



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 Minutes

January 26, 2020

9 AM – 2 PM

Zoom Call Link

<https://zoom.us/j/2292658822>

Attendees:

Note: All contact information is to be removed prior to publishing on the website

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 RDA 2	Sherry V	P	[REDACTED]	[REDACTED]
Chesapeake and Potomac RD	Darla S	P	[REDACTED]	[REDACTED]
Chesapeake and Potomac RD Alt	Greg J	P	[REDACTED]	[REDACTED]
Eastern PA Provisional RD	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]

- Meeting started at 9:07 at UVA conference room
- Christian (Free State RDA) read the 12 concepts
- Introductions
- 2 observer participants Rob from Greater Philly and Joe from Central Atlantic
- Housekeeping – chair gave info regarding the facility and said we would try to stay in session until noon and see where we are at with regards to the agenda and then we would have lunch which will be provided by the cafeteria. Sharing is prioritized to give the RD teams first voice and Chair will negotiate the que.
- Overview of agenda

Agenda Items

- Final Approval on the proposed Guidelines - Chair asked for input on the guidelines before final approval
 - Sherry wanted to know if there is a zonal contact etc, but will bring up her questions when we talk about the Zonal report.



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- Merle wanted to talk about opening up the voting to include the AD's and perhaps even everyone in attendance. Chair asked if the body wanted to revisit this issue. Straw Poll.. no consensus to revisit – further discussion: Lacking consensus on further discussion of this issue in the proposed guidelines, Chair proposed we move on – Billy read his proposal again – chair looked for support – Consensus reached. Body is always open to revisit and improve, but for now decision to keep moving was approved.

Proposal: To accept the proposed Guidelines

Straw Poll: 5-0-0

Proposal Accepted – Guidelines approved

- Budget Development Discussion began at 9:30
 - Current/future expenses, income - brainstorming session:
 - Assign a task team – give them your requirements and have the task team come back with a model for a budget.
 - ✓ Clarence's question was regarding what would be our considerations for setting a budget. Would we include the events budgets? Chair suggested a framework for financial support for the services and tasks that the Zone provides. – 2 year budget (aligning with the cycle we currently work within) – Clarence's concern is that if we would set a budget, it might tie our hands.
 - ✓ Christian – Free State would like to have a separate position for treasurer and they are open to having a donation that would regularly come to the zone. Zone would have a Prudent Reserve and operate within the budget and practice fund flow whenever they are above that PR. Believes his region would be in favor of establishing a task force to move forward with this task
 - ✓ Billy – Greater Philly – decision is simple... are we going to be a full-bodied part of the service structure? If so, then this is a necessary step.
 - ✓ Randy – wants to start putting out our line items but first go ahead and settle the treasurer position.
 - ✓ Darla – C&P is next up for the 2 day events and would find the budget a very useful tool particularly when asking for funds for this upcoming 2-day event – A Budget could give the experience based groundwork for requesting funds.

(10 AM closed Zoom – no one on the call)

- ✓ Sherry felt because we have been in the process for 7 years we should try to establish seed money – overall operational expenses
- ✓ Merle – pointed out there are several threads of conversations on the table. Wanted to focus on the agenda item, which is a very clear focus.
- ✓ Greg – wanted us to move forward – and brought up C&P is already trying to gather past info on what past events have cost. Every region will have different costs. Feels a real need to get the expenses of the last 3 events in order to set their budget for the next one.

(Darla reinitiated Zoom from her computer 10:10)



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- ✓ **Our mission is training and providing an opportunity for our zonal members to come together – our budget must fund that.**

Craig asked for a proposal – and said he sees some support for establishing a task team and asked us to focus on what should be on the budget. (10:08)

Proposal: To put together a work group/task team to develop a proposed budget by the July meeting for future Zonal Operational Expenses.

Straw Poll: 5-0-0

Proposal Accepted

In the process of creating the criteria Sherry expressed concerns for the July date but the body decided to move forward.

Criteria for the workgroup

- ✓ Budget should include Treasurer commitment recommendation and or options
- ✓ Fundflow – 7th Tradition
- ✓ How do we set a prudent reserve – raise money? How will we fund our services
- ✓ Vice Treasurer
- ✓ Website
- ✓ Zoom
- ✓ Events
- ✓ Prudent Reserve
- ✓ Checking Account
- ✓ Guidelines for expenses – what is a reimbursable expense?
- ✓ Gather records of expenses from past 3 events in order to establish normal cost foundation
- ✓ Trusted servant expenses

-- Junior mentioned regions are already funding the expenses – asked the question what are group needs – we need to not get lost in what we are asking for funding for. Focus on the services we are providing...

-- Kim expressed concerns for moving too fast, too big... do we really want to create 2 additional commitments before the regions are even “on board” with funding the 2 we already created.

-- Sherry wanted us to bring more discussions home and look to the future with regards to developing our financial budget. – look to the experience of the other zones who are putting on these symposiums and grow the same way they have. We have to be open to having conversations with our regions after we establish the expense to help us grow.

-- Billy reminded us to continue to bear in mind this body is regional centric not zonal centric. The multi-symposium ideas Greater Philly might not be in favor but if we voted in favor of heading in that direction he believes in the first tradition and group conscience... all hands on deck.

