

Deadline For Next Issue Is May 31, 2011

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 L. 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  
2011 May Quarterly Meeting

Location: Friendship Center,  
746 Commanche, Salina Kansas

SUBCOMMITTEE MEETINGS  
9:00 am - 11:00am

Saturday, May 14  
Convention  
Campout

11:00am - 1:00pm

Public Information  
Activities/ Soul to Soul

1:00pm - 2:00pm

LUNCH BREAK

2:00pm - 4:00pm

Outreach  
Steering

4:00pm - 6:00pm

Literature  
Hospitals and Institutions

7:00pm - 8:30pm

Speaker Meeting

8:30pm - 11:00pm

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

NO ADDICT TURNED AWAY  
NA AUCTION/ RAFFLE ITEMS NEEDED

Regional Service Committee Meeting

Sunday, May 15

General business, motions, request for funds.

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



Volume 29  
Issue 1

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

Spring 2011

*"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*

### *Principles Before Personalities*

*"For our group purpose, there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants- they do not govern."*

*That statement is much more than a lofty sentiment- it is a reminder that God is to be in control, and not ourselves. How well we are able to implement this Tradition depends on a number of things, not the least of which is the character of those elected to positions of servant leadership. The group conscience is what is supposed to carry the day, not the will or the wishes of any individual trusted servant. We have seen far too many times where the Tradition is interpreted as an excuse to wield power "...but we're trusted servants- the group trusts us to do the right thing for them!" As it says in the Basic Text, this Tradition is meant to protect us from ourselves. We know from hard-won experience that direction and manipulation fail, yet time and again in our groups we run up against the "it's for your own good" mentality that so infantilizes us as a fellowship. If we do not wish to suffer the effects of the Law of Unintended Consequences, we simply must, as addicts, demand transparency and accountability from our trusted servants in every service venue, at every level. No longer can those of us in the member seat pass the buck- we will grow in our recovery only when we exercise our responsibilities and elect others to represent our groups who will carry a true group conscience to service meetings, and hold them accountable when they fail to do so. Service work is not to be about personality cults or charisma, but about a willingness to serve the addicts who are in the rooms and those who have yet to make it to them. Our job as trusted servants is, in part, to do everything we are capable of to see that the doors are open (maintain a good relationship with the church or organization whose space we are graced to use, and pay them the amount agreed upon), that literature is freely available, and that when issues arise that require our group's voice to be heard that it is in fact the group's voice and not our own dictates that are heard.*

*Reprinted from the Sioux Falls N.A. newsletter February 2011*

**“Group Conscience  
is Agreement”**

The ultimate authority in Narcotics Anonymous is the will of a loving god being expressed in a home group. Group Conscience has nothing to do with ‘winners’ and ‘losers’, nothing to do with ‘arguments’ and ‘campaigns’ as one might suppose by watching an NA home group implement a vote. A loving god rejects the idea of power votes taken under the influence of ‘maximum clean time’. It has nothing to do with majority rules.

Group conscience is simply a decision by a group of people who deeply care that every one of them has had the opportunity to express ‘god’s will’ for the group, and who want each of those opinions to be present in the outcome. Every decision is based upon what WE as a group can agree. Imagine each of us quietly and respectfully discussing each idea on the table, and agreeing to follow through with those upon which each member of the group can agree, setting aside the ‘others’ to be considered at a later time? This is how a group gains ‘one conscience’.



**“At last I say  
Goodbye”**

Goodbye to the excuses that came with you. To the false sense of security you provided, to the illusion of accomplishment I achieved under your tutelage, don’t forget the abandonment I felt when your promise of acceptance failed time after time. Goodbye to the youthful appearance my mirror image provided in the beginning of your seductive lure. All the broken promises you said mattered not. I won’t miss the anxiety experienced when the thought of being caught with you was at the forefront of my existence.

