



# Mid America Newsletter

The newsletter with the magazine feel



VOL. ~~4~~40

ISSUE 3

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FALL

2019

***“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. Our message is hope and the promise of freedom.”***

*Basic Text page 68*

*Note: the opinions and views shared in this publication do not necessarily reflect those of The M.A.N. staff, or NA as a whole.*

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What’s in a number? When I published the last issue, I thought to myself “How can this newsletter be four years older than the region itself?” Well, the short answer is, it can’t.

Mid-America Region was formed July 1979, and this publication started January of 1980. So I traced back many issues to find just where the discrepancy happened, and it took me back several years. In one particular year the volume number increased with

each issue number, a common mistake if you aren’t aware of what those numbers represent. Over the years, the amount of issues per year have changed, so those numbers fluctuate. The volume, or year remains constant. When this newsletter started it produced eight issues per year but was quickly dropped to six. When the region went from paid subscriptions to free, it dropped to it’s current rate of four per year, or quarterly. So to be clear, the MAN is in it’s 40th year and this is issue 3 for 2019.

Now you can get on with the enjoyment of reading your newsletter, as summer starts

to wind down but recovery carries on.

The deadline for submissions for the next issue is November 1st, but there is no time like the present to send your NA recovery, written or illustrated to: newsletter@marscna.net

Tim S., Editor

*The longest running "free" campout in the world! - Mid America Region Campout*

My name is Priscilla, and I'm an addict,

My home group is in Hays, KS. and this year was my first year going to the Beloit campout, my first year going to any campouts to be honest since joining NA in 2018. The Beloit campout was my 4th NA campout I attended with my Sponsor, and I was looking forward to it! However, that wasn't always the case lol.

A little background real quick, I've always been a

loner, an introvert so things like this used to scare me to death! However, with a gentle nudge from my sponsor to attend my first campout which was at Webster Lake, I learned to laugh again. I felt at peace and it reminded me of how much I used to love camping. Something of which I had forgotten all about because let's face it, in my addiction I lost myself completely. There was just something very freeing to discover something I loved doing again.

So suffice it to say, I attended every campout after that one along with my Sponsor, including the one in Beloit, and I



have to give credit to everyone who made the Beloit campout possible because the effort that had to go into preparing for and pulling off such a wonderful experience as that is simply amazing! Seeing and interacting with others I had met at prior campouts and getting to meet new people at the Beloit campout I hadn't met yet, for me is what NA is about.

Just the feeling of warmth and togetherness that you feel, like we are all part of one big family, is something you can never forget, which for some, is something never felt before. The love, support, and acceptance that you experience at these functions is something you take away with you when you leave. For me personally, it's a feeling that I will never forget. For me, I feel like I found a little piece of me again. And I can't say enough how grateful and how much I truly loved the Beloit campout, as well as all the ones before it, and to everyone for the love and compassion shown to me. I thank you from the bottom of my heart for teaching me to

laugh and have fun again. Something for which I really thought I would never be able to do again. And for that I love you all!!!

Forever Grateful,  
Priscilla S.



The Mid-America Region was formed July 7th, 1979 at Camp Hawk, near Newton, KS. This event was put together by groups in Kansas, mainly Wichita, Newton, and Topeka. It drew however, groups from Nebraska and Iowa as well as other groups throughout Kansas. The newly formed region created three areas, North and South in Kansas and East in Nebraska. The Iowa group joined the Nebraska East area.

The campout this historical meeting was held at has continued every 4th of July weekend, with the exception of 2003 when it was moved one week off as to not to interfere with NA's 50th anniversary world convention. It has always remained a free event, no registration fee, no primitive camping fee, and always includes at least one free meal, typically more.

## Though Clean, the Battle Still Wages

Internally longing to feel like I  
matter  
Though along this path, every-  
thing has seemed to shatter  
The broken and tangled  
pieces of this heart  
In the wind they blow never  
feeling apart.  
Masquerade, of everything's  
wonderful and fine  
Though deep inside, not a sin-  
gle light can shine  
Facades, make them laugh  
and show your smile  
Though the crevices of this  
soul are deeper than a mile  
In the eerie silence of black-  
ened night  
Are when my demons are  
loudest and in plain sight  
To hush the thousand voices  
That echoes the misguided  
choices  
Blinded by this mental disease  
called addiction  
For years has been the basis  
of this internal affliction.  
Though clean now, I am still  
wrapped in fear  
And the memories of yester-  
days still bring me to tears

*Ron Z., Miracle Area*

## Acronym for RECOVERY

By Tia R. (1973-2011)

**R**----Respect-----Learning to  
respect yourself and other  
through recovery

**E**----Escape-----To break  
free from the confinement of  
our addiction

**C**----Change-----Willing to  
become a better person  
through our recovery

**O**----Optimisms-----To have  
faith, trust, confidence and  
hope in our recovery

**V**----Vital-----Be willing  
to make recovery very essen-  
tial to our daily lives

**E**----Encourage-----Encourage  
yourself with hope, faith, and  
willingness

**R**----Rational-----Becoming  
of a sound mind through our  
recovery

**Y**----Yearn-----To feel a  
very strong craving for our re-  
covery



# BORROWED FROM A 1980S NA WAY MAGAZINE



Welcome home

*“Good will is best exemplified in service; proper service is: “doing the right thing for the right reason”.*

*Basic Text page xv*

When I got clean things in the fellowship of NA were much different than they are today. The suggestions were simple and clear: go to meetings, listen and don't share for the first 90 days, find a sponsor, work the steps and give back what was so freely given to you.

