



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

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

**SUBCOMMITTEE MEETINGS
Saturday, August 19th**

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

**REGIONAL SERVICE COMMITTEE MEETING
Sunday, August 20th**

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
SALINA, KS 67402
NEWSLETTER@MARSCNA.NET**

**SUMMER
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. Our practice of unity makes room for all addicts to recover in NA.”

Guiding Principles: The Spirit of Our Traditions, page 2

A Hug ...

You looked into my face today,
And saw the terror there.
Although you didn't know me,
You tried to show you care.
You said, "I think you need a hug.",
And in my heart I felt a tug.
From that I felt the caring,
My pain was eased in sharing.

Judith L.

There's a lighthouse on the hillside
that overlooks life's sea, When I'm
tossed it sends out light that I might
see, And the light that shines in dark-
ness now will safely lead me home, If it
wasn't for the lighthouse my ship
would sail no more, And I thank God
for the lighthouse; I owe my life to
Him, N.A. is the lighthouse and from
the rocks of sin, It has shown the light
around me so that I might clearly see
If it wasn't for that lighthouse, where
would this ship be?

Becky S.

Reprinted from the MAN Fall 1997

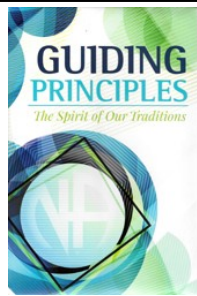
Reprinted from the MAN Spring 2006

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 Traditions 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) and a daily meditation project (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 or HandI@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 if you would like to be notified of the next web meeting.

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Question for the Quarter...

What does the principle of HUMILITY mean to you?



Topic for the Quarter...

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

Send your input to newsletter@marscna.net. Submissions must be in by August 1st.

Functions Around the Region

June 2-4 Recovery Fest; Elk City State Park	Aug 5 Sponsorship Banquet; Lawrence, KS
June 9-11 Phoenix Campout; Kanopolis Lake	Aug 19-20 MARSCNA Salina, KS
June 17 Living Clean Anniversary; Wichita, KS	Sep 22-24 Soul to Soul; Camp Chipewa
June 17 Living by Faith Day in the Park; Great Bend, KS	Check the website for details ...
June 30-Jul 2 Regional Campout; Clinton Lake	



SYMPTOMS OF SURRENDER - Author known to God - (1). You stop living in the past or in the future and live in today. (2). You have a willingness to follow advice and act on suggestions. (3). You don't need to blame anyone, including yourself. You take responsibility for your thoughts, feelings and behavior. (4). You can apologize even if you are partially right. You can be fair. You don't have to be right. (5). You are interested in your own inventory, not others. "Live and let live." (6). You can stop being concerned about WHY you are an addict/ alcoholic. (7). You are grateful about your recovery, and this helps you stay humble. (8). You are hopeful and optimistic in your attitude about life. (9). Most important of all: You have stopped playing God. (10). You don't have to have your own way... have you truly surrendered?

The Path

When we come to the end of the road, looking down a new path to recovery, it seems to dark and unfamiliar. We look back at the road and we know it is filled with burnt bridges, law enforcement stops, hospital detours, unemployment signs, wrong turns, and a host of breakdowns. Looking at the new path is uncertain and frightening but we want a new route to travel. To some it is too new and unfamiliar, with sadness they go back the old road, the ones on the new path are enjoying a new way to travel, it is not easy there, hills to overcome, rocks to scale, and STEPS TO CLIMB.

- Doug K

Reprinted from the MAN Spring 2005

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 experiences, strength and hope with other addicts. You guys don't mind talking, however when it comes to the written word y'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.

My Free Will

I can't believe I screwed up ,
I can't believe I slipped,
It didn't take no time at all to hit that lick.
Why is life so hard at times,
Why can't I be persistent,
Why can't I just persevere like they all did?
My mind is like a tilt-a-whirl,
And it spins so fast around;
Unlike that carnival ride,
It can't stop even if it tried.
Then my A.D.D. turns into hyper speed,
My life becomes more vivid,
On this LCD of reality I really see.
You see I do see what you think I can't see;
My decisions and choices,
Led me down those roads before,
They come back and screw me.
Maybe I'll never understand, maybe I never will,
My addiction has a hold of me,
and it's taking my free will.

