



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

**At the Friendship Center
746 Commanche Ave., Salina, Kansas 67401**

**SUBCOMMITTEE MEETINGS
Saturday, November 18th**

<u>9:00 am -11:00am</u>	Campout 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>	Potluck Thanksgiving Meal Gratitude Meeting Karaoke Idol Raffle & Auction (items needed)

**REGIONAL SERVICE COMMITTEE MEETING
Sunday, November 19th**

General business, motions, request for funds.

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



VOLUME 42

ISSUE 3

P.O. BOX 3534

SALINA, KS 67402

NEWSLETTER@MARSCNA.NET

FALL

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

Skate for Recovery

*On August 12th, the group
Too Young To Die held
their annual*

Skate for Recovery.

*As usual there were plenty of
addicts in attendance and the
event was a huge success.*

*Thank you for carrying the
message to those who need it!*



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

WEB MEETINGS With the move to the Zoom platform, web meetings seem to have gained in popularity due to the ease of participation and the ability to see attendees and offer discussion in small groups rather than them needing to type commenets and questions. The Board has facilitated two Conference participant web meetings, and a third will take place on 24 June 2017. In an effort to gather thoughts and inputs from Conference participants, we will focus the next web meeting on Future of the WSC—Strategy A. We also regularly conduct web meetings for

PR and H&I, which are next scheduled to take place in September 2017 because we have discovered that summers are busy for many with holidays and outdoor activities. NAWS facilitates the discussions, and the topics come from members involved in PR or H&I. Any member may join; simply provide your name and email address to either pr@na.org or handi@na.org. Even though face-to-face remains the desired method for communication, we are finding the Zoom platform for web meetings to be surprisingly effective. Continued on page 9

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There are open positions at the Region, at your Area, your home group...

In the spirit of giving what was so freely given to you, have you thought about stepping up? If so, give it a try. You might find that it is quite rewarding.



Happy NAversary
To all those celebrating
this last quarter!
Keep coming back,
we need you!

Functions Around the Region

Sept 1-4 GOL Back to Basic Campout; Wilson Lake	Oct 27 Unity Area Halloween Dance; Salina, KS
Sept 9 Larned Rib Feed; Larned	Nov 18-19 MARSCNA Salina, KS
Sept 22-24 Soul to Soul; Camp Chipawa, KS	Check the website for details ...
Sep 29-Oct 1 WMA Campout; Lake Afton, KS	
Oct 27 FFF Area Friday Fright Night; TBA	



The 7th Tradition Today

Narcotics Anonymous was founded in 1953 by grateful addicts with the premise that N.A. would be fully self-supporting, as stated in our 7th tradition, through member contributions.

In 1953

- A cup of coffee was \$0.10, today it is \$4.00; an increase of **3,900%**
- A loaf of bread was \$0.16, today it is \$4.34; an increase of **2,712.50%**
- A car was \$1,850, today it is \$33,000; an increase of **1,683.78%**

Today the cost of running a meeting is easily 1,000 percent higher than in 1953. For over fifty years a dollar in the basket has almost been a tradition. For the next fifty years of recovery put more than a dollar in the basket if you can.

If you can't put in more right now, that's OK!

KEEP COMING BACK!

A PRAYER OF FORGIVENESS -

Author known to God

"If I have harmed anyone in anyway either knowingly or unknowingly through my own confusions I ask their forgiveness. If anyone has harmed me in anyway either knowingly or unknowingly through their own confusions. I forgive them. And if there is a situation I am not yet ready to forgive, I forgive myself for that. For all the ways that I harm myself, negate, doubt, belittle myself, judge or be unkind to myself through my own confusions. I forgive myself."

Question for the Quarter...

What does the principle of PERSERVERSNCCE mean to you?

Topic for the Quarter...

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

Send your input to newsletter

@marscna.net.

Submissions must

be in

by August 1st.

WCNA 37 – "The Magic Is Still Real"

30 August through 2 September 2018

Orlando, FL, USA

Excitement is building, and we are almost ready to open pre-registration and hotel reservations for WCNA 37! We expect to go on sale sometime in September 2017. We will send out an email when we know the exact dates. Right now, we are busy finalizing contracts and making arrangements for what is certain to be a wonderful celebration of our recovery in Orlando, Florida. We are also working to improve the onsite experience for everyone who pre-registers; we hope better use of technology will speed up the process of picking up your packages.

