

Deadline For Next Issue Is August 31, 2009.

Chair: Russel P. 785-383-2257 Co-Chair: Open
Treasurer: Janet W. 785-827-8635 R.D.: Tim S. 785-819-4806
R.D. Alt: Misty K. 785-819-6482 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
2009 AUGUST QUARTERLY MEETING
2111 E. Kansas Ave. McPherson, Kansas
(Econo Lodge)

SUBCOMMITTEE MEETINGS Saturday, August 15

9:00 am-11:00am
Regency I Literature
Regency II Hospital & Institutions

11:00am - 1:00 pm
Regency I Campout
Regency II Convention

1:00 pm - 2:00 pm
LUNCH BREAK

2:00 pm - 4:00 pm
Regency I Public Information
Regency II Activities & Soul 2 Soul
4:00 pm - 6:00 pm

Regency I Outreach
Regency II Steering

7:00 pm – 8:30 pm
Regency III Speaker Meeting

8:30 pm - 11:00 pm
Regency III Regional Hospitals & Institutions Fundraiser
DJ Dance - Auction & Raffle
\$3.00 per person ... \$5.00 per couple
NO ADDICT TURNED AWAY
NA AUCTION / RAFFLE ITEMS NEEDED

REGIONAL SERVICE COMMITTEE MEETING Sunday, August 16
General business, motions, request for funds.

Just For Today



MID AMERICA NEWSLETTER

Volume 27
Issue 2

PO Box 8732
Wichita, KS 67202,
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Summer 2009

“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

Hello Family,

Well another quarter has come and gone, it is hard to believe how fast time flies these days. The region has been blessed with a wonderful sense of unity after a fantastic MARCNA Convention. I hope everyone had as much fun as I did, we will have a report from the convention in this issue. We have two volunteers to be “Official Roving Reporters” for the MAN at the regional campout. These guys are armed with some questions and are going to be asking some of you in attendance to participate in the report. I hope you all have a great time in answering these questions and helping out in service too.

The review and input deadline has come and gone I hope everyone took some time out of their day to read and give input on our two new IP's world is working on. I just sent word out via Tim S. our Regional Delegate that the first couple of chapters to the new text is ready for review as well as the outline for the entire book. This will be available for review and workshops for your groups and areas. Just a quick plug that the Regional Literature Committee

is going to be hosting a workshop on the new literature coming out in August. We are inviting everyone to come and participate in the input of the “Living Clean” project. The workshop will be at 9:am on Saturday August 15, 2009 at 2111 E Kansas Ave. in McPherson Kansas I really hope to see you all there and participating in the literature process. Keep your eyes out for a flier to be posted soon.

There will be a new address to send correspondence for the MAN to, I have been sent a few letters from some members and will be posting excerpts from those letters in this edition. I encourage members to send in letters to the editor and share some experience, strength and hope to the rest of the fellowship and I now have, I believe a more reliable address to send that to. I believe this is a wonderful way of carrying the message of recovery to the still suffering addict.

Suzie E- Newsletter Editor



Just For Today

I'm stuck in this place, not knowing how to feel. They've tried taking my life and it brings nothing but tears. I guess that rewind button of my life isn't working and now my mind plays this game of constant soul searching.

How did I end up here? Wait don't tell me, I know. I ended up choosing that path towards death row. "Death Row" 'cuz it's brought nothing but pain and destruction. Always looking for that next thing just to help me function.

You put my hand into yours and became that great role. "Please lead me back to that path, where i once was whole." You took me down that long road where i once stood so strong, showed me the errors of my way and where I went wrong.

No more questions to ask, only answers need told. I'm done with that path, now i stand to be bold! Yes, I have no more questions to be asked. Numbing of my brain? That time's definitely passed!!

I mean it when I say I will change for the better, I no longer feel oh so worn out and weathered. A peace falls upon me for I know this soon will be over. Like the peace when you're safe in the arms of your lover.

now about that rewind button, yes it may be broken. Yet had it not been I wouldn't have walked away with this token; A token of hard lessons learned with some scars, i know now I've true strength, and I will go far.

No don't fix the rewind button, just let your life play, and forget not where you've been, but remember your new way.

