

## **Autonomy Zonal Forum**

July 27, 2013

Hosted by Greater Philadelphia Region

Meeting opened at a.m. with serenity prayer

Traditions were read.

Introductions around room

### **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

### **Regional Reports**

#### **Central Atlantic Region**

Greetings from the Central Atlantic Region. All is well in our region and we are excited to be here today. We have a new member to the delegate team. Kim A. was voted in as RDA2. We have several open positions on the regional floor. We need an H&I Chair, Secretary, and Speaker Jam Chair. We recently voted to create a new position of Vice-Treasurer and that position needs to be filled as well.

Our PR Chair recently participated at the Summer Institute held in Williamsburg, VA in July. The Summer Institute is a yearly held health fair and conference focused on addiction treatment and we have been invited to participate for quite a few years. Our PR Chair provided me with a written synopsis which I will share with you now.

Five of our members were able to attend the Summer Institute of Addiction Studies (VSIAS) this year. We set up a public relations table in their vendor room where many treatment centers also had tables.

We purchased 100 PR folders which were stuffed with the Membership Survey, Information About NA, NA a Resource in Your Community as well as a Central Atlantic Region Rack Card which had information about the services that CARNA provides with information on how to contact us. We handed out 78 of these folders and interacted on average 1-3 minutes with each professional.

Professionals from treatment centers, psychiatric centers, juvenile detention centers and drug courts were in attendance. Even professionals who were in our fellowship or another 12 step fellowship were very interested in statistical information about our fellowship and our presence worldwide. They were also happy to hear about the public relations services we can provide. We were invited to attend 3 more events in August and September and expect to receive more requests.

An example of how we were able to carry the message to suffering addicts through these interactions came from a professional at a psychiatric center. He currently sends many of his clients who also have addiction problems to a faith-based program where they actually asked them to leave because they were taking their psychiatric medications. We were able to show him our "In Times of Illness" booklet that addresses psychiatric illness. When we let him know that we know we are not doctors and we accept anyone who has the desire not to use he was truly grateful. He told us he was happy to finally have somewhere he would feel comfortable sending his clients.

After participating in the event we would like to invest in PR materials such as banners to increase our attraction. We were grateful to help in reaching our vision of service for Narcotics Anonymous to have recognition and respect as a viable program of recovery.

Our GSR Assembly in April had great attendance. All of our trusted servants, except for the treasurer who was unable to be there, gave reports on events of the past year. We also did presentations on the IDT Group Conscience and one on Consensus Based Decision Making which we created ourselves with the power point wizardry of Eddie W. Both workshops went very well. At the end of the CBDM workshop everyone clapped when we reached consensus which made it very satisfying and a lot of fun. We have also been using a little bit of CBDM on the regional floor. More will be revealed on how far we will go with that. We are busy planning our next two day event to be held in October. In August, we are going to finalize our topics. Each year we have our Budget Meeting after the August RSC. All subcommittee chairs and other trusted servants come to the meeting with their planned and expenses and we hammer out the budget so it will be ready to go back to areas and groups in October and voted on in December. This system has been working very well for us.

The delegate team has been traveling around to several areas to do different workshops. The last one we did was the IDT Supporting Our Vision in the Southside Area which was held in South Boston, VA. Their area sold food to raise money for a contribution to NAWS.

That workshop fell on the same day as the World Board webinar so we were not all able to be a part of that. I was able to listen to some of the question and answers at the end. I was most interested in the Delegate Funding Topic as that will most likely have a big impact on how our team participates at the WSC and the mentorship we have been able to foster there.

Last but certainly not least the East Coast Convention will be held in Williamsburg, VA next year. Five areas in our region, Peninsula, Richmond, Tri-Cities, New Dominion and the Beach area won the bid to host the convention. We are most proud to have that convention held in Virginia for the first time due to their efforts. We hope to see you there. Make your way down for a spiritual breakfast or two to help support the cause if you can.

In Loving Service,

Donna Lee P.

Eddie W.

Kim A.

## **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).

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

Phone line database signing up volunteers on the phonenumber in April and May 2013

NADCP (National Association of Drug Court Professionals) held their conference. Gaylord National from July 14-17. Request was made by Colin Sevaried, Public Relations ([www.na.org](http://www.na.org)) to help chair NA meetings and the booth in case attendees ask.

