



# Mid America Newsletter



*The newsletter with the magazine feel*

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**ISSUE 1**

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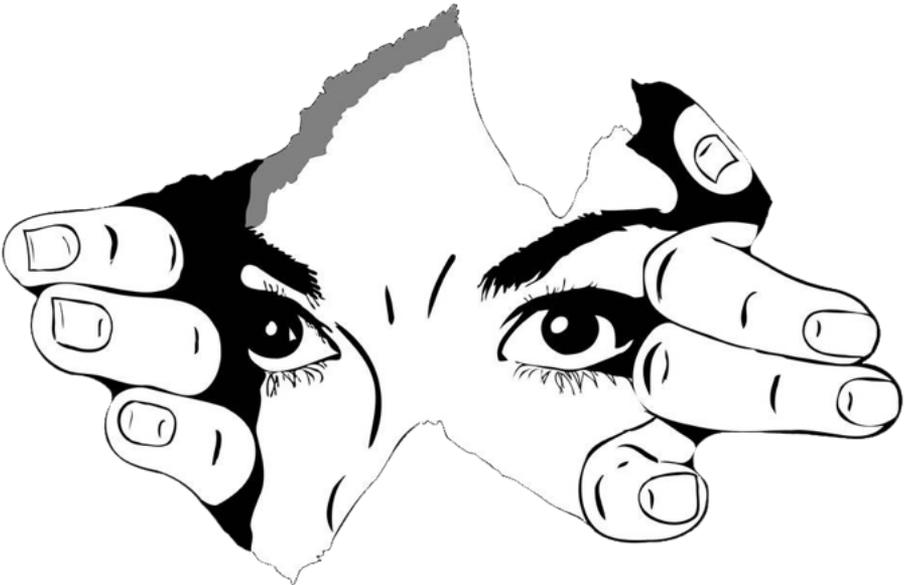
**SPRING**  
**2023**



***“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.*



# *A New Day*

## From the Editor

It's a new day, a new year, and for many fortunate addicts, a new life. All that is required to be a member of this life-changing fellowship is a desire to stop using, but that is only the beginning. Each day I choose to live my life the NA Way.

It is a busy time in NA service, as we are drawing near the very first hybrid World Service Conference. Between the Conference Agenda Report (CAR) and Conference Approval Track (CAT) there are 37 motions for you (*the member*) to vote on. Both documents can be downloaded at [www.na.org/For the Members/World Service Conference](http://www.na.org/For the Members/World Service Conference). There will likely be amendments to some of the motions before the April 15th deadline, and the World Service Conference is scheduled for April 30th to May 6th, 2023.

Before that, Mid America Region's Convention is in Wichita once again, April 21-23. Come check out my archive room while you're there. I'll be there talking NA history with a room full of visuals.



## Weathering the Storm

*First printed 2007*

So..... I have been clean for several years. You would think that that would mean that all is well in my world and I am just walking around smelling the roses...right? Not so much. By all outward appearances I am sure most people would think so. I mean I have come from nothing, received an education, been clean awhile, sponsor several women, have beautiful children and had multiple people tell me how wonderful it must be to have a marriage like mine. Plus, I am blessed enough to have a job I get to carry the message daily.....what more could a person want.....?

Here's the problem. I am a chameleon. Always have been. I have been working very hard for years to stop being '*who you want me to be*' and trying to be more of myself (whoever that is). I have relentlessly struggled (key word) to make my actions and my words match, to be genuine and real regardless of what '*you*' think about it. Sometimes I have been successful at that goal...other times I have failed horribly.

This last year has not been so successful. Only few people know it. And now that I am writing this EVERYONE WILL!! Yeah...growing up in public...such fun....but as the Basic Text says...you can't save your face and your ass at the same time.

Here is the truth (like how long it takes me to get to the truth). Everything is *not* well in my life. Things got so 'well' that I slacked off. I started focusing a lot of my time and energy on what other people in my life were doing/not doing. Arrogance took over. Because I 'knew' what they 'needed' to be doing. I started working everyone else's program and not my own. I became angry, indignant, self righteous, self centered, resentful, self-pitying, etc. etc (just insert all applicable character defects here...they all kicked my butt). However, I was not sharing *any* of that. I began once again to engage in 'selective truth' telling. In other words, lying by omission. In meetings, I was still 'carrying the message' like I was supposed to be the person with the most time clean. So, basically, I was lying because I wasn't sharing the real message which at that time for me would have been 'You can weather any storm in recovery and stay clean so long as you DON'T USE NO MATTER WHAT HAPPENS OR HOW YOU FEEL!'

