

**RCM's for the
Mid America Region
February 2002**

Just For Today Area

April S.
Ph# 620-340-5537

Primary Purpose

Ted R.
Ph# 620-882-0245

Western Area

Cleve W.
Ph# 620-492-1597

Central Kansas Area (Alt.)

Sally Rose
Ph# 620-285-2065

Unity Area

Aimee Rae M.
Ph# 785-341-2453

Fellowship For Freedom

Kelly P.
785-354-1772

Wichita Metro Area

Pat Brown
Ph# 316-269-3275

Miracle Area

Bob K.
Ph# 785-832-1259

**Officers for the Mid America Region
Nov. 2002 - Feb. 2002**

Chair: Tony K. 620-225-4280
Co-Chair: Alan B. 316-283-2033
Treasurer: Ted R.
RD 2: Debbie S. 785-227-4241
RD: John S. 785-594-2148
Secretary: Gidget B. 913-682-2369

We can use all the bodies that wish to become involved in Regional service work. I've heard it said that the Region doesn't do enough for the Areas. The

Region consists of members of the Fellowship who want to give a little more back - we don't want to do all the work. If more is to be done for the individual addict and the Areas at the Regional level, more addicts need to become involved at this level.

*Thanks,
KB*

NEXT RSC

4-H BLDG Woodside & Hickory
Streets, McPherson, KS

SATURDAY & SUNDAY MAY 18 - 19, 2002

9:00 AM - 11:00 AM

(DOWN) H&I
(UP) LITERATURE

11:00 AM - 1:00 PM

(DOWN) CONVENTION
(UP) CAMPOUT

1:00 PM - 2:00 PM

LUNCH BREAK

2:00 PM - 4:00 PM

(DOWN) ACTIVITIES
(UP) P I

4:00 PM - 6:00 PM

(DOWN) OUTREACH
(UP) STEERING

7:00 PM - 8:00 PM

SPEAKER MTG.

8:00 PM - 12:00 PM

DJ DANCE - AUCTION - RAFFLE
FUNDRAISER FOR SOUL TO SOUL
**\$3 Per Person - No Addict Turned
Away**

SUNDAY FEB 17, 2002

8:30 AM - 9:00 AM

RSC CHAIR/CO-CHAIR, SECRETARY
& TREASURER RCM'S, ALT RCM'S
SUB-COMMITTEE CHAIRS &
CO-CHAIRS MOTIONS AND
REQUESTS

9:00 AM UNTIL DONE

REGIONAL SERVICE COMMITTEE
MEETS CHAIR/CO-CHAIRS MOTIONS
& REQUESTS



Issue #17

PO Box 975
Baldwin City KS 66006
e-mail: klbertha@aol.com

June 2002

"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."

Pg. 65, 5th edition, Basic Text

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.

*Thank you,
The Staff*

**Can you find happiness in
Recovery?**

Can you find happiness in Recovery?
Yes, I did!

You know I have found that through working this program to the best of my ability I have found a lot of happiness. Another chance at life. A new way to live. A new look at life and what it is about. I have cancer; so what. between addiction and cancer i have found a new happy life, a new way to live. But I have to make choices in my life and my Recovery. By using the Twelve Steps, a sponsor, meetings and a higher power, I have found a new way to live and be happy. I have found life, peace, seren-

ity, balance, pride, unconditional love and love. You bet you can find happiness in N.A. If you will follow the program to the best of your ability, be honest, open-minded, willing to follow direction of a Higher Power and others, you can find happiness in N.A. Most of all, you can find life without using. Give N.A. a chance to work for you. You can always go back out to the drug world. But sometimes you only have one chance at Recovery so try it to the best of your ability. It will work if you work it. Remember to give back what has been given to you. Help others, help the new comer, help yourself. I love everybody in N.A. and I love myself today. Just for today, try it. IT WORKS!

Bryan H.

Left anonymously: This was left at the clubhouse in Lawrence and was addressed to "The M.A.N." Something to think about.

