

Autonomy Zonal Forum Minutes; July 25, 2015

Hosted by Eastern PA Region

Meeting opened at 11:20 am

Present: Central Atlantic; Kim, Chesapeake and Potomac; Cheryl, Anthony, Eastern PA; Merle, Free State; John, Dee, Greater Phila.; Zoe, Mountaineer; Kristina, Brandon  
Also present were interested others; Sherry, Donna, Billy, Michelle, Harry, and Michael

Merle asked if it would be okay to record the meeting today. She asked for objections. There were no objections from the body.

See attachment on e-mail for the Zones Around the World, created by Cheryl. This was requested as an add-on by the delegates. I am not sure how to add this to these minutes

### **Agenda for today's 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

#### **Addendum:**

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

### **Group Reports:**

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

Greetings from the Central Atlantic Region!

Congratulations are in order to our Regional Delegate, Eddy W and his wife! The newest little member of their growing family arrived on Monday July 20, 2015, which aptly explains why Eddie couldn't be with us today. Perry Alexander Williams was born at 7:09 PM weighing 7 lbs 1 oz and measuring 20 inches long. Carrie and Eddy brought little Perry home on Thursday and I'm sure right about now they could all use a moment of silence. ;-) Congratulations to Eddie and Carrie

Throughout the Central Atlantic Region a strong message of recovery is being carried in our 17 areas and 600 plus meetings. Our Regional Service continues to meet 6 times a year (even months). Four of those times we meet in a centralized location in Charlottesville, Virginia and the other two times - for our April and October 2 day events - we rotate throughout our very large region which includes all of Virginia and snippets of West Virginia, Maryland, Pennsylvania, and North Carolina. All of our sub-committees are fully functional and meeting regularly on the off months from when our RSC meets (odd months). Our next RSC is scheduled for August 15th, 2015 from noon to 5pm at UVA Medical Center, 1215 Lee St., Charlottesville, Va.

As Eddy reported in January, our Regional H&I Subcommittee completed and approved a policy for its "Inmate Step Writing" project and is currently trying to fill the positions needed to support this effort (ISW Chair, ISW Vice Chair and ISW Coordinating

Secretary). In the spirit of cooperation and to better utilize our existing resources, our Regional H&I Chair agreed to share our regional teleconference login information with Sherry V for our last teleconference and he has also shared it with me. The AZF delegates are free to use it again in the future if we would like to.

Our Public Relations Subcommittee remains focused on improving our regional website. The goal is to be able to streamline updates for the phone line and the online meeting list. They were again able to represent NA at the annual Summer Institute of Addiction Studies Workshop in Williamsburg, VA this past July 13-15. Our PR chair, Etta F was very pleased to be able to let me know they had given out a Basic Text to an interested Therapist who will now be able to better assist addicts who come to her and need help with our website or accessing our main piece of literature.

During the past 6 months our region provided 8 Tradition Book Project workshops throughout our Region. From my experience fellowship interest in our region has been low. The workshops have been sparsely attended. Input that was gathered was sent on to NAWS.

In March Eddie and I facilitated our annual GSR Workshop in Cumberland, MD and it was very well attended. Members of our executive committee and subcommittee chairs submitted their annual written reports and we were also able to benefit from some verbal reports from our trusted servants. Thanks to the efforts of our Vice Chair and members of the Gateway to Freedom Area a delicious lunch was provided to all who participated. At one count there were over 40 members in attendance, and the afternoon IDT workshop "Welcoming All Members" was a wonderful success. The feedback from the small group discussion was collected and was submitted to NAWS through "worldboard@na.org"

Another hugely successful BRANA campout was held on July 17-19, 2015. BRANA 34 (Blue Ridge Area of Narcotics Anonymous) was held at Natural Chimneys Campground in Mt. Solon, VA. You can hear the main speakers by following this link:

<http://branacampout.org/brana-34-speaker-mp3s/>. BRANA Campout does not sell speaker CD's but they do offer free MP 3's for download from their web site. There were 3333 registered clean years out of 448 registrations.

#### ANNOUNCEMENTS:

The Almost Heaven Area Convention XXIX will be held July 31, August 2nd, 2015 at the 4-H Educational Center in Front Royal Virginia. Prices range from \$25 for Standard, to \$130 for the Full Package which includes food & lodging for all three days.

The 175th Central Atlantic RSC will be held August 15th, 2015 at 1215 Lee St. Charlottesville, VA.