Maria Gabriela Frye

Maybe. . we were supposed to meet the wrong people before meeting the right one so that, when we finally meet the right person, we will know how to be grateful for that gift.

Maybe. . . when the door of happiness closes, another opens; but, often times, we look so long at the closed door that we don't even see the new one which has been opened for us.

Maybe. . . it is true that we don't know what we have until we lose it, but it is also true that we don't know what we have been missing until it arrives.

Maybe. . . the happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

Maybe. . . the brightest future will always be based on a forgotten past; after all, you can't go on successfully in life until you let go of your past mistakes, failures and heartaches.

Maybe. . . you should dream what you want to dream; go where you want to go, be what you want to be, because you have only one life and one chance to do all the things you dream of, and want to do.

Maybe. . .there are moments in life when you miss someone -- a parent, a spouse, a friend, a child -- so much that you just want to pick them from your dreams and hug them for real, so that once they are around you appreciate them more.

WORD SEARCH
HOW MANY CAN YOU FIND

STEP ONE

The words in the puzzle came directly out of "It Works How and Why" Step One page 5. It is always good to look into from time to time.

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

EXPERIENCE
ADDICTS
ADMITTED
LONELINESS
DESPAIR
CONTROL

COMPARED
OVERPOWERING
INTENTIONS
PROGRESSION
DISEASE

COMPULSION
REGARDLESS
OBSESSED
SPIRITUALVOID



DATE:
Saturday, August 22 &
Sunday, August 23, 2009

PLACE:
Camp Cutteru
2725 Range Road
Milford, KS 66514

Mid America Region of NA Presents
8th Annual Service Assembly &
30th Anniversary of
Regional Service

Unity ... Camping ... Celebrating
Service

Bring your camping gear
and join us for the Service Assembly &
Unity Day meeting live from Barcelona, Spain

Potluck Dinner Saturday night
Meat provided – please bring a side dish

SUGGESTED DONATION OF \$10.00 PER PERSON
NO ADDICT TURNED AWAY

For more Information, please contact:

Michelle at 785-783-2061; Scott at 785-760-4433; Suzie at 316-361-0300

Check out this link for directions...

<http://www.girlscoutsksmo.org/2008%20PDF/DrivingDirectionCampCutteru.pdf>

“Maybe”
Continued

Maybe. . . the best kind of friend is the kind you can sit on a porch and swing with, never say a word, and then walk away feeling like it was the best conversation you’ve ever had.

Maybe. . you should always try to put yourself in others’ shoes. If you feel that something could hurt you, it probably will hurt the other person, too.

Maybe. . you should do something nice for someone every single day, even if it is simply to leave them alone.

Maybe. giving someone all your love is never an assurance that they will love you back. Don’t expect love in return; just wait for it to grow in their heart; but, if it doesn’t, be content that it grew in yours.

Maybe. . . happiness waits for all those who cry, all those who hurt, all those who have searched, and all those who have tried, for only they can appreciate the importance of all the people who have touched their lives.

Maybe. . . you shouldn’t go for looks; they can deceive; don’t go for wealth; even that fades away. Go for someone who makes you smile, because it takes only a smile to make a dark day seem bright. Find the one that makes your heart smile.

Maybe. . you should hope for enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, and enough hope to make you happy

Maybe. . . you should try to live your life to the fullest because when you were born, you were crying and everyone around you was smiling but when you die, you can be the one who is smiling and everyone around you crying.

Letters to the Editor...

The following is from a fellow addict behind the walls. I have received a couple of letters from inmates expressing gratitude to this body for the continued printing of the MAN. I thought it would be appropriate to share some of this with the readers, as you are the reason this newsletter gets done. It is your stories and your work that has reached beyond the rooms and touched the hearts of so many.

“I’m doing real well considering I’m in a prison made by man. It sure is better than the prison I had created in my mind through drugs. I’m actually free in here thanks to God and people like you, Tim and others in the fellowship. I’ve been able to come back to reality and feel good again...”

The reason I am writing you is to thank you for continuing to keep me on the MAN mailing list. To also let you know I’m still receiving them and there are also other inmates enjoying them.

It feels so good to be totally clean again and I just celebrated 2 years at the end of February.”

Randy M.- TX.

“IT WORKS”
Jerome H.
The Heartbeat NA Newsletter

It works, how?

