



# MID AMERICA NEWSLETTER



**Volume 24  
Issue 3**

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**Fall 2007**

*“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.*

.....  
Hello family,

Well summer has come and then lingered around. The leaves that have fallen around my home aren't from fall temperatures but excessive heat instead. Fall will skip into winter soon enough though, this is Kansas.

I have heard great things from local members that attended WCNA 32 in San Antonio, TX. I also heard great things from members after the Unity Day hookup in Salina, KS. The details were late in being set and flyers had very little time to circulate, but approximately 50 addicts made their way to a meeting hall and listened to the speaker tell his story over a live hookup through a telephone. We also followed along with the clean time countdown and gave seven Basic Texts away to members with 7 or less days clean. What a treat! If that wasn't enough, we gave an enthusiastic "shout out" to the rest of our recovering world in which two phone calls were placed after from the convention to let us know we were heard, (one from my wife, Debby - while crying). All in all both events went off very well, even though one had

over 40,000 and the other had 50.

The fall season is also the beginning of what will become a very busy schedule as we gear up for WSC 2008. The approval form for the 6th Edition Basic Text is available and I encourage you all to obtain a copy or get with someone who has one to become familiar with it. When the Conference Agenda Report (CAR) becomes available this December you will at least have this portion studied. I look forward to seeing some of you at upcoming CAR workshops!

As some of you may or may not know, the Editor position for this publication will soon be open. Each term is two years and I am rapidly approaching the end of my second term. The final issue on this 2nd term will be Spring 2008 which leaves only two issues from the one you are reading. If you have an interest in carrying on this publication please attend the RSC scheduled on the back page for Literature. It is my hope to work with the right candidate for a smooth transition both during and after.

Now would be the right time to turn the page and read what this publication is really about.

 Editor

## Came To My Senses Pt... 5

....The sun was beating down on the pavement as I walked through a crowded sidewalk, everything seemed so vibrant. I was watching people pass me by when a distinct smell came over me, I was near a bakery and cake was in the ovens. Now I've smelled cake baking many times before but this time was different, without any warning tears started flowing down my face and all I could think about was my Grandma, who had passed away years ago. I instantly tried hiding on this crowded sidewalk but had no where to go. "What brought this on?" I thought to myself, I hadn't thought about my Grandma in a long time. As a using addict I wasn't there for any of my relatives, that even included their funerals. I said a quick prayer and made it home. For some reason my grandparents were weighing very heavy on my mind, they were all I could think about. I went inside and once again started praying, this time more detailed. Sometime during my conversation with my Higher Power I found myself talking with Grandma like she was there. The usual "I'm sorry" didn't come out but instead I shared with her how I was going to meetings and working the 12 steps, I shared how I missed her and that I knew she was in a good place. My Grandpa had also passed away and I visited with him as well, crying the whole time. Afterwards I set in a chair for a very long time just meditating, I realized I still have many things in my past to work on. Later that evening I called Joe, my sponsor, and shared with him my day. I felt withdrawn and sad but still welcomed the sense of direction I received.

The next day I still felt a little sad and so many things swirled in my mind, I

went to work and stayed very quiet. Some of the guys still didn't understand why I quit hanging around them and some of them I haven't even tried to explain. Whenever I get asked to go to a party or hang out after work I just say "no thanks, I have other plans". It's hard sometimes but my "other plans", which are meetings, bring me back to a safe place. Later that evening I went to my homegroup and Joe brings me the meeting leader's notebook and lays it in front of me, my eyes got real big and I started back peddling "I'm not ready for this" I said and tried to shove it back. "Oh yea you are" said Joe. I took a deep breath to keep from panicking and sent the reading around. Yes, tonight was my first time leading a meeting and I survived. I set the topic on step 8 which also spilled into step 9. I'm still working on my 4th step and as I write I'm adding names for my 8th, see my grandparents weren't even on my list that I was compiling and some how my HP reminded me that they should be.

Even though Jimmy isn't my sponsor, we still made a tradition of going out to eat once a week. That diner where he found me on the day I started my clean time is where we go most of the time. He tells me it's good to remember where we came from and the desperate times we faced. I don't look for a dead fly in order to get free food any more either. That story Jimmy told me about "coming to his senses" that first day is also starting to make sense to me, my senses are very much alive now, though somewhat scattered. I'm almost finished with my 4th step and have been told that moving on from there is where freedom really starts. I hope so, right now my life is like one big roller coaster, but I'm clean!...

