



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

**Marquette Elementary School
310 Swedonia Street, Marquette
(Park on 4th or Walton, Enter thru Playground)**

**SUBCOMMITTEE MEETINGS
Saturday, November 17th**

<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

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

General business, motions, request for funds.

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



**Mid
America
Newsletter**



**VOLUME 43
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**P.O. BOX 3534
SALINA, KS 67402
NEWSLETTER@MARSCNA.NET**

**FALL
2018**

“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

90 Days Clean

Today makes 90 days clean...

It has not been easy if you know what I mean...

There hasn't been a single day I wanted to get high ...

But almost every other one I wanted to die...

I feel like there is something missing inside my head...

I was so, so close to being dead...

Meth is evil, it takes everything you love...

Then stands over you laughing from above...

Its taken a while but I'm starting to feel good...

And I know if I just did the next right thing, it surely would...

I think the worst is over and blessings are in store...

I'll take another 24 and keep coming back for more.

- Eric B.



“What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.”

Basic Text pg 68

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 comments 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.

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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 12-14 Miracle Area Fall Campout; Clinton Lake	Check the website for details ...
Sept 22-24 Soul to Soul; Camp Chipawa, KS	
Sep 29-Oct 1 WMA Campout; Lake Afton, KS	
Oct 27 FFF Area Friday Fright Night; MWBR ...	



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."

If there is anything that you see in the newsletter that peaks your interest or you would like to comment on, please feel free to send it to the newsletter editor. The email address is listed below. Thank you!

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

Projects for 2018–2020

All the projects proposed at WSC 2018 were supported by the Conference. A description of each project is included in the 2018 Conference Approval Track material, which is posted at www.na.org/conference. We anticipate the approved face-to-face projects will cost a total of approximately \$300,000 for all projects identified in the CAT. The face-to-face projects will be complemented with virtual meetings. We also have five projects and two periodical workgroups that will solely be meeting virtually. The Business Plan group and the WCNA 37 workgroup will also have face-to-face meetings. The six virtual workgroups that we committed to during the conference are FIPT Operational Rules and Bulletins, Delegates Sharing, WSC Seating, Audit Committee, Reaching Out, and The NA Way Magazine. The deadline for submitting names for workgroups has passed; it was announced at the Conference and e-blasted to over 150,000 contacts that names and relevant information were needed by 1 June 2018. Our first Board meeting this cycle is in June. We look forward to having more information about projects after that time.

Publications

Subscriptions to NAWS News, NA Way Magazine, and Reaching Out are trending up. With electronic publication of our recovery literature, some folks have expressed that this may affect our income, but this has not been demonstrated to date. While the popularity of electronic literature has been on the rise, it hasn't seemed to have a significant impact on our printed recovery literature sales. Paper costs and the economy will always have an impact.

Audio Literature

Another topic on which we have previously reported is that we are working toward making audio versions of the Basic Text available at no cost on our website rather than trying to use a commercial portal. We believe this is the only way to meet the demand for audio versions of our literature. We will keep you posted as these efforts proceed and as audio versions become available.

What Has Service Done For You

First for me it gave me a sense of belonging and being a part of. A chance to give back. Taught me responsibility and commitment and accountability. Today if I can't fulfill a commitment I will not make it. It has also kept me humble that I don't know it all and I'm still open-minded to learn, or change the way I do things. Being of service has also expanded my NA family like just here in Kansas, there is probably not a place I can go and not know someone I've met doing service work. It's a good feeling walking into an NA meeting and be at home and they know you're and are glad you're there instead of oh shit here they come again. Service is not my recovery; it has enriched my recovery. Being of service as at times kept me clean. Today I give back instead of just taking. I have learned so much about the fellowship and NA as a whole. I'm so grateful to be a small part of this world wide, life saving fellowship. NA I owe you my life. Service has opened more doors in life as well, I'm responsible to my employer, they ask me to do jobs knowing they will get done; even ask my advice. NA has truly given me a new and better way to live but it all took work to get where. It took me a while to find that balance in my life (being clean around 7 years), but I did it really only after my youngest daughter wrote me a letter saying; "she was happy and proud I'm clean, but I still was not really there in her life." That hit me hard in the heart but she was right so today I can and will say no - I can't do that at this time. I put this challenge to you out there to do the same thing that has read this submission; what service has done for you?***

Still in loving service,
Allan B., Newton H.O.W.
clean date 8-7-93

****Responses to this will be published in the November issue*

Honesty - Open-mindedness - Willingness

recovery, cause you can only keep what you have by giving it away!! And I also believe if I gave back every minute of every day for the rest of my life I could never repay all the gifts this program has given me!! Life is so much better than I ever dreamed it could be, thanks to Narcotics Anonymous!! Love & Hugs, Flo H. 12-7-01



Courage...

