



MID AMERICA NEWSLETTER



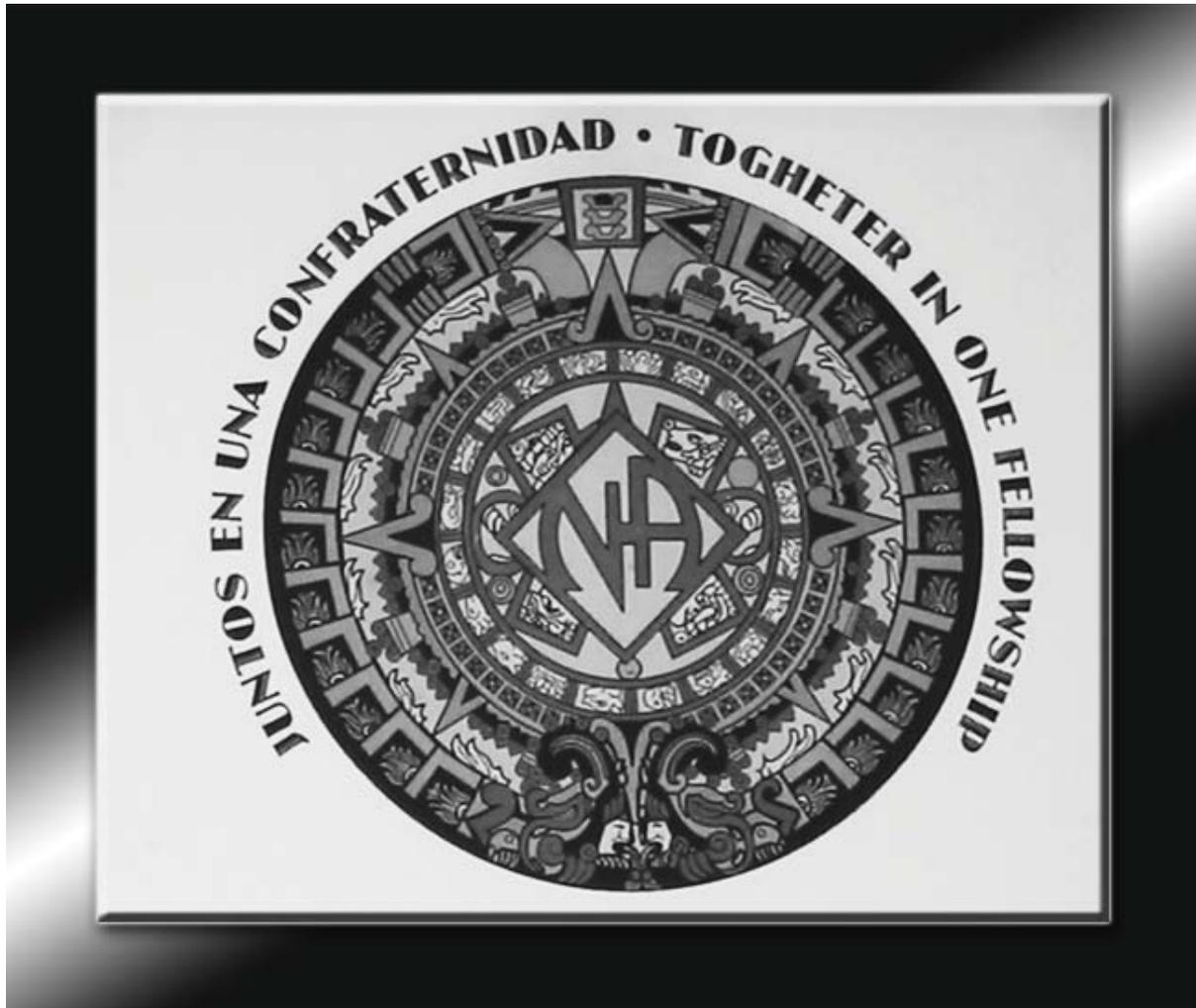
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“What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.”

Pg. 68, 6th edition, Basic Text



Just For Today

One Addict's Story

My name is Kathy and I am an addict. I was sexually abused as a child, so I learned how to protect myself through isolation. I got married at the age of 14 and had my first child at the age of 15. By the age of 21, I had 4 beautiful daughters. My husband was drinking heavily- and nightly- by the time I turned 16. As a result, I learned quickly to be responsible and yet a door mat. I was responsible for everything that was wrong... his drinking, raising these babies, and his affairs. Not once did I take responsibility for me and my actions...

