it is yours. It was cleared with the guard and he pulled the book close to his chest, making sure nobody grabbed it from him. As he walked away, Joe looked at me and smiled, he could see the tears in my eyes welling up. I smiled back, it felt good. On the way home we talked, about anything and everything. This NA thing just keeps blowing my mind. How one simple act of kindness can change someone's life, including mine. I slept very peaceful once again, with another day clean...



"Do You Just Belong?"

Are you an active member,
The kind that would be missed?
Or are you just contented
That your name is on the list?

So you attend meetings
And mingle with the flock?
Or do you meet in private
And criticize and knock?

Do you take an active part
To help the work along?
Or are you satisfied to be
The kind that just belongs?

Do you work on committees.
To this there is no trick;
Or leave the work to just a few,
And talk about the clique?

Please come to the meetings often,
and help with hand
and heart.
Don't just be a member
but take an active part.

Think this over members,
You know what's right from
wrong.
Are you an active member,
or do you just belong?

Suzie,
this finds me teary eyed. I needed to hear from other addicts. And I have. It is truly amazing that when I seek, I find. When I keep this all to myself, I get sicker, or lonelier (is that a word?) or hungrier, you know, that old HALT thing that is in the BT? I used to think that my sponsor was the author of "This too shall pass" until I read it in the BT. I had to pick up that book and read it to find it.

This program is about ACTION! No one of us can do this alone. No one of us can do it doing nothing. We have to pick up the book, read it, go to a meeting, share from the heart, reach out to the still suffering addict, call our sponsor, study/write out the STEPS, and then share the written Steps w/ our sponsor, and pray, pray, pray. My motto has been "read, write, pray"; which isn't necessarily in order, but it sounds better in that order.

I usually hit the wall hard, then pray, then read and then write. So, the correct order for me is stop, pray, read and write. Another thing we can do is to attend the functions and then, as part of the support, help cleanup. Even if it isn't our homegroup, but even if it is our homegroup.

Let's do this thing together, okay? I've been clean a long, long time and sometimes I am the still suffering addict. The newcomers look at me like there's something wrong w/me and then, sometimes they look at me and think I have all the answers. I have some answers, but not all of the answers or I wouldn't still be here. I still suffer from wanting what I want when I want it. Right NOW!! If that's gratitude, then there you have it. I'm gonna keep coming back because I know that's how it works!!!! ****if you want to print this, you can, otherwise, just chalk it up to one addict sharing w/another addict. Love you, another Susique (Sue H. from Newton HOW)

“Basic Reflections”

A dictionary definition of anonymity is “*a state of bearing no name*”. In keeping with Tradition Twelve, the “*T*” becomes “*we*”. The spiritual foundation becomes more important that any one group or individual.

As we find ourselves growing closer together, the awakening of humility occurs. Humility is a by-product that allows us to grow and develop in an atmosphere of freedom, and removes the fear of becoming known by our employers, families or friends as addicts. Therefore, we attempt to rigorously adhere to the principle that “*what is said in meetings stays in meetings*”.

Throughout our Traditions, we speak in terms of “*we*” and “*our*” rather than “*me*” and “*mine*”. By working together for our common welfare, we achieve the true spirit of anonymity.

We have heard the phrase “*principles before personalities*” so often that it is like a cliché. While we may disagree as individuals, the spiritual principle of anonymity makes us all equal as members of the group. No member is greater or lesser than any other member. The drive for personal gain in the areas of sex, property and social position, which brought so much pain in the past, falls by the wayside if we adhere to the principle of anonymity. Anonymity is one of the basic elements of our recovery and it pervades our Traditions and our Fellowship. It protects us from our own defects of character and renders personalities and their differences powerless. Anonymity in action makes it impossible for personalities to come before principles.

From the Basic Text 6th Edition pages 75-76. Tradition 12



“The Best of The MAN”

“The Man in The Glass”

*When you get what you want in your struggle for self
And the world makes you king for a day*

*Just go to a mirror and look at yourself
And see what that man has to say
For it isn't your father or mother or wife*

*Whose judgement upon you must pass
The fellow whose verdict counts most in your life*

*Is the one staring back from the glass
Some people might think your a straight shootin' chum*

*And call you a wonderful guy
But the man in the glass says your only a bum*

*If you can't look him straight in the eye
He's the fellow to please, never mind all the rest*

*For he's with you clear to the end
And you've past your most dangerous test*

*If the guy in the glass is your friend
You may fool the whole world down the pathway of years*

*And get pats on the back as you pass
But your final reward will be heart-ache and tears*

If you've cheated the man in the glass.

From the December-January 1985-1986 issue of the MAN. Author Unknown



Convention Contact
Jake D. 785-259-2218

FOR MORE INFORMATION

Convention Chair
Janet W. 785-827-8635

Group. Area or Vendor's wishing to sell at the Alternative Store MUST have pre-approval from the Convention Committee by February 22, 2010. 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. XXVII programs for disclosure in regards to our policy.

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.

