



MID AMERICA NEWSLETTER



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P.O. Box 8732
Wichita, KS. 67208
newsletter@marscna.net

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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

Note: the opinions and views shared in this publication do not necessarily reflect those of The M.A.N. staff, or NA as a whole.

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Here it is, springtime and once again a newsletter has made it to your inbox. This publication is still in need of an Editor and hopefully that will be taken care of soon. If not we will strive to at least continue to put issues out quarterly, possibly just in the pdf version you are reading now.

As with the history of the Mid-America Region, the exact date when this publication started has also been a bit of a mystery. Our archives contained issues starting January 1983 which is what this volume is based on, as an archivist, I have been in search for our beginnings. A card catalog was uncovered that dates this publication back to January 1980, or just months after the Mid-America Region was formed. I don't feel it's necessary to adjust the volume number, it is about quality, not quantity. At least that is the way I was taught.

Here it is, another WSC (World Service Conference) and we have a long awaited book up for approval called "Living Clean". Have you and your home group cast your votes, conscience, or thoughts on this and all the other issues? Even though there aren't motions pertaining to the service structure, continuation, or resolutions as they are called, will be a big topic that also need your thoughts. Contact the RD or Alt. RD listed on the back for more information.

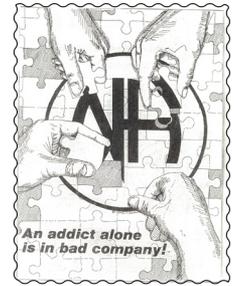
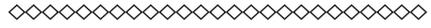
And now for this issue, I have received some great articles that I hope you enjoy as much as I have. There is always room for more so I hope those that are reading this feel inspired and mail, email, or hand deliver your own stories, poems, news and as always, experience, strength, and hope.

Read on!

I have recently been getting involved with service again at the group and area level and was surprised that there has been a decline in involvement from people in the fellowship. People need to get involved and be of service or the fellowship will wither away. I don't know what I would do without the fellowship of NA, I would probably be dead if there weren't people willing to be of service and help me when I came into the rooms, and when I came back. I think it's important to get involved, especially at the group level, where we can help the newcomer, which is our primary purpose after all. Another way to reach out would be to just write something to submit to the MAN. *It's a way to share experience, strength, and hope with other addicts.* It doesn't take long to write a short article, and type it up and email it to the newsletter. It doesn't have to be a novel, just something you have had an experience with that relates to recovery. I attended the last regional subcommittee meeting for literature and was disheartened to hear that there had not been any new submissions to the MAN for months. It would seem that with the number of addicts in the fellowship, it would be possible to have an abundance of articles to choose from for the MAN. Please, take some time and write something and submit it. It's a simple way to do some service

in the fellowship that could save your butt. I know it saved mine.

Kate M.
Clean & Serene in Abilene, Ks
February 2012



I was at the Regional meeting when it was mentioned the time and place of the next Zonal meeting and I thought I would like to go and see what happens there. I have been involved at the Group, Area and Regional level but not having the position of RD or AD really never had considered going to a Zonal meeting. The timing fell perfect for me to attend. On the Friday morning the RD, AD, Regional Chair and I (Vice-Chair) all left for Iowa. It was kind of funny; Tim was driving and the rest of us were on our electronics i.e. phones or Kindles. We got there in good time and had only just arrived when the Zonal Chair came to our room. Within the next ½ hour to an hour RD's and AD's from everywhere were all passing through our room. Our RD Misty is a very popular gal in that circle and I got to meet her brother as well which she hadn't seen in 3 years.

One of the coolest things for me was that on the Friday night all of us attended a meeting nearby. There were about 30 of us. I have been clean for 23 years and I have never had the opportunity to welcome so many members at my own home group. Imagine what the newcomers at that meeting were all thinking/feeling. I was with these people for 3 days and I have never met a group of such kind people. I was totally taken into the group and I never felt alone. On Saturday, we got to participate in a CAR workshop with Jim from the world office presiding and he then told his story that night. On Sunday it was business as usual. This group conscious (*and it is truly a group conscious there is no voting*) was like our Group operates. I'm sure that some meetings probably get heated but this was not one of those times and I was impressed to see that the addict was absolutely at the forefront of the entire weekend.

I had been sick the week before and it was really at the last minute that I was feeling well enough to attend. My peeps were extremely accommodating to my diet and we had good food all weekend and great fellowship. Tim was celebrating his birthday on Saturday and at the Mexican restaurant they put a sombrero on him and he was nice enough to let me take a photo that I was able to send to his wife.

We walked away from that weekend with ideas we talked about all the way home. Whether or not I agreed with all that was discussed, I definitely felt that everyone treated each other with respect. That's one thing that I find lacking at some of the business meetings so like everything else; it starts with me.