If you're tired of living strange
 Your life you wish to re-arrange
 NA will help you change.

It works, why?

To see how much we care
 Just come to a meeting and share,
 If you need us we are there.

It works, how?

By applying what you'll hear
 It will take away your fear
 So you can finally see things clear.

It works, why?

This program made for you
 It's designed to see you through
 And to realize drugs won't do

It works, how?

So if you're willing to confess
 That your life's become a mess
 It will help relieve your stress

It works, why?

Because it brings a brand new hope
 With the strength to help you cope
 Without the need of dope

It works, how?

By opening up your mind
 And applying what you find
 You'll no longer live life blind

It works, why?

The bad feelings go away
 If you do the work and stay
 It will brighten everyday

It works, how why?

With your effort, time will show
 That NA will help you grow
 And then, you too will know
it works!

M.A.R.C.N.A. 26
Roving Reports

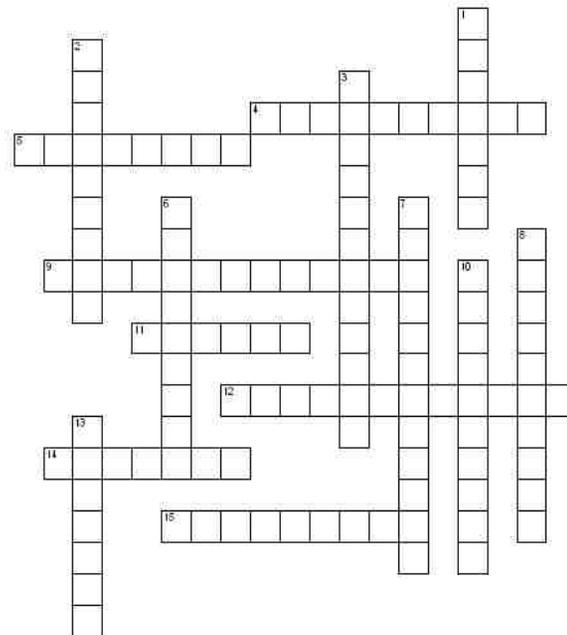
This body asked and received some wonderful reports from our last convention that was held at the Airport Hilton in Wichita Kansas. I can say that personally it felt to me like I made 500 new friends! I got to help out in the merchandise room and we had such a great time with the fellowship and the staff was exceptional, as it should be in a five star hotel. The convention committee did a great job with the merchandise and hospitality room. They had wonderful speakers and very well thought out workshops. Being a part of the convention committee for two years has been such a rewarding experience for me that I encourage everyone at any level to get involved. The comradery with the members on the committee, the fast pace work the excitement of getting work done is more rewarding than I can express. Here are a few of the reports I got from the last Literature committee...

“Convention ROCKED!! I slept little and fellowshiped a lot. The meetings were well put together. The dances were totally exhausting, a total bonus. Overall two thumbs up!!” - Rich A.

I had a wonderful time at the convention. The workshops were fun and informative. I highly enjoyed the speakers. This was my second Convention and I do plan to attend many more.”

We do have a couple of reporters armed with some questions for you campers at the Regional Campout. Hope you all have a great time being a part of this fellowship.

Recovery Crossword
Find Clues in the How and Why
Step One



Across

- 4 Surrender leads to this
- 5 We find a collective experience here
- 9 Our first admission
- 11 The only requirement
- 12 Premature resentments
- 14 The illusion we had about our drug use
- 15 All addicts experience this

Down

- 1 The person who helps us through the steps
- 2 The never ending stream of thoughts relating to drug use
- 3 To continue in recovery day after day
- 6 The very process that enables us to recover
- 7 Those parts of ourselves we won't surrender to the program
- 8 The beginning of our recovery
- 10 What we need to move on
- 13 The spiritual principle to replace denial

Around The Region

Central Kansas Area is gearing up for summer with several events taking place soon. There will be a function in Ellinwood on June 20th and another on July 18th in Great Bend, please check out the regional website for fliers to these events. Larned is getting ready for their annual Rib BBQ on September 19th. This will be the 10th Anniversary for this event if you haven't checked it out before this would definitely be the year to do that.

