

Chair: Russ P. (785) 383-2257 **Co-Chair:** Mike T. (785) 493-8308
Treasurer: Janet W. (785) 827-8635 **Secretary:** Susie E. (316) 361-0300
Reg. Delegate: Tim S. (785) 819-4806 **Alt. Delegate:** Misty K. (785) 819-6482

We can use all the bodies that wish to become involved in regional service. 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.*

NEXT R.J.C.

Red Coach Inn - 2211 E. Kansas Ave. McPherson, KS.
All meetings are held in the Registry Rooms

Saturday August 16th, 2008

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

Sunday August 17th, 2008

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



**Volume 25
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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. 65, 5th 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.

Hello family,

Welcome to the summer edition of your newsletter. In this issue you will find lots of information about the 2008 World Service Conference and the changes it has offered, articles from our “roving reporters” at MARCNA XXV, and of course your experience, strength, and hope in written format. You might even find some artwork, cartoons, and/or puzzles in here as well. No matter what the content, the joy and satisfaction I get from compiling it makes my life more complete.

The position of Editor for this publication is open and some of you might be wondering just what is expected of the right candidate and what qualifies that “someone” to fulfill this privileged position. Lets start with clean time, in our guidelines it is stated that the Editor have three years clean and is willing to serve a two year term. Here is what is NOT written. In order to fulfill the duties and keep a consistent newsletter in print, the Editor must also possess an eye for detail, a passion for reading, and also the Editor must like to write, even if it's just

this front page or news from the region. I don't always get enough material so I use past articles from the MAN and “borrowed” articles from other newsletters such as the NA Way. Getting the Handbook for NA Newsletter from NAWSS will be helpful also. As Editor, I have set up an account with the print shop where these issues get printed, which getting this to them is less complicated thanks to computer software and PDF format, which is also the format that all “on-line” readers receive. I think most of all though, it takes perseverance and passion. If YOU are the right candidate please attend the Literature Subcommittee Meeting 9:00 a.m. Saturday August 16th. We only produce four issues a year, but our hope is that these four reach everyone desiring recovery!



Came To My Senses pt. 7

I woke up this morning and noticed it had snowed outside, as I stared at the white glistening drifts and tree caps I became mesmerized. I hadn't looked at a fresh snow like that since I was a kid. I thank my Higher Power every day for, well, everything, but today I just stood there and told my HP he had really out did himself this time. Last year and every other year I can remember I didn't see winter, cold weather, or snow as a blessing. It just made it a little harder to get a fix or hit all the parties. What a waste I was just six months ago.

As I got ready for work I reflected on my first convention I attended last weekend, it was a very spiritual couple of days and I'm still on a cloud. To see so many people in recovery, laughing and hugging. Before I knew it tears started running down my face and I thought to myself, "where did THIS come from". I knew I couldn't go to work like this so I did my best to shake it off and quit thinking about the convention.

Later that day Joe and I decided to make a road trip to a meeting about thirty minutes away. While at the convention he had found out the group there was struggling so he decided to do some Outreach. Other than at the convention, I had never been to another group so I became somewhat nervous. Walking in though calmed me down real fast, Julie was there. "Hi Sam" yelled Julie as she jumped up to give me a hug. I met a lot of people last week at the convention but Julie really stood out, so full of life and outgoing. Joe sensed my excitement and just smiled as he set across the room from me. Nine people showed up for the meeting which is smaller than our group where it has ranged from 30

to 40 members at every meeting. I was amazed how much sharing such a small group could have though, I really liked it. When Julie shared she expressed how grateful she was for Joe and I and then shared about her abstinence from relationships with men and all of a sudden my heart sank. Joe and I have talked quite a bit about staying out of relationships in early recovery but then again no one like Julie has come in to our group. So far I have been very intent on working on my life through the steps but getting to know Julie last weekend threw me off track a little. After the meeting we all went out to coffee and Julie explained that she had gone through a few "sick" relationships in recovery and was trying to get to know herself. For some unknown reason I empathized with her and was able to accept the situation. The best part though is I ended up with a new friend. On the trip home Joe and I talked about it and he said he was proud of me, deep down inside I still had feelings of infatuation which I didn't really understand the difference between infatuation and love but that is what Joe told me it was. So far Joe hasn't led me wrong and I trust him, wow, did I just say that? Trust is something else I never experienced since I was small kid. So much has changed in the last six months! Because of the snow we drove slow and got home later than expected. I went through a tenth step that night anyway and listed all the feelings I could remember and identify. There were a lot of them! The next morning I was tired and still sleepy but I made it to work with no thoughts of "skipping". "Is this really me?" I asked myself. I'm starting to see what everyone means when they say I need to take time to get to know me.

