



# Mid America Newsletter

*The newsletter with the magazine feel*



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***“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.*



Welcome to the winter 2020 MAN. In a year of trials and tribulations way beyond our scope, this has also been a year of hope.

Addicts have found this program and begun their process of recovery in ways many old timers thought never could be possible. Professionals and students are learning about our program through logging in to open NA meetings online, which once was only accomplished by setting up presentations or having an occasional visit to meeting halls. The message of Narcotics Anonymous is as strong as ever, even during a pandemic.

The issue you are about to read (or already have read) closes out another year, but never closes out our journey. The spring issue deadline for submissions is February 1st, 2021. Please submit your experience, strength, and hope to:

[newsletter@marscna.net](mailto:newsletter@marscna.net)



## Circle

*(to the tune of "Will the Circle Be Unbroken")*

I was huddled in a doorway  
For I had no place to sleep  
I saw a vision, like a coffin  
The one inside it looked like me

There's a circle at every meeting  
We form by joining heart to heart  
Because together we can accomplish  
What we could never do apart

I saw people around a table  
They were addicts just like me  
But they were smiling and serene  
For they'd found re-cover-y

There's a circle at every meeting  
We form by joining heart to heart  
It shows together we can accomplish  
What we could never do apart

I asked for help and I've been clean, now  
For many, many days  
But the one for which I'm most grateful  
Is the one I live today

There's a circle at every meeting  
We form by joining heart to heart  
It shows together we can accomplish  
What we could never do apart

Friends I've known, have left the circle

Death is callous, cruel and mean  
 But I'm grateful that with your  
 help  
 They lived full lives and died  
 clean

There's a circle somewhere near  
 you  
 When you no longer want to use  
 You'll find recovery and serenity  
 It'll be there when you chose

Can that circle ever be broken?  
 My Higher Power says "No  
 Way",  
 There's a better life that's waiting  
 If we live just for today



### Wide-Eyed and Willing

A few years before I was introduced to Narcotics Anonymous, my brother "went through the system", as it was known, due to one too many run-ins with the law. He wasn't ready for what "the system" had to offer so he met the

minimum requirements and continued to use. As an active using addict myself at that time, all I heard was that he had to go to "those meetings", of course, until he found out that he only needed to get a signature on a piece of paper, which could be done anywhere.

When my "big run-in with the law" came there was a difference, I had hit a bottom a few months before my warrants were served. After an initial shock of being handcuffed and hauled in, (*when in my drug-induced mind I had done nothing wrong*), the shock slowly turned to hope. I had only heard of Narcotics Anonymous as "those meetings" and only knew people that were court-ordered to attend, so naturally assumed you had to be court-ordered to attend. I had hoped that my outcome would involve those meetings and some direction on how to change my life.

I was twenty five years old, sentenced three to ten years in prison, and still managed to cling on to hope as I was being transported from county jail to prison.

This was during a time when Kansas prisons were over-filled, some double capacity, so I kept hearing that they wouldn't keep me long, especially as a first-offender. One of the first things I heard from an inmate was "it's not how it is, it's how you make it", and since I had detoxed while still in county jail (two months), I clung on to those words. You might even say I went to prison wide-eyed and willing. Part of the prison tour was going to a holding facility where you talk to professionals to determine what security risk you are. I was grateful to be off the streets so probably came across more mentally unstable than criminal, but they still found a place for me. In fact, a brand new facility that housed medium and minimum security inmates. While there, I was introduced to Narcotics Anonymous. H&I meetings were brought in once a week so I started hearing the message. I also had my last high there, one day after my 26<sup>th</sup> birthday.

Four months later, the state decided I didn't belong in prison, so I was released. The

funny thing is I had become established there, got promoted to a better job, attended meetings, and had enough money on the books to keep me in cigarettes. So I was nervous on the thought of getting back on the streets. When I did get back to that town I had left behind, there were things waiting for me, fear, anxiety, all of those insane feelings I had thought would just disappear in my absence. Fortunately, two weeks later I was picked up and hauled to inpatient treatment, where I set a clean date and knew in my heart this was the place that would guide me on how to change my life. They did instill in me some traits that carried me, traits that are also in Narcotics Anonymous. So, at thirty days clean I was released back to that town I had left behind, and immediately found the NA meeting hall and made it my home.

