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**Regional Delegate:** Rod D. (620) 343-3149      **Alt. Delegate:** Tim S. (785) 819-4806

*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)*

**NEXT R.S.C.**

Red Coach Inn - 2211 E. Kansas Ave. McPherson, KS.  
*All meetings are held in the Regency Rooms*

**Saturday August 18th, 2007**

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

**Sunday August 19th, 2007**

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



**Volume 24  
 Issue 2**

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 McPherson, KS. 67460  
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**Summer 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.*

.....  
*"Hot time, summer in the city"* Oh yeah, summer is here and I'm in a singin' mood. Fortunately, on paper my off key notes doesn't offend anyone. Here in the Mid-West summer is also starting out very wet! Campouts are still happening and with the recent weather related tragedies (Greensburg for one) the bonding that happens at these events are needed more than ever. My prayers go out to the victims as well as their family and friends. In Narcotics Anonymous we are well aware of rebuilding and starting over.

Now to this issue in front of you. **THANK YOU, THANK YOU, THANK YOU** for all your submissions and support. Both passed articles and current events have fueled your desires to write which should make this issue a "must read". Of course, aren't they all?

It is my hope to make them available to everyone. Speaking of availability, this issue (as well as the previous one) was printed in a correctional facility and as a result I've been able to increase the production amount by 50%. You should be seeing more copies at your homegroup. If not, please get in touch

with your R.C.M. If you are not sure who that is or even what that stands for just e-mail or mail me at the address above with your group's name and where it is located and I will connect the two.

As well as great stories from you, there are also comic strips titled "Life In Recovery". This new addition will add some lightheartedness to the MAN and hopefully make it more appealing to the members who are just "glancing" though it, or if you're like me, might help keep me awake during normal reading (*3rd shift worker blues*). One advantage of being Editor is I read all the stories two or three times before it even goes to print.

Now would be the time to find a nice shade tree or cool water float device and open to page two and begin reading. As always, thanks for letting me serve the fellowship.

*Tim* Editor



## Came To My Senses pt. 4

...Since I have been coming to N.A. it seems like time has really been flying by, it seems like yesterday when Jimmy drug me to that first meeting, and here I am now with almost one month clean. I say almost but tomorrow is the day! I'm really excited and everyone at the meeting has been telling me "we don't front clean time" so I don't have that orange keytag yet, talk about anticipation, hey, that's a new one. My sponsor has been working with me on recognizing feelings and boy howdy are there a lot of 'em. It's funny how Bill and the other guys at work kinda quit wanting to hang around with me, it's a real relief and definitely cuts down on temptation. I hope I can sleep tonight, tomorrow's Saturday and I can hit a noon meeting, get that keytag just that much faster.

I woke up with someone banging on the door. Even though I have been working the steps to the best of my ability the past month, I still started to freak out, the old fears still haunt me from time to time and this was one of those times. I just sat there on the side of the bed for a few seconds, trying to clear my mind and calm down. It's like I think one of my old using friends (*were they really friends?*) is going to bust down my door and force me to smoke something, or slip something in my coffee just to get me back out there with them, is that insane or what? After getting calmed down a little I went to the door and opened it. "Happy Birthday Sam!!" yelled Joe. Joe has been a good sponsor for me, I wanted Jimmy but he explained we had too much history together and working with someone I only knew through N.A. would keep me focussed better. I suppose he's right. Joe definitely sees

through my manipulation and procrastination, he's told me stuff that really made me angry, but that just gave me a desire to make it another day when really all I wanted to do was use. "It's good to see ya Joe, thanks." I was still trying to wake up but also tears were welling up in my eyes, I gave him a big hug and invited him in. "get dressed, Sam is waiting down at the diner and we're taking you to breakfast. At breakfast we were talking and laughing and I brought up my first meeting. "Joe, you led both of my first two meetings and many others since then." "No" Joe said, "I didn't lead that first meeting for you, Greg did." I was in such a blur that first day I really didn't remember. "I don't know a Greg, what happened to him?" Jimmy spoke up, "unfortunately he's back out there using. You see, no matter how long we stay clean we are still addicts, and the disease of addiction is always with us. Greg was going to meetings and leading some of them but wasn't using all the tools of recovery in his life. We try to call and stop by his house but he hasn't hit his bottom yet. We still pray for him and so can you. We talked about Greg and all the others like him and later at the noon meeting I stood up for my thirty day keytag. "I want to thank everyone here and all the members who brought NA to life. I know I have a lot to learn and probably many hard times ahead but now I know that this is a process and I hope I can stay willing to go along for the ride."

