



**MID AMERICA  
REGIONAL SERVICE COMMITTEE  
2017 MAY QUARTERLY MEETING**

**At the Learning Center  
308 W. Elm St., Salina, Kansas 67401  
(across from public library)**

**SUBCOMMITTEE MEETINGS  
Saturday, May 20<sup>th</sup>**

<u>9:00 am -11:00am</u>	<b>Convention</b>
<u>11:00am – 11:30 pm</u>	<b>Public Relations</b>
<u>11:30pm - 1:00 pm</u>	<b>Public Relations Workgroups</b> H&I, Webpage, Phone line, Communications, PR Presentation
<u>1:00 pm - 1:30 pm</u>	<b>Public Relations Wrap-Up</b>
<u>1:30 pm - 2:30 pm</u>	<b>LUNCH BREAK</b>
<u>2:30 pm - 3:00 pm</u>	<b>Fellowship Development</b>
<u>3:00 pm – 4:30 pm</u>	<b>Fellowship Development Workgroups</b> MAN, Soul to Soul, Events, Orientation
<u>4:30 pm – 5:00 pm</u>	<b>Fellowship Development Wrap-Up</b>
<u>5:00 pm - 7:00 pm</u>	<b>Campout</b>
<u>7:00 pm</u>	

**REGIONAL SERVICE COMMITTEE MEETING  
Sunday, May 21<sup>st</sup>**

General business, motions, request for funds.

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



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P.O. BOX 3534  
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[NEWSLETTER@MARSCNA.NET](mailto:NEWSLETTER@MARSCNA.NET)

**SPRING  
2017**

***“NA unity is our bond with fellow addicts: those who came before us, those who are here today and those who have yet to find us. Out practice of unity makes room for all addicts to recover in NA.”***

***Guiding Principles: The Spirit of Our Traditions, page 2***

Self-Acceptance (IP No. 19)

The Twelve Steps are the solution Today, the first step toward self-acceptance is acceptance of our addiction. We must accept our disease and all the troubles that it brings us before we can accept ourselves as human beings. The next thing we need to help us toward self-acceptance is belief in a Power greater than ourselves who can restore us to sanity. We do not need to believe in any particular person’s concept of that Higher Power, but we do need to believe in a concept that works for us. A spiritual understanding of self-acceptance is knowing that it is all right to find ourselves in pain, to have made

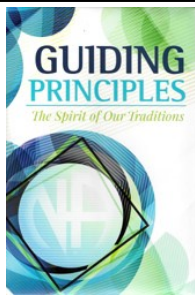
mistakes, and to know that we are not perfect. The most effective means of achieving self-acceptance is through applying the Twelve Steps of recovery. Now that we have come to believe in a Power greater than ourselves, we can depend upon His strength to give us the courage to honestly examine our defects and our assets. Although it is sometimes painful and may not seem to lead to self-acceptance, it is necessary to get in touch with our feelings. We wish to build a solid foundation of recovery, and therefore need to examine our actions and motivations and begin changing those things that are unacceptable.

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

## News From the WSC

NA's new book, *Guiding Principles: The Spirit of Our Traditions*...Almost 40,000 copies of the book, *Guiding Principles: The Spirit of our Traditions* have been distributed. A hand-numbered, limited edition is now available.

Recovery Literature Project: input is being sought on an IP on recovery and mental health/mental illness ([www.na.org/mhmi](http://www.na.org/mhmi)) and a daily meditation project ([www.na.org/meditationbook](http://www.na.org/meditationbook)). The deadline for this is 1 June 2017.



Interested in PR? H&I? Inmate Step Writing? Please write [PR@na.org](mailto:PR@na.org) or [Handl@na.org](mailto:Handl@na.org) to sign up for these member-driven web meetings; these are held every three to four months.

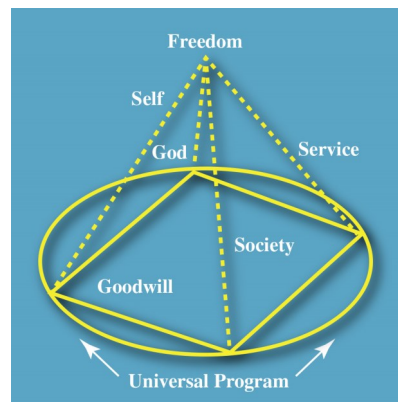
Doing service in a rural location? We recently started web meetings for those serving in rural locations. Please write to [servicesystem@na.org](mailto:servicesystem@na.org) if you would like to be notified of the next web meeting.

