

Deadline For Next Issue Is November 30, 2010

Chair: Tim S. 785-819-4806 Co-Chair: Janet W. 785-827-8635
Treasurer: Kathryn C. 316-807-2500 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 November Quarterly Meeting

Location: Friendship Center,
746 Comanche, Salina Kansas

SUBCOMMITTEE MEETINGS

Saturday, November 20

9:00 am - 11:00am

Outreach
Steering

11:00am - 1:00pm

Literature
Hospitals and Institutions

1:00pm - 2:00pm

LUNCH BREAK

2:00pm - 4:00pm

Campout
Convention

4:00pm - 6:00pm

Public Information
Activities/ Soul to Soul

7:00pm - 8:30pm

Speaker Meeting

8:30pm - 11:00pm

Outreach Fundraiser
DJ Dance- Auction & Raffle
\$3.00 per person

NO ADDICT TURNED AWAY
NA AUCTION/ RAFFLE ITEMS NEEDED

Regional Service Committee Meeting

Sunday, November 21

General business, motions, request for funds.

Meeting starts at 8:00am and finishes when done.

Just For Today



Volume 28
Issue 3

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

Fall 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

Eighty-four Days

My name is Habib and I am an addict. Greetings to all the addicts at the Central Prison of Qazvin, and to all NA groups around the world.

I am writing this letter as I pass the final moments of my life. I am very close to death. I wish to send a message to all fellow members: I got clean through a Narcotics Anonymous meeting in jail, and through attending these meetings, I stopped using drugs. I have become very close to God, I feel good and I am at peace with myself and the world. I have accepted the will of God.

I'd like to ask you fellows to stay clean and be of service. Try to help other addicts stay clean physically, mentally and spiritually. Please continue this path to save other addicts. I have nothing else to say. My name is Habib, and by dawn my life will end. I will be hanged for the crimes I committed, but I have been clean for eighty-four days beside you. I wish success for all addicts... members and non members. God Bless.

Habib, Qazvin, Iran

October 2006

Just For Today

My Five Alive

1. My home group (best one on the planet)
2. My Basic Text (6th edition)
3. My decision to stay clean today
4. My being of service (Sponsorship, leading meetings, making coffee, etc, etc)
5. The love and trust of my true friends in N.A.

I am using this word MY on purpose to illustrate a point. You must make certain choices about each of these things just like I do. Like we all do if we intend to work a program daily. My program includes a lot of stuff lately. I am working a "Selfish program" these days. I am aware that this program we all love so dearly is a selfless program. I also am aware that WE are not all on the same page.

I live with my mother, have for all of a year and a half. I went to great lengths to make this happen. I also did not live here for the first 21 or so yrs of my recovery. I am not the average 45 year old guy. I have watched as our fellowship has changed and grown. "I grew up in N.A." is something that a few of us can say.

I am that guy who has stuck and stayed a really long time. I am the one who has been there as others have come and gone and come back again. Many times I have wondered "WHY!?!?" I truly believe that I was blessed to get clean where and when I got clean. We had 2 meetings a day in Wichita when I got clean. We also did not have so much literature. We also did not talk about the steps as much as we seem to talk about them now.

I claim "my program" because I have had to find other forms of help for my disease. I still have some of the defects I got here with in 1987. I believe in developing your own program. I believe that if all you do is "Parrot" other peoples program you lose out on the experience of developing your own program.

I know this because I tried to do exactly what I saw others doing and ALLOT of it did not work. I know that for this addict if I do not do certain things daily I start to perish spiritually. If I do not talk to my sponsor at least once a week. If I start to believe that "Regular meeting attendance" equals once a week or just the meeting that I lead I start to perish spiritually. If I stop reading all 4 of my morning meditation books in the morning I start to perish spiritually.

So if your reading this and thinking "What a goofball" or "Wow how cool" or "Man to hell with this guy I do not want anything he has" Just remember the sword of Judgment cuts both ways. For this addict I know what works for this addict and what does not. I stick with addicts who will tell me the truth about me. I have found that this is the only way for me to stay vital spiritually. Connected so to speak.

