



**MID AMERICA
REGIONAL SERVICE COMMITTEE
2018 FEBRUARY QUARTERLY MEETING**

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

SUBCOMMITTEE MEETINGS Saturday, February 17th

<u>9:00 am -11:00am</u>	Campout
<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>	Convention
<u>8:00 pm</u>	H & I Fundraiser \$5/person or Soft Cover Basic Text Speaker Meeting (Andrea P. & Craig P.) Dance & Sweet Treats Contest Raffle & Auction (items needed)

**REGIONAL SERVICE COMMITTEE MEETING
Sunday, February 18th**

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



**Mid
America
Newsletter**



**VOLUME 42
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P.O. BOX 3534
SALINA, KS 67402
NEWSLETTER@MARSCNA.NET

**WINTER
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



Soul to Soul 2017

Unplug... Know Retreat, Know Surrender

You know that you are at an NA function when you pull up and see three cars lined up with plates that say “TYHPNA”, “CLNFRK” and “JST42DA”. Well, that was only three of the personalized plates that were witnessed at this years Soul to Soul Retreat in Ottawa. There were a couple others, but didn’t get a shot of those, sorry!

Unplug, Know Retreat, Know Surrender was a fabulous time had by all who attended this years retreat. It had an overall attendance of 43 addicts (continued on page 6)

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

Ongoing Web Meetings Next PR web meeting 7 September at 4:00 pm PDT

Next Inmate Step Writing web meeting 6 September at 3:30 pm PDT

NA World Services facilitates discussions on topics identified by members involved in PR or H&L. Any member may join; simply provide your name and email address to either pr@na.org or handi@na.org.

More information on web meetings www.na.org/webinar

Issue Discussion Topics This cycle's topics are Atmosphere of Recovery in Service, How to Use Guiding Principles, and Applying Our Principles to Technology and Social Media. Workshop resources are at www.na.org/idt. If you hold a workshop, please send your results to worldboard@na.org! what can I do? ways to get involved in the work

You can find the complete NAWS News here: www.na.org/newsnews

Important dates and announcements **The Rundown** **World Service Conference** 29 April–5 May 2018 These dates and many

Responsibility

Whenever anyone wants freedom from active addiction, I want the open arms of Narcotics Anonymous to be there with a hug. As an NA member, that is my responsibility.

related deadlines are in the introduction to A Guide to World Services in NA, at www.na.org/conference. **RBZ Deadline** 31 October 2017 deadline for regions, zones, and World Board to forward candidates for consideration by the Human Resource Panel. **English Conference Agenda Report** available 29 November 2017 **Translated CAR** available 29 December 2017

Projects Conventions and Events: We're finalizing a draft of Program for delegate review and WSC discussion and decision. Our next piece is Money Management. Sign up for next web meeting and project news: conventions@na.org.

Local Service Toolbox: We're finalizing a draft of CBDM Basics for delegate review and WSC discussion and decision. Our next piece is Serving in Rural and Isolated Communities. Sign up for web meeting and project news: toolbox@na.org **Literature**

Projects: Info and updates are available on a mental health/illness IP (www.na.org/mhmi) and a meditation book (www.na.org/meditationbook). We continue to welcome your ideas on either project: worldboard@na.org.

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Calling All Convention Goers....

Enter for your chances to win...

2 NIGHTS (FRI/SAT) @ HOTEL

AND 2 REGISTRATIONS (REG ONLY)

\$3.00 per ticket

Tickets available until March 15th...

Do not have to be present to win.

Drawing 3/18/17

Contact Michelle at 785-383-2928 or convention@marscna.net for information

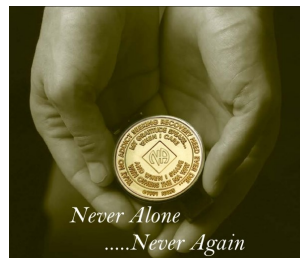


Over the weekend, this addict was reminded of many ideals and practices that were not being put into practice. That is something that will be changed in the future, just for today. There were friendships rekindled, new ones made and peace restored. Thank you HP and the committee for allowing me the opportunity to be a part of such a beautiful and transforming weekend! I am grateful and renewed in spirit and faith! Maybe we will see you next year on September 21-23, 2018 to get your spirit filled!