176th Central Atlantic RSC and Workshop will be a two day event held October 17-18th, 2015. This event will be hosted by the Outer Limits Area and will be held at the Paul D. Camp Workforce Center, 100 North College Drive, Franklin, VA 23851. The Agenda for Saturday has not yet been set and the RSC will be meeting on Sunday.

33rd AVCNA: CARNA'S Annual Regional Convention will be hosted by the New Dominion Area and will be held at the Richmond Marriott, 500 East Broad St. Richmond, VA 23219 January 8-10, 2016.

Website Report:

- Removed the abbreviations from each of the links to our respective regions as we discussed in January.
- Please let me know what regions aren't depicted correctly and I will fix them.
- Added a link for directions
- Am currently updating the map to remove all the lines depicting each of the areas.
- Renamed the Resolution A tab to History of Resolution A, created a link to Resolution A content on the NAWS website, uploaded the power point to our archives after updating it with footnotes crediting it's creator and date.
- Received \$7.50 for 6 months website hosting from EPARNA

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

### **Chesapeake and Potomac Region:**

No report to be included, according the Cheryl D. (via phone conversation 8/2/2015)

### **Eastern PA Region:**

EPARNA continues to be comprised of four areas; Bucks, Montco, Pure and Simple and Twin Rivers. Our subcommittees have been working together.

EPARNA held a breakfast/learning day, where we had a phonline presentation, NA 101, H&I presentation, and an Issue Discussion Topic around Group Support, Addicts are presently answering our Phonline. We are offering phonline presentations in order to increase the number of addicts on our list, since there are currently a limited number of addicts available to answer. We have not yet developed a schedule for answering calls, we log in, and there is someone always available to answer. We maintain a log to track the nature and outcome of the calls, to the best of our knowledge.

Respectfully,  
Merle S. RD EPARNA

### **Free State:**

The Free State Region is comprised of 10 areas. They are Baltimore, Bay, and Delmarva, East of the Bay, Northwest, Northeast Freedom, Ocean Gateway, Susquehanna, Westside, and Small Wonder. Our H & I sub committee carry 332 meetings into 66 facilities.

We host five conventions: Free State Convention in November, and four area conventions NEFA, Baltimore, Small Wonder, and Ocean Gateway.

Our region also maintains a "hotline" at 1-800-317-3222 that is manned by a live recovering addict 24/7. We also have all of our other sub-committees active: PI/PR, Special Events, and Literature. The Free State Region also maintains a web site at [fsrna.org](http://fsrna.org) with links to our areas that have their own web sites and a link to NAWS.

We are just finishing up our review and input on the Traditions Workbook. Our next session will be held at the Church of the Messiah, 5801 Harford RD, Baltimore, MD 21214. We will be starting on Tradition 10.

If you have any questions, please contact John R. at 410-412-6876 or email me at [johnrna57@gmail.com](mailto:johnrna57@gmail.com) or call Dee P. at 410-916-8545 or email at [zikidee@yahoo.com](mailto:zikidee@yahoo.com).

In Gratitude,  
John R.

### **Greater Philadelphia Region:**

Greater Philadelphia RSC currently serves 11 Areas and 14 out of 16 active subcommittees. GPRSC currently maintains financial solvency. The Meeting List subcommittee is working diligently to resolve discrepancies with the multi-regional meeting list. After recent elections, all admin positions are filled, except for RDA. Our current issues are:

- Pending approval of final draft of a revised RSC policy.
- Our webmaster has made contact with our network provider, we will be updating our contact information and looking into creating email accounts at our Domain naworks.org. That would give us the ability to provide email addresses for all Regional Service Positions. This could help us in improving our communication while protecting the privacy of our trusted servants.
- RD will be working with the Policy committee to hold Consensus-Based Decision-Making CBDM workshops. This alternative to Roberts Rules of Order is already being used in the West-Southwest Area and the South Philly Area.
- **In response to proposal to research and report the Northeast Zonal Forum, RD attended the NEZF and Northeast Mini Service Symposium April 24-26, 2015 accompanied by Inner City Area RCM and Policy Chair.**
  - **The Northeast Zonal Forum was really well-planned and executed. A lot of business was accomplished and they graciously welcomed our team. I was very impressed with the participation of local home groups' volunteers for providing free breakfast, lunch, and a paid Pasta Dinner at the Service Symposium / Learning Day for PR and H&I Subcommittees. Members were very enthusiastic and informative.**
  - **The reading of the NEZF history, mission, and vision statements were read as part of their regular agenda.**
  - **A World Board member attended and answered questions concerning changes to the WSC and the Role of Zones.**
  - **The Zonal Forum was a 3-day event requiring; securing a hotel, conference room, meals, and Secretarial costs once in a 6-year rotation.**
  - **The NEZF consists of 12 regions.**

- **Business is conducted according to Roberts Rules of Order.**

**Please refer to our website [www.naworks.org](http://www.naworks.org) for all upcoming events.**

The GPRCNA XXVIX convention committee is currently seeking a venue and are in contract negotiations with several hotels in the region. There is a recommendation to move the date to April 2017.