- Treasurer position – tasked to the Budget Work Group
- Budget Task Force Chair proposed: Billy, Trish, Sherry - (with the group deciding who the single point of accountability being decided by the group) for the task force



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- Randy expressed concerns that the person should be Dee... but stood aside.
- 11:15 - Break until 11pm
 - Updates from Billy, Trish, Darla and Sherry on the Virtual Meetings
 - December US Zones and January Virtual Zonal Meetings
 - Billy and Trish reported on the first virtual meeting on the zones. Billy reported and shared the minutes from the Zonal Meeting: All US Zones present 8 zones, 2 people each. We are only zone that rotates... some consistency may be lost in the rotation model. 1-800 number for the entire US funded by world was an idea discussed. For next call Billy calling for a Best Practices session. Trish- working together to provide service benefits. Felt all the Zones in the US are similar in the services we are providing... some differences.
 - Question from Chair regarding the pros and cons of our zone rotating
 - Sherry and Darla reported on the 2nd virtual meeting of the zones – multi zonal collaboration and _____ were chosen as the top 2 topics for discussion. Discussed an inner connection via Zoom between zones. Shared services between the zones helpline... etc. EDM's zonal meeting occurs during their convention. Sharing the Strategic Plan with APF. Accountable to 25 regions. Please see Sherry's report for more info. Suggestion finding a common ground for collaboration between zones. Perhaps working on some of the projects that aren't able to get funded at the WSC. Darla spoke on the many high tech members in those zones that are willing to collaborate with other zones to provide those types of services. Each region has it's own challenges and feels we could speak with these other zones and get their shared experience on holding events.
 - Might be another meeting at the Conference.
 - Zonal Report to WSC; review and input/ Craig, Merle
 - Reviewed Zonal report - looked good ... Craig asked for input on final two questions:
 - **Does your zone have questions or concerns it would like to ask for help with from other zones?** Billy – how do more developed zones get started with involving the local fellowship in their events. Examples of planning and funding/budgets. Identifying and Providing the services of our regions. What are your decision making processes?
 - **What other information about your zone would you like to share with Conference participants?**
 - Craig said it would be emailed to the body for final approval.



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- REGIONAL REPORTS: -

Greater Philly:

Greater Philadelphia Region Report to Zone

Jan 26 2020

Billy W RD 215-868-1969

Clarence A RDA 610-659-4304

We have roughly 475 mtgs a week, 12 Areas, and approximately 100 H&I presentations going on every week. Our Region meets on even months and our subcommittees meet monthly. All are fairly well attended. Our PR subcommittee has continued outreach thru Billboards, Bus benches, and posters. This subcommittee is probably the most in need of dedicated members. Unity still hosts regular events with good success. All other subcommittees seem to be handling their business well. As we are in CAR season, the RD Team has been running CAR workshops across the Region and showing good turnout. We will be continuing up until the last. So far, we have 5 workshops planned, but expect some last-minute requests to come in and we will handle those as they come. Something new we've done this cycle is develop an RD Team. It consists of the RD/RDA and three other members. Our experience is that this helps us do all of the things that need to be done during the CAR cycle and also gets people involved thru the whole cycle with Zonal business, dissemination of info from World, and our Regional reach out to Areas, which we do monthly. We believe as information flows become greater and greater with World, other Regions, and Zones, that this Team approach will benefit us greatly, and has already shown strong value.

Challenges we face: Besides the ever-present getting people involved in service, we have had a real introspection on the value of our Regional Convention. It seems there are strong factions in our Region that want the convention, as we know it, to stop. Likewise, there are loud voices that think we should continue but with changes. It's been hard to feel out what the regional conscience is on this. We hope to seek experience from other Zonal members on how they handle some of these challenges.

ILS

Billy & Clarence

Discussion following this report had to do with convention committee best practices and Greater Philly's difficulty with their Regional Conventions – primarily attendance. A lot of input was given from C&P and Freestate. Ideas discussed: Areas submitting bids, security in facility, facility being only for NA. Resources ecna.org website and the Convention Information Toolbox –

Working Lunch

Free State

Regional Delegate: Trisha C.

Regional Alternate: Christian B.

January 26, 2020

The Freestate consists of 10 areas with approximately 800 weekly meetings. We hold our Regional business meeting bi-monthly from 11:30am – 2:30pm at the Baltimore Service Center and have Regional discussion meetings on the off months from 10am – 12pm also held at the Baltimore Service Center.



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In June 2019 the Freestate Region donated \$11,000. to the Freestate convention board to help the committee with the planning process for the convention. Prior years were a loss and we voted to have the convention bi-annually. The convention was held Thanksgiving weekend at the Marriott in Hunt Valley and was a success! The convention board not only was able to replenish their prudent reserve, they gave a check to the region for the 11,000. they received in June.

Our Regional Public Relations sub committee has been approved to place billboards in a couple of the areas so far in the region. As of now there was one placed in the Baltimore area and now have one in the Susquehanna area. They are up for 4 weeks and cost approximately \$1900.00 per location. The plan looking forward is to rotate among all the areas in the region. There isn't a definite way to track the results of having the billboards up however the phonline is looking at the phone calls from the areas when they are up.

Christian and I attended the MRLE last month in New Hampshire and found it to be very beneficial. Our policy is to attend MARLCNA (2nd weekend in February) and we mostly schedule CAR and CAT workshops after that. With attending MRLE we are able to schedule any workshops much earlier in the CAR season. Personally I found it great, we were a much smaller group than MARLCNA and we were able to ask questions and take our time going over the material.