## Inside the MAN...

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## Question for the Quarter...

*What does the principle of UNITY mean to you?*



## Topic for the Quarter...

We want to hear from you! Tell us your experience, strength and hope with the topic of "Group Unity".

Send your input to [newsletter@marscna.net](mailto:newsletter@marscna.net).  
Submissions must be in by May 1st.

## Functions Around the Region

### Fellowship for Freedom...

2-25 From 2017: A Night to Remember; Fairview, Kansas

3-18 Shamrocks & Shenanigans; Fairview, Kansas

4-15 Bowling Extravaganza; Topeka, Kansas

### Never Alone, Never Again...

4-22 Late Night Anniversary; Topeka, Kansas

### Miracle Area ...

Last Friday of the month after Larrytown; Cosmic Bowling- Royal Crest Lanes, Lawrence, Kansas

2-25 Larrytown Qtrly Potluck; Lawrence, Kansas

### Primary Purpose...

3-11 St. Patty's Day; Lyons, KS

### Regional ...

MARCNA, 3/24-26/17

Wichita, Kansas

Check the website for details ...

On February 4th Back to Basics in Topeka celebrated it's 20th Anniversary. We spread the word and we had a great turnout from around the region and from Nebraska too. Of course the speaker was from Nebraska and that might have had something to do with that. Dinner was satisfying, the raffle and auction went off without a hitch and the speaker, Dooley from Omaha, carried a very strong Narcotics Anonymous message of hope and perseverance. There was a lot of fellowshiping, exchanging of numbers, gratitude for service from one member to another and newcomers receiving gifts. Clean time ranged from 38 years to 15 days and it was a joy to be in a room full of recovery, old and new.

Thank you ...



***Simple Enough  
In Tradition Five it's clear,  
the message isn't blurred.  
At the start of every meeting,  
it may very well be heard.  
As a group we only strive,  
to simply plant a seed.  
Then those who want what we may have can possibly take heed.  
To carry a message of hope is all, as addicts we provide.  
And maybe those who've heard won't end up,  
one of those who've died.  
Hopeless and in desperate need, of what we have to give.  
Through tradition five I practice, reasoning to live.  
In giving back what many say,  
was so freely given to myself.  
I strive to offer my service to you, the N.A. commonwealth.***  
By: J.M.

#### From the Editor...

Hey everyone...

This quarter has been challenging trying to find help with the newsletter and addicts who want to help. I am grateful to those who did help! Thank you!

I am personally trying to find addicts that might want to share their experience, strength and hope with other addicts. You guys don't mind talking, however when it comes to the written word g'all clam up...lol!

I would like to highlight an area a quarter... who will be the first? Send me your outlook on your area—assets, liabilities, hopes and dreams. Or for that matter your home group. Write us! That email address is newsletter@marscna.net.

Thank you for the opportunity to serve!

In loving and humble service,

Michelle C.

## Willingness...

*When we first walk through the doors of Narcotics Anonymous, it is easy to think of willingness as out level of desire to stop using; our commitment. After some time clean, however, willingness takes form in ways we may have not thought about in the beginning.*

*Our literature tells us that we are not responsible for our disease, but we are responsible for our recovery. In order for that to remain true, we must we must practice the spiritual principle of willingness. Willingness is to attend meetings, willingness to get a sponsor, willingness to work steps, and eventually willingness to participate in service work. Those lucky enough to have made it to this level of willingness*

*In their recovery, also come to realize that higher levels of willingness are required to keep going.*

*We found willingness in each of the Twelve Steps and sometimes reluctant willingness in the Traditions. We also find that we must be willing to be a good neighbor, employee, parent and spouse. We must be willing to accept the times when things don't go the way we want them to. We must do these things in order to be responsible for our recovery.*

*I once read that the first step in getting anywhere is deciding that you don't want to be where you are at. If this is true, certainly the second step is the willingness to move ....*

Mike G.



*"God grant me the Serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference."*



Running no more,  
standing in my new home,  
one with you and Him.  
Grateful for the love,  
for the life and my breath.  
Curious to see what's next,  
stepping up one at a time,  
cleaning out the mess.  
Yesterday's forgotten,  
tomorrow has yet to come,  
focus on today they say,  
so that's what must be done.  
Living life to the fullest,  
smile on my face,  
Thank you for everything,  
even the grace!

