



Mid America Newsletter

The newsletter with the magazine feel



VOL. 42
ISSUE 3

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FALL
2021



“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.

Part of the Solution



Welcome to the Fall issue of your newsletter. Mid America Region celebrated another



anniversary a couple of days after the 2021 42nd campout ended. On July 7th, 1979, which was a Saturday, several group members got together at that 1st campout and formed a region, complete with three areas. So, Happy Birthday Mid America Region!

The 2021 campout, or “longest running free campout in the world”, had just the right amount of members for the location. There was plenty of food, plenty of love, and plenty of hugs. Three great speakers, a Spirituality workshop, plus several sharing meetings left our hearts full. Oh, and the weather couldn’t have been any better! The only thing left to say about it is “Thank You!”

We hope you enjoy this newsletter, you can send your experience, strength, and hope to:

newsletter@marscna.net



Hello family;

Wanted to share some things I have learned in the last year...

Politics destroys friendships and families when principles before personalities are not practiced and there is no place for them inside our meeting halls. If we ever re-write the Basic Text or edit the first 10 chapters I would put my two cents in to state “regardless of age, race, sexual identity, creed, religion, lack of religion or political affiliation”

I learned we need to respect and protect our members. We are not a young fellowship any longer. We have a lot of members with underlying conditions that I feel were ridiculed at times because they opted to not attend in person meetings, because they choose to wear a mask and when they did attend meetings they were pressured to get into a closing circle.

I learned that I am a rule follower as NA has taught me to be a responsible, productive member of society today. NA has taught me that I am not invincible and that I have a primary purpose which is to carry the message to the addict who still suffers. By the way that doesn’t just mean newcomers. Sometimes I am the addict who is still suffering because I believe my addiction is all encompassing.

I learned that Zoom is an amazing tool. It helped me increase my meeting attendance from 3 per week

to 8 per week! I didn't resist the change. I embraced what I needed to do for my recovery and it worked out well. Yes I heard people say "it's just not the same" but trust me as I sit in Zoom meetings, it is the same—people not paying attention, people shutting off their video, people cross talking (chat feature), people listening and giving their undivided attention to the meeting, people participating. I think it is a mind set on how I choose to look at things. If I say "it's not the same—I can't do it, I hate Zoom" then I am going to have that mind set. If I embrace it and say "thank God for Zoom so I can stay connected to my fellow addicts, I love it and the ability to have technology in my life and sit in a meeting in Australia, France, Japan, my home group etc.." then that will be my mind set." I learned I was able to work steps via Zoom or by some other type of technology. My recovery didn't have to stop or get stagnant because I had an amazing tool at my disposal.

I learned that a Zoom meeting is STILL an NA meeting. I have heard so much controversy about anonymity and Zoom meetings. Heck I even attended a hybrid speaker meeting where they shut off the camera which left everyone on Zoom in the dark so to speak. Was a sad situation that I went to an NA meeting and didn't get to participate in it fully (when the technology was available) because some think Zoom is not anon-

ymous or NA. I have attended some amazing hybrid meetings where you can see the people in the room and it makes you feel a part of and some that are not amazing. Lots of groups have NA meetings on Zoom. It is a meeting. To be honest people who are that concerned with anonymity should never attend anything besides closed meetings as an open meeting is not anonymous- anyone can attend them.

I re-learned mostly two things and still holds true today.

1. How I want to be and 2. How I don't want to be.

I want to be kind, caring, loving, respectful, honest, loyal, open-minded, and willing and God conscious. I want to live with dignity and grace, love myself and others and enjoy the beauty in my surroundings.

I don't want to be mean, nasty, deceitful, close-minded, unwilling and ego driven.

I am learning to live through a pandemic-and yes present tense as it is not over yet. I now have experience, strength and hope to share with others. I didn't have that prior to this experience. I did what I thought was best for me and my family. I voted in my group conscious for what I thought was best for my

home group. I lost many friends and some family members during this pandemic to COVID. We lost some people who chose to go out and use and haven't made it back yet, some who won't due to disease. Both are very sad situations.

I learned that no matter what I never have to use again. I am able to pick up my phone, pick up the pen, pick up literature, pick up my tablet for a zoom meeting, pick up my bootie and take it a meeting- I just don't have to pick up the dope no matter what!!!

I love Narcotics Anonymous. Because of this program I am blessed with a beautiful life. Not perfect. Not pain free. Not illness free. Not chaotic free at times. But still very beautiful compared to what it was like out there!! So today I will keep coming back- even if that means or especially if that means through technology- I will do what I need to do to make sure I stay connected and protected in Narcotics Anonymous.

A grateful recovery addict
Shelley W.



