

**Chair:** John S. (785) 865-9999  
**Treasurer:** Jeanie M. (785) 825-6892  
**Regional Delegate:** Rod D. (620) 343-3149

**Co-Chair:** Russ P. (785) 589-0116  
**Secretary:** Carla D. (620) 343-3149  
**Alt. Delegate:** Tim S. (785) 819-4806

*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. (Co-Treasurer)*

## **NEXT R.S.C.**

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

### **Saturday November 18th, 2006**

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

### **Sunday November 19th, 2006**

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



**Volume 23**  
**Issue 3**

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**Fall 2006**

***“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.*



#### **Welcome!**

Once again summer has come and gone and campout season has drawn to a close. Triple digit weather made campout season especially memorable but didn't keep people away. Of course if you get on top of a hill and look over a "modern day" N.A. campout, air conditioned trailers and R.V.'s rule the grounds. Not me though, my tent did just fine. (A special thanks for those that allowed me to hang out in their trailers!) Anyway, enough about that, the turn of the seasons also means a new, fresh newsletter. A quick reminder, YOU, the reader, are also the writers and reporters for this publication. Summer must of worn people down because submissions were way down. If you have contributed in the past, I hope and pray everything is all right. If you are reading this for the first time or just haven't sent anything before, please take a moment and share your recovery in print. Not only do we publish your stories, but we also print poems, drawings, and even cartoon strips. All N.A. recovery related though. Either e-mail it in or send it to the address above.

What you will find in this issue is articles previously written, a few borrowed stories, and news from the regional happenings including pictures from the regional 4th of July campout. The August Plains State's Zonal Forum meeting will also be featured here, as it created much excitement and hope. I won't go into any detail on this page so keep reading.

If you are like me and are really into the history of Narcotics Anonymous and the Mid-America Region, you should check out the archival disc the Literature committee compiled (*see page 9*). It contains 82 past issues of this publication in PDF format for easy viewing on your computer, ranging from 1983 to 2004. If you notice the volume number on this issue, you see 1983 is the starting point I am using. Unfortunately, that is not the start of this publication, we have records dating back to 1980 but no issues to share. If you have any of those early issues the region would be internally grateful to receive copies or originals. Once scanned and converted to PDF, they will be put in the trust of the regional archivist. I hope you enjoy this issue, now please read on!

*Tim* Editor

## CAME TO MY SENSES

“Hey dude, where’s the party?” That’s all my friend could say as he drove by me standing on the street. All I could do is yell back, “you’re on your own this time” not letting him know what I really wanted to do is just scream. When did it change? I can remember when partying was fun. I can remember the laughter, the house full of friends listening to music while passing the pipe. Now, all I can think about is running, with no where to go? The funny thing is I can’t remember when it changed. I’m paranoid all the time, for the first time in my life I actually have enemies that are chasing after me (*at least I think they are*). I better get off the street; all of a sudden I’m not feeling so good. I used to have big plans when I grew up; I was going to get all the things for my kids my parents couldn’t get for me as a child. I couldn’t even get in a relationship long enough to have children, at least I don’t have any that I know of. It’s starting to get cold, I’m really hungry. Where do I go from here? At least I still have my pride, (*who am I kidding?*) Reality sucks! I feel like crying, (*I can here Dad now “I’ll give you something to cry about!” F\*\*k him!*). I’ve never felt so desperate in my life. Maybe I can sleep it off.

*Next day:* Let’s see where a roach is hiding, I guess I can clean the pipe if I have to, I really need to mellow out. If I had some money I’d go to breakfast, all I need to do is find a fly to stick in it and it won’t cost anything. Do I have enough gas to get me there, yea, I’ll smoke this after I eat. Good there ain’t many people here, now where’s a dead fly. Hey, there’s Jimmy. I haven’t seen him in a while, heard he got righteous or something. Maybe he won’t see me.

Just what the Dr. ordered, one dead fly, I knew I could count on this place. Hey waitress, steak and eggs! Oh, hi Jimmy, where you been, I haven’t seen you for awhile? I’ve been around, just not in the same neighborhood any more. You don’t look so good, you OK? Life’s been sucking lately, you look a lot different than last time I saw you, what happened? I cleaned up, came to my senses you might say. I found N.A. and changed my life around, we have a meeting in a couple of hours, why don’t you come with me? Oh, I don’t know, my brother tried that a long time ago and it didn’t work for him. Don’t you have to be court ordered to go to those anyway? Oh no, any one can come, all you need is a desire to stop using. Tell you what, why don’t you let me buy you breakfast and then hang out with me today, we can catch up on old (and new) times. OK, I ain’t got anything else better to do. What I meant about “came to my senses” was, I was just like you not too very long ago. I had lost all feelings for people, I couldn’t see the beauty in anything, and I basically sit in my “pity pot” as we call it in NA. After going to meetings for awhile and working the 12 steps that’s part of NA, I regained my sense of touch, I could feel the softness of another person’s skin or the heartbeat of a child. I regained my sense of taste, all of a sudden food started tasting great, I could taste the different spices and came to appreciate the simplest foods. I regained my sense of smell, I can smell the flowers, the fresh cut grass, and the perfume that my mother wore when she was alive. I regained my sense of hearing, I can hear the kids playing, the birds chirping, and yes the music that I’ve always listened to plus a much more