Later that night I opened up the Basic Text to page 74 and read "Recovery and Relapse" For the first time in my life I feel like I have a sense of purpose, I help set up for the meetings, clean up after, and soon will be leading meetings to. I cried myself to sleep with gratitude....



## SOUL TO SOUL SPIRITUAL RETREAT

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## AROUND THE REGION

Some of you are reading this right before the annual regional 4th of July campout, if you fall into this category please help by donating items for the raffle/auction and also by showing up and setting up. But most importantly have a good time. If you are reading this for the first time after the campout is over, I hope you enjoyed it and had a super hot time. This year it's at Wolf Creek Group Park at Pamona Lake.

The regional convention last April was a success and \$5,000.00 was donated to the R.S.C. The remainder of their account was forwarded on to next year. M.A.R.C.N.A. XXV 2008 in Lawrence, KS. if off and running. There are still a few positions open, including the Chair, but some past committee members are there to see it through and keep it on track. The monthly meetings (outside R.S.C. weekend) are taking place in Emporia the 3rd Sunday of the month.

Hospitals and Institutions has set a goal to facilitate a workshop, or learning day for each of our 8 areas in the next year. They are also discussing ways to generate more funds for literature and working more closely with Public Information and Outreach.

Public Information is busy with upcoming conferences in Topeka and Salina, and just completed a conference held in Kansas City which the Plains States' Zonal Forum participated in. Check out the zonal forum website [www.psfna.org](http://www.psfna.org) or our regional site [www.marscna.com](http://www.marscna.com) for other information about us.

A member of Outreach have been traveling to South Dakota to help start groups on a reservation, but local Outreach has temporarily stalled somewhat. The

banner and rock programs are still happening though. There are many existing groups that need Outreach support so if you hear of a struggling group PLEASE gather a few friends and visit them. A little support goes a long way.

On the inside back cover is the flyer for "Soul Power" Soul to Soul Spiritual Retreat. Please note the dates for preregistration cutoff. If you have never attended one of these this is your year!! It's a lot of fun and, oh yeah, spiritual.

For Literature I'll give the 'same old song and dance' number. What I mean about that is I have no intention on letting up on you getting past newsletters, minutes, and other documents (even flyers) to this committee. You can send copies or originals to the address on the front or to just about any officer listed on the back. It is our continued hope to put the Mid America Region history back in the fellowship's hands through scanned PDF for easy reading (or printing) on any computer. Eventually a coffee table book will be published and made available.

### Gearing up for the World Unity Day

Mid America Region hosts a unity day hook up to coincide with the World Convention of Narcotics Anonymous (WCNA). Usually this is the main Saturday evening speaker. This year, WCNA 32 is in San Antonio, TX., the hook up will be the Sunday noon speaker, or 11:00 a.m. to 1:00 p.m. Central DST Sept. 2nd. 2007. In the next issue I will give the location so if you are not heading to San Antonio come experience the live phone hook up with us or anybody else who has purchased it. It is worth it.

I just read the M.A.N. that was a part of the convention packet and just wanted to respond and add an article. The convention was awesome as usual. My heart goes out to the lady from Cottonwood Falls. Things happen to us in recovery that we never dreamed would. I'm fearful of other women at times. And don't get me wrong - I love the women in the fellowship. I just have a problem with the ones who don't seem to understand that women work with women and men work with men. When I came in there weren't very many women, but the few that were here I tried to hang out with. I had a problem with men, too. What recovery has taught me is that I have to take care of myself and let others take care of themselves. It has also taught me that this is not a dance and we are not here to fill up our dance card. What that means is that Narcotics Anonymous is not a dating service. I know many addicts have met their spouses here. Don't we have experiences so that we can share them with others? It is difficult being in a relationship with someone who is also in recovery. Is recovery the correct word there? Hmmmm. Being in a relationship is difficult if I don't give my all to it (no matter who it's with). We've had some marital problems here at our house also. He left; I fought to keep things together; I prayed; asked others to pray; I felt as if I had lost my whole being; he came back; we worked on our own stuff. A few years later some more problems; I found out; he left; I almost lost my mind again; I prayed; asked others to pray; called a counselor; we both went to counseling (she filled us with hope); we worked on the relationship not each other; he moved back in; we continued counseling; things changed (a new beginning);