So do not be afraid to step out there on your own and spread your wings. Do not be afraid to tell your sponsor he or she is full of shit, they might need to hear it. Do not be afraid to claim what you love to do in the way of a program even if it includes a gratitude list like chocolate, good sex, skinny dipping in the moonlight, and any other crazy stuff that keeps you clean.

I hope this makes it to the people who really need it. I know that this was a lot of what kept me clean and some of it still does.

If your coming to Narcotics Anonymous meetings I might just see you.

Nicholas M Addict.



SAVE THE **DATE**

MID-AMERICA REGION OF N.A. **9TH ANNUAL SERVICE ASSEMBLY**

DATE:
Saturday,
October 16 2010

TIME:
10am to 11 pm



For more information,
please contact:
Scott at 785-760-4433

Location 1523 Arcade Street in Goodland Kansas.
Times of Service Assembly are Mountain Time.

Around The Region

Central Kansas Area reports that their H&I is doing well and the Annual Rib Feed will be held on September 18th at Schnack Park in Larned. Fellowship for Freedom Area has had a successful summer and new members stepping up for service work. Just for Today area reports the Freebirds of Independence is Celebrating a birthday on September 11th and the area is planning a Halloween Flier drive/ party on October 23, watch for fliers for all these events. Miracle Area is growing strong with a new group "Brothers and Sisters" meets on Monday nights at 7:30pm at 946 Vermont 3rd floor in Lawrence Kansas. The Miracle Area Campout is set for September 10-12 and their next area dance is going to be on October 30th with more to be revealed. Primary Purpose Area is growing as well with the 1-12 group adding a Tuesday night meeting at 7:pm. Night Fliers is hosting their Annual Fish Fry on October 9th at 810 S. Bell St. in Lyons Kansas. Gift of Life group has a new web page check them out online at <http://golna.us>. And their Back to Basics Campout is on September 3-6 at Lake Afton Shelter 4. Hopefully this newsletter will make it out to you guys in time to read this before the events!!! Unity Area reports they are getting ready to have an area inventory and that the Surrender group has closed it's doors. They are having a Potluck dinner on Saturday September 4th and preparing for their Annual Halloween Dance on October 30th, again check out the website at www.marscna.net for all events listed here. Wichita Metro reported a ton of service work if getting done to carry the message to the still suffering addict they now have 12 groups on the meeting schedule with campfire meetings in Augusta every other Friday night so check the website for details. Misery is optional of Eldorado is having their First Birthday Party on September 11th as well

a Halloween party set for October 30th, Unity group of Wichita is having their Annual Street Dance on September 18th and the area is having a Learning Days tentatively set for September 25th. Western Area had a successful campout last month and are in the works to possibly put on a Spiritual Retreat in the Fall. Regional Activities is busy getting ready for the Annual Service Assembly on October 16th, the regional Archivist is busy finishing up projects from borrowed minutes and tapes, if you or your area has past minutes or flyers preferably from the 70's or 80's to add to our archives please contact Tim S. Regional Campout is going strong with a full committee and theme and artwork ready to go. Please contact Wayne S. if your group or area can host a fundraiser for the campout this year. Convention is looking for a few good speakers.. if you have some tapes please submit them to Kim C. her information is on the regional website. The convention is set to take place at the Grand Prairie Hotel in Hutchinson Kansas so watch your mail boxes for pre-reg fliers!! H&I is kicking butt and taking names they just successfully helped each area carry the message by donating \$800.00 of literature for the still suffering addict. Literature is getting ready for the final chapters of the Living Clean Project, the review and input material will be ready by October so start planning your workshops and we will provide the chapters!! Outreach is gearing up for a fundraiser and t-shirts will be available at the next RSC, Public Information has a new Webservant, thank you to Bob K. for stepping up. Please say a prayer for our brother Kirk who had a life threatening health issue that has kept him from returning to service. Steering is finally going to have the regional Policy ready for an up or down vote by November, 2010.

pg.10

Just For Today

"Let's Talk About It"

