



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

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

**SUBCOMMITTEE MEETINGS  
Saturday, August 18<sup>th</sup>**

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

**REGIONAL SERVICE COMMITTEE MEETING  
Sunday, August 19<sup>th</sup>**

General business, motions, request for funds.

**MEETING STARTS AT 9:00 a.m. and finishes when done**



**Mid  
America  
Newsletter**



**VOLUME 43**

**ISSUE 2**

P.O. BOX 3534

SALINA, KS 67402

[NEWSLETTER@MARSCNA.NET](mailto:NEWSLETTER@MARSCNA.NET)

**SUMMER**

**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***



***Miracle Area  
2nd Annual Spring Clean  
Campout***

Campout season got kicked off in style with the Miracle Area's 2nd Annual Spring Clean Campout at Clinton Lake over the weekend of May 4-6, 2018.

There was a lot of fun had by kids of all ages! Friday was a day of setting up, grubbing and

meetings. Saturday, however, was a day full of games, fun and adventure. The morning was greeted by a beautiful sunrise over camp and early risers getting up to make coffee and breakfast for all. Then it was on to a gratitude meeting and then the games began! The horseshoe tourney started and boy was it a fun time had by all. It lasted about three and a half hours, and the battles were tough, but eventually 2 teams emerged as our 1st and 2nd place team. You'd be interested to know the 3rd place team was a couple of girls... hehehe. But that was not all that was going on. The other kids, of all ages, were playing in the sand, going to the beach, tie-dyeing, playing with squirt guns (and the hose) as well as a host of other things. What a fabulous day. Then came

*See page 10 ...*

*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

There are probably lots of things to read about since the closing of the WSC 2018. But instead, here are some words from our Alternate Regional Delegate...

Thank you for joining us this week on our flight to Serenity.

We will be traveling at an altitude of approximately 3 to 10ft (I know we're all familiar with being higher). You're in good hands today as we have a seasoned veteran in the cockpit God.

We ask that you have worked your steps and your "baggage" is safely stowed for the duration of the flight. Once we reach cruising altitude, feel free to roam about the cabin.

When you are in your seats, we ask that you keep your seatbelts fastened for your safety.

*continued on page 9*

## *Inside the MAN...*

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### **Place of Dark Despair**

*(to the tune of "House of the Rising Sun" Animals version)*

*There is a place of dark despair  
My mind too often goes  
Where out my spirit hope serene  
Like crimson life-blood flows*

*A child pure and innocent  
I was so long ago  
No care had I save dance and song  
No pain did ere I know*

*I grew to full and stood aloft  
The world within my hand  
Then lust for pleasures of mind and flesh  
Brought low my ambition grand*

*I fell from life on Easy Street  
Descended into ruin  
As powerless over drink and smoke  
As over needle and spoon*

*My life became a tangled web  
Of lies deceit and shame  
I was left an empty soul  
With naught but self to blame*

*By Grace I found a fellowship  
Of addicts just like me  
A crucial choice I've now to make  
'tis death or recovery*

*It's every time I roll those dice  
There's no way I can win  
I get one roll and I bet my soul  
And I have to roll thirteen*

-Ed B.

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.

Basic Text, pg xv

\*\*\*\*\*

Complete surrender is the key to recovery, and total abstinence is the only thing that has ever worked for us. In our experience, no addict who has completely surrendered to this program has ever failed to find recovery.

Basic Text, pg 90

**Take my will and life,  
Guide me in my recovery,  
Show me how to live!**



the volleyball tournament... it was a blast! Of course Topeka and Lawrence were head to head with the competition. There is a silent but known rivalry between these two cities and this volleyball game and who wins each time. Topeka has won the last three times; Lawrence was ready and hungry for the win. So Lawrence put together 2 teams to go against Topeka this year. But when all was said and done... Topeka still came out on top. There is always the regional campout! Just keep coming back! The rest of the day was filled with a fabulous dinner, a great raffle and auction, a kicking speaker, a great kids movie and then a great campfire meeting with a little fire entertainment in the wee hours of the night.

Overall the first campout of this region was a success! It was a great time had by all; even the kids. Plus the weather was absolutely perfect! Thank you HP for all the fellowship, great weather, good food, new friends in recovery, full hearts and souls, but most of all the opportunity to carry the message to the newcomers that attended their first campout and find peace and serenity in the woods.



Permission given for newsletter article.