*Attention all members of  
Narcotics Anonymous:  
You are hereby invited to attend and participate*

*at the*

*Mid America Region’s  
5<sup>th</sup> annual Service Assembly*

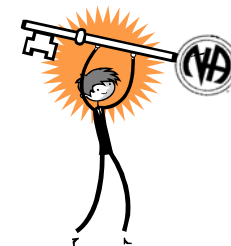
*October 14<sup>th</sup> and 15<sup>th</sup>, 2006*

*Red Coach Inn*

*2211 E. Kansas St.*

*McPherson, K.S.*

*N.A. – The Key To Life*



*Everyone is encouraged to attend regardless  
of clean time or service positions*

## AROUND THE REGION

\* Even though there were issues to be dealt with on the regional campout, it still was a great weekend for fellowshiping. Next year's committee is already intact and you can mark your calendar for June 29th - July 2nd 2007 at the same location. See page 5 for pics from this year's event.

\* The convention committee is currently finishing up the artwork for the theme "Follow the Steps to Freedom". Next year's convention is in Salina so keep looking in this publication for flyers in the near future.

\* Hospitals and Institutions are in the early stages of planning a workshop and also updating their policies, as all sub-committees either have done are currently working on for the regional policy handbook. Volunteers are needed to fill H&I panels!! Help carry the message!

\* Does your home group have it's banner yet? That's the big question Outreach is asking, and for the groups that visit neighboring groups in force looking to win their banner also want to know. This has been a very productive way to get four or more members of a group to travel and support another group. It is just one way Outreach is getting everybody involved.

\* The demographic survey Outreach has been conducting along with Public Information is in it's rough draft form. Be expecting to see the finished product in the next two quarters. P.I. is also very active in panel presentations and hopes to break the barrier between Narcotics Anonymous and many of the institutions we still are not carrying the message into.

\* Literature has three items on their agenda: helping with managing area stockpiles, this publication - the M.A.N., and the long term Mid-America history project. As advertised in this and all issues of the MAN, the archival discs are once again available. The original 100 copies sold out thanks to you, the reader. 50 more have been added to sell. If you have access to a computer with a CD drive, owning a copy is a must! Page 9 has more details about this disc.

\* In the Activities committee the immediate focus was on the upcoming service workshop in which a flyer graces the back cover again this issue. By the time you read this the Soul to Soul Spiritual Retreat will have once again have taken place. If you missed it again this year, start planning now for 2007. The committee has also presented a new sub committee rotation where every two years a random drawing will decide which two committees will meet in the same time slots. This will take effect in Feb. 2007.

\* The Regional Delegate and Alternate Delegate, along with 14 other members from Mid-America region, attended the Plains State's Zonal Forum in South Dakota. It was a great Outreach experience for all of us. Read what the former R.D. wrote about the trip on page 6. Since I am pulling double duty as the Editor of this publication and the newly elected Alt. Delegate, I hope to keep all of you better informed of regional, zonal, and world happenings. The Basic Text project (*personal stories section*) is out for review and input. This can be workshopped as a committee, area, group, or individual. Don't let this important project go without your input.

expanded style of music. I regained my sense of sight, all of a sudden the world opened up to me. It doesn't matter what season it is, I see the beauty in it, the trees, the clouds, the flowers, even old run down buildings and people of all ages. I don't have the walls around me any more, I'm alive. And you know, I still don't have a great job, there are a lot of things I'd like to own but don't. The world isn't going to change to make your life better, YOU have to change, and open up your senses! Here we are, this meeting might help you understand, if you don't want what we have, than your misery is waiting for you outside. Take the first step and walk in....."My name's Jimmy and I'm an addict, please welcome my friend, I've brought him home."

.....  
*I contributed the previous story to the M.A.N. in 2002 only never finished it. Maybe this time the saga will continue...Tim S.*  
.....