### Awakening of the Spirit

It was 20 December when I had a spiritual awakening. While I was walking through the streets, I felt deep down that I liked myself. I wondered what this was. I had no idea. A few months later, I again became conscious of my happiness. After that, on a train, the same feeling of happiness came up again. Then I realized this may be the sign of something. When I got home, I looked at some NA materials and found that with our spiritual awakening comes the sense of liberation from loneliness and a better understanding of how to live. “Well, yes,” I thought, “now I don’t feel lonely.” Doing what my Higher Power wants me to do—not use drugs and attend NA meetings—helps me to live a better life. I realized that this was what I had to do. The next year, I was traveling by train, and my feeling of happiness was so great that I was on the verge of tears, but I didn’t cry. I recognized this as a similar feeling to what I had experienced before. Because I had the same sign three times from my Higher Power, I knew I had truly awakened to the spiritual. Now I wondered why my sponsor and I both used drugs. He said it was so that he would come to like himself. Well, yes; I too used drugs to be

able to like myself, but I never actually liked myself until my spiritual awakening on 20 December. Until then, I often felt a craving for drugs, but after that, I never needed drugs again. With my awakening to the spiritual came a strong sense of profound peace and happiness. Speaking of happiness, my sponsor used the example of being impatient at a red traffic light because it keeps him waiting. With a little experience of recovery he has learned to relax a little in that situation. Now, when he waits for the red light to turn green, he can patiently wait for the change. So now, I wait calmly as though I were not waiting, and I tell myself that when it does change I’m going to cross the street.

Gian S, Tokyo, Japan  
*Reprinted from The NA Way*



### Life’s terms

I write this 40-some days shy of 40 years clean. That’s a long time. Long enough that I’ve changed greatly, in many ways, from who I was when I cleaned up this time. My mind and spirit, no longer shriveled into tiny, hard shells, are open and willing to try new possibilities. Most importantly, today I truly give love and accept love. However, my circumstances are rough. Though not without shelter, I have been homeless for the past eight months. Throughout these months, every night of every week, I’ve worked midnight shift at any of four locations, assigned with no routine or regularity. This has done much to remove me from both society at large and the NA Fellowship. It was only a month and a half ago that I again joined a home group, sacrificing both sleep and money to be there each week—none of which is particularly unbearable for me. Difficult? Certainly. But not unbearable. Life’s terms are sometimes hard, even harsh. I’ve been alive long enough to know that, and clean long enough to accept it easily, because it’s so obviously something “I cannot change.” What does fill me with shame and anger (at myself) is that despite all my years, I still mishandle many practical things, especially money. I make little more than minimum wage, have squandered an inheritance, and cashed in several savings plans. My finances are lousy and it is entirely of my own doing. I’ve wasted opportunities to learn and discipline myself better. Being so long clean and yet so fiscally unchanged—again, not circumstances, but me—fills me with shame. So, when I think of celebrating 40 years clean, my failings shout at me while my advancements whisper. Other folks tell me I’m an example of “staying clean no matter what” because of my circumstances; I know I’m an example of being so much less than I could be. I’ve questioned whether I ought to celebrate at all. I’ve questioned whether I ought to even make the effort to reach the milestone. Deliberate relapse or actions even more drastic have rolled through my head with strong motivations pushing them. Yet, I’ve stayed clean. How is it that I don’t succumb to the despair? • Cleantime. Thousands of todays in the habit of staying clean today. • Our literature. “We need to ... go to one extra meeting ... and help a newcomer stay clean one extra day.”\* • Friends: From those with 30+ years who know me so well to those with 30+ days who are getting their first impression. Importantly, friends who are not afraid to be honest with me. • Service. I keep purpose by giving goodwill. • Our steps. If not every day, or even every other day, still—some days. • NA meetings. Meetings I like, meetings I don’t like. Meetings I’m late for, meetings I leave early. One in two weeks, four in one week. Meetings. NA meetings. • The Spirit of NA. The Fellowship of NA. Each a strength and each a comfort since my very first days. And today, just for today, I’m willing to do the work to reach 14,610 days clean. We’ll see.

*AJH, New Jersey, USA*

*Reprinted from The NA Way*