- Anonymous



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



Topic for the Quarter...

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

Question for the Quarter...

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

Functions Around the Region

- | | |
|------------|--|
| 11/25/17 | Freebirds Thanksgiving Dinner
2 pm; Independence , KS |
| 12/2/17 | 12 Principles of Recovery
6 pm; Berryton, KS |
| 12/16/17 | Blue Ball Ball
4 pm; Newton, KS |
| 12/31/17 | Phoenix NYE Dance
5:30 pm; Salina, KS
FFF Area NYE Dance
6 pm; Topeka, KS |
| 4/27-29/18 | MARCNA XXXV
Topeka, KS |



*“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...

The MARN is a quarterly newsletter that is circulated on the 3rd Sunday of February, May, August and November. All submissions for the newsletter must be turned in on the first day of those months.

This quarter has been challenging once again. The help I asked for did not come through for one reason or another... but just for today, I got help from my HP. Thank you to those submissions I did receive!

If you would like to share a story, poem, or anything recovery related, please feel free to send it to the email address listed below. Your name does not have to appear either—your choice.

Have a great quarter—see you in February!

The email address is
newsletter@marscna.net.

Thank you for the opportunity to serve!

In loving and humble
service,

Michelle C.

NO LONGER

I am alive and I am well
No longer living in hell
No longer living a lie
No longer needing bail

I an alive and I am free
Becoming who I need to be
No longer wanting to die
No longer living in misery

-Justin C.

WITH YOU

I hope to share with you
each year, heart to heart.

I search to soar with you
each day, spirit to spirit.

I learn to love with you
each minute, soul to soul

I desire to walk with you
each second, hand to hand.

- Michelle C.

To let go doesn't mean to stop caring, it means I can't do it for someone else.

To let go is not to cut myself off, it is the realization that I can't control another.

To let go is not to enable, but to allow learning from natural consequences.

To let go is to admit powerlessness, which means the outcome is not in my hands.

To let go is not to try and change or blame another, I can only change myself.

To let go is not to try and change or blame another, I can only change myself.

To let go is not to care for, but to care about.

To let go is not to fix, but to be supportive.

To let fo is not to judge, but to allow another to be a human being.

To let go is not to be in the middle arranging all the outcomes but to allow others to effect their own outcomes.

To let go is not to be protective, it is to permit another to face reality.

To let go is not to deny, but to accept.

To let go is no to nag, scold or argue but to search out my own shortcomings and correct them.

To let go is not to adjust everything to my desires, but to take each day as it comes, and to cherish the moment.

To let go is not to criticize and regulate anyone but to try and become what dream I can be.

To let go is not to regret the past, but to grow and live for the future.

To let go is to fear less and love more.

-Anonymous

The 7th Tradition states that we are self-supporting. Have you thought about all the aspects of being self-supporting through your own contributions? Do you give to the basket, do you give rides, do you talk to the newcomer, do you sponsor, do you step up when you are needed... food for thought.

Are there are open positions at the Region, at your Area, at 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.

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!

THANKFUL

A holiday from the pain,
Is a worthwhile gain.
The hurt was always in the way,
To see the light of day.
Restore me from insane,
While tears fall like rain.
Soft words are what I pray,
Thankful you didn't leave me that way.

- Jeri M.

To The Power of The Spirit of Step 11

The silent stirring of new life within me
Fills me with and inner strength.
The strength is good;
And it comes from a place
Deep inside my being
That has only been reached
In the depth of ego-death.
This power I trust;
This is the power
Of love and compassion
The world cries out for.
The veil of illusion
Lifts slowly and reveals
The direction of my path.

UNITY

In the First Tradition we learn about personal recover depending NA unity—our common welfare should come first. I hope over the coming season and into the new year it brings our groups, areas and our region closer together; working as one for the common good of one addict helping another.

Happy
NAversary

To all those
celebrating

this last
quarter!

Keep coming
back,
we need you!

