



# Autonomy Zonal Forum

## Mission and Purpose:

The Autonomy Zone brings all elements of Narcotics Anonymous (NA) from its participating regions together to further the common welfare of NA by providing events which:

- Create an opportunity for Regions to come together to exchange experience, strength, and hope and collectively express itself on matters affecting Narcotics Anonymous as a whole
- Train, mentor and/or inform participants about the fellowship of Narcotics Anonymous

The AZF is ultimately responsible to the groups it serves inspired by the joy of selfless service, and the knowledge that our efforts make a difference.

## Meeting Agenda

July 28, 2019  
9 AM – 2 PM  
Philadelphia, PA

## Attendees:

Facilitator	Craig R	P	[REDACTED]	[REDACTED]
Secretary	Kim A	P	[REDACTED]	[REDACTED]
Central Atlantic RD	Dee P	P	[REDACTED]	[REDACTED]
Central Atlantic RD Alt	Randy D	P	[REDACTED]	[REDACTED]
Central Atlantic 2 <sup>nd</sup> Alt RD				
Chesapeake and Potomac RD	Darla S	P	[REDACTED]	[REDACTED]
Chesapeake and Potomac RD Alt	Greg J	P	[REDACTED]	[REDACTED]
Eastern PA RD - Pro-temp	Merle S	P	[REDACTED]	[REDACTED]
Eastern PA RD Alt	Vacant			
Free State RD	Trish C	P	[REDACTED]	[REDACTED]
Free State RD Alt	Christian B	P	[REDACTED]	[REDACTED]
Greater Philadelphia RD	Billy W	P	[REDACTED]	[REDACTED]
Greater Philadelphia RD Alt	Clarence L	P	[REDACTED]	[REDACTED]
Mountaineer Region RD	Ryan S	A	[REDACTED]	[REDACTED]

- Introductions, Overview of agenda
- Craig gave info regarding the new elected positions and who participates in this meeting as well as a few housekeeping issues.
- Sherry V (interested other) asked that the interested others be allowed to be on the email list so that they would see minutes and be able to know when the zoom calls are scheduled.... The issue was added to our agenda

## Agenda Items

- Regional Reports

### Chesapeake and Potomac

July 27, 2019

Chesapeake & Potomac RD/RDA Combined Report

Good Afternoon:

number of areas – 11 Areas within the C&P Region, 330 +/- NA Meetings that meet each day of the week, as well as 160 H&I meetings in 45 facilities monthly.



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The C&P Region meets every other month, our next RSC meeting will be hosted by DC Area, Saturday, August 10, 2019– 10:00 AM - 6:00 PM. All positions are filled except for RSC Vice-Chair, Convention Oversight Committee Vice Chair, Convention Oversight Committee Rep 2, Special Events Chair (we haven't had one for quite a while), Free State Reps 1 and 2.

issues and concerns in your region:

A motion was made to change our current policy that the restriction of the CPR Convention only being held in Ocean City be lifted in 2020. This would give the Region more flexibility in scheduling future conventions. The Ad-Hoc committee that was formed to investigate other locations has been looking at the Gaylord in National Harbor. It was discussed that this was a “cart before the horse” situation. The motion is going back to the groups. Depending on how the vote goes will determine if we investigate the Gaylord further. We have received a contract from the Convention Center in Ocean City that would extend our contract through 2025 so that is still a viable option,

The Convention in April was a success. We didn't have any of the Areas to step up to volunteer to host the 2020 Convention so the Convention Oversight Committee has taken on the task of Hosting and representatives from each area have been elected as the subcommittee chairs. All positions were filled and the convention planning is on track.

identify how your subcommittees are functioning –

Regional Subcommittees are functioning well, however as always, we could use more trusted servants to volunteer

Darla S. – RD  
Greg J – RDA  
C&P RSC

### Free State

Regional Delegate: Trisha C  
Regional Delegate Alternate: Christian B

Date: July 26, 2019

The Freestate consists of 10 Areas with just around 800 meetings per week. Our Regional meeting is held every other month for business and off month we have discussions. All are held at the Baltimore service center.

