



**VOL. 41**

**PO Box 3534**

**SUMMER**

**Salina, KS. 67402**

**ISSUE 2**

**newsletter@marscna.net**

**2020**

***“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.*

When Mid America Region formed on July 7th, 1979, the first subcommittee organized was Literature. This subcommittee met two weeks later on July 22nd, '79, so you can see there was a sense of urgency in getting this started. There were three objectives for this new literature subcommittee, **1)** Plan the 1st World Literature Conference, where a new book was to be outlined, **2)** Create and publish a region newsletter, and **3)** help groups and areas form literature committees. This newsletter got it's start January of 1980,

though archives only have dated address cards to validate that. The earliest issue in archives (*so far*) is March '81, which mentioned changing to bi-monthly instead of monthly. Through many ups and downs and format changes, it still continues on today.

**Congrats on 40 years MAN!!**



## From the Editor:

*Welcome to your Summer issue of the MAN. Though not new to NA, the technology named "Zoom" has become many members best friend this past quarter. Due to a virus beyond our 12 Steps control, online meetings became the new standard. Social distancing meant chatting and seeing other members in meetings was simply looking at a screen, but how so grateful for that opportunity. Events were postponed or cancelled, and only time will tell when we fully get back on track. We will persevere!*

*As always, we need your submissions, whether it be sharing, recovery poems, or illustrations. This traumatic time has spawned many stories, some are in this issue, but please write and share more for the next issue. We want to hear from you! Summer issue deadline is August 1st.*

Email to:

**newsletter@marscna.net**



Dear Caronavirus,

Let me start this off by telling you that you will not break our spirit! You may have come along and shaken our lives, closed our meeting halls, separated us from our fellowship, but you will NOT break us. We are stronger than you think we are, and we will survive you.

My sponsor might have told me that the beast of active addiction is speaking to all of us through you. He might have said that your goal is to separate us from each other in hopes of heightening our fears to create an opportunity to turn us back from the path we fought so hard to walk. He might have suggested that no matter what we do, we cannot succumb to your tactics, that even if you are able to close our meeting halls, we will NEVER be separated from each other, NO MATTER WHAT! I say that he 'might have said this' or 'might have told me that' because, as you know, he is engaged in one on one battle with you, right now.

The other day, another

addict asked me, why did it have to be him. At the time, I was as confused about the answer to that question as was the person to pose it. Now that a couple of days has passed, I think I might have the answer. The answer, sadly for you, is that he is strong enough in his recovery to beat you at your own game. You might have had a fighting chance if you would have chosen someone who wasn't as strong in their recovery, but you made your choice and here's the thing... He beat you before you even showed up for the fight. By being of service and attending meetings for 30 years, he has infected all of us with a strength and wisdom that cannot be shaken. He has shared his experience, strength, and hope to too many of us and we are paying it forward to all those that came after. It may be true that he didn't know you by name, but he already warned and prepared us for your arrival. He told us things like, 'no matter what, you will be okay'. He shared wisdom with us like, 'those hardest to love are the ones who need it

the most'. He taught too many of us that fear is something to be explored and if we can't find the solution to our fears alone, we can turn to each other for support.

Even as he lies on a hospital bed, fighting for his life, his words and wisdom are louder than they ever were. Even if he loses this fight with you, his words to us will prevail and we will win the battle. We will carry his experience; strength; and hope, his wisdom, and his words to all that have yet to find us.

We are ready, we are strong, we are united, and when you are gone, no matter how many of us remain, we will carry forward the lessons we have learned from him and those like him.

Sincerely,

Sponsee



## Back to the Basics

Back to the Basics for me.... I reflected back to when I first got into recovery in 1993 and how the other 23 hours of the day were so ever difficult when there wasn't a meeting..... Heck we didn't even have a meeting a day to go to at that time. I remember that I had to utilize the tools that I was being taught in NA. Pray, Meditate, Read the literature, call my sponsor (this one was a daily must for me in the beginning), Work the steps and no matter what just don't pick up. Today I still practice those basics—although I do not call my sponsor daily, I do maintain regular contact with her. I read my meditation, I have prayed more in the last 4 weeks than I have in years—not just my simple prayer of “Take my will and my life, guide me in my recovery, and show me how to live” but extra prayers for people I know and love and people that I don't know!! Today I am ever so grateful for technology. I have options of actually seeing someone's face when I talk to them via Zoom, Duo calling,

Google hang-outs and Facebook calling. As far as I know we didn't have these options when I got here!! So I am focusing on gratitude today—because a grateful addict is a clean addict. So I made a gratitude list!!! I shared my list. I connected with my family both NA and bellybutton. I am not alone. If I do my part each day, apply spiritual principles, love myself and others, enjoy the beauty in my surroundings and try my best to live with dignity and grace....then I am blessed beyond measure!!!

