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**SPRING**

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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:

*Welcome to your Spring issue of the MAN. Just the name "spring" alone makes this issue more receptive, through a balanced recovery we're able to "spring" forward, some of you have a "spring" in your step. It also means camping season is here and all the activities that associate with it. The artwork on the cover is from the 42nd annual Mid America Region campout, which more information is inside the back cover. It is still the "longest running free campout in the world" and we hope to see you there.*

*As always, we need your submissions, whether it be written sharing, recovery poems, illustrations or other recovery art. Some of you are reading this at MARCNA, so write about your experience during the recovery weekend and share it for the next issue. We want to hear from you! Summer issue deadline is May 1st. Email to:*

**newsletter@marscna.net**



*Sometimes an old story from days gone by can have a very fresh message, that's what I came across and just had to share with you:*

### **Anonymity-a Way of Life**

The word so many of us can't pronounce is a whole lot more than just using my last initial. It is a spiritual principle, synonymous with humility. Anonymity is where purity of motive belongs, the source of empathy and love. It's when I take one of my talents and use it for the fellowship, and they wonder, where did this come from, to whom does this belong, why was this done? Anonymity is when my HP smiles upon me and I remain selfless.

Anonymity is a feeling inside me. When I break my back trying to run an H&I group, then one newcomer from that facility returns to meetings on the outside, my heart leaps for joy. When I realize I'm only one of many instruments which my God uses for NA, I hug that newcomer.



Give, give and give, and when it hurts, give more. I have traveled far and wide taking addicts to meetings. They offer gas money, but anonymity for me is suggesting to them that there's only one way to repay me: One day just as I and those before me have done, take a newcomer to a meeting, no matter the distance, and make the same suggestion I have made. In my heart I remember when I was a newcomer, and I ask my HP to stay near those who once did it for me.

Anonymity brings to light the fact that I am not just one individual person with a name. Every value, belief, thought and action was created in me. The person I am today is a multitude of addicts before me. If I wanted what they had, I did what they did. Today I see those results in my own life. Anonymity is never forgetting that the paved road I followed was also paved for those who taught me by those who went before them. And so we all in turn continue to lead, and continue to follow, serving as a continuing link to a family. It took a long time to finally

understand the paradox of anonymity.

It is true, no one addict or group of addicts will ever build my self-respect in the way my God does. There isn't a better feeling than only having his approval. So many times I have been hurting for time and money when I've been asked to be of service to NA. Anonymity is finding the time and money, no matter what. It is not letting the fellowship see that I am too busy. I can always improvise. Even if I have to count pennies for gas, I will drive a newcomer and mention nothing about it. I have an advantage--a car. If it weren't for NA I never would have had one. My first year clean I saved as much as I could and paid cash for an old rusted out floorless, no brakes, no wiper or side-door jalopy.

Even in that case NA was there for me. The guys came over, and one fixed my muffler, another my brakes, another my door. After all the hours the NA guys spent slaving on it, making it road worthy, my only payment was

to do the same for another - that's anonymity.

My first year clean I owned eight Basic Texts! They kept disappearing. If an addict can't afford a book and they need it, let's hope it keeps them clean. Just buy another book.

If it weren't for NA I wouldn't have had my part-time minimum wage job to afford to buy another recovery text now and again. Then there's area and regional service. Trying to practice anonymity is a little harder there, but not impossible. As an ASC chair, I sometimes think *my* area, *my* sub-committees, *my* responsibility. "MY" area doesn't belong to me, it belongs to us. And we belong to a Higher Power.

My opinion is that Narcotics Anonymous saved my life, so I owe it my life. Maybe I'm a masochist, but there's no greater feeling in my life than the pain of exhaustion due to service work. I know in my heart that my God is pleased, and that's all that matters. No addict's approval could match his. I would like to say I practice humility as I understand it

often. If I did it would be a lie. I work towards it, sometimes falteringly, but I try. Anonymity. The spiritual foundation. I finally found something I can believe in.

