



Mid America Newsletter



The newsletter with the magazine feel

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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. Our message is hope and the promise of freedom.”

Basic Text page 68

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.



From the Editor

An open letter to addicts

Welcome to your quarterly newsletter, or magazine. What's the difference? When this publication started January of 1980 it was solely designed to spread news, and it often included group reports and Mid America Region minutes. It also contained reports from the World Service Office, event happenings from all over the country, and of course your experience, strength, and hope in stories. Over the years, the stories became the main focus, especially once the internet became a "thing".

There are newsletters still being published throughout the world, just not as many as the 1980s and '90s, when NA was growing rapidly without the use of social media and email. The NA Way was always a magazine, though it also contained NA news too, so call this publication what you want. I call it the newsletter with the magazine feel. If you want to know more about Mid America Region and Kansas NA history, follow this link: [History of the Mid-America Region - Mid-America Region of NA \(marscna.net\)](http://www.marscna.net/history)

My name is Richard and I have been clean since 3/5/85. I believe that I am genetically an addict and that I was also raised to be one. The physical aspect of my condition was not the most difficult part of my recovery. Changing my attitude, behaviors, outlook on life, social activities, playmates and playgrounds and an overall belief that life sucks was what was and still is the main challenge. That being said, I believe that I am a solid candidate for a return to active use. I need to continue the positive actions that help me to maintain my clean time and a better way of life. I will say that I do not see myself as a victim of anything, though I once did. I am the one common denominator in every negative and positive event in my life. I have the ability to chose how I respond to good times as well as hard times. I am essentially the executor of my own fortunes, whatever they may be. I am accountable to others, but only for, myself. If I were to choose to use today it would not be "because" of anything. Picking up would just be a choice for me to discontinue. or to at least, divert my recovery. I want to encourage each and every addict who is still struggling, whether clean or not, to accept that the choice to change is on us as individuals. I hope to see some of you in "the rooms" before my tenure here on planet Earth is ended. Peace, Acceptance and Grati-



tude are my goals again today. With loving regard for Narcotics Anonymous and all who came to recovery before and all who are yet to come. Thanks



To the Addict Who Still Suffers.....

It's Thanksgiving and I'm scared. I miss you and feel such a terrible loss when I think about your smile or your easy manner. That is all in days past however. It has been over a year since I have seen you. You were not laughing then and there was definitely no ease in your manner.

You were so thin, gaunt even. It looked like you had lost twenty pounds and you didn't have it to lose. The circles under your eyes were so dark and the look in your eyes spoke of pure pain. It haunts me.

I wanted to hug you and tell you everything was going to be okay, even when I *knew* that if you continued to live in addiction, *okay* was the last thing you were going to be.

So, I took you to treatment and I

tried to give you hope. I tried to reassure you and shared my experience, the miracle of this program. I tried so very hard to convince you that what has worked for me would work for you too.

When I hugged you goodbye, all I wanted to do was hang on. My HP told me I had to let go. I was so afraid.

I let go....put on a brave face.... the one that said 'It's going to get better now' when inside my head, I was begging....pleading.... for you to just stay....for you to not be one *more* friend of mine who dies in the disease.

I love you.....not because you are a man and I am a woman...but because you are a human being and I can't stand to see you suffer.

I took a deep breath and prayed for you to 'get it' as I left, then I cried the whole way home. Tears of desperation.....tears of sadness..... tears of grief....and fear.

I wrote you a letter praying that you glean some hope from it ... unfortunately, you never got it...I found out you had left treatment just twenty four hours after I dropped you off.

I felt like someone sucker punched me when I found out. 'What? Why? F***' I couldn't make any sense of it.

I really thought you wanted it this time.

It gets lonely in recovery some days, when so few make it and so many go back. Every year that I have been clean I have lost someone to this disease. I get so tired of attending funerals....sometimes I just want to give up.

But I can't. Someone has to be here to carry the message. I get hardened sometimes and decide that I have had it and I am simply *NOT* going to be making friends with any other addicts. I get *sick* of having my heart broken. I feel 'survivors' guilt. 'How did I get to be the lucky one that got it?' God knows I didn't do everything 'right'.

It doesn't matter. **I am still clean.** The miracle of recovery has brought me so many gifts. One of the biggest is the ability to *feel* and I am feeling now! Boy-howdy, at the moment it SUCKS! But alas, I am feeling it.

When I was using all I felt was blackness. So I will take the pain, because even though we knew each other for such a short time, you made a mark on my heart, an impression that will never be filled, whether I see you again or not.

If by some miracle, you are reading this, know that I love you and the miracle of recovery will be here when you are ready to grab hold of it. You don't have to keep existing out there in the disease. You don't have to give in to the complete demoralization that only the disease

will deliver. There is a way out. That way is called Narcotics Anonymous. It has worked for thousands and it will work for you too!

