

Deadline For Next Issue Is November 30, 2009

Chair: *Russel P.* 785-383-2257 Co-Chair: *Mike T.* 785-493-8308
Treasurer: *Janet W.* 785-827-8635 R.D.: *Tim S.* 785-819-4806
R.D. Alt: *Misty K.* 785-819-6482 Secretary: *Suzie E.* 316-361-0300

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 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.*

MID AMERICA REGIONAL SERVICE COMMITTEE
2009 November QUARTERLY MEETING New Location
122 E. Marlin St. McPherson, Kansas

SUBCOMMITTEE MEETINGS

Saturday, November 15

9:00 am-11:00am
Outreach
Steering

11:00am - 1:00 pm
Literature
Hospitals & Institutions

1:00 pm - 2:00 pm
Lunch

2:00 pm - 4:00 pm
Campout
Convention

4:00 pm - 6:00 pm
Public Information
Activities/Soul to Soul

7:30 pm – 9:00 pm
Speaker Meeting

9:00 pm - 11:00 pm
Outreach Fundraiser

DJ Dance - Auction & Raffle
\$3.00 per person ... \$5.00 per couple
No addict turned away

NA AUCTION / RAFFLE ITEMS NEEDED

REGIONAL SERVICE COMMITTEE MEETING Sunday, November 16

General business, elections, motions, request for funds.
MEETING STARTS AT 8:00 a.m. and finishes when done.

Just For Today



Volume 27
Issue 3

PO Box 8732
wichita, ks. 67202
suzie.q.e@gmail.com

Fall 2009

“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. 68, 6th edition, Basic Text

Hello Family,

This quarter I have to report has been very humbling for me. I sit here reading these submissions and it gives me great joy and fulfillment to publish such beautiful work that can only be written by addicts, for addicts.

This newsletter is a wonderful venue to be heard, for each and every addict to have a voice in the literature that gets put out there. I hope to be filled with submissions now that the camping season is coming to a close.

This issue is very special and I hope the readers are as moved as I was to read the articles that were so graciously submitted. I have one submission from an addict behind the walls that is very honest and gratifying. I hope when the readers read this, they are motivated to share some of their own personal stories and have them submitted to the MAN.

To submit a story you do not need to meet any clean time requirements, other than 24 hours. It gives members a chance at ownership in the fellowship and to be a part of instead of a part from. It gives us a connection we so desperately were

lacking in our addiction. I challenge any addict to share what is read in the newsletter at your local meeting. Just start reading from the newsletter, see if it generates more readers to pick up the newsletter. Take your extra copies to your local H&I and PI subcommittees to pass out in their literature ventures. That is why this newsletter is printed.

As I sat here and read these stories written by addicts who are still behind the walls it gives me gratitude for our members who take the meetings in to the jails, our volunteers for the correction facilities are in need of support, there is a huge need to members to step up to H&I and get involved in the jails, I hope when members read these stories, they are motivated to attend their local H&I committees and step up to help. Lest we forget where we came from. and for those who so freely gave back to us when we were new comers. In Loving Service- Suzie E. Newsletter Editor



Just For Today

"Came to my senses"

Pt. II

Walking around with that "1 year" medallion in my pocket felt good... actually, it felt GREAT! Every once in a while I would pull it out and study it, front and back. Never in my wildest dreams did I think I could go a whole year, let alone a week, without drugs or alcohol. I really felt alive inside, like the world was spinning around me and I was standing still taking it all in. I took a deep breath and walked back in to the house. Joe was on his way over to pick me up for an area service meeting, I had heard about them at our group business meetings but have never went to one, I am kinda nervous. Joe is pretty good about explaining "why" we do things in NA and he had me study page xv in the Basic Text. I knew giving back is a must and I found it really feels gratifying to give, especially if it's not expected of me. I have been leading meetings and helping clean up at every meeting and now Joe's telling me it's time to "get involved". Of course, my mind went instantly to "with Julie?" I knew what he meant but I am an addict, and my thoughts are sometimes not so healthy. At the area meeting I sat back and listened, I seemed to be wide-eyed and intrigued. They were discussing meetings in the prison and reporting on a presentation to a bunch of professionals, it fascinated me how NA was being brought out to the public. Joe had a plan; he wanted to chair the H&I Committee. Fortunately for me it was actually explained what "H&I" meant! I sat in awe as he and others qualified for the positions they were applying for. I didn't have qualifications for anything, or at least I couldn't think of any.

