



**MID AMERICA  
REGIONAL SERVICE COMMITTEE  
2019 FEBRUARY QUARTERLY MEETING**

**Marquette Elementary School  
Marquette, Kansas**

**SUBCOMMITTEE MEETINGS Saturday, February 17th**

<u>9:00 am -11:00am</u>	<b>Campout</b>
<u>11:00am – 11:30 pm</u>	<b>Public Relations</b>
<u>11:30pm - 1:00 pm</u>	<b>Public Relations Workgroups</b> H&I, Webpage, Phone line, Communications, PR Presentation
<u>1:00 pm - 1:30 pm</u>	<b>Public Relations Wrap-Up</b>
<u>1:30 pm - 2:30 pm</u>	<b>LUNCH BREAK</b>
<u>2:30 pm - 3:00 pm</u>	<b>Fellowship Development</b>
<u>3:00 pm – 4:30 pm</u>	<b>Fellowship Development Workgroups</b> MAN, Soul to Soul, Events, Orientation
<u>4:30 pm – 5:00 pm</u>	<b>Fellowship Development Wrap-Up</b>
<u>5:00 pm – 7:00 pm</u>	<b>Convention</b>
<u>8:00 pm</u>	

**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 43  
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P.O. BOX 3534  
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**WINTER  
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. 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 2018 ... Soak It Up at Soul to Soul***

Soul to Soul was another great time this year! Record breaking too... There were 53 people in attendance this year, 25 men and 28 women. It looks like we are growing each year! We are actually pushing the boundaries of our current cabin. The fun, games, meetings, joy, laughter, tears and emotions were in full swing again as well. There were a lot of “virgins” again this year as well. Our new incoming committee for Soul to Soul 2019, “Let the Healing Begin at Soul to Soul” is Matt M - Chair, Jan K, - Co-Chair, Flo- Secretary, Ben- Treasurer and Dorothee and Jenny- Catering . Congratulations and thank you for your service! Hope to see you next fall September 20th!

***Soul to Soul is an annual spiritual  
retreat held in the early fall.***

***For flyers look on the web at***

***marscna.net***



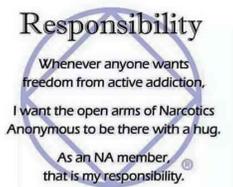
*Note: The opinions and views shared in this publication do not necessarily reflect those of the MAN staff or Narcotics Anonymous as a whole.*

## News From the WSC

**World Service Conference Projects and Workgroups 2018-2020** We focused a lot of time reviewing the charges for the workgroups this cycle, and selecting members for each group. We left discussion about the composition of the Business Plan Group, Audit Committee, and Reaching Out, NA Way, and WSC Seating Workgroups to a future meeting. Technology has improved our ability to reach members, so we received an unprecedented number of names for these projects as a result of eblast requests going out over many months. There are never enough positions open for everyone who is in-

terested. We want to thank all of you who submitted your name or recommended someone else. We are committed to finding ways to increase involvement in these projects beyond the few that we can select for workgroup involvement. Please stay tuned!

**Daily Meditation Book Project** The Daily Meditation Book Project is a two-cycle project with a workgroup of nine members. The workgroup will create a draft of this book. We are fortunate to begin with input from 2,700 surveys from 37 countries gathered during the previous cycle.



## Inside the MAN...

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N L Y F R E E D O M P S Z E R A L W K G  
 T P Y O B N W O E L O G A M E M S Y U N  
 E Z T P A P K M N I R Y R O T N E V N I  
 C A S K D L B U U A C Z E O T O F I T P  
 N T E B V E J A T K B U M P Y D W L N M  
 E I N C R K E I L U I O O H U S Q N E A  
 I Y O S P B T P S A S N R N O I S E M C  
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 A I R N D J E M A M R C E T H P L W I U  
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 Q A L L O L D T I M E R S W R E Y O M M  
 A U M C A E I W U E C K D O W G U P O P  
 W Q W D D X B T Z N O I S S A P M O C I  
 E E C A Q E N I L D E L E D A E T S W E  
 N O A L E A D E R S A Y T I S R E V I D

Word Search...