Farewell to the exhausting effort and all the chaos of trying to find

**“At last I say  
Goodbye” continued**

you every day when you were gone. Goodbye to the falsehood of every thought, action and deed when I believed you were the answer. Adieu to the lies and deceit I chose to give my loved ones by being with you. Most of all goodbye to the crew surrounding you and bragging on your ability to take me higher and higher. To the reality of which I am sad to say, I will miss you in some distorted way. No matter, I don’t need to visit you or send celebratory cards, or wish you were with me when working in the yard, The control you wielded is a memory that will stay, for in my powerlessness I will survive you this day. In my weakest moments I’ll hear your call Your promise of relief “no one will know if you fail”. No more fighting you minute to minute, hour after hour. Right now I am giving you to my HIGHER POWER.

*The last two stories were reprinted from the NA Way magazine and NA Cleantimes.*



**“Gifts”**

*I sit here by myself,  
But I am not alone  
A better way to live,  
A blessing I’ve been shown.  
The desire has been been lifted,  
I now know what’s my problem  
The hole inside gets smaller,  
As I learn new ways to solve them.  
Today I have a choice,  
I never saw before.  
A miracle has happened  
God brought us to this door.  
Today I have a purpose,  
I know this to be true.  
My friends at gift of life,  
I owe it all to you!*

~Jim C.

# Around The Region

Regional Campout reported everything coming together strong with the location and menu set. They are looking for raffle and auction items and any group or area willing to host a fundraiser for this wonderful event please contact Wayne S. They are also open for a new site and please send any ideas for a location to the committee members!

Convention is fast approaching while the pre-registration deadline has passed you can still register for the event at the door!! They have worked hard to finalize speakers and workshops. They are looking for donations for Basic Texts for the newcomers and raffle and auction items.

Regional literature may be struggling with members stepping up but they are still finding ways to make service easier for the newcomer!! Check out what’s new in regional literature at the next RSC!! And please step up to be a part of service!!

Outreach still needs a co-chair and secretary so please encourage your trusted servants to come to the next RSC to be a part of and they still have t-shirts for sale contact Danny C. for more information.

Regional PI is working hard to help the groups and areas carry the message they ordered stamps displaying the regional website information to pass out to each area to stamp their literature with, they are also trying to customize a public service announcement to go throughout the region!! They are also in the works of compiling a list of contact agencies in the region if you or someone you know would like to help out please contact Whitney C!

Steering reported having problems with conducting business at the RSC with only two members in attendance. The steering committee needs 3 members to have a full committee. please contact Wes S. for more information you how you can help!

Soul to Soul is looking for a group or area willing to host a fundraiser for next years event!! They have a new chair and are also on the lookout for some Artwork for their theme “Back to Basics”! Please send any information to Tim P.

H&I had several areas in attendance and has passed out service material for each area, tools to help carry the NA message in H&I.

May marks a big quarter for this region as it is an election month and many of our subcommittees do not have co-chairs ready to step into the position of chairs.

The following positions will be up for elections in May; H&I Chair, PI Chair, Activities Chair , Outreach Chair, Steering Chair (must come out of committee), Literature Chair, MAN Editor, plus these subcommittees need co-chairs, secretaries and general members willing to help carry the message to the still suffering addict.

The members involved at region dedicate a huge portion of their time to work together through our differences to collectively help carry the message to the addict who still suffers. This is all our responsibility, every member has a right to live happy, joyous and free and to help carry the message of Narcotics Anonymous. It is the member who is the most important person in the service structure, it is the member that steps up and takes that extra time to help on service bodies with a voice and an open mind, new ideas and a purpose. Without the members there would be no need for the service structure.

Freedom has responsibility it is our responsibility to suit up, show up and ask how can we be of service. Please join us in May at 746 Commanche in Salina at the Friendship Center on Saturday May 14 and Sunday May 15 for elections. There is no greater gift then the feeling of service to this fellowship. Hope to see you all there!!

# Around The Region

Central Kansas Area reports they are hosting a 'Spring Fling' on March 5, 2011 at the Masonic Lodge in Hoisington and it will be a campout fundraiser for their annual campout on Memorial Day Weekend May 27-30, 2011!! The subcommittees continue to be busy with carrying the message and all their PI literature racks are stocked!!