I have been truly honored in being entrusted as the editor of this newsletter. I have read and re-read stories printed in this newsletter and the spiritual rewards have been overwhelming. I believe it is rewarding not only to read the stories but to also be given the opportunity to share some of my own personal story with you. It has been difficult, to say the least to receive input from members to fill this newsletter. I enjoy making artwork on my computer and have done so on occasion. I have also put in excerpts from the basic text as well as reprinting stories to fill in the space. In the last issue I made some controversial artwork to fill a page. Of course I did not know it was controversial when I put it in the newsletter. I have been told that members have shared their concerns that this artwork puts NA in a bad light as it is sent all around the world. And I must say to these members, you are correct, this newsletter does get sent all around the world. And I ask you does the artwork in question look worse on Narcotics Anonymous as a whole then printing "Work the Steps or Die MF" the name of a group, in our meeting schedules, which by the way are uploaded on worlds website. As addicts it is in our nature to be controversial, I guess what bothers me most is the implication that it is bad to shed light on a subject as powerful as predatory behavior. If you haven't guessed by now the artwork in question had the following words on it; "Give the Newcomers a chance, Keep your ___ or ___ in your pants." The blanks were filled in by pictures and the Chinese characters of a rooster and a cat. I felt I should be all inclusive as we know women can be predators also. Yet I still don't understand why this is negative.

In every meeting in Narcotics Anonymous all around the world it is stated "the newcomer IS the most important person at any meeting because we can only keep what we have by giving it away." Let's think about this statement for a minute, what exactly does it mean? Do we only love them until they can love themselves from a distance? Or do we make a concerned approach after the meeting to talk with the newcomer to give them hope that they too can stay clean? Or do we simply hug them and tell them half heartedly to keep coming back, with no real enthusiasm. Personally, I feel we do not do enough to harness and protect our newer members. We tell them they can be of service by dumping ashtrays. We say things like "I am grateful for newcomers because you remind me of what it is like out there."

Are you kidding me? Is that the best we can do? REALLY. Well for me a newcomer is worth more than dumping ashtrays. A newcomer can work at a PI booth and pass out meeting schedules, they can help update phonebooks and local lists where we put our number in. We can teach them to lead a meeting while they are new so they are ready when they have the clean time. And more importantly we can warn them about predatory behavior that can distract them from their recovery.

To deny that predatory behavior is an issue in our rooms is wrong. This brings me to a quote I read; "The central defect of evil is not the sin, but the refusal to acknowledge it." - Dr. Scott P. a non member. Think about it for a minute when we first start to work our steps we say things like "I don't have resentments" or "I only owe amends to a couple of people" I even heard a member say "Why do I have to look at the past when I already let it go?" but who does it really hurt to deny the truth?

Just For Today

pg.3

“Let’s Talk About It”
Continued

Who does it help to lie? It has been said in this program that you can’t save your face and your ass at the same time. And yet we still don’t talk about it!! We skirt around this issue of SEX!!! It is a real issue, it is a part of our lives and it is something that can be a terrible addiction that runs newcomers right out of the rooms.

And the big issue for me is when I was new I thought that being intimate meant having sex. For a lot of us that was the only thing we knew as a form of love. The members of this fellowship from my Sponsors to those who came before me in service to the still suffering addict all of you taught me that my vagina is not my “God Hole!!” There I said it. Sex, sex, sex. Personally I like sex and I live the NA way of life and believe it or not, that does include having sex. The whole world does it. There is nothing wrong with it when you are spiritually, mentally and physically ready to have sex.

Sometimes I have seen older members approach newer members in a predatory manner. This is wrong. If you are having urges that have nothing to do with love or recovery, then maybe you need to talk to your sponsor before moving forward. If you are trying to hook up with someone with only 30, 60, or 90 days and you have more than a few years, dude call your sponsor.

We love to say in meetings “I lost the desire to use drugs a long time ago” and then go flirt with a newcomer, really. I have seen it and guess what, if this describes your behavior you didn’t lose the desire to use, you changed your drug of choice. I think we need to remember why we are here, read the statement on the cover of this newsletter. Gratitude. I think it is important to protect our newcomers and let them know they are more important to me than worrying about offending anyone.