On December 6<sup>th</sup> – 8<sup>th</sup> a multi-regional learning event CAR workshop is being held in Manchester NH. The event will be hosted by the Northern New England Service Committee of NA and it will be facilitated by NA World Services and the World Board. This event is being held in the Courtyard Marriot Manchester. I will be attending this workshop as I believe that attending this event so early in the CAR season will give a better understanding of the contents of the CAR report when doing workshops throughout the region. Usually we are funded to attend MARLCNA which is in February, much later in the CAR/CAT season. Information on the event can be found at [www.mrle.info](http://www.mrle.info).

The Freestate region donated \$11,000. total to Freestate convention committee to help them to get the convention planning processes started. It was voted on last year to have the convention every other year as the prior years were a loss so we didn't have the convention last year. 5 new board members were elected to the convention board which is now full. There seems to be some excitement this year for this convention “Primary purpose” which is held the weekend after Thanksgiving, Nov. 29<sup>th</sup> – Dec. 1<sup>st</sup>. On alternating years the Baltimore Area will host their convention which will be August 7<sup>th</sup> – 9<sup>th</sup>, 2020.

The Freestate PR committee hosted a duel service event with the Chesapeake and Patomoc region on June 8<sup>th</sup>. Workshops were held from 10am – 6pm and had a great turn out. PR had a billboard but up in a great targeted area. The billboard will be up for a total of 8 weeks, their goal is to put one up in every area within the next 2 years.

At the August regional meeting we will have elections for all positions with the exception of the RD and RDA.



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Upcoming events:

Baltimore Area speaker jam: Aug. 17

Bay Area annual picnic: Aug. 25

FSRCNA: Nov. 29 – Dec. 1

Ocean Gateway Convention: October, TBD

Small Wonder Convention: Mar. 8 – 10

If you are interested in attending any of these events, contact me and I will email you the flier.

ILS

Trisha C

## **Eastern PA**

7.28.2019

Eastern PA region consists of three areas; Bucks, Pure and Simple, and Twin Rivers. Montco voted to move to Greater Philadelphia Region effective June 2019. EPARNA will continue to function with our current three areas. Our helpline is answered by addicts, and we maintain notes to collect data about the nature of each call. Our insurance company has been notified of the changes in the number of meetings held, and approximately how many addicts attend our meetings. Bucks Area holds three picnics every year, Memorial Day, 4th of July, and Labor Day. The Memorial Day Picnic was a great success. Bucks Area also plans to hold an Unity Breakfast on October 20, 2019. PR holds 68-85 commitments monthly with all meetings being facilitated.

Twin Rivers Area Unity has several activities planned: There was a campout and a Softball tournament which was already held, and the Annual Area Picnic will take place on September 1.

The following positions are open at our regional level:

CO-SECRETARY, CO-TREASURER, REGIONAL DELEGATE, REGIONAL DELEGATEALTERNATE, PUBLIC RELATIONS CHAIR.

From a financial standpoint we are doing well, but would like to fill our open positions.

During a phone line orientation, a question was asked concerning whether those who volunteer have the appropriate background clearances since they may have contact with minors. Other 12 step fellowships do require background checks. It was questioned whether those on Meghan's List would be in violation of their terms. We would like to hear experience on this matter from the other attending regions during open forum today.

In Loving Service,  
Merle S

## **Central Atlantic Region**

Dee P. RD

Randy D. RDA

The Central Atlantic Region of NA is made up of 17 areas located in Virginia, West VA, Maryland, and North Carolina. All of our subcommittees could always use more help but they are up and functioning.

Our regional meeting as well as our subcommittees meets in person as well as via video teleconference every other month. We meet in a central location in Charlottesville VA 4 times a year, as well as two 2 day regional meetings – April and October – that rotate through the 4 quadrants that make up our region.

Our last two-day event was in April 2019 in Fredericksburg VA. At that meeting, Randy and I facilitated IDT workshops and discussions. It was very well attended.

We are in the process of holding workshops on a Regional Environmental scan/Inventory. We have been fortunate to have a member with experience creating questionnaires/surveys step up and help us create a measurable and quantifiable



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survey for our membership. We have held workshops in 3 of our 4 quadrants with our final workshop coming up in VA Beach on August 10<sup>th</sup>. We hope to present our findings at our October regional 2-day event.