Shelley W. Emporia, KS



### What a life!!

Life is scary in recovery and out of recovery. In recovery for 17 years looking back and I just wonder why life is scary. I remember in 1974, now mind you I was working on a wrestling scholarship, looking to graduate in 1977 and prove

my father wrong that I would amount to something. I was using my addiction without even knowing to better myself in wrestling, practicing late nights and causing issues with my family with my obsessions. In 1974 a friend of mind offered me some Hemp and of course my favorite word was yes. I fought this off for a few years adding other substances to control the other. O, but yes, I was managing this without ever knowing, LOL. I thought I was. Well, I made it through the 12-grade having a huge year in wrestling, and yes graduating High School in 1977 with a scholarship to 3 different colleges Nebraska, Iowa, and OK. Nope, not for me by this time I was ready to let my hair down, sort of speaking. I was tired for holding back and feeling I thought was out of this world.

I joined the Navy and off for the next 4 years, I can't remember all the good experiences I had on a lifelong dream for most became a nightmare for me. I do remember being out at sea on the ship and opening up the side door to just end it all, I was

miserable. When I seen the Ocean right there asking me to jump in, I got scared and closed the door. I continued my journey of addiction. Soon after several close to dead experiences, like being on streets and eating whatever and whenever I had a change, I was a straight animal with no concern for self or other, living like an animal. My own family was scared of me, I was sad and beat down, yet thought I was the bomb, robbing cheating, stealing, and into animal like behaviors, just like the literature tells me today. Ok, you get the point I was a straight junkie. It took many years of spending, prayed for time, in the prisons by me. Here I found comfort and peace in a strange way. My H/P made it clear that my will was not to be trusted. I spent over and over times in prisons adding to 15 years, finding recovery slowly but surely.

In 2004 out of prison for the final time, last usage was 04/12/03, yes in my safe place. I even violated my only peace. Once released I went to a meeting in Hutchinson, GOL. The very 1st night I was

asked to go do some H&I work at a treatment center, I was willing to do anything, anything to stay clean.

My recovery was on its way, I had my sponsor for several years that never seemed to give-up on me and was there when I came home, he was a tough fella that did not sugar coat. We started working steps and I have not stopped working to step ever since. I'm a serious service junkie, I am for sure one the 10% that do the work. I have been involved in all areas of service group, area, and region, loving the growth that takes place in all. In 2012 my wife and I opened up a new NA meeting in Wichita called Living Clean, giving this 100% commitment, I remember setting at meetings with only 2 of us present, each reading several readings and then sharing on topic presented. This began to grow

and become great NA based recovery meetings, so this year it will be celebrating 7 years in recovery. There has been so much life on life's terms happen in the last 17 plus years, and by going to meetings and listening it has taken all the reservations away, both parents have passed and seeing others stay clean, helped me to know how to stay clean. Life isn't always perfect, never will be, but life is good. Today through the steps, sponsor, meetings, literature, and H/P I have grown to understand what life is about. I went back to school and today own a recovery center doing just what I love to do, that is help people find a recovery. Thanks, you all for my recovery, I cannot do this alone, I keep coming back no matter what.

Love you all,  
Wayne S



*Poetry and Prose*

The dark depths of the twisted  
depression

Thoughts of this world better  
off without me become the  
obsession

I've never been good enough  
so I'll never be good enough

When the simple tasks, get-  
ting out of bed or showering  
become so tough

As memories of days gone by,  
float aimlessly

Amidst the darkened storm  
cloud and become all we can  
see.