## Recovery

### A Family Affair

#### MID AMERICA REGION

#### 39th ANNUAL CAMPOUT

#### Chautauqua Park

#### Beloit, KS

July 6-8, 2018

#### ***ABSOLUTELY NO...***

*Pets, Fireworks,*

*Campfires -*

Bring your own grill

*(Auction & Raffle Items Needed)*



## Functions Around the Region

- 5/25-27 HOW Pre-Campout Campout  
12 pm, Harvey Cty East
- 6/1-3 Freebirds Recovery Fest  
12 pm; Independence, KS
- 6/9 Campfire Meeting (WMA)  
Wichita, KS
- 6/9 CKA Painting Event  
Salina, KS
- 6/8-10 Gift of Life Campout  
Lake Afton, KS
- 6/15-17 Western Area Campout  
Meade State Park, KS
- 6/22-24 Phoenix Group Campout  
Kanopolis Lake, KS
- 6/23 Day in the Park (Miracle Area)  
11 am, Lawrence, KS
- 6/23 Living Clean 5th Anniversary  
4pm; Wichita, KS
- 7/6-8 Regional Campout  
Chautauqua Park, Beloit, KS
- 7/14 NA @ Mission Festivities in the  
Park; 11 am, Topeka, KS
- 7/21 FFF Outreach Pig Posse Party  
Fairview, KS
- 9/21-23 Soul to Soul  
Camp Chippewa, KS

Check the regional website for details ...

*"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 was another challenge for me. With the convention being so late in April and the newsletter needing to go to print shortly thereafter, I will not lie, I got it done in the nick of time for printing.

I pulled some old poems from my newsletters "The Clean Times" in the 1990's when I was the editor to fill in some space that was empty. I think the items I chose were pretty good.

I actually asked a question and then elaborated on it myself, hoping that someone would share their experience too. Please do!!!!

Write to the newsletter PLEASE! I would love to hear from you! That email address is newsletter@marscna.net.

Thank you for the opportunity to serve!

In loving and humble service,  
Michelle L.

Send your input to

newsletter@marscna.net.

Submissions must be in

by August 1st.

## From MARCNA XXXV...

A fellow addict passed around a book at MARCNA to get some points of view at the convention this year while we were in Topeka, Kansas at the beautiful Ramada Inn Downtown. Some of them were pretty cool and she was happy to share them with us. Thank you for that... always great to get a hope shot and inspiration!

Hi, my name is Sherri. My clean date is 4-15-15. I am from Lawrence, Kansas; Miracle Area of NA. I love conventions and campouts! This is my second MARCNA. I have only been to one other convention when the Miracle Area had one in Lawrence, Kansas. I have been to every Miracle Area and Region campout since my clean date. I hope to venture out to others soon! I am working on my 9th Step. In finishing my 8th, I had some old resentments and new resentments come about. In working on acceptance and forgiveness with others and myself. I am working on my social skills not being avoidant.

Stay here :) Love, Sherri G.

Practice the principles even in the affairs we don't want to, that's where the real spiritual growth comes in at. JD 10-12-14

Always remember people may fail you, but the program never will!

Best in recovery! Cindy D.

*I got to First Step 8-15-17. I still remember my first outside meeting at Lotta Soul, you shared at this meeting and I remember telling myself, I want and need what she has. You are an inspiration to me and your words captivate me everytime you speak. I am coming up on 9 months in less than 2 weeks and you have been a huge part of that Sherri. I look forward to us having many more birthdays together! You are such an amazing person! I love you!* Jess T.

In the event of turbulence, the "feelings" light will come on, do not panic Sponsors will drop from the overhead compartment automatically. Please engage them, breath normally & work the steps or simply call them and ask for help.

If you're traveling with a newcomer, please work the steps first before putting the program on them. If for whatever reason we have to make an emergency landing over the "sea of confusion" There are Basic texts located across the hall. Remove them from the plastic simply open them. They are a great floatation device.

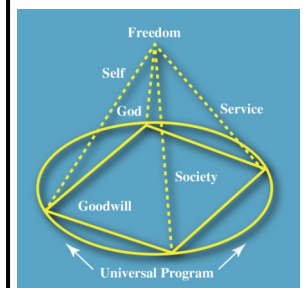
We have a new piece of safety equipment on board today. We have life preservers that are manufactured by a company called "ego". We have found that.

this piece of equipment actually works better when you do NOT use it. It may, however, automatically deploy. Once again, I cannot stress this enough, please do not use the ego. Nothing is more dangerous in an aircraft than an inflated ego.

If you notice that one of your fellow passengers has accidentally deployed their "ego", please point it out to them, but note "their first response may be defensive". We are delighted to have you on board. Please put your chairs in the upright position, & fasten your seatbelts in preparation for take off. Thank you for flying WSC airlines and we sincerely hope you have a great flight.

Rod D.

