



Mid America Newsletter



The newsletter with the magazine feel

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

SPRING
2021



“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



Welcome to the first newsletter of 2021! Summing up the previous year, 2020, can really be done with just one word...WOW.

As members of Narcotics Anonymous, we jumped into solutions right from the start by embracing Zoom meetings and setting up digital methods of self-support. For the first time in history, every member in the world could attend a meeting virtually every hour of every day.

We participated in speaker jams, conventions, service workshops, watched members attend their first meeting and kept coming back, celebrated clean time, and even educated a few Zoom bombers, all without ever leaving the confines of our home. That is not to say that all meetings and functions went virtual, but a precedence was set that proved no matter what, we will persevere.

We hope you enjoy this mix of old and new submissions, you can send yours to:

newsletter@marscna.net



Tough times in Recovery, build Recovery

Hello all, I'm Wayne S. an addict from Wichita, Ks. My area is Wichita Metro Area, and my home group is Living Clean Group of Narcotics Anonymous. I'm going to talk about how recovery has changed for me. I guess tough times bring on change and change brings on recovery. I look back in the last 6 months since this Covid-19 hit. Yes, we or I am powerless of the pandemic, yet not powerless over my part in the solution.

I know, how does this pertain to recovery? I am looking at how my recovery has changed, well, acceptance is a key part today. It looks like a new platform has appeared to help me go to meetings without an excuse that I can't leave the house. This has built my circle of recovery in which strengthens the point of freedom. I started attending this 24/7 international meeting 3 to 5 days a week, and of course supporting my area and homegroup. I also always got involved in service with the international group and attended their group conscience, of course stepped up to chair meetings, I was voted in as a meetings leader of the Wednesday and Thursday 3:00-4:00 slot.

This, people, was overwhelming, in a good way to see how large this program really is. I would have everyone with other languages share the Serenity Prayer. Amazing

the feeling I got hearing this. On 10/30/20 I was asked to share my story in Australia, yes in Australia, so of course I said yes, it is an honor. I set my alarm for 5:30 am and was up and ready for the speaker meeting at 6:00am. People I am a super proud addict that loves recovery and change. Well this is coming to a close; we are part of change in recovery, learning new ways to reach others that need help. People with all said please continue to support your Regions, Areas, and Homegroups. **Remember we are all on the same team.**

Thank you all for my recovery,

Wayne S.



How's Your Home Group?

Let's go on a little journey shall we? This is an exercise in perception, as a member of Narcotics Anonymous; I have the best home group in the world. Apparently, I'm not alone in that thinking. I have the best home group in the world, because, like any relationship, I have to put 100% into it. I have my regular days of attendance, I share at every meeting, I talk to newcomers, if only an acknowledgement

and I listen while others are sharing. I also attend and vote at our group business meetings.

Our group belongs to an area, that's our choice. If we put that same passion into the area service committee, we would have "the best ASC in the world." Sure there are issues to be worked out on what seems to be a regular basis, but is my life in general without issues? We don't learn to be perfect in the outside world; we learn to work through issues on a daily basis. Based on that, our area is as only good as the willingness going into it.

Our area belongs to a region, that's our choice. With the same passion put into the regional service meetings, we have "the best RSC in the world." I'm not sure how it happened, but somewhere in time, members got the conception that the region is there to carry, or support the individual member, and I've heard it all too often, "what have they done for me?"

As a member of Narcotics Anonymous, I am responsible, the door is opened to our meeting hall as scheduled, our area meets every month as scheduled, and our region meets every quarter as scheduled. It didn't happen because I set back and blamed the structure,

it happened because, as a member of Narcotics Anonymous, I AM the group, the area, and the region.

It's not "what have they done for me?" It's "what have I done for Narcotics Anonymous?" We've all heard and read it, "You can't keep what you have unless you give it away." I have faith in my Higher Power, regardless of which level of our service structure happens to be on "the spotlight". Personally, I have been fortunate enough to attend several World Service Conferences as well. I have seen high levels of dedication in members from all over the world.

Yes, I do have the best home group in the world, and it appears at many levels.

Just one member of NA



I had a using dream last night.

