



# MID AMERICA NEWSLETTER



**Volume 29  
Issue 4**

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**Winter 2011**

*“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

*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.*

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It seems like with many other service positions in the Mid-America Region, this publication has felt a void in willingness to keep it consistent.

So we have decided to put together a “best of” for you. That is not hard to do since in the past we have been blessed with countless submissions of experience, strength, and hope. What is hard is narrowing it down to one issue’s worth. With myself picking a bunch of articles and a few volunteers narrowing it down to what we have here, another issue is in front of you.

That does not resolve the issue of no current Editor, Publisher, and writer, all of which we just call “Editor”. If you have the desire and skills to help with this and keep the MAN consistent, please come to the next RSC listed on the back page. The software and computer are waiting for the “right” person

to fulfill the commitment. Your dedication to Narcotics Anonymous and the Mid-America Region are appreciated.

For future reference and for those that collect every issue (me) there was no volume 29, issue #3. When we were faced with a vacancy after the summer (#2) issue the thought of putting out the best of issue wasn’t pursued so it was skipped. It is our hope that the issue you are reading more than makes up for it.

For all future communication please use the email listed above, as it will remain consistent through all future Editors. The PO Box belongs to MARSCNA and too will be consistent, we hope this will make it easier for members wanting to submit articles or group news.

So read on and enjoy or reminence through the articles featured here.

**Tim S.**  
MARSCNA Chair

I'm an addict, my name is Cindy. I was lucky enough to find N.A. in April 2006. It took me 32 years but I made it. I always thought I was too good. My Father, who never worked a program, and older sister who was in A.A., were both alcoholics. I hated their views on addiction. I hated their views on ME! I let that keep me away from N.A. and it almost killed me.

I did everything I could to run away from my disease BUT get help. The more I tried to run, the more I ran smack dab into the very pits of hell. You see, I thought I just had a "little problem", just "now and then" with a little something called meth. I figured if I didn't "purchase" it, I didn't have a problem. No financial hardship here! I also figured since I was a nurse, I was allowed to take any prescriptions I needed, whoever's, whatever's, whenever. If I needed it, so be it.

It got to a point where I was so high all the time; I think I forgot I was just a CMA and not a Dr. I had my family convinced I was dying from this or that. The only thing I was dying from was the combination of every-ones prescriptions I was taking. Dr. Disease still wakes me up

sometimes, but I tell him to kiss my ass, my Dr. doesn't make house calls any more. And if he tries, I call my sponsor, I go to meetings, I work my steps WITH my sponsor and I work them honestly and thoroughly. I've also started doing service work, it helps keep me grounded. "We can only keep what we have by giving it away" WOW! What a simple concept. But what power. That one phrase has kept me alive since I came through the doors of N.A. I try to remember to pray every day to my Higher Power to guide me, to give me strength to stay clean today, so that I can give away what I have, in hopes that another addict can stay alive.

It is hard to imagine that a year ago, on Christmas Eve, I almost ended my life, and today, I have a gratitude list that grows by leaps and bounds. Not to say that some days I don't want to burn it, or shove it down someone's throat, or shove it up someone's somewhere, but I have it and it's mine and I'm grateful for it. N.A. has so much to offer, there is so much to learn. I had no idea we were organized by volunteers who work their butts off. I thought each little town had its own little group of addicts who get-together,

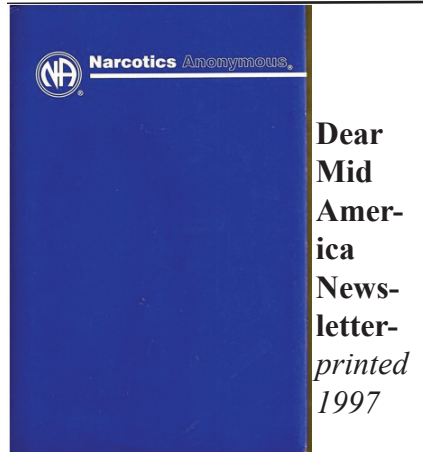
whenever, wherever.

When I first came to N.A., the only thing I knew was that N.A. stood for Narcotics Anonymous. I had no idea what G.S.R., H. & I., I.P., AREA, REGIONAL, WORLD, M.A.R.S.C.N.A., etc. stood for. I still don't know a lot of them, but you know what? I ASK! And I keep asking. I go to as many business and area meetings as I can. And when I do, I sit next to someone who knows what the hell is going on. I ask them if I can, or I take notes and ask later, but I'm learning. It may take me forever, but that's fine with me, it keeps me coming back. What ever works.

