

**Autonomy Zonal Forum
Held in Eastern Pennsylvania Region of Narcotics Anonymous
July 20, 2006**

Meeting opened with a moment of silence followed by the Serenity Prayer.

Present:

Chesapeake and Potomac Region
Eastern Pennsylvania Region
Freestate Region
Greater Philadelphia Region
Mountaineer Region
The Region of the Virginian's

All Regions read their reports, as follows: (Freestate Region and Mountaineer did not hand in a report, although they read their reports at the Zonal Forum.

C&P Region Report

Our Region has 11 Areas and approximately 370 meetings. We hold our RSC every other month, alternating locations by Area. We have nominations in June and elections in August for all service positions. While currently our service positions are mostly filled, there were only 7 nominations out of 21 positions that will be filled at our next RSC if no one else comes forward.

In the next two years, we will be holding Regional Assemblies to discuss the Information Discussion Topics (IDT) and workshops on reviewing the new Basic Text (new stories).

Our RDs attend an ASC once a month. We do this on a rotating basis by Area.

By Regional policy, our Region makes annual donations to the European Delegates Meeting (EDM), Latin America Zonal Forum (LAZF) and the Asian Pacific Zonal Forum (APZF).

There has been concern and great discussion in our Region to start Spanish meetings. We have had some at one time or another, but they have all died. A church has contacted us and would like to have a meeting in their facility. We are trying to find addicts willing to take on the commitment.

Our Regional Convention, held in Ocean City, MD last April, had approximately 4,500 registrants. It brought in a \$1,800 profit, which is donated to the Region.

My major topic of concern is our meeting lists. Currently we have two meeting lists that are being updated: Helpline (Access database) and Regional meeting list (Word document). Updating two lists is creating unnecessary additional work and is time-consuming. We are trying to find a way to incorporate the two into one database with the ability to generate both reports from one database.

Having the meetings in an Access database will be ideal since the NA World Service (NAWS) database can now be updated by providing them with an Excel spreadsheet. This is a project I became aware of and involved in at the World Service Conference (WSC). Lori D. (NAWS DBA) has provided me with documents that explain how to set up the format for the uploaded file. Utilizing the new program, Areas will be able to generate meetings lists on the fly, either tri-fold or

Our meeting list is out-growing its current format. We are going to have to come up with a new format for additional space. Once the Access database is updated, we will propose several formats to the Region for approval. The new format will require more pages which will be an increase in cost.

ILS,

Anne H.

Eastern Pennsylvania Region of Narcotics Anonymous Report

EPARNA has 4 areas and we meet bi-monthly at St. Mark's church in Pennsburg, PA. We have had one regional meeting since the WSC. We also held a Regional Assembly May.

H and I has 168 monthly meetings.

H and I has a regional learning Day coming up on September 9, 2006 from 1-5 pm. at St. Marks' Church in Pennsburg.

At the WSC, EPARNA was attended by its RD and RDA, and we gave a donation of \$3000.

The region is discussing updating our data base.

In loving service,
Henry D. RD
Merle H. RDA

Greater Philadelphia Report

We have relocated the Area Service Office to 1243 S. 22nd St.
The Greater Philadelphia Regional Convention was a success.
There are 12 areas up and operating
The phonenumber is doing well
Firemen and Police have been trying to have NA meetings, and we have been communicating with them.
Group insurance is \$8000, and all is well. It has been paid.

In loving service,
Daryll L. RD
Jerry J RDA

The Region of the Virginian's report to Autonomy Zonal Forum. 7/29/06

Hello family The Region of the Virginian's of NA currently has 12 areas and roughly 292 home-groups. Our region has meetings in Virginia, West Virginia, North Carolina and Maryland. We currently have the following subcommittees: Policy, Speaker Jam, H&I, Outreach, Activities, Public Information, and Literature Review. Of the above mentioned sub-committees we have the position of chair for these committees with the exception of Public information to which we have a pro-tem chair in this position. We currently have an ad-hoc committee to investigate our answering service. There have been numerous complaints regarding the quality of service being offered by our phone answering service, hence the formation of the above mentioned sub-committee.

There was a motion brought forth to link the V.R.C.C. website to our regional website. The VRCC is a corporation made up of directors from NA whose purpose to host our regional convention, and to provide a "safety net" for NA. There were questions raised regarding the possibility of violating traditions, and this motion was referred to our PI chair for further review.

A motion was made and passed to increase our Regional H&I sub-committee's budget to \$1800 annually for expenses of carrying the message to include but not limited to literature packets for inmates upon request, literature for libraries in correction facilities upon request, H&I presentations upon request and any other expense that pertains to carrying the message by ROV H&I subcommittee.

