

Chair: *Tim S. 785-819-4806* Co-Chair: *Janet W. 785-827-8635*
Treasurer: *OPEN* R.D.: *Misty K. 785-819-6482*
R.D. Alt: *Dewayne K. 316-200-8655* 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 August Quarterly Meeting

Location: Community Building,
122 E. Marlin Street, McPherson Kansas

SUBCOMMITTEE MEETINGS

Saturday, August 14

<u>9:00 am - 10:00am</u>	Literature Hospitals & Institutions
<u>10:00am - 11:00am</u>	Campout Convention
<u>11:00am - 12:00pm</u>	Public Information Activities Soul to Soul
<u>12:00pm - 1:00pm</u>	Outreach Steering
<u>1:00pm - 2:00pm</u>	LUNCH BREAK
<u>2:00pm - 6:00pm</u>	REGIONAL INVENTORY
<u>7:00pm - 8:30pm</u>	Speaker Meeting
<u>8:30pm - 11:00pm</u>	Regional Hospitals & Institutions Fundraiser DJ Dance- Auction & Raffle \$3.00 per person NO ADDICT TURNED AWAY NA AUCTION/ RAFFLE ITEMS NEEDED

Regional Service Committee Meeting **Sunday, August 15**
General business, motions, request for funds.
Meeting starts at 8:00am and finishes when done.



Volume 28
Issue 2

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

Summer 2010

"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

TWELVE STEPS OF A SPONSOR

1. I will not help you stay and wallow in limbo.
2. I will help you grow, to become more productive by your own definition.
3. I will help you become more autonomous, more loving of yourself, more free to continue becoming the authority of your own living.
4. I cannot give you dreams or "fix you up," simply because I cannot.
5. I cannot give you growth, or grow for you. You must grow yourself, by facing reality, grim as it may be at times.
6. I cannot take away your loneliness or pain.
7. I cannot sense your world for you, evaluate your goals, or tell you what is best for you in your world; you have your own world.
8. I cannot convince you of the crucial choice of choosing the scary uncertainty of growing over the safe misery of not growing.
9. I want to be with you and know you as a rich and growing friend, yet I cannot get close to you when you choose not to grow.
10. When I begin to care for you out of pity, when I begin to lose trust in you, then I am toxic, bad and inhibiting for you, and you for me.
11. You must know- my help is conditional. I will be with you, hang in there with you, as long as I continue to get even the slightest hints that you are trying to grow.
12. If you can accept all of this, then perhaps we can help each other to become what God meant us to be... mature adults, leaving childishness forever to little children.

***“Knowledge Without
Mileage = Bull%^&!”***

I celebrated another year clean in N.A. this year. I am a widower. I am a divorced middle aged man. Both during my recovery (Without using). I am clean over half my life. I lead a closed wed. noon meeting in my home group. I am a Sponcee and a Sponsor. I am a Grampa , A son, A dad, a brother , a good safe friend to some of the women in our fellowship, I am also successful in most things I pursue career wise. Because of my commitment to N.A. and my devotion to walk this way of life I am a part of the human race. Experience has taught me allot. So many times I have heard from others that “The longer they stay clean the less they know” this seemed like a humble statement the first time I heard it. The 15th time I heard it it sounded like a cop out. Having time in our fellowship in my opinion should be something to take pride in not somewhere to hide. It is also something that we ought to get respect for. To back addicts off or push them away because of fear is giving in to the disease. I understand that allot of newer members act “mentally ill” from time to time and we have to practice principles. What I am getting at I will illustrate.

Older member comes into meeting. Room fills up with the usual suspects. A variety of race, creed, color, age, sex, and size of addicts. There is a range of clean time from 30 days to just over 30 years.

The Older member is thinking to himself “Here we go again what kind of nonsense am I gonna tolerate tonight.” “ I wonder if she will be here tonight” “Man I really need to get laid” “Damn who the hell is that?!?!?” “Do I really need another cup of coffee”...

“At least I am at a meeting and clean tonight”. “ I gotta call my sponsor tonight”. “No matter what she says or does I will not act on my disease tonight”. “Stay focused”!