Diversity of a Zoom Meeting

As more NA groups open up the doors to face-to-face meetings, some online meetings have ended. The Plains States Zonal Forum jumped into action at the beginning of the pandemic with two Zoom meetings a day, seven days a week. That schedule eventually dropped to weekdays only, then the conscience determined to end support on all.

Regular members of the noon meeting wanted to keep them going so they received the blessing of the zonal forum to continue to use the Zoom account, with 7th Tradition going back to PSZF. They still use the same ID and password and meet Monday thru Friday 12:00 PM CST. Why did I list CST? Because there are members from all over the world attending. One member noticed this trend early on and kept a note pad handy to just write their location down. At the time I received this list there were members from thirty six states plus India, Mozambique, Germany, Quebec {province of Canada}, South Africa, United Kingdom, Indonesia, Finland, North Korea, Mumbai, Mexico, Amsterdam that have attended this "Noon meeting".

I love my home group, and I love my online Zoom meetings too. I attend both on a fairly regular basis. The Narcotics Anonymous message is the same at both, its just one I can

circle up and hug, one I can't. In both I can carry on a conversation with whoever stays on for the "after meeting". As I see it, I didn't "have" to go to online Zoom meetings, I "GET" to go to online Zoom meetings. The same thing I have been saying for many years about face-to-face meetings.

I am truly grateful for the diversity of our fellowship, and how meetings are attended. Outreach has been an evolving factor in NA service, posing that same question "How do we reach isolated addicts?" Since the early 1980s Outreach efforts have built NA communities, but still some geographical areas are too isolated for a meeting to stay intact, but they might have phone service or wi-fi. The same can be said for members that can't physically attend for health reasons.

For the first time in history, members can attend a meeting any time of the day or night right from their home, if they have a phone service or wi-fi, how amazing is that? Like I said at the start, many groups have reopened their doors, but also many Zoom meetings have not shut theirs.

A grateful addict



Service based recovery vs recovery-based service

It breaks down to integrity. Addicts wanting recovery see other members smiling, laughing, and happy, and then hear them talk about service and "not keeping what they have unless they give it away". It's not uncommon for those members to jump into service, get elected to whatever committee needs a warm body. But without those addicts building a foundation of recovery first, their only source of satisfaction is from those service meetings. Unfortunately, I have seen many members relapse and forfeit their positions due to that, some very recently.

Recovery based Service has that foundation laid in place, doesn't mean there won't be struggles or "life on life's terms", but for those members recovery always comes first. They are usually the members that also fulfill service terms consistently too, "service-based recovery" members are always looking for something more exciting, ego driven possibly.

Recovery based service members understand and embrace the fact that all service must be motivated by the desire to help the still suffering addict, not motivated by popularity or a self-made pedestal. That's my two cents worth.

Keeping it real so I can really keep it.

Chapter Thirty-One

The words “We have a book!” rang loudly through the fellowship after the 1982 World Service Conference. NA finally had a full book-length text, simply known as our Basic Text.

The process getting it there was spread out through seven World Literature Conferences and hundreds of hours writing and editing in between, which the seventh conference in Philadelphia was focused on personal stories. By that time, there were around 130 stories submitted, but many didn’t have signed release forms. Earlier, Thirty-five stories had been placed in the review and input, known as the “Memphis Grey Draft” or “Grey Book”, but many of those didn’t make the final cut.

The Secretary, or Librarian for the Literature conferences, Linda M. from Topeka/Lawrence, knew more stories were needed and wrote hers while on a bus ride home from one of the conferences. When she got to Kansas, she talked Burnalee into writing hers as well. Linda’s “Pothead” was overlooked for the 1st edition printing, but four months later was included in the 2nd thru 5th editions. Burnalee’s “Part of the Solution” was included in that 1st edition, as chapter thirty-one, and would also be included in all editions up to the 5th edition.

July 14th, 2021 we said farewell to Burnalee S. of Topeka, KS. She was a pioneer for Narcotics Anony-

mous, having celebrated forty-four years this February. Many who knew her saw her as a mother figure, I saw her as an NA historian too. She was very organized and kept everything related to our fellowship, something I could relate to, except the very organized part.

Burnalee had a full life, half of it as a clean addict in Narcotics Anonymous.

Rest in Peace Burney.



Chapter Thirty-One

PART OF THE SOLUTION

What it used to be like: Living on a farm as a child I felt inferior... shy around other people. I was full of fear and became angry... things didn't go my way. This behavior continued during my... years.

When I was 21 years old I married and still continued to try and... reality, wanting everyone to agree with me, thinking I was... and reacting with temper tantrums when people disagreed with...

