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Co-Chair: Mike T. (785) 493-8308
Secretary: Suzie E. (316) 361-0300
Alt. Delegate: Misty K. (785) 819-6482

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.*

NEXT R.S.C.

EconoLodge (Red Coach) - 2211 E. Kansas Ave. McPherson, KS.
All meetings are held in the Regency Rooms

Saturday November 15th, 2008

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.	Campout Convention
4:00 - 6:00 P.M.	Public Information Activities / Soul to Soul
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 November 16th, 2008

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



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Fall 2008

"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,

Welcome to another edition of the MAN. Even though we are still in search of an Editor I will do everything in my power (my Higher Power) to keep it consistently published and in your hands and/or inbox.

As always I have received some great submissions and I hope you enjoy them as much as I do, most of which is sharing from you, the reader. The word search in back has a new look. I am constantly working to enhance this publication or at least make it look different.

My continued search for our (Mid America Region) history is shaping up and this issue reflects the actual volume instead of the estimated number I have been using. One new feature I hope to incorporate soon is a column reflecting back to the formation and early beginnings of this region and the groups in it. Yes, that would include Kansas, Nebraska, Oklahoma, and possibly Arkansas and Iowa. Some say Iowa only came to see how to form a region of their own.

As far as this publication goes, the

idea and address list started at the beginning of 1980, but it didn't come to life until late 1981. There was an NA newsletter published in Kansas around 1977 but it hasn't been determined if it was a group or an area that put it out. Unfortunately, 2003 was left out and no issues made it to print at all.

The Mid America Region was formed in 1979 which is also the first year of our annual 4th of July campout. A group (Newton) held the first two but turned it over to the region to carry on. It is known as "the longest running free campout in the world", though it keeps getting harder and harder to secure lake camping areas and maintain the free cost to all members.

It's getting to the point where you must turn the page and start reading the real "meat" of this publication. Enjoy!



Came To My Senses pt. 8

Heading to the meeting I saw a person sitting on the sidewalk with their hands covering their face. I instantly got a sinking feeling in my stomach, the temperature was very cold and not all of the snow had left. I had a million thoughts racing through my head but the strongest was me thinking this person was desperate. I remembered myself not too long ago with those feelings and I knew I had to do something. I went around the block and pulled into a parking stall near them. I instantly saw it was a guy and he looked very distraught. I slowly walked up to him and asked if he was OK. I knew he wasn't but I didn't know any other way to see where he was at. He looked up and said he couldn't handle it anymore. My first thought was suicide, but then he pulled out a bag and through it into the street. I asked him a few questions about using and if he was high now, he shook his head no so I set down beside him and introduced myself, I told him about my introduction to NA and how it has helped me change my life, and I happened to be going to a meeting right now. He instantly withdrew but I said "you don't have to say a thing, you can just set there and listen. Plus we serve hot coffee and it's much warmer in there." I knew he was reluctant but some force allowed him to get up and follow me to my car.

Once in the car I asked his name, "Tom" he said. I tried to make small talk on the way but we only had a few blocks to go anyway. Once inside, I took him over to the coffee and poured a cup. "Thanks" he said as he nervously looked around the room at all the slogans and posters. I went over and pulled some literature from the rack and also

got Tom a white book. Once setting, I somewhat explained the program while letting him thumb through the literature.

It wasn't too long before people started showing up and as they did I introduced Tom to them. I watched him throughout the meeting offering a smile once in awhile and noticed how the edge started lifting from his face and expression. Of course, when it came around to him he didn't say any thing and just looked down but we all chanted "we're glad you're here Tom, keep coming back!"

After the meeting I asked if he wanted to go home but instead he said "no, the hospital." I had a puzzled look and repeated what he had said as a question. Tom went on to explain how his sister works there and had tried to get him into some kind of treatment not too long ago. He looked at me while I started driving to the hospital, "how can I ever repay you Sam?" he said with tears forming up in his eyes. "I looked around the room during the meeting and could sense that we shared this drug problem, but you all looked so happy and together. I want that feeling." I just smiled and shared one of favorite sayings "You can't keep what you have unless you give it away". I knew he didn't understand but neither did I in the beginning.

Tom introduced me to his sister and I gave her a meeting list, I could see the gratitude in her eyes as she thanked me several times.