Meeting begins.. during the readings addicts are adding things they have heard during conventions. Older member just shakes his head and remains calm tries to focus on his feet and the message. Head down the woman sitting next to him rubs his shoulders and of course he responds with a smile and quietly says “Don’t stop my neck is all twisted up.” He catches a glare from the womans boyfriend and knows there is confrontation waiting after the meeting. He has become used to confrontation he has to deal with it almost every month at least once or twice. The meeting leader takes the easy way out and reads the Just for today as the topic and does not share just opens it up for sharing. The topics range anywhere from my wife left me and I really want to use but came here instead, to I got promoted at work and it really feels good to be a success today.

Meeting ends and 60 or so people disperse to smoke, chat, pee or just get out of the room to enjoy the fresh night air. Older member is chatting outside when “The boyfriend” gets right up in his face and starts grilling him about steering clear of “His Woman” one of the women who is a meeting leader get’s in between them “Calm down man” Older member says “Look buddy I do not have any control over her actions and maybe you need to take this up with her”. The fuming boyfriend’s sponsor comes up and say’s “Lets go have coffee sort this out”. Boyfriend spits on the ground calls older member a bunch of cuss words and storms off pissed as hell... sponsor chases after. The woman that the older member was sweating over before the meeting began swoops in to try to comfort him. She has been clean all of 6 months. She has been doing everything she can to get to know him and get close with him. He has stood his ground and remained just a friend

SOUL TO SOUL 2010

Come; To Believe

October 1-3, 2010

Camp Chihowa

3553 Osage Road, Perry Ks.

The Lake Lodge

Full weekend of food, fun, and fellowship. Bring linens, or sleeping bag, lawnchair, snack food, soda if you want it and toiletries

THIS IS NOT A FREE EVENT

Cost: \$70.00 (This includes 5 meals lodging, shirt and mug with pre- registration)

Pre-Registration cut off date is **AUGUST 15, 2010.**
Price will remain \$70.00, shirt and mug will not be made available after cut off date.

Contact: Suzanne S. 785-633-3956
or Shelly W. 620-757-0450

Or send a check payable to Soul to Soul with your name address phone number and shirt size to:
923 Constitution
Emporia, Ks. 66801

Around The Region

Central Kansas had a wonderful campout on Memorial Day at Wilson lake. The Living by Faith group is having a day in the park on July 17 at Vet's park. There is a new group in Garfield Kansas, The Way of Life group meets on Saturdays at 1:pm!!!

Fellowship for Freedom is getting ready for their campout on August 27-29 at Bloomington west Campground at Clinton Lake in Lawrence Kansas

Miracle Area is having a talent show on Saturday July 24 in Lawrence Kansas.

Primary Purpose is alive and well and full of service, the Night Flyers group is getting ready for their Annual Fish Fry in October.

Unity reports that The surrender Group is celebrating it's 1 year anniversary, and on a sad note The Clean and Crazy group had to close 3 of it's 4 meetings. We hope they can bounce back soon.

Wichita Metro is growing steadily, and now have 13 groups, and the Hispanic group has 4 meetings a week now. Members are getting involved with PI and doing presentations and the groups are also having events. The Sowing the Seed group of Winfield is having a picnic in the park and the First Tradition campout is coming together with a lot of group participation. Check out the fliers on the websites.

Western Area reports some of their subcommittees have split into northern and southern divisions. This is an effort to help with the cost of driving and to better serve a smaller area. Their Dodge City Round Up committee is getting ready for a car bash on July 17 and their annual campout is set for August 6-8 at Cedar Bluff Reservoir. Fliers are posted on the web.

The Mid America Regional Convention Subcommittee is looking for Speaker tapes. The deadline for submissions is the November 2010 RSC. You can send your tapes to P.O. Box 902 Great Bend Kansas 67530. Tapes should be sent Attn. Programming chair and you can contact Michelle L. at (785)783-2061 for more information!!

The Regional Campout is all set for the July 4th weekend and elections for next years committee will be held on Saturday at the campout. Come step up for service and get involved with a fast pace fun group!! Regional Literature is looking for a few good members, if you have interest in literature and learning how to do the newsletter come on down to the next RSC. We are looking for a Chair, Co-Chair, Secretary and Co-Editor!!