What is courage? Well the definition is the ability to do something that frightens one. I hear in a meeting the other day that courage is the fear that had its prayer answered. To me courage is just waking up and being willing to do the best you can that day and just not use. Courage is when you just want to die, but you drag yourself back to the only thing that can possibly save your life ... a meeting of Narcotics Anonymous.

My First NA Meeting!!

I remember walking in to my first NA meeting in early February 2002 on Cherry Street in Independence, Kansas. My clean date is 12-7-01, saying that I will tell you that staying clean from December to February was the hardest thing I've ever done in my life!! I really didn't realize just how hard it was staying clean alone until I came to meetings and found the people and tools that make staying clean much easier, and also fun!! My best friend, (who I used with for many years) & our friend (who was our cook) took me to my first meeting and I remember thinking this could never work, but went anyway!! When I walked into the meeting room there were several people talking and laughing and they hugged me and told me to keep coming back. And it was those hugs that saved my life and allowed people to break down the walls I had built to protect myself from getting hurt or being vulnerable. Even with that I started looking for the differences and I found them!! My using wasn't as bad as the few I knew there, and there was a lady there who kept getting my boyfriend thrown in jail (disregarding the fact that he wasn't paying child support) she was the one ruining our beautiful life!!! Right? I learned from all those things that NO MATTER WHAT I needed to keep going to meetings and listen to the experience given freely that will save my life!! I do believe that giving back to this beautiful program is vital for ongoing

JUST FOR TODAY

From the Editor...

Just for today, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

Just for today, I will have faith in someone in NA who believes in me and wants to help me in my recovery.

Just for today, I will have a program. I will try to follow it to the best of my ability.

Just for today, through NA, I will try to get a better perspective on my life.

Just for today, I will be unafraid. My thoughts will be on

my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

Basic Text pg 100



*"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."*

Hey everyone ...

This quarter I received 3 submissions, thank you! I was grateful... we still need to keep the submissions coming though.

Also this newsletter is a trial for our new e-letter. This quarter we are emailing, putting up on websites and announcing that we have gone to the web in an effort to be more cost effective and go with the times that are changing. Please give us your feedback!

I need to make a retraction about a piece that I thought our RD wrote in the last newsletter. I am not sure who wrote it, but it was not Rod. My apologies.

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 L.

Just For Today

Meeting Etiquette

Danger! Reading this might help you enjoy your meeting and improve your ability to carry the message to the still suffering addict. Narcotics Anonymous offers us many tools to use in our recovery; most important are the steps and traditions. However, the “glue” that hold our fellowship together is the NA meeting, the place we gather to share and learn and grow. Our meetings should offer fellowship, a safe haven for addicts and a sense of welcome to the newcomer. Ultimately, every meeting’s first priority should be recovery. Everything else is secondary. The “we” of NA is made up of a whole bunch of “you’s” and “me’s”. Our behavior can make or break a meeting. With this in mind, I offer this “thumbnail inventory” of Meeting etiquette. Ask yourself these questions for a look at your own meeting behavior. Maybe there is something you can change to make NA a better place.

1. Do you respect the meeting enough to get there on time and stay in your seat until the end?
2. Do you interrupt the meeting with chatter?
3. (Smokers only) Is having a cigarette break so important that you interrupt the meeting to have it? Do you ever miss part of the meeting because of it?
4. Do you listen to the readings, or do you “tune them out,” maybe even start talking?
5. Do you listen to the NA announcements? If you’ve heard the same one ten times, do you think that everyone has?
6. Do you ever walk into a discussion group late, share, and then leave? Do you give others the same attention and respect that you believe you deserve?

7. When the collection for the 7th tradition begins, is this an important part of the meeting for you or a cue to start talking to your friends? Picture this...A newcomer hears the chairperson say, “We have no initiation fees or dues...”but misses the rest because the room breaks into conversation. Meanwhile he/she sees people putting money in a basket and passing it around the room. What would you think?
8. Do you shout out your own additions to the steps and traditions readings?
9. Is your meeting facility as clean after the meeting as it was before? If not, why not?
10. What are you doing to make the meetings you attend better than they would be without you?

Just like recovery itself, being complacent about our meetings can be a very dangerous thing. It has been sad to see meetings close over the years in this area for no other reason other than lack of meeting etiquette. It is our duty to provide the best meetings we can, both for ourselves and for the addict who will be arriving later today, tomorrow or the next day.

Remember our Fifth Tradition! BK

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