



Mid America Newsletter



The newsletter with the magazine feel

VOL. 43
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SUMMER
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

Welcome to the summer edition of your newsletter. If you are like me, the post feelings of attending the long-awaited MARCNA, or regional convention, are still lingering. For those that didn't attend, we can finally say, "there is always next year". Those simple words for all annual events were taken for granted pre-pandemic, but now seem to have a new sense of hope attached.

The greatest sense of fulfillment in my program is the opportunity to give back what has so freely been given to me over the years. I'm talking about service! I could easily reflect on 30+ years of "I did this" and "I did that", but I would rather focus on "I get to do this" and "I get to do that". I know there are so many of you out there that feel the same way. The Mid America Region needs your commitment, there are many opportunities to serve and help spread our love and joy to an expanded audience. When I put my name in for my first service position at the region, I was nervous and insecure of my ability, but I took a risk. You can too, there are many members ready to help and guide you as your journey continues to unfold in your life. Now, back to the newsletter, we hope you enjoy what has been laid out here, both old and new.



Our Image—Feb. 1983 NA Way

The image of Narcotics Anonymous is something to which each of us can and does contribute. When attending conventions for our Fellowship as anonymous members, we leave an impression on the community. Our dress, our manner, our demeanor and our behavior is evaluated by the hotel staff, and those merchants we come in contact with during such events. We all know the obviously negative things that we have done that contribute negatively to the image of NA. There are some obvious things that we can do to contribute positively to the image of NA, not only at conventions or other events where we as a group of anonymous members have an impact on large communities, but also in our daily lives and our group efforts that have a long-lasting effect on our local communities.

I make a personal statement about who and what I am to my neighbors through the way I dress, the way I talk, the way I act, and the way I keep my house and property. Many of them saw me in my active addiction. Most were concerned. Several have asked what has happened to me, and I have at times mentioned that I attend NA meetings. I often indicate that attendance at those meetings is what has resulted in a change in my life. What the public sees, what my neighbors see, is the way I behave in society. Society places value on obeying the law. Society

places value on public expression of morality and immorality. How we behave when people are watching is a direct reflection on our personal program and can have an impact on the image of NA.

As secretary of a group, I told my story to the board of a local church in order to secure a meeting place. I shared the fact of my NA membership with these people. Then I spoke to them about the principle of anonymity and requested that they keep in strictest confidence what I had told them about my personal life. The condition in which we leave our meeting place on a weekly basis reflects very strongly the local image of our Fellowship. Periodically, our group holds community awareness meetings to inform concerned professionals and others who have routine contact with addicts seeking recovery. We inform them of the NA Program, what we offer, how and when we're available. We have personal contact with these professionals whenever possible and urge them to attend. How we appear to them reflects on the image of NA. The dignity and public acceptability of those NA members who conduct our "community awareness" meetings, again reflects on the image of NA.

My home group also sponsors an institutional meeting in a local rehabilitation center for addicted people. We co-sponsor this meeting with our area service H&I subcommittee. We have made a commit-

ment to this institution to bring a meeting in on a weekly basis. We have made a further commitment that this meeting will carry the message of recovery from addiction as found in NA. How well we live up to that commitment reflects not only upon our group and the individual members attending, but also on the image of NA. Such efforts within the treatment community have the potential to affect NA as a whole. We try to be sure to live up to our commitment.

Oftentimes my personal rebellion and defiance leads me to dress, behave, and use language in a rebellious and defiant manner. This personal immaturity reassures me that I am still sick, still powerless over the disease of addiction. I'm confident that this local treatment community is tolerant of my growing up. I am grateful, however, for the awareness that my public immaturity can affect that Fellowship which I hold so dear. In public information and institution work on a group level, I feel that my personal opinions about recovery from addiction are not an appropriate message to carry.