Speaking of Service the next RSC will be held in McPherson at 122 E. Marlin at the community building. All subcommittees will only meet for one hour and then we will be hosting a Regional Inventory from 2-6pm on Saturday August 14. Come check out the workshop and stay for the dance, this quarter is an H&I fundraiser. Speaking of Regional H&I they have a new project in the works to help the area H&I committees. If you would like to know how our Regional H&I is going to help our areas come and attend the subcommittee meeting on Saturday at 9:am!!



“Knowledge Without Mileage=Bull\$%^!”

He has stood his ground and remained just a friend in recovery. One of his sponcee's comes up to ask if he is going out for coffee “Hell yeah lets go”.

At the coffee shop is where he starts the work of distancing himself from the herd so he can get to his cell and call his sponsor. “You guys are so crazy” “Was that meeting kinda screwy or what?” “Man I got no room to talk I been all up in my head for at least 4 days now” somewhere in all the recovery talk he says “The road gets more narrow the longer I stay clean” (Heavy sigh...)

The other addicts at coffee laugh it off and try to hang crap on him as a means of expressing love for him. Some even reach the point of disrespect before he sneaks off and goes home alone. He is not the only addict who goes through this stuff but he sure feels like he is. In fact he feels so alone that he does not even bother to call his sponsor. Weeks and months go by and he gets more and more isolated. He gets diagnosed with diabetes and this changes everything. He is given another challenge he decides to use this disease as a means to “Get back in the middle of the table”. He finds very little acceptance or compassion and winds up relapsing. When he comes back to meetings he finds the same stuff as before but through new eyes. He decides to change everything and walks away from N.A. permanently he becomes a member of A.A. Many of my old friends are not in N.A. any more because of the kind of immature behavior illustrated in this. Some are living happy successful lives and will not ever come back. They do not deserve to be disrespected. I do not deserve to be disrespected.

The non-judgemental atmosphere of recovery is the most important aspect of our meetings and our social life within this fellowship.

Just because the streets are hard does not mean we have to become hard or cold to the next suffering addict. Growing-up in N.A. is something some of us are very glad we chose to do and we are glad we are still here to tell the tale. “Knowledge without mileage might just wind me up somewhere you or I do not want to go”. The guy in this story could have just as easily wound up loaded, Dead, In prison or completely insane. He also might still be a member who you sit next to and offer coffee to tonight at your home group.

I define a meeting like we have always defined it. P.11 Basic text 6th edition 4th paragraph: “Our meetings have an atmosphere of empathy. In accordance with the principles of recovery, we try not to judge, stereotype or moralize with each other. We are not recruited and membership does not cost anything.”

“THE HEART OF N.A. BEATS WHEN 2 ADDICTS SHARE THEIR RECOVERY.”

I share this because I know what it feels like to be the guy with the most time in the room and FEEL all alone. We need to keep our “old-timers” connected even if they do seem to want to bite the hand that feeds them.

I also write this in memory of the woman who helped me turn my life around over 20 years ago. She has been gone for almost 6 years and sometimes I think I still feel her in the wind on my face while I meditate. She will be with those who loved her for the rest of their lives.

In loving service
Nicholas P. Maher

“Understanding”

When I was given this task by my sponsor to write an article for the M.A.N,

I was nervous to say the least. What do I have to write about or offer to anyone I said to myself. Well after reflecting, journaling and praying on it, here is what came to me.

Throughout my recovery I have traveled all over the globe for my job, and have not settled in one spot for very long, I have made NA friendships and been able to attend many meetings and functions all over the place. What I have learned in the past few months is that my relationship skills are still very much lacking (SUCK!), you see I have always kept people in my life at a distance and the relationships I have had I keep on “my terms” not allowing people to see and know all of me. I did not realize how by doing this I was robbing myself of one of the greatest gifts this program gives us.

I didn’t even realize I was hurting myself and others that have tried to love me by keeping myself protected, I actually thought I had a really good program, I was of service, I have a sponsor, work the steps, and help others often. It wasn’t until a recent relationship had ended, that I even recognized how guarded I have been. (It’s funny how people can see this in me and even recommend things and yet, I have to experience pain and hardship before I am willing to look at it and do something about it).

So now what do I do with this problem I have caused myself, well here is what I have come up with so far; I cannot hold back anymore, I have to work on accepting people as there are, and allowing them to really see who I am. (Which scares the heck out of me because “my disease” tells me that if people get to see all of me I wont be enough). And all of my insecurities and past tapes tell me to run away.

