



**MID AMERICA
REGIONAL SERVICE
2016 MAY COMMITTEE
QUARTELY MEETING**

**In Salina, Ks. Meeting place to be
announced,**

**please check marscna.net website for more
info!!**

SUBCOMMITTEE MEETINGS Saturday, August 20

9:00 am - 11:00am

Convention

11:00am – 11:30 pm

Public Relations

11:30pm - 1:00 pm

Public Relations Workgroups

H&I, Webpage, Phonline, Communications, Presentation

1:00 pm - 1:30 pm

Public Relations Wrap-Up

1:30 pm - 2:30 pm

LUNCH BREAK

2:30 pm - 3:00 pm

Fellowship Development

3:00 pm – 4:30 pm

Fellowship Development Workgroups

MAN, Soul to Soul, Events, Orientation

4:30 pm – 5:00 pm

Fellowship Development Wrap-Up

5:00 pm - 7:00 pm

Campout

7:00 pm – 8:00 pm

TBD

8:00 pm – 9:00 pm

MEETING - TBD

9:00 pm – 11:00 pm Auction & Raffle

Raffle & Auction... items needed

No addict turned away

REGIONAL SERVICE COMMITTEE MEETING

Sunday, August 21, 2016

General business, motions, request for funds.

MEETING STARTS AT 8:00 a.m. and finishes when done.



Volume 39

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Summer

Issue 2

Salina, KS. 67402

newsletter@marscna.net

2016

“A spirit of open-mindedness, coupled with an admission of powerlessness, is a key that will unlock the door to recovery. If someone with a drug problem comes to us seeking recovery, and is willing, we gladly share with them how we stay clean.” Narcotics Anonymous 6th edition Basic Text, page 96.

Dear Family,

Hello again!!! I hope this finds you all happy, healthy and still fighting the good fight of recovery!!! I am so grateful to have served my region as the editor of this wonderful newsletter!! I had to laugh when one of my awesome home group members realized that “OUR” flo was the editor of the regional newsletter!! I told him I was just a trusted servant for the Narcotics Anonymous program and this is just one more way of me giving back to the program that has given me a life that I never realized I could ever have!! The very

first time that I was shown that no matter what position we hold in service, we are all addicts who stay clean Just for Today!!! And it doesn't matter how you give back just so you give what was so freely given. And the therapeutic value of one addict sharing with another!!

I know I said last issue was my last time to put the newsletter, I will be passing this service commitment along to someone else. Thank you for letting me serve the Mid America Region !! I love you all!!!

**Love & Hugs, Flo H.
Newsletter Editor**

Note: The opinions and views shared in this publication do not necessarily reflect those of the MAN staff, or NA as a whole.

FROM AROUND THE REGION:

Central Kansas Area -

I'm here gratefully serving as the new RCM for Central Kansas Area. The CKA continues to hold meetings in Great Bend, Larned and Pratt. We had no meeting changes this quarter. The Pratt "Tree of Life" group had a banner made and is roaring to go to participate in our Area capture the banner shenanigans. We created a new work group in January ASC to create Public Relations packets for professionals that want N.A. Information in our Area. We are still coordinating with Salina volunteers twice a month for N.A. Meetings for Ellsworth Correctional facility. And also monthly H&I meeting to the men and women in Barton County jail. In service, Beth N., RCM

Fellowship for Freedom Area-FFF Area meets the last Sunday of the month. Some of our successes in our Area is: Bridging the Gap on March 12th, Shamrocks for Shenanigans in Fairview on March 19th, Blue Balls campout April 2-4th at Potawatomi St. Lake hosted by M.O.A., Costume ball

decades of recovery in Topeka, KS by FFF Area, May 2 Back to Basics hosting their 2nd annual Spaghetti feed in Topeka. We opened a new meeting called Bunker NA located in Topeka's NOTO Arts district In Service, Tim M.

Just for Today Area-

We have had fun in recovery this last quarter from dinners to after New Year's Eve functions!!! We had a CAR/CAT workshop at our MARCNA fundraiser in Parsons, KS fun was had by all. All of our groups were represented at the CAR workshop!! Yay! Our H&I fundraiser is April 30th in Yates Center, we also have H&I travel mugs for sale to put literature in all our county jails!!! Our Area "Capture the flag" is going strong in Just for today area!!!