I went home with a very warm heart in this cold weather. I called Joe after I got home and told him about the evening, before I hung up I said "Joe, did I just experience the 12th step." He just said "It seems to me you might of experienced several gifts from our steps, maybe even an awakening."

Con't. in next issue.

Mid-America Region of N.A. 7th Annual Service Assembly

DATE:
Saturday, October 18 &
Sunday, October 19, 2008



TIME:
Saturday 9 am to 11 pm
Sunday 10 am

PLACE: EconoLodge, 2111 E Kansas Ave; McPherson, Kansas 67460

Are you new to N.A.? Does fear keep you away from service work?
Do you qualify to do service work? Not sure what service involves?
Do you have questions, and don't know where to get the answers?
Most of us do... whether we have 30 days clean, 3 months clean or 5 years clean.
We welcome you all to learn and grow in a day filled with information, networking, fellowshipping and service related workshops.
ALSO ... Put your questions in the "Question Box" Saturday - get the answers Sunday!

Saturday
Schedule

9 am - 10:30 am	Back To Basics
10:45 am - 12:15 pm	Circle of Hope
12:15 - 1:45 pm	Lunch Break
2 pm - 3:30 pm	Wisdom New and Old
3:45 pm - 5:15 pm	Creating Hope Through Service

*After the workshops,
come and enjoy the evening with this line-up...*
Speaker at 7 pm ... Dance at 8:30 ... Raffle & Auction at 9:30 pm

Commemorate your weekend with a t-shirt!

Sunday
Schedule

10 am ... "Ask It" Panel

**For more Information,
please contact:**
Michelle at 785-783-2061; Scott at 785-760-4433
Suzie at 316-361-0300

AROUND THE REGION

Once again the regional service assembly flyer is on the inside back page, only this time it has more information. I hope to see you there as it is a great learning experience.

For those that didn't attend the regional campout over the 4th of July weekend due to possible storms, we had the most beautiful, calm, and dry weekend. You will have another chance next year since it is going to be at the same location. July 3rd-5th, 2009 Wilson Lake. This was just to show that it doesn't "always" storm at Wilson Lake like some believe.

MARCNA XXVI has the theme "By Addicts, For Addicts". The convention is scheduled for March 20th-22nd, 2009 at the Airport Hilton in Wichita, KS. Be looking for registration flyers out soon.

Hospitals and Institutions is becoming more and more active with meetings starting all over the region. It is always a quest though to get more members involved to make sure these commitments are followed through. Consistency and perseverance does pay off.

Literature is anxiously awaiting the opportunity to review and input "Living Clean, the Journey Continues". The publication you are reading and supplying service handbooks to the quarterly regional service meeting are also priorities this committee takes on.

Outreach is focussing on helping smaller communities start meetings to offset some of the travel that isolated members face. Also, in a quickly planned fundraiser for the flood victims of Iowa and Missouri, Outreach was able to raise over \$1000.00! It was held in McPherson at a park and was a lot of fun. A special thanks to all members that came down and made this possible.

The Public Information committee is planning to participate in the Recovery Conference in Salina, KS. Sept. 25th-27th, 2008 and also the Governor's Conference on Juvenile Justice in Wichita, KS. July of 2009. Other events including county health fairs will also see booths during the next year. Phone lines and services are constantly being checked on for areas and the website keeps a communication circle going.

At the time of this printing Soul to Soul Spiritual Retreat was just around the corner. Though preregistration is long gone you can still attend, the dates are Sept. 19th-21st.

October 10th-12th, 2008 myself (*Regional Delegate*) and several others are attending the Plains States Zonal Forum meeting held in Pierre, South Dakota. We will be workshopping the new issue discussion topics as well as a continuation of "Building strong home groups". If you happen to be in the neighborhood please stop by, these workshops and meeting are for every member, not just the RD and/or AD.