There is another incentive to pre-register: We are planning a drawing for two full convention packages, including registration and all WCNA special event tickets (but not including pre-registration merchandise). All members who pre-register before the cutoff date will be eligible. There will be more specific details about this when we registration opens.

We do need to let you know that there was an incident in which one of the hotel chains may have given the impression that hotel rooms blocked at our convention rate were on sale by taking a small number of room reservations from NA members. This happened without our authorization or involvement. As we understand it, the hotel(s) are working to resolve this challenge. Please note that there are already outside websites or apps that are saying "book your hotel now" these are not from us. We will provide you with all the links to the official site when we go live.

We expect that we will go on sale without all the details worked out on some of the entertainment and special events, which is not unusual for a World Convention. We will add events as they become finalized, but you need not wait to register. Special event seating assignments are determined by the date of pre-registration. This means that the location of your seat for ticketed events is driven by the registration date, not by the date you purchase the tickets. The key to getting the best seats is to register early.

Information about WCNA 37 workshop and main speaker submissions and volunteer sign-up will be made available once we go on sale.

Also, we try to help members who need assistance with visas to enter the US. Please contact elaine@na.org for more information.

Again, we are working feverishly to get the details worked out as quickly as possible.

See you in Orlando!

I am writing to share part of my life with other's.

All I know is that I came from a family that did not use drugs or alcohol. I am adopted. I was adopted as a baby and knew that from the start. My dad died of lung cancer when I was 7, in 1968. My Mom knew she had to make a living for me and my brother who was also adopted. It was just us three for a few years. It was tough for my Mom being single. She became a Realtor and began selling houses in Wichita, Kansas. Things were not easy or a lot of fun. Life was always serious. My Mom started dating men from a Methodist's single group. After 5 years she met a man, married him and adopted his two children in 1972. He also adopted me and my brother.

He was an authoritarian type of man. In charge "do it my way or no way" kind of man. So much of an impersonal type that I have always called him by his first name never "dad".

I think it was a good deal for them financially to marry.

However we moved from Wichita to Hutchinson in 1975. I went from a 1,100 student population at Wilbur Jr. High to an elementary school in Hutchinson. Some of the kids didn't like the way I dressed or talked or acted. I was new and different. I did not fit in their typical expectations.

So to fit in and be popular I got a boyfriend and soon found out that it was ok for me to be with him because his

dad was a Dentist. So my folks trusted his integrity. But that didn't help me. I learned to deny real feelings. Soon thereafter came experimenting with drugs and then alcohol. This 8th grade boyfriend stayed with me until our Sophomore year of college.

All I had ever wanted was to be "special to someone". I did everything I could think of to be accepted and to fit in. To be liked and or loved. With all that came drugs and alcohol to survive. That relationship lasted from the time I started at 14 until I was 46. Lots of things happened and in 1986 I started my journey to recovery with being arrested for selling alcohol to minors in north central Kansas.

From that time until today I have had many times out and back into the program. Lots of trials. I finally decided on October 9, 2007 to stop everything I was doing and get real with me and my life. By the grace of God I have stayed clean for over 9 ½ years. I have had many sponsors in all that time and have worked my steps three times. I love my life, my recovery, my job today which is in Recovery also and am a sponsor to many beautiful women, I am a Wife, Mom, Grandma,

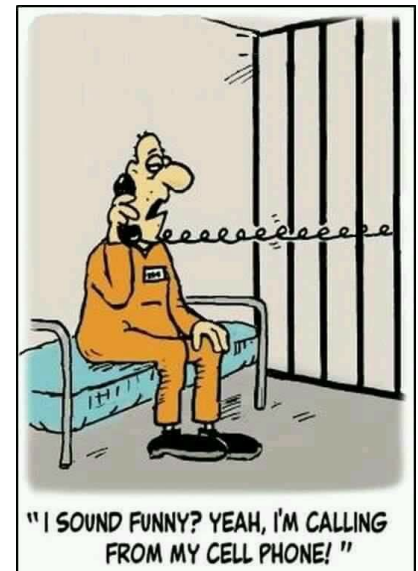
pretty much at all costs and had refused to resolve during all my years of suffering. In many instances, I had no clue that I could even resolve them or that resolution would help set me free. I looked to see where my shame was hiding - in any color and shade. I came to grips with it, rose myself up from those depths through squarely facing it and shining all the illumination on it that I could. I shifted my perspective. Things happen for me, not to me. I matter, regardless of what others may or may not believe. I chose to face, look deeply within, and discover all that there is to Elizabeth, no matter what. I did this and continue to do this gratefully with the elucidation of my Higher Power and with the guidance and support of others who have been on their own journey of discovery and know the way.