TCAUR (Tri-County Area Unity Retreat) River of Hope VII Reclaiming Life September 20-22, 2013- Lions Camp, Merrick-Nanjemoy, MD

At our April board meeting the president of the board was informed that the RSC had requested why there was not a copy of the police report submitted and the board of directors has asked that they be presented with a full copy of the police report as it relates to the disposition of the two theft/fraud case.

We have in possession of all final CPRC, Inc. insurance policy binders, i.e. convention coverage and the board of director's theft/crime insurance policy, a copy will be provided to the RSC.

Fred Wise, convention center sales director wherein he has indicated the proposal of a flat rate increase across the board for the next 3-4 year contract. Our current contract is set at \$26,825.00 per year with a percentage increase in the consumer price index starting December of that year, plus reimbursable costs. CPRC, Inc. has a Lessee deposit of \$4,865.00, which rolls over from each year which rolls over each year on the last day of the contract.

April 10-13, 2014 (under contract)

April 16-19, 2015 (third week of April 2015)

April 14-17, 2016 (third week of April 2016)

April 6-9, 2017 (first full week of April 2017)

It was indicated there would be a 1.5-2% increase each year or we could look at a full 3-4% (flat rate) increase for all 3 upcoming years. The board unanimously voted to approve the flat rate increase; this has been communicated to the Convention Center.

May 22, 2013- Attended meeting with non-profit attorney regarding the C&P RSC corporation inception. We have a product still being reviewed by the attorney. We are almost there. The document looks good and should address the concerns of all members of the C&P Fellowship as it addresses the corporate veil.

May 25, 2013- The board of directors approved the hiring of H.P. Sachs & Associates to become the board's CPA firm. the firm has been informed of the decision and Mr. Sachs has asked for a scheduled meeting with the Review Committee and Treasurers of the Board and Host to discuss what will be expected of all parties.

June 3, 2013- Contacted with Etouches, our online registration vendor. One of the concerns I have directed to them is the balance of money outstanding from CPRCNA27. The Board paid for 1600 registrations, however, online registrations for CPRCNA27 was 890. During a previous conversation with our client representative, I was informed the remaining balance could be rolled over into the new contract or we can request a refund.

The budget for the RD and RDA for 2014 was approved for WSC (World Service Conference).

In loving service, Leon P.

Regional Delegate

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### **Eastern PA Region:**

In June EPARNA saw 10 years as a 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). EPARNA has been invited to host several marathon meetings at WCNA 35, and will be given time slots for each area. The specifics (times) have not yet been given, and more will be revealed.

Because we have a multi-regional meeting list with GPRNA, we have created the new position of Meeting List Coordinator. This position will allow us to have ongoing communication and direct contact with GPRNA, so the information in the meeting list for EPARNA is current and up to date. Our representative will attend the subcommittee meetings at the GPRNA RSC meetings.

Bucks County Area is planning to hold an area convention sometime in 2015, and there will be upcoming fundraising events.

Pure and Simple Area public relations were invited to and participated in a Nar-Anon event where we had a table with literature.

Montco has unity events planned, including a trip to a Reading Phillies game.

Twin Rivers Area is moving forward with a Tri-Area Forum Ad-Hoc Committee.

They are working with Little Apple Area and Pocono Meeting Area to collaborate meeting list efforts and to explore forming a Lehigh Valley Metro Services Committee.

The region distributed Basic Texts donated to EPARNA by the East Coast Convention committee to all 4 areas, with the understanding that they were to be given to prisons and youth detention centers.

We have discussed creating an electronic newsletter, and have put out feelers to the areas to determine the level of interest.

In loving service,

Merle S. 215-275-3141

## 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; 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 24 hours a day. We also have all our other subcommittees up and running PI/PR, Special Events, and Literature. The Freestate Region also has its own website that maintains links to all our areas that have web pages as well as to NAWS the address is [www.fsrna.org](http://www.fsrna.org) Our regional literature committee continues to host the Traditions Book writing workshops at the Freestate Regional service center 217 N Warwick ave after the off month regional meetings. The next one will be held on September 14, 2013. The Baltimore Area was also one of the areas selected to field test the new ssp and have just finished testing it. They are preparing to send input/experience to NAWS. I know they worked very hard at doing a "real life" test of this. There are several events going on in our region. Two that are being held today are the Westside shrimp fest and karaoke. It's from 6-10 pm at the arbutus social club 1338 Stevens ave. Baltimore. Tickets are \$20, and the East of the Bay is hosting their crab soup cook off 4-7 pm at St. Marks church 100 Peach Blossom Rd. Easton MD. On August 18, the Bay area will hold their annual Sandy Point State Park picnic on the Chesapeake Bay; tickets are \$10 and the park charges \$5 for parking. If anyone has any questions or would like to attend any of the events going on in our region you can call Steve M at 410-241-7001 or John at 410-412-6876 or e-mail [johnrna57@gmail.com](mailto:johnrna57@gmail.com)