*(Continued in the next issue)*

## A clean NA message

Hi, I am an addict and my name is Dorothee M. I was introduced to Recovery in 1986, through the program of Alcoholics Anonymous. After being in and out for a while, I found Narcotics Anonymous, or should I say Narcotics Anonymous found me?! Either way, my clean date is July 25<sup>th</sup>, 1987 and because of Narcotics Anonymous I have not had to use since then.

Ok, so I was one of the sicker ones when I got here. Restless, looking for quick fixes, looking for the person, place or thing that would make me o.k. I attended other fellowships in my early Recovery, just to find myself keep coming back to the one that worked for me, Narcotics Anonymous. Am I an NA Nazi? I don't even know what that means. I have always disliked that expression. Do I believe in Narcotics Anonymous? Absolutely! Am I committed to Narcotics Anonymous? Absolutely! This is an awesome fellowship and I have a tremendous amount of respect for it and its Traditions. It is my life line, it is my anchor, it is my home! It has saved my life over and over again. I have always believed that we all have a right to get our Recovery wherever we choose. As long as it keeps us off the streets and away from the dope dealers, bars, casinos etc. So, some of us go to AA, some of us go to Christian meetings, churches, SA, OA, EA, CA and whatever other A's are out there. I am good with that, if it works for you.

With all that said, here it is. When I did attend other fellowships, I was taught to respect their Traditions, I was taught to respect their message and their convictions. In AA, I was expected to introduce myself as an Alcoholic.

In CA, as an Cocaine Addict,(or at least an Addict); in OA, as an Overeater, and so on.....! I did not go to AA, quoting the NA Basic Text. (They would have ran me out of there). I did not go to CA and introduced myself as an Overeater. I did not go to CODA to talk about my drug addiction, etc., etc., etc.. I go to NA meetings because I want and need to hear the NA message of Recovery. What is the NA message? That no addict seeking Recovery need ever Die! I am at NA meetings because what I hear here saves my life!! So please, please I beg of you: Do not make me sit and listen to you quote from the bible in a meeting! I can't relate! Please, please do not make me listen to you quote from the Big Book of AA in an NA meeting, (and please do not bring the AA Big Book to an NA meeting to read out of it)! And please, please do not make me listen to another poem by Helen Keller, Rice Steiner, or whomever during a meeting of Narcotics Anonymous. Out of respect for the Traditions, for the NA message and most of all, out of respect for your fellow addict - PLEASE SHARE THE MESSAGE OF NARCOTICS ANONYMOUS. WE ARE CLEAN IN NARCOTICS ANONYMOUS; WE ARE ADDICTS; OUR BOOK IS CALLED THE BASIC TEXT; WE WORK THE STEPS OF NA; WE ARE A SPIRITUAL, NOT RELIGIOUS PROGRAM. OUR MESSAGE IS HOPE. OUR PROMISE IS FREEDOM FROM ACTIVE ADDICTION.

One more thing: I know it is sometimes inconvenient to get to a meeting before it starts, but couldn't we try? It is hard to not get up to go to the bathroom, but couldn't we try to do that before the meeting? It is easy to forget to turn off the cell phones before the meeting, but couldn't we try? It is hard to sit through

a meeting without smoking, but couldn't we try? It is sometimes difficult to not talk to your neighbor during a meeting, but couldn't we try? It is often tiring to sit through a whole meeting, but couldn't we try? It is often challenging to control our children during the meeting, so they do not disrupt the meeting, but couldn't we try? **COULDN'T WE TRY? MY LIFE DEPENDS ON IT. HOW ABOUT YOURS?**

I am an addict, my name is Dorothee M. Am I an NA Nazi? You decide!! I love you all.

