

## **Autonomy Zonal Forum**

January 26, 2013

Hosted by Free State Region

Meeting opened at

## **Agenda for January 26, 2013**

Introductions

Read Traditions and Concepts

Regional Reports

Zonal Inventory

Meeting opened at 11:20 a.m. with serenity prayer

Traditions were read.

Introductions around room.

## **Regional Reports**

### **Central Atlantic Region**

The Central Atlantic Region of NA consists of 17 areas and has meetings in Virginia, West Virginia, Maryland, and North Carolina. Since our last Zonal meeting we have had two conventions. The Almost Heaven convention was held August 3<sup>rd</sup> – August 5<sup>th</sup> in Front Royal, VA. We just had our 31<sup>st</sup> Regional Convention January 11 – January 13<sup>th</sup> in Roanoke, VA. Both of these conventions were well attended and a good time was had by all. Our delegate team put on a presentation at the Regional Convention titled NA Around the World, Our Global Fellowship. We showed videos, psas, and interviews with addicts from Cuba and China. We also went over the results of our last Membership Survey. Our subcommittees have been struggling with attendance but have still accomplished a great deal. H&I made a presentation at Lunenburg Correctional last fall and is still working on developing Writing Steps in Recovery which will bring step work to incarcerated addicts. PR wants to develop presentations to carry to the 4 quadrants in our region. Four areas in our region, New Dominion, Beach, Peninsula, and Tri-Cities are putting together a bid for the East Coast Convention. There was a motion sent back to areas to decide whether Central Atlantic will provide a letter of support. These areas are very excited to bring the East Coast convention to Virginia as it has never been held there before. At our two day event in October, we had round table discussions on a variety of topics and a Skype presentation from the USSC. In Loving Service, Donna Lee P.

### **Chesapeake and Potomac Region**

Welcome to the Chesapeake and Potomac Region of Narcotics Anonymous, serving 11 areas in Maryland (5), Northern Virginia (3), and the District of Columbia (3).

CPRCNA XXVIII will be hosted by Central Maryland for 2014 in Ocean City, MD 11-13 April.

Despair turns to Hope the host for the 2013 April 12-14 at Roland E. Powell Conference Center; Ocean City, MD. They are doing quite well with registration. CPRNA meeting were removed by the PI trusted servants. They are no longer on the database for each area.

Discussion about BOD lack of organization for quite some time. The board should be bonded they have no director's insurance which leads the open to personal liability. Filing tax documents has been slow. A volunteer non-profit CPA will try to recreate/correct the last few years.

The Ad-hoc legal committee has started meeting to review the by-laws draft from the Attorney. Also, Policy committee will have new section to present for a group tally in February at the Regional Service Committee on Saturday February 16, 2013.

In loving service, Leon P.

Regional Delegate; [ezysgt@yahoo.com](mailto:ezysgt@yahoo.com); 202-531-0271

### **Eastern PA Region**

Our region consists of 4 areas; Bucks, Montco, Pure and Simple and Twin Rivers. Our areas make up part of the eastern portion of Pennsylvania, north of Greater Philadelphia Region and Twin Rivers has some meetings in New Jersey (Philipsburg).

All four areas have made a decision to remain with Eastern PA. At our December elections, most of our positions, with the exception of RD and RDA, have been filled. Public Information has been working towards becoming a Public Relations Sub-Committee. We plan on working with H&I at our next RSC to explore this direction. The committee has been discussing this for the past 2 RSC meetings, and will make a decision soon regarding this change.

We have been updating our phonline lists to keep them current, checking to see if those on the list are still interested in participating, and offering phonline orientation to others who have not yet been oriented. We are also using a rotation system so that the same people are not always being called (those at the top of the list). Between November and January 24, 2013, our phonline received 148 calls.

We held our regional inventory, and then followed up with the Planning Basics Tool.

Twin Rivers Area is working toward a potential Metro committee to coordinate H&I and PR committee efforts within the Lehigh Valley including the Pocono Mountain and Little Apple Areas. These three areas are geographic neighbors yet are participants of different Regions. To date there has been a lot of interest and positive feedback on the subject.