Last time you reached out, I was there. I was there, because I am a member of the finest fellowship in the world. The fellowship that cares about the desperate, dying addict, like me....and....you.

You don't need *me* to get clean. You need the fellowship. Lucky for you and me the fellowship is everywhere! So, PLEASE get to a meeting, call another addict in recovery and ask for help. Because this year, the funeral I attend I don't want to be yours.

I love you, in the way only another addict can, with compassion and hope....unconditionally.

Anonymous (*first submitted 2005*)



I Want to Thank You

As I sit here tonight, thinking back on today

I give thanks for the many blessings that have come my way

My family, my friends, my job and my wife

Freedom from active addiction, a new

lease on life

And I want to thank you.

Things are so different from six short
long years back

No longer does every day seem way
out of whack

I've changed my careers, with faith I
took a huge leap

And with help from my Higher Pow-
er, I landed on my feet

I want to thank you.

Even though I've ended up so very
far away from home

I meet more of my NA family no
matter where I roam

From meetings in Casper Wyoming
to Sidney Montana too

And some towns in North Dakota,
well I've been to a few

I just want to thank you.

I've even made friends in the chat
room, of a meeting on the internet

To talk with recovering addicts
worldwide gives a great feeling you
bet

But just like little Dorothy said,
"There's no place like home!"

Since I'm not there, I know your
love's with me, wherever I may
roam.

And I really want to thank you!

Dedicated to all my family back home
in the Mid-America Region

Peace and Love to you all, Scott K.
(written 6/26/06)

*Missing our brother, Scott K. 1963-
2011. November 18th will be 12
years, 12 is such a symbolic number
for us. Ride on Scott ∞*



A Gift To Ourselves

Throughout our lives many of us
have found that there was some-
thing about ourselves that made us
feel alienated from the rest of our
world. In some way we felt differ-
ent from others, often to the extent
that we acted according to their
standards. When that didn't work,
we tried something else, eventually
believing that our drug-of-choice
was the answer, along with the var-
ious people who fit into that life-
style. Sooner or later, that choice
wasn't working for us either; it was
slowly driving us insane and gradu-
ally killing us in the process. Some-
how we survived long enough to
make it into the NA program, giving
us a chance to rebuild our lives.

One of the first things we learned
is that we needed to not use, just
for today; without that we could
make no further progress. That was
a realistic goal we could achieve in
our lives, and a point from where
we could grow. In working the first-
three Steps, we surrendered and
became honest about our addiction

and unmanageable lives, we became open-minded about finding a Power greater than ourselves that could lead us back to sanity, and we became willing to develop a relationship with that Higher Power. As a result of that work, we felt more positive about ourselves than we have in years, if not for our entire lives.

Now what about that person we wanted to become? Is that person still alive inside? We can't ignore the fact that our disease still lives with us, but we don't have to listen to its demands and feed it today. Consequently, we have the freedom to find that person we believed lost to us. Or maybe that person we wanted to become is not going to work for us. Maybe that person was just a fiction we created to cope with our general dissatisfaction about the world we lived in. Each of us needs to find out who we really are deep inside, and how we can become that person.

As luck would have it, this is not a 3-Step program, but a 12-Step program. Having worked, and continue living the first three Steps, we move forward to Step 4. We take an inventory of who we really are. We discover that we are not entirely good or entirely bad. We discover that, yes, we are different from one another, which in truth is a good thing. We discover what our liabilities are as well as our assets. We begin the process of honestly accepting ourselves.

Now, today, I have the opportunity to learn more about who I REALLY am. I have the choice to keep what I need and not act upon what I don't, so long as I choose not to use and lose. I can give myself a wonderful gift: learning to accept myself.

Joe A., Pennsylvania (*first published 2006*)



CHINA DOLL

China doll upon the shelf
Are you honest with yourself?
When you look within the mirror,
Tell me, upon it, whose face appears?

Circles dark from last night's gain,
Desperately seeking to mask the pain.
Blistered lips and arms that ache,
Are all that's left within the shakes.

Thinking I had control this time,
I walk head strong into the mine.
Within my imprisoned soul of gloom,
I lay with strangers in a room.

I'm now curled into my ball of shame,
And hating myself – for playing the game.

Swearing to choose a better path,
And promising it all –in the aftermath.

Sad, sad China doll upon that shelf,
Will you ever be honest with your-

self?

When you look within the mirror,
Tell me upon it, whose face appears?
A broken home, a frightened child,
A dream once good – now gone wild.
A cold hard floor, a prisoner’s wail,
A time to break free from this hell.

A tunnel long, a journey hard,
A laughter heard from a far.
Lessons learned and learned again,
A chance for a new life to begin.