In Gratitude

Steve M

John R

## Greater Philadelphia Region

Welcome AZF Members,

This is my first attempt hosting this event. I had many helpers. Thank you. We are maintaining eleven Areas in our Region. After congratulating new Administrative Trusted Servants, Mark B., RSC Chairperson, Debby F., RSC Co-Chairperson, Paula B., Advisory Board Chairperson, Scott D., RSC Treasurer, and myself, Zoe H., RD we still have positions open and are in dire need to fill them. Despite the widespread apathy and lack of volunteers, our RSC Subcommittees continue to service our region with the dedicated few. **We are so grateful for their hard work.** Since our last meeting:

- The newly elected GPRSC Admin hosted a rally with RCM's and Area Chairs to promote Unity within the region henceforth named the "Peanut Butter & Jelly Summit".
- We attended MARLCNA
- RD shared insight about CBDM at WSW Area.

- RSC collaborated with EPARNA for combined Multi-Regional Meeting List and Phonenumber subcommittee events. We need to find a way to improve direct contact and information sharing.
- We suspended the regional convention this year to focus on fundraising and finding a new venue for 2014.
- Each Area has committed to host 3 Marathon Meeting slots for the WCNA35. WCNA 35 is approaching fast and our region is excited. There will be meetings in and around the Center City area.
- The RD has collaborated with Area Literature Reps to host their own Traditions Workbook Brainstormers. We've scheduled the next one for September 2013.
- Lack of donations continues to hamper printing meeting list, paying insurance premiums, and ordering literature.
- The regional web site is back home! Here is the link:  
**<http://www.naworks.org>** If you have any events that need to be posted on our web site please forward them to [Elijah.Golden@comcast.net](mailto:Elijah.Golden@comcast.net) or [bmackfoundations@gmail.com](mailto:bmackfoundations@gmail.com)

Grateful to Serve,  
 Zoe H., GPRSC, RD

### **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 Spring Mountaineer Regional Service Forum we had a discussion/workshop on the Traditions Workbook. It was one of our most well attended Service Forums and the discussion has generated a lot of interest amongst members in our Region. The input received from this forum was submitted to NAWS for input on the Traditions Workbook project. The Region has also scheduled another Traditions Workbook Workshop slated for mid-September and we are hoping to have a good turn-out for this.

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 H&I commitments have increased with our Areas currently hosting 22 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. The Region recently sent Basic Texts to all of the jails and prisons in our Region with every facility receiving at least 2 Basic Texts. Our new H&I Chair has worked

to compile a list of all local, regional, and federal facilities, including juvenile facilities in our Region. Please let us know if the Zone is interested in this information. One Area is working jointly with an Area from the Tri-State Region in order to better serve one prison that is located between the two Regions.

Our PR efforts continue to grow as well as we coordinate utilizing our Regional display at several upcoming events including the Social Work Conference, Drug Abuse Counselor Conference, and meetings with local Day Report Centers. The Metro Valley Area in Charleston, WV has added 40 signs in the local public transit buses across the city, and our Regional Billboard is back up also. Several Areas have worked to get our Basic Text in the libraries as well. We have been working hard to make sure that NAWS has out most up-to-date meeting information for their meeting locator.

The Mountaineer Region hosts two conventions annually, one in the Spring and one in the Fall. The Fall Convention this year will be held on November 1-3, 2013 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 Region hosts the Mountaineer Regional Service Forum at every convention in order to present and discuss service related issues. This Fall the forum topic will be a Third Tradition Session Profile.

Our Areas continue to host too many functions 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:**

#### **Review of Beta version of AZF website**

- Information is not available today. If Michael is unable to work on the website, then there are other members who have offered to take on the work.
- We can look at the other zonal forum websites to gather ideas as to what we want to put on the website.
- The current AZF website is part of CPRNA's website, and they do not have information as to a webservant.
- Sherry V. and Mountaineer Region's webservant have also expressed interest in helping with the AZF website as needed.
- As per Michael J., the amount of space and what the web guy from the host can do on his service.
- Storage and software solution is dependent on the webhost
- CPRNA said there is plenty of space, but that is not the issue, they are unable to support what we are trying to put on the website.