we each worked on ourselves. Has everything changed? No. Am I still working on myself? Yes. Am I afraid? Sometimes. Am I afraid of it happening again? Sometimes. What have I learned? I have to take it a day at a time; work on my own issues; pray; go to meetings even when I don't want to; call my sponsor even if I'm afraid to; take care of the things in front of me; stay where my feet are; don't use no matter what! Oh and I've learned that forgiveness is an action word. I have to forgive myself first before I can forgive others. I have to look at my part in a situation and not just what I feel was wrong with the other person. There are no guarantees in life. In the Basic Text it gives us one promise and that is freedom from active addiction. I have to do the work on me. I can't wait for my recovery; I have to be busy everyday taking care of what I have so I don't lose it.

*Anonymous*



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

N	E	W	A	Q	P	A	T	I	E	N	C	E	T	N	
O	E	Q	U	A	L	I	T	Y	I	T	A	Z	P	L	amends
A	C	W	M	L	T	R	H	O	N	E	S	T	Y	Y	balance
L	A	D	C	L	E	N	O	S	C	B	K	P	O	F	camping
E	Q	D	A	O	L	D	M	P	R	V	D	A	B	R	commitment
A	E	X	E	L	M	J	U	B	K	E	L	P	N	E	compassion
D	N	B	I	D	Z	E	Q	T	E	J	B	K	W	E	diversity
E	I	T	W	T	E	M	R	P	I	A	U	M	O	D	equality
R	L	Z	U	I	Q	A	G	S	L	T	U	N	E	O	freedom
S	D	N	E	M	A	M	O	A	U	K	A	I	L	M	gratitude
A	E	O	C	E	N	R	N	S	I	B	C	R	O	P	honesty
Y	L	I	K	R	J	C	G	N	O	U	Z	Y	G	S	inventory
T	E	S	D	S	E	E	S	R	O	M	E	R	A	Z	leaders
I	D	S	O	W	A	T	O	N	H	P	O	O	M	E	membership
S	A	A	W	R	D	H	K	O	U	Y	T	T	E	R	newcomers
R	E	P	G	E	L	P	M	I	S	D	O	N	M	A	oldtimers
E	T	M	U	Y	V	L	O	S	Q	W	F	E	S	L	patience
V	S	O	P	O	Y	W	E	E	N	L	I	V	Y	W	remorse
I	W	C	O	M	M	I	T	M	E	N	T	N	U	K	simple
D	E	I	P	M	T	U	K	C	A	M	P	I	N	G	

**Life is too short to be paid off with anger.**

How often can any of us recall how we individually felt when things didn't go our way? When the dealer ran dry, or the liquor store was closed! When someone directly contradicted us or flat-out disobeyed us! When we we're in a rush and a shoelace broke, or some SOB took that parking spot we saw first! Our reactions may range from quiet fury, to verbal abuse, to criminal violence. In any event, WE were right, and everyone else was wrong! Even if our anger was justified, that rage we felt was STILL not our responsibility! Or was it?

So whether we acted out on our feelings, or stuffed them back in, our individual subconscious needed to deal with that anger. Our disease then invaded that part of our mind, and gave us yet another "justification," oops - sorry - excuse, to use again! As a result, our disease lied to us - AGAIN - we allowed ourselves to be a victim of our own bullshit - AGAIN - and we made another payment to our disease, which allowed our disease to survive another day. All that time, adding to our list of resentments towards life in general.

Eventually, feeding our addiction wasn't working, people weren't changing, and the unmanageability in our lives continued to grow. That made us angrier than ever, as all of our known resources to deal with the reality (and insanity) of our lives were running out. One-by-one we entered the rooms; we finally gave up, and it was the best thing we could have done for ourselves. Through a loving Higher Power, new friends in the Fellowship, and by working the 12 Steps, each of us learn how to take a different approach to our lives.

We learn that although we are not responsible for our disease, we ARE responsible for our recovery. We learn that it's not what happens to us in our individual lives, but how we respond to it. We learn to ask ourselves if the cause of our anger will be important in an hour, tomorrow, next week, or next year. We learn that if we hold 10 resentments, 9 of those people will have no idea about those thoughts, and the 10<sup>th</sup> person who does know is laughing about it. We learn to see the futility in a lot of our anger. And we learn to turn these things over to our Higher Power, trusting that our pain will be eased. Remember, a problem shared is a problem divided.

