



Mid America Newsletter



The newsletter with the magazine feel

VOL. 45
ISSUE 1

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SPRING
2024



“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

Service

Welcome to the spring issue of your quarterly newsletter. The word “spring” is such an active word, spring into action, spring forward, spring into the steps, spring into service, and of course, spring into summer. For Mid America Region, it also means region convention and the start of campout season.

This issue also completes my fifth year serving as your editor/writer/publisher for this newsletter, a service I have held a few times over the past thirty three years actively participating at region. This issue will also be my last. I have mentored many members that chose to fill this position in the past, and I hope another willing member will “spring” into action to keep this publication alive. If that member is you, then please attend the Fellowship Development committee meeting at RSC. It’s at 10:00 am Saturday February 17th in Marquette. The address is on the back page along with the May RSC schedule.

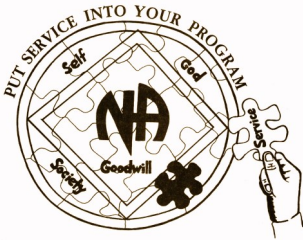
Gratefully serving NA,



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 sim-

ple way to do some service in the fellowship that could save your butt. I know it saved mine.

*Written in 2012 by Kate M.,
formally of Abilene, KS.*



Do you just belong?

Do you just belong?

Are you an active member, the kind that would be missed?

Or are you just contented that your name is on the list?

Do you attend the meetings and mingle with the flock?

Or do you meet in private and criticize and knock?

Do you take an active part to help the work along?

Or are you satisfied to be the kind that just belongs?

Do you work on committees, to this there is no trick;

Or leave the work to just a few, and talk about the clique?

Please come to the meetings often and help with heart and hand.

Don't be just a member but take an active part, you can.

Think this over, members, you know what's right from wrong.

Are you an active member, or do you just belong?



Twelve steps of a sponsor

- 1.) I will not help you stay and wallow in limbo.
- 2.) I will help you grow, to become more productive, by your own definition.
- 3.) I will help you become more autonomous, more loving of yourself, more free to continue becoming the authority of your own living.
- 4.) I cannot give you dreams or "fix you up," simply because I cannot.
- 5.) I cannot give you growth or grow for you. You must grow yourself, by facing reality, grim as it may be at times.
- 6.) I cannot take away your loneliness or pain.
- 7.) I cannot sense your world for you, evaluate your goals, or tell you what is best for you in your world; you have your own world.
- 8.) I cannot convince you of the crucial choice of choosing the scary uncertainty of growing over the safe misery of not growing.
- 9.) I want to be with you and know you as a rich and growing friend, yet

I cannot get close to you when you choose not to grow.

10.) When I begin to care for you out of pity, when I begin to lose trust in you, then I am toxic, bad and inhibiting for you, and you for me.

11.) You must know— my help is conditional. I will be with you, hang in there with you, as long as I continue to get even the slightest hint that you are trying to grow.

12.) If you can accept all of this, then perhaps we can help each other to become what God meant us to be.... mature adults, leaving childishness forever to little children.



I took one step, began to moan
I can't do this one on my own.
I took two steps, began to pray
Restore me God, please now, today.

I took three steps, gave up my will
Maybe God loves me still.
I took a fourth, I looked inside
Nothing more would I hide.

And on the fifth, I said aloud
I've done some wrong, and I'm not proud.
I took six steps, and got prepared
To lose the defects, I was scared.

Now I'm at seven, take them away
My God, for this I do pray.

And on eight, the list was long
Amends to make for all the wrong.

I took nine steps, put down my pride
Amends made, I will not hide.
Ten steps I take, each day I pray
I make amends along the way.

And on eleven I pray to know
Each day His will, which way to go.
I took twelve steps, I'm like a bird
To others now, I spread the word.....



Once again it works

Once again the Program has worked in my life. The support the people in NA has given me , my friends, my NA Family and loved ones. The rooms are always there - all I have to do is walk in and say I need help, I need to talk and there will be people there.

I have been taught to use the Steps, Rooms, People and my Sponsor and my Higher Power. I have made it through the death of my father. I was lucky to have some time with him before he passed. I watched my father suffer bad his last two weeks, but I realized what I had to do for myself to stay clean and I did so.