Twelve steps that I must take,
A prayer I say upon my wake.
A daily reprieve from evil’s grasp,
And all I had to do – was ask.

A God of my own – that I understand,
That I meet with daily at the rivers bend.
A lightness of spirit and return of my soul.

A gift of grace given to me – tenfold.

I walk within the light today,
I share my gift – I give it away.
To another soul that’s broken too,
That is reaching out for something new.

I pray that I might find the grace,
Reflected in my mirrored face,
That someone took the time to show,

A broken girl so long ago.

Looking into these mirrored eyes,
This sweet child no longer hides,
She sees the beauty deep within,
And knows she’s never alone again.

Thank you Narcotics Anonymous for saving my life!

Vicki L.

Clean date: 7/30/2008



Welcome

Did you know that we have welcome key tags in at least 61 languages? There is no greater feeling than having both NA literature and recovery milestone trinkets (*medallions and key tags*) in your native language.

Two of the more currently added languages happens to be native to North America, Cherokee and Blackfoot! So far, only welcome is available, but hopefully that is just the beginning. Outreach and translation efforts are non-stop to get our message to every addict, everywhere.


Blackfoot



Cherokee


HUMOR ME

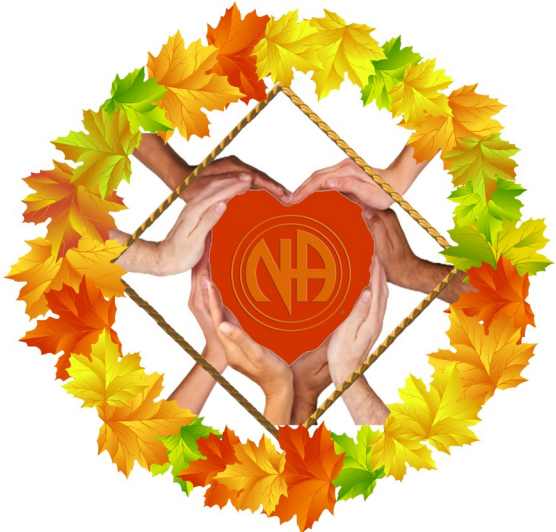


V E Y B T V Q W
 H R C V L X M E O D H K Z
 Y K R N I A U T G E D U T R A R G
 U R E D E S L P I J E C I N E I R E S A R G
 C E L T A S A P I E G U Y S Q H T A P J
 E O J S A H S Z R G O C T V E I R E T A P J
 B M M S A H S Z R G O C T V E I R E T A P J
 W X P P X J V J T N H Y G R A F N L M G C B L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

- WINTER
- WILLINGNESS
- CARING
- BALANCE
- COMPASSION
- ACCEPTANCE
- EMPATHY
- FREEDOM
- HUMILITY
- GRACE
- HUMOR
- KINDNESS
- GRATITUDE
- FAITH
- INTEGRITY
- PATIENCE
- SERVICE
- VIGILANCE
- SERENITY
- RESPECT



Can you find these 20 words?



www.marscna.net/events

To get the latest information on dances, workshops, or other NA events within this region please visit the address above. Also check the various closed or private Facebook pages associated with Mid-America Region, the groups and area members.

[Convention 2024 - Mid-America Region of NA \(marscna.net\)](http://www.marscna.net)

A *Spiritual* Principle a Day

HELPS THE **LOVE** TO STAY

MARCNA XXXIX

APRIL 26-28TH, 2024

WICHITA, KS



Contact Mid America Region

- ◇ **Calendar and General:** info@marscna.net
- ◇ **Send Reports:** reports@marscna.net
- ◇ **Facilitator:** facilitator@marscna.net
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- ◇ **Region Campout:** campout@marscna.net
- ◇ **Region Convention (MARCNA):** convention@marscna.net
- ◇ **Region Spiritual Retreat:** soultosoul@marscna.net
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Mid-America Regional Service Committee

P.O. Box 3534

Salina, KS 67402-3534

**Mid-America Regional Service Committee
February 2024 Quarterly Meeting**

Tentative schedule—check for hybrid meeting status

310 Swedonia St. Marquette, KS

***Subcommittee Meetings
Saturday February 17th, 2024***

10:00 am - 12:00 pm Fellowship Development

(Events, MAN, Literature, Soul to Soul)

12—1:30 pm Lunch *(on own)*

1:30—3:30 pm Convention/Campout

3:45 - 5:45 pm Public Relations

(H&I, Web, Phone-line, Communications)

TBA Evening Activity—Speaker, Fundraiser, Fellowship

*All times tentative,
please email: fellowshipdevelopment@marscna.net
if you have questions*



***Regional Service Committee Meeting
Sunday February 18th, 2024***

9:00 am - ? Reports, Open Forum, General Business, Funds