Joe was elected in and he sat the next time for his committee to meet. Later I asked if I could go and he just laughed, "of course you can", he said. "You're going to help me take meetings into jails and the prison". My excitement turned to fear, or at least a little anxiety. I took a deep breath and let out a nervous "okay". The weekend flew by, as always, too quickly. Going back to work I shared with Bill about the area meeting, he looked confused but interested. The day went by uneventful but my thoughts turned to my Mom later in the day, I hadn't spoke to her in a while and it must be time to send a "hello". After work I stepped outside to see my Dad standing by my car, his face displayed a worried look. I walked up and asked what's up? He just looked at me and told me Mom had died today. I was devastated and in shock. I looked at him and asked "how?" "What happened?" she was in a car wreck and was pronounced dead at the scene. My shock turned to anger, then to rage. Dad left me alone so he could take care of stuff. I got into my car and started for home, the rage became out of control and I started pounding the steering wheel, tears running down my face. At that moment I had a total breakdown and just wanted to get loaded. I saw a liquor store and pulled in, I screamed, "I didn't even get to say goodbye!" As I sat there other thoughts started racing into my head, for some unknown reason I reached into my pocket and pulled that medallion out, I squeezed it so tight my finger nails drew blood in my hand. The tears flowed but the rage subsided. I looked around and realized this isn't what I want. I backed out and drove to Joe's house. I cried for what seemed like a long time, on Joe's shoulders. Before I knew it, Jimmy, Bill, Julie, and several other addicts were at Joe's house, hugging me and holding me up. They were there at the funeral too, by my side.



Conference Agenda Report Workshop

December 5th, 2009

Starting 9:00 a.m.



Rooms - \$79.00

Holiday Inn
221 E. Kellogg
Wichita, K.S.

Call Direct: (316) 269-2090



Hosted by:

Mid-America Region

PSZF Business Meeting

December 6th, 2009

9:00 a.m. - 12:00 p.m.



Around The Region

Central Kansas Area is still needing support from members to step up for service. The Larned Just For Today group is going to have their 10th Annual Rib BBQ. Fliers are posted on the web please see the website for details.

Fellowship for Freedom area is having their area campout on Labor Day weekend at Lake Clinton. Also the HUGS group is holding their annual picnic at Shawnee Lake in Topeka on September 24th at 5:30 they are asking for a side dish. there will be a speaker meeting and lots of fellowship to follow

Just for Today area reports that their PI is blanketing the area with fliers and while they were sad to lost 3 groups in the area a new group has formed. HAZ_MAT in Neodesha, meets at 802 Indiana St. on Monday and Friday at 7pm. And don't forget to stop by the area website at jftarea.net or click on the link from the regional website and check out their online forum!!

Miracle area is adding a new behind the walls group to their meeting schedule. "The Hope On The Hill" meets at Lansing Correctional Facility and will correspond with the area, more will be revealed. Upcoming events include the Baldwin Shindig, a "Get Lost" Road Trip, a Halloween Dance and The Full Moon Drum Circles each month. Please check the regional website for times and dates so you can come and support these events!!

Primary Purpose Area reports that the Flying Free group is giving away on average 4 Basic Texts monthly to addicts in need, way to go guys!! The area PI just participated in the World Wide Flyer Drive. Their Outreach is working with an addict in

Pretty Prairie to hlep start a new meeting, and there is also a new meeting in Hutchinson. they meet at 2100 N Jackson Street please see webiste for meeting times and days to help support this new group. Newton HOw is hosting their annual Turkey feed on November 7th and the Blue Ball Ball with a disco theme is set for December 13th!!

Unity area has some new members step up at the area level, they also had a contest that involved the WW Flier drive men against women. Women won hands down and they have had an increase in calls on the hotline so the flyer drive was a success. Pheonix group is hosting a BBQ on September 19th and the area is getting ready for their annual Halloween dance and Learning day.

Western Area is getting ready for a campout set for August 29th, please see website for fliers. The Dodge City Round Up Committee is going strong and the dates for the 20th Annual Round up is set for October 2-4 again please see the regional website for a flier and contact information if you have any questions.

Wichita Metro is still needing help at the area level and the PI committee needs more attendance. The Unity Group is hosting their 18th Annual Street Dance on September 12th and there are fliers posted on the website.



"Came to My Senses Cont."

I kept my 1 year medallion in my hand during the funeral and then left it with Mom in her casket. I have another day clean, and she knows it....