Grateful to Serve,

Zoe H

**Mountaineer Region:**

Greetings from the Mountaineer Region of NA!

The Mountaineer Region currently supports 11 Areas with around 161 meetings in West Virginia, Ohio, Maryland, Kentucky, and Virginia. We have one Area in Southern West Virginia that continues to struggle (as reported last time), but we are happy to report that surrounding Areas have been helping out as much as possible, even donating Basic Texts to the Area groups to use in their meetings. We also have one Area that has been MIA for at least a year now so we are working to reach out and find out their needs and how we can assist them as a Region.

We recently held our Regional Inventory (done every 2 years) and, as a result, are working towards some positive changes within the RSC. One thing we are working on is a "Regional Cheat Sheet" and information packet for new members attending the RSC that will help them follow along with all of the "alphabet soup" we tend to utilize in service and help them better understand the flow of business. We are also doing CBDM refresher workshops at the start of each July RSC to help remind us about the flow of business and to help our newer participants. Another change that we have decided to implement is lengthening the time the Chair and Vice-Chair serve in their positions from one year to two years as it seems that members are just starting to get comfortable with facilitating CBDM and then change positions. We have also continued discussion on how to improve our relationship with our member Areas and to be more positive about explaining what it is that Region does and emphasize all of the positive things. We are also planning to have a poster at Registration for our next Convention that shows our members where their money goes.

At our Spring Mountaineer Regional Service Forum, held during our Spring Convention, we hosted a "Role of Zones" workshop to inform participants about Zones and to gather input on the possible future role of Zones. This forum was fairly well attended and everyone seemed very interested in the topic. We had members from three different Zones in attendance, as well as past Delegates so it was interesting to hear input from across the board. All input gathered from this workshop was submitted to the World Board.

We also tried something new at our Spring Convention and hosted a second workshop in the hopes that we could continue sharing with people in our Region the workshops and information that we get to learn about as a Delegate team. We hosted the "Welcoming All Members" workshop, but are sad to report that it just wasn't well attended. A few interested members straggled in over the time slot so we focused on talking with them one-on-one and giving them the materials to utilize within their homegroups. We do not plan to do multiple workshops at our Fall Convention as it just does not seem to be attractive during the Convention time.

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 (give or take) 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 Areas report having a couple of different H&I workshops planned in the future with possible new commitments as well.

Our PR efforts continue to grow as well as we coordinate utilizing our Regional display at events around the Region. Our PR committee recently did 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. We also recently voted to fund another Billboard on I-77 in West Virginia.

The Mountaineer Region hosts two conventions annually; one in the Spring and one in the Fall. The upcoming Fall Convention this year will be held on October 30<sup>th</sup> – November 1<sup>st</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.

## **Discussions:**

### **• Vision and Mission Statement, regional responses**

The delegates each shared their region's response to the Mission Statement the delegates put together on our spring conference call.

Free State Region: No one seemed to really understand what John was talking about. No yays or nays from the region

Central Atlantic Region: When it was presented to the region, there was no apparent interest in what zonal does. It was taken to mean that CARNA is fine with it as it stands.

Greater Philadelphia Region: No feedback, no vote, based on Zoe's vote of confidence from her region, she is agreeing to the Mission Statement as written.

Mountaineer Region: Brandon made it a point to go over this information, verbally and written in his report to the Mountaineer Region. He did not present it to any groups. He did experience some apathy from his region. He asked directly if there were questions or concerns, none were shared.

Eastern Pennsylvania Region: It was in the RD report back to the RCM's. Merle did not follow up if the RCM's presented it to the groups or not. No questions, so it is assumed the region is fine with it.

C&P Region: Cheryl sent it back to the region and the members wanted to know what zones are and what they do. The delegate team researched zones around the world and put together an information package. Still members glossed over it. They did ask a few questions.

