



Mid America Newsletter



The newsletter with the magazine feel

VOL. 43
ISSUE 1

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SPRING
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.

Too Many Members!



Forever Grateful

Welcome to the spring issue of your regional quarterly newsletter. As the weather changes appropriately to greet the season, campouts and other outdoor functions start to happen, and I can't wait.

About the cover, we are an aging fellowship, and dying clean is really our greatest reward. But in the past couple of years, it has been difficult to keep up with the mass loss of members, as well as family and friends. The cover is simply a memorial for our brothers and sisters in recovery ∞

This publication gets very little submissions most of the time, and fortunately one late entry kept this issue from being just a "best of".

Since we publish four issues a year, there is no reason to ask when the deadline is, if it misses one issue, it will be placed in the next. If you like to share your E/S/H on social media, consider emailing it to us. We add illustrations, poems, and NA news as well. Providing it passes the newsletter guidelines posted in the NAWS newsletter handbook.

Some of you may be reading this while at MARCNA, if so, stop in the merchandise room and see the archive display (*I'll be there*). The deadline for the next issue is May 1st, 2022.

TS
Editor



My sponsor has shared many things with me over the years, most of which I can learn from if I choose to listen and apply the lesson within.

For several years he had told me of a men's retreat which he attends. He told me of the spiritual healing that had taken place in his life and that he wanted me to go and experience it for myself. I always had some reason for not going. I ran out of excuses and eventually made the decision to go, with a lot of help from my sponsor. It really helped to have two of my sponsees go with me. We all met at my sponsor's house in Omaha and flew out from there to Florida. I had mixed emotions about the whole trip but couldn't figure out what was going on inside of me; I felt afraid but didn't know why. It was really cool to be traveling with eight other men on a quest for some healing to take place in their lives. This is way out of the norm for me and I am almost positive it must have been for some of my traveling companions also.

I was really excited when we arrived in Jacksonville that day, but still uneasy about something. I still couldn't identify the feeling that was going on inside of me. I wondered if the other guys on this trip for their first time might be feeling the same thing. We grabbed a bite to eat and headed to our hotel until the next morning. We were greeted at camp

with a very warm welcome. There were men from all over the United States, Canada and the Caribbean. It was amazing. There were 265 men all in the same sponsorship tree. We were all connected and for the same reason, recovery! I had no idea how much the next two days would impact my life.

There were so many different ethnic groups. As we went from cabin to cabin you could sample foods and customs from all over this part of the world. It was wonderful. We all seemed so different but yet were the same in regards to our involvement with Narcotics Anonymous; and how that had changed our lives.

There were several things that happened at this retreat I'll never forget, and forever will remain grateful for. We all met on Saturday at the main hall and broke up into four groups and out of these groups into pairs. Once paired with someone you went on a walk through the cypress trees and palmettos and shared your hopes, your dreams and fears. This is where I met Leonardo, a gentleman from Miami, Florida. We walked and shared for a couple of hours. We shared a lot of different things with each other about our families but mostly of our children. Once again God had placed someone in my life that was just like me, another addict. After your walk, you went back to the main hall and

shared what you had learned about your partner. I'll never forget that day and how Leonardo touched my life. We were different but yet very much the same. He will be forever in my heart and life.

Another thing that happened was a Christmas tree ceremony. You would make an ornament and have a turn to share before you put your ornament on the tree. This was a time to share a loss of a loved one and to turn that person over to your Higher Power. I was amazed at the power of this and everyone's sharing but still couldn't bring myself to do it. For some reason I still couldn't figure out my feelings.

On our last day there it is tradition with the Nebraska guys to go to the beach for a walk and get something to eat before the long flight home. We walked along the ocean and I found myself crying. I had finally figured it out. You see, it had been fifty years previous to this that I had walked with my grandfather for the last time along the Atlantic Ocean. I had finally found what had been bothering me. I had never had the chance to grieve my grandfather's death due to an ugly divorce that my parents had gone through. I had missed my childhood hero, my grandfa-

ther.

By working the steps with a sponsor, going to meetings, and finding a new way to live anything is possible today. No matter what, I never have to use again.