Fellowship for Freedom area's chair is recovering wonderfully from an accident this past winter they had a 'Spiritual Inventory' on January 30th with wonderful results and upcoming events include the Noon Groups annual 'Sink or Swim' party on March 19, 2011 look for fliers for all these events at www.marscna.net.

Just for Today area reported even though they are having trouble filling area service positions carrying the message is still number one priority. Upcoming events include; Pajama Jam on March 5, 2011, and a Recovery Fest Fundraiser on March 19, 2011 and their Annual campout at Big Hill Lake on April 22-24 please check the websites for fliers to these events and more

Miracle area is growing strong with 9 groups participating at the area level!! Way to go Miracle!! Their PI is working on a new prototype meeting schedule, H&I working hard and Activities putting together upcoming events, watch for fliers from that area soon!!

Primary Purpose area is working hard to get a flier together for an upcoming event on April 16, save the date for that and watch for fliers, the Night Flyers group is hosting their 3rd Annual Chili Bowl on February 26 in Lyons and Newton HOW is planning their annual Pre-Campout Campout for Memorial Day weekend!! H&I is going strong all across PPA and carrying the message into the facilities is picking up!!

Unity Area reports having trouble with area participation and is looking for suggestions to make service more attractive. On a more positive note they are still getting ready for a St. Patrick's Day function on March 18th with Scott K. from Wamego as the speaker!! So come out and support the area!!

Wichita Metro area reported 12 groups supporting the ASC including areas of Haysville, Augusta, El-Dorado and more! The area has an ad-hoc committee updating guidelines and in upcoming events Day by Day of NA is hosting their 10th Annual May Daze Function on May 7th fliers are available and Unity Group is getting ready for their annual 'Spring Fling' watch for fliers to be posted on the website soon!

Western Area reported a successful chili bowl with Dodge City's 'Against All Odds' group winning the coveted ceramic chili bowl! Western also reported trouble with filling in service positions and hope to see spring come soon to get more people out and in service. Regional activities is working hard and securing a new home for the RSC!! Also they are looking for a few good members to help out with the next Service Assembly set to take place at the 4-H building in Independence Kansas on September 10th! Activities also needs members to step up for service as elections are in May and we need a Chair, Co-Chair and Secretary.

Regional Archivist worked hard this last quarter converting many tapes to mp3's. He is still putting a call out for minutes and archives of all groups and subcommittees in the region and we are also looking for a climate controlled storage building. Please forward any information to Tim S.

## "Letting Go of Those Not in Recovery"

Picture a bridge. On one side it is cold and dark. We stood there with others in the cold and darkness, doubled over in pain. Some of us developed eating disorders, lost control of our sexual behavior, drank or used drugs to deal with the pain.

We did not know there was a bridge. We thought we were trapped on a cliff. Then some of us got lucky and our eyes opened, by the Grace of God, because it was time. We saw the bridge. People told us there was warmth, light and healing from our pain on the other side.

We decided to cross the bridge. We tried to convince the people we love to go with us, but they wouldn't listen. They were not ready for the journey. We decided to go alone because people on the other side were cheering us onward. There was light, warmth and love. The other side was a better place.

But now, there is a bridge between us and those on the other side. We may be tempted to go back and drag them over with us, but it cannot be done. The choice is not ours.

We can love them, wave at them and talk to them but we cannot make them come with us. Our time has come to cross the bridge and we do not have to feel guilty it is where we are meant to be.

The best thing we can do is stay in the light, because it reassures others there is a better life. And if others decide to cross the bridge, we will be there to cheer them on.

~Wendee K.

## "Service isn't Always Easy"

When it comes to the Regional weekend, I love to go and see my friends and be of service. Unfortunately this last Region was not as fun and spiritual as ones before it.