My knowledge of and experience with the Twelve Steps and the Twelve Traditions of NA are the most appropriate sharing in such situations. Our Basic Text provides sufficient guidance in

these matters. It seems that study of this Basic Text can help me express the "WE" of our program. Appropriate use of personal experiences which illustrate the material in our Basic Text constitutes responsible sharing in PI and H&I work. These are some things that come quickly to mind in terms of the image that we project to the public at the group level and as individual members. Many events are sponsored by groups, areas, and regions to help us learn about and have fun in our recovery. I can't think of any such event where some member of the local community is not watching our behavior. How would we have them view our Fellowship? How can we help them see it as it is?

Anonymous



You Just Have To Do It

Let me begin my story many years ago back when a young me was around, oh 18 or so...wild as buck and not a care in the world, then I got into the game, drinking, smoking, then after many years of doing everything I could, I started firing harder drugs, that road lead me down a dark time in my life. Losing it all, nearly OD'd twice and still didn't care because I wanted to die. I was tired of feeling guilt shame and remorse. I stole anything from anyone I could in order to get my next high.

I remember getting ready to take the third hit of dope that would kill me when the Topeka Fire Department, EMS, and the Topeka Police Department rolled up on me two years ago and basically saved my life. I was transferred to the ER where I was kept for three days, then was transported to Salina, KS where I did 28 days of inpatient treatment. Has the road to recovery been an easy road? NO, but I was willing to take the hits and keep moving forward, so I did.

Today, I am 2 years 4 months and 11 days clean*, addiction isn't easy to walk away from, matter of fact it's the hardest thing I ever had to do. You have to leave those behind that still use, surround yourself with good people, and walk the dreams you have off when you wake up with sweat pouring, hearts racing, and remind yourself that's not who I am anymore, and cage that demon back up.

I was asked the other day if I could change anything in my life would I, my reply was no, for the reason my past life has shaped and molded me to be the man I am today. It was training as I call it to take on what I do now. I see it every day where I work, so I know how to approach and deal with those situations. The recovery road is not an easy road, but one that has been well worth it for me. I stand strong today. I fight against it, and you can to, you just have to do it.

Patrick P. *Written February 2022

You Got This!

Hi, I'm Kelly and I'm an addict. I have 1019 days* clean from all mind-altering substances. I have really destroyed my life in my addiction. I've lost my children. I've lost jobs. I've basically lost everything and everyone that was important to me. I was truly lost. Where I come from no one ever knew of this NA program.

I moved away and I got into some trouble that led me there. Through NA, I was taught there's a better way. With the help of my group Freebirds of Independence, KS, and my probation officer my life was saved. Now, I have so much in my life to be grateful for. And I would like those who are still struggling to know that if this drug using junkie can get clean anybody can. Don't give up you got this.

**written April 3rd, 2022*



The next one is a singalong!

There's a Circle at Every Meeting

(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 looked like me*

*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 saw people around a table
They were addicts just like me
But they were smiling and serene
For they'd found re-cov-er-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 X number 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 awaiting
If we live just for today!*

Lessons of NA recovery

What am I supposed to learn today? That is the question I ask in my prayers to the God of my understanding pretty much every morning. I learned early in my recovery in Narcotics Anonymous that I was not prepared to live, life on life terms, clean. In most situations I was paralyzed with indecision due to fear of an action that was presented as the solution. Surrendering a decision to a loving higher power's will with a shallow faith was more than I could bear. I knew in my heart if I did not change I would not stay clean. But could I actually change who I was? Through answered prayers, paying attention to everyone speaking at a meeting, working the steps, talking with my sponsor; I waited for the moments of clarity. The answers came as I completed the action required on my part. My faith deepened.

Day after day, month after month, year after year, my life in recovery transformed me into a decent human being that carried a message of recovery, hope, and freedom from active addiction. Goals and dreams never before realized unfolded in my recovery.

Today, I again stand at the door of indecision and fear. Not because I am not willing to change, but because I have a new set of problems that recovery in NA gave me. I have responsibilities and obligations I obtained in recovery. With all credit to NA and

my higher power, I don't want to use today. Today I am troubled with how to meet my obligations and responsibilities. I know the actions to take and I take them. The clarity has not come as easily as it has in the past. So I ask, What am I not willing to turn over or surrender? Are my problems so complex the simple spiritual principles of the Narcotics Anonymous program cannot help me? For me today, part of the answer is "Trust the process of NA recovery".

