



# Mid America Newsletter

*The newsletter with the magazine feel*



**VOL. 43**  
**ISSUE 3**

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**FALL**  
**2022**



***“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.*



## From the Editor

## Miracle Making Business

Welcome to the fall edition of your newsletter. It has been a hot summer, but that didn't stop the many members from camping as the Mid America Region 4th of July campout drew in a very large crowd. There have been many group and area campouts as well and if you look at the region's event calendar you'll notice a lot more events coming up. From the regional events, both Soul to Soul Spiritual Retreat and MARSCNA Service Assembly are happening this fall, check the website listed above for more information.

There are always service opportunities available at region, Campout and Soul to Soul will soon be electing new committees, Convention has a few openings, Public Relations and Fellowship Development have opportunities, and my position as MAN Editor has been open for a while. There is no greater joy than giving back to the fellowship that has given me my life. If you have an interest in serving at MARSCNA, plan to attend the next RSC. The schedule and address is on the back page.

Now, we hope you enjoy reading this newsletter and completing the word-find puzzle

Most recently, I was honored to share as a speaker at the Mid-America Convention of NA. I travelled from Massachusetts to share at your convention - a convention that was delayed by a couple years due to the pandemic. Well, there is a saying - good things come to those who wait! Well, this convention was certainly worth the wait! I was greeted with smiles, hugs, and a bag full of goodies from your convention committee. My hosts made sure I was fed and anywhere I wanted to go - they offered arrangements to get me there! I underestimated the beauty of Wichita and your fellowship. Although "there's no place like home" - your fellowship, your convention, and the engulfing love and support I received was just like home.

I was especially touched by the loving manner that your convention embraced the newcomers and other visitors! The auction was exciting, and the entertainment was fun. Thank you again for your hospitality, your love, and the invitation to attend your convention.

I remain in loving service,

Rene B  
Fall River, MA



## Discipline with Direction

I am an addict, and my name is Alec. Direction shows one how to achieve their deepest desires and goals. Discipline takes one there. Direction was taught and discipline forced in my household. Morally, from a young age, I knew the two possible directions. Right and wrong. Good and evil. There was no in-between. Having discipline served me well to get me what I needed and wanted, or so I thought.

From my mid-teens to late twenties – I let fear, anger, dishonesty, drugs and alcohol give me directions. And boy was I disciplined for them, as we all were. My discipline amplified and moral compass became askew, I was blinded. If it didn't involve drinking or using, I wasn't involved. My family, friends, school, sports, and my God was placed behind my fix. I needed no God, no friends, no family, all I needed was my drug. And absolutely no person, no situation, nothing would stop me from finding a way to use and the means to continue to get more. If I had to lie to you, manipulate you, and then blame you to meet my selfish needs, I didn't think twice about it. I was lost and the life I created took me to the very, familiar bitter end, that we all know too well.

Today I'm not lost because of Narcotics Anonymous and the spiritual relationship with my High-

er Power that it gave me. Today I am grateful I'm given direction on how to live clean. I receive direction through meetings, through a member giving me a hug and telling me they are glad I'm here, the old timer sharing how they made it through their day today after many years clean, through prayer, my sponsor, and working the steps. If I listen and apply my discipline to the direction this program offers, of living by the 12 steps and spiritual principles, I can stay clean today.

Alec H.  
R.U.T.S. Wellington KS



## H.O.W.

I am Mark and I am an addict but have been clean since July 28, 2007. I was born in 1966 in West Covina, California. On the day my mother passed away, my father did not let me stay at the house. He told me to go play down the street like it was not a big deal. Even though I was 7 years old, I knew she had passed away. It was from that moment I learned when things become hard to deal with, I lie about it to make myself and even others feel

better.

I began to lie often and for years to come. When I first arrived at NA, Narcotics Anonymous, in 2007, I brought a shell of myself in the meeting and used lying as a big part of my recovery for years. I was open minded and very willing to learn a better way of life; however my dishonesty was not only hurting myself but others. I found it was difficult to navigate through what was a lie and what was the actual truth.

When it came to going through Step 3, I found this began to work in my life. With this way of life, I was able to work through a series of events that started me being more honest to the extent that I have never been before. This Step allowed me to see my part in the disease and how I was not only hurting others but hurting myself.

Today I know I have a choice in the ways I interact with others and I get so convicted by my higher power that I am not willing to pay the consequences for lying anymore, progress not perfection.

Thank you for loving me till I could love myself.

