

Autonomy Zonal Forum Minutes; January 31, 2015

Hosted by Chesapeake and Potomac Region

Meeting opened at 11:15 am

Present: Central Atlantic; Eddie, Kim, Chesapeake and Potomac; Cheryl, Anthony, Eastern PA; Merle, Free State; John, Dee, Greater Phila.; Zoe, Mountaineer; Brandon

Also present were interested others

### **Agenda for January 31, 2015 Zonal Forum**

Presentation of website design idea(s)

Finalize or complete if not finished AZF vision/mission statement as worked on in conference call

Prioritize a list of goals (possibly have someone present who has done this)

Timeline for what we want to accomplish based on priorities

Discuss next conference call information

**Please send your report to secretary, since we will not read our reports at our meeting**

### **Regional Reports:**

#### **Central Atlantic Region:**

The Central Atlantic Region consists of 17 areas holding approximately 590 meetings throughout Virginia, and small portions of West Virginia, Maryland, Pennsylvania, and North Carolina. Unfortunately, four of our areas (Appalachian, Gateway to Freedom, New River Valley and Outer Limits) were recently dropped from the roll call in keeping with Regional Policy due to lack of attendance. They still, however, remain a part of the Central Atlantic Region and need only attend and requalify to be reinstated as voting participants (\*provide a copy of the minutes from their last three consecutive ASC's). All of our sub-committees are fully functioning and meeting regularly. Our next RSC is scheduled for February 21, 2015 from noon to 5pm at UVA Medical Center, 1215 Lee St., Charlottesville Va.

Our Regional H& I Subcommittee has completed and approved a policy for its "Inmate Step Writing" project. Its next focus is to fill the positions needed to support this effort (ISW Chair, ISW Vice Chair and ISW Coordinating Secretary). In order to bolster Regional H&I support, the subcommittee now offers members throughout the region the opportunity to attend and participate in its subcommittee meetings via teleconference.

Our Public Relations Subcommittee is currently focused on improving our regional website. These efforts include: installing a content management system (software that keeps track of every piece of content on the website in a way that requires almost no technical skill or knowledge to manage), installing a calendar function, testing various design templates for the layout, installing a basic meeting layout template (where information will be imported from the NAWS database), creating a form page to enable "event submission", and so on.

The 33<sup>rd</sup> AVCNA (the Central Atlantic's annual regional convention) was held January 9-11<sup>th</sup> 2015 at the Holiday Inn in Lynchburg VA hosted by the

Appalachian Area. We won't receive exact numbers from our convention corporation until our upcoming RSC in February, but attendance was greater than expected (with approximately 850 registrants including nearly 90 newcomer packets). The host committee utilized a "text notification" app which enabled attendants to receive text notifications during scheduled breaks about the next set of upcoming workshops, updates of remaining merchandise, and trivia questions about the AVCNA and NA history for a chance to win recovery related memorabilia. The program subcommittee (for their choice of speakers), the text notification app, and the quality of merchandising all received rave reviews. The East Coast Convention of Narcotics Anonymous, which was co-hosted in June of 2014 by five of the areas in our region (Beach, New Dominion, Peninsula, Tri-Cities and Richmond), and whose proceeds are donated in the form of basic texts to be distributed by the H&I subcommittees within its participating regions, reported the following results for ECCNA18: "Enough funds were raised to purchase 125 cases of basic texts, at 28 books per case (for a total of 3500 basic texts). Institutions within the hosting areas received the lion's share (62 cases) and the remainder were distributed evenly among the 24 regions that comprise the ECCNA. Visit [www.eccna.org](http://www.eccna.org) for more information."