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*Note: The following poem was left unedited for rhythmic purposes - MAN*



**My Life in Five Years**

In 5 years I want to be well into my sobriety  
And be a productive member of society  
A wife, a house, and a few kids  
I'm just not sure what that is  
A possible prison term is hanging over my head  
And this is something that everyday I dread  
I want a good job and to be financially secure  
I wish this disease had a magic cure  
A relationship with my son, I want to seek  
This is a promise to myself that this time I will keep  
I will be the good father that is inside of me  
And spend quality time with my family  
A spiritual person in every way  
This I will work on every day  
But most of all I want to stay clean  
So that my life will be happy and serene



**Pain = Growth Opportunity**

Pain is a fact of life but suffering is optional. When we began our active addiction most of us thought we were having fun. But when we look back we discover that our real motivation was to kill some pain in our life. Eventually our disease turned on us, and our addiction itself became the pain. We couldn't live with it and we couldn't live without it.

In recovery, we need to experience our negative feelings and understand them honestly without returning to our old ways in order to escape our emotional realities. We know where our will took us in the past, so to change for the better we have to surrender our will to our Higher Power to win. Like everything we do in life, the journey begins with a first step.

We accept that we are powerless over the cause of our pain, and the amount of unmanageability it creates in our lives. We then start believing that the God of our understanding will help us carry the burden. Then we surrender our will in exchange for the will of our Higher Power. We need to be honest about our problem, keep an open mind to find the message that our Higher Power is giving to us - in any form it comes to us - and willing to do our best to act (or not act) on that lesson, while leaving the results up to God as each of us understand Him.

To get past the hurt inside we need to not only experience our pain, but also grow through those negative emotions. Our friends in the Fellowship - who our Higher Power often speaks through - are there to help us along the way with their guidance. We gain strength through their experiences, as well as hope that our lives will get better. And in trusting

that our friends, and more importantly that the God of our understanding is right there with us, will help us grow through the pain. Remember, a problem shared is a problem divided.

Now, today, I will appreciate the fact that I can feel my pain. I will believe that I have other options available to me to deal with my emotions without having my disease control my behavior. The only thing that will prevent me from growing through the pain is when I won't accept the will of my Higher Power. As God saved me from my active addiction, God will take care of the rest of my life!

***I can't  
God can  
He will if I let him  
Will I let him today?***

*Joe A. –  
grateful recovering addict in central  
Pennsylvania*

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**Our message hope—  
Our promise freedom**

That was the theme of WCNA32 held in San Antonio, TX. A convention that I did not realize I would be attending until the very last minute. Thanks to the help of close friends and my wonderful husband, I made the journey. Another journey with other recovering addicts—no expectations, just the fact of knowing that we were going to WORLD!!! Lots of people—one report was 41,000 recovering addicts. Could this be true? 41,000 of us thrown together – we came from all walks of life with clean time ranging from 1 day to 50+years! Awesome.

As usual, one of my friends and I decided to make an adventure out of our trip. Several of us stayed up very late to wee hours of the morning in search of

the ghosts which haunted our hotel. Some experiences let us realize that the stories we had heard were true. And as usual, we addicts can sense and feel more than most people.

Our trip home was long—many hours on the road, many stops along the way. But one stop proved to be a very spiritual experience. We made the stop, as well as another vehicle with 2 weary addicts on their way home. My NA t-shirt attracted one addict and the conversation started. As it progressed, I felt as if I knew this lady, felt very comfortable in our conversation and yearned for more! Long story short, 45 minutes later, we are still sharing. Found out she had been in search of a sponsor since her sponsor had passed away 2 years before. She had been looking and was ready to give up—give up hope. I realized that when we give up our hope—we are giving up on our program. When we give up on our program, we have lost our freedom—freedom from active addiction. Today I feel the entire trip was narrated by our HP—and the spirits of our beloved addicts that have passed on. The spiritual path I am on today does lead me to a point of destination that is ongoing—it never ends, as long as I have hope! Today I am blessed with another beautiful person in my life which I am forever grateful for. We have touched each others lives and are continuing the message of hope and the promises of freedom. Thank you to NA, my NA family, my beloved friends and family and my HP!

*Anonymous*



# Challenges

Both the Outreach and Hospital and Institution Committees have offered challenges to you, the reader. In Outreach, the question “What can this subcommittee do to help the areas?” came up and instant brain storming presented two challenges that lead toward solutions.

1. Ask all GSR’s to present this question to their group members and to follow it with bringing at least one newcomer with them to the following ASC.