Randy and I attended the Florida Service Symposium and I attended the Florida Regional Meeting. It was a very educational experience.

The Central Atlantic Region will be holding elections for the RDA2 position in August.

Thank you to the Greater Philadelphia Region for a wonderful event yesterday. It was awesome to see the number of people who turned out to learn more about our zone and contribute their experience, strength and hope with us all.

ILS,  
Dee P. CAR-NA RD  
Randy D CAR-NA RDA

### **Greater Philadelphia**

07/28/19  
Billy W. RD 215-868-1969  
Clarence A. RDA 610-659-4304

The GPR is doing well. At the Regional level we are maintaining services and are a pretty developed service structure. We still always want and need new blood to help us grow but are solid with basic service delivery. We meet every other month, on the even months, and run Sub-committees monthly.

Within the last two months we had a new Area join our Region, the Montco Area, which moved over from our northern sister Region EPARNA. Montco, borders Philadelphia on the north side and is considered a suburb of Philly. That brings our total Areas to 12 for the Region, and a rough total of 475 meetings a week.

H&I current holds 90 meetings a week(not including Montco).

PR has been running campaigns of Billboards, bus benches, and posters with great success. This is a subcommittee that always needs new bodies.

Unity is strong hosting events.

We just completed our 30<sup>th</sup> Regional Convention in June. Went well but we face some challenges there.

Update on Regional Insurance- We lost our carrier and struggled to find someone that would insure us. We did get a new carrier, maintaining continuity, with a roughly 10% bump in premiums, something we had expected even if we kept the old insurer. We've had a dramatic increase in claims over the last 2 years, the reason why our original carrier dumped us, and have spent a lot of time reviewing and analyzing existing policies. We are currently proposing to change our insurance practice to the Gr. NY Regional model where Areas are financially responsible for their portion of the insurance costs. It's felt that this puts the awareness and responsibly where the claims take place. More will be revealed on this front.

In loving service,

-Don't eat the yellow snow!

### **Mountaineer Region**

No report other than the following email:

*All,*

*During our last regional service after the RD report, the RCM's unanimously decided to suspend policy regarding the travel to all zonal meetings. This discussion arose after the cost for two people was mentioned. At this time we will not be traveling to the Greater Philly region. The proposal to stop attending all Zonal's has gone back to the group's for a decision to be made. I will let everyone know what decision has been made after the October regional service meeting.*