**HONESTY WILL TRULY SET YOU FREE!**

Mark H.  
Wellington, KS



## Gratitude

*(First submitted in 2008)*

When I hit my bottom, I found myself in jail, again, and alone. I know my story is like a lot of us here in recovery. I am grateful today because I am not alone. I am grateful today because I kept coming back. I was asked by a newcomer “how long do withdrawals take?” You know the best answer I could think of was that no matter how long it takes it would be longer if you pick up now. I was four months clean before I found NA and I was still suffering. When I went to my first meeting and heard the reading “We Do Recover” I knew this was where I belonged. I was at the end of my road, and I could no longer function with or without drugs. I was that person.

I remember vividly not being able to deal with any situation and I got into a heated argument with my 16-year-old nephew. I left my mother’s house. I had no clue what I was going to do or where I was going to go so, I just walked all over town that night. I walked until three in the morning then I went to the hospital where I knew at the fourth floor there

was free coffee for people waiting for new babies to be born. I didn't care I just needed shelter and I had no money and I had nowhere else to go.

In the morning I called my mom. She came up to the hospital and brought me some sandwiches. I cried and told her how ashamed of myself I was and that I didn't know what to do. You know she told me that she loved me. She told me that she was proud of me, I couldn't understand how she could be proud of me when I cleaned out her bank account, stole her car, got myself thrown in jail and abandoned my daughter for dope. She said none of that matters, what I'm proud of is you stopped that and you're trying to be better. She asked me to come home and said it would be OK. So, I did, I went home and checked myself into treatment because I needed help. In treatment they recommended NA. I am so grateful today that I went home, and I am so grateful today that I went to NA.

I have been involved in service, in my personal recovery since I walked through the doors of NA. I have learned so very much in my short time here. When I came to NA, I didn't even know how to turn a computer on. NA only promised freedom from active addiction but my rewards through the steps and service have been so much more. I get discouraged when I hear members talk down about service and

then complain when newcomers don't get involved. One suggestion to that would be to have a little common sense and tell members what service is. I was involved with PI and H&I for almost six months before someone said what the initials stood for. My sponsor told me to go to those meetings, when I asked her why, she said because it will save your life. And she never told me what they meant either!!

I didn't know what it was about, but I wanted recovery, so I went. I truly love my service work; it gives me self esteem.

I love this program because through my honest hard work with my sponsor I have discovered that I am not all bad. I love this program because it has gotten me through some life changing experiences. I was able to make amends to my mother. I am grateful today because through working this program I see that my mother was there during my darkest hours and because of NA I was able to hold her hand as she walked through her darkest hours, and I thank you for all of it. My hope when I came to NA was just to have my daughter back. Today I have that, times three, I have three beautiful girls who love me, and I am able to take the time to love them back. Thank you, NA, for my beautiful life today.

Suzie Q.

## NA Turns 50 in Salina, KS

## Spiritual Authority of the

### Group Conscience

July 1972, four or five members met at 150 S. 8th St at the Pathfinder House with a white book and started a meeting. Ed S. from Lincoln NE is one of those members, and when Phoenix group in Salina put on a 50th celebration party this past July, Ed was the main speaker.

Ed, who found recovery November 25, 1971, met another member named Jim N. while in Hutchinson, KS. Jim, aka "Junkie" Jim, was arrested for drunk driving in Salina and placed in the care of the manager of the Pathfinder House, which at the time was a dry-out house for alcoholic men.

The local radio station gave a time-slot once a week for the manager and a few members to share about their trials and tribulations with alcohol, but when Jim and Ed started sharing the talk of drugs started coming up. The program also took calls while on the air, and Jim and Ed drew in other addicts that didn't feel comfortable in AA meetings, it is because of this that efforts were made to get Narcotics Anonymous going, even though no one really knew anything about NA.

50 years later, NA is still strong and giving addicts a home seven days a week.



1972 - 2022

My first experience with the responsibility of the group conscience occurred in the late 1970's. I was a member of a small NA group. In town, we had 3-4 meetings a week at the time, and everybody usually attended all of the meetings. It was a tight, small-knit group of about 10-15 core members. I was young, only 18 years old, and was a shy, young woman, and had been in recovery for about a year.

It was time when the justice system was just beginning to learn about meetings and the NA program. We began to have more and more individuals being required to attend meetings by the criminal justice system. In many cases, if someone wanted to continue to use, they wouldn't attend the meetings, and would simply forge the signature cards. For one individual, "Frank", this was not the case.

In the beginning, "Frank" would come to the meetings, sit in the back row, and scowl at everybody. He never talked, he never participated. As time went on, he became angrier, and angrier, and more and more belligerent. He started coming to meetings obviously loaded.

He intimidated everybody in the meetings. He was a big man, and had a violent history. He scared me

to my very core. He's one of the few people I've met that I felt was able and willing to kill me in a heartbeat. As he became more confident and cocky, he began harassing me and some of the other young women in the group. We only had a few meetings each week, and it was horrible knowing that I had to endure this person's abuse while trying to fight for my recovery. Some of those young women quit coming to the meetings, and they never came back.