1. What we do in step 9? 6 letters
2. What we all want to achieve in our lives? 7 letters
3. A summertime event. 7 letters
4. Something we make to our home group or area. 10 letters
5. Something we have for others. 10 letters
6. This is an attribute of our fellowship. 9 letters
7. This is what we should all have. 8 letters
8. What the programs of NA promises. 7 letters
9. What we should have everyday and also make this list. 9 letters
10. Spiritual principle of 4th Step. 7 letters
11. What we do in the fourth step. 9 letters
12. They open the meetings. 7 letters
13. There is no cost for this. 10 letters
14. Most important people. 9 letters
15. They led the way for those of us with less time. 9 letters
16. It's also a virtue, so they say. 8 letters
17. Something we must truly have before the amends process. 7 letters
18. Keep it \_\_\_\_\_. 6 letters

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



We anticipate releasing the material for Fellowship review in three or four batches, which is similar to the process by which Just for Today was developed. Initial input seemed to indicate a desire to have spiritual principles repeated throughout the book's entries and to format the book similar to Just for Today. It is early in the process still, but we will continue to provide updates and opportunities for involvement through the project page at [www.na.org/meditationbook](http://www.na.org/meditationbook). We hope to hold our first workgroup meeting in the near future, and the work will also be supported with web meetings between the face-to-face meetings of this workgroup. The workgroup members are: Abdul Hamid R, Southern California Region; Amitabh S, SOSONA-Indian Region; Bob W, Greater New York Region; Jim B, Arizona Region; Jim D, UK Region; Kathleen N, Iowa Region; Maria del Carmen P, Panama Region; Staci H, Lone Star Region; Tawni C, Colorado Region. Mary Ellen P will serve as the World Board point person for this workgroup. FIPT Operational Rules and Bulletins This will be a virtual workgroup whose focus will be to review the Fellowship Intellectual Property Trust (FIPT) Operational Rules and Bulletins. We will report to

the Fellowship throughout the cycle on any recommendations for change. This workgroup will be guided by actions and discussions from WSC 2018. As the cycle continues, the World Board will review the workgroup's recommendations and determine what will be presented in the 2020 Conference Agenda Report. Members of this workgroup are Art A, Southern California Region; Jim B, Volunteer Region; Kelly A, Alabama Region; Mario T, Australian Region; Mitchell S, Greater New York Region; Sharon S, Lone Star Region; and Troy B, Connecticut Region. Junior B will serve as the World Board point person for this workgroup. Delegates Sharing Project WSC 2018 chose to continue the Delegates Sharing virtual workgroup on an ongoing basis. This workgroup was formed two cycles ago for planning and executing a delegate-focused Conference session as well as a workshop during Unity Day prior to the Conference. This workgroup has been a great example of what can be accomplished by a group that doesn't meet face-to-face. Workgroup members for this cycle will be confirmed at a later date. Grainne H from Ireland Region will be the point person. Jose Luis A will serve as a liaison to the workgroup from the World Board. that doesn't meet face-to-face. Workgroup members for this cycle will be confirmed at a later date. Grainne H from Ireland Region will be the point person. Jose Luis A will serve as a liaison to the workgroup from the World Board.

### **From the Editor...**

***The MAN 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.***

***The Eletter so far has not gotten much response. Please write in and give us your feedback. Thank you!***

***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.***

***I would love to hear from fellow members about things in the newsletter that sparked a fire within you. Or perhaps you have a story to tell about the newcomer, or service work or just being of service in general. Or you are a joke teller or a doodler or a little of both - send it in! Let your voice be heard! There is an old phrase... "The only dumb questions are the ones that are not asked." Well, no one will know your point of view if you don't share it. Did you ever think that you are not the only one? So write, let me be your vessel and your HP your guide.***

***I think you once you realize that these not only go to the general fellowship, but those behind the walls of jails and institutions; it may open your willingness doors a little wider. Those in institutions love these kind of things. So if not for the general population then how about those restricted by walls.***

***Have a great quarter—see you in February!***

***Thank you for the opportunity to serve!***

***In loving and humble service, Michelle L.***

***The email address for submissions is: newsletter@marscna.net.***

Quotes ... What is a favorite or 2 of yours? Let us know!

*Surviving against all odds, we are addicts who meet regularly. We respond to honest sharing and listen to the stories of our members for the message of recovery. We realize that there is hope for us at last.*  
BT, pg 10 (5th Ed.)

*Our message is hope and the promise of freedom.*  
BT, pg 68 (5th Ed.)

*We share our experience, strength and hope. BT, pg 50 (5th Ed.)*

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### **Acronyms... how many do you know?**

EGO—Edging God out

ASK—Always Seeking Knowledge

GIFT — God is Forever There

FAITH—Feelings Answered Infinitely Through a HP

DENIAL—Don't Even Know I Am Lying

ACTION—Any Change Towards Improving One's Nature

BEST— Being Ever Serene Today

NUTS—Not Using The Steps

STOP— Sicker Than Other People

PMS—Pre-Medallion Syndrome

PROGRAM—People Relying On God Relaying A Message

LIFE—Living It Fully Everyday

***"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."***



I will never run,  
 I took the faith that led me to nowhere,  
 And it caused me to care,  
 I had found the will to change,  
 I was at the point of derange,  
 I used to have nothing,  
 But now I have everything,  
 I have my life,  
 Which I had to lose through strife.  
 I'm on the path to save me,  
 It has helped me see,  
 That I can't bow to addiction,  
 Addiction in my life is a complication,  
 I will never run,  
 Damn, I see the sun,  
 My vision is clear,  
 All thanks to my OD and peer.