Partners in Progress

This is just something I feel strongly about. It's how I view my family and friends in the Narcotics Anonymous program. We are all seeking the same goal, to live free from active addiction. We need to help and support one another in our recovery, and because of this I see us all as partners in progress. We keep one another grounded in recovery, and when we grow complacent a partner is there to listen and help. It doesn't have to be your sponsor that helps you through; it can be a friend from the rooms that you've come to know. I recently began to stray away from the rooms and service work after three years clean, due to me not letting go of resentments. More friends than I've ever dreamed of having were calling and asking what was going on with me. When I would show up at a meeting, maybe once a month, they would talk with me after the meeting, subtly trying to get me to open up. Because of my caring partners in progress I have recommitted to recovery by going to 90 meetings in 90 days and journaling after every meeting about what I've learned and can use in my life. The people that I call my family and friends surprise me with their patience, I've never liked sharing anything about me. None has ever pressured me to open up, they've just let me open up in my own time, and what I've realized is that the more I share about myself with others the more they care about me. The more concern they have for me and they are more apt to keep me progressing in my recovery. Someday I hope I can return the same to my partners that they have given so freely to me.

Aaron B.

The Apple Doesn't Fall Far From the Tree

Hello, I'm an addict by the name of Shelly. I'm pretty new to recovery but I am grateful that someone is teaching me a new way of life. I grew up the child of an addict in a family of addicts. I always told myself I would be the one to break the cycle by not being an addict myself. Well, I've learned the apple truly doesn't fall to far from the tree. I was a wife and a mother at a pretty young age. I was also divorced and a single mother for quite a few years. I thought I had beat the cycle until I was introduced to ICE. At first I would just use occasionally. Then occasionally became more and more often. My life just started spinning out of control. I started fighting with my new husband and my kids. I started isolating from my family and friends. My daughter got into trouble for not going to school and St. Francis Academy came into our lives. Pretty soon I was required (as was anyone over 8) to submit to random drug testing. I was angry because "I wasn't the one in trouble". Well, I shouldn't have to stop what I'm doing, I'm an adult who can do what I want. Right, except there is a reason people aren't supposed to use mind altering drugs. They are trying to protect us and our families. I know that now. Back to my story. I failed my second and my third drug test. They were talking about taking my beautiful babies from me. It wasn't like I hadn't tried to stop, I had! I went to my daughters probation officer and told her I needed help. I admitted that I was powerless at that point. Still wouldn't admit I was an addict. They put me in outpatient treatment and didn't take my babies. Well, outpatient was not what I needed. If I could quit on my own I could do that without a counselor. I contin-

WORD SEARCH - see how many you can find!

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

ued to use and continued to get dirty drug tests. I kept telling myself one more bowl after this bowl, I'm done. Tomorrow I will stop. Well, tomorrow wasn't coming and that bowl just wasn't getting empty for some reason. I was in denial about them taking my kids I just knew they wouldn't, for one my husband was not a user and did they expect that just because I walked into an outpatient facility I was cured. I knew there was going to be more than that to get me to stop. They took my babies at court and that is my bottom right there. I found myself face down on the floor of the courthouse sobbing uncontrollably and people were handing me paper after paper to sign giving someone else the right to take care of my babies. The babies that I had taken such good care of and had always put them before everything in the past. Everything, until I was introduced to ICE. I was not ever going to get to tell them good-bye. I was angry because I had asked these people to help me and I did not feel like they had given me the help I needed. A few days after they took them we had a case plan meeting, again I sat there in front of God and everybody and told them I did not feel like they had helped me like they promised. One of my workers got up and left the room and came back a few minutes later and handed me a card and told me to be there on the following Thursday. I was there! I asked to be put in inpatient treatment. By the following Monday that is exactly where I was. You have to remember I still did not believe I was an addict. I just could not stop using right? Well, I was there and I cried everyday wanting to go home. No one would come get me. The first Sunday I was there we had a H&I panel come talk to us. Two of the ladies that spoke were sisters. As I