*Adapted from Nov 1987 NA Way*

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**Now** (Not Yesterday or Tomorrow)  
**Another** (The N.A. Program)  
**Reasoning** (12 Steps)  
**Can** (not maybe, but CAN)  
**Organize**  
**This**  
**Insanity** (our addictive personalities - with drugs and without drugs)  
**Called**  
**Self-will** (what usually got us in trouble to begin with)

**Accepting** (enduring without protest)  
**New**  
**Orderly direction** (Higher Power's)  
**Needing** (under necessity)  
**Your**  
**Mind**  
**Open** (characterized by ready accessibility and cooperative attitude)  
**Using** (avail oneself of)  
**Spiritual assets** (Serenity Prayer, Higher Power, etc.)

Today I am alive. I will not worry about tomorrow as I have not been promised a tomorrow. I will not worry about

yesterday, as it is not in my power to travel in time. I will, to the best of my ability, be thankful for today as this is all I truly have.

Anonymous



### **A Silver Celebration**

This year marks the Plains States' Zonal Forum 25th anniversary!

I attended my first World Service Conference in 1995 as an alternate RSR (*now called RDA*), and to set the tone for that year, we not only had the Conference Agenda Report, but we were also presented with two additional reports containing around 375 pages each. They were results and recommendations from an inventory that started two years earlier for world services. One was from the Composite

Group, which was made up of selected RSRs, WSC sub-committee chairs, Board of Directors and Board of Trustees. The other was compiled from an outside source, or independent consultant.

Back then the World Service Conference was held annually, so these reports were distributed within a month or two of the conference, giving little time to think about anything else. Opening day of WSC had scheduled board and sub-committee meetings in the evening, and allowed space for zones to meet if they wanted to. Tony K. our RSR from Dodge City, Dee S., RSR from Nebraska, and I had been talking about zones, weighing out pros and cons of joining a current one or start our own. We jumped around the various zonal meetings to get a feel for them, and while talking with members from surrounding regions during breaks, we decided to officially start a new zone. Tony came up with the name and I came up with a proposal for our regions, using a definition quote from the 1992 Multinational Development Forum

report. That quote later became the PSZF purpose statement.

At this time there were nine zones worldwide. Zones outside the USA grew more rapidly. They served a need with the many countries that couldn't afford to send a representative to the USA every year to a conference. Here in the states it was different, most areas and regions were well organized, and frankly members rebelled against the idea of possibly adding another level or tier of service. Most couldn't supply enough resources, both financial and physical to add to the proposed addition. So setting it up as a service-oriented sharing session made sense. We also had Resolution "A" on our minds and what the future of WSC looked like, and felt zones might be in the right direction.

Mid-America, Nebraska, and Colorado had never been a member of a zone, Show-Me and OK were members of Southern Zone and Iowa to Midwest Zone. We all agreed to at least take it back to our

regions to propose forming the PSZF. Mid America RSC was the following month, or May 1995, and I included the proposal with my report, in new business it passed unanimously.

In 1991, Mid-America helped form the MRLD or Multi-Regional Learning Day, along with Nebraska, OK, Show-Me, and Lone Star regions. It was focused on H&I and PI efforts and was held annually. The 1995 MRLD was held in Kansas City September 22nd-24th and Donna R., Show-Me RSRA set it up for us to hold our first meeting on the 23rd. Members from Mid-America, Show-Me, and Iowa were present, Show-Me decided to stay in the Southern Zone, but Iowa was on board. The Plains States' Zonal Forum became official!

We had planned to hold a 2nd meeting in Kansas over the winter, but instead waited until WSC '96, which is where Nebraska, South Dakota and OK joined. Best Little Region attended in 1997 and even hosted Oct. 1998 during their convention, but somehow neglected to make it official at

that time.

Midwest Zone, which formed in 1987, had finally reached a point of adding structure to their zonal meetings after the 1995 WSC. PSZF remained unstructured until 1998 when we decided to elect a Secretary/Treasurer, which I held until 2000. Best Little Region officially joined at the Feb. 2000 CAR workshop, bringing the membership to it's current six region zone. At the Fall 2000 meeting Secretary and Treasurer became two positions, Gilbert from Nebraska was elected Sec. and I remained Treasurer for another term.

Planning zonal meetings at established functions proved ineffective, so becoming structured was essential. Local fellowship had adapted by this time to accept this kind of growth. New elected positions were soon added, the zone utilized its membership and started setting up PR booths at professional conferences. A website soon followed and other projects like "Sponsorship Behind the

Walls" took shape. Plains States' Zonal Forum has prepared itself for future evolution, so, well done.

Congratulations on 25 years of spreading the NA message and helping NA communities grow.

