

**MOUNTAINEER REGIONAL SERVICE COMMITTEE
OF NARCOTICS ANONYMOUS**
PO Box 2381
Morgantown, WV-2381
Email: mountaineer.region.web@gmail.com
Helpline: 304-344-4442
800-766-4442

**MRSCNA Minutes
October 2-3, 2021**

OFFICERS:

Chair: Frank P.
Vice-Chair: Vacant
Secretary: Erica P.
Treasurer: Kay M.
Treasurer II: Vacant
RSD/RD: Candie B.
RSD/RD Alt: Dana S.

SUBCOMMITTEE CHAIRS:

Convention: Erica P.
Literature: Inactive
PR: Sarah P.
H&I: Jess F.
P&A:
Finance: Kay M.
Phone Line:
Web Servant: Kay M.
Web Servant II: Jake S.

REGIONAL COMMITTEE MEMBERS:

NCASCNA:
Alt:
AFASCNA: Garrett N.
Alt:
NANA: Donna C.
Alt: Grey Y.
METRO ASR: Chris G
Alt ASR:
MANA: Sarah P.
Alt: Cooper B.
GTO: Cassie C.
Alt:
FANA: Jake S.
Alt:
UPANA:
Alt:
JAFASCNA: Butch B
Alt:
GMANA:
Alt: Angela K.

MRSCNA OFFICER LIST

Chairperson

Frank P.
pensulefrank@gmail.com
304-516-1415

Vice Chairperson

Vacant

Treasurer

Kay M.
Krmit_1999@yahoo.com
304-661-3832

Treasurer II

Vacant

Secretary

Erica P.
Pauken2012@gmail.com
304-553-4956

RD

Candie B.
clbenedict25@yahoo.com
304-661-0508

RDA

Dana S.
Hepmejesus@gmail.com
321-446-0130

SUBCOMMITTEE CHAIRS

PR Chair

Sarah P.
Sweetpayne@gmail.com
304-992-8511

Convention Chair

Erica P.
Pauken2012@gmail.com
304-553-4956

Phone Line Chair

H&I Chair

Jess F
shoaldancer@gmail.com
304-410-1370

Web Servant

Kay M.
Krmit_1999@yahoo.com
304-661-3832

Web Servant II

Jake S.
jakeroycesmith@gmail.com
304-719-1030

RCM AND RCM ALTS

AFASCNA

Garrett N.
Garrett.nunn@gmail.com
740-350-0590

Alt.

METRO

Chris G.
Gerlach13.cg@gmail.com
304-553-8162

Alt.

GTOASCNA

Cassie C.
wvcass@gmail.com
304-730-2239

Alt.

Tiffany Y.
Tiffany.yeager19@gmail.com

MANA

Sarah P.
B.sweetpayne02@gmail.com
304-992-8511

Alt.

Cooper
cpbenedict52@gmail.com
304-661-0507

NANA

Donna C.
colemandonna619@gmail.com
304-761-0611

Alt.

Jess F.
shoaldancer@gmail.com
304-410-1370

NORTH CENTRAL WVASCNA

Alt.

FREEDOM AREA (FANA)

Jake S.
jakeroycesmith@gmail.com
304-719-1030

Alt.

UNLIMITED POSSIBILITIES

Alt.

JAFASCNA

Alt.

GMANA

Rachel W.
rachelk1122@gmail.com
304-685-1377

Alt.

Angela K.
akudurog@gmail.com
304-619-2644

Those in attendance to the MRSCNA meeting for October 2-3, 2021

- | | |
|---------------------------------|------------------------------------|
| 1. Cooper B. – Conv. Vice; MANA | 13 Jess F. –H&I Chair |
| 2. Jake S. – FANA | 14. Dana S- Rd Alt. |
| 3. Candie B. -- RD | 15. Kay M.- Web Servant, Treasurer |
| 4. Frank P. –Chair | 16. Garrett N.- AFASCNA RCM |
| 5. Donna C. - NANA RCM | 17. Daniel M. - Member |
| 6. Erica P. – RSC Secretary | 18. April P.- Conv. Secretary |
| 7. Cassie C. – GTO RCM | 19. Amada C.- FTL GSR |
| 8. Angela K. -- GMANA RCM Alt. | 20. Brittany O.- Vice Refreshments |
| 9. Grey Y. NANA RCM Alt. | 21. Dewayne B. – Audio Chair |
| 11. Sarah P.—PR Chair, MANA RCM | 22. Pam T.- GMANA |
| 12. Chris G- Metro ASR | |

MRSCNA Minutes
October 2-3, 2021

- Opened with Prayer
- Twelve Traditions read
- Twelve Concepts read
- 6 of 9 RCM's/ASR's attended

Introductions

Secretary's Report:

July 2021 RSC minutes were read and accepted by the body.