It has really bothered me today. The dream felt so real and was so vivid. I haven't had a using dream since I had 3 yrs clean. When I awoke this morning, for a few moments I thought it had actually happened, and I felt horrible, almost sick to my stomach. And then I realized that it was only a dream, but it still bothered me off and on today. I know that I am not immune to these

kinds of things, but I have over 15yrs clean, I never thought that I would have such a harsh using dream, so vivid and clear that I felt guilty and almost sick from shame when I woke up. Addiction really sucks. While I was at work I started thinking about this poem that I started writing when I only had a couple of years clean. I finished it today. (*Written 2006*)

Here's my poem.....

The ghost of the "me" that I used to be

Comes back sometimes to haunt me

I think of me then and I think of me now

And I think of the road I had to go down

The drinkin' and usin', myself I was abusin'

All aspects of addiction running wild

Messin' up and doing time, feeling like a broken child

The pain and the fears, the tears and the sorrow

All led me to NA and a brighter tomorrow

So come on ghost and bring up my worst

With the Steps and recovery I am no longer cursed!

I am an addict, my name is Valerie

We Thing

We need to change if we are to continue our growth towards freedom.

We need to awaken from out of the nightmare of self-centeredness; strife and insecurity that lies at the core of human existence. A new reality, all that is worth having can be kept only by giving it away.

We must be willing to bare differences if we expect to find solutions to problems that arise in our lives.

The taste of humility is never bitter. The rewards of humbling ourselves by asking for help are sweetened.

Peace, Love, & NA



Helping a Good Man Die

Walking down the hallway, I'm full of anxiety. I have no idea what I'm going to find in Room 321. The doctors and nurses pass me without a glance. I hear the television as I pass Room 312. The opening theme song for some TV show which I cannot place. I hope I'm not too late. Entering the room I see Neil B. in bed, eyes closed, breathing shallow, and labored. He seems to be asleep. There are a few of 'Us' sitting around the bed. I'm thankful for the familiar faces. Neil's wife stands to hug me, trying to smile. I can see the pain on her face, which only increases my anxiety. She explains to me what the doctors have said – 'That Neil will be "going" at anytime.'

I pull up a chair next to the bed. Neil is covered in a New York Yankees blanket. I have to smile. He loved to give us shit when his team beat our Cleveland Indians. He was a true New Yorker in every way. As I sit and watch Neil's breaths grow slower, I listen to the other people in the room talk about their personal experiences with Neil and how he had touched their lives. The atmosphere in the room is a happy one. I think back to the night I met Neil.

I was filled with gut wrenching fear, as I walked into my very first meeting. After 21 years of "using",

and spending 15 days in detoxification. I had no idea what I was going to do with the rest of my life. The drugs and all that went with it were gone. I felt alone and isolated in my thoughts. All I knew was that I wanted to stop "using". The Social Worker at the hospital Detox told me that morning to go to that church at 7:30 pm for a meeting.

As I entered the room that night I smelled coffee, and I heard people laughing. I looked around the room, seeing people that appeared to be happy, I was surprised. I didn't know what I expected but that was not it.

My fear was out of control. My body still rebelled from the lack of drugs - My insides were on fire - my outsides trembled - my skin burned to the touch. I could feel every muscle in my body ache with each step I took. My mind ran at top speed, not able to stay with one thing for more than a few seconds. The withdrawal was still on me.

At the time I just wanted to run and hide. Instead I made my way to the corner of the room without making eye contact with anyone, finding a chair, I sat. I wasn't sitting long when a large man approached me. He had a smile on his face, a little sparkle in his eye. He reminded me of Santa; Santa, with a receding hair line. I stood to get a cup of coffee, trying to avoid having to make eye contact, or having to speak to him.

He stepped in front of me and said, "Hi I'm Neil and I'm an Addict." Then he proceeded to hug me. The shock must have registered on my face. Because he said "Oh, I'm sorry, at our meetings we hug each other." I was speechless. The world I came from, hugging, or any signs of weakness, was dangerous. It was funny though because the hug felt good. I felt the defenses I worked so hard building over the years, start to come down. This only added to my confusion. I felt extremely vulnerable and weak.

I made it to the coffee pot with Neil by my side. He had some papers and a book in his hand by then. He was explaining to me what they were and as much as I wanted to, I couldn't focus on what he was saying; all I could do was try to focus on keeping the coffee in the cup. I was shaking so badly that I was not sure I'd be able to make it back to my chair without spilling it all. Neil took the cup from me, and handed me the paperwork he was holding. "I'll trade ya" he said "Come on, let's go sit"?