**Spiritual Principles**

Surrender
Freedom
Honesty
Open-Mindedness
Hope
Peace
Willingness
Faith
Trust
Commitment
Courage
Gratitude
Joy
Humility
Perseverance
Acceptance
Understanding
Growth
Patience
Tolerance
Responsibility
Compassion
Forgiveness
Selflessness

NO MATTER WHAT

Looking back at who I was
I hated life, just because

I thought that I was a victim
Breastfed addiction & venom

Always tension & all of theses symptoms
All of this twitchin' from the twistin'

Thought I was free but I was imprisoned
Had no vision & had no ambition

I had to literally die
But somehow I survived

Put a noose around my neck
And cashed my reality check

Then something strange occurred
My vision was no longer blurred

I saw the entirety of the universe
Found out that I could break the curse

And I know that its gonna be a war
To escape the monster from before

But that monster is no longer me
I will not live in that misery

Everyday just a day at a time
And I will take back the life that is mine

Everyday just a little progress
And I will find success

Behold underlined truth but
Be a good person no matter what

- Justin C.

with 18 men and 24 women and 16 of them being “virgins”. For those of you who don’t attend, that is our nickname for our first time attendee’s. We all get a good laugh out of it, especially our first time attendee’s! Friday kicked off about noonish with the committee and attendee’s rolling in with baggage and bedding. Cell phones were turned off and left in the cars; what a concept, huh? Believe it or not, you saw some interaction on Friday a little, but after that no more! Friday night’s kick off meeting around the campfire at sunset was awesome! We introduce ourselves, say where we are from, how many times we’ve attended and what we hope to get out of the weekend. There was such a wide range of hopes and wishes for the weekend. Plus we had a great deal of representation from the southern part of the state for the first time and we even had people from Oklahoma!!! That was a real treat!! So as the Friday meeting went on the tales of dancing around the campfire naked at midnight, and getting lost in the corn maze and don’t forget about getting spooked in the cemetery! There was lots of laughter, smiles and even a few



tears shared. It was a beautiful beginning to a peaceful weekend retreat.

After the meeting all the addicts went on to do something fun or chose to hit the hay. There were about 7 people playing Quelf, and as you can see in the lower left corner... it got crazy! There was conversation, dessert, and some card playing too. What a great kick off!

The next morning as I arose, there were a few people in the kitchen getting everything ready for breakfast. There were people hanging out in their pajamas drinking coffee. People rushing to the shower to get ready for the day and people waiting for the awesome breakfast Jan and team were making.

At about 10 am a group of us went to the stables to participate in riding horses. We were equipped with boots and helmets, and we looked absolutely silly! We were led by our guides James, Jesse and Bud. We mounted up and took an hour

long ride around the grounds. It was peaceful and serene; being at one with nature. A great start to a beautiful day!

Then we all had free time until 2 pm when the men’s and women’s meetings started. Let me tell you, this is the most powerful meeting of the weekend! Well at least it is for this addict. We all share about the year gone by or a specific topic that the chair wants to hear about; at the women’s meeting. Not sure what the men talk about.

After the men’s and women’s meetings there was a little time before dinner and the infamous hayrack ride. On the ride, driven by Jacob, most of the virgins went on the first ride and then the repeat soul to soul people on the second. Again, another item on the checklist that did not disappoint. The ride is always around sunset and is a sight to see!

After dinner was the surprise speaker meeting. We had a male and female speaker. They both were great! They had a great message and were well received.



Then after that, was fun and games Saturday night! That was exactly what it was too! When you walk in the hall, there were multiple card games of all kinds. Then there were people taking walks in the dark through the trails and corn maze, people in groups talking and then there were also those who turn in early as not to upset their natural balance. Most people stay up late on Saturday and burn the midnight oil; just like at convention.

On Sunday, I woke up before the sun and watch it rise over the corn; what a sight to see. We all then kind of scrounged around for leftovers for breakfast. Then all the hands of the soul to soul crew of 2017 started to pack and clean up. Finally at about that time, we all headed to the fire pit for the closing meeting... where we all shared our joys and triumphs of the weekend. There were tears shed, laughter had and many stories shared about what a wonderful and fulfilling weekend each and everyone of us had. (go to pg 8)