Now, today, I can come to believe that a loving God as I understand Him can help me with my anger. My responsibility is to receive His messages through whatever means He chooses, apply that knowledge to my life, and let the results up to Him. The only payment I will have to make is to the share my experience, strength, and hope with others.

Do I realize that life is too short to be paid off with anger?

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

**An Addict that Found Hope**

I wonder at times what my life would be like if I didn't take the road I took. Would it have been better? Maybe, maybe not. I feel like a lost child in this world today, not knowing where to turn. Each day is a challenge for me. There are times I feel like throwing my hands up in the air and giving up. But then I get this little sense of hope telling myself things will get better. I fought a long hard battle to get where I am today. People tell me my war is over and things will get better, but

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**Mail to:**

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

## Here are a few “musts” as quoted in our Basic Text

1. “Everything that occurs in the course of N.A. service MUST be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. - pg. XVI
2. “We MUST always remember that as individual members, groups, and service committees we are not and should never be in competition with each other.” pg. XVI
3. “We MUST face our problems and our feelings.” - pg. 15
4. “We are people with the disease of addiction who MUST abstain from all drugs in order to recover.” - pg. 18
5. “We MUST realize that we are not perfect.” - pg. 3 5
6. “Our experience tells us that we MUST become willing before this step will have any effect.” - pg. 36 (step eight)
7. “We MUST separate what was done to us from what we did to others.” - pg. 37
8. “It is said that for meditation to be of value, the results MUST show in our daily lives.” - pg. 46
9. “We MUST give freely and gratefully that which has been freely and gratefully given to us.” - pg. 47
10. “Our disease involved much more than just using drugs, so our recovery MUST involve much more than simple abstinence.” - pg. 53
- 11 & 12. “When we are prepared, we MUST try out our newly found way of life. We learn -the program won’t work when we try to adapt it to our life. We MUST learn to adapt our life to the program.” - pg. 55
13. “Unity is a MUST in Narcotics Anonymous.” - pg. 60
14. “We MUST live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish.” - pg. 60
15. “An atmosphere of recovery in our groups is one of the most valued assets, and we MUST guard it carefully, lest we lose it to politics and personalities.” - pg. 61

**There are at least 48 “musts” in the Basic Text - see if you can find them**



my disease tells me my war with myself will never end. For years, I struggled with hating myself for who I really am and became comfortable with the person I wasn't. I hid behind a mask most of my life and now people tell me to remove that mask and be the real me.

All in all, I'm afraid of the real me even though I don't know him that well. I'm scared the real me won't be accepted in this world which I'm lost in today.

But if I can change my attitude and beliefs about things, maybe I wouldn't be so afraid. That's why I'm seeking help and seeking to find a God who will let me love and like myself for who and what I really am. I just haven't found him yet. For now, I use NA as my spiritual foundation. They are loving, caring, and understanding with who I am. This I should know as many times I bounced in and out of the program and always been accepted back with open arms.

Many times, I've been in and out thinking each time I hit bottom when all in all I was just at a low point in life. I don't care to talk about what I used or how much, that doesn't matter. All I know and you need to know is I can't stop at just one. When I get started, I just can't stop, and then things spin out of control and become unmanageable. This is my fifth time in treatment. It was this or prison.

I chose treatment once again hoping I'd get it and would stick with it, but I had to relapse one more time after being clean for 6 months.

But, I came back, saying it's over, I'm done. Truth is it's never over; my disease will always be out there waiting for me to return. This is why I need help and seek help from other addicts. They are the only thing that can keep me alive and not using. I know I have to take

action and work my program as well.

I have to remind myself I can't fight this battle alone. I have to be honest, open-minded and willing to take action and make the right choices in life. I have to deal with life as it comes along. Honestly if it wasn't for the courts putting me where I am today, I think I'd be dead. I give gratitude to the program of NA and the other addicts who help me stay clean and get through the tough times in life.

Basically, I don't have to say nobody loves me or likes me for who I am. Because my family in the program accepts me, no matter who I was, or what I have done. They always accept me for me.

*Billy B.  
Emporia*

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**Dear NA Family:** One thing I've realized in the past few days is that I have lost a lot of sponsees. Where are they? Some have gotten married and started a family; some have gone over to the other fellowship; some have died; some have dumped me and asked someone else to sponsor them; some are out there chasing whatever; some have moved away; some have relapsed.... What can I do? I can still sign the white book for the newcomer; I can say yes when someone asks me to sponsor them today; go to more meetings; call my sponsor more often; return sponsees' calls promptly when they leave me a message; don't use no matter what; keep working/living the steps...