On December 16th Billy and I attended a web meeting with 2 members from each zone in the US. I've included a copy of the minutes from the call.

ILS
Trisha C.

C&P

AZF Meeting: January 25, 2020

Chesapeake & Potomac RD/RDA Combined Report

Good Afternoon:

NUMBER OF AREAS – 11 Areas within the C&P Region, 365 NA Meetings that meet each day of the week, as well as 379 H&I meetings in 63 facilities monthly.

The C&P Region meets every other month Our next RSC meeting will be hosted by the Frederick Area, Saturday, February 15th – 10:00 AM - 6:00 PM. All positions are filled except for H & I Vice-Chair, Convention Oversight Committee Rep 2, Special Events Chair and Vice-Chair (we haven't had one for quite a while), Free State Reps 1 and 2.

Greg and I attended the MRLE and found that it was very beneficial to be able to meet soon after the CAR came out and have participation from all over the world.

We currently have 2 CAR workshops scheduled for 3 areas and have discussed having a Zoom workshop for those areas that have not scheduled a location for a workshop. We are open to doing additional workshops if they are requested.

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. That motion failed so for the foreseeable future our convention will continue to be held in Ocean City.



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The Convention is on track for this April. This is the first time that we have not had an area step up to host so the Convention Oversight Committee took the lead and chaired the different subcommittees. The Tri-County Area put in a bid for the 2021 Convention and were approved.

IDENTIFY HOW YOUR SUBCOMMITTEES ARE FUNCTIONING –

Regional Subcommittees are functioning well, with the exception of the Special Events Subcommittee which is essentially non-existent. As always we could use more trusted servants to volunteer

Darla S. – RD
Greg J – RDA
C&P RSC

Central Atlantic

Central Atlantic Region report to the zone
January 26, 2020

Dee P. RD
Randy D. RDA
Sherry V. RDA2

Our RD team has been busy with a strategic plan and are up to the approaches. We have been conducting this over the past year. We are currently working to come up with approaches to define the outcomes of the environmental scan.

We are going to be using survey monkey to obtain responses from the CAR and the CAT. We were successful using it during our environmental scan and hope that it will be more successful in getting greater exposure and responses to the CAR and the CAT. We will be attending MARLCNA.

We are in the CAR season before the conference and the Central Atlantic Region has planned 4 workshops among our 17 Areas that make up 4 quadrants. They begin on February 22 in Quadrant 1, the 2nd one is on March 7th, the 3rd one is on March 14th and the last one on March 28th.

Our region struggles with filling positions with trusted servants. Our Regional Co-Treasurer position has never been filled.

Our regional convention, AVCNA, was held the 10th, 11th, 12th of January in VA Beach. This was the first time that our convention was not hosted by an area as no area put in a bid to host it. It was a collaborative effort by several areas. It was very successful.

ILS,
Dee P.

Discussion from this report talked about CAR-NA using Survey Monkey to tabulate votes on different surveys and the CAR Report. C&P is using Google DOCS. perhaps providing access to the spread sheet (created by Neal (South Eastern Region)) like used last night at the conference for real time reporting of the votes.



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Eastern Pennsylvania Region

EPARNA Report to AZF

January 27, 2020

Eastern PA region consists of three areas; Bucks, Pure and Simple, and Twin Rivers. EPARNA continues to function as a region, but we are exploring options to be most effective as part of Narcotics Anonymous. We meet six times per year, on the even months. We developed an ad hoc committee to explore the most effective way to utilize online meetings for those who are unable to attend the regional meeting in person. Due to inclement weather, our December 2019 meeting was held entirely online, using google hangout. It was determined to be ineffective, since everyone using this needed to have a google account. We will continue this discussion at our February 2020 meeting. Our helpline is answered by addicts, and we maintain notes to collect data about the nature of each call. We have an average of 30 calls per month. Our insurance covers all meetings and events, and we make one payment annually.

Twin Rivers Area will be hosting a CAR workshop on February 29, 2020, open to the entire region. Open positions at the region include: Regional Co-chair, co-secretary, co-treasurer, Regional Delegate, Regional Delegate Alternate, Public Relations Chair. Currently, the region has asked me to continue as RD on a provisional basis.

[Report submitted by Merle S – Provisional EPARNA RD]

Kim wondered if there was any interest in setting up a zonal or regional resource - perhaps using Google Docs - to provide a resource for our Zones to tally votes. Some interest and she agreed to try to get together with Neal who designed a spread sheet last time and see if it can be sent out to each of the Zonal participants.

Greater Philly – reported on Regional Outreach is actively bringing in services to underserved populations– follow up on the idea tossed out in Open Forum last time.