Before I even seen it coming, I began to act out on one of my sickest behaviors with out ever having to use drugs. It felt exactly the same as if I had been using however. I was caught in the grip of an obsession, and I was really beginning to worry if I was going to make it through clean... For the first time in years...I didn't know what I was

going to do next. It was total insanity. I was crazed, obsessed, acting compulsively and couldn't stop. I was fueled my fear, resentment, and self pity. (Hmmm....sounds like the triangle of self obsession) No matter how much I would 'think' about it and how to solve it, I couldn't get out of it. It got worse and worse and I was really starting to think about using. I was completely out of control.

I was lying to *everyone* about my obsession. I stopped praying entirely. I just couldn't face my HP because I knew HE knew what I was up to. Through it all I kept going to meetings. I stopped sharing however, because I just couldn't be a liar there and didn't have it in me to continue sharing the 'message' that I knew I didn't have.

I was NOT talking to my sponsor. She lived in another town and I used that as a good excuse. The obsession got so bad that I really thought I was losing my mind. I was neglecting my kids, my job, abusing my husband emotionally, everything. I became totally spiritually bankrupt and began to once again feel the desperation; I felt when I first crawled through the doors of Narcotics Anonymous. I had a sponsee that I would talk to about what was going on. I was so ashamed of myself and my behavior I was lying to her too and I hated that. Over the years I have known this woman, she has

become very important to me and lying is generally not a part of any of my relationships today. But here I was, with multiple years clean and AGAIN addiction turned me into someone I didn't want to be. It was like it says in the Basic Text on page 86: "Using addicts are self-centered, angry, frightened and lonely people." I became that person again *without ever having to use drugs*. I was so very scared and on the verge of losing everything I worked so hard for. Addiction had me. It sucked!

Then one day, the sponsee I had been sharing all of this mess with, loved me enough to tell me the truth. Throughout this whole mess I had practically been begging her to fire me as a sponsor. She finally did. Not because I 'told' her too, but because she knew she had to take care of herself. With tears in her eyes, she sat on my couch and told me she was scared for me. It was this simple action and those simple words that FINALLY broke through my addictive/obsessive haze and reached me. I cried and told her no one was more scared for me than me. I began talking to my sponsor again. This time honestly. I began to get honest in the women's meeting. And I mean HONEST. Not selectively, but completely. I '*let it all hang out*'. I began to get honest with my girlfriends who mean the world to me and have seen me through so many

storms. I began to pray again. I began to read the literature. I worked the steps like my life again depended on it and I believe that it did. I became willing to do *whatever it took* to save my own ass and get healthy again. I knew me sharing so honestly could have some pretty ugly consequences. However, if there is one thing that the program has taught me it is I must be accountable for my actions. Period. I can't do that if I don't get honest.

Today, I am back in the solution. Don't get me wrong. I am still dealing with the wreckage of the whole mess. Hurricane 'Self' doesn't get cleaned up quickly. My husband and I are no longer together. For the first time in my life I am living alone (with my kids...but without a man...you know what I mean) this is something that has always terrified me. I have NEVER done that. I AM doing it however. I didn't die...like my fear told me I would. I am actually kind of enjoying it. I am working my OWN program and no one else's. (Which is a great relief.) I am keeping it simple, doing the basics and being honest. I will share a tidbit with you. I have been married more than once. I figured out that if you switch husbands and have some of the same problems it MAY NOT BE THE HUSBAND! HA! I crack myself up. Anyhow, my whole purpose in sharing all of this is that hopefully there is someone out there who is in a similar situation that may not feel like they can't *share* because they have been clean awhile and

should be 'farther along than this' (The ultimate complacency death sentence for an old-timer.) My message today is that addiction can get ya! Regardless of clean time, profession, marital status, etc. However, no matter what happens, how you feel, what you have done or are doing...You don't have to use....ever again....Just for today....No matter what.....Call your sponsor....Get honest....Get back to the basics and all will be well.....We can all weather any storm together. What we cannot do alone...We can do together....Why do you think the steps start with we?