We have been contacted by the Marietta Georgia WSR (Writing Steps In Recovery) Committee. They were wondering if there are any other WSR groups in PA? They are getting requests from PA Prisoners and are handling the requests for now, but would like to connect and coordinate with any other WSR committees. This will be brought up at our next RSC meeting, but we would like to discuss with other regions if they have WSR committees, and how they are doing.

website for Marietta WSR: [http://mariettana.powweb.com/?page\\_id=239](http://mariettana.powweb.com/?page_id=239)

"The primary purpose of this (WSR) committee is to provide written Narcotics Anonymous step guidance to any incarcerated addict desiring recovery within Narcotics Anonymous."

In loving service,  
Merle S.

### **Free State Region**

The Freestate Region is comprised of 10 area's they are Baltimore, Bay, East Of The Bay, Northwest, North east Freedom, Susquehanna, Ocean Gateway, Westside, Delmarva, Small Wonder. Our H&I has 332 meetings in 66 facilities. We host 5 conventions the Freestate Regional convention held in November, as well as 4 area conventions in NEFA, Baltimore, Small Wonder and Ocean Gateway yearly. The region also maintains a "hotline" 1-800-317-3222 that we as a region attempt to have manned by a real live recovering addict 24hrs. a day. We also have all of our other sub-committees up and running PI/PR, Special Events, and Literature. The Freestate Region also has its own website that maintains links to all our area's that have web pages as well as to NAWS the address is [www.fsrna.org](http://www.fsrna.org). We have just begun hosting workshops on the traditions book as well as the new IP pamphlet up for review the next two workshops will be held in March and April the one in march will be held in Queenstown Md on march 30<sup>th</sup>. For the pamphlet and the one in April will be held in Glen Burnie Md. On April 20<sup>th</sup> on the traditions book. If anyone has any questions about these events or would like to attend you can call Steve M. at 410-241-7001, or myself John R. at 410-412-6876 or you can e-mail me at [johnrna57@gmail.com](mailto:johnrna57@gmail.com)  
In Gratitude John R.

### **Greater Philadelphia Region**

Greetings,

We currently have eleven Areas in our Region and we are continuing to grow as well as our H&I commitments. In addition we are in need of trusted servants in our Region as well as in our Areas however we are providing our needed services.

Since our last meeting the delegate team has hosted IDT workshops on Collaboration, A Vision for NA Services, Group Conscience, and Tradition Workbook Barnstormer. We were able to gain significant input from the workshops. In the near future we will continue to have Tradition Workbook Barnstormer and IDT workshops. One of our biggest challenges when holding workshops is attendance and the apathy towards services.

WCNA 35 is approaching fast and our region is excited to be hosting it. The hotels are filling up quickly so if you are planning to attend get your hotel registration in early.

Yours in Service,  
Paula B. RD  
Zoe H. RDA

## **Mountaineer Region**

Greetings from the Mountaineer Region of NA!

The Mountaineer Region currently supports 10 Areas with about 150 meetings around the state and

we continue to grow at a steady pace. We understand that our numbers are not at the level of many

regions in our Zone however, the Mountaineer Region is carrying a strong message of NA recovery.

At our Fall Mountaineer Regional Service Forum we had a discussion on the following topics: Zonal

Representation and the roles our Zone can play to better support our Regions.

We had a more thorough

discussion at our last RSC earlier this month and have brought some ideas from our Regional members

to the table today.

Our phonenumber is functioning very well; we are using One Box answering service to send every call

directly to a recovering addict's cell phone. Phonenumber members are on a 4 hour rolling weekly schedule

and this continues to work out great. We are averaging about 200 calls per month with approximately

50 volunteers answering direct calls. We also have nearly 100 volunteers as contacts in their Areas. Our

phonenumber chair has been busy doing workshops across the Region and we are constantly having new

members signing up to be of service.

Our Areas currently host 15 H&I commitments across West Virginia and Southeastern Ohio and we

continue to inventory how H&I on a Regional level can support these current commitments. Our PR

efforts continue to grow as well.

The Mountaineer Region hosts two conventions annually. Our Spring Convention this year has been

moved to the weekend after Mother's Day weekend and will be held on May 17<sup>th</sup>-19<sup>th</sup> at Cedar Lakes in

Ripley, WV. The convention is held in a beautiful outdoor environment with 3 lakes, a lodge, and other

multiple buildings with dorm style and hotel style rooms. Our Regions hosts the Mountaineer Regional

Service Forum at every convention in order to present and discuss service related issues.