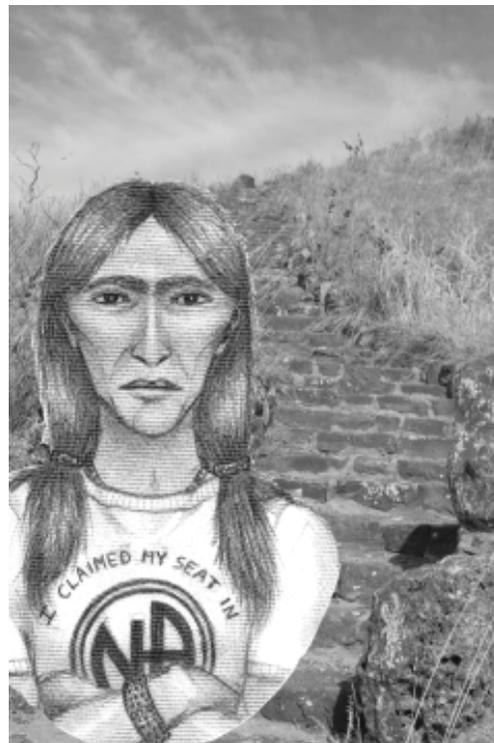
I began drinking so that I could be "a part of" this man's life. I soon learned that the alcohol helped me to 'not' feel. That was wonderful!! My doctor had also put me on valium because I suffered from depression. Since that time, we have discovered that I have chronic Depression. That is a little of my background and where I came from, now the better stuff.

I have now been clean for 20 years. As we say in Narcotics Anonymous, it hasn't always been easy, but it has been simple. My Higher Power has helped me stay clean one day at a time. He gives me the strength and courage to continue on this fantastic journey called Recovery.

I have lost several people in Recovery; a nephew, a daughter, a granddaughter, three parents, my ex-father-in-law, my husband's mother, his sponsor, my 'mother of choice', an uncle and grandmother. And yet I am still clean today. I've lost my desire to use- most days, a few character defects and my total self obsession. That is not to say that I never take these things back. See... my Higher Power has a sense of humor, so he allows me to make choices. Oftentimes, I can just see Him sitting back and laughing at some of those choices I make.

Though I admit I have lost a considerable amount of things and people since I got clean; they don't even compare to what I have gained. I have gained a loving Higher Power. I know how to love unconditionally and how to be a friend. I have serenity and peace of mind. I no longer have to feel guilty or 'less than'. I have a new family and my old one accepts me. My Higher Power also gave me the strength, courage and tenacity to go to college- and even get a bachelor's degree. He has given me the strength and creativity to write and get published. God has also helped me to become, and stay, teachable.

Through all the losses -I have gained! I have learned so much... for example; As long as I don't use and mind altering chemicals- I have freedom of choice; I don't have all the answers; I am human and still make mistakes- and that's OK as long as I learn from them; All things happen for a reason and that "reason" may not be for my benefit but it is for someone I may never meet. Today I choose to live in Recovery, not die in Active Addiction. I love you all!!- Kathy F. El Dorado, Ks.



We are here because there is no re-
fuse finally from ourselves; until we
confront ourselves in the eyes and
hearts of others, we are running;

Until we suffer to share our secrets,
we will have no safety from them...
afraid to be known.

Where else but our common grounds
can we find such mirrors?

Here we can appear clearly to our-
selves, not as the giant of our dreams
or as the dwarfs of our fears, but, as
human beings, a part of the whole,
with a share in its purpose; where
we can each take root and grow;

Not alone anymore as in death but
alive to ourselves and to others.