INSIDE:

Your Letters and Poems Pg. 1 - 8
Upcoming Region events Pg.7-10
Regional Information Pg. 12

*"The chair is empty
a friend is missing in action.
Left behind for dead?"*

The "Home Group"

I am one fortunate addict because of the Home Group that has become the best Home Group that I could wish for! Our group is unique in that we meet 3 times a week Tue, Thurs, and Sat. at 11.30 PM! Many years ago we formed our group to help addicts who worked the 2nd shift (3-11) so they could have a meeting that was convenient for them. This group, "Late night with NA", has changed, as have most of our members. Two years ago I changed professions and I now drive a Semi tractor-trailer "over the road". This also gives me an opportunity to visit many different NA groups where we work which is primarily East of the Rocky mountains. I'm grateful to be able to visit other groups around this country. In these groups I get to see a large variety of the very basics of Narcotics Anonymous; the group in action. I Love it, I am one of the most fortunate addicts that I know. I am able to get a perspective very few of us are able to view. My experience has been that I am welcomed at my new friends meeting, their home groups. At their meetings I generally will only listen though sometimes I will share my experience. At these meetings I am not able to get "real" or as intimate the way I do at my own Home Group. This helps me be as grateful as I am for our home group, the relationships we've developed, and for the help of the ones who do the service work necessary to keep our meeting going three times a week when I can be so very

far away (sometimes in more ways than one). At these times, when I'm on the road and feel isolated, I really miss my group. I feel safe there. We have an intimate candlelight meeting with the average attendance of between 5 and 15 addicts, where recovery is alive and well. I have found, through as regular as I can, meeting attendance, a very wonderful gift, a meeting that is my Home Group. At our monthly business meeting I am free to voice my opinion, and to use my vote accordingly. I hope all addicts who read this have or soon will, get a Home Group of their own. I have found that for me, my home group is the best Home Group there is! If you are ever able to visit us in Topeka Kansas please do, we will welcome you!

Kevin M.

A poem to remind you

One day at a time
Love you for you
Don't think about drugs

Be open about your feelings
Don't let anyone get you down
and remember if you decide to do
drugs, there's a meeting
somewhere in town

All I'm trying to say to you
Is help is a phone call away
Remember that you are someone
And take it day by day.

Zac S.

The M.A.N. 4/5/02

Hello Family,

Sorry this issue is arriving as late as it is. Recovery has been good to me and one of the consequences of becoming a "responsible, productive member of society" has been considerably less time to devote to my service commitments. I apologize for the delay in getting this issue out, but not for the cause of it's delay. I believe that one of the goals of the program is to get us reintegrated into society.

We did not print the newsletter last quarter, not because of a lack of time, but because of a lack of material. I had only one article submitted and in the interest of being responsible with Narcotics Anonymous funds, after talking with my coeditor and other addicts, it was decided to not use our funds to publish. As long as the Fellowship sends in material, we will produce a newsletter (however late), but without material we will continue to conserve NA's monies.

Please note the addresses and phone number listed below. I can be reached by snail mail, e-mail or phone. Your comments and articles will be appreciated.

Kirk Brown
PO Box 975
Baldwin City, KS 66006
Phone (785) 594-2148
e-mail klbertha@aol.com

We now have a coeditor for The M.A.N.. Articles can be, and in fact should be submitted to her. She can be reached in the following manors:

Cat Norton
2609 Walker
Wichita, KS 67213
e-mail catnor51@earthlink.net

The following table is an accounting for the yearly budget ending at the close of business on Sunday at the May 2002 RSC. I will be including this in my future reports.

| Quarter/month | 2 st Q. October, 01 |
|-----------------------------------|--------------------------------|
| Starting Balance | \$ 930.00 |
| Spent | \$ 0.00 |
| Ending Balance | \$ 930.00 |
| Projected expenses to date | \$ 1050.00 |
| Actual expenses | \$ 757.94 |
| Budget surplus | \$ 292.06 |