My sponsor tells me there are no stupid questions. And I love, trust and believe in her. So if you've been wanting to go to a business or area meeting, but have been afraid because you don't know what the hell is going on, find someone you trust and go with them. Just sit and watch if you want. You'll be amazed at how much you'll learn. Not to mention how entertaining the members can be. And the great part about it is that your opinion matters. They WANT to hear fresh ideas from the newcomers. I'm a newcomer and I have a thousand questions and a thousand more ideas. I had to start

somewhere. I haven't read this anywhere yet, and I'm sure I'm not the first to think of it, but it makes sense to me, if there were no addicts there would be no N.A. So I figure, we are addicts, therefore, we are N.A. Become involved, each and every one of us.

Hope to see you there,  
Cindy F.  
Lawrence, KS.



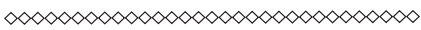
I would like to say thank you for being there when I came in, I've been here since 3/16/1992. When I came in I couldn't read or write. I didn't know how to live without drugs, I was out there in left field. I got clean and hooked up with NA at the VA Hospital. It started a new way of life for me, I was going to meetings in Emporia. I got honest about not being able to read and write at the book study meeting at Pio-

neer Group. I just knew I was going to get kicked out of there, but all they said was to keep coming back.

Well from that time on, I knew I was at home. An addict named Pat M. was the RCM for the area at that time. He had something that changed my life forever.... it was called the LARGE PRINT BASIC TEXT! It was made up at the Regional Literature Committee and Western Area. The WSO said it couldn't be done, but we did it! It was the first book that I ever read in my life, so don't try to tell me that it doesn't work. I know through unity and placing principles before personalities that it does work. If I can do it, then so can you. Thank you for my life back.

**Dave R.**

Fellowship For Freedom Area



*Here's a little Christmas poem for you submitted December 2002:*

***Night Before Christmas –  
Recovery Style***

Twas the night before Christmas,  
and all through the halls; not an  
addict was using, or eating rum-  
balls.

The children were happy, their  
folks were serene, asleep in  
there rooms, dreaming Christ-  
mastime dreams.

The sponsees were nestled all  
snug by their phones; hoping  
their sponsors, soon would be  
home.

Papa in his bathrobe, and I in  
my gown; we're grateful to be  
home, not stumbling 'round  
town!

When out in the driveway, I  
saw some headlights; who was  
coming to my house at this time  
of night?

Away to the window, I flew at  
great speed; I wanted to see  
what these people would need.

The night it was late, didn't they  
know, I would go downstairs  
quickly, and tell them to go.

When what to my wondering  
eyes should appear? But a lawn  
full of addicts and not one cup  
of cheer!

With hope in their hearts, anx-  
ious looks on their face; they  
were scoping the town for their  
next meeting place.

I opened the door to let my friends in, the Christmas Eve meeting was about to begin!

On coffeepot, cups and some sugar and cream, old-timers, newcomers, and those in between. “in my home you are safe!” “Come on in”! Hear my call now clean addicts, free addicts, recovering addicts all.

As non-recovering addicts before a meeting do cry, when they meet with the “obstacles selves” they deny; so into the kitchen the addicts they flew. With a room full of feelings, some joyous, some blue.

And then in a moment, the meeting did start; a gratitude meeting, clean living...and art.

As we went around the room, there were stories of woe, descriptions of lives only addicts would know.

Stories dressed all in substances, from beginning to end, that “drug” was a gut-wrenching, fair-weathered friend.

A bundle of pain, each addict carried on their back; the road was quite bumpy! The deck had been stacked!

Relationships crumpled; our finances weary, our souls were like vacuums, our eyes were always teary.

Each addict bared their soul and shared through the hour; of recovery held dear, and a new “Higher Power”.

The fellowship gave new life to each face; all the clean addicts with dignity and grace.

A desire to stop using is all that’s required, a way out, a way up; new lives to inspire!

It was time for a meeting to come to an end, for all of the addicts and all of their friends.

The Serenity Prayer was then said as we hugged each other and prayed; electricity, wonder and magic displayed.

We did “clean up” and chattered when saying goodbye; embraces, well wishes and not a dry eye.