Isolated and alone as the soft  
note of a song

Reminds us of all the times  
we don't belong

When there is no light shining  
at the end of a seemingly bar-  
ricaded tunnel

All paths seem to lead to one  
conclusion and on that one  
track of thinking do they fun-  
nel

Death, the only way to stop  
the deafening silence

One way or another all con-  
clusions end in violence

To stand in a room of many  
and feel so alone

Internally shattered  
and isolated, while externally  
a facade is shown

**Wanting the Pain to Subside**

Behind your eyes there's a  
light that shines

Etched deep within your  
locked confines

An underlying pain

Externally shadowed by a hid-  
den gleaming smile

Internally, churning her sanity  
insane

Locked away, the ability to  
feel wanted and whole

For shrouded with feelings of  
cast aside is her soul

An internal war silently wages

As externally she continues to  
turn lifes pages

"Dont let them in, they must  
not know"

"Feelings are for the weak and  
interest I must not show"

"Showing interest, makes me  
vulnerable to more potential  
pain"

Thoughts being thought within  
her solitude as the tears down  
her cheeks stain

Trapped in the past and what  
the future might hold

To the advances a shoulder  
must stay cold

Not intentionally, but to safe  
guard the already shredded  
heart

She fakes the smile and hides it when it's real

Not knowing how to let go of the past and if something new she wants to start

But also knowing the way she feels right now isn't the way she always wants to feel

A double edged sword, for either way there maybe more pain

So locked inside her solitude does this turmoil remain

When all she really wants.... Is to be able to smile again

And for the pain to subside and new life to begin

Ron Z

Miracle Area

04/29/18




---



---

## What members worldwide brought to the very first virtual World Service Conference







- DISTANCING
- ZOOM
- PATIENCE
- SURRENDER
- EMPATHY
- MOTIVATION
- CAMPING
- AMENDS
- SPONSORSHIP
- MIRACULOUS
- HOPE
- HUMILITY
- ANONYMOUS
- ISOLATED
- WEBMEETINGS



Can you find these 15 words?



*"How I felt before pandemic" TS*



BenBen 2001

# www.marscna.net/events

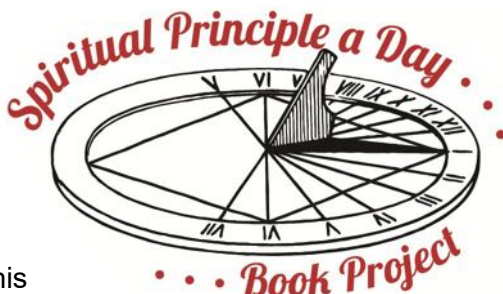
Due to Covid-19 many functions have been postponed or cancelled. To get the latest information on dances, workshops, or other NA events within this region please visit the address above. Also check the various closed or private Facebook pages associated with Mid-America Region and the group and area members.

---

---

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

Batch 3 is 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).

## MARCNA XXXVII Postponed to 2021

Original convention scheduled for April 3-5, 2020 in Emporia, KS. was cancelled due to Covid-19 and the hotel permanently closing.

Pre-registrations will be transferred to the “new” MARCNA XXXVII 2021 convention in Wichita, KS.

**MARCNA XXXVIII**  
**APRIL 16TH-18TH, 2021**  
**HYATT REGENCY**  
**WICHITA, KS.**  
*See you there!*

---

---

### Online Meetings (Zoom or other)

*The (very) short list—PSZF meetings Central Standard Time*

#### Plains States Zonal Forum Zoom

<https://pszfna.org> (daily) - Noon 803 331 436

<https://pszfna.org> (daily) - 7 pm 348 726 030

<https://virtual-na.org> searchable list worldwide

<https://nastuff.com> searchable list worldwide

Several groups within Mid America Region have added online meetings, some may be listed in the above search sites, but please check social media also for that information. These online meetings may also be cancelled or changed at any time, so stay current and stay safe.

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

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

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

### ***Subcommittee Meetings Saturday Aug 15th, 2020***

|                    |  |
|--------------------|--|
| 9:00 - 9:30 am     | Fellowship Development   |
| 9:30 - 11:00 am    | FD breakout ( <i>MAN, Soul to Soul,<br/>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-<br/>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 Aug 16th, 2020***

|                   |   |
|-------------------|---|
| 9:00 am - 5ish pm | Reports, Open Forum, General<br>Business, Funds |
|-------------------|---|