Thank you,
In Loving Service,
Kirk B.
The M.A.N. Publisher

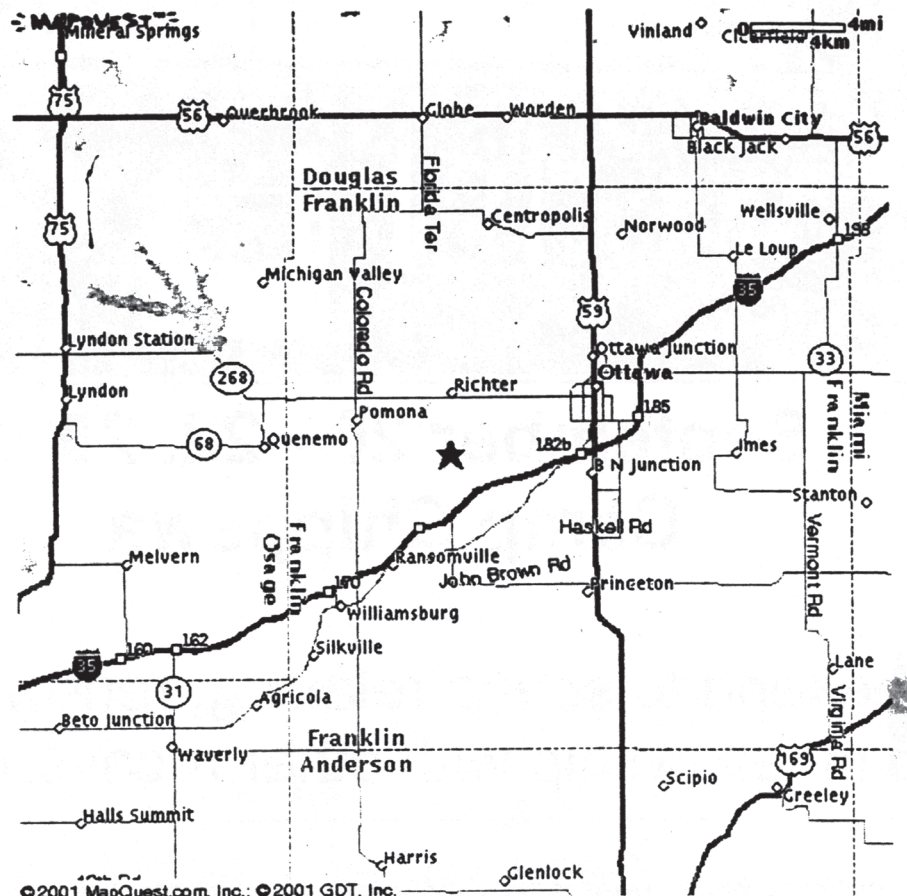
Directions to Camp Chippewa:

Camp Chippewa is located 7 miles west of Ottawa off Highway 68 and then 3 miles south on Idaho Road. Camp Chippewa is also 2 miles north of I-35 at exit 176 (the "Homewood" exit). See map below. (Star is for Camp Chippewa)!

2577 Idaho Rd
Ottawa, KS
66067-9007, US

SEND TO PRINTER

Back



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NAVTECH
24 60440

Make check out to MARSCNA.
Send check or money order to:
Rod Davis
417 Commercial
Neosho Rapids, KS 66864

Hey folks, the last one, the one that had no correct answers wasn't my fault. Carla sent it to us. She sent this one as well and assures me that there are answers here.

Thanks,
KB

Recovery word search

Step Ten Search

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

Words to find:

Admitted, Personal,
Humble, Amends,
Inventory, Mistakes,
Awareness, Tenth step

Forgiveness, Apologize,
Conscious, Recovery,
Wrong, Attitude,
Rationalizing, Principles

The following web address is for the Unofficial news letter that Don M. and Burt B. have been publishing. Please note that this **does not** constitute endorsement of this online publication. Having said that, I will tell you that I go there for information concerning upcoming events, birthdays and other general information. I have included this address because some of you may find this site usefull.

Thanks,
KB

<http://unofficialnewsletter.tripod.com/unofficialnewsletter/id5.html>

A Joke from Rod & Carla D.

Where do we go from here?

A man died and went to heaven. St Peter asked, "What denomination are you?"

and the man said "I don't belong here, I don't go to church".

St. Peter said "Well, we don't make mistakes, you belong here, let's just walk around and you can see where you'd like to stay.

So they walked down the hall, and St.Peter opened a door and there were all these pews with people kneeling and praying and crossing themselves.