Welcome to our world....
Anonymous

***“Basic
Reflections”***

*“Surviving against all odds, we are
addicts who meet regularly. We re-
spond to honest sharing and listen
to the stories of our members for the
message of recovery. We realize that
there is hope for us at last.*

*We make use of the tools that have
worked for other recovering addicts
who have learned in NA to live with-
out drugs. The Twelve steps are pos-
itive tools that make our recovery
possible. Our primary purpose is to
stay clean and to carry the message
to the addict who still suffers. We are
united by our common problem of
addiction. By meeting, talking and
helping other addicts, we are able
to stay clean. The newcomer is the
most important person at any meet-
ing, because we can only keep what
we have by giving it away.”-*

6th Edition Basic text pg. 10

Dear Mr. Addict,
I looked in the mirror,
And what did I see
The face of an addict
Who looked just like me?
When I seen that face
It took away my breath
Cause all he has coming
Are jails institutions or death
Some of the terrible things
That person thought was fun
If it was really me
They would not have been done
He has took my house
Then he took my car
People tried to tell me
That’s just how you are
You have taken my mind
And used all my money
I’ll tell you right now
That shit is now funny
You kept me so high
I could not fight back
I didn’t even know
That I was under attack
There are so many things
That you’ve taken from me
I cannot let you have
My real identity
You made me think
Being high was so cool
Now I have found out
I’ve been played like a fool
Now that I’m clean,
I’m snitching your ass out
I will tell the whole world
What you’re really about
Now I’ve finally found
Some tools I can use
Then I’ll live my life
However I choose
I’m sorry Mr. Addict
But you got to go
I can live my own life
I don’t need you no more
You have taken my family
And left me all alone
Now I will be on your ass
Like a pit bull on a bone

An addict called James

***“The Best of
The MAN”***

“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 judgment. I've learned that I'm 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 accept and learn from them.

I've realized my will destroys my spirit and life, Gods 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.



“We Thing”

We need to change if we are to continue our growth towards freedom. We need to awaken from out of the nightmare of self-centeredness; strife and insecurity that lies at the core of human existence. A new reality, all that is worth having can be kept only by giving it away. We must be willing to bare differences if we expect to find solutions to problems that arise in our lives. The taste of humility is never bitter. The rewards of humbling ourselves by asking for help are sweetened.

Peace, Love, & NA



“Step Two”

STEP 2 - We came to believe that a power greater than ourselves could restore us to sanity.

“The most obvious insanity of the disease of addiction is the obsession to use drugs. “ Basic Text page 23.

Our basic text defines insanity as repeating the same mistakes and expecting different results. We could go even further to say we knew the results were harmful but took the same actions anyway. Before we took Step Two, we received an eye-opener to the insanity of our disease. We looked at our powerlessness and unmanageability in Step One. We discovered our problem. We have a disease: incurable, progressive, and fatal – that of which is spiritual in nature and involves much more than just the use of drugs. Step Two begins our spiritual healing necessary to fill that void of spiritual hunger within each of us. “The First Step has left a vacuum in our lives. We need to find something to fill that void.” Basic Text page 23. We have learned that if we fill our void with anything but a Higher Power we are still using. Our behaviors continue and the insanity drives us to the brink of devastation.

The process of coming to believe can be difficult for some addicts. Past resentments, nonacceptance, and fear of the unknown can lock us into a state of close-mindedness unto which new ideas cannot be grafted. That is why Narcotics Anonymous is special – we’re not religious but spiritual. The concept of God or Higher Power is left up to us individually. It can be the group, the message – anything as long as it is loving, caring, and greater than ourselves. “The point is that we open our minds to believe.” Basic Text page 24. For some it is easier to first become willing to be willing of the possibility of a HP.

“We begin to develop this relationship by simply admitting to the possibility of a power greater than ourselves.”

Coming to meetings and seeing firsthand the glow upon other members as they talk about God and the miracles happening in their lives aroused our curiosity enough to begin our own spiritual journey. Curiosity turned to acceptance that there is something, a God greater than ourselves.

We begin to believe and miracles begin happening in our lives – for instance — we lost the desire to use! Then the acceptance turns to trust. Trusting our Higher Power lets us continue to take Step Three- J.J.