"From One Addict To Another"

Many of us have shared that N.A. Has saved our lives, From the overwhelming powerlessness of our self inflicted demise. Addiction brought us to our knees in crippling shame, At the end of our road, broken, verging on the insane, This fellowship embraced us, telling us to keep coming back, Sharing experience, hope and strength, brutal honesty and fact. They loved us until we could learn to love ourselves, Freeing us from our demons and the place where misery dwells. Honesty, open mindedness and willingness are an important key To successfully work the steps and grow strong in our recovery. Recovery is an action word, we have to do our part, And entering these rooms is one hell of a start. It works if we work it. Our surrender sets us free. Unconditional love, support and meetings is how N.A. Saved me! So now I try to live so that others too can see The power and promise of a new life thru N.A. Is a reality. Violet D.



"The Narcotics Anonymous Step Working Guides"

pg 110, section our own spiritual path, question 10

I would think that my inner life would make my recovery stronger. It brings Light and Love and Purpose to my walk. I don't think as recovery as separate from other areas of my life. I stopped and thought about this. Putting down the paper, I asked myself, "How have I really experienced this part of recovery"? I have things that I do in the world, like yard work, housework, cooking, reading, playing with friends and family, work... For me these things are all ego driven. What I think I need to do, to have, to be. Then that is the point that the mind comes into the picture. My mind can get stuck-obsession. I will find my mind running around pushing "me" (my body) if "I" let it. For me this is the addict part, the part that is fear driven, that says I have to, I shouldn't have, what if... So who is this "I" that is witnessing all this busy stuff? Who is it that tells the mind to stand down, "It will be ok, I love you, don't be afraid, drop the rock"! Today I believe this "I" is my higher self that has been reveiled through my spiritual path. So without my spirituality I would have never truly been in recovery. I would still be trying to control my addict side instead of just loving her. Having understanding today that this is a gift from my Creator I can be a healthy branch with good fruit. I can serve the world with love and not ego or neediness.

Basic Reflections

"Surviving against all odds, we are addicts who meet regularly. We respond to honest sharing and listen to the stories of our members for a message of recovery. We realize that there is hope for us at last." - Basic Text 6th Edition pg. 10

*“Behind the Walls
Submission of
Gratitude”*

Here I am locked up in a prison again because of my addiction to dope. When I first got here I was so depressed and full of self hatred. I didn't enjoy looking in the jail house mirror in the dingy and cold cell I spent 15 months in. Looking into the disfigured, discolored and severely scratched stainless steel mirror was reminding me of the remains in a spoon after doing a shot of dope. My long days were spent in the courtroom setting I had created in my mind with question after question I was continually asking myself.

“What is wrong with me?” “Am I mentally ill?” “Why am I so powerless?”

“Why would I give up all the dreams I fulfilled in recovery for a bag of dope?” “Why am I still alive?”

I really wanted my life to be over, and if this was “Gods” idea of a joke, I wasn't laughing. The war going on in my mind was overwhelming and never ending. After dwelling in my own self pity for several weeks, I decided to attend a jailhouse N.A. meeting.

Thank God for N.A. and the men who brought in the N.A. meeting. My prayers I made to God in total desperation were answered through these men. This was evidence to me that God does work through people. It also assured me that N.A. is a program of recovery approved by God.

My spirit was so broken and listening to the H&I members, and the other inmates who were going through the same thing as me, really helped to heal my spirit so much. Through tears in my eyes I realized how much I missed my N.A. family and knew in my heart where I needed to be, and wanted to be, for the rest of my life.

As I looked back through my recovery over the years, while I sat in the Holton Co. Jail in Kansas and waited to go to Federal Prison to do a 10 year sentence, so many things came into

perspective. In my 46 years of being alive when I was actually working a program of recovery by working the steps and helping others, was when I was the happiest and most joyful in my entire life. That's when I was allowing God to run my life and staying in his will. As soon as I became self- sufficient and thought I was able to handle things on my own, and quit giving God credit for all the blessings he allowed me to have, I slowly started downhill.

I was becoming self centered instead of God- centered and started to turn my will and life over to work and material things. Work became more important than meetings and I eventually quit going to N.A. meetings all together. Of course I was blaming my non-meeting attendance on several other things to justify it in my mind.

It took a while before I actually started using again. I believe it was because the program was so imbedded in my mind, and had been a part of my life so long, that I was afraid to use. I know now that I was already in relapse. Once the monster(disease) finally woke up and took control again I was using dope like I never stopped. They always told me that this disease progresses wheather you're using or not, and I always questioned it. After what I've been through I'm thoroughly convinced this disease *does* progress and wants to destroy you, everyone and everything in your life.

I knew from experience over the years, that the only successful recovery from this disease is working the 12 Step program found in Narcotics Anonymous. By taking action and honestly working the steps, you will develop a relationship with a Higher Power (God).That relationship with God will give you all the answers you need to live a happy and joyous life, drug free.

