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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.

*Recovery is
everywhere*





Welcome to another issue of your Mid-America Region of Narcotics Anonymous newsletter. We think you will find a common theme with a couple stories in this issue, we as a fellowship handled adapting to today's life situations gracefully and swiftly.

Thank you all for submissions and input. This publication comes out quarterly, God willing regardless of what is going on in the world around us.

Please email your articles to:

newsletter@marscna.net

There are other ways of getting submissions sent in, like having a friend send it in, contact our Facebook page for further instructions, or there once was a method where you could write it on paper, put it in an envelope, and mail it to the address on the cover. That still works by the way. We hope you enjoy reading this and all issues.

Gratefully
Serving NA

Are you a Lifesaver or the Titanic?

Do you know what it's like to be part of an NA Area, community, home group and feel invisible? Feel as if you don't matter? Feel as though even though you have clean time that the 5th Tradition doesn't apply to you – or it seems that way? Well, I do!

I have been a member of Narcotics Anonymous for over 3 decades now and been a member of 5 different Areas. The more time I am here, the more invisible I begin to feel.

I swore to myself a long time ago that I would not be one of those "old timers" that just disappears or vanishes into thin air one day. That I would stick around to help the newcomer, set an example, to mentor others, to sponsor and to give back what was so freely given to me. So far, I have kept that promise to myself. However, how the program is progressing is not teaching the principles it once did, and I may just ride off into the sunset after all.

I see the progression of the program has gone awry somehow. I feel as though

the newer members today don't have the same passion and respect as those that came in 20 – 30 years ago. Don't get me wrong, not all, but most. I see too much babying and not enough tough love. Remember this – that which does not kill us, makes us stronger. You may not like the cold hard facts of the truth; but it is the truth that will set you free.

The foundation of this fellowship in its principles need to be adhered to in order for us to succeed at being better versions of ourselves than when we were using. I have worked hard for many years to become the strong, independent and happy person I am today. If I had to rely on others in the last 90 days; especially my home group; I would have died using. Get to know people that are a part of your home group, your community and your Area!

So I ask all of you – look around at ALL your homies. Are they attending meetings on a regular basis? Is someone missing all of a sudden? If so, check-in on them! No matter how much clean time they have! You

never know when your call or text will either save a life or sink the ship!

In loving service to the fellowship!



A Meeting is a Meeting

I first experienced a personal computer (PC) in 1981, it wasn't one I owned or even planned on buying. It was in the local Radio Shack so they could promote their first color monitor, and it included a manual of codes to show it off. I spent the better part of four hours entering code for what turned out to be a two minute display of colors. So that ended my play time with a PC for more than a decade.

When I got clean in 1989 I still practiced pencil to paper, though my penmanship was barely legible, even to myself. By 1991 I jumped into the service structure and had to write reports, once again not very legible, so I saved up to buy a typewriter, and boy was I ever excited. I still needed lots of whiteout,

but my reports and other writings were finally legible. A couple of years later, my wife's ex-husband loaned me one of his computers, much improved over that first one, as the windows platform had been introduced. I wrote reports and played solitaire, and that was the extent of it until we were able to get that limited dial-up internet, which opened up a whole new world, or World Wide Web as websites called it.

I haven't been without a computer since that time; they became the lifeline for communication and research. But as with anything that sets new rules or practices, it also has the capability of "crossing the line". That's where online meetings came in, not the type we have today, but more like chat room style. When those started surfacing, I rebelled against them. There was no way honest sharing could happen when you couldn't see their face or hear their voice.

