



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

**Marquette Elementary School
310 Swedonia
Marquette, Kansas**

**SUBCOMMITTEE MEETINGS
Saturday, May 18th**

<u>9:00 am –9:30 am</u>	Fellowship Development
<u>9:30—11:00 am</u>	Fellowship Development Workgroups MAN, Soul to Soul, Events
<u>11—11:30 am</u>	Fellowship Development Wrap-Up
<u>11:30 – 1:00 pm</u>	LUNCH BREAK
<u>1:00 - 3:00 pm</u>	Convention / Campout
<u>3:30—4:00 pm</u>	Public Relations
<u>4:00—5:30 pm</u>	Public Relations Workgroups H&I, Webpage, Phone line, Communications, PR Presentation
<u>5:30—6:00 pm</u>	Public Relations Wrap-Up

**REGIONAL SERVICE COMMITTEE MEETING
Sunday, May 19th**

General business, motions, request for funds.



**Mid
America
Newsletter**



**VOLUME 44
ISSUE 1**

P.O. BOX 3534
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NEWSLETTER@MARSCNA.NET

**SPRING
2019**

“Begin your own program by taking Step One from the previous chapter, How it Works. When we fully concede to our innermost selves that we are powerless over our addiction, we have taken a big step in our recovery.”

Basic Text, Chapter 5, What can I Do, page 52

Surrender...

I was arrested at the beginning of September 2018. While in jail I found out I was pregnant. I told the judge I needed help for my drug addiction. This was my 4th pregnancy, but the first time I wanted to get clean in 15 years. I left jail for treatment on October 8, 2018. While in treatment I found out I was having my first girl (having 3 boys already), I was so excited! It made sense for some reason why I felt so strong about getting clean...

I started having complications

and ended up hospitalized twice. The second time I received seven units of blood and was told I would die trying to keep my baby girl alive. The doctors induced labor and I had my little girl, Kruze ShayanKwet,. She lived for three whole amazing minutes, then passed away.

All I could do was cry and pray. In that moment, I knew that I would do everything I could to stay clean. That little girl was sent to save my life and I pray everyday for one more day to let her know I'm grateful and I surrender to this amazing life in recovery.

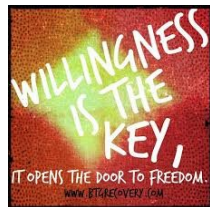
Micki

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

Projects 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. Training and Tools Project: Conventions and Events Toolbox: www.na.org/conventions • Money Management—draft available soon • The Program Committee & Development of the Program—final version ready to use • Sign up for next web meeting and project news: conventions@na.org Local Service Toolbox: www.na.org/toolbox • Serving in Rural and Isolated Communities—draft available before the end of the year • CBDM Basics—final version ready to use • Sign up for web meetings and project news: toolbox@na.org **VOLUME THIRTEEN | ISSUE ONE | AUGUST 2018** Upcoming web meetings Conference Participants: 6 October, 11:00 am PDT 8 December, 11:00 am PST 9 February

2019, 11:00 am PST H&I: 4 October, 4:00 pm PDT Inmate Step Writing: 10 October, 3:30 pm PDT Phonelines: 18 September, 4:00 pm PDT Public Relations: 18 October, 4:00 pm PDT Zonal FD/PR: 6 October, 9:00 am PDT Visit www.na.org/webinar for more information. Issue Discussion Topics This cycle's topics are Attracting Members to Service, Carrying the NA Message and Making NA Attractive, and Drug Replacement Therapy/Medication Assisted Treatment as It Relates to NA. Workshop resources will be at www.na.org/idt soon and we will send an email when they are posted. If you hold a workshop, please send your results to worldboard@na.org!



It happened in a meeting,

The light bulb just went off!

While reading from the Text

A line just jumped out!

How could I doubt this service

One that is so important,

Plus a visit to a long time friend.

So I sat and prayed right there

While the others read,

Waiting for an answer from Him,

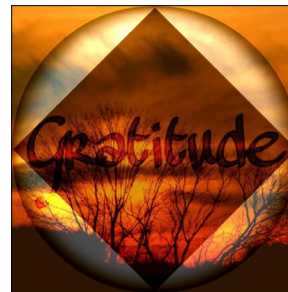
It was made very clear!

Take a trip I shall,

No sense in sitting around,

It will all be okay, just for today.

