



Mid America Newsletter



The newsletter with the magazine feel

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PO Box 3534
Salina, KS. 67402
newsletter@marscna.net

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“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.

Hug



**the One
You're With**

From the Editor

Being Of Service

Welcome to the winter edition of your newsletter. If you follow the events calendar on the above website or NA social media, you know that there is almost always something going on. Society is in full swing, now service needs to catch up. There are many service positions open at Mid America Region, and I'm sure each Area Service Committee (ASC) has opportunities to get involved as well. If your home group is consistently opening the doors and having meetings, then extend your experience, strength, and hope to other levels of service. I can't keep what I have unless I give it away, and I can never repay what continues to be given to me.

Consider this, sharing in a meeting reaches dozens of addicts, serving at area can reach hundreds of addicts, and serving at region can reach thousands of addicts. If you or any mentioned level of service participates in literature writing or review, like the Spiritual Principle A Day, then you can reach hundreds of thousands of addicts worldwide once translated. Imagine that! Self, Service, Society, and God...balance is the key, freedom is the promise. Now, read on.

When I first tried this recovery thing, all I did was go to meetings and talk a lot of BS and nothing else.

So, when I was finally beaten to the point of surrender, I started doing all the things the old timers were talking about, of course meetings, but this time I got a sponsor and started working the steps and doing service and went to a few business meetings. With around six months clean I was asked if I would like to go to an H&I meeting, not really knowing what it was I said sure and I'm here to tell you it changed my life, I was hooked.

Being of service to my home group was a key element in the way I viewed my recovery, I was now a part of something I really felt I belonged, and I was giving back. It wasn't too much time later I took a position in the group, went to area and then to region, since then I have held positions in all those levels at one time or another, mostly in H&I or PI now called (PR).

Being of service to the fellowship of NA taught me to be responsible and accountable, and to meet others from around Kansas and make meaningful friendships.

It has even kept me clean, once after



having a fight with the ex with a little over a year or so clean. I was so angry, started thinking what was the point and sitting at a stop light thinking of using. I remembered I had an H&I meeting to go to that night, I went, and I didn't use.

Being of service is not my recovery but it has enhanced it in so many ways. But there is also a flip side to all this in my early recover I would hold positions in all levels group, area, and region. It was ok in those first few years but there came a time I developed what we call service burn out, when things start to affect your recovery and serenity (*I was there*). It's time to step back and take a look at it, in truth was it ego or pride? Afraid it wouldn't get done if I wasn't doing it, or holding on to a position cause no one else was stepping up to fill it? We need to also be careful about putting someone in a position just cause there's a warm body. I was told once that if something needed to die in order for someone else to step up and do it, so be it. Needing to find that balance, I can now say no, if need be, not take a position just because it's open. My life is full today I had to learn some hard lessons to get where I'm at today.

I'm still being of service today but the most important service I can do today is sit in that meeting and try and carry this life saving message of hope. There's more to being of ser-

vice than holding some position. Today after a lot of hard work and lessons learned, I live the NA way and I'm so grateful for this.

Alan B, Newton H.O.W.
8/7/93 CD



What recovery means to me

I started my recovery journey December 2, 2013. like many of us coming into the fellowship of Narcotics Anonymous I didn't know what to expect. I certainly did not expect to have the life that I have been given. I thought maybe I could just stop using and that was it, boy was I in for a big spiritual awakening. Today the program has completely changed my life and every aspect of it. I came into recovery a broken shell of the person I had been. today my choice is to live just for today without using no matter what.

Recovery for this addict means that I can face whatever life throws at me without picking up, using the tools that I have been given, my sponsor, my higher power, and the 12 steps. I know now that there is nothing that, without me choosing to pick up, would ever get me to use again. Halfway through my journey I became an amputee.

I knew that I could go two ways with the outcome, and I can say with absolute certainty that if it had not been for the unconditional love and support that the program has put into my life, I would have come out of that situation still using and as mean and disgruntled as you can imagine.

My recovery showed me that even though I faced a life altering situation I still had no need to pick up. since I have gotten clean, I have faced some major life changing events, death of a sponsor, death of family, and those in recovery that I had become close to. Recovery to me means I don't have to pick up for ANY reason, I can have this new way of life, as long as I choose it. I can face whatever life throws my way without using and it has absolutely changed this addict's life.