- Discuss Possible PR Week June 2020 Regional Collaboration
 - BMLT/Yap Presentation – as part of PR DAY (YAP – PR tool – Intuitive Phone System developed by members for phone line system that allows for tracking – very inexpensive and used in conjunction with traditional phone line services)
 - Do we want to do anything as a Zone to provide any services for our Regions for PR Week? C&P willing to do something at the 2-day in July but couldn't really do anything in time for the June PR meeting
 - CARNA PR is interested in collaborating. They would need guidance on how to make it happen.
 - It's not that hard if people have information on how to do it. However, considering doing a PR presentation at the C&P Region will be up to the C&P Delegate team.
 - Add to agenda for July



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- **Open Forum**

- Rob – applied for the World Board and wanted to know what his path should be and if the body might send a recommendation. – Craig talked from a Human Resources stand point about RBZ process and the World Pool. Someone interested in being nominated or volunteering for a world board position would be sure to be in the World Pool. And seek a nomination from their Region or Zone
- Or World Board
 - Go to: Na.org / for members /serving our members
- ✓ Billy - How can we make members who show up at our meeting or on our call more involved. How can we be more user friendly
- ✓ Clarence – allocations for funds and reimbursing expenses for Facilitator and Chair were already decided on
- ✓ Each region agreed to contribute \$250/yr for each trusted servant (prior to Mountaineer leaving) – much discussion on setting specific criteria
- ✓ Zoom – setting up zoom for each of our meetings so that we can be sure to be more inclusive
- ✓ The time of our Zonal meeting -

- Next meeting Call March 16th 7-9 pm
- April WSC Zonal Meeting? Yes – Darla will fill in as secretary
- Dee has put together a zonal video – send her more pics
- Facilitator will make sure there is a room available for the zone to meet at the conference.
- Randy reported \$734.50 in total costs so far for this 2-day.
- Future Agenda Items/ Prioritize
 - Planning for the July meeting
 - Report from Budget Development Task Group
 - More discussion about training and mentoring
 - Future Future – July meeting Discuss Possible PR Week June 2021 or PR presentation utilizing Regional Collaboration --- BMLT/Yap Presentation - off conference year

Closed shortly after 2pm

Upcoming AZF Schedule

- Central Atlantic Region: January 25-26, 2020
- Chesapeake and Potomac Region: July 25, 2020
- Eastern Pa Region: January 30, 2021
- Free State Region: July 31, 2021
- Greater Philadelphia: January 29, 2022
- Central Atlantic Region: July 30, 2022



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Attachments:

Minutes from The US Zonal Zoom Workshop attended by Billy and Trish

1. What does “coordinated efforts among US zones” mean to you?

Geographic Boundaries

Coordinated effort to develop NA where it doesn't currently exist, and filling in the gaps in US states where the local community isn't well connected to NA as a whole. Regional boundaries are a part of this discussion: Many states consist of more than one region, and some also are in more than one zone, so statewide services can be difficult to deliver. This is probably unique to the US.

National efforts can be focused on, but there are also multi-zonal efforts needed to fill in the gaps and reach rural outlying areas.

Shared Resources

Working together to perform services of benefit to everyone in the United States.

Create a US HRP or contact database for people with particular service expertise to help FD and IT efforts and enable us to work together and help one another.

Zones could collaborate financially in an agreed upon effort, and could rotate to do this.

Sharing best practices should be included in the efforts being talked about. Experience and resources to assist with day-to-day and month-to-month challenges experienced locally in regions, of which there are many, is a plus.

Technology

Multi-regional and multi-zonal BMLT system, with YAP and Twillium to provide helpline coverage to anyone within the coverage area who wants to participate. It could be possible to have a single helpline number for US using this system. Rural areas that can't afford a helpline could use this number with a couple of volunteers to take calls. The Southeast zone has done this for a rural area in Alabama.

The latest version of YAP means that not all the meetings need to be on the same server, which makes a national helpline more feasible.

Tana asked if any zones have talked about zonal phoneline efforts, which SEZF has.

Strategic Planning

Strategic Plan: Not sure how effective worldwide strategic planning is for the US, or how effective it is for NAWS when getting US-centric data for a worldwide strategic plan.

A multi-zonal conference or service effort within the US could help address US-centric issues and avoid discussing these in the *CAR* or at the WSC.

Strategic planning in the US could identify trends such as prisons moving to eBooks and away from printed books.

PR

Combined PR efforts as a response to lack of growth in the US.



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The Southeast zone coordinated efforts to attend the National Opioid Summit last year in Atlanta and voted to attend again in 2020. It was then found out that the next one is in Nashville and out of the SEZF, demonstrating that there is no mechanism in place to find out when these events are happening and if they're being covered. Events are falling through the cracks as there is no coordination between US service efforts.

A US website, including a map with contact information, which would require a point of accountability.

Coordinated efforts means acting as a team and working together on an articulated plan. Coordinated service delivery should focus on specific initiatives at the federal level. National PSAs (like CANA) are one example. Communicating with pharmacies statewide is another example.

Correctional and medical services in the US are organized state-wide so PR efforts have to accommodate this.

Tana highlighted the zonal PR discussions that are being facilitated by NAWS.

2. Is there something World Services can do to assist?

Facilitate Communication

Assistance with communication and coordination efforts, even if for a limited time.

Communications from NAWS are sometimes responded to more diligently as they come from inside the existing service structure.

NAWS can help by setting the table so the zones can do the work.

Publish a schedule of zonal meetings, which would create the ability to have other zones virtually connect during zonal meetings.

Facilitate polling and prioritizing discussions for zones after the Conference, and enabling ongoing communication between them.

Continue to facilitate virtual meetings, which could make coordinating and decision making easier. Service delivery could be done by individual zones and regions and we don't need anything more complex than what we're doing today. This is exciting because now US zones can work together to deliver services that affect multiple regions. This could help us better carry the message and unify us, and we need to keep it simple.

Discussing the *CAR* via Zoom was productive.

PR

NAWS did 17 PR trips in the 2016–2018 Conference cycle, eleven of which were in the US. Nine of these were with national organizations and two were international. Local PR members were often involved as a training exercise. More of this could be good.