listened, their stories were so similar to mine it was like a slap in the face. Here were these two telling my story and they were telling us they were addicts. It was that moment when the realization that I was an addict struck home. I am an addict! I cried like a baby. After the panel finished speaking the two who told my story came to me and low and behold they were from the town I lived in. I could not believe it! They gave me a list of meeting times for their home group and their numbers. I told them what day I was getting out and I would be at a meeting on that day. I felt like a huge weight had been lifted off of me with the self realization of my addiction. I no longer had to lie to myself, it was great. Everything got much easier to cope with once I could admit I was an addict. The day before I got out of treatment another panel came from the same home group and after they spoke I approached them and told them I was getting out the next day and would be at the six o'clock meeting. I got out at 8 am. the next morning and at 6 p.m. I was sitting in the meeting hall as a newcomer thanking the girls for giving me a new chance. I have been out of treatment for almost sixty days and I've been to a meeting every night. I got me a sponsor, I've worked the first two steps and I am only a few weeks from getting my babies back. I deep calling them my babies but to clarify, they are 16, 6, and 4, not exactly babies. They are my babies though. I am enjoying my life in recovery. I am learning a lot about myself and my addiction. . I cannot wait until I have enough clean time to go do H&I because as the book says "we can only keep what we have by giving it away". The apple may not fall far from the tree but I guess it can roll away from the tree once it lands. *The Beginning*



- Word Search List**
- HIGHERPOWER
 - JUSTFORTODAY
 - LEADERSHIP
 - SERVICE
 - TWELVESTEPS
 - VALUES
 - FELLOWSHIP
 - PATIENCE
 - GROUP
 - HOPE
 - ATTITUDE
 - FREEDOM

Spiritual Authority of the Group Conscience

My first experience with the responsibility of the group conscience occurred in the late 1970's. I was a member of a small NA group. In town, we had 3-4 meetings a week at the time, and everybody usually attended all of the meetings. It was a tight, small-knit group of about 10-15 core members. I was young, only 18 years old, and was a shy, young woman, and had been in recovery for about a year.

It was the time when the justice system was just beginning to learn about meetings and the NA program. We began to have more and more individuals being required to attend meetings by the criminal justice system. In many cases, if someone wanted to continue to use, they wouldn't attend the meetings, and would simply forge the signature cards. For one individual, "Frank", this was not the case.

In the beginning, "Frank" would come to the meetings, sit in the back row, and scowl at everybody. He never talked, he never participated. As time went on, he became angrier, and angrier, and more and more belligerent. He started coming to meetings obviously loaded. He intimidated everybody in the meetings.

He was a big man, and had a violent history. He scared me to my very core. He's one of the few people I've met that I felt was able and willing to kill me in a heartbeat. As he became more confident and cocky, he began harassing me and some of the other young women in the group. We only had a few meetings each week, and it was horrible knowing that I had to endure this person's abuse while trying to fight for my recovery.

Some of those young women quit coming to the meetings, and they never came back.

Individual group members began to talk about the problem, first informally, and then formally in the group's business meetings. The group agonized for weeks about what to do: "This is a program of attraction; You are an addict when you say you are." How could the group tell this individual to quit coming to meetings? But, on the other hand, how could we tolerate the bullying, intimidation, and harassment? Our very recovery was at stake.

In the end, the group conscience decided that "Frank" needed to be confronted. He was simply told that he was welcome at the meetings, but if continued acting that way, he would be asked to leave. There was no big fight or argument. "Frank" left, and he never came back. "Frank" left, but I was able to stay and to continue to grow in my recovery. It was one of the hardest things we did as a group. But, in the end, it brought us together and made us stronger as a group. It helped us to understand that the welfare of the group was most important. The solution was found by walking a fine line of spiritual principles where the individual was welcomed, but the bullying, intimidating, harassing behavior was not. The group learned that through the group conscience, they had the right, authority, and responsibility to confront and challenge threats to the group's welfare and security. That it was their responsibility to ensure that the group maintained an atmosphere of recovery for all addicts.

Linda M.

The Power of One Addict Helping Another

Hi everyone. Recently I sent out an email to some of my friends in our Fellowship. I asked them to share five things they have learned from the (our) program in hard times. The responses I received were so powerful, I just could not keep them for myself - I wanted to share them with all of you! Here it goes:

God didn't bring me to it to not bring me through it. I just have to remember it is in his time and not mine.

I have a wonderful support system that loves me and helps me when I am willing to ask for the help.

I can live with dignity and grace even when I don't want to.

Misery is optional but pain is essential - it is what motivates me to grow sometimes.

Just for Today I never have to use again, including pathetic behaviors that I hate

Shelley W.

Sharing pain seems to lessen the pain. Never seen a person relapse while working a step.

Only keep what I have by giving it away. I cannot be hateful and grateful at the same time.

If it stinks, change it.

Carla D.