In Service, Rod D., RCM

Miracle Area-

I am pleased to report all is well in the Miracle Area. Meetings seem to be steadily Growing; Area attendance is steady. Our Activity chair had a successful Valentine's Day dance, that was free!! We have

We lived the same lifestyle, but he proved to be a momma's boy and thus after three months, I found myself once again in California living with my mother. Another divorce and yet this time I was clean. I sold the guns and sought out my old sponsor. I met my third wife at the bowling alley. I have heard many times, "Watch what you pray for....", I had asked God to give me someone who wasn't an addict, who wasn't a blonde and who wasn't a psychotic mess. His answer to my prays was my third and present wife, a woman with four daughters and brunette hair that worked at behavioral health as a secretary. My son, whom I always wanted, was born eight months after we got married. I continued to go to meetings over the next few years, but soon I was giving myself excuses to skip a night. At 22 years clean time, I found myself complacent in the program and quit going to meetings all together. I was living clean, but I knew all along that I was missing something in my life. . I found myself living life on life's terms, but in 2008 a series of events would test my sobriety with 6 deaths in one year time. My son-in-law was first to go, leaving behind a new born son and a year old daughter. Within six months, my wife

received a call from Kansas telling her mother died of cancer. 24 hours later, my mother died from a pneumothroasic received while the doctors took a biopsy of a lump in her lung. Our daughter was distraught, drinking every night after work before picking her kids up from the sitters. Eight months after her husband died, she flipped her car over on her way to pick up the kids, killing herself in the crash and leaving behind two very young children whom my wife and I took into our house as our own. My wife's father died shortly afterwards and my uncle passed at the beginning of the new year. If it weren't for the love of our family, the love of my club brother's who accepted me for who I was and the 23 years under my belt as a clean addict, I most likely would have been loaded. I should have been dead years ago and yet I learned to live without the use of drugs and to live a clean lifestyle. I no longer ride with a clean and sober club,

Greg P.

(Continued in next issue)

I began to listen to these addicts and several were telling my story. After two months, on March 5th 1985 I raised my hand and introduced myself as a drug addict A little more than a year and a divorce later, I graduated from school and not knowing if I was going to pass the state nursing boards, I moved out of the house I was living in. I was still clean, but I had no job and living with my mother. I wanted to use drugs to knock off the edge. I contacted the one person who believed in me, my soul mate, the one woman who changed my life. At first, it was just to talk, but within a year I was married to my second wife, passed the boards and had two years under my belt. Life was good, so I thought. I was going to meetings, sometimes eight a week, working the 4th step after finding a sponsor who wasn't willing to put up with my bullshit and finally realized through him, that I had to change or I would not survive my addictions. He showed me through others, that if I wasn't able to get rid of my past and start living for the future, I was going to crash and burn. I was still hanging with the wrong people and this would sooner or later be the death of me. Once again, after two years, I began to feel like I needed someone who understood me, someone who lived my lifestyle, so I sought out a sponsor who lived a bikers life. I gave up on the club I was riding with, to ride with a clean and sober club known as the Fifth Chapter MC. Little known to me, the Fifth Chapter was in the middle of a undercover FBI investigation involving the outlaw clubs in the tri-state area of California. The club was disbanded nationwide with threats from various outlaw motorcycle clubs and I joined another clean and sober club. . My wife and I grew tight. My life had become simpler and I was clean for fourteen years when out of nowhere, my soul mate, the woman I fell head over heels for, wanted a divorce. I was devastated. After nearly fifteen years, I hit the bottom I never hit while using drugs. I had two 357's in my possession and for the first time in my life, I was headed for a fall into the darkness of suicide. I was raised in the Mormon church and although I didn't believe in their way of life, I knew that suicide was a permanent solution to a temporary problem. The NA program has given me a new way to live life. It gave me the tools to live in a world with a God of my understanding. It taught me I could get through anything as long as I was willing to do what it took to live life on life's terms and as long as I was willing not to pick up that first drug. A relocation to Watertown, WI. where I lived and worked for a drug addict who was supposed to be a good friend as I had gone to school with him.