Old Business:

PROPOSAL#: 21-07-06P

MAKER: Finance

PROPOSAL:

Increase prudent reserve from \$7500 to \$15000

INTENT: Be financially responsible

RATIONALE: the most recent convention money motion was for \$13, 30. We have learned over the past 18 months that conventions are not a sure thing and in March 2021 RSC PR was not able to continue all our PE efforts due to lack of funds.

RESULT: Passed

Treasurer Report:

See Appendix:

Treasurer Report

YTD report

Area Reports:

NANA:

Greetings from NANA. Our Area Service Committee meets on the 4th Sunday of each month, in person. Freedom To Live in Ripley has joined our area, once again. We currently have 6 home groups with 7-8 meetings each week. Many of our meetings are struggling with attendance. We held our elections in August. We have some members from our area offering H&I and Phoneline Workshops to those interested. We regretfully are unable to host our annual Thanksgiving It Away this year due to circumstances beyond our control. We have no needs from RSC at this time. We do have a \$500.00 donation. Grateful to serve, Donna C

NCWVASCNA:

No Report Submitted

GTO:

No Report Submitted

METRO:

Metro Valley area has 9 active home groups with meetings every day of the week. We have 3H and I commitment presently. Our area is offering basic text at no charge.

We had a successful speaker jam spaghetti dinner which featured two workshops and three speakers. We had the opportunity to provide an information table for narcotics anonymous at the annual glow run for recovery in Charleston West Virginia.

I am presenting a check for our insurance to the treasurer today. We have had 50 signs made for bus lines and ask region to assist us in more.

Our next activity we are planning is the New Year's Eve event. We have no other needs from region at this time. Grateful to serve, Chris G

UPANA:

No Report Submitted

FANA:

No Report Submitted

GMANA:

Area: Greater Morgantown Area

RCM Alt: Angela K

Donation: \$0

Report: Meetings going well. We have approximately 16 groups. We have multiple meetings everyday. There will be a chili cook-off coming soon. We will have an H&I Learning Day October 17th at 2:30 at the 333 Green Street meeting location.

Vote: Yes, to increasing the prudent reserve to \$15,000

MANA:

Our Area Service Committee meets on the 4th Saturday every month in person. We have 4 homegroups and one unaffiliated group with at least one meeting

per day. About 3-10 addicts in attendance. We have had a few celebrations since July; 1 year, 3-year, 4-year, 6 year, and 7 year celebration. We have 9 IP racks in our community. We have a local area schedule we put in the racks. There was a community event, Recovery Riches, which we put up the NA display. There are no H&I commitments in our area at this time. We had our 30th annual Campout at Sherwood. We will have our annual fall foliage trip on Oct 16th over Kates Mountain. We have a donation of \$1076 to region. Grateful to serve. Sarah P (RCM)

AFASCNA:

The Appalachian Foothills Area of Narcotics Anonymous is alive and well. All of our meetings are open with the exception of one which is still on zoom. We have 11 home groups. Two of our meetings are hybrid meetings. The region website is up to date. H&I is still only going into one facility, Camden Clark Hospital BHU. Our Freedom Day Blast event in July was very successful and we were able to buy literature for all home groups. Our LSB committee is hosting a Halloween Bash on 10/16 from 4p-8p. There will be a speaker, a costume contest, and food. Cost is \$3 but no addict will be turned away. It's at Parkersburg City Park Shelters 1a and 1b. We do not have a donation at this time. Grateful to serve, Garrett N

JAFASC:

GREETINGS FROM GALLIPOLIS
HELLO FAMILY, I'M BUTCH B. AND I AM AN ADDICT. -
MY SERVICE POSITIONS ARE: R.S.M. ALT, ACTIVE G.S.R. OF THE PEACE LOVE AND HUGS GROUP; LOCATED IN GALLIPOLIS OHIO, AND GROUP TREASURE.
OUR AREA HAS SHRUNK TO ONLY 2 HOME GROUPS. PEACE LOVE AND HUGS GROUP AND THE DOPELESS HOPEFIENDS GROUP OF POMEROY OHIO.
PEACE LOVE AND HUGS GROUP IS UP AND RUNNING STRONG AGAIN WITH ATTENDANCE, AVERAGING 20-40 PEOPLE. WE STILL OFFER 6 MEETINGS A WEEK.4THE DOPELESS HOPEFIENDS GROUP OFFERS 1 MEETING A WEEK AND I'M NOT SURE ON ATTENDANCE.
PEACE LOVE AND HUGS GROUP HAVE UPCOMING EVENTS PLANNED AND HAPPY TO ANNOUNCE OUR 3RD ANNUAL BOO- BASH "HALLOWEEN THANG" IS OCT 23RD• ALL ARE WELCOME
(flier attached)
WE HAVE NO NEEDS FROM REGION AT THIS TIME. WE WILL BE MAKING A \$100. DONATION.
GRATEFUL TO BE OF SERVICE, BUTHC BUTCHER
butch butcherwv@gmail.com 304-857-8783

Open Sharing

There are currently several open positions for RSC. We are in the process of reformatting the meeting schedule. Formatting by Area vs by city to explore. By city seems to be a better format. Phone line callers often state the county, and it is hard to give them information. Consider formatting by county. Discussed QR code for meeting schedules and business cards for PI.

New Area Motions and Proposals:

See New Business

Subcommittee Reports:

PR UMBRELLA:

We are still in need of officers

- PR Vice Chair- 3-year clean time requirement
- H&I Vice chair- 2-year requirement
- Phonline Chair- 3 year
- Phonline Vice chair- 2 year

H&I-Jess attempted to send literature to inmate, miscommunication with Treasurer, tbc. Jess getting a list of H&I in our region from H&I chairs or RCMs.

Webservant- Kay M- updated schedule format. Discussion about YAP software for Webservant. Richard doing a presentation on BMLT in April on website.

Phonline- Ryan has been acting Phonline chair. Discussion on being present for committee. Opened up position for nominations.

PR chair updated onebox contacts. Need to work on updated phonline list, including people to contact in each area.

*To do: drop frontier and find new less expensive carrier for number.

From PR subcommittee.

- Schedules were printed and handed out.
- Fb group up and running
- Please continue to share message with areas; notify PR of any conference of professional event related to mental health and recovery field
 - o Possible opportunities/Conferences to attend
 - o Appalachian Addiction & Prescription Drug Abuse Conference (Oct) Virtual this year
 - o NASW (May) will bring up in April
 - o Medical conference (Oct)
 - o WVAADAC (Aug)
 - o Peer support (June) sent an email, will bring up again in April- contacted to find out where it will be next year and PR on list serve
 - Contacted PRSS board you said no conferences, only approved certification providers- most closely associated with WVAADAC- sent convention info- on list serve
- Billboards- contracts lapsed, RSC consensus to postpone another quarter due to finances
 - o Google ads- no discussion, there is a drug treatment certification process? Advised to upload an ad to see how much, will bring up at next RSC
- Motion from metro for bus signs \$500- passed

- Motion to obtain QR code and add to signs and schedules- passed
- Suggested -maybe send physical information to legal and medical personnel. Will look into further.

Grateful to serve, Sarah P.

Web Page:

Over the past quarter your web servants have kept the meetings up to date, added events and flyers, modified the format for the printed schedule, added phoneline documents to the Service Information page, and updated convention information. The web servant asked for input on the Web Page and made clear we can always accept input. Based on input made last quarter, the format for the printed schedule was changed to put the city first for each meeting. There is another version available that has the meetings grouped by Area; just let the web servant know if you want to see that version.

During the PR subcommittee meeting, an addict noticed that the meeting information on the home page was not working properly; the Web Servant was able reach out and the the site was fixed within a few minutes. Always, let the Web Servant know when there are cliches or problems

Richard S, the Web Servant for CARNA, has volunteered to do a presentation at our January or April meeting on YAP, a phoneline services that partners with the BMLT to provide the most recent meeting information to an addict who calls our 800 number. More will be revealed.