2. Place a shoe box (or equivalent) in your meeting hall with the question “What would make service more attractive to you?” on the front. Make sure there is pen and paper available and have your RCM bring the boxes with them to the next RSC (listed on back). This “one question” survey might just open our eyes and offer solutions.

H&I also offered a similar challenge, to bring two members who don’t normally attend with them to the next RSC (listed on back). Whether they are sponsees, newcomers, or old-timers, just bring them. The more exposure our members have with service work at these levels (area and region) the more we can grow and fulfill the services necessary.

## LIFE IN RECOVERY





## Good Will

*Good will is best exemplified in service; proper service is: “doing the right thing for the right reason”.*

*Basic Text, page ix*

When I got clean things in the fellowship of NA were much different than they are today. The suggestions were simple and clear: go to meetings, listen and don't share for the first 90 days, find a sponsor, work the steps and give back what was so freely given to you.

To give back – to be of service. I followed these suggestions and I continued to stay clean. I still do these things today. What I find disturbing about service work is that I believe a lot of people have forgotten why they serve and/or who they serve.

I believe that there has been a breakdown somewhere in the communication through the years. I was taught by my first sponsor, and I have passed it on to my sponsee's through the years. The spirit of giving back to the fellowship is to give freely what was so freely given to us. We are trusted servants to those in this fellowship. It is not about recognition, power or position. It is about doing for others as they did for us.

I look around this fellowship in our region and I see a great many addicts who exemplify this principle. However, I see too many who “serve” NA without this principle. So how does this reflect on us – are we attracting the newcomer, or are we chasing them away? Are we staying true to the principles, traditions and concepts of this fellowship, or are we using our place in the service structure as a way to create chaos and destruction? Do you know deep in your heart why and who you serve?

So I ask you my fellow addicts, are you a living example of this program? Are you giving back what was so freely given to you? Are you expecting things or are you remembering that recovery is a daily gift given to us all by a loving Higher Power?

*Anonymous Addict*

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## CELEBRATIONS

Life is a celebration. Before discovering the rooms of Narcotics Anonymous and choosing this way of life, I didn't think I really had much to reflect on let alone celebrate. That's the “glass half empty” outlook but it was the only outlook I had.

That outlook was changing for me before I even claimed a clean date and started the process of recovery. After being introduced to NA in a correctional facility in which I spent six months, I was sent to an inpatient treatment because basically I didn't have an understanding of addiction and still wanted to pick and choose which drugs were “OK”. That is where the process really started and I discovered something to celebrate.

For the first time in my life I started to put other's feelings in front of mine and all the while staying clean. If we had new clients come in that were possible risks of suicide, we set up 24 hour watches on them, yes, clients watching clients, no, addicts helping addicts! What a concept. At the end of the inpatient opportunity I received my 30 day chip, in my eyes that was the equivalent of an Olympic gold medal. I didn't feel as if I was through, in fact, I had the understanding at that point that I was just starting, and if I did what I was

taught I would have many more celebrations to come.

Skipping ahead many years, I have incorporated the 12 steps into my life and have had many celebrations. Over the years I have heard members chanting “How’d you do it?” during meeting introduction’s clean time recognition and birthday nights. I used to just cringe but go along with it. A few years ago I had had enough and when asked that for my annual birthday responded “No”, “but I’ll tell you how I am DOING it”. You see how’d or how did is past tense wording, and I can’t afford to ever think that I have “graduated” or became “cured”. This is a lifelong process if I want to keep celebrating. I know some of you are thinking I should stay in the here and now and not thinking “life-long”, but accepting this program as a process is the opposite of dwelling on it. Today I celebrate the moment, and given enough moments I will collect another medallion where I am always eager to tell you how I am doing it.

*Just another anonymous addict*

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## Welcome Back!

*Former RSC Chair Alan B. has made a safe return to the United States and home. His regional commitment was cut short due to another commitment in Iraq two years ago. Thank you H.P. for getting him home safely!*

*Alan visited the August RSC and presented the Mid America Region with a certificate signed by his platoon along with an encased US flag. These gifts from Alan are being safely stored in our archives. Welcome home Alan!*



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*Reprinted from the December 1989  
Mid-America Newsletter*

## Gift of Recovery

There are so many wonderful changes in my life since coming to Narcotics Anonymous that first night.