"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. I found something to use as a submission, but no others came in. It would be great if the newsletter was truly by addicts for addicts the way it was intended to be. So riddle me this, how can it be? I would love any and all feedback you have.

Ideally, your articles and letters and poems should be making this newsletter a reality. Instead I am having to go to the archives of the past MAN's, NA Way's and other sources to pull together what you see. Plus I write articles.

Write us! That email address is newsletter@marscna.net. Tell me about your first meeting experience, your first HI & I experience, your first convention or campout experience, your anything NA experience!

Again, this should be by addicts for addicts, lets make it that way.

Thank you for the opportunity to serve!

In loving and humble service,
Michelle L.

My Current Situation is not My Final Destination

When I first heard this it baffled me. It stopped me dead in my tracks! Then I remembered the phrase, "where are your feet?" This reminded me that just for today, I am going through something but it won't last forever. That the trials and tribulations of today will not burden me forever. I just need to put one foot in front of the other, pray, do the next right thing as my Higher Power would have me do and keep on going. It is just that simple. So why must we always complicate it? Is it because we are so used to being uncomfortable and in pain or misery? It just might be. But think for one second how it could be different. Think about the good rather than the ugly or bad. Think about striving to have a life free from addiction and your dreams fulfilled because you can put one foot in front of the other and choose to trust a loving Higher Power. Just imagine the possibilities! So the next time you think you want to use or throw in the towel, remember this. Is this going to last forever? Will using solve anything? Where are my feet? Just because you feel that way today doesn't mean tomorrow will be the same.

We love you... keep coming back!

The chase is over,
the thrill is gone.
I made the kill,
what have I done?
I ask my God,
I contemplate.
Was it His will,
or just my way?

- JD



What is your ESH on the spiritual principle of TRUST?

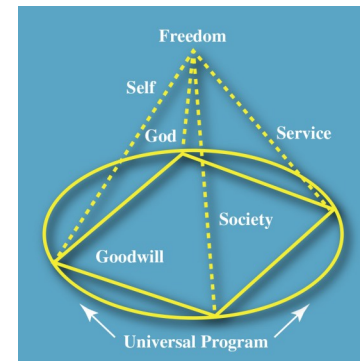
Send your input to newsletter@marscna.net

Thanks!

Functions Around the Region

- 3-4-19 Brothers & Sisters Firepit Meeting
6:00; Lawrence, KS
- 3-16-19 Freebirds Recovery Fest Fundraiser
6:00 pm; Independence, KS
- 3-16-19 Shamrocks & Shenanigans
Sabetha, KS
- 4-12-19 MAARCNA XXXVI
Lawrence, KS
- 5-3-19 Miracle Area Spring Campout;
Lawrence, KS
- 5-4-19 Gift of Life 30th Group Anniversary
12 pm; Hutchinson, KS

Check the region website for details ...



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

Inside the MAN ...

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Definitions...

Desperation... is defined as loss of hope and surrender to despair.

Hope ... is defined as to desire with expectation of obtainment.

Fear ... is defined as to be afraid of; expect with alarm; to be apprehensive.

Faith ... is defined as firm belief in something for which there is no proof; complete trust; something that is believed with strong conviction

Hate ... intense or passionate dislike for; to regard with active hostility

Love ... a strong affection for another arising out of kinship or personal ties; affection based on admiration

Liability ... one that acts as a disadvantage; something for which one is liable

Asset ... an item of value owned

Weakness ... the quality or state of being weak; fault

Strength ... capacity for exertion or endurance; power to resist force

Quotes...

In the past, we believed that desperation would give us the strength to survive. BT

We were hopeless, useless and lost. BT

These changes make us better able to live by spiritual principles and to carry our message of recovery and hope to the addict who still suffers. The message, however, is meaningless unless we live it. BT

We cannot deny other addicts their pain, but we can carry the message of hope that was given to us by fellow addicts in recovery. BT

Our best efforts resulted in ever greater destruction and despair. BT

What are some of your favorite quotes and from what book... send them in and share them with all of us.