continued in the next issue

Mid-America Region 7th Annual N.A. Service Assembly October 18th & 19th 2008 McPherson, Kansas



**back to basics
circle of hope
wisdom new and old
creating hope through service**

AROUND THE REGION

The “longest running free campout in the world” is right around the corner (if you are reading this before the 4th of July weekend). Though the committee has the planning done the execution may need your help, so please, ask where you can be of service while you’re there. That’s July 3rd -6th at Lucas Park, Wilson Lake. The 30th year, WOW!

MARCNA XXVI committee is developed and the planning has begun, it will be in Wichita, KS. March 20th-22nd, 2009. The 2008 convention in Lawrence was a success and a little bit more of our history was made available to look at.

Hospitals and Institutions is continually working with facilities and also trying to locate more within our region to expand our work flow. Along with that, focusing on getting members involved in local H&I efforts is an ongoing effort.

Other than this publication, Literature is hoping to get involved with the next book length piece from NAWS titled “living Clean, the Journey Continues”. We are getting more involvement for this publication by the way of reporters attending regional and other events. It is our hope to get this publication back to a large group effort.

Outreach is having their first fund raiser/Speak-a-thon in Lawrence, KS. September 27th, 2008. The intent is to raise monies for travel and group starter kits for struggling communities. Contact Scott W. at (620) 278-2248 for more information.

Public Information is still very busy with learning events but are also looking into more hands on work with conferences and county health fairs. They still work with both Outreach and Hospitals and Institutions also, which includes obtaining and stocking literature racks for facilities.

Steering has set a time line for the completion of the new regional policies. They will be presented at the Feb. 2009 RSC so RCM’s can take them to their areas for one quarter, and then will be voted on at the May 2009 RSC. The updated list of criteria for obtaining convention bids is out and it is their hope that bids can be presented for two to three years out.

Souls United

is the theme for this year’s Soul to Soul Spiritual Retreat. The dates are September 19th - 21st, 2008 but preregistration ends August 15th so get yours in early. What does preregistering get you?? A free t-shirt, after August 15th shirts will be available for \$15.00. There are other advantages with some of the events so don’t delay. Pre-reg. is \$60.00 and the retreat is held at Camp Chippewa near Ottawa, KS.

October 18th and 19th, 2008 is the 7th annual Service Assembly held at the Red Coach Inn (RSC location on back page). Flyers for this event and the Spiritual Retreat are being circulated as this is going to print. I hope to see at the Service Assembly as it is free to attend and very informative. The “teaser” flyer graces the back cover.

I am trying to step out of my box.

As I sit here unable to sleep again, I figure that I can get some of this out of my head and share it with another addict. I thought I could share a little of my experience strength and hope with some of my brothers and sisters in recovery. I want to start by saying that I am addict named Darra. I live in Wichita KS. and I have been here for years. I hate this place they call doo da. I always have. The only good things that have come about because of my being here is Narcotics Anonymous and my husband. Now, I fully believe that if I were living anywhere in the world, I still would have been introduced to both. I hated myself for many years thinking that I was worthless and hoping that I could die sooner than later. I tried a few times unsuccessfully to take my life in so many ways, and thankfully I wasn’t successful. I wanted to find something to make me right inside. I tried reading, music, sex, church, psychiatrists, it didn’t matter. I still wasn’t happy. I recently started to look at a few things in my life that I wanted to change. Especially for the better. I have obviously GROWN in recovery. I have always been self conscious about my size anyway. Recently it has gotten much worse. I went to my doctor at the encouragement of others and of course a lot of rationalization, and justification, and cried I need help to lose this weight. I am so unhappy. I just wanted to crawl in a hole. My doctor gave me Speed to try to lose the weight. She monitored the amount I was to take and I talked this over with my sponsor and my Higher Power, and the people who are important in my life. I made a wrong choice. I made a decision to try this medication and I turned into that same person I was before I quit

using. I never abused the medication, I never got high. I just turned into the SUPER B—— again towards the most important people in my life.