Individual group members began to talk about the problem, first informally, and then formally in the group's business meetings. The group agonized for weeks about what to do: "This is a program of attraction; You are an addict when you say you are." How could the group tell this individual to quit coming to meetings? But, on the other hand, how could we tolerate the bullying, intimidation, and harassment? Our very recovery was at stake.

In the end, the group conscience decided that "Frank" needed to be confronted. He was simply told that he was welcome at the meetings, but if continued acting that way, he would be asked to leave. There was no big fight or argument. "Frank" left, and he never came back. "Frank" left, but I was able to stay and to continue to grow in my recovery.

It was one of the hardest things we did as a group. But, in the end, it brought us together and made us

stronger as a group. It helped us to understand that the welfare of the group was most important. The solution was found by walking a fine line of spiritual principles where the individual was welcomed, but the bullying, intimidating, harassing behavior was not. The group learned that through the group conscience, they had the right, authority, and responsibility to confront and challenge threats to the group's welfare and security. That it was their responsibility to ensure that the group maintained an atmosphere of recovery for all addicts.

Linda M.

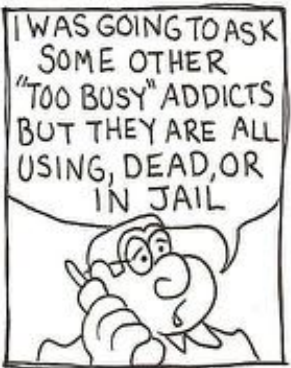


# Humor Me

LIFE IN RECOVERY



LIFE IN RECOVERY





H V Q P J I  
 U F H S Z D E R A W J P  
 H T S S E N D E R A W A  
 F R E D O M L M C P Y U  
 D U Z R Q I P O S O P J G R A  
 C S T L M K Y N G D D U S E W K E F E I C Q I N B V  
 P T C S W A S L S I O G N I H T A S S F K O U G N G H T N S W A T N S H R Y S I B Z E Z V W J C  
 M C S P M B T C E N S B L R T Y T E M R K E Y  
 L M C S P M B T C E N S B L R T Y T E M R K E Y  
 Y N A S S V J R O G A T Q T I E M R K E Y  
 N A S S V J R O G A T Q T I E M R K E Y  
 G L S F A V G X R T Y T O T R J T I Z N  
 M I K O H S J A I P I M S U E J F J G N A  
 E O G U B K W A N F T E P U O A W M G N A  
 D D N G G H D A J F Y C E E U L G P F  
 P U I H T N H E M T I M C O C T L J W  
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- SPIRITUAL
- GRATITUDE
- UNITY
- HUMILITY
- INTEGRITY
- ACCEPTANCE
- TRUST
- LOVE
- HONESTY
- LAUGHTER
- FAITH
- AWARENESS
- BALANCE
- HOPE
- PURPOSE
- EMPATHY
- PASSION
- COMMITMENT
- FREEDOM
- SOULTOSOUL



ONCE UPON A TIME IN A SMALL TOWN



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

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## Soul to Soul Spiritual Retreat

Sept. 23-25, 2022

Camp Chippewa, Ottawa, KS

Pre-registration ends August 21st!



## MID AMERICA REGION SERVICE ASSEMBLY

October 1st, 2022

310 Swedonia  
Marquette, KS.  
ALL DAY FUN!





## Contact Mid America Region

- ◇ **Calendar and General:** [info@marscna.net](mailto:info@marscna.net)
- ◇ **Send Reports:** [reports@marscna.net](mailto:reports@marscna.net)
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- ◇ **Region Convention (MARCNA):** [convention@marscna.net](mailto:convention@marscna.net)
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### **Mid-America Regional Service Committee**

P.O. Box 3534

Salina, KS 67402-3534

**Mid-America Regional Service Committee  
November 2022 Quarterly Meeting**

**Tentative schedule**

**310 Swedonia St. Marquette, KS**

***Subcommittee Meetings  
Saturday Nov 19th, 2022***

**10:00 am - 12:00 pm** Fellowship Development  
*(Events, MAN, Literature, Soul to Soul)*

**12—1:30 pm** Lunch *(on own)*

**1:30—3:30 pm** Convention/Campout

**3:45 - 5:45 pm** Public Relations  
*(H&I, Web, Phone-line, Communications)*

**6:00 pm** Evening Activity—Speaker, Fundraiser, Fellowship

*All times tentative,  
please email: [fellowshipdevelopment@marscna.net](mailto:fellowshipdevelopment@marscna.net)  
if you have questions*



***Regional Service Committee Meeting  
Sunday Nov 20th, 2022***

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