There were issues that were brought up and questions asked this last weekend that lead our body to rear it's ugly side. When it comes to the

## "Service isn't Always Easy" continued

business at hand I think we need to leave our spiritual side on the floor and leave our personalities at the door. I understand that it is hard not to get emotional when we are passionate about NA, but emotions are a part of our business that needs to stay in check. I have been guilty myself of letting my emotions get the better of me before at the Regional meeting, but I am learning and growing in a more positive direction. I am learning that if it isn't practical, then it isn't spiritual. I am learning that when I feel a lot of emotion I need to keep my mouth shut and ask my Higher Power for the strength to listen to all the facts. I would hate to see the newcomer not participate because those of us that have been here a while set a bad example. We need to be mindful of our members that come after us and the picture we paint in their minds. If we are petty and mean and out of control, then that is all they see when Region is mentioned. If we are spiritual, the picture is a positive one and they might return. My hope is that the next Regional meeting will be a more spiritual one. I hope that we can keep our emotions in check, our personalities at the door and be practical in our discussions.

### DISCLAIMER

• Attention Readers; This is the M.A.N. Newsletter. This is the periodical put out by the Literature Committee of the Mid America Region of Narcotics Anonymous. The purpose of this newsletter is "...to increase unity and to carry the message of recovery." The opinions and views shared in this publication do not necessarily reflect those of The M.A.N. staff, or NA as a whole. No endorsement or affiliation with any groups or other organizations is intended or implied.

• Reprint rights are granted to all service boards, groups and committees of N.A. Submissions from members are eagerly welcomed, but the newsletter editor reserves the right to return or edit submissions.

Thank You, The Staff

**Help  
The Summer 2011 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.*

*If you ever wondered how this newsletter gets put together or wanted to learn how to create this? Join us on May 14, 2011 at 4:pm at the Friendship Center in Salina to find out how YOU can be of SERVICE!! May is Elections and this Newsletter needs an EDITOR!! Come be a part of an enriching service venture!! 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**

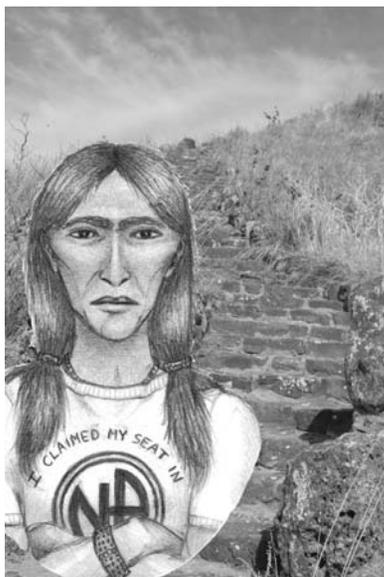
*You can email your stories, poems and artwork to:  
suzie.q.e@gmail.com*



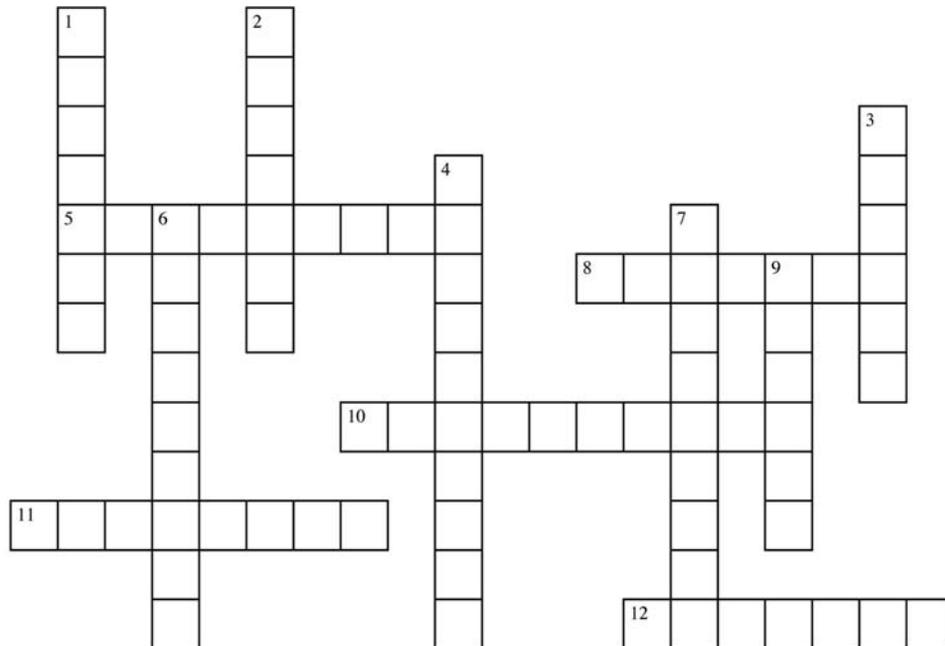
**“Our Freedom,  
Our Responsibility!”**