I ended up throwing the speed out and calling my sponsor and talking with her as soon as I could.

I still wanted to change myself and I had developed new habits that were healthy as well. I still over eat. I have been really trying to figure out what void I have to fill with dope or food or sex or shopping or what ever!

The main thing that I wanted to get across to people is that in recovery we still make mistakes and learn from them, thank heavens! Where would we all be without the mistakes we have made in our lives.

Today, I am a clean grateful recovering addict . I thank my Higher Power and Narcotics Anonymous for my life. I am so glad that Jimmy K. helped get this wonderful thing going for addicts.

I have experienced loss, return ,love, life, abandonment, growth, backward stepping, and all kinds of things that I would never have experienced in this life without Narcotics Anonymous! Thank you for giving me my life back!!!!!!

Love Darra K.



We Thing

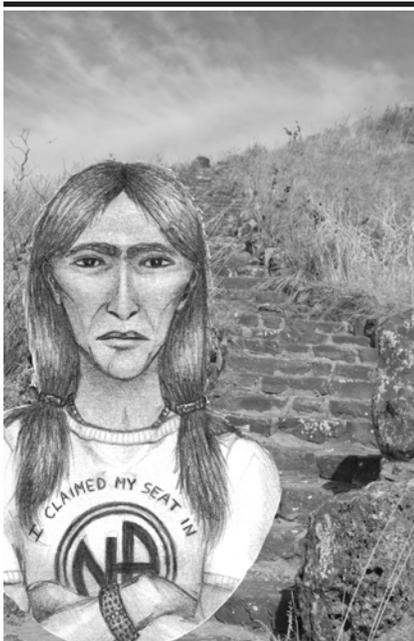
We need to change if we are to continue our growth towards freedom.

We need to awaken from out of the nightmare of self-centeredness; strife and insecurity that lies at the core of human existence. A new reality, all that is worth having can be kept only by giving it away.

We must be willing to bare differences if we expect to find solutions to problems that arise in our lives.

The taste of humility is never bitter. The rewards of humbling ourselves by asking for help are sweetened.

*Peace, Love, & NA
Scott W.*



THIS ROOM THESE ADDICTS

As I sit in this room, I listen to what these addicts say. You know that my story is different from everyone else. Nobody knows what has happened to me. They can't understand how and why I feel the way I do. No one can imagine what things I have done or what things have happened to me. Why am I sitting here in "this room" with "these addicts?" Nobody cares about my story or what my problems are, or what may be bothering me today.

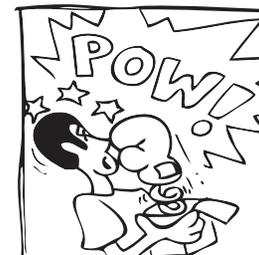
Today as I sit here in "this room" with "these addicts" I listen to what these addicts are saying. I have come to realize that these addicts in this room are very valuable to myself and my recovery. I am not alone in this room. There are a lot of other addicts who have a lot of things in common with me. Plus some of these addicts have done worse things than me, and have had a lot worse done to them. I have come to realize that these addicts in this room do listen to what other addicts say. They do care about me. They want to help me through whatever is bothering me. Through this room and these addicts of NA I am clean today.

*Gale H.
Pioneer Group
Emporia, KS.*

WORD SEARCH - see how many you can find!