Today my life is my recovery, without it I have nothing. So, whoever is reading this I urge that you keep progressing and persevering in your journey. The program of Narcotics Anonymous will go on and remain without us but I promise you I cannot go on without this program. it has given me a newfound purpose and a new way to live that in my wildest dreams even today I could not comprehend. Today I can choose every day that I am going to get up and do whatever I need to do to keep my recovery progressing, first and foremost.

Recovery in Action is our Attraction



RECOVERY IN ACTION CHINA DOLL

China doll upon the shelf
Are you honest with yourself?
When you look within the mirror,
Tell me, upon it, whose face appears?

Circles dark from last night's gain,
Desperately seeking to mask the pain.
Blistered lips and arms that ache,
Are all that's left within the shakes.

Thinking I had control this time,
I walk head strong into the mine.
Within my imprisoned soul of gloom,
I lay with strangers in a room.

I'm now curled into my ball of shame,
And hating myself – for playing the
game.

Swearing to choose a better path,
And promising it all –in the aftermath.

Sad, sad China doll upon that shelf,
Will you ever be honest with your-
self?

When you look within the mirror,
Tell me upon it, whose face appears?
A broken home, a frightened child,
A dream once good – now gone wild.

A cold hard floor, a prisoner's wail,
A time to break free from this hell.

A tunnel long, a journey hard,
A laughter heard from a far.
Lessons learned and learned again,
A chance for a new life to begin.

Twelve steps that I must take,
A prayer I say upon my wake.
A daily reprieve from evil's grasp,
And all I had to do – was ask.

A God of my own – that I understand,
That I meet with daily at the rivers bend.
A lightness of spirit and return of my soul.
A gift of grace given to me – tenfold.

I walk within the light today,
I share my gift – I give it away.
To another soul that's broken too,
That is reaching out for something new.

I pray that I might find the grace,
Reflected in my mirrored face,
That someone took the time to show,
A broken girl so long ago.

Sweet China doll upon that shelf,
Are you honest with yourself?
When you look within the mirror,
Upon whose face does appear?

Drawing messages in the sand,
Twirling around – alive again!
Laughter from the belly deep.
Today, this is my reality.

Looking into these mirrored eyes,
This sweet child no longer hides,
She sees the beauty deep within,

And knows she's never alone again.

Thank you Narcotics Anonymous
for saving my life!

Vicki L.

Clean date: 7/30/2008



*"The next article was written in
2004 by a dear sister in recovery
who we lost in 2011, may you con-
tinue to rest in peace my friend."*

Tia's Story

I started using around the age of twelve. At first it was to feel grown up and fit in. Then I realized that it helped me escape everything that was happening to me at home. I believed if I stayed high I could be free from the abuse I was suffering, but as a result of that use I had gotten raped and ended up pregnant with my first child. My mother didn't believe I had been raped and I was instilled with the belief that all children had the right to life so I was going to love this baby more than life itself, and I did for awhile.

After the she was born I went back to using and thought I could handle everything. Well, I had two more children by the age of sixteen and pretty much thought my life was over. I couldn't quiet the voices

in my head by myself and I felt tormented so I used more and more drugs hoping that I would die soon. That never happened, what happened was that I became a very bad addict.

By the age twenty-five I had completely lost all of my children, they were with family and I would take my oldest because she wanted to be with me and I believed I could handle the tasks that go with parenting and still use. Well that was never good any of the times I tried to do it. I had been in a lot of abusive relationships, even got married and I messed that up as much as any addict could.

Eventually we got divorced because of my using and because of the abuse I inflicted upon him. So when it was final I went crazy with my addiction and did any type of drug I could get and did them anyway I could, and in the mean time I still tried to be a mother, that's something I'm still working at very hard. I had no idea I was hurting anyone but myself with my addiction, but I had hurt the only people that truly loved me the most (my children.)

In the last two years of my using I tried to find the help in NA but when I went to the first meeting I thought they were all crazy people and that I had nothing in common with any of them. I had gotten arrested for forgery and put in jail. While in there I had time to think about my life and about what I really wanted out of it. I

decided I wanted to be happy and peaceful. I wanted my children to be proud of me for once.