Taken from the February 2010 Edition of NA Clean Times

AN ADDICT’S EXPERIENCE BEING HAS A SPONSOR

Hey just when you thought that being a sponsor was enrichment enough for your recovery, there comes some old crony who has worked steps so much he looked at his own behaviors as a sponsor to others in NA. (The best way to find out what type of sponsor you are is to listen to what the sponsees are saying amongst each other.) The first time I became a sponsor was a simple thing some guy walked up and said hey will you be my sponsor? My ego answered before I could even think “why yes I will...” We got together and went through the first 3 steps (as I was shown) he left and he got loaded. I figured I was a terrible sponsor... I went whining to my sponsor and he said did you get loaded? (Later - I learned he got clean and now has over 15 years clean...) This brings me to the first type of sponsor: “Hey Look at me - I’m a sponsor.” Type Newbie This one is quite self explanatory really I would make sure to “talk good recovery” at a newcomer meeting and then be all too accessible after the meeting. I would then become the personal counselor for all of those sponsee’s woes...”Call me at anytime. Just don’t use...”

AN ADDICT'S EXPERIENCE BEING HAS A SPONSOR

The second phase of my experience is; The sponsor from Hell...(This nickname was given to me by a group of sponsees one night.)

This sponsor needed you to check with him about everything and every little decision you were to make. "Did you check with your sponsor?" We also worked the steps in a written format that was a precursor to the step guide we know today (but the one we used didn't have the benefit of being worked over by professional writers. It was scribbled down by some guy named Jimmy K...) Yeah also The sponsor from Hell was a purist even in language and how you talked at a meeting. This sponsor type attracted the toughest cases. One Night I got a call that the group had just assigned me as a sponsor to one guy who would not shut up for a second... He was prattling away like a chipmunk who lived in a coffee factory when I walked in. I sternly advised him to shut up the group thanked me and that guy and I became so close in the next 5 years it was remarkable. (Thanks group) The third type I went through being was: The Service Sponsor

Now here was a unique one, this was all about gaining ranks in service. Now don't get me wrong about this (I was clean but sick - but I didn't quite understand the depth of how far it affected my life at that time). Through this period I acquired / amassed a mere 212 sponsees and many had a "Name sponsor" (the next type) Of these great guys my time was booked I didn't have a minute to be with my own issues It was fantastic...(If you were trying to avoid personal growth) At one time I was the sponsor of guys who served in every level of NA service, and several had become chairs of regional service committees all at the same time.

One strange side benefit that occurred from this insanity was having all those RSC Chairs communicate so often they came up with an idea hey lets have a forum... Lets call it the western states...whatever... the birth of a new idea was a by-product of the thing. (see we never know who we touch)

The next type was: "The name sponsor"

This is the sponsor who you get so you can say yeah I have ___ as a sponsor. But you never call him or talk to him. We all know one or two of these guys or gals right?" My favorite type of sponsor is this one: "The Sponsor"

Some would call this person "my sponsor". This sponsor is there for you, he takes your calls and listens to what you have to say and always asks a question after your done talking... The question is "usually" how does this issue effect your recovery and the step you are working on? This sponsor is only concerned with your welfare and recovery, he/she wont stand in judgment for some of your trials and tribulations he/she will simple wait it out and then after you bring up the issue they will share what the real deal is. This sponsor knows the real you and how you are, they offer you hope and on occasion will come to you for some help also. They aren't afraid to let you know that sponsorship benefits both parties. They are your advocate in all matters, be warned if you lay out a plan to do something and then deviate this sponsor will nudge you back onto that track unless you let them know your changing your plans. The caring and empathy are always there - it may at times be cloaked by an air of seriousness or humor, but it's still there. This sponsor doesn't care if anyone knows or recognizes that they are your sponsor, it's not about all that - it is about recovery and living the message through action. Nothing makes this sponsor more happy that for you to succeed.

HELP WANTED



WHAT IF YOUR HANDS WERE BOUND?

WHEN WAS THE LAST TIME YOU
STEPPED UP FOR SERVICE
OUTREACH, H&I AND PUBLIC INFORMATION
NEED YOUR HELP
ATTEND YOUR LOCAL ASC

THAT NO ADDICT SEEKING RECOVERY
NEED EVER DIE..

Word Search - Tradition two

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

authority
 conscience
 direction
 discussion
 encourage
 group
 humility
 individual

leaders
 opinions
 primarypurpose
 principles
 servicework
 spiritual
 traditions
 ultimate



Just For Today

Around The Region

Central is having a great time in recovery, they just had 3 successful events and the Hoisington KIS group is hosting a get together on April 17 at the Kansas Masonic Lodge and the area is getting all the details ready for their annual Memorial Day Campout at Lake Wilson.