F	D	X	S	N	O	I	T	I	D	A	R	T	Q	L		
S	A	T	T	I	T	U	D	E	S	B	N	M	U	S	CAMPOUT	
A	Z	I	V	E	B	M	L	K	I	L	S	Q	P	C	UNITY	
U	N	I	T	Y	R	B	A	V	Y	U	P	I	L	K	RELATIONSHIPS	
Q	C	M	L	H	P	U	U	R	W	S	H	Q	R	X	SPIRITUAL	
K	U	R	X	A	J	B	T	P	M	S	I	O	N	Q	SURRENDER	
M	W	A	I	G	N	L	I	E	N	D	W	G	L	T	FAITH	
E	C	I	V	R	E	S	R	O	P	P	M	J	R	R	FEAR	
I	M	G	R	O	M	S	I	F	E	P	N	Q	D	U	GRIEF	
A	N	Z	B	L	Y	T	P	T	D	J	I	S	E	S	GRATITUDE	
Q	O	L	T	D	A	J	S	P	O	N	S	O	R	T	EXPERIENCE	
A	I	H	E	L	C	L	C	M	T	E	A	L	P	H	ACTION	
C	T	A	E	X	P	E	R	I	E	N	C	E	A	U	ATTITUDES	
T	N	R	M	B	D	I	F	K	L	P	M	U	H	Q	TRUST	
I	E	W	J	I	P	E	L	M	N	A	T	U	V	B	SERVICE	
O	V	X	U	C	I	E	D	U	T	I	T	A	R	G	TRADITIONS	
N	N	A	L	R	N	J	S	Q	M	R	F	J	E	O	CONVENTION	
L	O	H	G	P	S	D	W	M	G	D	J	E	P	K	STEPWORK	
A	C	A	M	P	O	U	T	R	V	M	S	C	A	Q	SPONSOR	
A	K	C	Q	P	J	S	U	R	R	E	N	D	E	R		

LIFE IN RECOVERY



BE GOOD TO YOURSELF



Let go...

- to "let go" does not mean to stop caring, it means I can't do it for someone else.
- to "let go" is not to cut myself off, it's the realization I can't control another
- to "let go" is not to enable, but to allow learning from natural consequences
- to "let go" is to admit powerlessness, which means the outcome is not in my hands
- to "let go" is not to try to change or blame another, it's to make the most of myself
- to "let go" is not to care for, but to care about
- to "let go" is not to fix, but to be supportive
- to "let go" is not to judge, but to allow another to be a human being
- to "let go" is not to be in the middle arranging all the outcomes but to allow others to affect their destinities
- to "let go" is not to be protective, it's to permit another to face reality
- to "let go" is not to deny, but to accept
- to "let go" is not to nag, scold or argue, but instead to search out my own shortcomings and correct them
- to "let go" is not to adjust everything to my desires but to take each day as it comes, and cherish myself in it
- to "let go" is not to criticize and regulate anybody but to try to become what I dream I can be
- to "let go" is not to regret the past, but to grow and live for the future
- to "let go" is to fear less, and love more

OK, so you know how when you attend a service committee meeting and you come up with an idea and everyone says "that's a really good idea" and then you are the one that gets elected to pursue the idea. Well, I was one of the "roving reporters" you might have talked to at the convention. I'm a little selfish in agreeing to do this because I not only got to make new friends in the program but also got to visit with friends I don't get to spend very much time with. I also volunteered my husband so we could offer a different perspective. I talked to a couple (Jan C. and Dave C.) who have been to all but two (2) MARCNA conventions. How cool is that?

When asking members what they were looking forward to the most, the one that was the most memorable was that they were "looking forward to a weekend without the kids and that they had been out the night before buying new lingerie". I won't mention names but their initials are J.D and D.A. Now you are all trying to figure out who it is aren't you? I don't know about all of you but for John and me, convention weekend is the only time out of the whole year that we get away without children.

Members came from many places some of which are Olathe, Concordia, Newton, Wichita, Beloit, Hutchinson, Osborne, Topeka, Salina, Larned, Lincoln, Galva, Iowa and Nebraska. When asked "What are you looking forward to the most?" replies varied from "speakers, fellowship, networking with other addicts, seeing friends, spirituality, auctions, jewelry and getting my recovery jumpstarted again." The speakers really connected with the crowd. Janet J. wanted to sit where she could look Glen

in the eyes and Sue did an excellent job introducing Tammy. People enjoyed the workshops and said they were "awesome, informational and made them cry". The jewelry had people talking. Some really liked the variety and price of the silver, some complained that there weren't any nice gold pieces, some liked the jeweler and said he was kind of flirty and then one person got really upset with him. It was nice to see something different. Some topics that members recommended for future workshops were focusing on the newcomer, meeting etiquette, sponsorship, something about relationships and how to love yourself.