**It is the four pyramid sides that rise from the base in a three dimensional figure that represents Self, Society, Service and God. All rise to a point of Freedom. All parts are closely related to the needs and aims of the addict who is seeking recovery, and to the purpose of the Fellowship which is making recovery available to all. The greater the base, the broader the sides of the pyramid and the higher the point of freedom.**



### ***A Vision for NA Service***

**All of the efforts of Narcotics Anonymous are inspired by the primary purpose of our groups. Upon this common ground we stand committed.**

**Our vision is that one day:**

- ◆ **Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life;**
- ◆ **Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service;**
- ◆ **NA service bodies worldwide work together in a spirit of unity and cooperation to support the groups in carrying our message of recovery;**
- ◆ **Narcotics Anonymous has universal recognition and respect as a viable program of recovery.**

**Honesty, trust, and goodwill are the foundation of our service efforts, all of which rely upon the guidance of a loving Higher Power.**

\*\*\*\*\*

**The Service System Project has some very interesting information on NA.org. The link below will lead you directly to the page you want to be.**

**We are a Vision of Hope, let's shine!**

**[https://www.na.org/?ID=LR\\_SS&ID=LR\\_SS](https://www.na.org/?ID=LR_SS&ID=LR_SS)**

So happy to meet you. I'm so grateful that I can be redeemed and refreshed anytime I decide to start again. Always leave things a little better than you find them.

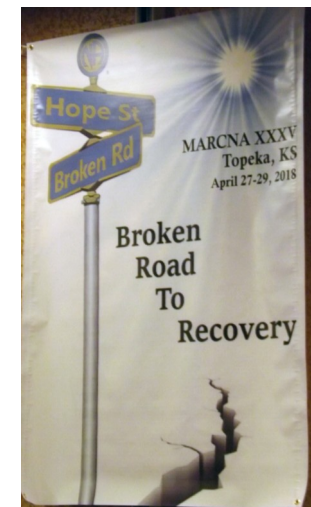
Debbie E. 3-2-94

*My name is Hope M. My clean date is 8-21-17. I am working on my first step. I am having a hard time getting into the book because its intimidating. I love NA outings and conventions. I loved this convention. I went to the last convention in KC but I wasn't but a couple months clean and didn't learn from it. I loved this one. I can't wait to go to campouts and NA outings! NA has saved my life.*

*Hope M.*

I was voted "Best Karaoke" singer at the Friday night event in the Grand Ballroom. I thought Jason W. did a great job too. This is my second MARCNA! I received the "official hugger" vest from Tommy, hugged nearly every person I saw for about an hour and then handed it to Matt (Topeka) after dancing like a cowboy riding a horse. Amber W. brought a tear to my eye when she spoke, and Brownie did too! I liked hearing Ed S. from Lincoln, Nebraska speak and I enjoyed the workshops today, but the best part of today was the official hugger role!!

Brian W.



*See ya'll in Lawrence next year,  
April 12-14, 2019!!*

**So do you remember when you went to your first meeting? If you do, I want to hear from you! I want to know all the details, from the hugs, to the literature, to meeting format ... everything! And I will start it off...**

I had 31 days clean. I had ridden the bus to the next town over to seek out counseling for drug addiction. I finally found a place, NIDAP. So after I got done there, I was on the way home and ran into an old friend from school and from my using days. I was cordial. Little did I know that she was clean too. So we started talking and she said her mom was taking her to an NA meeting and asked if I wanted to go. I said sure. Of course I had no clue what it was, just help for addicts. So she picked me up and we went to the community center that Tuesday night, February 12th, 1989. We were walking up to the side of the auditorium and then there were a few more people. So I made my way to the

door. But before I made it through the door, a big guy; about 6'3; gave me a giant hug and said welcome. I will never forget that moment in time! Then I stepped into the room, filled with the little kids chairs; seriously, pre-school chairs. So I found one that looked somewhat comfortable after looking through all the literature and getting a meeting list. I got my welcome keytag that night as well as my 30 day keytag. The meeting was on the 4th Tradition. I don't remember anything specific that someone said, but I had a good understanding of autonomy after that meeting. The most time in the room was 11 months. I was in awe!! I loved it so much, I came back the next night! Plus, I kept coming back and still do to this day, 10,715 days later!

**Keep coming Back!!!**

### To Let Go

**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 care for,  
but to care about.**  
**To let go is not to fix,  
but to be supportive.**  
**To let go 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 other 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 no 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**

### FEAR

Let me tell you about the word called fear.  
Don't run off, it's something you must hear.

It makes a person do something strange,  
It attacks the brain, minds go deranged.

It'll do something that will make you feel sorry for,  
Something sad, evil or just a bore.

Drink or drugs that is the escape,  
To leave what is real, to get rid of hate.

As sad as it may sound, strange as it may seem,  
Fear is an ugly word, never to gleam.

We must fight this wicked evil, put it to rest,  
For the rest of our lives it will be a pest.

It has an end, I tell you friends,  
Fear is the work that makes life end.

Fight all you want, fear is here to stay,  
The word is with us every day.

Stop and think of your next move,  
Burn out the frustration, get out of the mood.

Fear can be couraged, it's what is said,  
Because if it isn't, you could wind up DEAD.

John S  
San Diego

### Newcomer

A misty day  
Can't find the way  
Where's the hope  
For life without dope  
A shadow in the room  
A loner feeling doom  
Filled with so much fear  
This person sheds a tear  
Give this person a hand  
It's something we understand  
They made it through the door  
We've all been there before  
It's just for today  
Together in NA.

Paul J, San Diego