### Happiness and freedom in our lives.

Happiness? Freedom? These are two words that very few of us knew in our active addiction. The only happiness we knew was a brief release from the pain in our lives. The only freedom we had was a few hours escape from our individual realities. Yet the truth was, and is, that none of us could stop the downward spiral into a self-inflicted hell until we accepted the help of a 12-Step program.

When we first entered the rooms for recovery, we discover a few things very strange to us. We see smiling, happy people. We hear words of welcome. We feel genuine acceptance from other people. We wonder how these people could possibly be afflicted with the

same disease as ours. They don't seem scared or alone. They don't have that look of despair we see in the mirror each day. They freely welcome and accept us. They give us hope. Just who are these people?

They were the same people that we are now. They too felt just as isolated, helpless, and hopeless when they first began their 12-Step journeys. They were in their own self-inflicted hell just like us. But they made one important decision when they followed one important suggestion: they kept coming back!

It's no accident that as those people came to meetings, followed suggestions, and got a sponsor that they became happier people. They each began establishing a relationship with a God of their understanding, and worked the Steps in their lives. Their freedom is a result of having a daily reprieve from their active addiction. They accomplished these things by working their individual programs together. Remember, none of us could stop the progression of our disease alone, but together We can!

Now, today, each of us has the opportunity for a new life. We don't have to listen to a disease that only lies to us. We can listen to, and stick with the people who share a common freedom and a new happiness in each of their daily lives.

*- Am I open-minded and willing enough to try a new and better way of life today?*

Joe W.

Lewistown, PA.

.....  
*Joe submits articles to several newsletters out east and requested to do the same for the MAN. With space permitting, his experience, strength, and hope will be published here also. Tim S.*

**Meeting Etiquette**

*From The New Life Messenger, the Ottawa, Ontario, Area newsletter*

Danger! Reading this might help you enjoy your meetings and improve your ability to carry the message to the still-suffering addict. Narcotics Anonymous offers us many tools to use in our recovery; most important are the steps and traditions. However, the “glue” that holds our fellowship together is the NA meeting, the place we gather to share and learn and grow. Our meetings should offer fellowship, a safe haven for addicts, and a sense of welcome to the newcomer. Ultimately, every meeting’s first priority should be recovery. Everything else is secondary. The “we” of NA is made up of a whole bunch of “you’s” and “me’s.” Our behavior can make or break a meeting. With this in mind, I offer this “thumbnail inventory” of meeting etiquette. Ask yourself these questions for a look at your own meeting behavior. Maybe there’s something you can change to make NA a better place.

1. Do you respect the meeting enough to get there on time and stay in your seat until the end?
2. Do you interrupt the meeting with chatter?
3. (Smokers only) Is having a cigarette break so important that you interrupt the meeting to have it? Do you ever miss part of the meeting because of it?
4. Do you listen to the readings, or do you “tune out,” maybe even start talking?
5. Do you listen to the NA announcements? If you’ve heard the same one ten times.
6. Do you give others the same attention and respect that you believe you deserve?

7. When the collection for the Seventh Tradition begins, is this an important part of the meeting for you or a cue to start talking to you friends? Picture this: A newcomer hears the chairperson say, “We have no dues or fees . . .” but misses the rest because the room breaks into conversation. Meanwhile, he/she sees people putting money in the basket and passing it around the room. What would you think?

8. Do you shout out your own additions to the steps or traditions readings?

9. Is your meeting facility as clean after the meeting as it was before? If not, why not?

10. What are you doing to make the meetings you attend better than they would be without you?

Just like recovery itself, being complacent about our meetings can be a very dangerous thing. It has been sad to see meetings close over the years in this area for no other reason than lack of meeting etiquette. It is our duty to provide the best meetings we can, both for ourselves and for the addict who will be arriving later today, tomorrow, or the next day.

Remember our Fifth Tradition! BK



*I hope everyone that attended Mid-America Region’s 28th annual campout had a great time. I know I did. Here are a few pictures from the event. What’s missing? the R.V.s? No, there were LOTS of R.V.’s and motor homes, it was nice, though to see all the tents.*