Forever Grateful

John W., Salina

(first published 2012)



Small Towns

I moved back home, again... the land of where I grew up. The part of my childhood that shaped me for good and for bad. The land of being infamous in a small town. The corner of the world that when I was growing up “everyone knew my name”, or so I thought. I was raised in this southeast corner of Kansas... my grandparents owned the local tavern and for a few years a night club...where I learned to shoot pool, shoot dice, play shuffleboard, pop a top and throw down. I grew up believing in the family last name with pride, power, and prestige. That was until my grandfather disap-

peared in 1986. It changed the family. There was, of course, drama surrounding his disappearance. There is gossip and “knowing” who was involved ...without knowing... speculation. It is a legacy that still haunts the family.

As I have begun reengaging in this small-town community...the “elders” that remain are quick to bring up the events around my grandpa’s disappearance...some insensitive and downright rude. However, I am grateful for the reconnection. Thank God for recovery and having had the resources available to help heal my trauma. It doesn’t make it less hurtful, but I know intellectually that these people are trying to help make sense of something so senseless. So much of my active addiction was senseless drama. I was hurtful to so many, either on purpose or indirectly. As I drive the backroads now, there are not many that don’t hold a memory or two. It seems like such a lifetime ago – which it has been.

I made a commitment in September 2021, to give back to my community through professional work. Something I never fully considered before – for many reasons I won’t delve into. What prompted this though is...it became shocking to me that there are less resources available in this area now than

when I got clean in 1999! Now hear me...I don't want to be a big fish in a little pond, as I was once asked early in recovery. I just want to be IN the pond. I just want to be in a culture of recovery instead of a culture of addiction. I have been raised in this program of service to do what I see needs done...to be part of the solution...to lend a hand when needed. I am sharing this because I know others have gone before me - I am not doing something new, and I certainly don't want to do it alone - which I am not.

We are spread out in SE Kansas...20+ miles to a meeting sometimes more...as are most groups in rural Kansas...but we make it work. We do it for each other, for ourselves and most importantly, for the suffering addict... for those that are still to come. The NA message can get diluted and lost in today's world of so much going on with Covid. My point in submitting this article is to say...be bold, be brave and be courageous... we need you...I need you. If you've disengaged a bit - come back - it's time to put down the politics- it's time to get back to a culture of recovery! We need leaders to help those coming in the doors for the

first time or coming back for the 100th time. We need community. Be a part of your local recovery community...in whatever form that looks like...there are so many choices today! IF you need a new recovery community, come be a part of mine! Recovery is for everyone, anytime, and Just For Today...thank God.

April J. 03.16.1999 - Iola, KS



I love you.

Seriously, I do. I know you are thinking.....you don't know me...I'm unlovable...I've done _____. But the fact is that none of that matters to me. I love you anyway. I love you in spite of what you have done or who you *think* that you are. Why? You may ask since I probably don't even know you.

The answer is overwhelmingly simple. You are an addict and as such I love you completely and want nothing but good things for you. The fellowship of Narcotics Anonymous has loved me since the day I stepped through the door.

It didn't matter that my behavior sucked. It didn't matter that I pushed them away at every turn, because I didn't feel worth love. They loved me anyway in spite of

myself. Because they loved me unconditionally, I learned to love myself and others. Now I can give that away and I am giving it to you. Recovery is not easy...simple...not easy...it requires a lot of effort and can be quite painful....but the beauty is...we have ALL been there, done that, and are ready to be here for you.

So if you are reading this...give yourself a break....reach out and allow members of the fellowship to love you until you can love yourself. Then...when you have reached that point....love someone else until they can. This is the gift of the fellowship...embrace it **YOU ARE WORTH IT!!!!**



*A sparrow taped up
and bandaged.*

I took 1 step when a set of footprints carried me through these doors.

I took 2 steps and believed that those set of footprints could restore my bird brain.

I took 3 steps and decided to let that set of footprints take care of me.

Unafraid, searched, learning about myself, taking 4 steps, I told my set of footprints, myself, and another sparrow the exact reason I made mistakes during 5 more steps.

I walk 6 more steps and was ready to have those set of footprints take all my defects away.

I bowed my head and prayed taking 7 steps and asked those set of footprints to remove my shortcomings.

I took 8 more steps and sat down.

At 9 steps I made a list of all birds I had harmed and became willing to make amends to them when I could, only when I wouldn't hurt them or other birds.