I agree with your five things, I also know and have learned I do my best learning during those difficult times and grow much closer to my God during those times.

Becky S.

I am never alone, even if I think I am. I need to let people know what's going on; they can't read my mind. I can trust my dearest friends with everything. To surrender.... Believe in myself.

Janet W.

Sometimes my Higher Powers answer is WAIT, in other words be patient.

Let GO, I am not in control.

Talk about how I am feeling, others have been there.

Don't let fear freeze me, keep doing the next right thing.

Hang onto the fact that God has wonderful things in store for me.

Kimmi S.

Get back to the basics. What am I not doing now that has worked for me in the past.

Feelings are temporary. I don't have to stay emotionally involved in the problem. I am only responsible for how I respond to my feelings and how I feel about myself.

Get out of the problem and in to the solution.

Reach out. Call my sponsor, go to a meeting, phone a friend, get it out of my head so I can see what looks and smell if it stinks.

Everything is going to be okay and I'm probably not the one who is going to make it okay.

Tim K.

Nothing changes if nothing changes.
Recovery is easy, but applying it in your life on a daily basis is extremely hard because its not normal for me.
It's the simplicity of the program that is there when all else fails, or whenever I am ready to surrender and try something different.

My HP will not lead me to something, without being willing to bring me through it.

Selfishness is the core of my disease, today am I willing to learn from my mistakes and not be doomed to keep repeating them over and over.

Vicky H.

I never have to use again.

I am not alone!

Feelings are not facts.

I am worth the work.

WE DO RECOVER!!! If I do the work!!

Paula S.

It is OK to cry, it will help me get through it.

The sooner I come to surrender and acceptance, the sooner it will pass.

The more I pick up that phone, and ask for help, the stronger I become.

I have learned that I can trust if my Higher Power brings me to it he will bring me through it.

Without NA I would never have learned anything. Today I can love because of NA and that is my gratitude.

Susie Q.

I am not alone; God is with me, through other people.

Trust God, not people....people are fallible.

Faith is great stuff... until you have to use it.

Sometimes life really hurts...but I can survive and use it to help someone else. Not everything is about me, but about God.. He can use me in his plan.

Peggy S.

The pain won't kill me.

My friends will eventually get tired of listening to me if I don't take action.

Isolation doesn't work.

I am responsible and the sooner I look at myself the sooner i feel better.

This two shall pass-good times are on the way.

Kevin C.

By the way, here are the five things I had listed in my email:

We can do together what I can't do alone.

My God will never give me more than I can handle, even if it seems like I can't handle whatever is going on in my life.

This too shall pass.

I can live life one minute, one hour, one day at a time. What I cannot do for the rest of my life, I can do right now.

I just need to keep putting one foot in front of the other and be grateful for all I have.

This was a very touching experience for me. Maybe it will touch you too. I am grateful to still be teachable. Thanks my friends, I cherish your wisdom and friendship.

Dorothee M., an Addict in Recovery.

I Choose To Live

I choose to get up every morning and start a new day,

I choose to go to work, to be employed, to go to school, to learn

I choose how I relate and respond to people and situations in my life.

I choose to be negative or critical...trying to achieve perfection and stability

I forget I have a choice and I allow myself to get swallowed up by life.

I get lost in the phone calls, the invoices, emails and the problems of others.

I put on others' negativity like a jacket, allowing myself to get cozy in it...

I allow myself to feel consumed by debt, responsibilities and life.

I forget that I have a choice to respond with respect and dignity

Towards you and for myself,

I forget that it's just a single day

that can change my life forever,

I forget that today is truly the only day I have,

Today may be the only opportunity to meet someone new

Today might be my only time I can show my children that I love them

Today, I can help lift someone else up into the goodness of life.

If today was my last day to live...

What did I do with it...did I make it count?

Have I showed how grateful I am?

Have I smiled and laughed until I've cried?

I choose not to get lost today...

but if I start to wander away...

If you see that far-off look...

or the wall of frustration creeping back

Just send me a bubble...

to put the cares of my world in and blow away...

A reminder to smile and laugh...

Just for today.



"All of us must know the nature of the illness, the nature of the addict, and the nature of recovery. All these things are necessary to grow., and to live, and to change."

Jimmy K. 1973