"Who are they?" asked the man.

"Those are the Catholics." answered St.Peter.

"Well, I don't want to stay here." said the man and they walked on down the hall.

St. Peter opened the next door. Inside were all these pews with people sitting straight up staring ahead.

"Who are they?" asked the man.

"Those are the Protestants answered St.Peter.

"Well I don't want to stay here" said the man and they walked down the hall.

The next room they came to, St.Peter opened the door and a big puff of smoke came out and the man smelled coffee. The man looked inside and there were all these people laughing and hugging and they got in a big group hug and said the serenity prayer.

The man said, "I like these people, who are they?"

St.Peter said, "I don't know. they won't tell us"

I got the following from someone over the web. Although it seems a bit sacrilegious at first glance, I think that is a bit descriptive. I sincerely hope that this offends no one, but if it does please let me know. As always, I will print any letters to the editor.

WHAT IS NARCOTICS ANONYMOUS?

NARCOTICS ANONYMOUS is a fellowship designed and administered by a bunch of ex-drugies whose only qualification for membership are that they can't use drugs anymore.

It has no rules, dues or fees, nor anything else that any sensible organization seems to require.

At meetings, the speaker starts on one subject, winds up talking about something entirely different, and concludes by saying he doesn't know anything about the program except that it works.

The groups are always broke, yet always seem to have money to carry on. They are always losing members but seem to grow. They claim NA is a selfish program but they always seem to be trying to give it away and to do something for others.

Every group passes laws, rules, edicts and pronouncements that everyone blithely ignores; members who disagree with anything have the privilege to walk out in a huff, quitting forever, only to return as if nothing has happened and be greeted accordingly. Nothing is ever planned 24 hours ahead, yet great projects are born and survive magnificently. How can it survive?

Perhaps it's because we have learned to live and laugh at ourselves. Perhaps HP is pleased with our disorganized efforts and makes things right no matter who pushes the wrong button. Maybe he is pleased, not with our lack of perfection, but with our sincerity. Maybe he is pleased with our trying to be nobody but ourselves.

We don't know how it works, but it does, and members keep receiving their dividends from their NA investments. It is smart to be clean, and much easier to stay clean than to get clean.

We not only believe in Miracles.....we depend on them!!!!!!

SOUL TO SOUL OUR 2ND HOME GROUP



**September 20 - 22, 2002
Camp Chippewa**

**A weekend to spend relaxing, renewing, and
sharing in fellowship with other recovering addicts.**

REGISTRATION PREFERRED BUT NOT REQUIRED:

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

NO. OF PERSONS ATTENDING: _____ **X \$50.00 =** _____

SPECIAL NEEDS: _____

FOOD PROVIDED; BRING BEDDING AND PERSONAL ITEMS.

MORE INFO: ROD 620-343-3149 OR SHELLEY 620-343-7105



MID-AMERICA REGIONAL CAMPOUT

DATE: FROM 6PM WED. JULY 3rd TO 6PM SUN. JULY 7th.

PLACE: WILSON LAKE, LUCAS PARK AREA (FOLLOW THE NA SIGNS)

THE LONGEST RUNNING FREE CAMPOUT IN THE WORLD

*NO PETS

*DO NOT MOVE FIRE RINGS

*NO FIREWORKS

LOTS OF FUN AND FELOWSHIP

HORSESHOE TOURNAMENT (MEN & WOMEN)

VOLLEYBALL TOURNAMENT (CO-ED & CHILDREN)

SOFTBALL

EXCITING SPEAKERS

DANCE FRIDAY & SATURDAY NIGHT

CAMPFIRE MEETINGS

SATURDAY EVENING MEAL PROVIDED

TELL YOURSELF, JUST FOR TODAY, LET'S GO CAMPING

CONTACT RUSS P. @ 785-589-0116 OR
BRIAN H. 785-273-2228

I AM YOUR DISEASE

Hello... Just in case you forgot me... I am your disease. I hate meetings, I hate higher powers. I hate anyone who has and works a program. To all who come in contact with me: I wish you suffering and I wish you death.