*Thanks,*

*Ryan S Mountaineer RD*



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- **Agenda Item: Zonal Expenses & Funding/budget regarding the 2-day events**
    - ❖ C&P has agreed to help fund facilitator and secretary and wants concrete numbers before putting the money out. Advises handling accounting at the event and funding will be forthcoming – and has sent \$100 to help fund this weekend.
    - ❖ Christian – Free State asserted we had decided to split costs for this weekend and assumed secretary/treasurer would collect the money
    - ❖ Merle: Mountaineer isn't here and what if we have to base our numbers on 5 instead of 6 regions. Spoke about her region only having 3 areas and maybe not having the same financial abilities as other regions.
    - ❖ Clarence: recalled \$250 for budgeting for the two positions... \$1500/yr, so with 5 regions the costs would be roughly \$300
    - ❖ Facilitator: Craig tried to clarify the discussion by asking delegates to confirm what the expenses are for:
      - CAR confirmed the numbers had been based on the delegates funding and the numbers included reimbursing the expenses for the secretary and facilitator for 2 one-day events
      - Christian – definitely must decide today otherwise the trusted servants incur expenses
      - Darla – lodging travel expenses (mileage) and per diem for food
    - ❖ One Option was proposed: we burdened the two newly elected ...and perhaps we need a slush fund... trusted servants submit receipts for prompt reimbursement. Goals – We need a practical, flexible, accountable, responsible course of action
    - ❖ Zonal Expenses are not just the two newly elected positions but also the Hosting region's expenses
    - ❖ Clarence – suggested having secretary set up the account and if we get a treasurer down the line those responsibilities can be turned over - 2 day events have turned out to be very successful and he feels the budget for these events needs to be on a sliding scale
    - ❖ Greg referred to his notes and felt we had decided to have the treasurer duties fall with the secretary.
    - ❖ Trish – Free State has a budget of \$500/yr for event and \$750-800 per yr for the trusted servant reimbursements
    - ❖ Randy felt that for now we should just concentrate on reimbursing expenses for this 2-day
    - ❖ Merle: If we do go with having a Slush fund – what do we do with the excess? Also felt we need equitable accountability... stated we have to hold our events in places where the expenses can be more equitable.
    - ❖ Darla mentioned it is necessary we have accountability
    - ❖ Free State felt the place to start was with a proposal to determine who will be the servant responsible for the treasurer responsibilities.
    - ❖ GPR – said his region wouldn't be in favor a budget that tied their hands. When they throw the 2-day they will do it the way they want. Billy reminded participants that the zone serves the Regions (not the other way around) and each Region needs the choice to decide how it wants to spend it's own money. They welcome the donations from the other regions, but when they throw the event they will do so in the way they autonomously decide.
    - ❖ Darla said they agree that each region should maintain responsibility to fund the 2-day they are responsible for.... And agreed they do get to decide autonomously.
- Facilitator took a moment to address the hands in the audience and reiterated that the discussion must be limited to the elected participants until we get through this issue.
- ❖ Question asked again: Who do the checks go to for reimbursement? Greater Philly or Craig and Kim?
  - ❖ Kim spoke on how she would handle the Treasurer duties; i.e., Banking. Kim felt she could open an account in a bank that wouldn't charge anything and would be accessible to future trusted servants. She has already created a ledger for record keeping based on the file that is in the Treasurer's Handbook. The online accounting could be something that the facilitator also has access to so that more than one set of eyes can be on it and the ledger would be available at every meeting.
  - ❖ Facilitator spoke on needing to focus on reimbursements for this weekend first
  - ❖ Body felt the decision of who would handle the treasurer commitment was obvious from the fact that the interview questions were based on the prior decision to have the secretary handle the treasurer commitment.
  - ❖ Clarence proposed allowing Secretary to open the bank account and providing the info to regions so regions can promptly reimburse when they meet in August.
  - ❖ Merle concerned about opening a bank account because of Tax purposes.

**Objective is to reimburse the weekend's expenses.**

**Proposal: to reimburse expenses for the weekend**



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**Discussion:** Craig asked could he and Kim just email the receipts for this weekend to start with and hammer out the other details later? Question about sending expenses to mountaineer too?

**Decision:** Consensus is yes

**Proposal** by Free State: to decide right now to include the treasurer responsibilities under the secretary commitment

**Discussion:** CAR-NA isn't ready to vote because they want to check in with their region – After checking our guidelines, Darla felt we need to update them for the commitment and that can happen over the next Zoom meeting(s) before making a decision.

**Decision** is to wait until after the guidelines have been updated.

- **Environmental Scans**

- ❖ **Agenda Item:** Kim put together an adaptation of the World Services Environmental Scan.

**Discussion:** the facilitator opened the discussion up to the body to gather interest from the regions - GP felt they may need more time to continue discussions in their region regarding “what is a zone” prior to bringing in a scan, CAR-NA felt no, their region is currently undergoing their own Environmental Scan so the timing wouldn't be good. – Eastern PA felt our current practice of having 2-day functions is addressing the needs of each region and wants to hear from the groups regarding their awareness of the zone first. - C&P agreed that more discussions in the regions needs to happen prior to scanning so we could get a more informed response. Sam... (interested other) asked are we going to try to make sure that groups get the info about what a zone is... Clarence said they are willing to come to groups/areas and help inform the groups. Needs more follow up/response from the addicts in those groups/areas to see what other people they need to reach. Toni... (interested other RDA from Pittsburgh) A lot of people aren't familiar with zonal forums Tarwan... asked for a flyer to bring to groups that has the info that is on the top of the agenda and perhaps a little more discussion.