Thanks for letting me share, thanks for saving my life I will keep coming back. Send me an article for the next printing, something about recovery, NA recovery you could make it about how your life is changed or what service means to you. This is your newsletter and it is your stories that make it great. Be good to each other and remember that no matter what happens, you never have to use again.

In loving Service,
Suzie E.- Editor

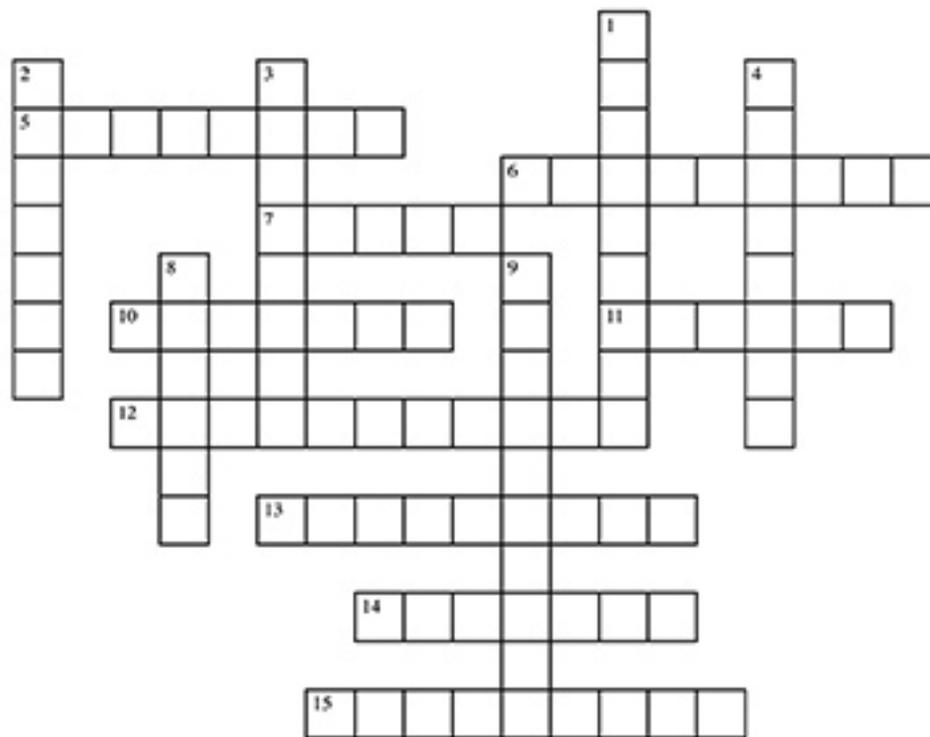


“Came to My Senses” pt. 13
the Final Chapter

The past year has been quite a roller coaster, and I FEEL changed, but I keep reflecting on just how much, or more so, on how little, I actually have. Joe, my sponsor, keeps telling me to look in the mirror and see if I recognize the person staring back at me. When I first came in I sure as h*ll didn’t. I am often too hard on myself, I have gone through the steps with Joe, started H&I work, helped get coworkers and others to meetings, and most importantly stayed clean.

My emotions from losing Mom have me feeling “lesser than” though and it just adds something else to work on in my life. Maybe a deep breath would help, followed by a meeting. Hey, maybe Julie will be there, speaking of emotions...ha ha. Just then the phone rang, what timing to get out of my thoughts. “Jimmy, what’s up?” “hey Sam, are you going to the meeting tonight?” “Of course!” I blurted out, “why do you ask?” “Well, I know you just went through a hard time with your Mom and all and thought maybe you needed to get out of your own mind for a while.” I laughed, how did he know where my mind was? Then he hit me with it “we want you to share your story tonight”.

Cross Word- Step Three
Find answers in the How and Why pgs. 27-35



ACROSS

- 5. Is a process of discovery.
- 6. We begin to realize that recovery is
- 7. We rely on our newly found
- 10. We try to align our actions with what we
- 11. No one can do this for us.
- 12. This is essential to working the Third Step.
- 13. Our Higher Power will take care of this need.
- 14. This person will guide us in applying spiritual principles.
- 15. We experience this in Step One.

