



Mid America Newsletter



The newsletter with the magazine feel

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SUMMER
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.



Welcome to the summer issue of your newsletter. Summer means outdoors to many, picnics, campouts, outdoor meetings, all are refreshing compared to being cooped up with pandemic rules still lingering about.

Something different about this summer from last is, well events. I see calendars filling up with these events and God willing addicts are going to meet up have a great time. One of those is Mid-America Region's 4th of July campout at Pomona lake. A flyer is in this newsletter, and feeling a little reminiscent, a story is too.

Once again, submissions were scarce. I can't imagine everyone is so busy they can't find time to share their experience, strength, and hope with newcomers and old-timers alike in print. But yet it continues to happen. I challenge you all to write something and email it to the address below.

We hope you enjoy this mix of old and new submissions, you can send yours to:

newsletter@marscna.net



RECOVERY TOOLS

When I think of Recovery Tools I first envision a Recovery Tool Box. This box would contain a myriad of tools; all different shapes and sizes. These varied tools would be used for different jobs or situations. My tools could be situation specific or interchangeable. Some tools may work together while others might be used independently. All of my tools could be used infinite number of times and would be indestructible.

For example each morning I pray and meditate to fortify my spirit. As challenges of the day present themselves I might use the Serenity Prayer several times to get through. As I nourish my body I must also nourish my soul by reading some literature and or writing in my journal. To complete my day I'll take time for more prayer and Step 10. These simple things keep my tools sharp and in good shape and at the ready for when life gets messy.

Recently one of my daughters relapsed after celebrating a year clean. My heart ached as my powerlessness controlled me for days. I used meetings, my sponsor, and prayer immediately to help with the obsessive thoughts and feelings. My sponsor reminded me I have no control over what other people do. As I was grieving the loss of my clean daughter and all that she had gained I talked to other group members. They reminded me she has an HP and

I needed to turn her over to that HP. This was difficult as I had not heard from or seen her in weeks. My thoughts went to the worst places; was she on the streets, was she selling her body, was she putting a needle in her arm and on and on. I was not ready to accept my old reality again but I had some new tools on which to draw. On one particularly rough night I could not shut my obsessive thoughts down and was unable to go to sleep so I took a warm shower and cried. This gave me the release I needed to find some peace. I did not have to stay in this unacceptable place. In the past I would have continued to let the thoughts rule my night. No more! I have tools now. The literature, specifically the Just For Today Meditation book, was my solace. I read everything from the index on addiction, compassion, powerlessness, relapse, surrender, and serenity. The index ended up being my most valuable tool for this situation. I can turn to it any time to find some peace and acceptance in my life.



I have hope today because I have a Recovery tool box. I can choose to stay miserable or I can pick up the phone, pick up the book, go to a meeting, work a step, repeat the Serenity Prayer, write in

my journal, or do some service work. I chose to apply the tools from my recovery toolbox and for that I'm grateful. Thanks to the fellowship of NA, my sponsor, and my H.P. I have many resource tools I can use to get through each day.

Warm Hugs,

Carla D.



God
Guide us in our
recovery
that we might
practice spiritual
principles
live the steps
and truly help the
still suffering ad-
dict.

For all that you
have given us
we are grateful.

Service Commitments

It all seemed so fast, two months ago I attended my first area meeting as my home group's newly elected GSR, one month ago I was elected area literature chair, and today I'm attending my first region meeting. It was recommended that all subcommittee chairs attend region, as the region had those same subcommittees at that level too, so I went to report to the region literature subcommittee. That was May 1991.