*Tim S. - Mid America Region*



Drawn up from the dark side of my personality, the dues of serenity in the light of a Higher Power are the love we share when we care the NA Way.

My progress in the program is simple. I have to love my fellow addicts or die. The love is necessary because "We can do what I can't." I can't maintain cleanliness, we can. And my support system is only as strong as the weakest link in our common welfare coming first, because my personal recovery depends upon our

unity. I have had to learn how to love every addict. Whatever my reactions to another person, I now use the program's 12-Steps to live and let live. I have had to love people into being friends regardless of whether they have loved me back. One particular experience worked a miracle in this area. It also shows the value of loving every addict because "I can't, we can."

There once was a person whose personality and mine clashed a lot (*possibly because we were so similar we had to face ourselves every time we met*). Anyway, there were uneasy feelings when we met. Possible resentments seemed to linger between us. Well, one day someone I really love in the program progressed into a rough area of their recovery and I was too emotionally involved to be of any help. The other person who I'd been having difficulty loving as a fellow addict, shared at a meeting and it helped the one I'd really wanted to help. They enjoyed the therapeutic value of one addict talking to another after the meeting and I began to

notice some changes. The serenity of the person I loved had improved and the hate I'd noticed between me and the other addict disappeared.

Now I find we do indeed need each and every one of us. We all have a much needed and necessary place to serve as members as NA. Yay, us!

Thanks for being here. I love all of you my fellow addicts. Whatever the price of loving you, it's possible to look at all of this as a clean bill of spiritual health from God. It's all a gift God's giving us. Without God's love of us, in and through us, there wouldn't be any love at all.

Love and Keep the Clean and Serene Faith.

ANONYMOUS



*This article reached back even further in time, but still moves me deeply. How far you ask? 1981... Consider this, when this was written, there was only a white book and a few pamphlets. No Basic Text or any other book to guide them in the NA 12 Steps or Traditions. Yet the program worked and the fellowship grew!*



# "Celebration" Word Search



- CELEBRATION
- CONVENTION
- WORKSHOPS
- SHARING
- BEGINNING
- SPIRITUAL
- STEPWORK
- HUGS
- ACTION
- CHANGE
- SERVICE
- UNITY
- SERENITY
- COMMITMENT
- ENCOURAGEMENT



Use any of the words in order.



# www.marscna.net/events

**To get the latest information on dances, workshops, or other NA events within this region please visit the address above.**

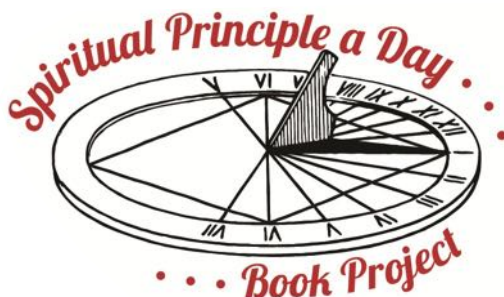
**Also check the various closed or private Facebook pages associated with Mid-America Region and the group and area members.**

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

Batch 3 is soon to be online at  
[www.na.org/spad](http://www.na.org/spad)



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 current timeline calls for the following windows for review and input:

- Batch 3 with approximately 60 entries **April to July 2020**
- Batch 4 with approximately 65 entries **July to October 2020**
- Batch 5 with approximately 70 entries **Oct. 2020 to Jan. 2021**
- Batch 6 with approximately 80 entries **January to April 2021**

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

**Questions:**

Darrell G. - 785.630.0884  
or Carrie E. - 620.708.6876



**42ND ANNUAL  
FREE CAMPOUT MID-AMERICA REGION  
JULY 3-5, 2020 - CHAUTAUQUA PARK - BELOIT, KS**



**FAMILY... ALWAYS  
TOGETHER  
NEVER ALONE**

## **Mid-America Regional Service Committee May 2020 Quarterly Meeting**

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

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

### ***Subcommittee Meetings Saturday May 16th, 2020***

9:00 - 9:30 am	Fellowship Development
9:30 - 11:00 am	FD breakout ( <i>MAN, Soul to Soul, Events, etc.</i> )
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 ( <i>H&amp;I, Web, Phone- line, Communications, etc.</i> )
5:30 - 6:00 pm	PR Wrap-up

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

### ***Regional Service Committee Meeting Sunday May 17th, 2020***

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