

## Autonomy Zonal Forum Minutes January 31, 2009

Meeting open at 11:15am. Introductions of the members were done. Open with the serenity prayer. The Twelve Traditions and Twelve Concepts were read. Minutes from the last Zonal Forum was read with no corrections. The agenda was set with the following: Regional Reports, Literature Review, and IDTs.

### **Regional Reports:**

#### **Greater Philadelphia Region:**

Currently we have eleven Areas in our region with ten active Areas. Soon we will be getting another Area. This Area is currently setting up their structure. We host approximately 310 meetings a week and 94 H&I panels each week.

Since our last meeting we held a Regional Assembly. The topics were on Leadership Roles and the Area Planning Tool. This assembly was well attended. Our delegation team has been in the process of introducing some of the material from the last conference cycle so that our region will be able to catch up on what has been going on in our service structure. We are in the process of planning our next assembly at our next regional convention which will be held on April 10, 11, 12, and 2009 at the Valley Forge Radisson Hotel in Valley Forge, PA. The topic is our theme for this conference cycle Our Freedom, Our Responsibility. We will ask the region for input on priorities for the next year in roughly the same manner the WSC chooses IDTs.

We are still in need of trusted servants from the group to the region. In addition we are lacking donations. Currently as a region we are looking into ways of bring up our donations and finding out why it is people are not donating.

We have retained a lawyer for our region. He is currently working on any incoming contracts from the convention and a rental agreement for groups meeting space to use if they choose to do so. We are still in the process of getting a new phonenumber system. Currently we are looking into the same system New Jersey uses. In the near future we will request a presentation from that region on what goes into running their system. In regards to our RSO we are now using QuickBooks for our Accounting Systems and we are in the process of finding a new account.

We are introducing to our region the idea of to start thinking outside of the box because what has worked in the past can no longer guide us in moving forward in this fellowship. We need new ideas, new people in service, and a way to boost the moral in our region.  
In Service, Earl W. RD and Paula B. RDA

#### **Free State Region:**

The Free State Region of Narcotics Anonymous comprises all of Baltimore, all of eastern and northern Maryland, southern Delaware, and the northernmost tip of Virginia's eastern shore. Our Region consists of 10 Areas divided into 814 meetings.

The executive body has no vacant positions, and most things are going smoothly with our

meetings and our members.

The convention committee works all year long to allow the region and surrounding areas to enjoy a regional convention that in November had over 2000 attendees, and gave out 450 free packages to newcomers. They have a positive balance of \$14,000.00 and plan to donate to the WSO.

We also have a web administrator who updates and manages The Free State Regional web site, and its links. She is working on a new way to search for our meetings by entering zip codes.

The H&I committee has an estimated number of 130 men & women's meetings in multiple facilities around the region.

The phone line is available 24 hours a day and is answered by volunteers.

The literature committee is holding assemblies, and preparing to review and input / workshop the service pamphlets, the revised information pamphlets, and the In times of illness, to provide timely regional feedback on this literature.

Special events is holding dances, comedy shows, speaker jams, a regional picnic, and other events, plus working with the literature committee to help facilitate workshops.

They had a Thanksgiving dinner this past year, where 17 turkeys, 1500 plates, and many deserts were served to any member and their families, which were funded by donations.

Public Relations have signs on the metro bus lines, and are placing advertisements in free local papers like the penny saver.

Areas are holding the area planning tool with the delegate Team, and feel it's been very successful, and the region is having an out reach to areas during their ASC to spark enthusiasm, and interest because some continue to experience vacancies in key positions.

Last but not least the Free State Regional Service Center of N.A. has the newly approved 6<sup>th</sup> edition basic text available but is forced to add a \$3.00 fuel surcharge to the cost of shipping.

In loving service  
Mike Bittinger  
410-551-6986

### **Eastern PA Region of Narcotics Anonymous:**

Hello to all of our friends,

We are continuing to function and grow as a region. We would like you to help us to extend a welcome to the Twin Rivers Area, who has recently decided to become a part of the Eastern PA Region of NA. This area is newly formed and has meetings in Bethlehem, and Easton, PA as well as Phillipsburg, New Jersey. We now consist of four areas, Bucks, Montco, Pure and Simple, and Twin Rivers. We now host 100 meetings a week within our region. Bucks County Area is hosting an area convention sometime in 2010. The exact date will be announced.