I love you....and I truly mean that.....

*Anonymous*



### **Concepts are not Conceptual**

I was asked to conduct a workshop at a function a couple months ago. A workshop on the 12 concepts. Ah, I thought, no problem, no one will show up to a concepts workshop anyway! When I am asked to be of service, the NA voice in my head tells me that as long as you can, the answer should be yes; so, yes it was.

I was admittedly a bit skeptical of the concepts as I have heard people churn the rumor mill about them for years. Some of the things I heard were that the Concepts are not fel-

lowship approved, and the concepts are only there to service the World Service Center and to justify 7<sup>th</sup> tradition being passed down (yes down) to the WSC; but certainly, that could not be the focus of my workshop, so I started researching. Besides, I wasn't asked to do an Anti-Concepts workshop.

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So, what the hell are the concepts for? I found the answer to this question as well or at least an explanation that makes sense to me, and I put the information that I found in the workshop. First and foremost, it is my opinion that the concepts are NOT a simple continuation of the traditions (another fake news story I have heard). I will say, however, that there are some areas in the concepts that very much could be interpreted to belonging

to the traditions. To understand this point, it was vital that I understood the difference between the traditions and the concepts. I won't bore you with the details that led me to my conclusion, but I will share my brief conclusion here. The 12 traditions are guidelines for our service bodies, like your homegroup, your area, your region, or even your H&I subcommittee. They exist for the purpose of keeping our business meetings from becoming chaotic and to ensure that our decisions do not stray us from the path that was set before us by our predecessors. The 12 concepts exist to give us guidance on connecting the different service bodies together to create Narcotics Anonymous as a whole.

If you have never read the 12 Concepts NA booklet, I suggest you find a copy and give it a read. If service is in your recovery arsenal, this booklet is a valuable tool in that regard. The workshop that I did, just last night, was a huge success. After it was over, several people came to me to say that they had a new perspective on the concepts and that they too were skeptical of them for the same reasons I was. Maybe it sounds a bit like I am tooting my own horn here,



but I promise that is not the intention. The intention is to say that if I was wrong about being skeptical of the concepts based on what I heard others say about it, then it's entirely possible that I would be wrong about anything else I was skeptical of for the same reasons. I learned in this process to listen to others AND do my own research.

That is all.

*Anonymous*



### **Fear of Fears**

Life with drugs for me was a life of fear and insanity.

Scared that someone might see inside and see the real me, I was so desperately trying to hide.

Fear of what I might do next or of what I might have done the night before.

Fear of total insanity, fear of the future and dread of the past, it seemed my life was moving way too fast.

Fear of failure, fear of success, fear of my life without drugs, fear of the results of my life with drugs.

Afraid to admit my life was a mess.

Feeling my life was in danger and out of control, but not being able to put my finger on the why or what for.

Today my life lacks a lot of those fears but fear still controls my life at times.

Fear of my anger, fear of people, fear to reach out to someone in love and kindness, the fear to bare my soul for someone else's benefit.

Today I have hope that things will get better, today things are better thanks to the people of NA and others who took the time to care.

Today I have a choice to face my fears or to put them off.

I don't always choose to deal with my fears, but I don't always choose not to either.

I am growing; each day I experience new and different things.

Each day I meet people who have hope, love, and peace.

Each day I have God to talk with and walk with.

I don't have to go it alone anymore.

*A Grateful NA member*



## **Faith Has Its Limits**

Upon celebrating my 26th birthday in Ellsworth Correctional Facility, I got released and found myself in treatment. I thought I was pretty healthy (physically), but was told by a doctor that I had "borderline emphysema". I was just getting clean, but still smoked tobacco.

Ten years later, I am clean 10 years, and tobacco free 9 years, and sitting by my mom's death bed, as she takes her last breath from prolonged emphysema. It was just 10 days after her 60th birthday.

I am now facing my 60th birthday, still clean and still tobacco free. But, I have health issues, a cancer survivor, and deal with another disease that baffles most doctors. So my mind takes me down that dark road of "what if?"