Learning that I could live without drugs, one day at a time. Seeing a room full of people with genuine smiles. Laughter filled the rooms and there was a warmth in the atmosphere.

People hugged me and told me to keep coming back. By the grace of God, that I had not come to know or understand, I returned.

I have found freedom from active addiction, freedom from my mind and the circumstances around me.

I have learned that emotions won't destroy me if I allow myself to feel them.

I have found serenity and peace of mind, most of the time. Honesty, true honesty. I learned I have an ego, anger, lack of trust, character defects. And there are paths, 12 steps, to free me from them.

Today, I have a personal relationship with a God of my understanding. I have myself and I have friends. Today I am loved. I can give love and I love myself. Thank you NA for a new life.

*Laura Mc.  
Wichita, KS.*



## WORD SEARCH - see how many you can find!

U	Y	S	W	A	G	L	F	Y	M	O	F	Q	R	N	
K	N	P	E	S	H	A	R	E	V	M	I	S	L	C	UNITYDAY
O	K	I	M	C	W	C	E	Z	D	Q	B	E	T	J	CONVENTION
N	P	R	T	O	N	Y	E	S	P	U	O	R	G	U	SPIRITUAL
S	B	I	K	Y	L	T	D	B	M	E	A	V	H	U	HOPE
D	E	T	N	B	D	P	O	L	G	D	M	I	O	N	FREEDOM
C	F	U	L	P	B	A	M	D	I	Q	U	C	G	O	GRATITUDE
S	E	A	B	X	W	N	Y	T	F	V	D	E	L	I	GROUP
Q	I	L	T	E	V	S	I	X	T	N	W	L	Y	T	HUGS
L	J	P	E	W	C	O	D	E	S	V	C	P	R	I	CELEBRATION
Z	D	S	E	B	N	G	M	P	G	E	H	C	W	D	SIXTHEDITION
M	V	G	U	S	R	M	B	R	L	O	A	V	Q	E	STEPS
E	D	U	T	I	T	A	R	G	R	Y	N	O	K	H	TRADITIONS
D	A	H	X	A	L	P	T	R	B	S	G	I	F	T	SERVICE
A	K	O	H	O	P	E	B	I	P	P	E	T	A	X	SHARE
C	S	W	O	V	N	M	H	E	O	P	H	R	B	I	GIFTS
T	A	J	P	L	B	R	T	E	K	N	M	O	J	S	CHANGE
I	R	B	E	Q	I	S	R	V	L	A	D	N	G	O	GOODWILL
O	U	G	T	P	G	O	O	D	W	I	L	L	O	L	ACTION
N	O	I	T	N	E	V	N	O	C	A	Q	C	H	K	

### On Sale Now!

82 past issues of the Mid-America Newsletter have been assembled in PDF format on one CD with an extra bonus booklet, the history of the groups within Mid-America Region.

You can own this amazing piece of history for only \$5.00 plus \$2.00 shipping and handling. Avoid the shipping by attending any one of the regional service committee meetings in McPherson, KS. You will enjoy many hours of reading our history plus look at flyers from such events as M.A.R.C.N.A. I, held in 1983. Also see flyers from Oklahoma (OK Region) and Show Me Region's 1st convention.



### Mail to:

M.A.N. Archives  
P.O. Box 684  
McPherson, KS. 67460

## AROUND THE REGION

For those that attended and stayed the weekend at the 29th annual 4th of July campout, we salute you. Rain slowed down the activities but never the fellowship. The 30th annual campout for the Mid-America Region is looking for a new site! Even though several locations are being investigated please send any information you might have to the address listed on the front page and I will see that it gets to the right parties. The dates are July 4th-6th, 2008

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Fall time brings the annual Soul to Soul Spiritual Retreat September 21st-23rd which had a flyer in the previous issue and also the annual Regional Service Assembly held in McPherson, KS. October 20th and 21st. I haven't seen a flyer on this one but I bet if you show up at the Red Coach Inn by 9:00 a.m. Sat. the 20th you won't miss a thing.

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MARCNA XXV is deep in the planning stages. The theme is "A Silver Celebration of a New Beginning" which ties in the theme from our 1st convention (see next page). The dates are April 4th - 6th, 2008 in Lawrence, KS.