DOWN

- 1. This and our ideas become more positive.
- 2. We are doing this at the close of a meeting.
- 3. This is composed of close-mindedness, unwillingness and self-centeredness.
- 4. Turning our will and our lives over to the care of our Higher Power provides this.
- 8. This is what we experience as a result of working the first Three Steps.
- 9. As we gain this, we cease to struggle.

Oklahoma Region of
Narcotics Anonymous is hosting the
Plains States Zonal Forum
Tulsa, Oklahoma!
October 8, 9, 10, 2010

Itinerary:

Friday, Oct 8th: Dinner at 7:30pm followed by the 2nd Chance NA meeting at 9pm @ Jimmy's Place (the new Tulsa Club house)

Saturday, Oct 9th:

9:30-11:30 Meeting Etiquette and Fund Flow
11:30am-1:30pm Lunch with the option to go to the noon NA meeting
1:30pm-3:30pm Consensus Based Decision Making and New World Service System structure
7:00pm Sharing In Recovery NA meeting followed by a dance and fellowship.

Sunday, Oct 10th: Any Zonal business will need to be done before 10am. Spiritual Connection meets at 10am at Jimmy's Place. If you would like to stick around feel free to visit the Oklahoma Region business meeting that will start at approximately 11:30am.

Hotel accommodations and Saturday's workshops will be at the **Best Western Trade Winds Central Inn** (918) 749-5561 - 3141 E Skelly Drive, Tulsa, Oklahoma 74105 Rooms are \$60/night. When you make reservations let them know that you are with the Plains States Zonal Forum to get room rate.

Friday and Saturday night fellowship events will be at the Tulsa club house Jimmy's Place 6530 E 21st St, Ste E

Hotel Directions:

From West: Take I-44 to Tulsa, Take Harvard Exit and turn left onto 51st St. Turn Left at Harvard Ave, go under bridge and turn left again. Hotel will be on right.

From East: Take Harvard Exit, go straight through light at the end of the exit ramp at Harvard Ave, Hotel will be on your right.

Jimmy's Place Directions:

Turn right out of hotel parking lot, take 1st right onto College Ave, Turn right at E 49th St, Turn left onto Harvard Ave, Turn right onto 21st St, go through the light at Sheridan Ave, clubhouse is on the right in the Sheridan 21 Center.

For more information contact Megan S at (918) 409-1682 or mregans2004@gmail.com

*"Came to My Senses" pt. 13
the Final Chapter*

"WHAT!" I instantly freaked, I have never done that before, in fact, when I had a few weeks clean they ALL told me to shut up and listen. I guess I had a verbal vomit issue back then. There was a short silence, on my part. "I guess so" I slowly told him, I could feel the cold sweat instantly trickle down my forehead. "Great, I'll see you there then". Jim hung up and left me standing there really freaking out, I hung up too and by that time had forgotten everything that went through my mind prior to the call.

After an afternoon of mental masturbation, trying to meditate, I made it to the meeting, nervous as h*ll. Now we've had some big meetings before, but for some reason it seemed packed tonight, and yes, Julie was there. So was my sponsor, and my new sponsee, Bill from work. But since Jimmy asked me, I reflected on my first meeting, which he took me to. See Jimmy told me a little story about coming to his senses, so when I started sharing my story, I started there. I took a deep breath and introduced myself. "My names Sam, and I'm an addict" that was the easy part. I had realized in that instant that I have came to my senses, my sense of touch not only stems from the hundreds of hugs over the past year, but also from the people that have touched my heart, some complete strangers. My sense of sight not only sees the beauty in every sunrise or sunset, flowers in bloom or fresh snow, but also sees the joy in everyone's face and the hope in a newcomer's eyes. My sense of taste stemmed out from foods I never thought I would like to my extended taste in music, clothes, and books. My sense of smell evolved from weed and incense to fresh cut grass (in the yard) and food. And my sense of hearing, well, expanded.