I sprang to my bed and thanked God for this night, I snuggled to papa and all felt so right.

But I heard them exclaim as they drove away, “thank God for NA, each and every day!”

**A Poem by Scott:**

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 Power 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)

*“RIP Scott - you will always be with us in spirit”*



*Art work borrowed from the NA Way Magazine*

*Dear Mid-America Newsletter,*

I am a newcomer to this program. I have been clean from drugs as long as 8-10 years at a time, but I learned that drugs weren't my only problem. I had other issues that needed work also. I became a truck driver of an 18 wheeler; this had been my dream ever since I was a little girl. I teamed with a guy who did not do drugs. I thought that by being with a guy who did not do drugs, I would be able to stay away from them. I did stay clean, but continued with some behaviors that kept me down in life. In Oct. 2001 I was found by police stripped naked, covered in gravel, and had my head beat in on my right side.

I had to learn to do everything again, from how to walk, to feeding myself with a knife, fork, and spoon, even how to take a bath & shower again. There are a lot of things I've realized after brushing up to death so close. Brushing up to death isn't just a physical nightmare – it can be emotionally and spiritually enlightening as well. There are a lot of different things people can be addicted to, everything from drugs/alcohol, to food, to relationships. I've realized that jails can also have a lot of different

faces.

Everything from being trapped in a relationship, to always wanting to use, to wanting something to eat we don't need. All these are forms of being trapped, or "in jail". For everything we choose to do there is a repercussion. We don't have to make sure the repercussion is one we can live with. Sometimes we can see the repercussions, sometimes we can't. The only thing we can do is take our best interests to heart. Prepare for the worst, hope for the best, and trust in our Higher Power.

No one can keep us from giving into our addictions, but our Higher Power can sure help, if we allow it. If we don't work with our Higher Power, it's not going to keep us from giving into our addiction. Our Higher Power doesn't leave us, but it may not be able to help us if we don't give ourselves over to it. When we give into our addictions we get to suffer through the consequences of our acts. Are they ones you can live with?

Diana C. *submitted 2004*



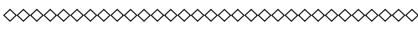
**“For the therapeutic value of one addict helping another...”**

We have all heard the phrase, “For the therapeutic value of one addict helping another is without parallel.” But how many of us realize how valuable it is? After returning from a woman’s retreat in Nebraska, I began to reflect over the past year of my recovery. This past year has been an amazing adventure for me. Things like another addict calling in the middle of the night needing help, (from half-way across the country) and offering help in finding a meeting in their state, or just listening to them admit their powerlessness and taking their first step. Things like going to out of town meetings and sharing with others I don’t know. Then have a person thank you months down the road for the words that gave them the strength to cope. (That came from the out of town meeting) It’s letting our Higher Power put two addicts together to give each other strength or gain faith and hope. I never really looked at this until after the retreat. Last night, a person I met a year ago had a topic that he was upset about. As I sat and listened, I was amazed at the passion flowing from

within. That meeting was alive with love, strength-and hope. After the meeting, he told me the first day he met my husband and I (at his first meeting) . Seeing his passion come alive because of “the therapeutic value of one addict helping another is without parallel,” is a wonderful and priceless gift. It doesn’t matter if it’s offering a cup of coffee to the newcomer, or telling a person that is struggling that they are loved, regardless. Phrases like “Keep coming back”, or “We’re glad you’re here”. These words and actions mean so much to these people and myself that it has helped keep us alive and clean and given us the courage to keep coming back. They offer us strength when we feel weak, hope when we feel hopeless, and give us faith and courage to keep going. And don’t forget the biggie...It does get better. This is truly one of the most priceless gifts I have received since coming to the program of Narcotics Anonymous. I have so much more gratitude today because of that phrase. It has saved my life. I thank my Higher Power for bringing people like Sam and people like you into my life. If any of you are feeling “stale” or struggling with something, don’t hold it in. Share it with another

addict. You never know, you may be the one thanking them months down the road for giving you strength and hope when you needed it the most. By the way ... Thank you for helping me when I needed it the most.