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Several members attended the H&I subcommittee, unfortunately none were ASC H&I Chairs. Many commitments are being fulfilled though and hopefully the communication link is still intact outside these RSC meetings.

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The MAR history project Literature is undertaking is in a bit of a standstill. This will be a very long term project so if you are reading this and have past minutes, flyers, newsletters, etc. from the late 70's through the 80's please make them available to us to copy or place in archives. Thank you!

Outreach is offering new challenges for ASC consideration. I have listed these earlier in this issue on page six.

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Public Information has been very active with conferences in Topeka and Salina plus with members helping the Plains States' Zonal Forum in Kansas City. The direct hits has helped and new leads with institutions are in the works. In other news, the web servant position has reopened with the committee fulfilling the duties until a replacement can be found.

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The continuing police updates and revisions have kept Steering busy but they are also looking into the 2009 convention site. Bids are still welcomed at this time.

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The Delegate team (RD and Alt RD) are gearing up for WSC 2008 in April. That might seem like a ways off yet but the process getting there has already began. Some important dates for you to remember are:

\*Plains States' Zonal Forum meeting - October 19th-21st, 2007 Council Bluffs, IA.

\*NAWS Literature Distribution and Convention Workshops - November 9th-10th, 2007 Woodland Hills, CA

**\*Conference Agenda Report available - November 26th, 2007**

\*PSZF CAR Workshop - January 5th-6th McPherson, KS.

\*Miracle Area CAR Workshop - January 19th, 2008 Lawrence, KS.

If your area wishes to host a CAR workshop please start planning now.

## Blast From the Past

This is the cover for the March 1983 issue of the Mid-America Newsletter (MAN). Not only did this issue include a full registration flyer for our 1st convention but as you can see part of it also graced the cover. Our 20th anniversary convention brought Motorcycle Ed back, only this time as the opening speaker! (He was the closing speaker in 1983). This is just one historical piece found in the MAN Archive CD. Part of the theme is included in the upcoming 25th anniversary in 2008.

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# MID - AMERICA REGIONAL NEWSLETTER

MARCH 1983

BI-MONTHLY

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*"A New Beginning..."*

• MID - AMERICA REGIONAL CONVENTION FOR N.A. •

*April 1 - 3, 1983*

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LODGE OF THE  
**four seasons**

• LAKE OZARK, MISSOURI •

- SATURDAY NITE SPEAKER • LYNN A. FROM PALMYRA, N.Y.
- SUNDAY MORNING SPIRITUAL SPEAKER • MOTORCYCLE ED, SMYRNA, GA.

**Chair:** John S. (785) 865-9999

**Co-Chair:** Russ P. (785) 589-0116

**Treasurer:** Janet W. (785) 827-8635

**Secretary:** Susie E. (316) 361-0300

**Regional Delegate:** Rod D. (620) 343-3149

**Alt. Delegate:** Tim S. (785) 819-4806

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*We can use all the bodies that wish to become involved in regional service. I've heard it said that the region doesn't do enough for the areas or the groups. The regional committee consists of members of the fellowship from our groups and areas. If more is to be done for the individual addict, the groups, and the areas at the regional level, more addicts need to become involved at this level.*

*Thanks,*

*Kirk B. (Co-Treasurer)*

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## **NEXT R.S.C.**

Red Coach Inn - 2211 E. Kansas Ave. McPherson, KS.

*All meetings are held in the Regency Rooms*

### **Saturday November 17th, 2007**

9:00 - 11:00 A.M.	Outreach Steering
11:00 A.M. - 1:00 P.M.	Literature Hospitals and Institutions
1:00 - 2:00 P.M.	Lunch (open)
2:00 - 4:00 P.M.	Convention Campout
4:00 - 6:00 P.M.	Activities/Soul to Soul Public Information
<b>7:00 P.M.</b>	<b>Speaker Meeting</b>
<b>8:00 - 11:00 P.M.</b>	<b>Dance (Auction and Raffle included)</b> \$3.00 person - no addict turned away

### **Sunday November 18th, 2007**

**8:00 A.M. - ???**      **Regional Service Committee Meeting**