I could not have done it without the help I got in NA my teaching, sharing, and caring. It's shown me I can get through bad things and not have to pick up. The program showed me

how to deal with things, if I can't, we can! So I am glad to have some time behind me and everything I have been taught, the Program to depend on, people to help. I can trust in N.A. to be there for me, good or bad it will be there. So once again, THANK YOU NA for being there. Hope you can give your life a break, trust in NA It works if you work it.

Just for today, pick up the phone and ask for help.



“We” or “They”, “Us” and “Them”

Ask yourself this question: Where is the unity in “us” against “them”? The reason I ask this question is, while doing service work I am constantly hearing different people refer to “them.” I hear people at the group level who choose not to do service work referring to those who do as “them” or “they”. Such as: “They” run the business meeting or the group. “They” don’t really care about what the individual members want...etc.

I’ve heard people who attend the business meetings and do service referring to those who don’t as “they” also. For example: “They” don’t care about the group. “They” are apathetic.” It is not just at the group level that I have heard this sorrowful message. “We” seem to have slipped into an “us” against “them” mentality. I have heard individuals

say, “They” (the RSC) doesn’t listen to the groups. “They (the RSC) do want “they” want regardless of what the groups want.

“They” (the groups or areas) are apathetic. “They” (the groups or areas) don’t get involved unless something really gets their goats. I have heard this from individuals, groups, sub-committees & committees.

I have even heard WSO being referred to as “them.” Don’t get me wrong; I have caught myself using “them” often. But since I have become aware of this in myself, I have noticed that this reference of “they” only causes disunity.

I have read the Basic Text and I may be wrong, but I have never noticed the book referring to any recovering addict or group of recovering addicts as “they” or “them.” It seems to me, when we use “them or they,” “WE” are in direct conflict with the steps, traditions, and concepts of “our” program.

When “WE” use “they,” we become part of the problem. Basically what it comes down to is the “Blame Game.” When “WE” say “they,” we aren’t taking responsibility for our part in the situation.

We are saying what have “they” done for “us” lately, when “WE” should be asking “what can we do to make things better.” There are solutions. The theme at the last RSC seemed to be more open lines of

communication. Here are few suggestions of my own.

1. Groups can let their GSRs and RCMs know what is expected. Generic votes of confidence are a cop out. Yes, our RCM's, GSR's and sub-committees should have some ability to make decisions, however, we need to let our expectations be known.

2. Don't get caught up in the heat of the moment. Not everything is an emergency and, by treating things this way, we are excluding individuals, groups and areas from the decision making process. This in turn causes mistrust.

3. Stop putting things off until it becomes an emergency. (See above)

4. Don't be apathetic. Voice your opinion, get involved, let your service workers know what is expected.

5. Read!!! Read GSR and RCM reports. Ask for a copy of the regional minutes. Ask questions, relate your thoughts back to your service workers. And last, but not least, ask yourself: Am I taking responsibility in my group, area, region, or am I placing blame by using "they."

Thanks family for letting me share.

In loving Service

Stacy W.



Is it service work or politics?

As I was talking with a friend, the conversation turned to certain personalities involved in service work. I still have the character defect of judging people who think they are in control or love to stir up controversy. Our conversation ended with my saying, "It's all politics," a phrase I've heard a lot in the service structure. It struck me as odd that recovering addicts who devote their life to helping carry the message, as I like to believe I have done, can one minute be trusted servants and the next minute be political leaders. I don't need to like, or even understand, other people's opinions or views to accept them.

Today, I welcome and learn from other addicts' freedom of expression and practice this principle in my own recovery. Though I may not please everybody (thank God!), I hope I will reach somebody. "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

TS, Kansas

This little blurb was my first NA Way published article in 1993. At that time I had four years clean and was Mid America Region Literature Chair as well as Area Service Representative (ASR) for Unity Area. In today's terms that would be RCM, or Regional Committee Member.

It was a thrill seeing my little article in the NA Way, and in a highlighted box to stand out as well. The NA Way was still a monthly magazine, same dimensions as this newsletter, but with a glossy cover. The NA Way started September 1982 and never made a comeback post Covid. The final issue (*to date*) was January 2020. The magazine had switched to quarter-



ly and freely sent out (*just like the Mid America Newsletter*). Word is that it still may make a comeback, we will just have to wait and see.

I also had the privilege of serving on the NA Way Advisory Board from

2008 to 2013, the terminology had changed to “NA Way Workgroup” in those last few years though.