Fellowship for Freedom is doing great they are having their 9th Annual Luau in Gage Park in Topeka. They have a live band scheduled and a DJ plus Tye Dye Workshops and much more, hope to see you all there check the website for more information. Their H&I subcommittee is looking for new basic texts to put into the prisons and the Outreach still has the "Capture the Flag" going on in the area. It would take 5 members from a group to capture a banner and is a great way to get out to new meetings.

Just for Today area had an extremely successful literature fundraiser in Iola and are just finishing up a wonderful Recovery Fest. H&I is going strong and the Outreach chair has requested anyone with experience to come and help out.

Miracle area's PI subcommittee is having a flier drive on July 18th in Lawrence and Leavenworth, so if you are in either of those two areas this would be a great opportunity to get into some service. They are continuing the monthly "Drums not Drugs Full Moon Drum Circle at Cy's House, check website for further details. They will be having a Day at the Park on July 11th, and the Larrytown group is Celebrating their 30th Anniversary in November. They are the oldest NA Group in the area and will be celebrating with a dance and a speaker.

Primary Purpose just wrapped up another quarter, with GOL hosting their 20th Anniversary, Newton HOW just finished their pre-campout campout and then GOL had their annual spring campout at Harvey county West. Hard to keep up with all the campouts and the Regional is just around the corner!

There's a new group in Unity area and it is called the "Surrender Group". They meet Tuesdays at 5:30pm and on Saturdays at 10:am. Outreach is getting in touch with several groups in the area to spark some involvement with their local ASC.

Wichita Metro area is alive and kicking. They just wrapped up their annual campout with wonderful attendance, beautiful weather and lots of fellowship. The H&I subcommittee is looking for help. They need men to fill out the applications to go into the Sedgewick County Jails. Anyone involved in H&I around the region is welcome to fill out the application to turn in the H&I goes in on the 2nd and last Tuesday's of the month at 7:pm. Members must be able to pass the application process and have a year clean to go into this particular facility. Anyone interested in helping out can contact Paul the H&I chair through our website at wmana.org or our hotline and leave a message at 316-524-7775.

Western area is getting ready for their annual campout look on the website for a flier soon and the Dodge City Round Up committee is hosting a Car Bash on July 25th. This is a Round Up fundraiser. Bashing starts at 3: and there will be a speaker meeting with food, auction and raffle. Location on the flier posted on our regional website at www.marscna.net.

"Basic Reflections"

The following was taken from the Basic Text 6th Edition, page 62. Our First Tradition tells us the importance of unity in the fellowship and is a wonderful guide to use when doing service work. *"One of the most important things about our new way of life is being a part of a group of addicts seeking recovery. Our survival is directly related to the survival of the group and the Fellowship. To maintain unity within Narcotics Anonymous, it is imperative that the group remain stable, or the entire Fellowship perishes and the individual dies. We learned that those who did not continue to be an active part of the Fellowship faced a rough road. The individual is precious to the group, and the group is precious to the individual. We must live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish. With faith in a Power greater than ourselves, hard work, and unity we will survive and continue to carry the message to the addict who still suffers."*

From Time to time in the fellowship we all need a reminder of the basics. Suzie Q.- MAN Editor



"Portrait of a Sponsor" From the Seattle Newsletter

I can't give solutions to all of life's problems, doubts, or fears. But I can listen to you, and together we will search for answers.

I can't change your past with all it's heartache and pain, nor the future with it's untold stories. But I can be there now when you need me to care.

I can't keep your feet from stumbling. I can only offer my hand that you may grasp it and not fall.

Your joys, triumphs, successes and happiness are not mine; yet I can share in your laughter.

Your decisions in life are not mine to make, nor to judge; I can only support you, encourage you, and help you when you ask.

I can't prevent you from falling away from friendship, from your values, from me. I can only pray for you, talk to you and wait for you.

I can't give you boundaries which I have determined for you. But I can give you the room to change, room to grow, room to be yourself.

I can't keep your heart from breaking and hurting. But I can cry with you and help you pick up the pieces and put them back in place.

I can't tell you who you are. I can only love you and be your friend.