**started a monthly bowling night, and there are 30 to 40 in attendance. We hosted the Zonal forum and members prepared the free dinner. We do have our disagreements but all in all everyone is joined together in unity to help each other and the still suffering addict. Your friend in Service,
Chris H.**

**Primary Purpose Area:
All meetings are going well. H&I is going on in Hutch, Lyons & Newton in the jails and in Mirror. Hutch had their Valentine's dance and was well attended. Our Area is still getting back on our feet, our bank account is open and we are slowly getting it built back up. We now have 4 GSR's in our Area with one new group. Newton HOW Campout is coming up May 27-30 on Memorial weekend, our next Area will be at the campout on Saturday at PM and it will be potluck. I'm very excited about the progress we are making!!!!
Thanks for letting me serve,
Becky B.**

**OZ Area-
Oz Area has been flourishing in Recovery. Meeting attendance has been up and down, but the groups are carrying the message the**

**best they can!! We continue to serve the cause with H&I work. Our Area will be deciding on a new logo and plan to have t-shirts made by this fall with the new logo!! Due to some Anonymity issues the Traditions and meeting etiquette are hot topics these days!!!
In Service, Nick K.**

**Wichita Metro Area -
WMA includes 12 groups and are having great participation from most of these groups!! The "Capture the banner" is encouraging group members to get out to other meetings. We are scheduling bon-fire meetings at Watson Park in Wichita the 2nd Saturday of the month from May to November. Our Area campout will be at Lake Afton shelter 5, July 22-24, the theme being Reflections of Progress. All meals are provided!!
Thanks for letting me serve,
Donita S., RCM**

**Unity Area-
We are happy to inform that another meeting/group has joined our Area, Hayes and WaKeeney has come to us and requested to join. Our St. Patrick's day/ Service Assembly went well and the MARCNA fundraiser was a success!!
In Service, Janet W., RCM**

Roving Reporter from MARCNA 2016:

*MARCNA for me has been a recharge for my recovery. I've heard the experience, strength and hope of my fellows, which I can't help to think has been directed especially towards me from my higher power, who I choose to call God. Conventions like this have so much to offer to addicts like me and I am forever grateful for that and the Narcotics Anonymous program. I love my new way of life!!!

Jesse

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*I had an amazing time at MARCNA XXXIII, this was my 1st N.A. Convention. The speakers were awesome!!! The women's rap Meeting was so helpful, I learned a lot!! The comedian was out of this world!!! Thank you one and all involved for your hard work!!

Carol P.

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*Being of service is the ultimate way to show my Recovery in Action, glad to be able to give back!!! Feels so good not to be a taker any longer!!!

Anonymous

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*First MARCNA was in Lawrence, KS In 1997, I had 90 days, it was and still is amazing!!! Lots of hugging, laughing, crying & growing!! I relapsed October 1999 and came to the next one in 2000 with 90 days clean. Talk about an awaking of the soul. I got a new sponsor and a new way to live. 2016 is my 19th MARCNA and I still feel the amazing spiritual feeling today, to be a part of something so powerful!!! Miracles happen and at 16 years clean I am living proof of that!!

Linda R. 12-22-99

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*MARCNA XXXIII is my first convention. This experience has been life changing for me. It has recharged, refueled and given me a new passion and fire for our program. To see, first hand how many lives our program has touched, amazes me!! I'm forever grateful for all N.A. Has given me.... A new life, family and that one promise!!!!

Aubrey N. 11-1-12

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I'm sad to report that this is all the submissions from this years convention!!! If anyone else has any MARCNA memories to share , please do!

30 Years Clean: continued from Spring 2016 MAN:

In 1981, my brother died in a motorcycle accident, drunk and wanting to be a biker without the experience of a seasoned rider. I was devastated and relocated to Tampa, FL thinking that I was to blame for his death. Mushrooms were the new drug for me in 1982, they were free as they were always available in most dairy fields and the farmer's wanted them gone due to the cows eating them and holding their milk. Unfortunately, as free as psychedelics were, I wanted to be up as I liked my speed, so I found a way to get the drugs I enjoyed. A Harley was out of reach at this point of my life, so I rode a Triumph motor cycle as my primary transportation. I was tired of the way I was living, so back to California with the motorcycle in the back of the Dodge van I had accumulated after the pothead was sent back to California earlier. I had to start over one more time and I was out of control. I had no job, I was headed for a life of imprisonment if I didn't figure it out. I had no idea what I was going to do, but I knew something had to change. I met a woman who introduced me to the field of medicine and I