I have been either directly or indirectly involved with this newsletter since my introduction to NA. As a bright-eyed newcomer in 1989 the newsletter committee hosted a workshop/fundraiser in the town where my home group was, because it was centrally located to the region. I watched in amazement as typewriters were carried in, boxes of past newsletters and handwritten letters were spread out on the table, and scissors and glue were being used to put together the next issue. One of our local members was a talented artist and grabbed a blank piece of paper and pen and sketched out what became the cover art.

I was instantly attracted to what I was seeing, so when our group re-joined an ASC in 1991, I quickly got involved with its literature committee. I have served as Mid America Literature Chair (*before it was dissolved*) and Mid America Newsletter (MAN) editor a few times over the years, this most recent run has been five years.

I love our literature, and having participated in its creation from “It Works—How and Why” in 1992 (*passed 1993 WSC*) to “Spiritual Principle a Day” (*published 2022*) is a blessing for all addicts.

Prior to 1998 there were subcommittees at the World Service Conference (WSC), and I sit in all WSCLC meetings while at the conference

from 1995 to 1998 as a general member. Keep in mind the WSC was an annual event then. Due to my service workload throughout the structure, I decided to not seek election at the WSCLC until 1997, in which my nomination came from the WSCLC and Mid America Region. Needless to say, I was not voted in by the conference, which I won't lie, stung a bit. The next year, 1998, all subcommittees and the structure as we knew it dissolved, but not before the WSCLC presented the “Step Working Guide” for approval.

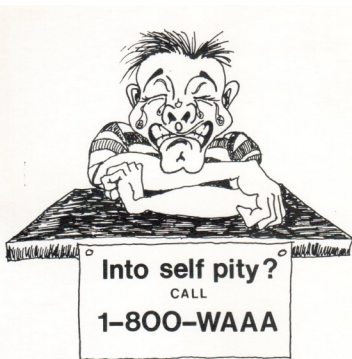
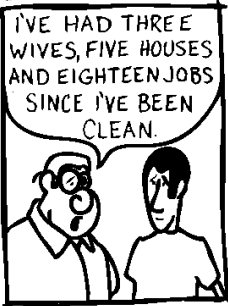
With the current World Board (WB) structure and technology, every member in the world can participate in creating our literature. So far, this has included Sponsorship book, Living Clean, Guiding Principles, and the latest, SPAD or Spiritual Principle A Day.

Now back to that 1993 article in the NA Way, I still feel the same way, which in part has helped me persevere these past 33 years of participation and involvement in NA service. Mid America Region meets quarterly, and so far I have missed two meetings since May 1991. I'm not bragging, just committed to helping the still suffering the best way I know how.

I also love our history, and if you happen to be at MARCNA in Wichita, you will find me in the archive room, where I share our vast NA history.

HUMOR ME

LIFE IN RECOVERY



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

Acronym for RECOVERY

SPIRITUAL
 PASSION
 SERENITY
 TRUST
 PURPOSE
 SERVICE
 WINNERS
 GROUP
 MEETINGS
 GROWTH
 HOPE
 BALANCE
 GRATITUDE
 HUMOR
 FAMILY
 VALUES
 AMENDS
 BELIEVE
 RECOVERY
 GOD



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R---Respect-----Learning to respect yourself and others through recovery.

E---Escape-----To break free from the confinement of our addiction.

C---Change-----Willing to become a better person through NA 12 Steps.

O---Optimisms-----To have faith, trust, confidence, and hope in our recovery.

V---Vital-----Be willing to make recovery very essential to our daily lives.

E---Encourage-----Encourage yourself with hope, faith, and willingness.

R---Rational-----Becoming of a sound mind through our recovery program.

Y---Yearn-----To feel a very strong longing for sanity.

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
- ◇ **Regional Delegate:** delegate@marscna.net
- ◇ **Region Campout:** campout@marscna.net
- ◇ **Region Convention (MARCNA):** convention@marscna.net
- ◇ **Region Spiritual Retreat:** soultosoul@marscna.net
- ◇ **H&I:** hospitalsandinstitutions@marscna.net
- ◇ **PR:** publicrelations@marscna.net
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- ◇ **Newsletter:** newsletter@marscna.net

Mid-America Regional Service Committee

P.O. Box 3534

Salina, KS 67402-3534

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

Tentative schedule—check for hybrid meeting status

310 Swedonia St. Marquette, KS

***Subcommittee Meetings
Saturday May 18th, 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 May 19th, 2024***

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