

Mid-America Regional Service Committee February 2020 Quarterly Meeting

**Marquette Elementary School
310 Swedonia St.
Marquette, KS**

*tentative schedule only -
please check with ASC or MARSCNA Officer*

Subcommittee Meetings Saturday February 15th, 2020

- 9:00 - 9:30 am Fellowship Development
- 9:30 - 11:00 am FD breakout (MAN, Soul to Soul, Events, etc.)
- 11:00 - 11:30 am FD Wrap-up
- 11:30 am - 1:00 pm Lunch
- 1:00 - 3:00 pm Convention/Campout
- 3:30 - 4:00 pm Public Relations
- 4:00 - 5:30 pm PR breakout (H&I, Web, Phone-line, Communications, etc.)
- 5:30 - 6:00 pm PR Wrap-up

Evening activities vary, possible speaker meeting, dance, dinner, etc.

Regional Service Committee Meeting Sunday February 16th, 2020

- 9:00 am - 5ish pm Reports, Open Forum, General Business, Funds



**VOL. 40
ISSUE 4**

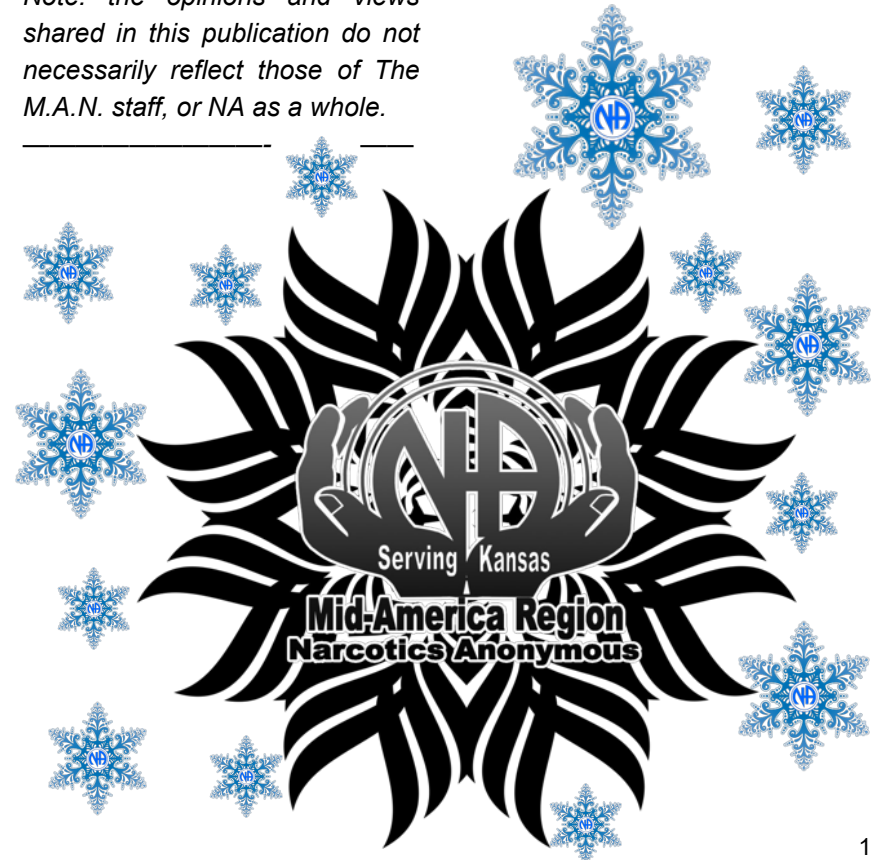
**PO Box 3534
Salina, KS. 67402
newsletter@marscna.net**

**WINTER
2019**

“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.



Welcome to the winter issue of your region newsletter. There is something about closing out a year that gets me reflecting back. This region, Mid-America, celebrated 40 years of service this year. One of our annual functions, the 4th of July campout, successfully had its 41st event, as the first one was where the region was formed.



compassion, and empathy. Use that resource to get through rough times, also be there for those that are suffering when you are not. Always remember, "I can't—we can".

This issue will also be a reflection of past stories, as submissions continue to be scarce. Please take time to share. Your articles can be emailed to:

newsletter@marscna.net

Tim S., Editor

Personally, I celebrated 30 years back in March and cherish what I have received from serving NA and this region. My reflection doesn't go that far back though, as this year has also been one of service, not just to NA but also to the community I live in.

This time of year also has many challenges for so many recovering addicts, feelings of loneliness, depression, and despair. Always remember, you are not alone! Meetings are full of hope, gratitude,

10 Addicts

Ten addicts, all in a line, one got to thinking—Then there were Nine.

Nine addicts, one said, "Wait!" "A near beer can't hurt!" Then there were eight.

Eight addicts, lookin' up to heaven. One cut out meetings—Then there were seven.