I came across the August 1988 NA Way magazine

which had a story called "The Computerized Sponsor" and that intrigued me so I pulled it out of my stack and read it. The person that wrote the article shared how automated and lonely his workplace had become due to computers taking over personnel. His share was about him falling asleep at his desk and having a dream before his boss woke him. In his dream he was having a series of bad luck and mishaps, feeling a meeting would make things alright, he headed to one. He wrote *"I can't stand it. I'm losing my mind. I run to the nearest meeting, which should be starting any time now. I can hear people sharing as I approach the door. Ahhh – the warmth, the love, the caring. I burst through the door, only to find the chairs full of computers all hooked up to each other. "Mary" is sharing with the group about her new way of life, and there's not a soul in the room but me."*

That is how I perceived the idea of online meetings, empty, impersonal and lonely. Fortunately technology contin-

ued to grow along with us. When this pandemic introduced itself to society, it closed my home group's meeting hall as well as most everyone else's. Current technology not only offered addicts the option to attend meetings with a phone or internet access computer, it also allowed them to see each other, and to hear each other. When I listen to another member share, I want to see the pain, or the joy, or the gratitude in their eyes. I want to hear not only what they say, but how they say it. Is that little break in their share from a bad connection or the member holding back tears? Current technology allows me to continue to participate in a recovery meeting, without adding the risk of spreading or receiving a human virus. Yes, I am a high risk; health issues haven't been too kind to me. But I don't have to be isolated any more.

Many groups have opened back up as I write this, not that we are in the clear yet. With this technology now firmly set in place though, I don't see an

end to online meetings, and for that I am grateful. Occasionally I still get a pen and paper, and yes, my handwriting is still illegible.

TS



We can't do that!

Disclaimer: The opinions expressed here are not the opinions of Narcotics Anonymous, just an addict, an addict named Chris.

How many times has one heard it, "We can't do that!" Well with the current COVID-19 Pandemic we are finding out, yes, yes, we can do that.

As our brothers and sisters worldwide are also experiencing, the current situation has changed how I am attending meetings, service committee meetings, fulfilling service commitments and interaction with my fellow addicts in general. Not quite a "dinosaur", but however maybe a "woolly mammoth", I never thought I would be en-

gaging in regular meeting attendance via a computer device, not attending a meeting in a Hall, "We can't do that!"

As I started to pay attention to the news about the pandemic and what precautions were suggested by both health and government officials I was overwhelmed with fear and emotions. "We can't do that!" It was then I realized one of the greatest gifts that the spiritual principles embodied in our steps and traditions has given me is the sense of belonging to humanity. I fit right in with what I perceived to be most of mankind.

"Close our meeting hall? We can't do that!" yes we can, and recovery still is going strong. I have been at countless meetings with newcomers that have never been to a "Blue Jean" / "Brick and Mortar" meeting. I have watched them pick up a virtual newcomer key tag, then 30-day, then 60-day key tag. "What about the newcomers, we can't do that!" What I have witnessed is the same "formula" I have witnessed sitting inside the rooms, it's all about actions and choices that the addict makes, not where they are physically.

In these trying times I

have been shown how little faith I have at times in the God of my Understanding. But the beauty in that it forced me to look at the 2nd step at a much deeper level in hopes to help develop the faith yet once again in the God of my understanding. It's all about change, and my resistance to it, and all the misery that comes along with that choice.

Once the dust had settled, I decided to "pick up the tools" that this fellowship has so freely given me. "Chris, it's about action, it always has been and always will be! What are you going to do?" As a result of some effort on my part, the program of Narcotics Anonymous and the God of my Understanding, I have a choice! Not just a choice not to pick up but also the choice to live my life by spiritual principles, not making knee jerk decisions based on emotions.

"Go to meetings, stay in contact with your sponsor, work the steps, apply spiritual principles and fellowship, Chris you know what to do!" Since the onset of the pandemic my meeting attendance has increased two-fold at a minimum. I have completed a 4th and 5th step and am currently doing the footwork on the 6th. I have researched the vast amount of "up to date"

information and tools that are available on our fellowship's website. I was shocked to find out how long there have been online meetings going on, world-wide.