Fellowship for Freedom is doing well with Activities. Like many areas in the region and the world they are having fun looking for members to get involved with their recovery through service work.

Just For Today area is carrying the message through their H&I efforts going into the Girard treatment center. They are also having a flyer drive through their PI subcommittee so if you are interested in stepping into some service work contact the JFT ASC or visit their area website today!!

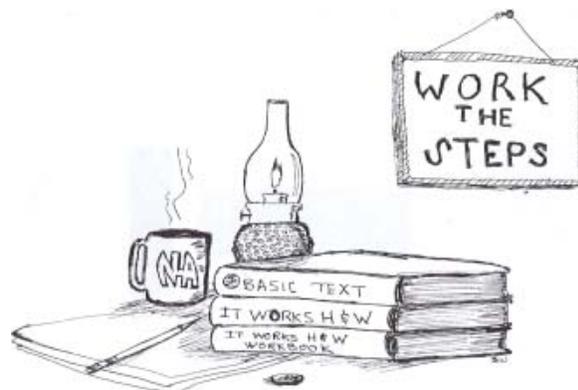
Miracle area has been hit hard with financial difficulties in this tough economy but are still managing to carry the message and get meeting schedules printed and keeping hope alive for many addicts who still suffer in that area. Hats off to miracle for working through these difficult times and still fulfilling the primary purpose!

Primary Purpose area reports the need for members to step up to service. Like everyone else they are searching for ways of getting members reacquainted with their own recovery through service. They are still managing to carry the message with meetings, upcoming campouts and fellowship and donating 30 basic texts to the convention!! Awesome service to the region guys!! Thanks for all you do!

Unity area is working hard to carry the message through their H&I efforts by gaining momentum in the Saline Co. Jail they have new applications for speakers to come into the jail to carry the message. PI is working on 'bridging the gap' between members in treatment and the real world. They are in contact with Central area to work in this capacity.

Wichita Metro area is growing steadily with its first Hispanic NA meeting!! The "Hispanos en NA" group meets at 915 N. Broadway on Sundays at 5:30pm. They also had a successful Celebration of Recovery in January and would like to thank all the Regional participants for helping bring it together. Day by Day NA is hosting their annual May Daze event on May 1st fliers are on the website.

Western area is working together with the Regional H&I committee to secure literature in their H&I efforts. They are joining forces with Central area to host a CAR workshop on March 13 in Hays Kansas. They also reported a very successful chili cook-off and they too have several positions in the area to fill!!



The 32nd Annual Mid America
Regional Campout of Narcotics Anonymous
The World's Longest Running Free Campout



Spot Meetings

Food and Fun

West of Salina on I-70!!

Contact Wayne S. (620)664-1860

Shannon H. (620)474-4294

Deadline For Next Issue Is May 31, 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 MAY QUARTERLY MEETING**

Being held at The Learning Center
150 Stewart, Haysville, Kansas 67060

*****Reminder*****

Elections will be held at this RSC

SUBCOMMITTEE MEETINGS

Saturday, May 15

<u>9:00 am -11:00am</u>	Dining Room Conference Room	Campout Convention
<u>11:00am - 1:00 pm</u>	Dining Room Conference Room	Public Information Activities & Soul 2 Soul
<u>1:00 pm - 2:00 pm</u>	LUNCH BREAK	
<u>2:00 pm - 4:00 pm</u>	Dining Room Conference Room	Outreach Steering
<u>4:00 pm - 6:00 pm</u>	Dining Room Conference Room	Literature Hospital & Institutions
<u>7:00 pm - 8:30 pm</u>	Speaker Meeting	
<u>8:30 pm - 10:30 pm</u>	Regional Public Information 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, May 16

General business, motions, request for funds.

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

Hotels near The Learning Center:

1. Express Inn-Haysville 316-522-1000
301 E 71st Street S, Haysville, KS
2. Days Inn 316-524-4400
4875 Laura St, Wichita, KS

Link to map:

<http://www.mapquest.com/maps?city=Haysville&state=KS&address=150+Stewart+Ave&zipcode=67060-1602&country=US&latitude=37.56132&longitude=-97.35689&geocode=ADDRESS>

Just For Today