Seven addicts, doing service for kicks. One started grumbling—Then there were six.

Six addicts, glad to be alive.



April 3-5, 2020 Emporia, KS

Visit website
for more
details



REGISTRATION

Name (s) _____

 Address _____
 City, ST, Zip _____
 Phone _____
 Email _____
 Clean Date _____

	Price	Qty	Total
Pre-Registration (By 2-21-19)	\$ 15.00		
(By 2-16-20)	\$ 20.00		
(After 2-16-20)	\$ 25.00		
Newcomer Donation			
Saturday Banquet & Sunday Breakfast	\$ 30.00		
Mug (By 2-16-20)	\$ 10.00		
Specialty Clothing Item (By 2-16-20) Men's Shirt Size _____ (Up to 5X)	\$35.00		
Entertainment	\$ 10.00		
TOTAL PACKAGE (By 2-21-19)	\$100.00		
TOTAL PACKAGE (By 2-16-20)	\$ 105.00		
TOTAL PACKAGE (After 2-16-20)	\$ 110.00		

Please make checks/M.O. payable to MARCNA XXXVII

Please Mail to:
MARCNA 37, PO Box 1163
Lawrence, KS 66044

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 and the group and area members.

If you haven't gotten involved with this project yet it's not too late!

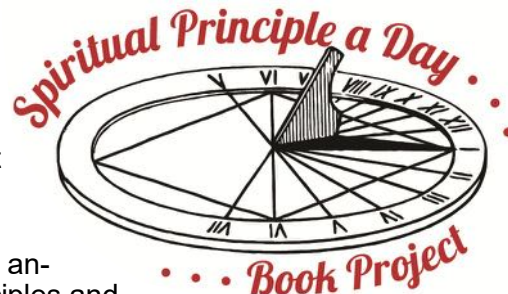
Batch 2 is now online at www.na.org/spad

What batch 2 includes is another eight spiritual principles and all the necessary forms and review and input (R&I) drafts needed to complete this section. The eight principles include: **Balance, Compassion, Goodwill, Grace, Harmony, Humility, Imperfection, and Maturity.** There are 45 entries addressing these eight principles so there is plenty to workshop between now and the deadline, which is: **March 1st, 2020**

A quick background on this project, at the 2018 World Service Conference (WSC) a project plan was approved and initiated over a two conference cycle period, or four years. So far, 45 spiritual principles with 270 related quotations have been worked on, with input from all around the world, sometimes weaving member's writings together. Your input could have been mashed up with a member's in Australia to make one phenomenal writing. The possibilities are endless.

The approval draft of this publication is projected to be in the 2022 Conference Agenda Report (CAR).

The 2020 Conference Agenda Report will be available Nov. 26 catalog item #9140 with the cost set at \$13.50 (S&H included)



'til one smoked pot—Then there were five.

Five addicts, greeters at the door, one played the Big Shot—Then there were four.

Four addicts, for fun and for free, one's case was "different" Then there were three.

Three addicts, knowing what to do, one rewrote the Basic Text—Then there were two.

Two addicts, having some fun. One started lying—Then there was one.

One addict, talking to HP "If only one is clean—I'm glad that it's me!"



Sponsor or Therapist?

1. Your sponsor isn't all that interested in the "reasons" you used.

2. Your therapist thinks your root problem is your lack of self-esteem, negative self-image, and your poor self-concept. Your sponsor thinks your problem is a 3-letter word with no hyphens (YOU).

3. Your therapist wants you to pamper your "inner child." Your sponsor thinks it ought to get a job.

4. Your sponsor thinks your inventory should be about you, not your parents.



- 5. Speaking of your parents, your sponsor tells you not to confront them, but to make amends to them.
- 6. The only time your sponsor uses the word "closure" is before the word "mouth."
- 7. Your sponsor thinks "boundaries" are things you need to take down not build up.
- 8. Your therapist wants you to love yourself first; your sponsor wants you to love others first.
- 9. Your therapist prescribes care-taking and medication. Your sponsor prescribes prayer making and meditation.
- 10. Your sponsor thinks "anger management skills" are numbered 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12.
- 11. Now that you haven't had to use in six months, your therapist thinks you should make a list of your goals and objectives for the next five years, starting with finishing up that college degree. Your sponsor thinks you should start today by cleaning the coffeepots, helping him carry

a heavy box of literature to the jail, and making your bed.

12. Your sponsor won't lose his license to practice if he talks about God.



The past two submissions (10 Addicts and this one) were first published by the late Kirk B. in 2000, when he was Editor of this newsletter. He stated that these were "borrowed".



"Gratitude" Word Search



- GRATEFUL
- FAMILY
- RESPONSIBLE
- HIGHERPOWER
- DESIRE
- SURRENDER
- TRUST
- SHARING
- SPIRITUAL
- SPONSOR
- PRAYER
- GIFT
- HUMILITY
- LIVING
- GUIDANCE

Use Not Found in Word



to care and love!