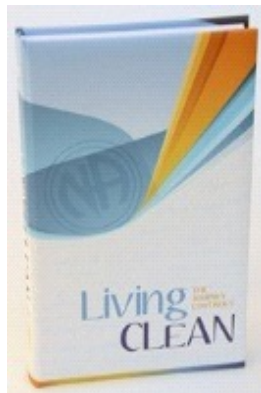
went to work for an institution for developmentally disabled persons. After a year, I found myself enjoying the medical field to the point of going back to school to become a nurse. My beard came off, my hair was cut and I was taking showers on a regular basis. I met a girl in the nursing program who changed my life forever. I moved in with that girl who was trying to become clean, divorced my wife and although I didn't have any desire to clean up my own life, I was given the opportunity to see how the other world lived without the use of drugs. I started going to NA as a rooting section for the women I was living with in January of 1985. People were coming up to me and shaking my hand, giving me hugs and telling me to 'keep coming back', but they were also talking about God and with my background with churches, I didn't want anything to do with religion. As weeks went by, I realized that if I wanted anything to do with this girl, I would have to continue meetings and sooner or later have to fess-up to being an addict. Meetings were at various locations, ranging from churches to people's houses to AA meeting halls. As I went to more and more meetings,

Living Clean: The Journey Continues :

Being of Service

The desire to be of service changes our relationship to the world. It's not just in N.A. that we are loving and giving. We connect to the love that surrounds us by practicing loving actions, and being open to receiving the same. Being willing to accept help is a form of giving. It can be uncomfortable to admit a need, or to ask for help. When we allow another person to step up and help us, we give them a chance to express their own love and generosity. When we reach out to help, we receive much more than we give. In some places, after the closing prayer at the meeting, N.A. members say, "Keep Coming Back!" In other places, they say, "Go Help Someone!" Both come from the understanding that when we give, and when we allow others to give, we find a connection to a power greater than ourselves.

Service is not a position in a committee,



It is a posture in the heart. It's a way of life we can practice in all our affairs. It can be as simple as holding a door open, or as complicated as helping a loved one in the last stages of life. Our relationship to service and the way we express it changes as our humility deepens. The desire to serve is a manifestation of freedom from self. Anonymity is a key principle in selfless service. When we learn to give selflessly, in service to those who suffer and to a power greater than ourselves, we find happiness, purpose and dignity.

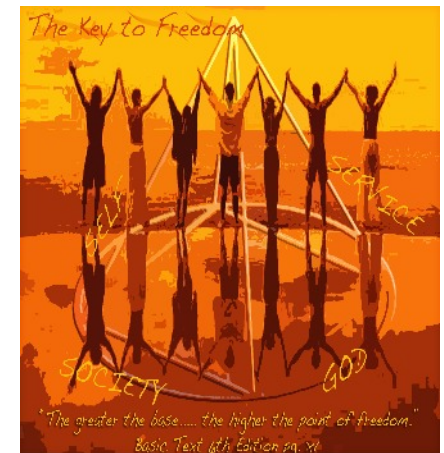
Whether we give back best in structured service, one-on-one or somewhere in between, being of service is a matter of principle for us. Practicing and teaching principle-based service is both a way we carry the message and a way we receive the gifts that recovery has to offer us. Service connects us to the fellowship and helps keep us connected and involved even when we're not at the top of our game. Having a commitment to open the door at a meeting once a week can be the difference between staying involved and slipping away. Early on, service is a way we start to feel useful and wanted. Later on, being of service gives us reason to keep coming back even when we don't feel like it.

Living Clean pg. 242 - 243

Tribute To Pat M., Emporia, KS:

Pat M. passed on in late February of this year. I met Pat at a meeting in Emporia August 1989. I was barely 9 months clean and had broken a couple of N.A. rules in my short time in recovery. I had gotten a job, a girlfriend, started college and moved 100 miles from anyone I knew in recovery within the first year of my recovery. Pat was one of the first members I met on the porch of the original Corner House, he was an old timer. He was welcoming to the Pioneer group of N.A. At the time I frequented both programs and it wasn't until I was made to feel unwelcome at the other fellowship that I sought solace permanently at the Pioneer group. Once I became solidly committed to the group, Pat & I really developed a good relationship, we had similar interests mainly bird hunting and fishing. He modeled the proper way to resolve issues between people. My experience arguing with another person at this point in my recovery was to get loud, cuss and fight. He called me one day to confront me on a rumor he had heard. He asked me if I was telling people he was an a**? I said, "No, What I said was you are acting like one". He replied, "You're right I have been!" The air was cleared just like that. He had the ability to look at himself first, a lesson in Recovery I continue to use. Pat always expressed a deep love for Narcotics Anonymous. He especially

loved carrying the message to the addict that still suffered through service work. He took me to my first meeting at Lone Star Lake outside of Lawrence, in 1990. He encouraged me to participate. We didn't have different types of sponsors back then, but he was my service sponsor if there ever was one. Pat taught me the proper way to argue and debate without getting personal with my comments. He also taught me that if the group, area or region made a decision that I disagreed with, even if based on the principles, the issue would be discussed again and the consequences would teach the hard won lessons necessary for a group as well as it's members to mature. Business meetings were not a competition of who was right and wrong. When Dave R. came into the program and was unable to read the small print Basic Text, Pat copied each page to a full sized piece of paper and put it in a binder for him. No small feat as computers were still rare. Pat then went to world and asked for the basic text to be made in large print. Anyone could tell he took great



satisfaction in carrying that message to Dave. I spent hours at his house talking about different service positions, ideas for carrying the message and the sad state of the world. (Some things never change). It helped that espresso and cappuccino was becoming a craze and Pat was the first dude I knew with a cappuccino maker, The man loved coffee. Imagine the intensity of conversation between two dudes chomping chocolate covered coffee beans and sucking down cups of cappuccino. We talked about all the traditions in-depth. We both fostered the belief that the tradition that all decisions of service or actions of the service structure should be measured by, was our primary purpose of carrying the message to the addict that still suffers. In Tradition 5 I found a conviction and principle higher than myself. Pat held many positions at the group, area and regional level. He was the RSR for our region. He made our region better and certainly laid a foundation for our current structure successes. I rode with him many times to Just for Today Area meetings and the RSC meetings. The lessons I learned from him furthered by service to N.A. I served all group service positions, PI and ASR for the Just for Today Area and the regional PI chair. I used the lessons learned through service to N.A. In my professional career. It is my belief that the program of N.A., my service

positions and the belief Pat demonstrated in me as a person has affected my success I n recovery and professionally, daily for the last 27 years. A couple of years ago I stopped in Emporia on my way out west to visit with Pat, he was running a bait shop. A dream he always talked about, owning a business. Pat always had plans for the future.

Another Lesson.....

With Honor and Respect,
Clayton C

Please support your newsletter so more addicts can be reached through this awesome tool for sharing experience, strength & hope!!!!



The first and only Group/Area Information sheet:

Name & Address of
group/area:

Clean & Serene N.A., (Two
locations) 601 N. Cedar St.
(1st Methodist church) 2nd
floor library and 317 N.
Spruce St. (VFW hall)
Abilene, Ks.

Birthdays:

Amber L. -90 days, Melanie S.
- 90 days, Benjamin M. - 90
days, Teresa M. & Travis M. -
9 days, Amber K. - 30 days.

How is the group doing???

We are holding our little
group meetings together.
Showing up for meetings at
both locations in Abilene, KS
5-6 people are the normal.
Hope to see it grow as the
weather gets warmer.

We don't have any special
events planned yet!!

Thanks, Eddie A.

(For contact information for
this group please contact the
Regional fellowship
development committee!!)

We Wanna Know:

What's your favorite Recovery
quote?

What's your favorite Spiritual
Principle & why?

What does working the steps
mean to you?

Thoughts on:

Online meetings, disruptions
at meetings & children at
meetings.

How do you know you are
doing God's will?

Does being productive &
responsible mean being
boring?

How do you develop healthy
intimate relationships?

What does it mean to be
responsible & productive in
N.A. & Society?

How does your gratitude
speak???

How do you continue to make
amends?

Are you ever finished making
amends?

Are there any requirements
for membership?

Rigidity: how do you learn to
lighten up? Or do you?

Please take a few minutes and
share your thoughts or
experience on one or all of

these beautiful subjects. I
know I need to continually
learn more from all of you who
have some knowledge about
the above subjects!!!

Hugs!!