EPARNA held elections in December. There are still open positions, including secretary, co-secretary, co-treasurer, Regional Delegate Alternate, Policy Chair, PI chair.

We have a new hotline number, which is 1-866-996-8444. This number has been up since December. We have printed up business cards which have the hotline number and our regional website;  
HYPERLINK "http://www.eparna.org" [www.eparna.org](http://www.eparna.org)

Our EPARNA website has been improved and updated. There are many new changes to the website, including a new events page and separate pages for each area's committees. We have also added a clean time calculator.

The Region held a Regional Assembly in November. It was a workshop, with the Issue Discussion Topics; Building Communication, and With Freedom Comes Responsibility. The presentation included power point presentations and round table discussions. We wish to thank the World Board Chair and the Greater Philadelphia Region's RD and RDA for their attendance at this event. If any of the other regions would like to be provided with the power point, it can be made available to you. These topics will be covered at an area unity day as well, as requested by Montco Area.

EPARNA has held two H&I/PI Learning Days this past year, and both were successful and well attended. At this time many public libraries in our three areas have been provided with Basic Texts and It Works How and Why through the efforts of our Public Information Committee. They have also had several poster drives and mailings to let the communities know how to reach us if someone is in need of information or help.

It should be noted that the Phoneline and Website have splintered off from PI and along with Meeting List have formed the Communication Subcommittee. They are commended for the superb work they have been doing.

There are currently 27 H&I meetings held within our region.

We are continuing to provide insurance to all addicts within our region at all events and meetings.

In loving service,  
Merle H.  
RD EPARNA

### **Central Atlantic Region:**

Hello family,

The Central Atlantic Region currently has 16 areas with 515 meetings within our region, hosting meetings in Virginia, West Virginia, Maryland, and North Carolina.

We recently held our regional convention in Chantilly Virginia (yes we know this is not part of our region), where there seems to have been a decrease in registered members from years past. Speculators charge it on the current economy, and the cost of the hotel, but again these are just speculations. During the convention there was a workshop held by regional trusted servants to invite members of NA to come find out what the region is doing and who the regional servants are. There were members from the region in various positions that explained what they were doing in their position and at the end there was a question and answer session. This was sparsely attended and part of this could be because the programming committee did not have ample time to have this workshop at a more suitable time as it was held at 8:30am. We are hopeful that in the future more members will attend. There was an attempt to host an upcoming regional conference at an area convention but due to several factors including members feeling this is not appropriate, and the logistics of setting up a RSC

with the host committee; this will not happen at least not at this time.

The following positions are open in our region: Literature Review, RDA-2, and Outreach Chair. Recently Sherry V. was acclimated into the Vice Chair of the region, Etta S. was acclimated into the RDA position, and Mike E was elected into the Activities position. There are currently two active Ad-Hoc subcommittees which are Liability Insurance Ad-Hoc subcommittee, and Regional Inventory Ad-Hoc subcommittee. The Liability Insurance committee was formed as a result of one of our areas requesting the region look into insurance to cover the meetings within the region. This area in particular has reported losing meeting space due to the lack of liability insurance. Interestingly enough is that this area is one of our rural areas within the region. Currently this committee is awaiting estimates for this level of insurance. Our region decided that it needed to take its own inventory and as a result we have put together a regional inventory Ad-Hoc meeting. Currently this committee decided to write a cover letter to go along with a sample regional inventory to be sent out to as many members as possible to receive input on what needs to be discussed and looked at by this RSC during our inventory. This was approved to happen by the regional members at our last region.

Our delegate team is geared up and prepared to attend MARLCNA in 2 weeks. We are also hoping to be afforded the opportunity to attend the World Wide Workshop rumored to be held in Boston later on this year. We are budgeted for this however it needs to be approved by the Region before we spend this money.

With Love of the Fellowship,  
The Central Atlantic Regional Delegate Team;  
Greg H. RD, and Etta S. RDA.

### **Mountaineer Region:**

We have 8 areas spread over most of West Virginia with about 150 meetings spread throughout this large geographic area. Our meetings are centered mostly on the relatively small population centers with many rural locations not served by NA at all.