Getting more involved in my personal recovery the magic started to work, my attitudes and actions changed. I am very grateful to be a part of a group of Addicts that formed the very first Virtual only NA meeting in the Wichita Metro Area. Sitting in on many different online meetings I started seeing the value and need for such a platform. In discussing this with addicts "In my circle" we concluded that there was a need for a local long standing virtual only NA meeting. (Basic NA is not the only virtual meeting in the Wichita Metro Area, Both Living Clean and Unity offer some Virtual meetings.)

We now have a platform for addicts who may not be able to make it to a "Blue Jean" / "Brick and Mortar" meeting due to various personal reasons. Sickness, recovery from Surgery, residence in a rehabilitation hospital, sick children, running late, convenience, resentment, the list goes on and on.

In looking at our current situation world-wide and the adjustments we are all "

having to make our reading in Just for Today, May 25th comes to mind:

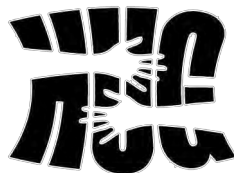
"A lot happens in one day, both negative and positive. If we do not take time to appreciate both, perhaps we will miss something that will help us grow."

IP No.8, "Just for Today"

Thank you, NA, for the life I get to live today,

Be at Peace ~ It's a choice

Anonymous



This is basically how the beginning of my recovery started, sitting in an ally way with my arms bloody and throwing up due to having too much drugs in my system, I actually started to see a bright light and a voice told me not to go towards the light because my journey wasn't over, today I'm 9 months clean (*July 13th*) and very proud of how far I've come and I owe it to the NA fellowship.

Patrick R.~ Wichita Kansas

Old-Timer's Prayer

God, keep me from the habit of thinking that I must volunteer in every meeting no matter what the topic. Keep my mind free from the recital of endless details and give me wings to get to the point.

Remind me to guard confidences and to keep still when I feel that it is necessary to share information "just for someone's own good." Release me from the need to straighten out everybody else's thinking and program.

God, I ask for the grace to listen to newcomers. Please help me to remember the patience with which others listened to me when I was new.

Please seal my lips to giving advice, and help me to remember to share my experience, strength, and hope. Remind me that my purpose is to fit myself to be of maximum service to you and the people around me.

Help me to remain teachable, God. Teach me (again!) the lesson that, occasionally, it is possible that I may be wrong and remind me of the freedom that I gain when I am able to promptly admit it and make amends where necessary. Help me to remember the difference between making amends and saying I'm sorry.

Help me to be a worker among workers, a friend among friends, and an addict among addicts. Keep me from being a bleeding deacon, God, and help me to walk the path towards being an elder statesman. Keep me ever mindful that I cannot manage my own life.

I don't want to be a saint, God, show me the way to seek you so that I may continue to grow along spiritual lines. Remind me to not take myself too seriously. Keep me free of gossip, character assassination, and judgment.

Remind me that although I have humbly asked, my character defects and shortcomings arise when I least expect them. Help me to walk with serendipity, to see good things in unexpected places and talents in unexpected people and give me the grace to tell them so.

Help me to see that you love each of your children, and that you do not need my opinion of them or suggestions on what they might deserve.



This was first published in the Dec. 1999 MAN, and was sent to me from my good friend, Charlotte in Iowa (she has since moved out of state).



COMPASSION
 UNITY
 LOVE
 SPIRITUAL
 HOPE
 SERENITY
 POWERLESSNESS
 PRAYER
 RECOVERY
 WILLINGNESS
 SELFLESS
 SERVICE
 NEWCOMERS
 MEETINGS
 INVENTORY
 GIFTS
 FEELINGS
 FAMILY
 EMPATHY
 FAITH



HOPE
 FAITH
 LOVE
 UNITY
 COMPASSION
 SERENITY
 POWERLESSNESS
 PRAYER
 RECOVERY
 WILLINGNESS
 SELFLESS
 SERVICE
 NEWCOMERS
 MEETINGS
 INVENTORY
 GIFTS
 FEELINGS
 FAMILY
 EMPATHY
 FAITH

We support and are a member of the Plains States' Zonal Forum.