-Calvin N.

### Grief

*Grief never ends ... but it changes.  
 It's a passage, not a place to stay.  
 Grief is not a sign of weakness,  
 Not a lack of faith.  
 It is the price of love.*

- Anonymous

### Good and Evil

*If only it were all so simple!  
 If only there were evil people  
 somewhere insidiously  
 committing evil deeds; and  
 it were necessary only to  
 separate them from the rest  
 of us and destroy them.  
 But the line dividing good  
 and evil cuts through the  
 heart of every human being.  
 And who is willing to  
 destroy a piece of his own  
 heart?*

- Alexander Solzhenitsyn

Happy  
 NAversary  
 To all those  
 celebrating

this last  
 quarter!

Keep coming  
 back,  
 we need you!



### For the Quarter...

We want to hear from you!  
 Tell us your experience,  
 strength and hope with one  
 of the articles you read and  
 send it in. Your first meeting,  
 being a newcomer, going to  
 a function or write a story  
 about the Orlando Experi-  
 ence! We would love to  
 hear about that!!!  
 Gracias!

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PRIDE IS CONCERNED  
 WITH WHO IS RIGHT.  
 HUMILITY IS CONCERNED  
 WITH WHAT IS RIGHT.  
 \_EZRA TAFT BENSON

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**“Happiness cannot be  
 traveled to, owned, earned,  
 worn or consumed.  
 Happiness is the spiritual  
 experience of living every  
 minute with love, grace  
 and gratitude.”**  
**-Dennis Waitley**

## Functions Around The Region

- 11/24 Miracle Area Thanksgiving  
 Feast; Lawrence, KS
- 12/8 JFT MARCNA fundraiser;  
 Independence, KS
- 12/15 CKA Christmas Dreams;  
 Great Bend, KS
- 12/31 Phoenix Group NYE  
 Celebration; Salina, KS
- 1/29 WTSODMF 30th Anniversary;  
 Topeka, KS

Check out the events calendar for more  
 information or updates.



### Reflection of Recovery

I am a grateful Addict in recovery today! However that has not always been the case for me. My last bender was August 14, 2011 that was NOT a normal night of using for me, I say this because it only involved me, a bottle of Crown Royal and the dining room table. See for me using alone was not my thing, I used to be social, so sitting at the table pouring my drinks in a silent house was just part of my rock bottom. I remember sitting there and reminiscing about people, places and life in general; ah the good stuff. Well as the bottle got emptier my thoughts got darker, and by the end of the bottle I was begging God to know why I was alone, unwanted, unloved and broken. See I was all ready attending out patient treatment and struggling with a pattern of stringing 27-28 days together then relapse. Well the next morning I seen a TV commercial and billboard for DUI; which I already had 3 of; and I asked God if I was addicted to Alcohol, and I told him remember I am dense, I need a clear sound

unquestionable sign. He provided just that, I lost my job that day to my DUI's! Up to this point I had not lost anything to my addiction, or so I believed.

From that day on I started to take my recovery a little more seriously. I started to listen to guys sharing in meetings to find a sponsor and found my first sponsor and started working the Steps. While in meetings I watched who was being pro active in heir recovery; attending regular meetings, living by what I thought was NA principles and those who principled, the people I hung out with. We went out for coffee, dinner, went to NA social events, dances or just hung out watching movies. It was not until my 3rd year in recovery that I was lovingly and gently told to "Get on or Get off" in reference to me attending both 12 step recovery programs, so I became a

member of NA that weekend; and my recovery forever changed. Since that weekend in the woods I have made life long spiritual bonds with the most amazing men and woman in NA! I was voted into my first service position that weekend and a month later I was voted in on Mid America Region Floor. Which I was told later " I just meant for you to decide which Fellowship you were a member of and/or to take a small service position, not to start at the top!" Little did I know that I was entering into the rewarding world of NA service! Since that November weekend have met numerous of liked minded people who all share the passion and goal, that an addict, any addict seeking recovery need never die in the rooms of Narcotics Anonymous are open and sharing that message ! Through NA I have learned I AM wanted, Needed, Loved and Deserving of Love! I have also learned yes I am broken however it is because of

all my brokenness that my light can shine through and the real me can be seen. Thank You to all the predecessors who kept coming back to make sure the doors were open for me and all the newcomers that came into the rooms after me to remind me where I came from. For all of you I am thankful for, because I have not found a reason not to use since October 15, 2011.

Ben T.