Some of the national events could be assigned to zones, and NAWS could share the information they have about upcoming events.

Becky explained that the bigger addiction conferences—ISAM and ASAM—do not allow attendance by volunteers. Members are continuing to be trained, some of which came about as the result of the zonal PR webinar. The next one will be 14 March, 2020, at 10am Pacific standard time.



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Help fund and test a national helpline and website to help demonstrate its viability.

Strategic Planning and Direct Service Delivery

Stop co-signing the co-dependency of regions and zones that have a tendency to ask for permission or experience from NAWS when they could be doing things themselves. Someone needs to tell them that they can do it themselves. There is a lot of experience at NAWS, but there is a hell of a lot more in the US. Some of it is untapped, but it's there. Start letting us help us, which has been missing over the last 20 years.

Foster zones to take the initiative on US-based projects, which would free up NAWS resources for places where they are more needed.

NAWS could help with Strategic Planning for zones and regions.

Resources

One challenge is that not all of the US zones are developed and there are no resources for some of these efforts. Funding and human resources are limited. Some zones don't raise funds or deliver services so aren't in the same place as other US zones. It can be challenging to get members involved locally.

How can NAWS help zonal members tap into the rest of the experience in the US? (Zonal snapshot) An email blast of information, questions, and different topics was suggested.

Some zones only focus on sharing best practices on topics such as outreach to rural areas, and need help organizing. Some have no structure or trusted servants.

How can an RD bring discussions about PR and technology back to the zone when there are so few organized service efforts there?

Participation of members and groups in the region with regard to the *CAR* is very low (less than 10%), it was suggested that some members may want someone else to deal with these issues, and that it may necessary to turn over more decisions to centralized bodies as we continue to grow.

3. What future plans, if any, should this group make?

We need to take care of what we can both locally and zonally to free up resources at NAWS, but need help to get started.

We could use help organizing, at least for a while, for future webinars, including emailing the zonal contacts to prepare for the meetings. Previous efforts at multi-zonal collaboration meetings organized by the zones have not seen all the zones show up, but we are all here today.

Start the discussion of possible areas to collaborate in during zonal meetings. Ask where the regions want to go. Create a PowerPoint for these presentations, and ask for NAWS training with this. Share ideas for possible future collaboration to generate interest.

This group should plan to meet again and pick a project to work on together before and see how it goes. We don't need to start another level of service.

A possible agenda for the next meeting could be to share one best practice and say one thing we need help with. Before the next meeting we could create a mailing list of zonal contacts and a calendar for when the zones meet, with Zoom capabilities listed. (All the SEZF meetings are on zoom.)

Some bullet points for a best practices discussion could include: How did the zones get to the robust place they are? How to get more members involved?



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The Southeast zone has become more functional so the best practices used to achieve this could be a discussion point at the next meeting. These include zoom *CAR* workshops that are more attractive, and do not require many resources.

Plan discussion topics for the future. Examples include insurance issues, national prison awareness days, and new technologies. Because clearance in some prisons can be a real challenge, it might be possible to go into prisons once or twice a year and have a mini convention. Themes like this could rotate through the zones.

The Conference Participant Dropbox can be used to share delegate's contact information, and staff will upload materials if zones wish to share them with each other.

Questions

Would the US zonal contacts be willing to be contacted via email by other zones in between meetings?

Are other zones experiencing their zones wanting to elect other people for these calls?

Second Virtual Meeting of Zones Report to AZF January 4, 2020

Questions most requested:

1. Multi-Zonal Collaboration:
2. Zonal representation at the WSC, including working with CAR/CAT within zones and informing member communities about WSC business/issues

24 participated in survey

#1 multizonal with 15 selecting

#2 Zonal rep at WSC 12 selected it

Will have presentations from different zones are collaboration

Tanya WB facilitator

Delegate alt and contacts. others were part of the presentations

Zones to shares about multizonal collaboration

1. Southeast zonal forum
2. EDM
3. MZSS 5-10 min collaboration

5-10 min

Then will breakout in 2 meetings

Southeastern Zone

Jeff and Neal

Jeff facilitator



Autonomy Zonal Forum

Collaborator Southern zone car/cat end of Jan. in Dallas using video conferencing

Went smoothly. Good experience.

Asked by a northeastern zone, they have a proposal and asked to discuss it within Southeastern.

Northeastern is developing it but wants input for Southeastern

Starting Sunday meeting as one body. Giving report on what service are being provided by each zone and they are providing those services.

Members of each zone especially tech guys on bmlt yap and helplines. Online voting for car and cat for groups

Sharing experience for zones that wants this kind of services

EDM Jimmy and Mathew

experience at the EDM. Not too much collaboration more information exchange. Collaborating with Asian Pacific Forum (APF) sharing best practices. Using APF guidelines on EDM guidelines. APF has good guidelines. Using APF's help for helping edm guidelines. Before African Zonal forum was for, they were invited to attend EDM and brought experience back.

ECCNA convention hold zone. Sending emails to all zones around world they had contact information. Try to have communication but it was hard to maintain. APF answered emails. Members from other zone attend their learning days. Other zones have reach out to find out how they do things. Video conferencing with APF with sharing experiences, Maybe a year with this collaboration. Regions have been collaborating with region between edm and apf.

Strategic plan of apf to reach out to other zones. Involves African and Russian speaking zone. Time zones an issue. APF looked at EDM's workgroups and APF collaborating with them.