- The cost involved is minimal, but we are a non-funded zonal.
- Rotate the cost around to the regions
- Get a contact for webservant from CPRNA
- Need to save and hold on to our archives and history
- Each region will get back to Merle that they agree to pay \$7.50 every 3 years, Merle will get results from individual RDs and then Merle will send results via e-mails to RDs. We need to decide who will be the contact. We need to contact CPRNA to get our information off of their website and place it onto a new website.
- Kim A is going to explore domain names. She will work with others to create a beta version of a new website, and has offered to host it on her existing hosting website.
- Things to determine at January 2014 AZF: Who owns it, transparency as to whose name is on website,

### **Information with other Zonal forum experience and their process of the inventory**

- Read CANA/ACNA newsflash 2010 (What does CANA/ACNA do?)
- How do we want to define what we do as a Zone?

### **Continuation of Zonal Inventory**

- Past inventory, discussed letting our regions know who we are and what we do.
- Where do we go from here? No regional sanction at this point
- **Dragging moving forward**
- How can we effectively communicate more than 2X a year? Monthly or bi-monthly
  - e-mails with ideas and thoughts
  - (2) Bulletin board on Zonal website (secure)
  - (3) webinar in between our zonal meetings
    - may be a challenge with using bulletin board
    -
  - (5) conference calls (does not require internet access)
  - (0) skype
- Conference call thoughts to consider
  - time of day/ 9:30 pm
  - day of the week/ Sunday
  - time limit/ 90 minute maximum
  - expense/ need someone (Kim) to track down expense and available companies
  - number of participants Kim/ who can participate (maximum of 14 participants if all delegate positions are filled)
  - need rules, facilitator/ initiating calls Central Atlantic to initiate call in August, go alphabetically every other month
  - need for someone to take minutes (Merle)
  - which months? Even months (August, October, etc.)

- Trial run on Sunday August 11 at 9:30
  - Kim A.: phone number if problem connecting 860-469-5462
  - Tasks: beta testing of this way to communicate, website discussion if there is enough information
1. Inter communication with other zones. Each region volunteer to pick another zone to gather information
  2. Kristina will scan and pdf the file created by Donnalee at the last zonal forum and will be sent to all members on contact list
    - Set of questions to ask
    - Personal contact with members from other zones
    - more personal mentorship with personal contact
      - Zones
        - Northeast Donnalee
        - Southern Rob
        - Asia Pacific Merle
        - Western States Zoe
        - EDM Rob
        - Midwestern ?
        - RockyMountain ?
        - Plains States ?
        - Southeast-John
  3. following available bulletin boards
  4. Add open forum session to our agenda (30-60 minutes)
  5. Consider having one event per year
    - Should we go into an existing event, to start?
      - Mountaineer would like zonal participation to do a 3<sup>rd</sup> tradition workshop
  6. We reached consensus and are in agreement that AZF should be moving on to become more than an informational body
  7. What do we want our vision statement and mission to look like?
    - Communication through website
    - communication with each other
    - Communication with our regions

Zoe, Merle, Donnalee will attend the Mountaineer Regional Convention to represent AZF. This is on a volunteer basis, but it is a start

Suspend reading of reports at the next zonal forum?

Request WB participation at the next zonal?

Mountaineer Region:

- Bulletin boards:
  - find a solution to post comments and not have it put into public

forum

- o Discussion: Not funding delegates and regions to attend WSC

GPRNA:

Discussion as to how other regions without an RSO handle literature needs for their region

### **Agenda for January 25, 2014 Zonal Forum**

- Introductions
- Read Traditions and Concepts
- CAR/CAT
- Review/ input feedback to our newly developed Zonal plans; ask for input to possible

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

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

Greater Philadelphia Region: July 30, 2016

### **AZF WEBSITE**

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

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

for sending information

### **Zonal Inventory (from January 2013 minutes)**

#### **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 webseZvants work up a mock/beta version to be brought back to next AXF
  - Get information regarding how much space we have for the website, or how much space might be needed

## 2. LEARNING AND TRAINING

- What
  - Use ½ 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

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