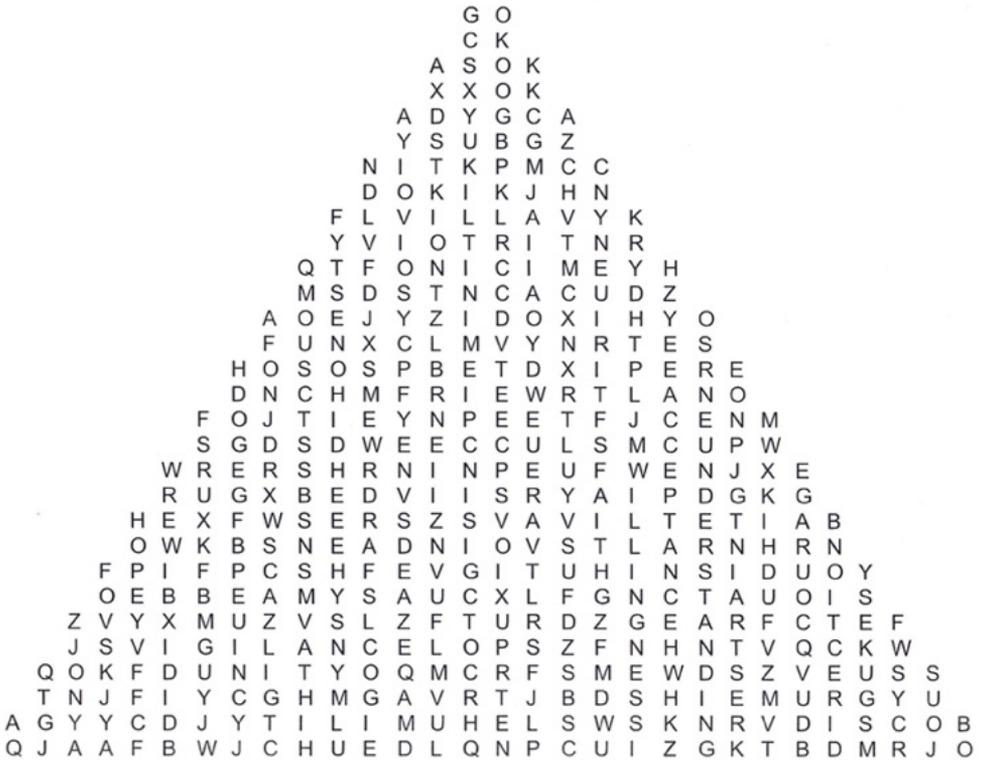
I have faith that my actions all those years ago will get me through this birthday, as it has the past 34 birthdays. I also have faith that, if my time comes tomorrow anyway, I know that I lived my life the NA Way.

Faith gets me through the day smoother, but it doesn't guarantee another day. Faith also didn't cure me of addiction, cancer, or any other disease, it did however, give me a life despite them. Today, I am a willing participant in my life. I take action where needed and have faith that whatever results happen is out of my control. ∞ ☺



# Humor Me



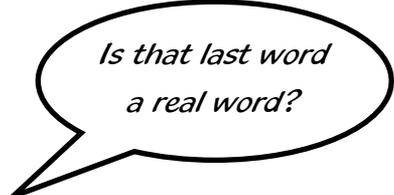


- ACCEPTANCE
- HOPE
- FAITH
- HONESTY
- HUMILITY
- SINCERITY
- WILLINGNESS
- COURAGE
- CHARITY
- VIGILANCE
- SERENITY
- ACTION
- UNITY
- DIRECTION
- RECOVERY
- UNDERSTANDING
- SIMPLICITY
- INDEPENDENCE
- SELFLESSNESS
- SERVICE
- SURVIVAL
- RESTRAINT
- MOREHUMILITY



*Can you find these 24 words?*

# 24 words for: 12 Steps and 12 Traditions



# [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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**Downtown Hyatt - 400 W. Waterman**



## 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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### **Mid-America Regional Service Committee**

P.O. Box 3534

Salina, KS 67402-3534

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

**Tentative schedule**

**310 Swedonia St. Marquette, KS**

**Subcommittee Meetings  
Saturday May 20th, 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)*

**TBA** 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 May 21st, 2023**

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