MZSS Zones Cindi Barry Glen and Rick Henry Rick southern- Cindi plains state zone collaborative 3 day entails many things. Accountable to 25 regions initially

Feb 2013 first formed. 90% regions approved event supported financially now fully self-supporting.

Occurs Every 2 years. Profits distributed 50% naws the rest evenly distributed amongst 3 zones.

Challenges- each zone a different purpose and timelines when they meet.

Success get new members every cycle. Events deliberately schedule for after conference so that any new idea can be incorporated in MZSS program. Allows to get the

Specific purpose in aligned with vision. Good diversity from new members. Planning Stacy lone star region present at mzss. Presentation how it worked out in area. See addicts' challenges and success from different things like idt and they learned. Invited members from 3 zones and turned morphed in what collaboration with southeast.

Barry Plains State: Benefits of Mzss. Omaha rep head DOC on PR events as result opened collaboration within the whole state of Nebraska and they have become a resource for the DOC. Provide texts to inmates and put the basic text on inmates iPad since all inmates have iPad. Opened some institutions they couldn't get into before. Got alt delegate as result mzss. Last one current alt Nebraska. Mid-west had meeting talked about a multi-regional service day and happened and Jim talked about it on video. Helps with growth.

Jack and Lib facilitating small groups

What are some ways you would like to see zones collaborate and to get there?

Best practices about car/cat collaborations.

Jack facilitated group I was in... 14 participates Introductions.... Stacy-ticker na world service. Jack

WB... Wilvena Vice chair NE zonal ... Sherry-Autonomy.... Barry? zonal forum... Carlos Brazilian

translator, roger APF ... Jose Luiz WB PR LAZF member... Paul WB Malaysia... ex member edm now apf.... delegate alt...?? Jeff Facilitator SE zone... Keven southern idaho Rock mountain Zonal contact.



Autonomy Zonal Forum

Marco-Zonal delegate alt. Jeff SE Z Jimmy Zonal delegate edm? Tim- WB Sidney Australia APf., What are some ways you would like to see zones to do to collaborate and some of the next steps to get there...

Wilvena kind of project zones would want to work on if shared values and strengths. Zones sharing space and expense to meet...Service symposia...develop product...EDM working on app for translation. Something like that Zones could collaborate on like MATPR event collaborating. At Conference Zones invite each other 1 or 2 person or zones to talk about a specific issue the collaboration could develop.

More Eastern US collaborating...seen MZSS

Sherry- More eastern collaborating on events and possible direction of an Eastern US Zone (personal opinion)

Barry-overlap of zones. Providing services. Collaborating on events that cross all three zones. Along border...set in on other zonal meetings., Plain state can set in virtually Southern also

Marco...strengthening regions that make up zone. Brazil some regions some areas need fellowship development. Hard for NAWs to totally help with development and zones could fill in the gap. Collaboration in Brazilian zonal forum may help in those areas. Have help fellowship development in Bolivia that is part of LAZF. So Brazilian so collaboration with LAZF.

Jeff- RD Training, WSC training, WSC projects not able to be budgeted. Fellowship development that are not part of any zone. Like Caribbean they all have island communities all East coast zones. Next steps ...comprehensive list of each zone form and function would be first to help. Zonal reports to be shared... What each zone is doing or would like to do.

Kevin Rocky mountain zone six regions a lot of land but not people. Form and function Rocky Mountain have no funding or form. No region pushing for them. Only share best practices. Invited by a zone short notice couldn't get funding some going on own dime.

Roger. Meet regularly in some form ...develop agendas for meetings finding common ground when edm and apf meet. Shares best practices and shares resources like Facebook groups. And where find local resources like PowerPoints on different issues and where they can be found, Sharing technology information. AP'f 3-hour window of opportunity that members can attend meetings without it being like 3:00 am.

Jimmy.... not much more new stuff. Find common ground in zones. Need to have the conversations with each other., Like listening at each other's zonal meetings. What works for apf, edm, African and find common ground

Midwest person...doesn't have much else to add. Mzss huge collaboration of Zones. Benefit of RD's to have network...Regions became more interested in zone to do like PR but leaves it up to the regions. Provides services as to need of regions.

Jack...WB member...add.... Australia...Early day of Apf. Brought a lot to apf from others visiting persons

Jose Luiz collaborating LAZF with south FL and other Caribbean and do fellowship development]

Paul...video conference real changes for other zones to set in share experiences.

Next topic

Yes or No



Autonomy Zonal Forum

Best practices in working the car/cat...

Blen? Made car/cat available on video conferencing ...no questions allow just watching.

Jimmy. Video conference went through all motions 14 regions focus on motions. Will have another and then at physical meeting, so 3x

Roger... had first car workshop video conferencing on motions.... how do they find the conscience? Don't know yet, then apf and then probably do another one

Kevin passed

Jeff- passed

Marco- Brazilian zonal forum unseated regions will get together to go over car/cat. First seated regions did it and then gather 4 unseated regions conscience. Gathering votes from each region

Barry... yield my time

Me: train the trainer...opportunity to have one on one on east coast

Wilvena going to SE zone to learn regarding car/cat

Jeff... please avoid something using to get zones WB doesn't have view on zonal representation. Concern about perceptions.

Some info on chat...

End of break out meeting

Few minutes to share about what was heard

Southern Idaho- getting to know what is available in other zones.