Now I hear the simplest sounds, but what I truly enjoy hearing is the readings, my sponsor always says he listens to the readings like it's the first time he'd ever heard them, I have done the same. It seems like I always get something different out of hearing them each time. I did go into my life, but tried to focus on my "new" life within this past year. Yes, I am an addict! I am not perfect, will never be "cured", will make mistakes, will obsess over the littlest things (and of course be compulsive over many of them). But I am on the right track...Just For Today!

*A letter from your Disease
taken from the August 2010 NA
Clean Times Newsletter*

I hate meetings. I hate watching you find a higher power. I hate everyone who participates in a program of recovery. To all that come in contact with me, I wish you suffering and death. Allow me to introduce myself: I am the disease - cunning, baffling, powerful and patient. I have killed millions and I am pleased.

I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, have I not? Wasn't I there when you were lonely? When you wanted to die, didn't you call on me? I was there.

I love to make you hurt. I love to make you cry. Better yet, I love to make you so numb you can neither hurt nor cry. When you can't feel anything at all, that is my true glory. I will give you instant gratification and all I ask of you is long suffering. I've been there for you always. When things were going right in your life, you invited me in. You said you didn't deserve these things and I was the only one who would agree with you. Together we were able to destroy all good in your heart and life.

People don't take me seriously. They take heart attacks seriously, strokes seriously, even diabetes they take seriously. Fools that they are, they don't know that without my help, many of these things would not be made possible. I am such a hated disease and yet I don't come uninvited. You must choose me.

So many have chosen me over reality and peace. More than you hate me, I hate all of you who follow the Twelve Step Programs. Your meetings, your Higher Power, all weaken me and I cannot function in the manner to which I am accustomed. Now I lie here quietly. You don't see me, but I am growing bigger, bigger than ever! When you just exist, I live. When you live, I only exist. I am here.....And until we meet again, if we meet again, I wish you long suffering and death.

Signed Your Disease

*“Behind the Walls”
Poems*

‘Clean Tips’

*If it's not yours, don't take it.
If it's not true, don't say it.
If it's not right, don't do it.*



*“Behind the Walls”
Poems
Continued*

‘On My Shoulders’

*On my right shoulder my angel
calls
On the left my devil falls
The light of his life has opened
my eyes
The addict inside me finally dies
The regret of my past will keep
him from waking
Keep him from lying, cheating
and taking
This second chance to live re-
minds me to pray
Thanking God for his love every
day
And even though these bars
make me feel weak
The strength of his word I can-
not fall
One thing I see through the
tears in my eyes
It'll take some time
Yea it'll take some time
But the dawn will come
Yea the tide will turn*

‘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 the differences if we expect to find solutions to problems that arise in our lives.

The rewards of humbling ourselves by asking for help are sweetened.

*“Behind the Walls”
Poems
Continued*

‘The Addiction’

*Acrid is the odor
And bitter is the taste
When evil's at the table
With no more crumbs to waste*

*Shadows are growing darker,
No time is left to wait
Our eyes grow ever dimmer
As we trust our lives to fate.*

*Our skin's a deathly pallor,
Dull teeth grow snag'ly loose;
Our brains have jumped the
track;
We're no keener than a goose.*

*We swirl within the vortex
While meanness drags us down
Into the boggy pit
To fin'ly sink and drown*

*At last we find our senses,
And pray for a clean release
From awful chains that bind us
And the pain that will not cease.*

*Grasp the strength and purpose
To end the strife and friction,
And use your inner power
To end the harsh addiction.*



*Help
The Winter 2010 Issue
Needs Your Experience,
Strength and Hope.*

If you have been thinking about writing for the Mid America Newsletter, PLEASE don't hesitate any longer. This is your newsletter and it is your stories that make it great. The deadline for the next issue is November 30, 2010. We are looking for your personal stories of N.A. recovery, poems, artwork(original N.A. related only please) and N.A. news. You can mail your articles to:

*M.A.N.
P.O. Box 8732
Wichita, Ks. 67202
or*

*You can email your stories,
poems and artwork to:
suzie.q.e@gmail.com*