Am I supposed to chase them down when they leave? What is my responsibility in that relationship? Do I have the power to keep someone else clean? Do I want someone to chase after me if I relapse? I believe that I

don't have all the answers. I will do what my Higher Power gives me to do.

These are just some of my thoughts I wanted to share. Some days I feel the longer I'm clean, the less I know. Staying clean for multiple years takes work and practice of the principles of the program. Some days I just want to stay in my jammies and keep my head under the covers and not face the world. I'd be missing out on a lot if I did that.

Thank God there was someone there when I walked through the doors of N.A. I pray I never get well enough that I think I no longer need the fellowship. No matter what happens in my life the most important thing is not to use and keep on keepin' on. I love the M.A.N. It's nothing unless we participate and send in articles. I'm going to keep coming back cause I know that's how it works!

*Love, Sue W.  
Newton HOW Group*

*oldtimer or longtimer?*

**Which sounds better to you?**

### Where are the Old-timers?

I hear this every now and then, "Where are they, where did they go"? Not sure on all of the answers, but I saw one reason for their leaving this past Sunday at the FFF Area meeting. I went to the area meeting, heard that the region was going to offer money to the area to bail them out of a money problem that they had incurred. My first problem with the money being loaned to the area was that there was no motion brought forward from the area to ask the region for money. My understanding is that person from the FFF Area had gone at the Regional meeting a few weeks before and had mentioned, in passing, that the area was \$4600 + in debt to a motel. It was then brought up to the regional meeting the next day, and the region voted to cover the expenses. This issue was never brought back to the areas and then the groups, where it should have been voted on.

So, on Sunday 6/3, they brought it to the FFF area to see what they would like to do. Of course the area voted to accept the money so they wouldn't have to worry about it. Also, the Executive Committee was there. What is the executive committee??? I, for one, was not aware that we had one. (I think it just a few regional members who want a title.) They had a promissory note that they

wanted signed by certain members on the area level and a couple of the area committee members said they were not going to sign it as they didn't want to be held responsible if the area didn't repay the debt. Again an executive member stepped up and said that it would change who had to sign the note so that they could get the money. If they needed people to sign the note maybe the people on the committee who got them in the debt should be the ones to sign it. To me, this whole mess was started because of bad management by the convention committee at the area level and they should be held responsible for their work. The area should be able to straighten this mess out, not the region, if they want to do something with the \$4600 they should send it to world.

I don't know for sure what you think an old-timer is but I've been clean for almost 27 years, I don't like seeing the groups get overlooked in money matters like this where everyone should have a say, not just seven members at the region. The vote there was five to two. At the area, where there was thirteen members voting, none of this was taken back to the groups! Anywhere!!! Yeah, keep doing things this way and one of these days you won't have but a few old-timers not to listen to!!!!

*Dennis O.*

### What Is the Executive Committee?

Dennis's commentary is one sample of some questions and thoughts that has this region buzzing. Since I am serving as the Alternate Delegate as well as the Editor for this publication I will try to throw some responses and maybe more questions to the fellowship. First off, the title asks one question which was brought up. The Executive Committee

is the officers of the area or regional service body (Chair, RD or RCM, Secretary, Treasurer, their alternates, etc.). In 1998 the new service structure was passed with the newly formed world board taking office June 12th of that year. The structure listed an Executive Committee as one of it's components which has carried on to other levels. The only change at the regional level was terminology. Going back even further, in 1992 the 12 concepts were passed by the fellowship, and it seems most confusion comes from slowly implementing all of these concepts, not just one of them (#2), which is all some want to acknowledge. Having missed only one R.S.C. in the past 17 years was made possible by my ability to accept the changes happening, and trust me some of them I still don't like! But micro-management from group members is one thing that can keep this region from growing. Concept two is followed by concept three and so on. The R.C.M.'s voted to utilize part of a donation from last year's convention committee to help a struggling area with 5 in favor, 2 abstaining, and 0 against (abstention goes with the majority). It appears most members that are vocal but don't attend RSC meetings would rather have seen them fall, and it is everybody's hope that corrections can be made in the functioning of the area and it's activities, but just as I need to learn from my own mistakes, so do they. If you disagree with your RCM's decision then discuss it with them and listen to why they acted that way. I received many e-mails before the area meeting but only one (directly) after. I did receive some indirectly though. The schedule for the next RSC is listed on the back page, I hope to see you there.

*Tim S.*  
7