The square, whose lines are defined, is easily seen and understood, but there are other unseen parts of the symbol. The square base denotes Good will, the ground of both the Fellowship and the members of our society. Good will is best exemplified in service; proper service is "Doing the right thing for the right reason." When Good will supports and motivates both the individual and the Fellowship, we are fully whole and wholly free.

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WEB MEETINGS continued...

These web meetings offer the ability to communicate and share information, particularly in the small groups. Because there are many opportunities to participate, we hope that more members take part. Interested members can learn about upcoming opportunities at www.na.org/



Dr. Przekop taught me something I had never heard from the many pain specialists I had worked with for so many decades: we can heal from chronic pain. His methods were simple, swift, powerful, and did not require that I take life-sucking opiates and benzodiazepines. There truly was a way to live a life beyond the suffering of chronic pain and addiction.

When I left treatment, my doctor said to me, "Elizabeth – you are not just an addict in recovery. You are also a recovering chronic pain patient. They're different. Make sure you take care of both of them." I have spent my clean time working with both of these and learning the difference between the two. I believe they are fundamentally linked.

The definition of chronic pain is any pain, physical, emotional, or spiritual (they all send the same signal to the brain "it hurts") that is felt for 15 days out of 30 days for three months or more. My working definition for addiction is any behavior that you continue to do even though it brings negative consequences into your life. Please note that this definition says nothing about awareness. From this definition, I have come to the realization that I could easily be called a chronic pain addict. Pushing through life is a behavior that I did, and to this day continue to have to practice holding in check, that had negative consequences on my life. All those other behaviors I used to engage in just to 'deal with' life were all adaptive behaviors to stress, but knocked me right down into the hell of a long cycle of chronic pain. I was unaware for the longest time that these behaviors were ones I continued to do even though they had negative consequences on my life. These avoidance behaviors may have gotten me through the moment, helped me survive the moment, but they never helped me to resolve the cause that lay underneath all the avoidance behaviors.

I finally found the key to unlocking the door to the prison I found myself in – I no longer looked away from all that was inside of me that I had tried to ignore, deny, repress, distract myself from or numb out. From my first day clean, I have been on a long journey inward. This is my final frontier, the great undiscovered country of Elizabeth. I had to learn to surrender to all that was living inside of me.

Captivity is a mentality. It was a thing I carried with me. It's hard to understand how confusing freedom is when you have been a prisoner for so long. It's hard to understand how hard it is to grasp that you even have choice, that you can act. It's hard to understand how unimaginable the sun is if you've been living underground for years. Herein lies the crux of the matter for those of us when we are caught in the grip of active addiction. Look at the courage and the extraordinary force it takes to break out of the inertia of being such a prisoner for so long and the action that one must take to change the momentum, the course of one's trajectory, from the unimaginable to the exquisite knowing of real freedom. Surrender is truly a super power and our Higher Power is always listening and at the ready to lift us back up to the sun. We need only bow and ask, but bow and ask we must.

Within this space of bowing to what lives inside of us and to the guidance of my Higher Power lay the wherewithal for me to resolve the longstanding issues that I tried to avoid

daughter, sister and a friend.

Many people say I am a hard sponsor and that just may be true. All I know is that I am real. And when the past hurts bad enough and mine sure did, it made me not ever want to go back to that way of living EVER AGAIN. I AM VERY GRATEFUL for the path God put me on today.

I have realized in all these years that I had to see my part of all relationships, to forgive those who hurt me and for myself for every situation that occurred.

I have learned to put God first in my recovery on a daily basis. That's when things began to change. I am blessed to have a wonderful husband and a beautiful normal life today.



***"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."***

From the Editor...

Hey everyone...

This quarter I received a couple stories, thank you! I was grateful... we still need to keep the stories coming though.

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.

My Addiction Story – We Can Heal from Chronic Pain:

Addiction feels like we have grabbed a tiger by the tail and cannot remember to let go.