**Sharon B.**  
**Cottonwood Falls, KS**  
*submitted 2005*



### **Partners in Progress**

This is just something I feel strongly about. It's how I view my family and friends in the Narcotics Anonymous program. We are all seeking the same goal, to live free from active addiction. We need to help and support one another in our recovery, and because of this I see us all as partners in progress. We keep one another grounded in recovery, and when we grow complacent a partner is there to listen and help. It doesn't have to be your sponsor that helps you through; it can be a friend from the rooms that you've come to know. I recently began to stray away from the rooms and service work after three years clean, due to me not letting go of resentments. More friends than I've ever dreamed of having were calling and ask-

ing what was going on with me. When I would show up at a meeting, maybe once a month, they would talk with me after the meeting, subtly trying to get me to open up. Because of my caring partners in progress I have recommitted to recovery by going to 90 meetings in 90 days and journaling after every meeting about what I've learned and can use in my life. The people that I call my family and friends surprise me with their patience, I've never liked sharing anything about me. None has ever pressured me to open up, they've just let me open up in my own time, and what I've realized is that the more I share about myself with others the more they care about me. The more concern they have for me and they are more apt to keep me progressing in my recovery. Someday I hope I can return the same to my partners that they have given so freely to me.

**Aaron B.**  
Phoenix Group of Unity Area  
*submitted 2008*



*Just For Today*



## AROUND THE REGION

**Central Kansas Area** was formed March 1st, 1986. The groups in that area belonged to the Wichita Area prior to that, which was a vast geographical section of Kansas. When the Mid-America Region was forming, Kansas was split into two areas, North and South. As groups grew and were formed, so did area boundaries. They are very active in H&I and Outreach.

**Fellowship for Freedom Area** was formed early 1982, they were the first to break off the North/South area boundary structure and are very involved with H&I and Literature, though PI and Outreach are being pushed as well.

**Just For Today Area** was formed in the spring of 1988 with three groups, Paola, Emporia, and Ottawa. It has grown tremendously since then. They are the biggest supporter of the region's Soul to Soul Spiritual retreat and do a lot of Outreach.

**Miracle Area** was formed March 1993 with the groups in Lawrence. Prior to that Lawrence groups belonged to Just for Today Area, Fellowship for Freedom Area, and originally North Area.

They have since expanded to five towns and are strong with H&I and PI efforts.

**Primary Purpose Area** was formed August 2000, splitting off of Unity Area and formally part of Central Kansas and Wichita Areas. They are active with H&I and activities.

**Unity Area** formed November or December 1984 but was functioning under the name Salina/Junction City Area prior to that and was a part of the North Area originally. They are under a re-structure as the area came close to folding recently but are strong in Literature.

**Wichita Metro Area** formed March 1986 during the three way split of the Wichita Area. The final meeting for Wichita Area was March 14th where all assets were split between Wichita Metro, Central Kansas, and Western Areas. They are very strong in Literature, H&I, and PI efforts.

**Western Area** formed January 1986 and set the path to breaking away from the Wichita Area, they still cover the most distance for Kansas and as a result struggle with services. Still hanging in there though.

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**Chair:** Tim S. (785) 819-4806      **Co-Chair:** Janet W. (785) 817-8635  
**Treasurer:** Kathryn C. (316) 807-2500      **Secretary:** Amber C. (785) 577-6196  
**R. Delegate:** Misty K. (785) 819-6482      **Alt. Delegate:** Daniel C. (785) 819-6234

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**Central Kansas Area** (785) 621-4350  
**Fellowship For Freedom Area** (785) 232-5683  
**Just For Today Area** (888) 858-7886  
**Miracle Area** (785) 749-6631  
**Primary Purpose Area** (620) 662-5390  
**Unity Area** (866) 864-8962  
**Western Area** (888) 303-0013  
**Wichita Metro Area** (316) 524-7775

### **NEXT R.J.C.**

#### **Rodeway Inn - Mid America Inn**

1846 N. 9th St., Salina, KS.

#### **Saturday February 18th, 2012**

9:00 - 11:00 A.M.	Public Information Activities/Soul to Soul
11:00 A.M. - 1:00 P.M.	Outreach Steering
1:00 - 2:00 P.M.	Lunch (open)
2:00 - 4:00 P.M.	Literature Hospitals and Institutions
4:00 - 6:00 P.M.	Campout Convention
<b>7:30 P.M.</b>	<b>Speaker Meeting</b>
<b>8:30 - 11:00 P.M.</b>	<b>Dance (Auction and Raffle included)</b> \$3.00 person - no addict turned away

#### **Sunday February 19th, 2012**

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