Sitting next to Neil I looked around the room. Everyone in the room was talking, laughing and joking. I felt out of place. I remember thinking, 'how can those people be so happy,?' Even the idea of a smile hurt me, and to laugh...? I couldn't even remember the last time I had laughed. A month, 6 months, a

year..? I didn't know.

Neil was explaining to me what each piece of literature was. I heard him, but nothing was registering. I couldn't slow my mind down enough to comprehend anything. The meeting started and I was thankful. I was free to be distracted again. Before I knew it everyone was standing at their chairs around the table, arm in arm, and I followed suit. My arm around Neil's big shoulder, my other arm around a young kid, a smile on his face, he whispered, "Don't worry. It gets better". Then I heard the guy that opened the meeting say - "Can we have a moment of silence for the Addict who still suffers, that may just be in this room-- The Addict that will pick up for the first time tonight-- and the Addict that will die tonight, followed by the Serenity Prayer." After a few seconds everyone started to say the prayer. I moved my mouth pretending to know the words.

As I was grabbing my coat Neil handed me a small book. He said, "This is a schedule book for our area, and here in the back, are the phone numbers of all the men that were here tonight. If you want to "use", call someone first. I looked down at the small book in my hands and saw the words "Call Before, Not After" printed on one side. I leafed through the book and saw that there really were names and phone numbers written in the back.

The thought of calling anyone terrified me, but I knew it must happen. I wouldn't be able to do it alone. God knew I had tried many times.

As I looked up there were a few people standing in front of me. One by one they all hugged me. I was stunned and speechless. The woman that introduced herself as Chris said to me, "Don't use no matter what, and everything else will fall into place." I nodded with false understanding. I didn't think she knew the pain, and fear I was feeling at the time. The guy to my left said. "How long you been clean?" I explained that I was 15 days without dope, and it had been that long since I slept. That all I wanted to do was "use" and make all this insanity in my head, and the pain in my body, go away. He told me, "I didn't sleep for a week coming off the dope." Then he went on to say that he was clean for 39 days and things were getting better, and he was able to sleep a few hours each night now. At that point I realized for the first time that maybe I'm not different after all. Maybe, I was in the right place. Most of all I was not alone anymore.

Before I could get out the door I was hugged by a few more of the people in the room. With each hug, each kind face; I began to feel that maybe there was a little something there. Maybe there was another way to live after all.

I had no clue what that little bit of hope would turn into in those the next few months. It was March 25, 2002, and I felt some relief. I smiled as I pushed open the door to leave that night.

Neil's breathing is very slow now. I count almost eight seconds between each breath. It won't be long now. I wish I had the chance to tell him how much his "Goodwill" affected me that night at my first meeting. I wish I could tell him that he and those Addicts in that room that night changed my life forever. That night I realized for the first time that I was not alone in my struggle with addiction.

As Neil takes his last breaths, I'm thinking about how important it is to welcome the Newcomer at our meetings. Our literature says that "The Newcomer is the most important person at any meeting." I make a promise to myself that I will do my best to welcome every Newcomer I see. I hope that I can be a part of the process for someone else - The process that saved my life.

I hope that when the time comes for me to die, I will die as a Recovering Addict, surrounded by my friends and family. I'd like to think that Neil heard our stories tonight. I'd like to think that Neil knew how much

he was loved. I'd like to think it helped in some way.

Jason Addict

09 February 2005



For the Love Of You

I had to learn a whole new level of restraint for being around other members this past year. No hugs with everyone that I encountered, no sitting elbow-to-elbow at a meeting, and no "hugging it up" in a circle to close a meeting.

I also had to learn to be comfortable wearing a mask, not for my safety, but for yours. I know what you're thinking, here we go again, a "mask" lecture. I'm just as tired as the next person of wearing one, and I have hope that soon we won't need to, but that time hasn't appeared at the time of this writing.

Through applying the 12 Steps of Narcotics Anonymous in my life, in ALL my affairs, I have been gifted characteristics not so common to addicts. Empathy, responsibility, acceptance, these are just a few that clearly stand out.

My wife and I ended the year fighting Covid-19, and feel blessed we made it through. I have hope, I have gratitude, and I do what I can for the love of you.