Venmo account: Be sure to list your group or area in the comments when making donations to region

As always, please remember to send your requests for the web servant to the mountaineer.region.web@gmail.com. RCMs, please make sure the following two items are completed:

PLEASE check your area's meeting schedule frequently and let me know of any changes. It is real easy to pull out your area's meetings:

just bring up the web page, scroll down to the meeting list and click on the area tab; choose your area, and voila! There are your meetings.

Also, PLEASE print out the schedule and look at it in the printed format (you can look at the print version on your screen if you don't want to print it);

I'd like to make sure that all the information is showing up on the printed version; Zoom information and in person meetings will all fit if it is in the right place on the BMLT. I need to know if your information is not correct on the printed version

Truly grateful to serve,
Kay M Web Servant

CONVENTION:

Future Convention Dates:

Fall 2021 Oct. 29-31st, 2021

Spring 2022 April 29-May 1st, 2021

Dance- music and DJ to be determined by Chair/Vice Chair for Fall 2021.
Discussed Gordan or Butch.
Speaker reimbursement \$300 cap-discussed the speaker talking with Chair or Vice Chair about reimbursement (or put in writing in resume) instead of chasing down the treasurer. Discussed increasing the cap to \$500. Will revisit in Jan.
Chair/Vice Chair will develop a proposal to look at in Jan.
Speakers and artwork for Spring 2022 convention tabled to Jan.

Registration:

Discussed ordering stickers with convention logo. PayAnywhere is fine, will discuss in the future.

Merchandise:

We will set up in Jackson Hall and limit the number of people into the room.

Audio

Proposal for mp3s or iTunes for convention speakers, \$100 budget, to be continued. We are stocked and ready to go for the fall convention.

RD Report:

CP Webinar 7/24/21 2pm-4pm

Conference Participant web meeting facilitated by a World Board Chair for multiple regions to discuss and gather ideas on how to address issues that many regions are experiencing.

This particular web meeting was gathering input on the 2022 World Service Committee meeting.

Many have concerns that holding a in person WSC would not be feasible due to

- Global health crisis
- Travel restrictions
- Finance difficulties

Possibilities

Hold a virtual interim meeting in 2022 to deal with essential business

Changing the cycle would be 3 years from 2020-2023 for this cycle only

Concerns about trying to hold a hybrid WSC could create division.

Essential Business could include

- Budget
- Trusted servant term limits
- FIPT Fellowship Intellectual Property Trust
- Hold a virtual meeting in 2022 and an in-person WSC in 2023

We broke off into 15 smaller groups to discuss the topics listed above and if anything was missing. Majority of the group I was in agreed that holding WSC in 2022 in person was not reasonable. It was noted that some of the regions were missing from the CP webinar.

Concerns and solutions discussed

- How the 6 motions picked out of the 16 total. - The delegates who attended the previous CP webinar chose them based on how practical they were and survey results.
- Concerns that projects would be lost and or not being addressed in a timely manner.
- Breaking a 2 year cycle could lead to more problems
- Making decision without experience to consider
- That regions would grow apathetic and lose the drive to get things done
- Holding quarterly sessions to address projects
- Having NA members living near the WSO volunteer to ease the burden of expenses
- Allowing the Regional Delegates from different Zones work together to complete some of the tasks.

All groups convened for discussion. Majority of the groups agreed that holding WSC in person in 2022 would be too risky. Input shared

- that holding it both in person and virtual would cause disunity
- The financial impact of having to cancel the WSC due to the global health crisis
- Holding quarterly virtual meetings to break up some of the workload
- Cancelling WSC would cause greater harm
- World Board term limits and how to address them
- Meeting at different times to distribute the burden on Zones
- What would be considered essential business
- Addressing the Spiritual Principle A Day (SPAD) literature project
- Increasing Zonla responsibilities and collaborations
- Trained Regional Delegates terms ending and new delegates getting started without any training
- How to present new ideas for proposals
- Regions could pay their own way to help alleviate WBs financial burden
- Covid test prior to participating
- Need more specific questions and time to take them to our regions for input
- Distractions experienced during virtual meetings
- Missing in person interaction between Regional Delegates that help grow new ideas and exchange of experience strength and hope
- Hold a virtual WSC in 2022 to organize the 2023 meeting

CP Webinar Aug 21, 2021 2pm-4pm

146 Participates

Opened with a recap of the last meeting's topics. Out of the 15 groups participating last time 12 agreed that holding the 2022 WSC in person isn't feasible with 1 no and the remaining 2 didn't have a response.