After continued discussion about our role as a Zonal Forum, it was called to a vote. The facilitator asked if there were any objections to the Mission Statement. Kim stood aside. The Mission Statement was accepted. It was stated the Mission Statement should come before the Vision Statement on the web site. There were concerns by CARNA and an interested other that both of the statements were too wordy, and it was agreed that we could revisit this at another time. At this time, we are going to use what our respective regions have agreed upon. The intent of this discussion was regional acceptance or rejection of the statements as written during our phone conference.

## **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.

- **Vision Statement Discussion:** There was some discussion as to the wordiness of both of the statements. It was suggested to have a motto or a summarized version on the heading of our website for viewers to see. Since these statements were agreed upon on our conference call, and there was no negative responses from the regions, we decided to accept the vision statement as it is, add a summarized statement on the website, and revisit this at a later date if we feel a need to do so.

### **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.

- **Discuss our one event to be held, what we can do, when, how to decide**

From our zonal inventory, the delegates prioritized the need to hold a zonal event. Some of the brainstormed ideas included PR and working with professionals, a multi zonal event supported by our Zonal Forum, a professional conference to serve people who are not familiar with NA. It was expressed the Mountaineer region would like a multi regional event.

We discussed a variety of fundraisers to fund this event, including the selling of specially designed pins, selling food, a 50/50 raffle, asking each region to share in the expense and provide funding.

It was decided that the first event would be held in Philadelphia July 2016 as a two-day event. Friday afternoon would be to invite professionals for a PR presentation. function of a zone, why do we have the zonal, and the history of the zonal. On Saturday, we could hold our regular zonal forum in the early morning, followed by a speaker jam. We discussed that through our regions, we have been charged with explaining what this level of service is about. It's becoming a viable level of service and we need to explain this and the role of the Zonals to our members.

Zoe reminded everyone to present proposals because regions will want to know how we would plan to fund an event.

## LUNCH BREAK

Continued discussion on events:

We discussed moving the idea of a multi-zonal event to long term planning because it would take a while to discuss.

Also, holding a Traditions workshop as a separate event to discuss how it came about and to show how it evolved and how it was prioritized. Many members have no idea how literature comes about.

The following is what each delegate team preferred:

- Zoe thinks during the event show the video/PPT that includes our ideas ongoing during the event. A two day event, Friday night, Saturday night. Speaker jam and business on Friday night is Zoe's suggestion.
- Cheryl talked with Anthony and they agreed on the speaker's jam and the PR presentation,
- Mountaineer likes the PR presentation on Friday and speaker jam. Feels professionals usually don't like to come out on Saturdays and ruin their weekend.
- Merle agrees with the speaker jam/PR presentation.
- John said that's the one where we sell the food!
- Kim likes the speaker jam/PR presentation. Are we selling food or just giving food out.

We discussed requesting funding from each region to share the extra expense of this event.

### **Timeline:**

**August 8<sup>th</sup>** Delagate teams are to provide Zoe with any specific requests for information

**September 14<sup>th</sup>** Zoe's hosting conference call. Zoe will give us information about her proposal and expenses.

It was requested if we decide to use the screen on a conference call, everybody please have the paper to be discussed printed and in front of you.

- **Finalize the secretary duties and who will take the baton**

The group reviewed the handout "Secretary Duties and Qualifications as per Teleconference" (see attached handout). Added, "Will send the telephone conference call minutes and regular minutes **after zonal approval** to the world board within four weeks." Merle has been sending it to Steve Rush and he shares it with the World Board. The secretary will use an approved template to write the minutes. There was no discussion regarding a template at this meeting. There was concern regarding the non-funding of the secretary. It was suggested the secretary will update and maintain the archives by forwarding electronic copies to the web servant as the web servant should backup files on the server regularly. The minutes should be emailed to all participating minutes. The secretary currently maintains a contact list for each zonal forum. Some changes were made in the order of listing the duties. There was consensus to accept the duties and qualification for the secretary, as adjusted during this zonal forum.

The meeting was adjourned with a circle at 5:03PM.

**Upcoming dates and conference calls:**

August 8, 2015; submit any information being requested by regions to the GPRNA delegate for our conference call with Zoe.

September 14, 2015; Conference call with Zoe to collect her findings for the delegates to take back to the regions

October 19, 2015; to be facilitated by Free State Region  
All calls will be held at 9:30

It was decided by the Delegate teams to request participation from the World Board for our January meeting.

**Agenda for January 30, 2016 meeting:**

CAR/CAT review/ discussion (requesting World Board participation)

Discuss July 30, 2016 AZF event

Review of goals (put on template)

Review of website, see what needs to be tweaked and added

**Upcoming schedule for Autonomy Zonal Forum:**

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

Eastern PA Region: July 28, 2018