The new convention committee is now forming and will be in Wichita next year. If you would like to be of service to your fellowship, this is an excellent way to do it. This addict would like to say "thank you" to the 25th Anniversary Convention Committee. You did a wonderful job.

A Miracle in this Program,

Janet W. from Salina





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Yes, we have a 6th Edition Basic Text!

I will try to make this article as simple and easy to read as possible. There were many items that were discussed and/or passed at WSC 2008. Some are of great interest to the fellowship at large and some would seem boring and redundant to most, but I will try to capture as much as possible. The Regional Delegate and Alternate Delegate gave thorough reports at the May RSC along with a small novel of handouts. If you have internet access www.na.org has most of the information pertaining to the conference, particularly in the June NAWS NEWS. Contact your Regional Committee Member (RCM) or Group Service Representative (GSR) for more information or if you have questions.

The theme for the World Service Conference (WSC) is stated above in the logo, Our Freedom, Our Responsibility. This theme will also be the focal point of the upcoming conference cycle and the issue discussion topics (IDT's) that will be discussed throughout the next two

years. For those that have attended service related workshops in the past know that the IDT's are a big source for topics, and the discussion from these workshops generate more topics which we as a fellowship are in need of. The issue discussions topics for the next two years are:

***Building Communications**

***Our Freedom, Our Responsibility**

***Leadership**

All of these topics are strong issues with our fellowship and the continued growth of our services. It is my hope that these topics carry on for many years.

Medallions

Even though there were motions in the Conference Agenda Report (CAR) to change the style of the Arabic numbered medallions back to roman numeral, which failed, NAWS took notice. 5,739 members responded to an on-line survey asking which style we truly wanted, of that nearly 75% picked the older styled roman numeral in the bronze finish. In honor of this, NAWS will be replacing

them beginning October 1st. Also there will be bi-plated medallions offered for \$12.13 each at this time. What's not going to be there? Both silver and gold plated medallions will be discontinued and are in limited quantities until stock is depleted.

6th Edition Basic Text

Are you excited??? Available **October 1st**, the new 6"X9" Basic Text in both hard and soft cover! Want more??? How about a Commemorative Edition celebrating both the 6th Edition AND the 25th anniversary of the Basic Text! This is also available October 1st at the price of \$25.00. **Coming Soon:** Large print, line numbered, and CD-ROM versions will follow at a later date.

After October 1st all 5th Edition Basic Texts will be removed from NAWS stock BUT you can still liquidate your supply, it is suggested though that you keep your stock low, if you have a stock (*RSO, ASC or RSC Literature, etc.*). The rest of us will just set it on a shelf with the other books.

Don't get attached to the pocket-sized version, both it and the 20th Anniversary Basic Texts will be discontinued.

New LP's

Available July 1st, two new information pamphlets will be added to NAWS inventory:

- * For Young Addicts, By Young Addicts
- * For the Parents or Guardians of Young People in NA

Both of these are in much demand and will hopefully reach the targeted audience intended. NOTE: Youth and

Recovery IP is being replaced and will no longer be available.

Price Increase

July 1st also marks the first price increase in seven years. My home group has had this posted for some time now so it's not a surprise.

- * Basic Texts - \$11.00
- * Most booklets - \$0.81
- * Keytags - \$0.45
- * Medallions (bronze) - \$2.75
- * 12 Concepts Booklet - \$1.75
- * Poster set - \$8.60

This isn't the entire list but touches on the main products, for more information contact NAWS or your ASC, RSC, or RSO.

World Unity Day

Some of you are familiar with this event in conjunction with the World Convention. Since this is an off year (convention is biannual) we are celebrating in a different fashion. On **Sunday August 31st, 2008** members from all over the world will form a circle, get with a few friends, or just take a moment by yourself and say the Serenity Prayer at the same time. Worldwide the times span from 12:00 a.m. in New Zealand to 11:30 p.m. in Australia but for Kansas or Central Standard Time it will be **7:00 a.m.**

Two milestones happen this year, NA's 55th anniversary and the Basic Text's 25th anniversary. Maybe something can be planned in your local fellowship to celebrate.

*This about sums it up,
Tim S.R.D.*