To give back – to be of service. I followed these suggestions and I continued to stay clean. I still do these things today. What I find disturbing about service work is that I believe a lot of people have forgotten why they serve and/or who they serve.

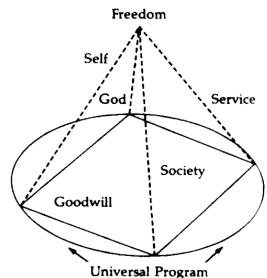
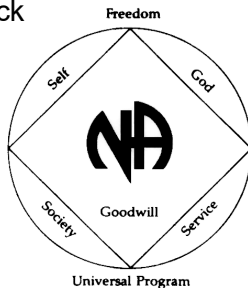
I believe that there has been a breakdown somewhere in the communication through the years. I was taught by my first sponsor, and I have passed it on to my sponsee's through the years. The spirit of giving back to the fellowship is to give freely what was so freely given to us. We are trusted servants to those in this fellowship. It is not about recognition,

power or position. It is about doing for others as they did for us.

I look around this fellowship in our region and I see a great many addicts who exemplify this principle. However, I see too many who “serve” NA without this principle. So how does this reflect on us – are we attracting the newcomer, or are we chasing them away? Are we staying true to the principles, traditions and concepts of this fellowship, or are we using our place in the service structure as a way to create chaos and destruction? Do you know deep in your heart why and who you serve?

So I ask you my fellow addicts, are you a living example of this program? Are you giving back what was so freely given to you? Are you expecting things or are you remembering that recovery is a daily gift given to us all by a loving Higher Power?

*Anonymous Addict*





## **CBDM = Complicating?**

“Consensus Based Decision Making” or CBDM ultimately derived from the inventory world services started in 1993. In 1996 Resolutions A thru G, Vision, and Mission Statements were approved, the first resolution, or Resolution “A”, included Consensus Based Decision in it’s objective. While all other resolutions were implemented within a few years, Resolution “A” was left to the fellowship to set an implementation timeline. That resolution involved reducing the size of the WSC, providing equal, worldwide participation. Jump ahead six WSC’s to 2004, where Consensus Based Decision making was added to the “low-priority approved projects” list. That carried to the 2006 conference where a motion for the World Board to reinstate the CBDM at WSC 2008 passed.

At the 2008 WSC, CBDM was put to the test, but still needed much fine tuning. The 6th Edition Basic Text passed at that WSC though,

so it wasn’t all bad. Since that conference the WSC has resorted back to a customized version of Robert’s Rules of Order.

There are good merits to the CBDM process, and it can even be labeled for the outcome as well as the process. But realistically, for most service bodies, discussion and voting can yield the same results. My experience has shown that if your service body complicated voting in the “old system”, then you are going to complicate CBDM as well. The initial five color card system was testament to that.

Most service bodies dropped the white card, signifying surrender, that you have no opinion. The four that remain are green for “Assent”; yellow for “Assent with Reservations”; orange for “Stand Aside”; and red for “Block”.

With Roberts Rules of Order, no service body that I have served on, including the World Service Conference, have ever used those rules by the book. As stated above, WSC used a customized, or simplified version, taking

into consideration the nature of our fellowship and group conscience. The Mid-America Region and most ASCs follow an even more simplified version.

In both versions of reaching a conscience, the key is the facilitator or chairperson. When I held the RSC chairperson position, I would want to hear from the RCMs that either voted against or abstained on the business at hand. Hearing all aspects has always been in our process, if utilized. That also applied to the times I acted as facilitator between two committees or regions in times of crisis.

There might be some service bodies that follow the "limited discussion, three pros and three cons" process, they are only cheating the fellowship they serve and I could imagine there would be resentments surrounding that structure. Allowing questions and comments to reach a full understanding with all participating is imperative in both versions as well. A clear understanding is what reaches a true conscience with any

structure.

The difference in voting varies, Roberts Rules version usually has 2/3 for policy or money matters and simple majority for the rest. CBDM can range from 100% to 80% using any vote (card) but the "block". Some might also argue that there is no voting in CBDM, but voting can happen in many ways. Whether you raise your arm, speak, write it down, or simply keep quiet, your vote can be tallied, if even for a straw poll. Which version is best? Well obviously the version that works for you is best. The Mid-America Region uses a simple version of Roberts Rules on the main business meeting, but incorporates CBDM during subcommittee meetings.