A miracle in recovery,

Janet W. in Salina



*I was just going to go
to a meeting.....*

I returned to meetings after being away for a while and was going to attend in a town nearby only to discover that the group had folded. I attended meetings of another fellowship and met a fellow addict (Larry) that used to attend the group that folded. We visited about the possibility of starting another group. I started calling people looking for guidance and suggestions. We attended the area meeting that was to take place and asked for guidance and suggestions and were told that the area would provide literature and a start up kit for a new group. Someone at the meeting had a start up kit from a group that folded and offered to give it to us.

It was awesome, and such a warm fuzzy feeling, that others were supportive of another group starting. I was just going to return to meetings and work the steps. I had no idea that it would snowball into turning into being of service and starting a new group. The really cool thing is that it's grown and others are getting involved and it has become a very spiritual group and has evolved as our Higher Power intended it to. We have had newcomers at our meetings and they keep coming back, which is great! I can see the primary purpose being fulfilled. I'm honored that I get to be of service today, and just ask my Higher Power for guidance and leave the results up to that Power.

Kate M.
Clean & Serene in Abilene Ks
February 2012



Forever Grateful

My sponsor has shared many things with me over the years, most of which I can learn from if I choose to listen and apply the lesson within.

For several years he had told me of a men's retreat which he attends. He told me of the spiritual healing that had taken place in his life and that he wanted me to go and experience it for myself. I always had some reason for not going. I ran out of excuses and eventually made the decision to go,

with a lot of help from my sponsor. It really helped to have two of my sponsees go with me. We all met at my sponsor's house in Omaha and flew out from there to Florida. I had mixed emotions about the whole trip but couldn't figure out what was going on inside of me; I felt afraid but didn't know why. It was really cool to be traveling with eight other men on a quest for some healing to take place in their lives. This is way out of the norm for me and I am almost positive it must have been for some of my traveling companions also.

I was really excited when we arrived in Jacksonville that day, but still uneasy about something. I still couldn't identify the feeling that was going on inside of me. I wondered if the other guys on this trip for their first time might be feeling the same thing. We grabbed a bite to eat and headed to our hotel until the next morning. We were greeted at camp with a very warm welcome. There were men from all over the United States, Canada and the Caribbean. It was amazing. There were 265 men all in the same sponsorship tree. We were all connected and for the same reason, recovery! I had no idea how much the next two days would impact my life.

There were so many different ethnic groups. As we went from cabin to cabin you could sample foods and customs from all over this part of the world. It was wonderful. We all seemed so different but yet were the same

in regards to our involvement with Narcotics Anonymous; and how that had changed our lives. There were several things that happened at this retreat I'll never forget, and forever will remain grateful for. We all met on Saturday at the main hall and broke up into four groups and out of these groups into pairs. Once paired with someone you went on a walk through the cypress trees and palmettos and shared your hopes, your dreams and fears. This is where I met Leonardo, a gentleman from Miami, Florida. We walked and shared for a couple of hours. We shared a lot of different things with each other about our families but mostly of our children. Once again God had placed someone in my life that was just like me, another addict. After your walk, you went back to the main hall and shared what you had learned about your partner. I'll never forget that day and how Leonardo touched my life. We were different but yet very much the same. He will be forever in my heart and life.

Another thing that happened was a Christmas tree ceremony. You would make an ornament and have a turn to share before you put your ornament on the tree. This was a time to share a loss of a loved one and to turn that person over to your Higher Power. I was amazed at the power of this and everyone's sharing but still couldn't bring myself to do it. For some reason I still couldn't figure out my feelings.

On our last day there it is tradition with the Nebraska guys to go to the beach for a walk and get something to eat before the long flight home. We walked along the ocean and I found myself crying. I had finally figured it out. You see, it had been fifty years previous to this that I had walked with my grandfather for the last time along the Atlantic Ocean. I had finally found what had been bothering me. I had never had the chance to grieve my grandfather's death due to an ugly divorce that my parents had gone through. I had missed my childhood hero, my grandfather.

By working the steps with a sponsor, going to meetings, and finding a new way to live anything is possible today. No matter what, I never have to use again.

Forever Grateful

John W., Salina



Medications and Recovery

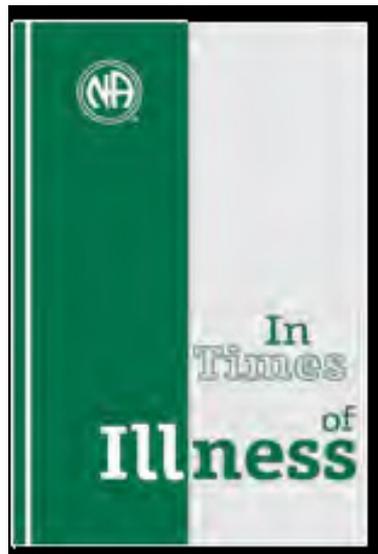
When I experienced my first surgery in recovery, I was given a prescription for pain upon leaving (*outpatient*). My wife went to fill it just to find out it was a narcotic and over the phone I declined it. I white knuckled it that first night and got a non-narcotic replacement the next day. That was the most intense pain I had ever felt, something I never care to repeat but I survived.