I cannot and will not do this to myself any longer. I am concentrating on making myself accountable to the men in the program so I can work on this, It isn’t easy humbling myself to ask for help but really if I want everything our program promises us, I have to stop doing things that effect my personal recovery even if it is painful to look at and work on.

The hardest thing for me to look at and work on is patience and kindness, being patient with relationships and not inflicting my own will into them to make “me” in control, just allowing the other person to be themselves and accepting them exactly the way they are.

Letting them find their own way and not expecting them to do and be what I think is best. (Another thing I didn’t realize I was doing, I actually thought I know a lot and things would be better for you if you just listened to “my way”).

I thought I had a lot of kindness for others, but upon reflection I really lacked the true understanding of kindness-you see I thought kindness was all about my actions towards others. I WAS WRONG! Kindness is really about acceptance and trusting enough in me to bear my soul and be vulnerable to another person without reservation and allowing that person to be, and do what their journey in life is taking them.

Kindness is about feelings, and unrestrained openness to others. Sharing all of me and not holding things back to “protect” myself or them. When I knowingly hold things back to protect either myself or another person I am being deceitful and a liar.

I totally understand that in order to have friendships and relationships it will take time to trust each other and the magic is in the journey taken with another person but if I am holding back then it is a detriment to that journey.

Word Search- Beginning with “S”

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

sanity
searching
self
service
share
sisters
society
spiritual

sponsor
stable
stepwork
stories
study
success
surrender



Just For Today

Just For Today

GIVE THE NEWCOMERS
A CHANCE, KEEP YOUR



IN YOUR PANTS!!

*“Understanding
Continued..”*

I don't like getting humble and asking for help, I really don't want to write this because I know if it gets published I will have shared more of me to so many people that now know me, I won't be able to hide anymore and my loving family in NA will hold me to doing the work!

So in closing I think it is important for me to be willing to look at the different areas in my recovery that need work and be willing to not only work on them, but when I do recognize the problem, share my experience with others so I don't repeat the behavior, so I am held accountable, and who knows someone may even learn something to do different and be willing to do the work to achieve the balance the program promises us if we are open and willing to change.

I love the program of narcotics anonymous and the family it has given me. I truly am glad I have decided to make this area my home.

Thank you for my life!

Mark C.

1/21/91 McPherson, KS



Simple Enough

In Tradition Five it's clear, the message isn't blurred.

At the start of every meeting, it may very well be heard.

As a group we only strive, to simply plant a seed.

Then those who want what we may have can possibly take heed.

To carry a message of hope is all, as addicts we provide.

And maybe those who've heard won't end up, one of those who've died.

Hopeless and in desperate need, of what we have to give.

Through tradition five I practice, reasoning to live.

In giving back what many say, was so freely given to myself.

I strive to offer my service to you, the N.A. commonwealth.

By: J.M.

*“Blessings of
Recovery”*

As many addicts, like myself, we have been blessed with the precious gifts gained in recovery, but how many have actually looked as daily life events pass through each day and into the next as a gift? Just the other day, I found myself completely obsessed with only a “B” grade on a test paper in a college class, that is, until I began to also look at the fact that I have been an Honor Student, and on the Deans list for 2 years of college so far. But what really stopped my obsessing, was in the reality that I have actually accomplished making it through 2 years of college clean. This is a blessing in itself, but it doesn't stop there. Thanks to those who have gone before me, I have been able to replay that tape even further back. I begin to reflect at my clean time and see the gifts I have been given because of the program. Each year I have clean, has been filled with countless wonders full of joy, as well as sorrow. Each of the amazing feelings and emotions has been renewed by living the program, and sadly, it also includes the pain of losing loved ones. Even though I only have 7 1/2 years clean, I try to look at each day as a newcomer, and these past several months have been a fantastic journey for me.

I have moved back to Emporia, and have found myself for who I really am. My husband and I have started back to college and are both “A” students. My mother passed away in February. This was a very sad loss for me, but that very same day mom died, and at the same time she passed; I was honored with the most precious gift a person could ever receive... my oldest son and daughter, (who I had lost 15 years ago), called me. Not only had they called, but a very long standing and necessary amend was made that day with both my kids.