I have been clean for almost one year now, on the tenth of October I will have a year*. And in the program of NA I have not only found happiness but I have found the best people that I have ever known. I'm still working on becoming better. I hold a service position that I had to get a little push in order to get more responsible. I did finally figure out that they are crazy but so am I and I love my friends for being crazy enough to think I was a good person, because if it wasn't for them and my new husband, I would have never believed I was good enough to feel love the way I do from the people in NA.

My husband is also a recovering addict and that helps me the most because he understands everything about me. He just celebrated fifteen years* in this amazing program. Today all I have to say is thank you everyone who has believed in me and thought I was good enough. I love you all and I have a deep love for NA.

Tia G.—Emporia

**written 2004*



Service Corner

The Curse of Abstentions

Let's face it, one of the biggest roadblocks in productivity within Mid America Region is that dreaded abstention vote. Why, you may ask? Because since the dawn of written policy at both region and most member areas, the abstention vote constantly gets handled differently. In the effort to achieve group conscience, abstention votes have gone from altering quorum, to goes with the majority vote, to acts as a non-vote, leaving full quorum intact. Do any of these really give a true group conscience? Not really.

A recent motion that developed at region and was sent back to groups resulted in two "yes" and four "abstention" votes at one ASC. After discussion on why there were abstentions, the RCM was instructed to vote "no". Not one group voted "no" on this motion, but per policy it didn't receive enough "yes" votes. In this instance, the RCM isn't voting group conscience, they are voting area policy.

What about Consensus Based Decision Making (CBDM)? A movement was initiated by NAWS to do away with the "simple form of Robert's Rules of Order" and incorporate a five-card voting system. I call this the exhaustion route, mainly because after going through the entire process members are too exhausted to debate and the motion passes. Typically, consensus can be anywhere

from 60% to 100%, but most service bodies felt at least 80% should make a consensus. The five cards were colored for easy identification: Green – Agree, Yellow – Agree with reservations (*I have concerns, but I can live with it*); White – Surrender (*I go with the group conscience*); Orange – Stand Aside (*I personally can't do this, but I won't stop others from doing it*); Red – Block (*I cannot support this or allow the group to support this*). This concluded with four "yes" options and one "no", since the motion or proposal at hand would pass with any of the first four cards shown. This method proved to be too confusing for members and quickly discarded at region and area levels. NA WSC also eliminated the cards, as electronic devices make it much easier to vote, count and track.

What does work? Achieving a consensus has never been "all or nothing", NA has always adapted to what works best at any level of service, whether leaning towards the Sample Rules of Order (*listed in A Guide to Local Services*) or CBDM, usually mixing some of both. Many decisions can be made by simply asking if there are objections, if not you move on. More complex or sensitive issues might need formal voting. I have seen that abstentions at area level are typically resulting from groups or GSRs either forgetting to discuss the motion or proposal, or just not understanding it

enough. The second being justifiable. At region level it is sometimes mandated by their area to vote that way, typically with old business. Concept three should allow the service structure, as in representatives and delegates, to have that trust and faith to make the right decisions, for NA as a whole.

Abstentions are results from not having enough information to make an informed decision, and shouldn't be because a service body mandates it. Service bodies that do mandate such voting patterns only hold NA services hostage. Most of the time it only requires a little more information, amending the original mo-

tion or proposal, or merely rewording it, to get a "yes" or "no" vote. Our region requires 2/3 to pass most motions, and that is from a quorum that is established with ten seated areas, even if some are not present for roll call. There is an option for quorum to change, but typically even one abstention can throw progress out. MAR policy also states that if abstentions override the outcome, the motion or proposal goes back to the maker for additional consideration. I have seen abstentions almost tie in the voting process, causing it to fail. So, how do you vote? Yes, no, I don't care?

I think I'll abstain from this article now.



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.

Happy Holidays





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
- ◇ **H&I:** hospitalsandinstitutions@marscna.net
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Mid-America Regional Service Committee

P.O. Box 3534

Salina, KS 67402-3534

**Mid-America Regional Service Committee
February 2023 Quarterly Meeting**

Tentative schedule

310 Swedonia St. Marquette, KS

***Subcommittee Meetings
Saturday Feb 18th, 2023***

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
if you have questions*



***Regional Service Committee Meeting
Sunday Feb 19th, 2023***

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