(CUT HERE AND MAIL IN)

Pre-registration deadline postmarked on or before February 22, 2010

Make checks payable to M.A.R.C.N.A. XXVII - P.O. Box 8732 Wichita, Kansas 67202

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

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 _____

Before 2/22/10 Total Package \$65.00

Registration \$10.00 _____

Banquet \$18.00 _____

Brunch \$12.00 _____

Shirt \$20.00 _____

Mug \$10.00 _____

Newcomer Donation _____

Total Amount enclosed \$ _____

After 2/22/10

Registration \$20.00 _____

Banquet \$18.00 (limited supplies) _____

Brunch \$12.00 (limited supplies) _____

Shirt Not available _____

Mug Not available _____

Newcomer Donation _____

Total Amount enclosed \$ _____

"The Best of The MAN"

Meeting Etiquette

From The New Life Messenger, the Ottawa, Ontario, area newsletter **Danger!** Reading this might help you enjoy your meetings and improve your ability to carry the message to the still-suffering addict. Narcotics Anonymous offers us many tools to use in our recovery; most important are the steps and traditions. However, the "glue" that holds our fellowship together is the NA meeting, the place we gather to share and learn and grow. Our meetings should offer fellowship, a safe haven for addicts, and a sense of welcome to the newcomer. Ultimately, every meeting's first priority should be recovery. Everything else is secondary. The "we" of NA is made up of a whole bunch of "you's" and "me's." Our behavior can make or break a meeting. With this in mind, I offer this "thumbnail inventory" of meeting etiquette. Ask yourself these questions for a look at your own meeting behavior. Maybe there's something you can change to make NA a better place.

- 1.) Do you respect the meeting enough to get there on time and stay in your seat until the end?
- 2.) Do you interrupt the meeting with chatter?
- 3.) (Smokers only) Is having a cigarette break so important that you interrupt the meeting to have it? Do you ever miss part of the meeting because of it?
- 4.) Do you listen to the readings, or do you "tune out," maybe even start talking?
- 5.) Do you listen to the NA announcements? If you've heard the same one ten times, do you think that means everyone has?
- 6.) Do you ever walk into a discussion group late, share, and then leave? Do you give others the same attention and respect that you believe you deserve?

7.) When the collection for the Seventh Tradition begins, is this an important part of the meeting for you or a cue to start talking you your friends? Picture this: A newcomer hears the chairperson say, "We have no dues or fees...." but misses the rest because the room breaks into conversation. Meanwhile, he/she sees people putting money in a basket and passing it around the room. What would you think?

8.) Do you shout out your own additions to the steps or traditions readings?

9.) Is your meeting facility as clean after the meeting as it was before? If not, why not?

10.) What are you doing to make the meetings you attend better than they would be without you? Just like recovery itself, being complacent about our meetings can be a very dangerous thing. It has been sad to see meetings close over the years in this area for no other reason than lack of meeting etiquette. It is our duty to provide the best meetings we can, both for ourselves and for the addict who will be arriving later today, tomorrow, or the next day.

Remember our Fifth Tradition! BK Taken from the NA Way issue September 1996 Submitted to The M.A.N. by Ray G. of Emporia - food for thought! KB

From the December 1999 issue of the MAN



*“The Best of
Continued”*

I Took One Step

I took one step, began to moan
I can't do this one on my own.
I took two steps, began to pray
Restore me God, please now, today.

I took three steps, gave up my will
Maybe God loves me still.
I took a fourth, I looked inside
Nothing more would I hide.

And on the fifth, I said aloud
I've done some wrong, and I'm not proud.
I took six steps, and got prepared
To lose the defects, I was scared.

Now I'm at seven, take them away
My God, for this I do pray.
And on eight, the list was long
Amends to make for all the wrong.

I took nine steps, put down my pride
Amends made, I will not hide.
Ten steps I take, each day I pray
I make amends along the way.

And on eleven I pray to know
Each day His will, which way to go.
I took twelve steps, I'm like a bird
To others now, I spread the word.....

*From the files of the MAN 2003
Author Unknown*



“Wasted Time”

The time that I've wasted is my biggest regret
Spent in these places I'll never forget

Just sitting and thinking about the things that I've done
The crying, the laughing, the hurt, and the fun
Now it's just me and my hard driven guilt
Behind a wall of emptiness I allowed to be built

I'm trapped in my body, just wanting to run
Back to my youth, with its laughter and fun

But the chase is over and there is no place to hide
Everything is gone, including my pride

With reality suddenly right in my face
I'm scared, alone, and stuck in this place

Now memories of the past flash through my head
And the pain is obvious by the tears that I shed

I ask myself why and where I went wrong

I guess I was weak when I should have been strong

Living for the drugs and the wings I had grown
My feelings were lost afraid to be shown

As I look at my past it is easy to see
The fear that I had afraid to be me
I'd pretend to be rugged, so fast, and so cool

When actually I'm lost like a blind fool
I'm getting too old for this tiresome game
Of acting real hard with no sense of shame
It's time that I change and get on with my life
Fulfilling my dreams for a family and wife

What my future will hold I really don't know
But the years that I've wasted are starting to show

I just live for the day when I get a new start

And the dreams I still hold so deep in my heart

I hope I can make it, at least I have to try

Because I am heading for death and I don't want to die.

From the December 2002 Newsletter files Authored by Mickey W.

Highland Hotel
And
Convention Center
3017 10th St.
Great Bend, Kansas
Tel. 620-792-2431
www.highlandhotel-gb.com

Room Rates
Single / Double \$ 65.00/night + tax

When reserving room, please identify yourself as MARCNA XXVII / NA
Please call the hotel directly to receive this rate.

SPARK OF A NEW LIFE

MARCNA XXVII
MARCH 26-28, 2010
GREAT BEND, KS