**“Blessings
Continued...”**

Today, I try very hard not to take things for granted, and look for the gifts I have been given as blessings of recovery. The small things mean so much more to me than any fancy car or expensive home ever could. Just for Today... I have renewed hope and faith, and firmly believe that because of the program of Narcotics Anonymous, I am truly blessed with a full and happy life, in short, that makes me feel like the richest person in the world. Thank you Narcotics Anonymous, I have been given the greatest gift one could ever receive; a life in recovery.

Sharon M.
Pioneer Group- Emporia, KS.



**“Basic
Reflections”**

“Addiction is a physical, mental and spiritual disease that affects every area of our lives. The physical aspect of our disease is the compulsive use of drugs: the inability to stop using once we have started. The mental aspect of our disease is the obsession, or overpowering desire to use, even when we are destroying our lives. The spiritual part of our disease is our total self-centeredness. We felt that we could stop whenever we wanted to, despite all the evidence to the contrary. Denial, substitution, rationalization, justification, distrust of others, guilt, embarrassment, dereliction, degradation, isolation, and loss of control are all results of our disease. Our disease is progressive, incurable and fatal.”

pgs. 20-21 6th Edition Basic Text



**“Behind the Walls
Personal Stories”**

My name is Will and I am an addict. I would like to share my personal story with you. Some twenty years ago I was attending a meeting when I met a man who would have a profound impact on my life. We introduce ourselves and he began sharing some of his stories and life experiences with the group.

At our next meeting I found out this gentleman was one of our sponsors. I quickly learned he was an accomplished and talented man. He had been a fighter pilot in WWII and had flown with a very distinctive squadron. He was also an author of some note.

The messages he delivered in our meetings seemed to hit home with me, and I could find myself relating to some of the pain he had endured in his life. I was looking forward to our meetings every month. Unfortunately, as fate would have it, a very tragic event would happen to his family and would forever change his outlook.

At our next meeting he told us he could no longer be a part of our group. His family had suffered an unthinkable act of violence perpetrated by an inmate recently released from our institution. He explained that he carried no bad feelings towards those of us in the group, but he didn't think he could ever come to the prison again.

I remember thinking that this sucks. After all, thanks to him I had quit using and have been clean since. Although it was selfish, I kept thinking what about those of us who need your message. Later on I became ashamed of having such thoughts when his family was the one suffering.

To this day I am eternally grateful to this caring humanbeing for showing me that it is possible to live clean and enjoy life with all it's ups and downs.

**“Behind the Walls
Continued...”**

My prayer still goes out to this man and his family and has for decades. Although I've remained clean all these years I have learned that there is more to recovery than just not using. My spiritual recovery is still a work in progress and I continually improve.

Before closing I want to thank all of our outside sponsors and guests along with every member of “The Hole In The Wall” group. Thanks for always being there for me.

**Hole In The Wall Member
Will N.**



**Sage Advise from
Behind the Walls**

The scary thing about life in general is that you can do everything right for many years, but all it takes is one foolish decision, a moment or misstep to destroy all that you have accomplished.

The best way to deal with the traps of human nature that can ruin a career or end a life is to get them out in the open.

Commit yourself to speaking up about any concerns, and to taking the conservative response whenever there is any doubt. If you are not comfortable with a given situation, acknowledge and adjust.

Be especially wary of a sudden change of plans. That is usually when our minds are racing, and under those conditions it is really easy to do something stupid; then it is very hard to catch our mistakes until it's too late.

Remember that choices are yours to make. Be Calm. Be Happy.

Wallace H. 9-15-09

**Thought I Loved You
(Goodbye to Drugs and Alcohol)**

*I met you one day when I was feeling blue,
You took my pain away and for that I loved you.*

*Though sometimes you were hard to find,
I always had you on my mind.
You consumed me in ways I can't explain.*

Everywhere I went, I heard you call my name.

*I gave up everything for you; my life, my job, even my family,
That's how important you were to me.*

But then I realized it was time to set you free.

You no longer have a tight grip on me..

I am sure I will think of you from time to time..

I will try to store you in the back of my mind.

*So for today it is good-bye,
I don't know about tomorrow.*

But that is something I will have to deal with then.

*I am going to start my life anew!
I pray to God to give me the strength to do it without you.*