**WORD SEARCH - see how many you can find!**

S	X	W	T	G	U	K	X	Q	J	K	P	U	Y	H	
W	G	R	I	E	F	Y	L	O	M	C	R	S	E	H	
J	R	A	N	U	C	U	J	T	R	H	L	U	M	H	
L	A	X	Y	T	S	S	T	E	P	S	C	R	R	C	Traditions
D	T	K	T	T	G	C	N	H	R	Y	A	R	E	B	Unity
E	I	L	D	E	R	X	L	I	S	H	Y	E	M	P	Willingness
U	T	P	R	O	J	A	H	B	G	R	G	N	O	O	Surrender
O	U	I	V	B	J	Y	D	B	N	M	I	D	C	U	Steps
V	D	Y	B	Y	P	L	N	I	I	S	H	E	W	E	Service
S	E	R	V	I	C	E	D	J	T	U	N	R	E	F	Sanity
X	S	M	B	H	F	S	K	M	E	I	O	L	N	Y	Relationships
S	N	L	U	Q	O	T	M	I	E	C	O	Z	Q	T	Meetings
H	M	G	N	W	S	P	S	M	M	Y	I	N	T	Y	Newcomer
T	V	Y	I	D	E	T	E	N	K	S	S	E	S	B	Hope
I	B	N	T	I	K	S	A	N	I	T	Y	I	Y	G	Faith
A	D	W	Y	T	J	P	A	D	E	N	Y	B	R	T	Gratitude
F	J	T	Y	B	S	N	W	U	B	M	U	I	D	S	Grief
L	R	E	L	A	T	I	O	N	S	H	I	P	S	C	
Y	N	U	W	I	L	L	I	N	G	N	E	S	S	B	
K	T	N	H	C	W	D	R	C	L	Y	N	H	P	T	

**On Sale Now!**

82 past issues of the Mid-America Newsletter have been assembled in PDF format on one CD with an extra bonus booklet, the history of the groups within Mid-America Region. You can own this amazing piece of history for only \$5.00 plus \$2.00 shipping and handling. Avoid the shipping by attending any one of the regional service committee meetings in McPherson, KS. You will enjoy many hours of reading our history plus look at flyers from such events as M.A.R.C.N.A. I, held in 1983. Also see flyers from Oklahoma (OK Region) and Show Me Region’s 1st convention.



**Mail to:**  
**M.A.N. Archives**  
**P.O. Box 684**  
**McPherson, KS. 67460**

“At 49 days clean I relapsed (mentally). I really wanted to get “loaded”, just didn’t know where to get any. I went to a meeting and shared this. There was an “old timer” there and she shed a few tears and asked me not to use that day for her. It took me 2 days to process this, there was a lot of guilt and shame for wanting to get “loaded” and trying. It was that meeting and what this woman shared that gave me the strength to stay clean. It was then that I felt truly, unconditionally, loved for the first time in my life. It was then that I began to understand what N.A. was/is about. Carrying the message to the addict that still suffers. Today (5/21/2006) I have 200 days clean. Today I am grateful.”

Jerry F.

“At around 2 weeks clean, I was at a Friday night candlelight birthday meeting and I was “Jonesing” bad! When it was my turn to share, I told the group how I was feeling, my first time being completely honest with others. This guy, who had only known me 2 weeks, invited me to come over after the meeting to hang out and watch a movie. He could see I was still struggling after the movie and asked if I wanted to go shoot a game of pool, we did. He had gone to work at 4 am that Friday and had to be at work 4 am Sat. morning. We got done around 12:30 a.m. He only knew me 2 weeks. He reached out to a suffering addict, we stayed clean another day. I would not be here today if not for him. He saved my life with unconditional love. “Aha”! My first glimmer of hope!!”

Earl B.

Feel inspired to write your “aha” moment? Send it in to the address on the front cover.



## Honesty

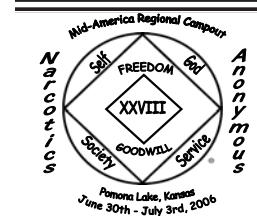
Hello, my name is Jack. It was not hard for me to accept powerlessness over my addiction and to admit my life was unmanageable. 8 years ago the thought of living in recovery, abstinent from all mind and mood altering drugs was only a dream. Today that dream is in living color, although all of the other aspects I never thought of in early recovery are alive and revealing them selves everyday. The symptoms of addiction, some call “character defects”, is my major focus today. My recovery started in 1995, 28 months later I relapsed. Guilt, shame, and being dishonest opened the doors to using again. My sponsor helped me repave my path to recovery. Since that time I have been through many hardships. Recently I started the cycle of being dishonest again. I had no idea how powerful just lying about how I was doing would bring such a powerful surge of symptoms back into my life. The disease means to me today: the internal dysfunction of myself beating and ripping away, tearing me down until nothing is left but vicious attitudes and behaviors, trying to live an unmanageable life with the nagging of myself day in and day out. Surrender is still a word that does not come natural to me. I have found though, that being honest is my best tool. Thank you N.A. for introducing this word into my life. Today I am “again” OK with being vulnerable.