Stacy- from? Key points see and interact with other members around the world help to embrace we are global. And discuss various topics and flush out topics from NAWs strategic plan and make it ours*****

Andre... Some member...Spend time together...couldn't understand him very well. Opinion forum provides services to regions.

Sharing about zonal rep at conference:

Dennis... key points that came across...work together do heavy lifting helping new delegate. Point to archives...modifying existing power points to use. Regularly scheduled workshops. Mentor new member rd...how to do car/cat workshops done at the edm.

Meeting every 4 months will occurs shortly after conference, Excel spreadsheet for everyone to communicate.

Reminder of upcoming Dates

Feb 15 CP

Mar 28 CP orientation



Autonomy Zonal Forum

Many goodbyes delegate sharing workgroup surprise at preconference.

More thanks and goodbyes!!!!

ILS

Sherry V.

RDA2

Central Atlantic Region

Second Virtual Meeting of Zones—4 January 2020

The second Virtual Meeting of Zones focused on the two topics participants indicated in a survey that they most wanted to hear about:

1. multi-zonal collaboration and
2. zonal representation at the WSC, including working with CAR/CAT within zones and informing members communities about the WSC business/issues

The meeting began with several brief presentations from zones with experience in multi-zonal collaboration. Then the meeting broke into two small groups that discussed these questions:

What are some ways you would like to see zones collaborate? And what would be the next steps to get there?

Do you have best practices to share about working with the CAR or CAT within zones and informing member communities about the WSC?

Large group presentations:

Southeastern Zonal Forum (SEZF): SEZF is planning to hold a joint CAR/CAT workshop with Southern Zonal Forum (SZF) in Dallas. Zoom meetings were used to prepare for the event. Seen as an example of collaboration. At the joint CAR/CAT workshop there will be discussions about services in each zone and how they are providing these services. Technology used: BMLT, Yap, online voting for CAR/CAT. North East Zonal Forum (NEZF) has reached out about collaborating on a new idea proposal

European Delegates Meeting (EDM): The collaboration the EDM has participated is mostly focused on information exchange. They have been sharing resources and best practices with the Asia-Pacific Forum (APF). A member from the Afri-can Zonal Forum (AZF) attended the EDM to observe and learn best practices. Years ago, they would email all zones, but it has been difficult to keep up. Different zones have reached out and asked for information. Reaching out to other zones is part of their strategic plan.

Multi-Zonal Service Symposium (MZSS): MZSS is completely self-supporting. They are directly responsible to the member regions not to the zones. Collaboration with the three zones is difficult as each zone has different purposes. Successes: Has opened up opportunities for new members to step up in service; new members get involved at each event. MZSS waits to develop the workshops until after the WSC to adopt any new ideas or discussions. The Vision is the driving force. Presentations include what is working and what is not. Virtual zonal collaboration discussions include members from all over. The head of the Department of Corrections attended the PR event at the last MZSS and opened up a lot of H&I opportunities for NA. The Midwest Zonal Forum (MZF) holding the Multi-Regional Service Learning Day was inspired by MZSS.

Small Group #1 Discussion:

A. What are some ways you would like to see zones collaborate? And what would be the next steps to get there?

- First step, zones identifying the kind of projects they would want to work on. What are their shared values or shared strengths? Sharing expenses and space to meet is cost effective. The DRT/MAT lit piece could be something zones could collaborate on. Possible PR efforts as well. Invite members from other zones to participate in the ZF meetings such as at WSC.

- Would like to see 3 zonally collaborated events like MZSS and WSLD, with the last piece being an Eastern US zones event. Possible collaboration with all the US zones to work out dates so that there are no conflicts. With development in Autonomy zone, the feedback from members is that zones haven't been approved as part of the service structure so why should members financially support it?
- Services in overlapping geographic areas: like SZF, Plains States Zonal Forum (PSZF), and possibly Western States Zonal Forum (WSZF) all have parts of member regions in Texas. All these zones could collaborate to support those regions. PSZF attends national event (Conference on Problem Gambling and Substance Abuse) that affects regions in PSZF, MZF, and SZF. Sitting in on other zonal meetings would be a good way to collaborate. Getting a clearinghouse type list of when each zone is meeting would help that effort so that people could sit in virtually.
- Strengthening the areas that are part of the zone. In Brazil, several areas need FD, which makes it hard for World Services to provide services. If the zone provided FD that would be helpful in their development. Brazil ZF is assisting with FD efforts in Latin American Zonal Forum (LAZF).
- RD training because there is a lot of experience within zones. WSC training. PR—many efforts that can be done collaboratively. WSC projects that are unable to be budgeted. FD to communities that are not part of any zone (Caribbean). Next steps: comprehensive list of what each zone's form and function is; it's hard to know how to collaborate if you don't know what a zone is doing or not doing—Zonal Snapshot may help that. To have each zone that is able, to have their meetings available via webinar technology, and that info made available to other zones. The reason for this would be to give other zonal participants a firsthand (differentiating between that and written reporting) view of how other zones operate.
- Knowing what each zone does and doesn't do helps to know where to ask for help. Rocky Mountain Zonal Forum (RMZF) is about sharing best practices, and their member regions like it this way. WSZF invited RMZF to their CAR/CAT workshop this month. It was too short notice for the regions to send their delegates but a few are going at their own expense and will bring back information and share it at a virtual meeting.
- Virtual meetings assist with collaboration and can also help in setting agendas so that there is more structure to the conversations. Sharing resources and best practices. Trouble with finding all the resources that are needed. Involving other zones at ZF meetings can be challenging with regard to space and with processes that are focused on the zone's delegates. Time zones can be problematic with virtual meetings.
- Finding a common ground for zones is necessary if we are moving toward zonal representation at the WSC. Attending different zonal meetings will do a lot to make that happen—just listening. Making parts of ZF available virtually will help bring people together—what works and what doesn't.
- MZSS has helped the MZF move beyond just sharing best practices. Member regions have really come around to requesting services.