Anonymous

“A Glimmer of Hope”
by Ron White

In the briefest of moments
Everything became clear
My life never would change
If I kept living in fear

But what was the fear
And from where did it come
And why had it been present
Ever since I was young

Spent all those years frightened
About what you might see
And what you might think
If you saw the real me

So I became an expert
At wearing my mask
And having the answer
To the questions you’d ask

And if the mask didn’t work
I would turn back inside
To that place in my head
Where I knew I could hide

Until I believed it was safe
And nothing else could get in
Then out came a new mask
And it would all start again
This insanity continued
Until any motive to try
Had been so long forgotten
I just wanted to die

I really don’t know
What was different that day
And I have no explanation
Why I started to pray

Because I was convinced
That GOD just couldn’t be
And if by some chance HE was
HE sure wouldn’t want me

*From June edition of NA Clean-
times*

But feeling hopelessly lost
I asked GOD to please give
A small glimmer of HOPE
And some desire to live

Then I gave up the struggle
And surrendered my will
Asking GOD to please help me
To stay honest until

HE helped me find the courage
To accept myself as I am
Because I knew I never could
Put that mask on again

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*“Top Ten Reasons to
Go To A Meeting
Naked”*

1. Your Sponsor is always yelling, “I want to see your ass in the meeting by 8:00!”
2. Can take advantage of Beach meetings to work on your tan.
3. “I can’t put a dollar in the basket I left my wallet in my pants.”
4. To stop those creepy addicts from looking down your blouse.
5. You no longer need to share “intellectually” to be noticed
6. So that with a little help you can add “Exotic Dancer” to your exaggerated story.
7. People stop asking to borrow your pens after they’ve seen where you keep them.
8. Diverts attention from the fact that you also came to the meeting loaded.
9. Gives “bad hair day” a whole new meaning.
10. No one steals your chair
NOW GET TO A MEETING!!!

*Reprinted from the MAN
archives Summer 2004*

*“Best of MAN
Untitled Story”*

Have you ever felt an awakening of the spirit so strongly that you want to share it with the whole world? As I look back over the last 22 months of my recovery, I am amazed at how many gifts I have been given. I also have taken the time to remember the darker times of my recovery and the lessons I learned from them. This is one of the lessons I’ve learned and stored in my “book of learning”... I was maybe 10 months into my recovery and hadn’t reached my 12th step yet. My life was going great, I was working with a sponsor, going to meetings, holding a service position, all of the good things that happen in one’s recovery, including wanting to share these gifts with another addict. I desperately wanted to share this with a newer person, so I thought I was ready to sponsor someone. I convinced myself that I had enough experience to do this. Although I was and still am very passionate about the program and what it has done for me, I forgot what it was like when I first got my sponsor. I forgot all of the crazy things that came out of my mouth before engaging my brain. I forgot what it was like to feel confused, alone and untrusting. But most of all... I forgot what my sponsor was like during that time for me. When “I” decided I could sponsor another person, I chose the loosest cannon I could find. This person was not ready to get clean, unfortunately, they are still using. I thought I could “save” them. I spoke like the NA guru and acted like “if I could get this, they can too”. It turned out to be the battle of the wills, they were not ready to get clean and I was not ready to sponsor a person. The more this person fought, the harder I pushed. I finally gave up and admitted I could not do this. I was simply not ready.

I beat myself up for weeks thinking I was a failure. I had even reached a point that I didn’t want to sponsor another person. I shared this with my sponsor and others in my group. They shared their experience, strength, hope and wisdom. My sponsor once told me that when the student is ready the teacher would appear. I have also found that when the teacher is ready the student will appear. We can only keep what we have by giving it away. I realized I was already doing that by sharing with others in meetings and talking to others outside the meetings. I have grown since then. And have learned a great many lessons from this. I have also surrendered to my Higher Power’s will and not mine. When the teacher is ready, the student will appear. My sponsor recently asked me if I would be willing to sponsor some people that are new to the program. She feels I am now ready for this step in my recovery and I feel it too. I thank my sponsor and my Higher Power for giving me the opportunity to carry the message, and the gift of sponsorship.

Anonymous
MAN Archives 2004

*Jimmy K,
“... The wish or desire to remove the drugs from our lives may be fulfilled one way or another, but cleanliness is short lived if no action is taken to alter or renew the character disorder that is left. A clean life is not just a substitute for the old way, it should be a new way based in the superiority of being clean over any other way of life”*