**Outcome:** Upon consensus from the participants this item is tabled for now

- **Virtual Meeting of Zones hosted by NAWS - Each zone could select 2 people to participate**

From NAWS News: *Virtual Meeting of Zones Another thing we're planning for zones is a virtual meeting. The workgroup came up with this idea as a result of considering how inspiring it is to hear what other zones are doing. We wanted to provide an opportunity for zones to get to know each other better.*

*We consider our role, as the World Board, to simply to set the table. The meeting would be an informal way for participants from zones to come together and talk, share, and collect best practices. Some zones have already begun connecting with each other virtually, and we've heard nothing but positive feedback about these connections. This virtual meeting is not about representation or voting. Each zone and Iran could select two people to attend. In most cases, this would probably be the zonal delegate or contact, but that determination is up to the zone. We are considering the possibility of holding the virtual meeting sometime in September. We will send out more information and a “Doodle poll” about dates and times to zonal delegates, alternates, and contacts. If the meeting goes well and there is interest in continuing to build relationships among zones, we could schedule regular meetings and help facilitate ongoing communication and collaboration.*

- ❖ Christian said now we should officially set the 2<sup>nd</sup> person. – According to our approved guidelines we chose EPARNA rep and the Zonal Facilitator. Questions were raised about what is the commitment of zonal contact...what are the duties and responsibilities... is it an informal sharing or is it more? More clarification is needed about what the contact person will be doing.

This virtual meeting could just be an Opportunity for Networking -

**Proposal:** 2 regional delegates could participate....

**Discussion:** For the purpose of this web meeting we could rotate the person who participates in it. All we need for right now is 2 volunteers for the Sept. Virtual meeting -

**Decision:** Randy and Trish volunteered and will attend the upcoming meeting.

- **Email Distribution question from Sherry V....** (interested other) Wants to maintain an email database to include people who want to follow

--- Some type of Email Distribution for interested others

**Discussion:** Could set up a subscriber database on the website, could maintain separate lists for RD's and interested others

- ❖ Concerns about adding to Delegate's workload while we are still forming because of a possible inundation of emails and questions.

- ❖ Question from audience regarding when are the minutes posted and Facilitator answered within two weeks all minutes are posted on [autonomyzonalforum.org](http://autonomyzonalforum.org) and he was asked for a contact to be provided to answer questions or get feedback.



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Facilitator asked for an email account for each trusted servant so we're not using personal emails. Body asked whether or not minutes should be sent to everyone who wants

(see **New Proposals for decision**)

Lunch 12:00 – 12:20

## ❖ Open Forum

- ✓ Bruce (interested others) mentioned he visited the site on the break and found it easy to navigate and the minutes seemed clear, detailed and accessible
- ✓ Zoom calls... put announcement on website and send announcement to subscriber list so anyone can attend and listen in on the meeting
- ✓ Upcoming schedule – adjust 2-days... Last full weekend or the last Saturday? – CAR-NA is having a 2-day in January, just not sure whether or not they will be able to have World Board participation and be able to offer a CAR workshop. January 25<sup>th</sup> and 26<sup>th</sup> next Zonal Workshop in Central Atlantic Region.
- ✓ Billy thanked everyone for showing up
- ✓ Rob U – (interested other) Phoenixville thanked everyone for their attendance and Greater Philly for hosting the event and spoke about prior history in his perception of being a more information based structure and how we seem to not know about so much of the literature that's being developed and how we are sharing information regarding deadlines, etc. Hoping maybe the zone can help get more information out to our fellowship.
- ✓ Duwan (interested other) thanked everyone and expressed gratitude for being here... and encouraged everyone to meet people at their point of need... she is grateful our info is on our website. She wanted to announce her Outreach and drew attention to the orange flyer she brought.  
Does the RCM vote at the World Service Conference... no
- ✓ Toni- expressed her gratitude and asked if we see our body as becoming more structured and more organized - C&P said we started out only as an informational gathering body and that we are trying at this point to be more of an organized service delivery entity. Free State felt with the expanded Zonal representation the fellowship seems to be indicating they want Zones to be more organized.  
Toni also asked: Has anyone else attended any other Zonals and implemented some of their ideas/procedures... Free State said yes (Southeastern) and felt what she learned about the Treasurer's commitment would be useful for us, Craig spoke of the ideas that we have definitely been utilizing from South Eastern and Northeastern zones.  
Randy spoke on how we all visited other zonal meetings at the 2016 WSC. Tri-State region is hosting North East Zonal Forum November 1<sup>st</sup>-3<sup>rd</sup>, Erie, PA during their convention and will get us a flyer.
- ✓ Tarwan...(interested other) Flyer screening process could go through a committee
- ✓ Arlene... (interested other) Reports aren't being read at the groups. Questions: what business was actually accomplished today - Darla felt as an information sharing body only we have had a history of being very stagnant. We are just starting to actually providing services. We are changing and growing and a lot of what's been discussed today is building our foundation so we can be able to provide consistent delivery of services such as what we've been able to deliver in our prior 2 two-day events. – Clarence went over some bullet points of the things we have been accomplishing today – these have been ongoing discussions, which we are moving forward with. Craig made the suggestion that we might even be able to add more PR involvement from our local PR and H&I subcommittees at future 2 day events. Billy spoke on the question, too.... And asked Arlene to show up at Region to participate in the discussions on this topic that are happening at the RSC and said that each region decides, based on what their needs are, what the Saturday portion of the weekend looks like... and each region gets to decide what they need... whether it be PR, H&I or whatever... with the goal always being increasing the unity and the ways we can carry the message. We share Best Practices at this table and that is incredibly useful