For more info visit:

<https://pszfna.org>

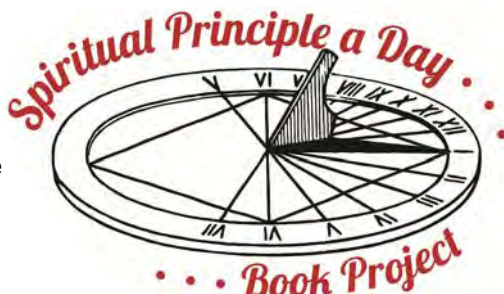


www.marscna.net/events

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 4 should be online after Aug. 10th at 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.

Be a part of creating NA literature—write on these principles through Sept. 30th, 2020: *Accountability; Communication; Cooperation; Encouragement; Independence; Joy; Passion; Reliability; Self-support; and Thoughtfulness*. Visit www.na.org/spad for details.

The tentative timeline for review and input of each batch is:

- ☐ Batch 4 with approximately 65 entries **August 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).

NA
 A DAY
 CLEAN IS
 A DAY WON
 A GRATEFUL
 ADDICT WILL
 NOT USE 90 IN 90
 JUST FOR TODAY
 KEEP COMING BACK
 DO THE WORK LET GO OF THE
 RESULTS IT WORKS IF
 YOU WORK SICK AS OUR
 SECRETS 12
 STEPS 12
 HAPPY
 AND FREE
 WE MUST
 TO WIN
 MORE WILL
 ATTITUDE
 A CLEAN
 MIRACLE
 NOTHING
 FREEDOM
 SELF ESTEEM
 ESTEEMABLE
 I CAN'T BUT
 NEVER ALONE
 FEELINGS

SERVICE
 ACT AS IF
 LUN T I L
 CARRY THE
 MESSAGE
 LET GO &
 LET GOD
 EASY DOES
 IT BUT DO IT
 THE MASKS
 MUST GO
 KEEP IT
 SIMPLE
 JOYOUS INSIDE JOB
 THE BROADER THE BASE
 LIVE OURSELVES INTO A NEW WAY OF THINKING
 SPONSORSHIP IS THE HEARTBEAT OF THE PROGRAM
 BE REVEALED PRINCIPLES BEFORE PERSONALITIES
 OF GRATITUDE
 ADDICT IS A
 TURN IT OVER
 CHANGES IF
 CHANGES
 MEDITATE
 THROUGH
 ACTIONS
 WE CAN
 AMEND
 ARENT
 FACTS
 PRAY
 STAY
 1953
 NA

NA
 DONT
 LEAVE FIVE
 MINUTES BEFORE
 THE MIRACLE HAPPENS
 H.O.W. HONESTY
 OPENMINDEDNESS
 AND WILLINGNESS
 PROGRESS NOT PERFECTION
 DIAL EM DONT FILE EM
 WE COME WE COME TO
 TO BELIEVE
 SPONSOR
 HELPING
 IS WITHOUT
 HOPE TRUST
 HAPPEN
 NEED DIE
 SOLUTION
 GET IN THE
 THE HIGHER THE POINT OF FREEDOM
 SURRENDER
 WE CAN
 A HOMEGROUP
 & TAKE HELP
 TO SANITY
 AND AMEND
 TO CHANGE
 CONTROLLED
 SELFISHNESS
 IN RECOVERY
 YOU MAKE IT
 DIE IN THE LIGHT



LIFE IN RECOVERY



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

Many groups within Mid America Region have added online meetings, some may be listed in the above search sites, but also please check social media 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

November 2020 Quarterly Meeting

Marquette Elementary School

310 Swedonia St.

Marquette, KS

tentative schedule only—

Covid-19 restrictions may switch meeting to a Zoom format.

Please check with ASC or MARSCNA Officer

Subcommittee Meetings

Saturday Nov 14h, 2020

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

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

Regional Service Committee Meeting

Sunday Nov 15th, 2020

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