Also (as we'd mentioned at the AZF last July) our region conducted a three pronged workshop during the convention entitled "The AZF, H&I and PR", the first portion of which Kim and I conducted a presentation providing basic information about the Autonomy Zonal Forum, its current focus regarding its website, and developing our vision and mission statement. The only real feedback we received of note was the concern one member expressed about the rough draft we'd developed for our vision statement (which we'd shared as an example during our Power Point presentation of the work we were able to achieve recently through teleconferencing). At the heart of their concern was our decision to edit what is essentially the NA Vision Statement. Their question might best be stated in so many words: "what would be the advantage of personalizing our universally accepted Vision Statement to suit our particular service body?" I have to admit after having had some time to reflect (and despite my appreciation of the work we achieved during those conference calls) I don't see any real advantage to using the Vision we've drafted. We all knew at the time our intention was to establish an obvious correlation between the two, but when you compare them side by side I now believe that the advantage would be (in the spirit of unity) to use the NA Vision as it's stated verbatim.

***Announcements:***

*March 15, 2015:*

Central Atlantic Regional Speaker Jam hosted by the Southside Area at Southside Regional Hospital, 2204 Wilborn Avenue, South Boston, VA 24592

*April 18-19, 2015:*

173rd Region Service Conference and GSR Assembly (a two day regional service event) is to be held in the Gateway to Freedom Area at Friendship Haven Church, 248 Williams St., Cumberland, MD 21502

In Loving Service,  
Eddie W. (RD)  
Kim A. (RDA)

**Chesapeake and Potomac Region:**

The Chesapeake & Potomac Region (C&P) consist of 11 Areas: Battlefield, Central Maryland, District of Columbia, Dulles Corridor, East of the River, Frederick, Montgomery, Norvana, Rock Creek, South Potomac, and Tri-County. We hold roughly 400 regular meetings and over 440 H&I meetings in 62 facilities. We usually experience a 90-100% turnout of the Areas at our Regional meeting.

**Our next C&P Regional meeting is Saturday February 14, 2015, Arlington Presbyterian Church, 3507 Columbia Pike, Arlington, VA 22204, 12:30-5:00pm.**

**CPRCNA XXIX (C&P Regional Convention):** The C&P region continues to move forward with the Chesapeake and Potomac Regional Convention XXIX. The convention is hosted by the Frederick Area and will be held in Ocean City, MD on April 17 – 19, 2015. To obtain information on the convention visit

[www.cprcna.org](http://www.cprcna.org)

There was some problems with the brochures that where distributed. A lot of the hotels had the incorrect prices on them and had to be reprinted. There are currently newly reprinted brochures with the correct prices available. Also the prices on the Convention web site [www.cprcna.org](http://www.cprcna.org) are correct.

The groups also voted at the December 2014 regional to allow the South Potomac Area to host CPRCNA XXX in April of 2016. The subcommittees are now forming.

**Literature:** The regional literature subcommittee is attempting to gather information for the Traditions Project. There was a meeting held on January 17, 2015. Attendees went over the Introduction and Tradition One draft. There were some who expressed an interest in continuing with additional meetings to address the remaining traditions. The Literature Chair is looking into a location.

**H&I:** There has been discussion on how best to attract new members to H&I service; filling leadership positions and communication with facilities to ensure we carry the NA message in a consistent fashion.

**Publication Relations:** The C&P PR Subcommittee is currently working with areas within the region to hold area level (GSR) workshops. This is to give all groups information on what their responsibilities are, as a number of RCMs have expressed concern that they are not sure what NA Public Relations is. (We have a number of new young GSRs moving into service and are finding out that information is not passed down by seasoned trusted servants who are leaving positions. It has been suggested that the ASC PR subcommittees set up an email address to the connected to cprna.org website. (Chesapeake and Potomac Region, N.A.)