Our Areas continue to host too many function to mention, but there has been an increase in service

learning days as the interest in service from our newer members continues to grow, and we continue

to grow as a Fellowship. If you are interested in learning more about the numerous functions hosted across our Region, or you happen to be travelling through and need a meeting, please see our website at [www.mrscna.org](http://www.mrscna.org) for more details and fliers for events.

Gratefully Serving,  
Rob O. – RD  
Kristina C. – RD Alt.  
Mountaineer Region

### **Discussion:** **Zonal Inventory**

#### **Inventory**

Some of the regions have feedback since our last zonal forum, which we need to address. A Planning Tool was created to gather information.

- Look at other zonals to educate our own regions about what other zonal forums look like.
- There would be less resistance to changing our structure, if that is our direction; if the groups within the regions understand what other options are available.
- Another point of view is to look at ourselves and determine how we are doing.
- There are 8 U.S. zones
- We are being dragged in to moving forward
- Meeting and forum for RDs to meet
- We have held workshops/meetings with WB members
- CAR/CAT information gathering
- Consensus-based learning training session
- It was intended to not be a legislative body, not to have rules and regulations
- AZF website  
<http://www.autonomyzone.cprna.org/>

#### **What could we be doing?**

- Add learning days/ workshops
- Improved communication
  - other zones
  - NAWS
  - H&I
  - Multi-Regional
  - Between Regions
- Reduce redundancy
- Coordination/communication outside of NA
  - federal agencies
  - criminal justice
  - national/regional/local/mental health

- Resource Info
  - People
  - Services
- Fellowship Development

#### Prioritization

1. Learning/Training
2. AZF website
3. Hub for communication; Between regions; other zones; NAWS; H&I; PI; PR; Multiregional

### 1.WEBSITE

#### WHAT/ HOW/Goals

- Website
  - what do we want it to do?
    - color coded map of zonal forum to identify the regions
    - info
    - meetings/regional links
    - links
      - NAWS
      - regions
      - other zones
    - discussion board
  - events/calendar
  - AZF Archives
  - AZF Mission, Vision, Values
  - graphics and logos; dropbox
- How will we get it done?
  - Have webservants work up a mock/beta version to be brought back to
  - Get information regarding how much space we have for the website, or how much space might be needed

### 2. LEARNING AND TRAINING

- What
  - Use 1/2 meetings
    - Having 1 other event per year
    - event at a convention
  - What events
  - IDT
  - Literature (Traditions Workbook)
  - Train the Trainer events
  - Invite other Zones to join/participate
- HOW
- location
- WB participation (we can ask)
- Approval

- What is the AZF; education about what we do at AZF
- Possible conventions could be included for

## **Report on Zonal Forums**

Compiled by DonnaLee

### **Agenda for July 27, 2013 Zonal Forum**

- Introductions
- Read Traditions and Concepts
- Regional Reports
- Review beta version of AZF website
- If available, information sharing from someone with other Zonal forum experience and their process of the inventory
- Finish Inventory; Coordinate/communicate
- Mission, Vision, Values statement to be discussed and determined

### **Upcoming schedule for Autonomy Zonal Forum:**

Greater Philadelphia Region: July 27, 2013\*\*\*\*\***WCNA 35 August 2013\*\*\***  
Central Atlantic Region: January 25, 2014  
Mountaineer Region: July 26, 2014  
Chesapeake and Potomac Region: January 31, 2015  
Eastern PA Region: July 25, 2015  
Free State Region: January 30, 2016

### **AZF WEBSITE**

<http://www.autonomyzone.cprna.org/>

[webservant@cprna.org](mailto:webservant@cprna.org)

for sending information

In loving service,  
Merle S.

May 10-12 USSC; Atlantic City, New Jersey  
May 17-19 2013, Mountaineer Regional Convention  
November 1-3 2013 Mountaineer Regional Convention

send out a spreadsheet attachment with minutes to be populated by the RDs and sent back to me. I will send this to the RDs etc.