Attention Readers!! The next two pages of this publication contain a literature survey released from NAWS. This survey is for EVERY member in Narcotics Anonymous!! So if you are reading this issue, you are probably a member! Please don't take this lightly. Fill out the 2 page form below and cut it out to mail to NA World Services. The purpose of this survey is to give NAWS direction on what we want to see published, what literature we want!! It is our fellowship and our responsibility to guide the service structure!!

Some of the questions asked in this survey is weather or not we as a fellowship want to see a “Traditions Workbook”, “Service and Recovery” and many others. Also NAWS is asking for your ideas, your suggestions and what you want to see come out of a literature project. So please take the time to fill out the form and mail it in by April 1 to the address below or go online to [www.na.org/litsurvey](http://www.na.org/litsurvey) and fill it out online.



**Spring Crossword Puzzle  
Just For Today- Living the Program**



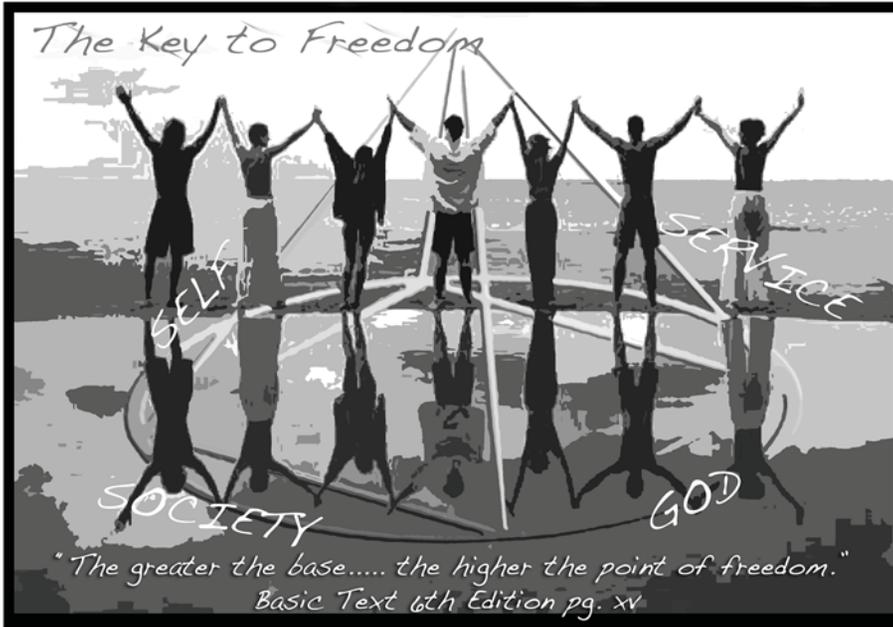
**Across**

- 5. The Narcotics Anonymous program is this
- 8. Any clean addict is a
- 10. This can lead us to calmness and serenity
- 11. Each night we give thanks for this gift
- 12. Making this available gives us a feeling of joy

**Down**

- 1. Is the Antidote
- 2. We are slower to anger and quicker to
- 3. Some things we must
- 4. A new idea cannot be grafted onto this
- 6. Allows us to recognize our daily growth
- 7. As recovering addicts we come to know this
- 9. Others we can

You can find the answers to the clues in the Basic Text. Hint; Look in Chapter 9; “Just for Today”!!!