- Anonymous



*"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."*

LIGHT UP YOUR RECOVERY

Jun 30 @ 3 pm

To JUL 2

Clinton Lake

Soul to Soul

Sep 22—24

2017

Camp Chipewa

MARCNA XXXV

April 27-29

2018

Topeka, KS

WCNA 37

Orlando, FL

Aug 30—Sep 2

2018

MZSS 3

Omaha, NE

Nov 1-4

2018

HEALTHY LOVE AND ADDICTIVE

LOVE - Author known to God - All of us have a healthy impulse to find love, but our addiction take us away from genuine love. I believe a summary of the difference between healthy love and addictive love can help us find genuine love we all seek and deserve...(1). Healthy love developes after we feel secure. Addictive love tries to create love even though we feel frightened and insecure. (2). Healthy love comes from feeling full. We overflow with love. Addictive love is always trying to fill an inner void. (3). Healthy love begins with loving ourselves, being the lover we feel we need. Addictive love keeps us from looking at ourselves honestly and always seeks to get love from that "special someone." (4). Healthy love comes to us once we've given up the search. Addictive love is always sought after. (5). Healthy love is part of the human fabric. It can't be separated from it. Addictive love is highly distilled. We think we can separate "it" from people, whether the "it" is sex or romatic intrigue. (6). Healthy love allows us to be vulnerable because we feel secure inside. Addictive love is based on a shaky foundation. We feel we must always protect ourselves. (7). Helathy love grows slowly, like a tree. Addictive love grows fast, as if by magic, like

those children's animals that expand instantly when we add water. (8). Healthy love thrives on time alone as well as time with our partner. Addictive love is frightened of being alone. (9). Healthy love is derived from a balance of masculine and feminine qualities within each person. Addictive love creates super-masculine and super-feminine qualities and encourages us to search for our "missing half" in another person. (10). Healthy love encourages us to feel we have the power to create our own world and be happy. Addictive love sees others as having power over us. We seek the perfect "partner" because of the power it seems to bring us. (11). Healthy love is unique. There is no "ideal" lover I seek. Addictive love is stereotype. There is always a certain type we are attracted to. (12). Healthy love is gentle and comfortable. Addictive love is tense and combative...food for thought, huh?

- Anonymous

Without Narcotics Anonymous ...

It is exciting to know that there is a Power greater than me that NEVER fails! I spent so many years hoping that this was the case, but I'm finally at a point where there is no doubt in my mind that my Higher Power is constantly working in my favor. My favorite part? The love (although sometimes tough love) is unconditional. I have very few restrictions in this new life of mine, the main one being not using. I'm really seeing results through working steps! The God of my understanding is at work, molding and shaping me every day through careful training and guidance. I'm feeling so blessed, and I'd like to share with you some of the miracles I've experienced since July 15th 2014.

1. The relationships with my immediate family members are better than they were before I started using. There is a reason this one is so special to me. On my 3rd visit to jail, I overheard the arresting officer state that I was facing 49 counts of forgery and theft by deception. I stole thousands and thousands of dollars from my very own parents and sisters, the people closest to me. After working very hard, I have paid back every penny. The 9th step allowed me to access my family in a way I never knew possible. There is so much joy in my family now. The bonds are stronger, and the love is deeper.
2. Sanity is being restored! Narcotics Anonymous provided me with pillars to sustain my recovery. 1) Higher Power; 2) Sponsorship/Step Work; 3) Sharing with other addicts; and 4) Service. Without one of these, I become lost. For me, it takes all 4 working together to protect the serenity and balance throughout my world.
3. I'm learning how to love. While it's easy to say the words, it's a different story to put it into action. I'm learning that love is not always a feeling, but a commitment. I'm learning how to love other people when there is nothing in it for me, no reward! And finally, I'm learning to love myself.

Without Narcotics Anonymous, none of these miracles would have happened. I'm so grateful this for this program, for my HP, and for all of you!

-Josh G.