What CBDM did incorporate in its structure is spiritual traits that should have always been used anyway, but sometimes neglected. Principles like leadership, integrity, humility, trust, open-mindedness, cooperation, and accountability.

Whatever your service structure is, please participate. ☺



# "Service" Word Search

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

- SERVICE
- COMMITMENT
- TRUSTED
- INTEGRITY
- LEADERSHIP
- COFFEEMAKER
- MEETINGS
- REPRESENTATIVE
- ELECTED
- TACT
- CONCEPTS
- UNITY
- TASK
- TRADITIONS
- VISION



Can you find these 15 words?

newsletter@marscna.net



# What's Going On

For full details visit [www.marscna.net](http://www.marscna.net) events calendar

## August

- 24th CKA Sponsorship Tea Party & Guided Painting  
Fundraiser for CKA Women's Retreat—RSVP by Aug. 20  
142 S. 7th St. Salina, KS.—upstairs, starts at Noon
- 24th Living Miracle monthly Potluck 3-8 pm  
840 Kearney Atchison, KS

## September

- 30th—Sept 2nd Pioneer Group Campout  
John Redmond Reservoir Group Campsite  
New Strawn, KS.
- 30th—Sept 2nd Newton HOW Makeup Campout  
Harvey Co East Park Egret Shelter
- 20th-22nd Miracle Area Fall Campout  
Clinton Lake Bloomington East Campground
- 21st Unity Group 28th annual Street Dance  
918 W. 2nd St Wichita, KS.
- 21st Larned Annual Rib Feed CKA Service Meeting 1pm  
Camp Pawnee Larned, KS (*west of State Hospital*)
- 27th—29th Wichita Metro Area Campout  
Lake Afton Shelter 5
- 27th—29th Soul to Soul (see flyer)
- 30th Deadline for candidate submissions to HRP

## October

- 5th Multi-Area Kick Ball Tournament  
Hobbs Park Lawrence, KS
- 5th Living Clean Group NA Fall Fish Festival  
3735 W. Douglas Wichita, KS
- 12th Night Flyers 18th Annual Fish Fry  
801 S. Bell Lyons, KS
- 18th-20th CKA Women's Retreat  
Living Water Ranch Olsburg, KS
- 25th Friday Fright Night  
Big Gage Shelter House Gage Park  
Topeka, KS

26th    Unity Area Spooktacular Halloween Dance  
         Friendship Center      746 Commanche  
         Salina, KS

**November**

2nd     Gift of Life Freaker's Ball Halloween Dance  
         Homebuilders Shelter              Carey Park  
         Hutchinson, KS

16th-17th      RSC (see back cover)

**29th Annual Mid-America Region Soul to Soul Spiritual Retreat**

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**September 27<sup>th</sup>, 28<sup>th</sup>, and 29<sup>th</sup>, 2019**  
**Camp Chippewa, Ottawa, KS 66067**

# Let the Healing Begin

This is a limited space function. The non-negotiable cost of the event is \$75.



Questions can be addressed to:

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Matt M. / 620-366-0891 / Email: alliant.truck@gmail.com  
Jan K. / 620-779-5072 / Email: jkoehn336@gmail.com



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Please fill out and return by August 20, 2019 for pre-registration.

**Soul to Soul Pre-Registration Form**  
*Pre-registration includes t-shirt and coffee mug*

	<u>Cost</u>	<u>Total</u>
Number Registered _____ X \$75 / Each _____		
<input type="checkbox"/> Low Carb Meals Option X _____		
<input type="checkbox"/> Shirt Size: S M L XL XXL ____ XL (Circle one)		
<u>Method of Payment:</u>		
<input type="checkbox"/> Check <input type="checkbox"/> Money Order <input type="checkbox"/> PayPal		
<small>(Make check or money order payable to <b>Soul to Soul</b>)</small>		

**Mail Pre-Registration To:**  
Soul to Soul  
c/o Ben Thomas  
PO Box 299  
Emporia, KS 66801

\_\_\_\_\_  
Name(s)

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Phone

## **Mid-America Regional Service Committee November 2019 Quarterly Meeting**

***Marquette Elementary School  
310 Swedonia St.  
Marquette, KS***

*tentative schedule only -  
please check with ASC or MARSCNA Officer*

### ***Subcommittee Meetings Saturday November 16th, 2019***

9:00 - 9:30 am	Fellowship Development
9:30 - 11:00 am	FD breakout ( <i>MAN, Soul to Soul, Events, etc.</i> )
11:00 - 11:30 am	FD Wrap-up
11:30 am - 1:00 pm	Lunch
1:00 - 3:00 pm	Convention/Campout
3:30 - 4:00 pm	Public Relations
4:00 - 5:30 pm	PR breakout ( <i>H&amp;I, Web, Phone- line, Communications, etc.</i> )
5:30 - 6:00 pm	PR Wrap-up

*Evening activities vary, possible speaker meeting, dance, dinner, etc.*

### ***Regional Service Committee Meeting Sunday November 17th, 2019***

9:00 am - 5ish pm	Reports, Open Forum, General Business, Funds
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