A motion was made to develop service quadrants throughout or region, whereas the Regional meetings, as well as subcommittee meetings rotate throughout the quadrants for meetings. Our last Regional meeting was in an

area that had requested support due to the lack of commitment from its area members.

Changes were made to RD, RDA, and RDA-2 qualifications and duties, the duties added were: attends biennial WSC in California, attends annual MARLCNA in PA, Attends Zonal forum meetings, also organizes and chairs Zonal forum meeting when hosted by Regions of Virginians, and organizes, schedules, coordinates and attends WSC CAR workshops throughout ROV geographical area. Researches and secures most economical and appropriate travel plans and lodging itinerary; shuttle; parking; hotel and anticipated tolls and taxes, no later than four months from pre-approved event unless elected or appointed within that time frame, Itinerary research included in report., and for duties included now is weekly access to Internet and email. The above listed changes are for the whole RD team, with the exception of organizing and chairing hosting Zonal forum meeting, which is only included in the RD's duties.

Our Regional website hits have increased from 875 per month last year up to 2283 per month this year. There is currently a nomination in place for our PI chair which will be voted on at our next scheduled ROV in August. Our next meeting is scheduled for August 19 from 10am to 6pm at John Randolph Medical Center, in Hopewell VA.

Break

After reports were read, we took a lunch break. We would like to give special thanks to Connie for her preparation in the kitchen to get our food ready.

Issue Discussion Topics

Building Strong Home Groups

- Home group has commitment to show up early, welcome new members, attend group conscience, make sure group carries a clear NA message. Keep focus on topic during meeting, place where we first learned about service, first feeling of unity
- Home group is a place to get connected with a group of people
- A connection; get there early, and stay late. H & I is not a home group because they are not fully self-supporting
- There should be unity between home group members, a cohesive whole rather than separate, where we carry the NA message as a whole
- Consistency, follow-through with commitment. Show the newcomer that the program works. An atmosphere of recovery is cultivated in a home group, it is not just a place you go.

Actions taken

- Tell people where home group is
- There is greater attraction to meetings that are perceived as having support as opposed to being in dire need

- Public Information/create Spanish speaking pamphlet to let them know meetings exist

Racial and ethnic groups, various language groups, younger and older people in the community, professionals, etc.

- In policy that there are no special interest group, since those types of meetings separate people.
- No Spanish speaking meetings in area, but there are members that are Spanish speaking. How can we get the people who are not in the rooms to come without violating traditions.
- We push people out and away by not making space for those who are in a special needs group. If it is God's will, the meeting will thrive. Unfulfilled feeling at times from NA due to alienation and being able to identify with others like self.
- What groups are OK to have a meeting for? Where do we draw the line. Different language meetings are not the same as other groups of people. Disagreeing with some of the arguments for having special interest meetings, questioning the validity of some of the reasons
- If there are other meetings, then that population will be missing from a typical meeting, and we will lose some of the intermingling that takes place, and there will be more separation. This may cause us to miss out.
- We learn to become empathetic by associating with everyone.

Current list of targeted literature include:

- Youth and Recovery is not current and needs to be updated. It is not desirable to take it to a place where there are teens.
- Staying current with every topic and pamphlet. Targeted audience is changed after pamphlet is published. Need to have some sort of ongoing format.
- Spiritual development of members, not getting anything at meetings spiritually. Need to go outside of fellowship to get spiritual needs met.

Leadership and Our Public Image

- Typical characteristics of a successful leader; mirrors the people in NA to show what we want in recovery. Sees people who are successful in recovery in service, so that is what you do too. Follow direction and example of those who are successful in recovery.
- Cultivating leadership; within the concepts of service. Passion for this program, have a sponsor, carry the message of recovery. If we have experience, to try to encourage others and mentor them in an area where they will do well and bring out those qualities. If we work on leadership from this perspective, we can show that this program works and improve our public image.

Service System

- Recovery principles into service meetings. Too often things become chaotic at area service. Are people praying before the drama begins? Are we carrying the message to the addict when we are in a service meeting?
- Sponsorship is a big part of service work. If your sponsor isn't telling an addict about service work, then the addict won't get into service either. What are you doing it for? What are your motives for doing service? Don't take anything personally.
- Holding people accountable. Having a warm body is an inadequate way to fill positions. Everyone has a niche in service.

Location, and date for next Zonal Forum:

Next meeting to be held in Free State Region (exact location to be announced)
January 27, 2007

Agenda for next Zonal Forum:

NAWS Database meeting list

Resolution A revisited (Look on website world conference; 1996 conference)

Other Issue Discussion Topics beyond what was covered at July meeting

In loving service,
Merle H.