**Upcoming Regional Events (for a full list of regional events visit**

[www.cprna.org](http://www.cprna.org)):

*February 14, 2015*  
Norvana Area Game Night

*February 21, 2015*  
Norvana Area Spiritual Breakfast

Arlington Presbyterian Church  
3507 Columbia Pike  
Arlington, VA 22204  
7:30pm-10pm

Fairlington Presbyterian Church  
3846 King Street  
Alexandria, VA 22302  
10am-12pm

*February 21, 2015*

Central MD Area "Never Alone" Dance  
Trinity Lutheran Church  
6600 Laurel Bowie Road  
Bowie, MD 20715  
8pm-12am

*April 25, 2015*

South Potomac Area Speakers Jam  
Free is Not Free  
Bells United Methodist Church  
6016 Allentown Road  
Suitland, MD 20746  
2pm-9pm

### **Eastern PA Region:**

Our region continues to be comprised of 4 areas, Bucks, Montco, Pure and Simple, and Twin Rivers. After our recent elections, most of our regional positions have been filled, with the exception of RDA, co-secretary, co-treasurer. We have changed our phone system to something similar to what was adopted by GPRNA. We are in the beginning stages of the new system, and as such, have to further train additional people to tend to the calls. Our calls are being answered by addicts at this time. The number is 844-NAHELPLINE, or 844-624-3575. More information regarding how this has been working for us will be discussed at our regional meeting, which is February 1, 2015 (the day after this AZF meeting).

Our areas have been discussing whether to put in a request to be seated, since the moratorium has been lifted. That will also be a topic for discussion at the regional meeting. The homegroups are discussing this and bringing their input. I will have more information at our next AZF.

Bucks County Area is holding their ninth area convention this weekend, Beyond Our Wildest Dreams.

Some of the homegroups and areas within our region have had tradition workbook workshops, and have sent their review and input to NAWS.

There have been several events held within our region, hosted by areas or groups as fundraisers for the East Coast Convention (ECCNA). The most popular event has been the Sunday morning sponsor/sponsee breakfast. We have had two of these to date, and are looking forward to adding more in the near future. More information regarding ECCNA, including the dates and location, can be found at [www.eccna.org](http://www.eccna.org)

We are looking forward to hosting the next Zonal Forum, and as soon as details are finalized, a flyer will be shared with our Autonomy Zonal Forum friends. It will most likely be held at the church where it has been in the past, in Jenkintown.

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 have 334 meetings in 68 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 fsrna.org. We have just begun hosting workshops on the traditions book, review and input for the first part of the traditions we will be having 2 in March the first will be on the 14<sup>th</sup>. At 1pm following off month regional and the next will be held on the 21<sup>st</sup>. in the northeast freedom area between 10 am – 5pm .if you are interested in attending you may contact me John R. at 410-412-6876 or you can e-mail me at [johnrna57@gmail.com](mailto:johnrna57@gmail.com) or you may contact Dee p. at 410-916-8545 or e-mail her at [zikidee@gmail.com](mailto:zikidee@gmail.com)  
In Gratitude John R.

### **Greater Philadelphia Region:**

Greater Philadelphia RSC currently serves 11 Areas and 14 out of 16 active subcommittees. I'm happy that we are almost at 90% participation for our subcommittees. Some of our members with significant service experience have stepped up to support our once fledgling body, filling open positions, and have contributed to the friendlier atmosphere at our meetings.

As a result of significant changes:

- Closing of RSO office
- Creating a virtual office with a paid Special Worker and a storage unit
- Hosting more free events promoting Unity and requesting donations instead of charging admission
- Working closely with our new Advisory Board Chair, who has experience as an accountant for non-profit organizations.
- Meeting monthly instead of every 2 months, adding a format for Area concerns.
- Sharing information utilizing email and texting to get RCM consensus before next meeting.

We are able to resolve more issues, quickly gaining feedback / consensus from RCM's. We see the results of planning events more frequently. We're able to maintain close scrutiny of fund flow and money management. Most importantly we've regained confidence from the region, therefore promoting unity. We want to maintain that momentum as we:

- Develop a revised policy through new committee
- Determine structure of RSC, especially Board of Directors.
- Entertain opening a new fully functioning RSO

- Financial solvency.

The GPRCNA XXVIII convention netted a positive financial outcome after expenses and after forwarding monies to RSC to cover insurance and banking fees.

Corrective steps were taken since the Halloo system received a threatening voicemail on 11/8/2014.

Regional H&I Learning Day have been held by Northwest and Clean Acres Areas.