B. Do you have best practices to share about working with the CAR or CAT within zones and informing member communities about the WSC?

- MZF CAR/CAT workshop will be available virtually. Not sure how to handle questions but information only.
- EDM have gone through CAR motions virtually. Another virtual meeting will be about the questions on the motions. Then a third meeting will be the physical CAR workshop.

- APF held the first online virtual CAR workshop for unseated communities and focused on the 16 motions. There will be more CAR discussion at the APF meeting and then possibly another virtual meeting.
- First, Brazilian seated regions gather conscience then unseated regions will get together to CAR workshop. Each area in unseated regions will get a vote.
- One on one with other delegates is good for CAR/CAT like at MARLCNA.
- Learning from other workshops put on by other ZFs.
- Zonal representation at WSC—please avoid using this term right now. Collaboration discussions will do more to bring zones together. Waiting to see what is the process of gathering a conscience in a zonally seated WSC.

Small Group #2 Discussion:

A. What are some ways you would like to see zones collaborate? And what would be the next steps to get there?

- Google group and/or WhatsApp chat group for zonal delegates to stay in touch, share experience, suggestions, info about events
- Regularly scheduled virtual workshops/discussion. Next steps: gather regions' input regarding these processes
- FD PI/PR, H&I collaboration. Next step: Quarterly meetings of combined FD committees
- Multi-zonal virtual learning days (as South Africa has been doing). Rotate focus on various topics (PI/PR, H&I, FD, etc.)
- Multi-zonal strategic planning for things not quite worldwide
- Multi-zonal groups to support or take on work of NAWS workgroups
- Increase awareness and involvement w/strategic planning, particularly through multi-zonal collaboration on input to NAWS strategic plan
- Continue these virtual meetings of zones and start to incorporate some of these ideas, including assignment of tasks to groups of zones with appropriate experience.
- This meeting could transition into worldwide Fellowship focus with smaller groups
- Up-front discussion and tweaking of ideas to flesh out WSC motions or project ideas collectively; this could also strengthen ideas presented at the WSC because of prior exposure and discussion
- More collaboration on reaching communities where NA is not yet established...FD. This also applies to countries where it seems NA is well established, but in reality have pockets where there is still no NA (like USA)
- Find ways to carry back to regions the worldwide nature of NA. One way could be to create ways for local NA communities to interact with each other—not for service, but just to share experience and demonstrate the worldwide aspect. Having personal interaction helps increase understanding of others' perspectives.
 - Sister city idea—“shared” community efforts with virtual learning day events between participating local NA communities

- Story shared of zonal forum that participated in CP web meeting with local members present that ended with members in tears and motivated for service because they personally experienced the worldwide nature of NA
- Next step for many of these ideas is to overcome scheduling conflicts because each region and zone has different processes and schedules
- Pool of multi-zonal members with specific skill sets to serve as resources to connect with for experience sharing or to collaborate on a project or task
- Key points:
 - Seeing and interacting with members from elsewhere in the world makes it real that we are a global Fellowship, and that reality often translates into service and recovery enthusiasm, excitement, and engagement
 - Focus on particular topics of experience and need: FD, PR, H&I, etc. and then find opportunities for collaboration
- Utilize multi-zonal collaboration to better flesh out plans and proposals: CAR, strategic plan, etc. Make the NAWS Strategic Plan “our strategic plan”

B. Do you have best practices to share about working with the CAR or CAT within zones and informing member communities about the WSC?

- Virtual meetings and workshops: XXXXXX
 - All zonal meetings and CAR/CAT workshops offered virtually
 - Conduct a regularly scheduled (weekly) series of virtual workshops with RDs to review and objectively discuss each section of the CAR/CAT
- Do personal research to get history and context of CAR and CAT contents (including reviewing past WSC activity)
- Add printouts or slides to the CAR PPTs that explain the WSC and how it relates with the rest of the Fellowship, projects and WSC cycle timelines, etc.
- Explain info like “if this passes, this is what will happen next; this is what this means for local/global Fellowship”
- Google drive with all related material made available to local members
- Make voting and participation accessible online (used Google forms)
- Hold separate CAR and CAT workshops about a week after each comes out
- App to map where within a region a workshop is going to be held; PR subcommittees share info with local members to create a web of communication within regions (esp for rural, isolated NA communities)
- Experienced zonal and regional members travel to regional events to train and support RDs from unseated regions who don’t have WSC experience
- Make time to translate and cover the CAR and CAT content; a challenge because there isn’t time at regular RSC meetings, so planning virtual meetings to review and discuss
- Make CAR videos available to run one night at the RSC meeting (or other events)
- Tally after WSC to compare similarities and differences how the regions and zone voted
- Regions of the zone sit together at the WSC
- Our conversation today is really all about investing in our vision. Invest in Our Vision is about more than money —working together, learning and growing, collaborating to our common purpose, the love of our Fellowship, etc.