My name is Elizabeth. I am a recovering chronic pain sufferer and an addict in recovery – in discovery. My addictive behavior ranged all over the map, covering anything that helped me divert, distract, avoid, numb, push through, deny...whatever it took to not feel the moment I was experiencing. I had such a hard time accepting life the way I perceived it. I felt shame on so many levels. I felt powerless over the physical and emotional pain I felt. I felt spiritual pain because I felt that on some level my Higher Power was punishing me, even though I was doing the best I could to cope with my circumstances. I did not feel seen nor heard, certainly not valued for who I truly was, and I sure didn't feel worthy. Why would I even want to participate in such a life? I escaped the best I could. In many ways, I could not escape. I did not see that ultimately, I had the key to the prison I was in.

Yes, you can move through the suffering of chronic pain and the dis-ease of addiction, despite whatever you are telling yourself. I had to change what I was saying to myself. I was telling myself that I could never live any other way. Then I changed that to: "How can I find a life outside or beyond a life of suffering and taking drugs to cope?" That question was the beginning of such a cascade of events that charted the course straight out of chronic pain and active addiction for me. I was an opiate and benzodiazepine user for over three decades. In the end, I discovered that these drugs themselves were contributing to my pain, anxiety, and most certainly to my addiction.

I took these prescription medications under the orders of doctors who assured me that the only way to treat the pain was through taking these drugs. Two years into taking opiates and benzos to try to dim my chronic pain, a doctor told me, "You will be in an intensity level of seven out of ten pain, twenty-four hours a day for the rest of your life. You have to take these medications." This doctor convincingly handed me a life sentence and never looked back. I was crushed. Here I had a two-year-old baby, I was in an early marriage, and had a career path I was charting in environmental studies. Suddenly I felt like my whole life as I knew it was over. I began to cry uncontrollably and didn't stop crying for two weeks. What kind of mother would I ever be to my son? How would I ever be an adequate wife to my husband? What about all the years I invested in study at university to become skilled in my field? Life took on a strange, scary, and hopeless mood. I felt lost in the pitch black of a small closet, with no

key, and I couldn't find a door to put a key in if I had even had one. I felt lost in this dark closet. I had a knowing inside of me, graced by my Higher Power, that there was a light somewhere. I had only to keep looking to find it. I continued to search the darkness, day and night, crying all the while. "Where is the light? I know it's in here somewhere. Please - help me find it!"

After two weeks, I finally discovered the light. It came in the form of an epiphany. My training in science finally asserted itself and brought this whole situation into focus for me. I realized that my doctor had made a mistake. I realized he was not a fortune teller. My doctor was operating within a scientific framework. He had forgotten his own training to an extent. In science, we work in probabilities, not the black and white, no matter how much we want things to be concrete. The honest and more accurate statement would have been, "Our studies to date show us that the probabilities are that your pain will stay at the intensity level of seven out of ten, twenty-four hours a day for the rest of your life." If he had said this, he would then have left room for a ray of hope for his patient. Yet he did not. He left no space of hope for me at all with his pronouncement. Furthermore, he forgot the setting within which the whole framework of science operates. Science is governed by phenomena that are measurable. Science has no comment beyond pure speculation about anything outside of the measurable. However, we live in the All That Is, both the part of the universe that is measurable, known, and that which is unknown. I realized I lived in a much larger space than that which my doctor was referencing and that the possibilities were far vaster than he realized. When I envisioned this understanding, I felt suddenly freed of the doctor's life sentence of pain and medication. I still had pain, but from that moment on, I moved out of feeling victimized and felt empowered. I was a part of the power of the universe. I had a strong knowing that there was a way out of the pain and the medication. I only had to find my way through and I felt strongly that I would be led and guided along the way. Here's the piece I felt that was critical at this point for me: I decided to take 80% of the responsibility for my healing and leave the other 20% to the health care professionals. A doctor can set a bone, but a doctor cannot tell the body how to heal. I felt that I needed to learn how to help my body to heal itself.

I looked and looked for a solution. The years passed by as I added acupuncture, massage, yoga, meditation, reiki, and a panoply of other alternative healing modalities to my life. Each had an effect, but I still could not find a way out of pain or the sickening cycle of taking these drugs every day. Finally I was so sick that I weighed 80 pounds and felt that I was going to die. I begged my Higher Power for help out of the hopeless prison of suffering I was in. It was shortly thereafter that I met Dr. Peter Przekop and went into his Pain Management Program. I walked in carrying a lifetime of pain and deep in the depths of addiction. Fifty-two days later I walked out clean and pain free.