Upcoming Events

Speaker Jam and Free Dance hosted by the WSW Area Unity Subcommittee on March 7, 2015.

We received the email from Bob R., WSO regarding Transformation in Action American Mental Health Counselors Association Annual Conference & Exhibition event coming up this year in the Greater Philadelphia Region and wanted to pass this along should your Region want to take part in the event.

Our current PR Chair and RD are planning to attend.



Grateful to Serve,  
Zoe H, RD Greater Philadelphia Region

**Mountaineer Region:**

Greetings from the Mountaineer Region of NA!

The Mountaineer Region currently supports 11 Areas with around 150 meetings in West Virginia, Ohio, Maryland, Kentucky, and Virginia. We have one Area in Southern West Virginia that continues to struggle to keep the doors open, but recently held Area Service for the first time in a very long time and plans to continue to meet as an area. We recently set aside \$300 to order literature to help support this area and hope they continue to see growth. We continue to strive to carry a strong NA message throughout the Region.

At our Fall Mountaineer Regional Service Forum, held during our Fall Convention, we shared many of the ideas we had experienced at the Multi-Zonal Service Symposium. This forum was well attended and we received lots of interest from both those inside our region and members outside our region on some of the ideas that had been implemented elsewhere.

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 H&I commitments have remained steady with our Areas currently hosting 22 H&I commitments across West Virginia and Southeastern Ohio . We continue to inventory how H&I on a Regional level can support these current commitments. Our new H&I Chair has continued to work to compile a list of all local, regional, and federal facilities, including juvenile facilities in our Region. We received three cases of basic texts from the ECCNA and will be placing them in the requested facilities.

Our PR efforts continue to grow as well as we coordinate utilizing our Regional display at events around the Region. Our PR committee plans to do a mass mailing to several service organizations and public offices within our region in an effort to reach out to the public. A list of these offices were compiled by every area and submitted to the PR Chair. The hope is to let these offices know of our existence and potentially grow into areas where NA is not currently offered. Along with this, we regularly hold flyer days in our areas and have been working to increase PSA spots on local television.

The Mountaineer Region hosts two conventions annually; one in the Spring and one in the Fall. The upcoming Spring Convention this year will be held on May 15<sup>th</sup>-17<sup>th</sup>, 2015 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.

Our Areas continue to host too many functions to mention, but if you are interested in learning more about the numerous functions hosted across our Region, or if 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,  
Kristina C. – RD  
Brandon C. – RD Alt.

### **Agenda Items:**

Discussion regarding our secretary position

- This is not an established position.
- An RDA may volunteer for the position

- This is not a paid position, so however we decide to proceed, the person would need to understand there is no reimbursement
- Have hosting region provide the secretary
- We want uniformity to our minutes, since it is on our website, and is sent to NAWS.
- To be further discussed during our priorities portion of our agenda

### **1. Presentation of website design idea(s)**

- Kim presented the website as she has designed it so far.
- Show all regions spelled out, rather than using initials for two, and spelled out names for the other 4
- Some of the regions are misrepresented on the map
- Add a link or widget for directions
- Continue to discuss our website at each of our Zonal meetings
- Each region should be colored one solid color on the map to represent the AZF, and then for regional links, it can differentiate its areas
- Discussion regarding the presence of Resolution A, question was raised as to why it is still there.
- Discussion regarding its relevance versus its historical value
- It was on our website because we had a workshop and the delegates asked to have this link available as a resource
- As long as it is still being discussed, it retains its relevance
- There is a link on na.org with 25 pages of information and we could link it to that
- It could be removed completely, or change the name, or add information or a link to this
- Sherry shared a power point with the zonal forum to consider posting within the link
- Consensus to keep the link titled Resolution A: Rename the tab to History of Resolution A, have a link to Resolution A found on NAWS website, place the power point into archives of our minutes and flyers, with a footnote to credit it to its creator, and date.
- Establish a purpose for our website to have a sense of direction
- This is an evolving website and design, a platform for delivery, this is for any member who wants information about AZF, what a zone is
- question about payment for website; the total cost is \$15.00 per year, ½ money comes from hosting region who pays ½ of the yearly fee, [check made out to webmastery.org](http://check.madeouttowebmastery.org)

### **2. Finalize or complete, if not finished, AZF vision/mission statement as worked on in conference call**

- A survey of the regions sounded as if some of the regions knew of our work, but had no input or feedback
- The AZF vision statement is very similar to A Vision for NA Service
- Thought there is no need to create an AZF vision statement
- One RD sees the benefit of the zonal forum now that he is involved.