## New Proposals:

**Proposal by Darla S – C&P:** Beginning after this meeting she wants the secretary be the one updating the website and that we add this to the secretary duties and responsibilities in the guidelines.

**Discussion:** Craig and Kim and 1 other delegate will update the current guidelines and send out to the body for review and approval

**Decision:** Body is okay except CAR-NA – CAR-NA wants further clarification as far as the treasurer and the fact that Darla's commitment would be ending early

**Proposal by Darla S – C&P:** Set up emails for facilitator and secretary ([facilitator@autonomyzonalforum.org](mailto:facilitator@autonomyzonalforum.org) and [secretary@autonomyzonalforum.org](mailto:secretary@autonomyzonalforum.org) and have them forward to Craig and Kim's email. In the future this forwarder will need to be changed in the hosting Cpanel by our website host which is currently Kim through her Webmastery.Org website business.



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**Discussion:** Discussion surrounding whether or not it was the best option instead of using Gmail and who would need to maintain the forwarder.

**Decision:** No objections noted

**Proposal by Darla S – C&P:** Have Craig and Kim review and update guidelines and email to the body for input and approval for email approval of the body. ..Merle volunteered to help

**Discussion:** Craig asked for a volunteer to help and Merle volunteered.

**Decision:** No objections noted

Merle wanted clarity on reimbursement of expenses for this weekend

Craig and Kim will send receipts for gas, parking, per diem, tolls, and hotel to the body for approval and the totals will be recorded in the Zoom minutes.

✓ **Future Agenda Items**

- ❖ Website Posting (flyers, updates, announcements)
- ❖ Agenda/Minutes Format
- ❖ Expenses – Budgeting
- ❖ Guidelines Update (Craig, Kim, Merle)

Next two Zoom meetings: September 16<sup>th</sup> 7pm and November 18<sup>th</sup> 7pm

### Upcoming AZF Schedule

- ✓ July 27-28, 2019 - Greater Philadelphia
- ✓ January 25-26, 2020 - Central Atlantic
- ✓ July 25, 2020 - Mountaineer
- ✓ January 30, 2021 - Chesapeake and Potomac
- ✓ July 31, 2021 - Eastern Pennsylvania
- ✓ January 29, 2022 - Free State

### Attendance (Interested Others)

- Toni C – [REDACTED]
- Eugene G – [REDACTED]
- Bruce R. – [REDACTED]
- Tony F – [REDACTED] WSW RCM Alt -
- Monique Geth – [REDACTED] -
- Sherry V – [REDACTED] -
- Sam – [REDACTED] -
- Rich B – [REDACTED] -
- Charles C – [REDACTED] -
- David J – [REDACTED] -
- Rob U – [REDACTED] -
- Tarwan – [REDACTED] -
- Duwan – [REDACTED] -
- Les M – [REDACTED] -