We hope this survey will provide a sense of what the fellowship today would like to prioritize in the development of and/or changes to NA recovery literature. Our needs and desires vary widely around the world and the results from this survey will help us to get a sense of the fellowship's ideas. The World Board will use this information when considering what type of proposals to develop for future literature projects. We have not included questions about revisions to existing IPs for two reasons. First, many of the IP topics will be reflected in our in-progress book, "Living Clean: The Journey Continues." Second, keeping our literature current is still an important activity, but in past literature surveys we were unable to obtain clear direction on IP revisions. WE believe we need to develop another approach to gather that feedback. We thank you for your participation in this important project.

**What New Literature Do We Need?**

We ask that you consider the needs of members globally in assessing what is needed or not, and what literature we should prioritize. Sometimes, we tend to look around our meetings and believe we have everything we need; yet that may not be true for addicts who have not found NA or for members in developing NA communities in other places in the world.

Do you think NA members could benefit from new recovery literature?	Yes	No
Comments		

The following are ideas submitted for pieces of literature from members over the years. Please check **one box for each identified topic**. We have left a space for **comments** after each item. If you have said that a piece of literature is very much needed, it would help us to better understand exactly what you are looking for in this piece of literature. Please note that the ideas listed under each category for a new piece of literature are just that, ideas. The scope and focus of the piece will still have to be determined.

Book-Length Recovery Literature					
Idea	No opinion/ Don't know	Not needed	Needed, not a top priority	Very much needed	Comments
History of NA					
Traditions workbook					
A daily meditation book featuring a spiritual principle a day					
Alternative step writing guide which may be a companion piece for those who have worked through SWG					
A new book about sponsorship					
Other - please specify					

Complete this form by 1 April 2011 at [www.na.org/litsurvey](http://www.na.org/litsurvey), fax it to 818.700.0700; or mail it to NAWs; 19737 Nordhoff Place; Chatsworth CA 91311 USA

**33 ANNUAL MID AMERICA REGIONAL CAMPOUT OF NARCOTICS ANONYMOUS THE WORLD'S LONGEST RUNNING FREE CAMPOUT JULY 1-4, 2011**

**LUCAS PARK, WILSON LAKE WEST OF SALINA ON I-70**

**FOR MORE INFORMATION CONTACT WAYNE S. (620)664-1860 SHANNON H. (620)960-5567**

- SPEAKERS**
- CAMPFIRES**
- SMOKED PORK**
- GAMES**
- SPOT MEETINGS**
- FELLOWSHIP**
- FOOD AND FUN!!!**
- RAFFLE AND AUCTION!!**
- WORKSHOPS!!**

### Book Revisions

Idea	No opinion/ Don't know	Not needed	Needed, not a top priority	Very much needed	Comments
Revise current Step Working Guides					
Revise current Sponsorship book					
Other - please specify					

### Booklets (20-24 pages)

Idea	No opinion/ Don't know	Not needed	Needed, not a top priority	Very much needed	Comments
Practicing the Principles of our Traditions					
Service and Recovery					
Application of the Concepts					
Other - please specify					

### Informational Pamphlets (IPs)

Idea	No opinion/ Don't know	Not needed	Needed, not a top priority	Very much needed	Comments
IP for older members					
What is 12th Step work? With how-to suggestions					
Women in recovery					
An IP for all indigenous peoples					
Carrying a clear NA message					
Regardless of . . . sexual orientation					
What is spirituality?					
Other - please specify					

### Demographics

In addition to your thoughts about literature priority, we would like some information about who you are.

Are you      Male  <sup>1</sup>                      Female  <sup>2</sup>

What is your age group?    Under 18  <sup>1</sup>    18-24  <sup>2</sup>    25-34  <sup>3</sup>    35-44  <sup>4</sup>    45-54  <sup>5</sup>    Over 54  <sup>6</sup>

Length of clean time:    Years \_\_\_\_\_                      Months \_\_\_\_\_

Where do you live?    City \_\_\_\_\_ State/Province \_\_\_\_\_ Country \_\_\_\_\_

Complete this form by **1 April 2011** at [www.na.org/litsurvey](http://www.na.org/litsurvey), fax it to 818.700.0700; or mail it to NAWS; 19737 Nordhoff Place; Chatsworth CA 91311 USA