- In one part of the statement, it speaks of how the regions within the forum
- Grammatical errors were pointed out in several of our statements, and we agreed to make the changes
- To keep it simpler, it was suggested that we combine the vision and mission statement, with an added blurb at the bottom to include the portion which is specific to AZF
- Take back the mission and vision statement to the regions for approval. Post it on our website and watermark it as a draft. Please see end of minutes for a copy of our vision and mission statements.

### **3. Prioritize a list of goals (possibly have someone present who has done this)**

- Discuss secretary policy for the AZF;
- Member asked question “should the AZF becoming a governing body?”
- Zoe offered clarifications as to how/why we’ve begun to examine how the AZF functions and how it might be changed.
- We reviewed our inventory, to see what we have completed, and what remains to be worked on so that can be prioritized
- We will put the inventory on our wall, and note which goals have been completed, and which ones we continue to work on
- Rather than refer to these statements as goals, we should differentiate goals and tasks (to reach those goals)
- The hosting region can have a secretary from within the region
- The inventory was the beginning of developing AZF into a more functional body

#### **Goals**

1. Mission and Vision Statement
2. Consider having one event per year
3. Draft a policy to address “Secretarial” Duties
  - a. Draft a template for the drafting of record taking notes for the AZF meetings

### **4. Timeline for what we want to accomplish based on priorities**

- Mission and Vision Statement Begin July 2015
- Consider having one event per year July 2016
- Draft a policy to address “Secretarial” Duties Conference call May 2015- July 2015  
Deadline to submit template on bulletin board
  - Draft a template for the drafting of record taking notes for the AZF meetings

### **5. Discuss next conference call information: to be hosted**

- Draft a policy to address “Secretarial” Duties
  - Draft a template for the drafting of record taking notes for the AZF meetings
- Next conference call will be May 11, 2015 @9:30 pm

- Deadline to submit input and ideas on Bulletin Board for secretary and template: April 27, 2015

**Addendum:**

At MARLCNA, we agreed to add the handout titled Roles of Zones to our website.

**Upcoming Agenda for July 25, 2015:**

Please send your report to secretary, since we will not read our reports at our meeting

1. Vision and Mission Statement, regional responses
2. Discuss our one event to be held, what we can do, when, how to decide
3. Finalize secretary duties and decide who will take the baton and the template
4. Review of goals (put on template)
5. review of website, see what needs to be tweaked
6. Do we need website duties

**Upcoming schedule for Autonomy Zonal Forum:**

Eastern PA Region: July 25, 2015

Free State Region: January 30, 2016

Greater Philadelphia Region: July 30, 2016

Central Atlantic Region: January 28, 2017

Mountaineer Region: July 29, 2017

Chesapeake and Potomac Region: January 27, 2018

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Please take this back to your regions for review and input.

**Mission Statement:**

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.

### **AZF Vision Statement**

All of the efforts of Narcotics Anonymous are motivated by the primary purpose of the groups we serve. Upon this commonality we, the Autonomy Zonal Forum stand vigilant.

Our vision is that one day:

- Every addict has the chance to experience our NA message and find the opportunity for a new way of life;
- Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service;
- The regions within the AZF work together in a spirit of unity and cooperation to support the groups, areas and regions in carrying our message of recovery;
- The AZF is committed to the continuing effort to establish Narcotics Anonymous as a universally recognized, respected, and viable program recovery.

Our foundation is based on honesty trust, and goodwill regarding all our service efforts, relying on the guidance of our loving Higher Power.