During my next 10 steps I kept taking a personal inventory and when I was wrong, I promptly admitted it.

On my 11th step I prayed to improve my friendship with the same set of footprints, praying for his will and the power to go on.

Needing to take 12 more steps, I'm being held in the palm of the hands of a set of footprints on the porch at 8th and Chestnut Street (First Things First NA House). He lets go and tosses me into the air. I fly over what would be 12 more steps to another broken down sparrow and tell him about how a set of footprints can carry him while his broken wings are being mended.

From a member in Ark City

(first published 2006)



The Art of Reporting

So you got elected to a service position and they ask you to give a report. Most addicts cringe a little the first few times this happens, the thought of writing something that we may know very little about, or the thought of having to speak in front of this group of “experienced members” and try to sound like we know what we are talking about, can be nerve-racking.

Some members are very comfortable talking in front of a group, but without knowledge or understanding can over-report, or ramble about a topic so much members become more confused then before.

So what is the balance, and most productive reporting you can have? Much of it falls into the principles within our Serenity Prayer, particularly the “wisdom to know the difference” statement. Wisdom is achieved through time and experience, so for most members new to elected service, they simply won’t have that. I know what you’re thinking, but I’m still well educated as a newcomer, and think of myself as articulate. Sometimes that is a huge advantage, but something experienced members have that educated members don’t is conceptual fidelity. Basically, they have the knowledge of applying the 12 Steps, 12 Traditions, and 12 Concepts into their lives.

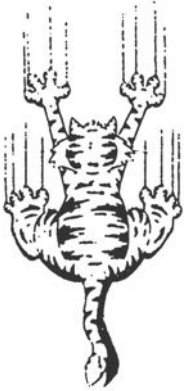
For those that know of the process for translating NA literature to other

languages is also familiar with conceptual fidelity, because writing reports is similar. **A well-written report is translating information into something less experienced members can understand.** Good reporting is also knowing how to explain what you have been active in or have concerns about, finding a balance between what details need to be reported or left out.

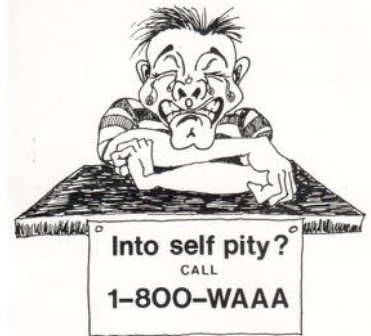
We are in an “instant information” world, thanks to the internet and communication platforms offered through it, but having that information in front of you does not explain what it means. Imagine a member with a few months clean, seeing a new lease on life and excited about it, is directed to na.org to download the Conference Agenda Report or NAWS annual report, then explain it to their homegroup. They are not likely to grasp an understanding from that. The same can apply with Mid America Region Service Committee minutes, simply copying them for members that have never attended won’t give them an understanding. It’s not a coincidence that most group members lean on experienced members for input, it’s for that explanation.

Every member has the potential to give thorough, concise reports, and like our pace of recovery, how we get there will be different. Mentorship, attending service meetings, and sometimes just observing members can be your guide. 😊

Humor Me



EVERYTHING I EVER LET GO OF HAD CLAW MARKS ALL OVER IT





- CONVENTION
- WORKSHOPS
- SERVICE
- FREEDOM
- HARMONY
- BALANCE
- HONOR
- HUMOR
- PASSION
- KINDNESS
- TRUST
- UNITY
- VIGILANCE
- SINCERITY
- JOY
- PARTICIPATION
- LISTENING
- HOPE
- CONSISTENCY
- GRACE



Can you find these words?

JUST FOR TODAY



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.

Mid America Region Campout July 1st-4th, 2022



Wolf Creek Group Camp - Pomona Lake



AWAKEN

Contact Mid America Region

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Mid-America Regional Service Committee

P.O. Box 3534

Salina, KS 67402-3534

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

Tentative schedule

**MARSCNA
Subcommittee Meetings
Saturday May 14th, 2022**

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

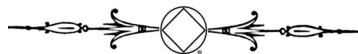
12—1:30 pm Lunch *(on own)*

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
if you have questions*



**Regional Service Committee Meeting
Sunday May 15th, 2022**

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