Allow me to tell you about myself. I am the disease of addiction. I am cunning, baffling and powerful... I have killed millions; I have ruined the lives of millions more... and I am pleased. I love to catch you by surprise. I love pretending that I am your friend and lover. I have given you comfort, haven't I? Wasn't I there when you were lonely? When you wanted to die, didn't you call on me, and didn't I answer? I was there. I love to make you hurt; I love to make you cry.

Better yet, I love to make you so numb that you can neither hurt nor cry. I love to help you give up and feel hopeless. When you can't feel anything at all, that is my true gratification. And all that I ask from you is long term suffering and lonely despair. I've been there for you always. When things were going right in your life, you invited me in. You said you didn't deserve these good things, and I was the only one who agreed with you.

Together, we were able to destroy everything good in your life. When things went wrong, I was there to agree with you about how unfair life is and how blameless you are for anything that happens to you. I was the only one who would crawl down into the slimy paralysis of self-pity and wallow around with you there.

People don't take me seriously, and while this wounds my pride, I don't really mind because it so strongly serves my purpose. People take strokes seriously, heart attacks... diabetes... AIDS, these they take seriously. Fools. Without my help, those illnesses would not even be possible, for many people. I am such a hated disease, and yet I do not come uninvited.

You choose whether or not to have me active in your life. Doesn't that prove how powerful and cunning I am? So many choose me, over reality and hope— even while they say they hate me. But more than you hate me, I hate all of you who have embraced recovery. Your refusal to invite me in... your program... your meetings... your higher power. All of these things weaken and disgust me, and I can't function in the manner I am accustomed to.

Now, I must lie here quietly, waiting. Oh, you don't see me much anymore, but I am here... and I have all the time in the world to wait for you. When you only exist, I may live. When you live, I may only exist. But I am here... and until we meet again— if we meet again— I wish you misery and death, just as I always have done and always will do...

Most sincerely,
Your disease

Today

I'm learning a new way of life, a new way to live.

It's not about taking, its learning how to give.

Learning how to be open and honest within myself.

Not living life hiding, living in stealth.

I have choices today; it's all up to me.

I can be sick, or I can be the best I can be.

The type of friends I have today, I've never had before.

I have friends I respect, admire and adore.

How I've gained their friendship is easy to see.

They're recovering addicts, they're not different, they're just like me.

I'm so grateful to my God up above.

Instead of a life of hatred, I'm learning a life of love.

He's teaching me how to live like this, in his own special way.

It's from the heart, and through the program of N.A.

I have experienced this blessed discovery.

That I can make the right choices through recovery.

I no longer have to live in that deep, dark hole.

Bargaining with the devil as he tries to take my soul.

He gave it his all, his best shot to have his way with me.

But by the Grace of God it wasn't meant to be.

I'm so grateful for the program today.

I've learned life can get better, there is a better way.

I have grown by the steps I have took.

They're on the walls, they're in the book.

Its so wonderful to wake up not thinking of drugs.

Awakening to the thoughts of caring, loving and hugs.

Knowing today I have the choice whether to or not to use.

Today its been a blessing to have the choice to choose.

I know I still have so much work that lies ahead.

But I have worked so hard to use, I'm grateful that I'm not dead.

Luckily we can work the steps at our own pace.

There's no time table, nor is it a race.

As long as I don't stand still for too long at a time.

My sobriety will continue and serenity will be mine.

I have rewards that I was never granted in the past.

As long as I work the program my sobriety will last.

I didn't have much faith in the program, not right from the start.

Today I've grown to be grateful, its a feeling that comes from the heart.

I pray to God each morning that the choices I make will be right.

As I lay my head down on my pillow, I thank Him before I say "Goodnight"

William Author

NEWTON H.O.W.

20th ANNUAL PRECAMPOUT CAMPOUT

MAY 24 - 27, 2002
HARVEY COUNTY WEST PARK

LOOK FOR THE SIGNS
STONE BUILDINGS
TENT FEE

NO PETS

FOR FURTHER INFORMATION
CONTACT:

JIM & SUE W. 316-284-2617
RAY & GLENDA P. 316-282-2834
SCOTT & NAOMI L. 3116-284-4611