We have two conventions each year, one in the spring and one in the fall. Our upcoming spring convention will be held May 8, 9, & 10 at Cedar Lakes in Ripley, WV. Our conventions are small (300-400 people) and are more like spiritual retreats. These are really great events and I encourage all of you to come. I have a few flyers if anyone is interested.

The Region provides a region-wide phoneline and supports the Areas in providing Public Information and H&I services. I think H&I Committees serve about 12 institutions throughout the state. We recently lost our H&I meeting at the federal prison in Morgantown that had been going on for over 25 years. This was an emotional loss for me who had been serving this meeting for the past five years and even more so for my friend Phil K who had held this H&I commitment since it began 25 years ago. We started a new H&I meeting at a youth treatment facility.

Our first Regional Service Forum (held at the fall 2008 Convention) went really well. We used a 90 minute time slot on Saturday between the dinner and the dance. We showed the WSC videos, invited group representatives and members to share concerns and accomplishments, and did some work on one

of the Issue Discussion Topics. I think we established a good foundation for continuing the Regional Service Forum and plan to have another one at the spring convention. We do not have a definite plan for developing this and I am hoping it will kind of develop on its own. At least we are putting something in place to allow sharing among the different NA communities, other than through the RSC.

Rick W., RD  
David H., RDA  
Mountaineer Region

### **C&P Region:**

Welcome from the C&P Region

I am new to the position having stepped in after our RDA moved to Alaska in August and I am still getting up to speed. We have our upcoming convention April 17<sup>th</sup>. Through 19<sup>th</sup> in Ocean City, MD the theme is Diversity is our Strength and hope to see you all there. The C&P Region has 381 meetings and 323 H&I meetings in eleven areas. In our last report we talked about a motion to allow special interest meetings at our convention and after much spirited debate the groups voted to continue the probation on them. We do have a twp regional ad-hoc committee's looking at our convention bylaws and procedures and will see where that leads us. All is basically quiet here.

Leah H.  
RD

### **Issue Discussion Topics**

#### **Communication**

The following is a breakdown of the discussion on this IDT:

It starts with breakdown of how are communication could be broken down.

How we deliver the information and how we simplified it and this could leave out something because most do not want a lengthy problem.

C&P spoke about following the concepts as a way of improving our communication.

GPR RD spoke about visiting areas in your region to help bridge the communication gap to help improve it.

Extend the olive branch for areas who doesn't participate.

Communication breakdown comes when comes when trying to give people to much.

GPR we need to communicate in all fashions i.e. fliers, internet, word of mouth etc.

Baltimore RCM spoke about if a GSR is having a problem with communicating they will come to GC to help.

#### **Our Freedom, Our Responsibility**

The following is a breakdown of the discussion on this IDT:

Eastern PA treasurer spoke about showing up in all areas as part of his responsibility because it is how he shows those he sponsor. He tries to give a positive image of service. And by doing so it keeps him clean.

RCM Baltimore I speak about my positive experiences in service work and sharing about what it that I am doing.

CAR RDA continues to make meetings even though I've been here for awhile. Share about how it works in their life.

CAR RD by sharing their service experience and when he has a problem he will come back and share the solution.

Free State RDA spoke about showing up at commitment and staying the whole time and continue to participate.

### **Housekeeping**

Mike is overseeing the website. The flyer wording needs to say other than business what. It is not business meeting it is open. The flyer should read it is open to all where the member regions discuss what's going on in their regions and other topics.

Lit Review Timeline- There is some discussion around the 90 day review and input for literature. Some feel it is not enough time to do what we need to do. Example *In Times of Illness* review will be from 3/1/09 to 5/30/09. Questions was asked why wait to schedule your workshop. Question how much time might be needed? Jimmy explained depending on the length of the project it could be longer and due to translation. (Find the exact motion from the conference to show this). Their main concern is the time line. Is there appeal process about this timeline?

### **Agenda for Next Meeting on July 29, 2009 in EPRNA**

Regional Reports

MARCLNA

World Participation?

Florida Symposium

Phone line

Meeting ended at 4:50pm with a moment of silence followed by the Serenity Prayer