F I K R M E T K
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 F C G O W G O H E L K E L U W L
 X H Y Y Q A X J U D B F R G R J Z O Y G
 W J E Y H R Y U V X N Q H O S V E A G H C F
 F A I T H U E Z G A A F D O U G I P B Z T Z M F
 H A G N O R O W J R M L D A R I C I Q I A O C H B
 O V U C K N E U T A N M W J A T D E I J B C P G H A M
 P G G T X O K E Y R S L N T J S C F P Y N C O B L S N G L
 O E R E Z C Z S B L N T J S C F P Y N C O B L S N G L
 F N O I T C A I D U F R I E N D S H I P L T E T
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 O P P E L A A M E N D S T N R T
 P P E A L N B C R Z I L E T
 E Y D H Z C K I E F R I
 F O M E N T Z K
 W N C S V W
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 E C

- LOVE
- GOODWILL
- EMPATHY
- HUMOR
- FRIENDSHIP
- SERVICE
- WINNERS
- TRUST
- HOPE
- GRATITUDE
- FOUNDATION
- PATIENCE
- CHANGE
- BALANCE
- AMENDS
- ACTION
- FAITH
- ACCEPTANCE
- ATTITUDE
- COURAGE



C O U R A G E F R I E N D S H I P S E R V I C E W I N N E R S T R U S T H O P E F O U N D A T I O N P A T I E N C E C H A N G E B A L A N C E A M E N D S A C C E P T A N C E F A I T H A C T I O N E M P A T H Y G O O D W I L L L O V E

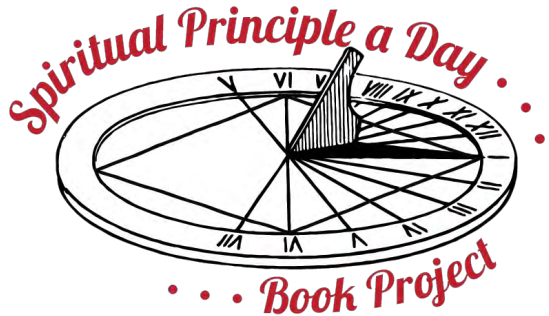


www.marscna.net/events

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, the groups and area members.

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

Covid-19 has delayed the original review and input batch timelines, but an approval draft is still expected to be included in the 2022 Conference Agenda Report (CAR)!



Visit

www.na.org/spad

to download all forms and input

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, over 227 entries have been developed by weaving member's writings together. Your input could have been mashed up with a member's in Sweden to make one phenomenal writing. The possibilities are endless.

Deadline for writing - March 31, 2021

Ten Principles with 41 quotations are available to be written about until the above deadline: **Attentiveness, Caring, Consistency, Interdependence, Purpose, Selflessness, Sincerity, Solidarity, Steadfastness, and Odds & Ends.** *These are the last to be written about. Please share your experience, strength, and hope on these topics!*

Batch 5 will be out for R&I March 1st thru May 31st, 2021

Postponed till
April 7-9, 2022



July 2nd-5th, 2021
Wolf Creek Camp - Ramona Lake, Kansas

See You There!

hopefully



Online Recovery Meetings (Zoom or other)

PSZF meetings are Central Standard Time

Plains States Zonal Forum Recovery Zoom

<https://pszfna.org> (M-F) - Noon 861 7253 4958

<https://pszfna.org> (M-F) - 7 pm 849 7357 1162

Passcode on both: 1995



<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 information. These online meetings may also be cancelled or changed at any time, so stay current and stay safe.

Mid-America Regional Service Committee May 2021 Quarterly Meeting

Due to Covid-19 restrictions this meeting could be virtual. Zoom code and password will be disclosed through MARSCNA channels.

Virtual RSC

Subcommittee Meetings Saturday May 15th, 2021

- | | |
|----------------|--|
| 1:00 - 2:30 pm | Campout/Convention |
| 2:30 - 4:00 pm | Fellowship Development
<i>(Events, MAN, Soul to Soul)</i> |
| 4:00 - 5:30 pm | Public Relations
<i>(H&I, Web, Phone-line, Communications)</i> |
| 6:30 pm | Speaker and possible fundraiser. |

There will most likely be a speaker in the evening. If this meeting goes face-to-face the scheduling could be different, please check for updates.

Regional Service Committee Meeting Sunday May 16th, 2021

- | | |
|-------------|---|
| 9:00 am - ? | Reports, Open Forum, General
Business, Funds |
|-------------|---|