Being "wide-eyed and willing" allowed me to observe others, find traits that I wanted for myself and find out how they achieved them. It helped me to realize that, as a mem-

ber of Narcotics Anonymous, I not only attend meetings, I participate in them. Watching the basket go around for the first time and not having anything to add to it left me feeling ashamed, so I made an effort to get a job and take responsibility for my life. For the first time I could look past my own wants and desires, and see others' needs. I worked through the brick wall blinders that kept me self-absorbed for so many years, and found that the more willing I was, the freer I was. Today, with thirty one years clean, I ask myself "Am I still wide-eyed and willing?"

TS



### To the Addict Who Still Suffers...

It's Thanksgiving and I'm scared. I miss you and feel such a terrible loss when I think about your smile or your easy manner. That is all in days past however. It has been over a year since I have seen you. You were not laughing then and there was definitely no ease in your manner.

You were so thin, gaunt even.

It looked like you had lost twenty pounds and you didn't have it to loose. The circles under your eyes were so dark and the look in your eyes spoke of pure pain. It haunts me.



I wanted to hug you and tell you everything was going to be okay, even when I *knew* that if you continued to live in addiction, *okay* was the last thing you were going to be.

So, I took you to treatment and I tried to give you hope. I tried to reassure you and shared my experience, the miracle of this program. I tried so very hard to convince you that what has worked for me would work for you too.

When I hugged you goodbye, all I wanted to do was hang on. My HP told me I had to let go. I was so afraid.

I let go....put on a brave face.... the one that said 'It's going to get better now' when inside my head, I was begging....pleading.... for you to just stay....for you to not be one *more* friend of mine who dies of the disease.

I love you....not because you are a man and I am a

woman...but because you are a human being and I can't stand to see you suffer.

I took a deep breath and prayed for you to 'get it' as I left, then I cried the whole way home. Tears of desperation.....tears of sadness.....tears of grief....and fear.

I wrote you a letter praying that you get some hope from it ...unfortunately, you never got it...I found out you had left treatment just twenty four hours after I dropped you off.

I felt like someone sucker punched me when I found out. 'What? Why? F\*\*\*' I couldn't make any sense of it. I really thought you wanted it this time.

It gets lonely in recovery some days, when so few make it and so many go back. Every year that I have been clean I have lost someone to this disease. I get so tired of attending funerals....sometimes I just want to give up.

But I can't. Someone has to be here to carry the message. I get hardened sometimes and decide that I have had it and I am simply *NOT* going to be making friends with any other addicts. I get *sick* of having my heart broken. I feel 'survivors' guilt. 'How did I get to be the lucky one that got

it?' God knows I didn't do everything 'right'.

It doesn't matter. **I am still clean.** The miracle of recovery has brought me so many gifts. One of the biggest is the ability to *feel* and I am feeling now! Boy-howdy, at the moment it SUCKS! But alas, I am feeling it.

When I was using all I felt was blackness. So I will take the pain, because even though we knew each other for such a short time, you made a mark on my heart, an impression that will never be filled, whether I see you again or not.

If by some miracle, you are reading this, know that I love you and the miracle of recovery will be here when you are ready to grab hold of it.

You don't have to keep existing out there in the disease. You don't have to give in to the complete demoralization that only the disease will deliver. There is a way out. That way is called Narcotics Anonymous. It has worked for thousands and it will work for you too!

Last time you reached out, I was there. I was there, because I am a member of the finest fellowship in the world. The fellowship that cares

about the desperate, dying addict, like me....and....you.

You don't need *me* to get clean. You need the fellowship. Lucky for you and me the fellowship is everywhere! So, PLEASE get to a meeting, call another addict in recovery and ask for help. Because this year, the funeral I attend I don't want to be yours.

I love you, in the way only another addict can, with compassion and hope... unconditionally.