The day was organized so two subcommittees met at a time, and it went all day. Since I was there, I attended other subcommittees too, one being activities. The topics up for discussion were centralizing the quarterly region meetings and planning a new spiritual retreat. Since my fiancé and I were from McPherson, we were approached about possible locations to hold the meetings in. Our group had held several dances so we knew of a couple places, one didn't have a kitchen or access to holding the key and one did, so we recommended the county 4-H building at \$40 a day. The other topic was the spiritual retreat, a few members had researched locations, which were too expensive. One member lived very close to Camp Chippewa and said he could "get a good deal" on it. In

thinking of a name for the retreat, everyone attending got a chance to throw a name in a hat and then we voted on which one fit the best. My fiancé had previously attended a women's retreat called "Heart to Heart", so I took a play on that and wrote "Soul to Soul", which was picked.

No matter which subcommittee I sit in on, I felt welcomed. I had two years clean but was very new to service outside my home group. When it was Literature subcommittee's turn, I introduced myself and reported that I was doing a literature inventory and getting group orders caught up. I sat in wonder as the chair talked about reviewing the "Just For Today" Meditation book for input, giving a progress report on the "It Works How and Why" project, the approval of "For Those In Treatment", and that the fifth edition is the "approved Basic Text".

I was told many times that I was welcome to attend the next day too, which was the regional service committee business meeting. I only lived 50 miles away from Ellinwood, where it was held, so made plans to come back that Sunday. Looking back at that weekend I realize I was kind of star-struck, it reminded me of when I attended the Mid America Newsletter workshop/dance in the fall of 1989 when I had about six months clean. There was something there that I wanted, but my home

group didn't participate in an ASC at that time.

When the Regional Service Representatives gave their report, they stood up, spoke clearly and broke the information down to where this newby to service could almost understand. I looked to both of those members later on for guidance in my own service endeavors.

I left that RSC with a new spirit and excitement, and many new friends. One month later Debby and I had an NA wedding, with an NA DJ at the reception. Some of our new friends attended as did many old friends. Immediate family attended too, some seeing each other for the first time in many years. Just another gift that NA membership offers.

Over the years NA has evolved too, my first world service conference as the Regional Service Representative Alternate was in 1995. A "Transition Group" was elected to digest the findings from a world services inventory that had completed, and a group of us set out to form the Plains States' Zonal Forum. After getting to serve as a general member of the World Literature Committee for a few years, it and all other subcommittees were disbanded. Today all services are project driven, not committee driven. The Mid-America Region eventually followed that path as well.

Over the years, I continued to attend and participate with Mid-America Region. May 2021 will mark thirty years of uninterrupted RSC service. I have been blessed to have successfully held over forty elected positions in group, area, region, zonal, and world service of Narcotics Anonymous. Of course, you don't have to be elected into a service position to serve, and I pray I get to "serve" right up to the end.

One grateful addict,

Tim S.



*Commitment is doing
the thing you said
you were
going to do
long after the mood
you said it in
has left you*

*you said it in
has left you*

Where it Began...

"The longest running free campout in the world!" This is not a statement contrived by members of the Mid-America Region, but an actual acknowledgment made at the World Service Conference in 1989. The members who planned this event weren't thinking about a long-term "free" campout, they were thinking about getting groups together to form a regional service committee.

A seed was planted at the 8th World Convention held in Houston, TX. by Greg P., WB Trustee, where a small group of Kansans attended. He mentioned that the mid-west groups should start a "formal" region, which would help new groups form and grow. That was September 1978. Enough word spread about this and March 1979 members from Wichita and Newton traveled to Topeka to discuss how and when a region could be formally created. Newton's group used a park outside of town that would work so Ray P. reserved Camp Hawk for this historic campout.

The 4th of July fell on a Wednesday, so the weekend after was chosen, or July 6th-8th, 1979. As Motorcycle Ed from Atlanta wrote in his "report", members came in from Denver to Atlanta, Lincoln to Dodge City, and many

towns in between. During this campout, Mid-America Region was officially established., with three "areas". We also started our first sub-committee, Literature! There was much talk about writing a book, plus newsletters were becoming a main communication form, and they were developing from Literature committees. Three months later the first World Lit. Conference was held in Wichita, KS.