Based on the last CP discussion the group will be recommending the WSC 2022 be postponed until 2023.

The topics to discuss

- The Spiritual Program a Day (SPAD) literature project
- The 2 year cycle being turned into a temporarily into a 36 month cycle

- Address changes to the policy regarding WSC cycle and Term lengths
- Extending the term length for 6 trusted WB servants
- Virtual 2022 WSC to cover essential business: 2022-2023 budget, Extending existing Fellowship Intellectual Property Trust (FIPT) moratorium, and the Spiritual Principle a Day (SPAD) literature project
- Holding a virtual WSC in 2022 as a way to keep the regions in communication
- Go over the Epoll and run through 3 motions as an example of how to submit votes and offer assistance if needed.

WSC 2022 - 3 Motions

1. Motion V1: (from 2020 but revised to be in a policy):
 When the WSC chooses to meet virtually, all World Service Conference participants may participate and vote remotely in the same manner as the current policy for participants who are unable to obtain visa:
 "Participants who are unable to attend the WSC due to visa issues may participate remotely. Remote participants have the same rights as if they were at the WSC"
 2020 GWSNA

To accommodate the variety of time zones and to ensure an accurate record, decisions of the WSC can be made outside of the WSC meeting by epoll that is sent to all seated Conference participants.

Maker: World Board

Intent: To allow the conference to choose to make decisions virtually when necessary.

2. Motion V2:
 Due to travel restrictions and safety concerns from the global COVID-19 pandemic, the 2020-2022 Conference cycle is extended to 2023. A short, interim =, virtual Conference business meeting shall be held in 2022 to fulfill our obligation to address legally essential business, as described in Motion V3, and to approve the Spiritual Principle a Day book. After the essential business is conducted, the 2022 virtual meeting of the WSC shall recess and reconvene in 2023. Dates and deadlines pertaining to the meeting of the Conference in 2023 shall be provided by the World Board, including CAR motion deadlines, and seating application deadlines.

Maker: World Board

Intent: To adapt the current Conference schedule due to the global pandemic.

3. Motion V3:
 The business for the virtual session of the WSC in 2022 shall be distributed in one electronic document, which for the purposes of business and decision-making shall serve as an interim Conference Agenda Report (CAR) and Conference Approval Tract (CAT) using the current CAR deadlines and distribution dates and shall include:

1. NA World Services Budget for one year - 2022-2023

2. Extend existing FIPT moratorium on inspection clause for one year, (Acting as the Article 5, Section 3 of the FIPT Operational Rules, while we make a decision about the future. This suspension will expire at the close of WSC 2023.)
3. Adjustment of terms for WSC trusted servants. (the details of this will be provided)
4. The approval draft of the Spiritual Principle a Day book (SPAD)

Maker: World Board

Intent: To describe what is legally required or essential for the Conference in 2022.

The straw polls are of draft motions

- not a final decision - just gathering information
- using anonymous Zoom polling as an honor system (RDA's wasn't suppose to vote)
- voting members was Regional Delegates and World Board members
- once votes are submitted the vote cannot be changed

Multi Zonal Service Symposium IV

There were several topic meetings going on at the same time. The RD and RDa decided to focus on the workshops we thought would be most beneficial to our region. Some we attended together and some we attended separately.

Workshops lasted between 30-90mins long. All of the workshops will be made available online for anyone to view. The list of workshops we attended:

Registration for professionals Presentation	30mins	both
Kickstarting H&I After the Pandemic	90mins	both
IT Websites - Development and Maintenance	90mins	RD
NAWS Update	90mins	RDa
WSC: Where We've Been, Where We are Now	90mins	RD
RD Training: RD Basics	90mins	both
How to Build a Service Workshop	90mins	both
PR in a Pandemic	90mins	RD
Predatory Behavior - Live & Virtual	90mins	RDa

Registration for Professionals Presentation

This workshop was intended to welcome professionals and inform them about NA. Unfortunately none were in attendance. The host presented tools that are available for any member to use while giving a presentation. Several ideas were suggested

- Taking care to come across as organized a slide show was used that explains the history of NA, how we have grown over the years, how many countries we are in - the slide show is available for anyone to use it can be found on na.org
- Addressing and discussing the differences between NA/AA ;language and why it's important to us. Creates unity among members, helps members identify in rather than out, and helps the person find the fellowship that best fits them.
- Include how NA continues to grow and develop within our communities and around the world. For example during the pandemic over a hundred pieces

of literature was translated into several languages by several NA members by working together online during quarantine. They started with "Am I An Addict?" and went on from there. They now have a backlog of literature waiting for publication and the funding to catch up.