*Anonymous*



I have recently been getting involved with service again at the group and area level and was surprised that there has been a decline in involvement from people in the fellowship. People need to get involved and be of service or the fellowship will wither away.

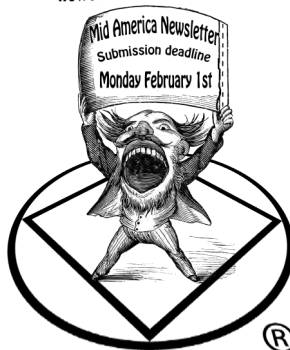
I don't know what I would do without the fellowship of NA, I would probably be dead if there weren't people willing to be of service and help me when I came into the rooms, and when I came back. I think it's important to get involved, especially at the group level, where we can help the newcomer, which is our primary purpose after all. Another

way to reach out would be to just write something to submit to the MAN. It's a way to share experience, strength, and hope with other addicts. It doesn't take long to write a short article, and type it up and email it to the newsletter. It doesn't have to be a novel, just something you have had an experience with that relates to recovery.

I attended the last regional subcommittee meeting for literature and was disheartened to hear that there had not been any new submissions to the MAN for months\*. It would seem that with the number of addicts in the fellowship, it would be possible to have an abundance of articles to choose from for the MAN. Please, take some time and write something and submit it. It's a simple way to do some service in the fellowship that could save your butt. I know it saved mine.

*\*written in 2012*

[newsletter@marscna.net](mailto:newsletter@marscna.net) Kate M.



## **Happiness and freedom in our lives.**

Happiness? Freedom? These are two words that very few of us knew in our active addiction. The only happiness we knew was a brief release from the pain in our lives. The only freedom we had was a few hours escape from our individual realities. Yet the truth was, and is, that none of us could stop the downward spiral into a self-inflicted hell until we accepted the help of a 12-Step program.

When we first entered the rooms of Narcotics Anonymous, we discover a few things very strange to us. We see smiling, happy people. We hear words of welcome. We feel genuine acceptance from other people. We wonder how these people could possibly be afflicted with the same disease as ours. They don't seem scared or alone. They don't have that look of despair we see in the mirror each day. They freely welcome and accept us. They give us hope. Just who are these people?

They were the same people that we are now. They too felt just as isolated, helpless, and hopeless when they first began their 12-Step journeys. They were in their own

self-inflicted hell just like us. But they made one important decision when they followed one important suggestion: they kept coming back!

It's no accident that as those people came to meetings, followed suggestions, and got a sponsor that they became happier people. They each began establishing a relationship with a God of their understanding, and worked the Steps in their lives. Their freedom is a result of having a daily reprieve from their active addiction. They accomplished these things by working their individual programs together. Remember, none of us could stop the progression of our disease alone, but together We can!

Now, today, each of us has the opportunity for a new life. We don't have to listen to a disease that only lies to us. We can listen to, and stick with the people who share a common freedom and a new happiness in each of their daily lives.

- Am I open-minded and willing enough to try a new and better way of life today?







GRATITUDE  
 FREEDOM  
 BELIEVE  
 CHOICES  
 MEDITATE  
 MESSAGE  
 DREAMS  
 SERENITY  
 HOPE  
 GIFTS  
 SELFLESS  
 RECOVERY  
 AWARENESS  
 JOURNEY  
 CLEAN  
 MEETINGS  
 SERVANTS  
 HIGHERPOWER  
 CELEBRATE  
 HELP



Can you find these words?

**WE SUPPORT AND PARTICI-  
 PATE IN THE PLAINS  
 STATES' ZONAL FORUM.**

**FOR MORE INFO VISIT:**

**[HTTPS://PSZFNA.ORG](https://pszfna.org)**



**1995 - 2020  
 25th Anniversary**

# [www.marscna.net/events](http://www.marscna.net/events)

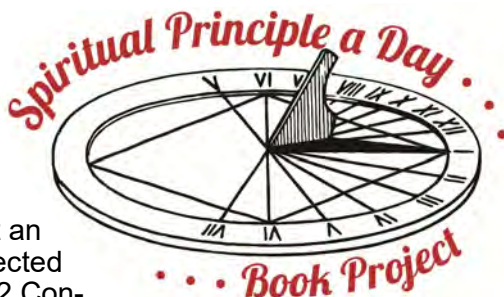
Due to Covid-19 many functions have been postponed or cancelled. To get the latest information on dances, workshops, or other NA events within this region please visit the address above. Also check the various closed or private Facebook pages associated with Mid-America Region, the groups and area members.