The article that Motorcycle Ed (Ed C.) wrote was published in the very first edition of Atlanta's newsletter "Rainbow Connection", Sept. 1979. The thing that most surprised, and got me excited, was

What A Camp-Out!

Ed C.

Ed C. rode his bike to Kansas for it, and this is his report.

On July 6, 7 and 8, a group of us N.A.'s all got together in Newton, Kansas, for a weekend camp-out. All total there were about 60 "druggies" running around, some needing a bath, others not.

The Kansas groups did an outstanding job of putting the thing together and addicts came from all over. Areas represented from Kansas were Wichita, Newton, Topeka, Salina and Dodge City. Out-of-state folks came from Denver, Colorado; Lincoln, Nebraska; and Atlanta, Georgia — including Karl S., Donna B., Katherine F., and myself. (oops... and Tommy B.)

Two GSR business meetings were held Saturday for the GSR's from all the areas and out of that came three new Area Service Committees and a lot of growth.

New literature committees were formed and the convention in Atlanta was big news, too. One guy taped all the meetings to do his part.

We had a late-night bon fire meeting Saturday night on "fear" and it was really something to sit around and watch the fire glow and share. Sunday morning's spiritual meeting was on "faith."

Everyone left yelling "see you in Atlanta in September" to their new friends. We sure do thank the Kansas folks for a fine time.

the fact that someone “taped” all the meetings! WHERE ARE THESE! 42 years later we still don’t know!

Fun fact about Motorcycle Ed, he was the closing speaker at Mid-America’s first convention in 1983, so for MARCNA XX in 2003 we invited him to be the opening speaker.

Since the Newton group hosted that first campout, it became customary for groups or areas to host it annually under the Mid-America name for many years. In fact, it wasn’t until after the 12th annual campout, or August 1990 that it became a standing committee at RSC. Even when one area hosted, most often other areas in the region were challenged to handle certain responsibilities. Games, meetings, meals, the whole region was always made a part of no matter who hosted. That also included having members from other areas on the committee to plan it.

This year, the region planned to host the 43rd annual campout, but since 2020 was cancelled due to Covid-19 group gathering restrictions, we’ll call it the 42nd almost annual campout. Actually, we didn’t even put a number on the flyer, but it is still the “longest running free campout in the world”.



Walking the Path (of recovery)

I took one step, began to moan
I can't do this one on my own.
I took two steps, began to pray
Restore me God, please now, today.

I took three steps, gave up my will
Maybe God loves me still.
I took a fourth, I looked inside
Nothing more would I hide.

And on the fifth, I said aloud
I've done some wrong, and I'm not proud.
I took six steps, and got prepared
To lose the defects, I was scared.

Now I'm at seven, take them away
My God, for this I do pray.
And on eight, the list was long
Amends to make for all the wrong.

I took nine steps, put down my pride
Amends made, I will not hide.
Ten steps I take, each day I pray
I make amends along the way.

And on eleven I pray to know
Each day His will, which way to go.
I took twelve steps, I'm like a bird
To others now, I spread the word.....

(anonymous)

Recovery Life and Recovery in Action

I'm Wayne S. an addict from Wichita, Ks. My home group is Living Clean Group of Narcotics Anonymous. Wow! Recovery in Action. I look back how recovery in my eyes have changed throughout the years. I remember my 1st day clean on 04/12/03, in my final year of a life sentence, (15-year on installment plan), meaning my addiction put me in prison 6 times steaming from 1979 to my last 5 years completed on 03/19/04, on a Thursday at 9:00am if I remember right.

Ok, ok enough of the problem, you get where I'm coming from, I went to living like an animal for years and years my family was scared of me. So, I found recovery was pretty simple once I hit bottom, not saying to didn't have struggles but I had hit my bottom, I knew how to ask for help and accept the feedback and make the change without asking why, that was the key. I in the past would always question my sponsor why, today it's when and how fast. So, after working step three, and reading out of the It Works How and Why, it said something like after working the

1st 3 steps you must continue to work the steps to stay clean and change my thinking. Ok, simple enough my sponsor was there to lay it out to me as he was taught. I worked all 12-step and as I go, I begin to start adding this process in my life, and again as the literature says, the steps will change my thinking. My thinking has changed and as time goes on, one day at a time, my thinking continues to change, my dreams of a H/P has molded into something I can't explain and don't care to try.