Newsletter@marscna.net

LGBT Meetings

Since coming into recovery, I have struggled to have a sense of identity. When I came into the rooms last year, I had no problem admitting to myself and others that I was, in fact, an addict. But since entering recovery, I have had so much trouble growing on that sense of identity. I had so lost my way that I didn't know what made me happy or even what kind of person I was. I used to be very involved in the LGBT community before my addiction manifested, and being involved always gave me a sense of being home. I was free to be myself without fearing judgment or feeling less than. It's been a long time since I've had that feeling, but I've found it again at LGBT NA meetings. These meetings have helped me gain a sense of identity again. They've given me a place where I can share honestly and openly without fear of judgment. I've been able to share my darkest or brightest and deepest thoughts, which has allowed me to connect with people with similar experiences. I didn't feel comfortable enough to even tell the men's meeting the day my partner of six years offered me his hand in marriage, for fear of homophobic responses on my magical day. I even hid the ring. I had to wait a few days until the LGBT meeting, and only shared the great news there and with my support network. I went through my first-ever breakup from my fiancé in recovery, and the only place I felt I could express my experience honestly was at the LGBT meetings. It was great to have the whole meeting offer me support with understanding, which I feared I wouldn't get at other meetings. Eight months later, the same meeting has helped me with all the obstacles I've faced while learning to date in a healthy way all over again.

Ryan

Reprinted from NA Today, Australia, November 2018

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. Basic Text, page xv

Perseverance...

I was sentenced to drug court in Ocean County, New Jersey in 2007. At this time I never did hard drugs, only smoked weed and drank once in a while. In December of 2007 they told me I had to go to rehab. I laughed because your letting me out of jail to go to day care. But to my surprise it was a therapeutic community program. It was for 90 days; walk in the park compared to the 2 years I did in jail. In the first 2 weeks I was sent back to jail for my old drug dealing and gang activity. When I went back in front of the judge, she told me I had to do 6 months and a 4 month halfway house. I told her to send me to state prison. She told me to shut up and sit down. So I went back to rehab with a bigger chip on my shoulder. That was until I found out my best friend died and my daughter was molested and something clicked inside me. I took the cotton out of my ears and put it in my mouth and in that time I found out I was addicted to the lifestyle and what I was doing was going

To put me in the same spot as doing the drugs I was selling. I started working on myself and letting go of a lot of the crud I was holding in that was keeping me from becoming a productive member of society. I became very humble and not as angry. To this day I thank Discovery House for pushing me to be the man I am today and the boy I was when I walked in the door. I find myself still doing things they told me 11 years earlier. I finally got everything they were saying to me. I'm not perfect, but I'm a hell of a lot better!

My name is Tyrone and I am an addict

Acceptance of our changing spirituality is part of our personal evolution. If our relationship with a Higher Power is real and meaningful, of course it will change over time. But sometimes this feels like a crisis, if we surrender, it drives us back to the steps, and in revisiting Steps 2 & 3 we can find a relationship to faith that makes more sense to us. As our values change, our beliefs are likely to develop as well. Letting go of the idea that we have to understand why things happen or how it all works frees us to have a spiritual experience without wondering if we're doing it right.

Living Clean, p 31

TOMA

I have a sponsor, but I don't have a service position now because I gave birth to my daughter not long ago. I was always of service until she was born. I had a service position even when I was giving birth to my daughter, but it was over when she was born. I attend meetings twice a week now on Monday and Friday, which are the days my husband and I agreed on. I have two sponsees. One works Steps with me, and the second one just calls me from time to time. That's more or less how my recovery looks today. I was born to the family of two drug addicts. Bad ones. My mother cooked vint [a Russian drug similar to methamphetamine] and used mainly that, and my father was a heroin addict, so our house was a hellhole that smelled awful. Drugs and paraphernalia everywhere. Strangers. I lived there until I was four years old—and I remember a lot. I have a stepbrother who is two years older than me. We had to survive this mess together. We ate cat food and peelings of potatoes, stole food from markets, and searched scrapyards for toys. Several times we were brought to police stations because people thought we were lost. I recall my mother standing on a windowsill, threatening to jump out. We were on our knees begging her