Word Search - See how many you can find

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

anonymous
believe
decision
emotions
experience
isolation
narcotics
powerless

resentments
respect
serenity
shortcomings
spiritual
surrender
trust
understanding



Just For Today

The Dream

I had a using dream last night. It has really bothered me today. The dream felt so real and was so vivid. I haven't had a using dream since I had 3 yrs clean. When I awoke this morning, for a few moments I thought it had actually happened, and I felt horrible, almost sick to my stomach. And then I realized that it was only a dream, but it still bothered me off and on today. I know that I am not immune to these kinds of things, but I have over 15yrs clean, I never thought that I would have such a harsh using dream, so vivid and clear that I felt guilty and almost sick from shame when I woke up. Addiction really sucks. While I was at work I started thinking about this poem that I started writing when I only had a couple of years clean. I finished it today. Here's my poem.....

- *The ghost of the "me" that I used to be*
- *Comes back sometimes to haunt me*
- *I think of me then and I think of me now*
- *And I think of the road I had to go down*
- *The drinkin' and usin', myself I was abusin'*
- *All aspects of addiction running wild*
- *Messin' up and doing time, feeling like a broken child*
- *The pain and the fears, the tears and the sorrow*
- *All led me to NA and a brighter tomorrow*
- *So come on ghost and bring up my worst*
- *With the Steps and recovery I am no longer cursed*
- I am an addict, my name is Valerie*

Reprinted from the MAN Spring edition of 2006.

One's Message

From time to time I stop to think of people in the street. I'm sure you know cause most of us experienced it's defeat. Out there in some forgotten town- or in a darkened room, We realized that we were standing face to face with doom
Remembering the life I lived where selfishness deceived.
A time when I loved nothing more than powder or a leaf.
Returns me to Reality when everything seems lost.

Reminds me that I almost paid the nearly fatal loss.
So here and now I'd like to state my feelings on this page,
I'm grateful for what's come to me at such an early age.
Through ever guiding patience your love helps me with today,
I thank you for the gifts that you so freely give away.

Then let me always greet the souls who wander through the door.
And let them know they have a chance to Die or Live once more.
To leave or stay- to use or not- surrender to defeat.
And share my faith so they won't have to suffer in the street.

Reprinted from the MAN May edition of 1983.



It's OK

Even though the tears may fall, and leave you fully drained, and even though you want to hide away from the world, and even though it takes all you've got to make it through the day.
The tears will dry upon your face, your life will carry on, and everyday gets easier, as each one passes on.
Stacie B.

Reprinted from the MAN July edition of 1996.

Being in prison has truly been a blessing to me. I know in my heart that I was rescued, not arrested, because the beast(disease) had such a hold on me out on the streets. I don't believe I would have been able to quit on my own this round. It boils down to the fact that I am allergic to dope, because I always break out in hand-cuffs. If I would have kept surrendering to God and the program, instead of surrendering to the disease, I wouldn't have lost everything and got locked up in prison.

Surrender to win is what it's all about for me, and hanging out with the winners. For years in the program I was praying to a Higher Power, that I chose to call God, and had no idea of who or what I was praying to.

The N.A. Basic Text is a great book and I am really grateful this facility has them. The N.A. meeting here is a far cry from what they are on the streets, and other institutions I've been in. So, I totally rely on my knowledge and the N.A. literature available here to get me through. Hopefully, soon I'll be going to a minimum camp where I hear the meetings are good. I hope to see you at a convention once I'm out, because I plan to be at them. I love you all, and remember, "Easy does it, but do it."

Randy M.
Big Springs, TX.



The following is from a fellow addict behind the walls. I have received a couple of letters from inmates expressing gratitude to this body for the continued printing of the MAN. I thought it would be appropriate to share some of this with the readers, as you are the reason this newsletter gets done. It is your stories and your work that has reached beyond the rooms and touched the hearts of so many.

*"For some reason I took this as a "sign"... I'm currently in the TC program here in Hutchinson. I have completed the program, and have been clean for 2 1/2 years. I'm 33 years old, and have been "lost" in my addiction since I was 17 years old. TC was my 1st treatment program. I loved it, and I'm looking forward to meeting others who are positive about staying clean. I'm serious about my recovery, my problem in the past was getting out of my comfort zone. I never looked for help, because I didn't know anyone who didn't use, other than my parents. I won't lie, I'm nervous about finding an N.A. group, but I must. I don't even have a sponsor yet. I don't know, maybe I'm reaching out for guidance, I don't know, I'm still very new to all this, but I have faith. I'm sick and tired of the insanity. Something has to change, and it begins with me.
I guess I needed to write this and get it off my chest. I feel better now, and believe I made a good step in the right direction. Thank you for your time"*

David S.