I became a mother of three children. With my first child I still... control, with my second I became overwhelmed, my third... generate. I wanted somebody to take care of me rather than... care of others and being responsible as a mother frighte... wanting to be perfect made me feel more scared and angry... one day my husband went to our minister hoping something... be done for me since I was so angry towards him and life... The minister didn't feel he could help me, so they found... in a city 200 miles for me to drive to and from for week... ents. It was at this time a mild tranquilizer was prescrib... a doctor who was a friend of the psychologist. The psyc... and wanted to be helpful, thinking seeing him would tak... with my anger. For effec... d s... don't!

Goodwill

“Goodwill 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.

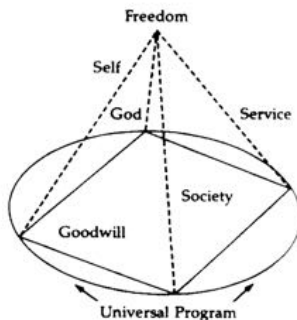
To give back – to be of service. I followed these suggestions and I continued to stay clean. I still do these things today. What I find disturbing about service work is that I believe a lot of people have forgotten why they serve and/or who they serve.

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

Humor Me

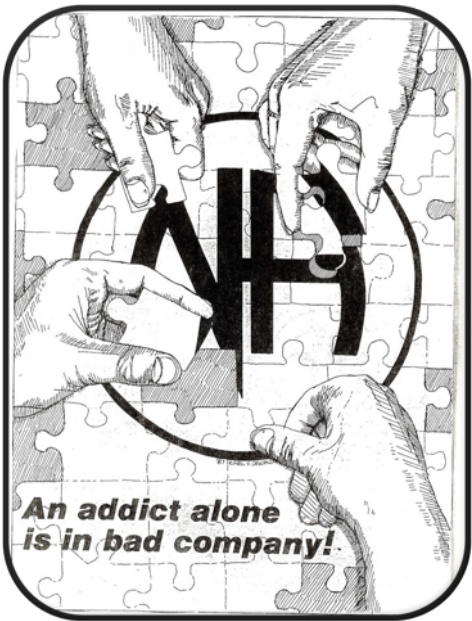


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 BALANCE
 GRATITUDE
 HUMOR
 FAMILY
 VALUES
 AMENDS
 BELIEVE
 RECOVERY
 GOD



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



www.marscna.net/events

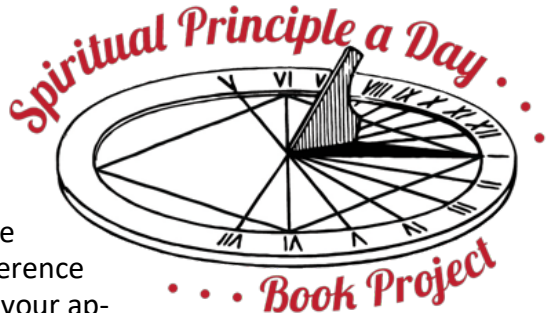
To get the latest information on dances, workshops, or other NA events within this region please visit the address above. Also check the various closed or private Facebook pages associated with Mid-America Region, the groups and area members.

Last Call on Review and Input!

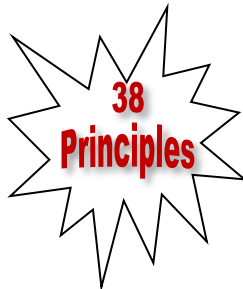
www.na.org/spad

The last review and input is rapidly reaching its deadline! Batch six, which has eighty eight entries spanning over thirty eight principles has been out for R&I since June, and the deadline to submit your input is:

**September 13th,
2021**



The next time you see this book will be in the Conference Agenda Report (CAR) up for your approval. The CAR will be available in English November 24th so get with your region, area, or group to plan a workshop to reach your conscience on this book.



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Mid-America Regional Service Committee

P.O. Box 3534

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**Mid-America Regional Service Committee
November 2021 Quarterly Meeting**

Tentative schedule

MARSCNA

***Subcommittee Meetings
Saturday Nov. 20th, 2021***

- 10:00 am - 12:00 pm **Fellowship Development**
(Events, MAN, Soul to Soul)
- 12—1:30 pm **Lunch**
- 1:30—3:30 pm **Convention/Campout**
- 3:45 - 5:45 pm **Public Relations**
(H&I, Web, Phone-line, Communications)
- 6:00 pm **Activity/food/Fellowship**
Possible speaker meeting

*All times are tentative,
please email: fellowshipdevelopment@marscna.net
if you have questions*



***Regional Service Committee Meeting
Sunday Nov. 21st, 2021***

- 9:00 am - ? **Reports, Open Forum,
General Business, Funds**