11. In time, through recovery, our dreams come true.

12. We become increasingly open-minded and open to new ideas in all areas of our lives.

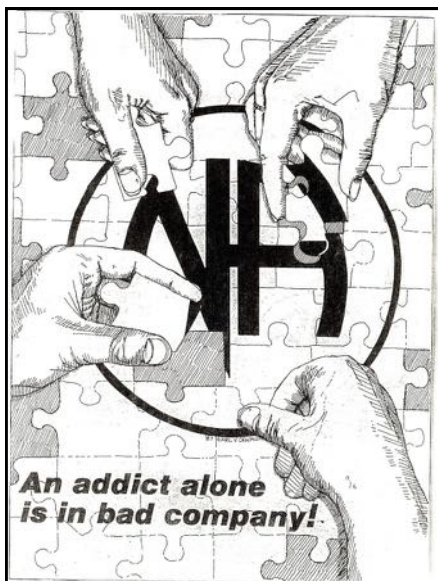
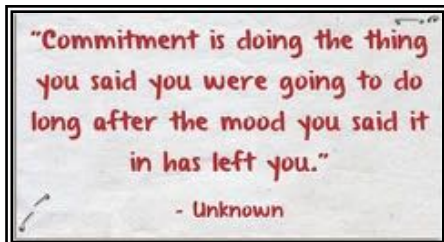
Taken from the 6th edition Basic Text, Chapter 10 "More will be Revealed" Pages 101-107

newsletter@marscna.net



"Everything that occurs in the course of NA service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers."

Basic Text pg xxvi



Night Before Christmas – Recovery Style

Twass' 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 their rooms, dreaming Christmastime dreams.

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

Papa in his recliner, and I in my gown; we're grateful to be home, not stumbling around 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 went to the door, to 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, anxious 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!

One coffeepot, cups and some sugar and cream, old-timers, newcomers, and those in between.

"In my home you are safe" she hailed, "Come on in" and no addicts bailed.

As suffering addicts before surrendering do cry, when they meet with the "obstacle selves" they deny;

so into the dining room 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 with heart.

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
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 ad-
dicts 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 the meeting to
come to an end, for all of
those addicts, now all were
friends.

The Serenity Prayer was then
said as we hugged each
other; electricity and magic
passed from one to another.

We did "clean up" and chat-
tered when saying goodbye;
embraces, well wishes and
not one dry eye.

I sprang to 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!"



Second Life

Oh, how grateful I am for just
a second chance.

You see, I took my first one
for granted so my addiction
and I could dance.

I listened to the music with
each step and every high.

What my addiction didn't tell
me, Is that at the end of the
dance I could die.

When I didn't like who I was or
saw things going wrong,

I just got high and played a
different song.

I kept seeing my life going
down in a fast forward motion,

But my addiction seemed to
have that magical, problem-
free potion.

Until one day the music
stopped.

Reality hit me hard like a rock.

It knocked me down, flat on
my face.

Just then I began to remem-
ber being in this exact same
place.

I felt so scared and lonely; I
didn't know what to do.

It was then that God decided
to give me a chance at life
number two.

He took me to a place where
people learned a new a way
to live.

They would teach me what
they've learned with love and
so much to give.

All I had to do was have the
desire

Then learn how to live clean,
lifting my spirits higher

My esteem began to tower,

While putting all my faith in a
Higher Power

These people have become
my family,

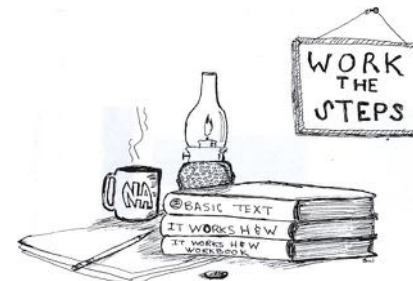
And in recovery is where I
choose to stay.

I am grateful for my second
life

With God and the family of NA

Staci B. 2000

With revisions



Twelve Benefits of

Working an NA Program

1. Whatever pain we experi-
ence will pass.
2. We grow through pain in
recovery and often find that
such a crisis is a gift, an op-
portunity to experience growth
by living clean.
3. We have learned to value
the respect of others.
4. We can enjoy our families
in a new way and may be-
come a credit to them instead
of an embarrassment or a bur-
den.
5. Today we have the freedom
of choice.
6. We find that we lead richer,
happier and much fuller lives
when we lose self-will.
7. We become able to make
wise and loving decisions,
based on principles and ideals
that have real value in our
lives.
8. We feel grateful for ongoing
God-consciousness.
9. We experience a wider
view of reality as we grow
spiritually.
10. We find ourselves daring