I challenge every person who reads the MAN newsletter to write just one page about your recovery in Narcotics Anonymous. Keep the MAN Newsletter alive with fresh insight. Share what is in your heart. Don't worry about if others that read it will find it profound. If you write it about your recovery, it is profound! We can't save our ass and our face at the same time.

Clayton C.



Our Spiritual Program

So I've been doing some thinking about recovery and spirituality. A lot of God has been coming up lately in meetings and I'm not talking High Power either. But a religious God which doesn't belong in Narcotics Anonymous meetings. I'm not knocking anyone's beliefs but this is a spiritual program not a religious one.

It's not about what I believe is the one and only way to salvation, it's about acceptance regardless of what their age, race, creed or sexual orientation is.

So that means it's not about who I worship, it means it is a loving caring High Power who has faith in me and I have faith in it.

It's not about believing that there is only one way something can save me, it's about turning it over believing it will all work out.

It's not about confessing my sins, it's about becoming honest, looking at my patterns on why I did things. It's not about believing if I don't believe in a certain way I will go to hell, it's about having the courage to trust another human being with my stuff.

It's not about kneeling in order get relief, it's about showing willingness to stop using my character defects to get away with my stuff.

It's not about believing someone died in order to take away my shortcomings, it's about having the humility to know I need the help from something that is more powerful than myself to have them removed.

It's not because of a confession it's because I made a list of all that I have harmed and became willing to do something about it.

It's not about being forgiven by God, it's because I made direct amends whenever possible.

It's not because on a certain day I sought peace, it's because I sought peace every day by looking at my behavior making sure I didn't harm anyone.

It isn't just on a certain day I listened for the word of my God, it's because I took the time to be attentive every day seeking knowledge of my High Powers will for me and asking for the power to carry that out.

It's not about standing on the street corners telling everyone who will listen. It's not about going door to door telling people about a life saving place. It's about showing others a better way to live by being a Basic Text others can read. It's about being the best I can be even when i know no one is watching. Its about sharing how I lived through the hell I created and not had to use even when I wanted to.

Thank you for allowing me to share my thoughts on our Spiritual Program.

Rod D.



P	N	W	L	I	O	N	O	I	T	C	E	N	N	O	C	Q	T	Y	F
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Q	G	F	B	E	G	O	B	G	V	T	M	Y	T	I	L	A	E	R	M
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HOPE
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 CAMPING
 FREEDOM
 SELFLESSNESS
 INSPIRED
 GRACE
 COURAGE
 PARTICIPATION
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Spiritual Principle a Day



Welcome to the  family 2022

*A Spiritual Principle a Day is now
 Fellowship Approved!*

*Be looking for a NAWS Electronic
 Subscription soon, sent the same way
 the JFT meditation is, and books for
 sale late summer or early fall.*

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.



- Saturday Night Dinner
- Speakers
(Nick C. - Topeka - Fri Night/ Pierre M - NY - Sat /
Cheyenne M - Ottawa - Sun Morning /
Marvin G - St Joe - Sun Night / Jimmy O - KC - Mon Morning)
- Fellowship and Fun
- Late Night Campfire Meetings
- Floating Meeting
- Raffle and Auction (Sat. Night)



Free!





Contact Mid America Region

- ◇ **Calendar and General:** info@marscna.net
- ◇ **Send Reports:** reports@marscna.net
- ◇ **Facilitator:** facilitator@marscna.net
- ◇ **Regional Delegate:** delegate@marscna.net
- ◇ **Region Campout:** campout@marscna.net
- ◇ **Region Convention (MARCNA):** convention@marscna.net
- ◇ **Region Spiritual Retreat:** soultosoul@marscna.net
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Mid-America Regional Service Committee

P.O. Box 3534

Salina, KS 67402-3534

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

Tentative schedule

310 Swedonia St. Marquette, KS

***Subcommittee Meetings
Saturday Aug 20th, 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 Aug 21st, 2022***

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