Addict Jack

## Photos From the Regional 4th Of July Campout



*Travel any way possible*



*Look!*

*There still are tents at campouts.*

## Plains States' Zonal Forum

What a wonderful trip this has been! To be a part of NA history in the making. Our journey to South Dakota for the Plains States Zonal Forum on the Rose Bud Sioux Reservation, proved to be a very spiritual venture to say the least. Our region was well represented with 16 members going and representation of 7 out of 8 areas! We were given that vote of confidence that our region is networking well amongst its members.

What I expected from this trip is not what I received; what I received was much more. A new understanding of how NA will work to be more flexible in order to mesh with the cultures of indigenous tribes—here in the US as well as all over the world. We learned of the pride of the tribes and how the elders work at protecting their heritage. As with all cultures, addiction to any mood or mind altering substances is a persons choice whether or not to continue down the path of destruction or to work on changing that life style. We listened to the struggles that the NA group has in keeping the meeting going, how they have to watch persons come in and out and continually struggle to stay clean. It brought me back to reality in being very grateful for where I come from and how blessed I am to be surrounded by meetings and persons in recovery everywhere.

I would hope that we can be more flexible and strive to work with the Native Americans in finding recovery through Narcotics Anonymous. We have a long road to walk, many obstacles to cross over, but the miracles on the other side are so worth the journey. I, personally, will be available to be a part of this journey. Whatever message I can carry, either verbally, visually or even in written form, I will do my best to be a part of NA history. Thank you to everyone that chose to be a part of this. Mid-America Region should be very proud of its representatives.

Debby S.  
Past Regional Delegate

.....  
*The OK Region will host the next meeting scheduled for December 9th and 10th, 2006. More information will be available in the winter 2006 issue. The key topic for this meeting is "an atmosphere of recovery" and will have workshops Saturday on this and other issues. Sunday will host the business portion including elections. Our zonal forum has a new website in the works. You can access the site at [www.pszfna.org](http://www.pszfna.org) and at the time of this printing only has the logo with a link to email the webservant. In case you're wondering, Plains State's Zonal Forum consists of 6 regions: South Dakota, Iowa, Nebraska, Mid-America, OK, and Best Little. Mid-America consists of most of Kansas, OK is all of Oklahoma with a touch of Kansas and Arkansas added in, and the Best Little consists of the North West corner of Texas. We combine our resources to better help each other and N.A. as a whole.*

## More "Aha" Moments

You may be wondering, what is an "aha" moment? This is the moment in your recovery when something clicked inside you, and you thought to yourself so this is "it", the understanding of this fellowship's offerings, and what serenity really is. Debby S. brought this idea back from the 2006 world service conference and here is a small collection from members who attended the May RSC.

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"I was sitting outside the treatment center drinking coffee and smoking. A rainbow appeared, on one side the sky was black and gloomy, on the other side it was sunlight and brightness. I heard a voice in my head that I had a choice in my life, stay like I was and die in darkness or change my path and live in light."

.....  
"I was 6 months clean and was all alone when my wife had brain surgery. I was planning to get loaded because nobody would know but me. That was how I worked my program for those past 2 years. I was 300 miles from home. My Higher Power intervened and I ended up at a meeting and eventually ended up at an addicts house, and I stayed clean. I finally realized that Narcotics Anonymous was there for me and there was an active power greater than myself in my life. My gratitude to Dave R., he had no way of knowing what space I was in."

Still clean today,  
Dusty C.

.....  
"My "aha" moment occurred 2 weeks into treatment. I was in a group therapy session and part of the group was to tell our story. Well, for 10 sessions I shared about my family and my son's father. I shared about every resentment I harbored against anyone. It was every-

one else's fault that I was in treatment. One day a member of the group to speak. She preceded to tell me that she had been in group with me for over 2 weeks and knew nothing about me. At that moment a feeling came over me that was indescribable. It was the grand "aha" moment, for the first time I realized that it was my fault! From that moment on I surrendered. We are not responsible for our disease, but we are responsible for our recovery."

Melissa T.

.....  
"Dianne gave me my first "aha" moment. I had 58 days clean when I met her at a New Years Eve recovery function. The next day she was remarking on the behavior of another attendee's children, and commenting, "she's new, give her time." At that moment I realized that recovery was not just about quit putting substances into your body, but could teach you how to parent, and effected every aspect of your life and those of your children. My whole perspective of "staying clean" changed with that one remark. Dianne went on to teach me how to go to work, become a productive parent, pay my bills while making minimum wage, go to meetings, live the steps, mature, laugh, reach out, and get honest. I lost my beloved Dianne on May 5th, 2006. I was with her when she passed away. Little did I know on Dec. 31, 1998 the journey God was leading me on. I am forever grateful."

.....  
*Turn the page for more  
"aha" moments*