Over the years I have had many medical issues and a few more surgeries, but after that first time experience along with our literature and other member's help, I was better able to follow Dr.'s orders and still be responsible for my recovery. When needed, I do take a limited number of prescribed pain medications.

It says in our Basic Text that one option is to stop taking drugs while we still hurt, I learned very early that there are non-narcotic pain pills, as well as over the counter medications that can do a good enough job of making me comfortable. It also says that we will be surprised just how much pain we can handle without medication. My "addict" mind tries to fool me, telling me the pain is far greater. It was explained to me once by an addict that had previously relapsed on prescriptions that our body does know when we don't need it anymore, while there is actual pain the medicine focuses on

it, in other words no side effects. When we don't need it but our mind tells us we do, the medicine makes us feel high instead. Of course, people handle pain differently just as people recover at different paces. Just as spiritual pain has made me a stronger person, dealing with physical pain has made me a more responsible person.

Medications and recovery have always been in a "gray area", Both the Basic Text "More Will Be Revealed" chapter and the booklet, "In Times of Illness" are great resources, talking to other members and your sponsor is definitely a great resource. "Whatever pain we experience will pass. Through prayer, meditation and sharing, we keep our minds off our discomfort and have the strength to keep our priorities in order." *Basic Text pg. 103*



See you
there!



Serenity
Under The
Stars



WORD SEARCH - see how many you can find!

CONVENTION
WORKSHOPS
SPEAKERS
HIGHERPOWER
CELEBRATION
SPONSORSHIP
SERENITY
HOPE
TWELVESTEPS
UNITY
ITWORKS
CHANGE

Spring 2012

N C G
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 A F O

AROUND THE REGION

Summertime campouts are here so it's time to get out of hibernation and get some fresh air! (*at least before it gets too hot!*)

Of course indoor activities and service efforts are always available so those of us who prefer climate control can participate. As long as you stay active and hang around recovering addicts all is well, remember, an addict alone is in bad company!

The Mid-America Region is experiencing change, some of which is even growth. Some areas are very strong while others are on the verge of disbanding, or in Western Area's case, splitting. Western Kansas is not new to having two areas, the distance traveled is extreme and population is limited, but the recovery has always been strong and members willing. Hopefully this split will gain participation on both North and South to build upon what they already have.

Unity Area has gained growth by only meeting quarterly instead of monthly, this was another area that felt the edge of existence drawing near. Not that, that would effect the groups or recovery, Phoenix Group is celebrating 40 years of NA in Salina this July, a big milestone for Narcotics Anonymous in Kansas as this was our start.

Just for Today and Primary Purpose areas have also reported struggles with participation while Central Kansas, Miracle, Fellowship For Freedom, and Wichita Metro are all doing well in their structure.

The structure at the region level has been somewhat stagnant over a number of years, for that reason an ad-hoc committee was formed to formulate a plan for a restructure. This should tie in easily with the resolutions offered by NA World Services that will be discussed at WSC.

My focus for all levels is going to be Outreach. It currently is seen simply as a road trip, whether capturing another group's banner or hauling a rock around and having each group sign it before passing it on to another group. Outreach is much more, foremost is education. The reason most groups struggle is they aren't trained to properly reach out to the community, or keep their group Tradition bound for longevity. Outreach has tools for those kinds of workshops, they work in unison with all other sub-committees also. I see it reported frequently that areas don't have an Outreach chair, the region is also faced with that. Outreach efforts don't require a chairperson, they require members with the knowledge and willingness to make an effort. we get enough of those then finding a member to chair or facilitate won't be as difficult. Support your local Outreach!

Chair: Tim S. (785) 819-4806 **Co-Chair:** Janet W. (785) 817-8635
Treasurer: Kathryn C. (316) 807-2500 **Secretary:** Amber C. (785) 577-6196
Delegate: Misty K. (785) 819-6482 **Alt. Delegate:** Daniel C. (785) 819-6234

Central Kansas Area (785) 621-4350
Fellowship For Freedom Area (785) 232-5683
Just For Today Area (888) 858-7886
Miracle Area (785) 749-6631
Primary Purpose Area (620) 662-5390
Unity Area (866) 864-8962
South Western Area (620) 255-8436
North Western Area (719) 342-1801
Wichita Metro Area (316) 524-7775

NEXT R.S.C.

Rodeway Inn - Mid America Inn
1846 N. 9th St., Salina, KS.

Saturday May 19th, 2012

9:00 - 11:00 A.M.	Campout Convention
11:00 A.M. - 1:00 P.M.	Public Information Activities/Soul to Soul
1:00 - 2:00 P.M.	Lunch (open)
2:00 - 4:00 P.M.	Outreach Steering
4:00 - 6:00 P.M.	Literature Hospitals and Institutions
7:30 P.M.	Speaker Meeting
8:30 - 11:00 P.M.	Dance (Auction and Raffle included) \$3.00 person - no addict turned away

Sunday May 20th, 2012

8:00 A.M. - ??? **Regional Service Committee Meeting**