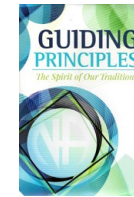
not to do it. I recall my parents fighting. At the same time, I had no idea that all this was not all right. I had no idea that there were loving and caring parents who feed their kids. Eventually my grandmother and grandfather took me away to live with them. I didn't want to go. I cried a lot and I wanted to go back to my mother, but it got better with time. I was surrounded with care. Normal kindergarten, normal toys. Ever since my childhood my grandma and grandpa told me that drugs were bad. They would say, "Look at her. Her legs are rotten; she has no teeth left." I agreed. It was obvious. Inside I felt this permanent pain, emptiness, and loneliness. I felt I was different from others, as if I was an alien and this was not my planet. I recall how everybody was happy and joyful at a spring party in that kindergarten, and I was crying. I wanted to go home. I felt bad and had no idea why. And that's a common thing for me: If there is a party, I wanna flake. Now I know that I just had the wrong idea that I had to feel happy and joyful in those moments. As I grew up, I didn't look for drugs myself, but it was as if I was waiting for somebody to offer them to me. I was 13 when he appeared in my life. We spent the next seven years using together. We started with basic "safe" drugs. When I was of-

ferred a stronger drug, I was afraid, but I didn't have to inject it, so I said yes. I didn't want to inject drugs because I thought that was a turning point to becoming a "real" drug addict. I didn't want to be like my parents, so I never did it, not a single time. Using messed a lot with my head. I began hallucinating. Because of my using, close friends turned away from me. I had dreams and goals, like to learn English, do yoga, and graduate. I abandoned it all. I had just one goal—to get what I wanted no matter what. When I wanted a guy, I had to get him, and I didn't care that he was married. And then, when I got him, I felt awful because as a result, his wife was hospitalized because she almost lost their child. I thought it was love that made me do that, but it was my desire to use, and that guy was my connection. I began visiting a psychologist to get medication to deal with my depression, phobias, and hallucinations. I had to eat and to sleep so I could use again. I would go to that doctor high so that I could talk. I wanted to tell him everything, but I didn't want to stop using because I didn't see enough problems in my life. It was that doctor who told me about meetings. I thought it might be interesting, so I decided to give it a try, and I got it right away because when I got to that meeting, I immediately felt that the pain that had

always been inside me was lifted. All my life I felt different from others, yet I was always afraid of sharing my feelings. Maybe it started when I tried to share how bad I felt with my grandma and she would say, "Come on, really?" I never experienced the empathy of people who could understand me. At my first NA meeting I heard members sharing about themselves, about their pain, and realized, "That's it! They are talking about me! This is the place where they all get together, these unique people!" I felt relief. I realized that it was my place. Eventually a miracle happened, which is still happening. I lost that feeling that I was sentenced to life and that death was the only way out. I learned how to be joyful without using. It's a miracle to me that I feel happiness. I was unhappy for a really long time before drugs, and with or without drugs. But when I came to NA that pain was gone. I'm grateful to NA for my goals and for my desire to achieve them. A very important thing I learned in this program is how to love myself, to accept myself. To have that feeling that I am a normal girl. All of my life I had this idea that I was ugly. I thought that it was not cool to be with me, that I was not worth it. I always wanted to be like somebody else—like that cool girl who had a fantastic sense of humor, a great smile, and style. I always copied others. I thought my skills were worth nothing. I always wanted to be a good girl. I was a straight-A student in school, my picture was on a school

display of best students, and I received awards, but I always felt that I was not good enough, that I didn't do my job right. I criticized myself a lot. Because of the NA program, that's gone now! Today I know that I am unique, that I have merits other people don't have, and this understating is another step to my freedom from all those lies, those wrong beliefs that ruined my life and that prevented me from being happy, grateful, and able to move on. Toma, Moscow, Russia

(Printed from NA Way, Jan 2019)



NA service is never a solo effort. Even when we are physically alone we are not spiritually isolated. We are connected to something larger, and our fellow addicts are often willing to help us if we are willing to ask. This is a "we" program, and we see it in action when we work together toward a goal.

P15

84 Days

My name is Habib and I am an addict. Greetings to all the addicts at the Central Prison of Qazvin, and to all NA groups around the world. I am writing this letter as I pass the final moments of my life. I am very close to death. I wish to send a message to all fellow members: I got clean through a Narcotics Anonymous meeting in jail, and through attending these meetings, I stopped using drugs. I have become very close to God, I feel good, and I am at peace with myself and the world. I have accepted the will of God. I'd like to ask you fellows to stay clean and be of service. Try to help other addicts stay clean physically, mentally, and spiritually. Please continue this path to save other addicts. I have nothing else to say. My name is Habib, and by dawn my life will end. I will be hanged for the crimes I committed, but I have been clean for 84 days beside you. I wish success for all addicts . . . members and non-members. God bless. Habib, Qazvin, Iran

Reprinted from Payam Behboodi, Iran,

NA Way, Issue 6, Spring 2006

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