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If you haven't gotten involved with this project yet it's not too late!

Covid-19 has delayed the original review and input batch timelines, but an approval draft is still expected to be included in the 2022 Conference Agenda Report (CAR)!



Visit

**[www.na.org/spad](http://www.na.org/spad)**

to download all forms and input

A quick background on this project, at the 2018 World Service Conference (WSC) a project plan was approved and initiated over a two conference cycle period, or four years. So far, over 227 entries have been developed by weaving member's writings together. Your input could have been mashed up with a member's in Sweden to make one phenomenal writing. The possibilities are endless.

## **Deadline for writing - December 31, 2020:**

Nine Principles and quotations to be written about, **autonomy; conscience; fidelity; individuality; listening; powerlessness; self-discipline; serenity, and trust.** *Please share your experience, strength, and hope on these topics!*

## **Batch 4 is out for review and input!**

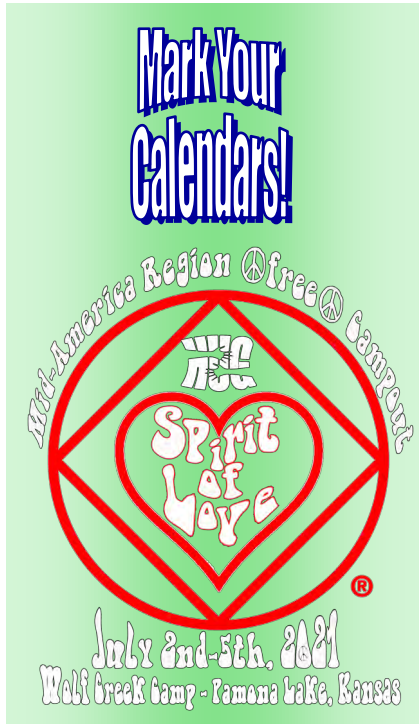
**Deadline for input is January 31, 2021.** There are 75 entries included in this batch. Download them at the address above.



**Wichita, Kansas**

~~XXXXXX-XX-XXXX~~

**Hyatt Regency**



## Online Recovery Meetings (Zoom or other)

*PSZF meetings are Central Standard Time*



### Plains States Zonal Forum Recovery Zoom

<https://pszfna.org> (M-F) - Noon 861 7253 4985

<https://pszfna.org> (M-F) - 7 pm 849 7357 1162

Passcode on both: 1995



<https://virtual-na.org>

searchable list worldwide

<https://nastuff.com>

searchable list worldwide

*Many groups within Mid America Region have added online meetings, some may be listed in the above search sites, but also please check social media for that information. These online meetings may also be cancelled or changed at any time, so stay current and stay safe.*

## **Mid-America Regional Service Committee February 2021 Quarterly Meeting**

**Due to Covid-19 restrictions this meeting will once again be virtual. Zoom code and password will be disclosed through MARSCNA channels.**

### ***Virtual RSC***

#### ***Subcommittee Meetings Saturday Feb. 20th, 2021***

- |                |  |
|----------------|--|
| 1:00 - 2:30 pm | <b>Campout/Convention</b>  |
| 2:30 - 4:00 pm | <b>Fellowship Development</b><br><i>(Events, MAN, Soul to Soul)</i>          |
| 4:00 - 5:30 pm | <b>Public Relations</b><br><i>(H&amp;I, Web, Phone-line, Communications)</i> |
| 6:30 pm        | <b>Campout Fundraiser with speaker meeting and virtual auction.</b>          |

#### ***Regional Service Committee Meeting Sunday Feb. 21st, 2021***

- |             |   |
|-------------|---|
| 9:00 am - ? | <b>Reports, Open Forum, General Business, Funds</b> |
|-------------|---|