All I know is when I let my HP work it becomes a dream in my life, example 18 years clean as of 04/12/21, now that is HP in action, I can't do that, we can. All I know, recovery is a miracle, this has been and will continue to get better if I keep doing what the literature tells me, yes, go to meetings, work the steps, read the literature, talk to my sponsor, and pray my butt off. Thanks everyone in my huge circle of recovery of NA, for being a part of my recovery and allowing me to be a part of yours. Thank you for allowing me to be of service,

Please know I am humble and always approachable, to all, love you.

Wayne S.

www.marscna.net/events

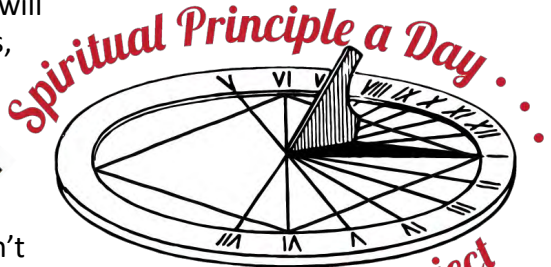
To get the latest information on dances, workshops, or other NA events within this region please visit the address above. Also check the various closed or private Facebook pages associated with Mid-America Region, the groups and area members.

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

www.na.org/spad

If you read last quarter's issue, you saw that there were ten principles to be written on by March 31st. This was also the last batch to be sent out. Well you know how members who like to write are, one principle leads to another, then conceptional liberties start creating all new potential principles.

With that said, batch 6, which is expected to be out for review and input by mid-June, will have more than 30 principles, and more than 80 entries!



You might say that some of these principles didn't have a category to fall in, so for my reporting liberties I'll call them "hodge-podge", or maybe another member's term "oddball". Regardless of what name they have been given, they are still going to be included for you, the fellowship, to review and input. So lets recap:

... *Book Project*





July 2nd-5th, 2021
Wolf Creek Camp, Pomona Lake, Kansas



Friday July 2nd
then
Monday July 5th

2021

- ❖ WELCOME!
- ❖ FREE TENT FEES
- ❖ FREE MEAL WITH OTHER "COMMUNITY" MEALS OFFERED
- ❖ LIMITED RV SPACES IN GROUP CAMP, OTHERS AVAILABLE
- ❖ NO PETS ALLOWED UNLESS ADA, NO FIREWORKS
- ❖ MORE INFO.

CARRIE E. 620-708-6876 OR TIM S. 725-819-8806



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 4958

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

Passcode on both: 1995



<https://virtual-na.org>

searchable list worldwide

<https://nastuff.com>

searchable list worldwide

Some groups within Mid America Region have kept their online meetings, some may be listed in the above search sites, but also please check social media for information. These online meetings may also be cancelled or changed at any time.

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

Once again, this meeting could be virtual. Zoom code and password will be disclosed through MARSCNA channels if it is.

(possible) Virtual RSC

***Subcommittee Meetings
Saturday August 14th, 2021***

- | | |
|----------------|--|
| 1:00 - 2:30 pm | Campout/Convention |
| 2:30 - 4:00 pm | Fellowship Development
<i>(Events, MAN, Soul to Soul)</i> |
| 4:00 - 5:30 pm | Public Relations
<i>(H&I, Web, Phone-line, Communications)</i> |
| 6:30 pm | Speaker and possible fundraiser. |

*There will most likely be a speaker in the evening.
If this meeting goes face-to-face the scheduling could be different, please check for updates.*

***Regional Service Committee Meeting
Sunday August 15th, 2021***

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