Reprinted from August Edition of NA Cleantimes
"Tradition Eight"

TRADITION EIGHT – "Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

"The difference between professionals and special workers should be defined for clarity. Professionals work in specific professions that do not directly service NA, but are for personal gain. Professionals do not follow the NA Traditions. Our special workers, on the other hand, work within our Traditions and are always directly responsible to those they serve, to the Fellowship." Pg.73 Basic Text 6th Edition

In this tradition we say that we have no professionals. By this, we mean we have no staff psychiatrists, doctors, lawyers, or counselors. Our program works by one addict helping another. If we employ professionals in NA groups, we would destroy our unity. We are simply addicts of equal status freely helping one another.

From A Guide to Local Services in NA

Tradition Eight is about humility, prudence, anonymity and integrity.

Humility comes from an NA group not pretending to be anything more or less than it is. Humility is also exercised when we admit we may need to employ outside help from professionals. NA hires "special workers" to fulfill duties that volunteers may not be able to handle on their own. "By exercising prudence, we can distinguish between those tasks requiring the support of special workers and those we can fulfill voluntarily."(p.188, It Works How and Why)

The thing that sticks out the most for me about this tradition is anonymity. I am an addict, nothing more and nothing less, when I enter a meeting of Narcotics Anonymous. "Tradition Eight reminds us that our members need no professional credentials to be effective in carrying the NA message" (p.185 It Works How and Why). It's all about one addict helping another. It is our own personal experiences in our disease and more importantly, in our recovery, when shared with others, that makes this thing work. Sharing the experience strength and hope, not other people's case histories or things we've read in text books that keeps the NA program growing so strong.

The integrity involved in this tradition comes from the basic ideal of the program which is "the therapeutic value of one addict helping another is without parallel". "The Eighth Tradition is a firm, permanent commitment on the part of each NA group to steadfastly maintain the feature of our program that is, indeed, of foremost value."



30th Annual
Regional Campout
Roving Reports

Here are the questions we sent out with our Roving Reporter from the MAN for the 30th Annual Free Running Campout. Following that is his report from the campout.

1. Is this your first campout?
2. Where are you from?
3. Would you like to see a different activity/ workshop at next years campout?
4. Will you attend again next year?
5. So far what do you like best about the campout? What would or could you do to make it better?

These questions were of course just a spring board to start a conversation with members about how they enjoyed the Regional Campout. The Regional Literature Subcommittee came up with the questions and we printed them up, made some badges and sent our reporter out in the field; the following is his report:

"The Campout was amazing, at first it was slow getting members to talk but after a few tries it was like riding a bike!! The best part was making new freinds even if I was stepping a bit out of my comfort zone man the fellowship was a blast.

As for the questions everyone pretty much said the same thing they liked the campout the way it was not complaints, except for a couple of people who expected more meals.

The weather was picture perfect and everyone was having a great time, as for meetings people were gathering under shade trees and just having them, the recovery was unbelievable and hope to see more members there next year. There was a great turn out and I couldn't tell you how many members were there, but it was alot.

I had a great time and thank you for asking me to be of service, I am not much of a writer and I had a lot of fun doing this."

In loving service, Paul F.

On behalf of the Regional Literature Subcommittee, we would like to personally thank those members who stepped up to report on our regional events.

Summertime is a very busy season with all the fun activities going on and also a very slow time for the MAN. We get very few submissions this time of year, and with members who have a desire to go out of their comfort zone and ask some questions to report to the newsletter it really helps fill the space.

In other Literature news our subcommittee has a new Literature chair we would like to welcome Suzanne S. as the new chair and appreciate her willingness and desire to step up to service, we feel she will be a great addition to the subcommittee. And on that note our regional subcommittee is looking for a co-chair, and a secretary, if you have an interest in stepping up for service, or would like to be a "roving reporter" for future events please join us at the next RSC on November 14th 2009. The RSC will be held at the Community Building in McPherson at 122 E Marlin. WThe Regional Literature Subcommittee will be meeting at 11:am. We will also be having a Turkey dinner with all the fixin's so feel free to bring some of your favorite Gratitude side dishes!!

We hope to get more Submissions for the next printing of the MAN and the rest of this issue will feature some of "The Best of the MAN" I hope you enjoy reading them again!! In Loving Service- Suzie E. Newsletter Editor