Strong meetings popped up in Iran with oil literature and have asked the World Board for help with literature. This was an amazing accomplishment given that their local government could shut down our communication with them at any time. Iran has several restrictions and bans AA because they consider them to be christian based. NA was able to get approval because we are spiritually based. This is due to NAWS doing PR to other countries' governments to assist in getting NA started.

- World Service offers literature bundles to help groups get started.
- Zonal Public Relations work to coordinate different events and offer assistance when giving presentations.

Giving H&I presentations is another form of doing PI work. It would be beneficial to review the H&I basics to find ways to improve.

A great way to get back to doing H&I is to look over how we have been doing and address any weaknesses. Routinely exploring the basics of H&I helps build an understanding of what we are doing and why. Many facilities have been shut down and now is a great time to evaluate how we have been doing and how we could improve.

Four questions to consider when making an H&I commitment:

1. What type of meeting would address the needs of the addicts in the facility?
2. Who are you trying to reach?
3. What are the needs needed?
4. How can we best meet those needs?

5 Keys to building a strong H&I

Consistent effort to build and maintain a strong working relationship based on consistency, honesty, and communication. Be sure to consider the area's limitations to providing ongoing services to avoid over committing. If your area finds they can not meet the current commitment let the facility know. Many Regions report that ehne they have had to do this the facility respected them for acknowledging their limitations and appreciated the honesty. Those regions have had better success of being welcomed back when they were able to resume services.

Have a discussion to find where we can be flexible with our guidelines without violating our traditions and acknowledging that our guidelines are ours and not theirs. They don't have to abide by them.

Create trust by showing up when we are scheduled to show up. Be mindful that it is a common weakness of many NA areas to start a new H&I commitment but fail on following through. Discuss this whenever a new H&I meeting is being established. Are there any currently existing H&I meetings within or near your area in need of assistance? Could starting another H&I commitment cause difficulty in meeting the needs of the current H&I meeting?

Create clear boundaries with the facility on what they can expect of us and what we expect of them. Discuss with the facility on how to report unexpected schedule conflicts.

Respect their rules and regulations. Take an inventory of how we are doing. What are we doing right and what could we be doing better. For example the facilities rules addressing language and dress codes. Make sure that volunteers are aware of them and are capable of respecting them. Being sure that they understand that they are representing NA and it would reflect poorly of us as a fellowship.

Some H&I ideas

Create an H&I group of members from all over the region committed to visiting different H&I meetings once a month. Coordination would be needed to ensure that the facility would let them in. A new face with the NA message could attract new members.

Team up with surrounding regions to run information ads. Could use the slideshows offered on na.org. It could be as simple as a 3min reading of NA literature. A series could be developed to cover: Who is an Addict?, What is the NA program?, When at the end of the road, etc. And end with a link to regions' websites.

When holding an H&I workshop share the message of what it's like to lose an addict in a 12 step call not just the success stories so the group has a chance to process that not all 12 step calls go as planned.

Youth in Recovery

When addressing the youth it's beneficial to explore how they may hear the message differently. How do we build those relationships?

Why is help without judgment important?

The language we use may not match the message we are trying to deliver.

Considering that the "do or die" message may not work because it's an entirely different generation growing up with entirely different circumstances. How can we share our experience without the over tone that it has to be done this way? Are we embarrassing them with shame and guilt when we correct behaviors in front of the entire group?

Consider a different approach by building or supporting their assets to help diminish the shortcomings instead of forcing a quick fix. Are we willing to flip the script and call them instead of waiting for them to call us? How could or when could we invite them to participate in an activity? Ask the person directly for input or ideas regardless of clean time or lack of. Have we read the literature developed for teens and encourage others to do so as well.

Court Systems

Ideas for reaching judges - go to the courthouse and talk to their secretaries. See each of the individual judges' secretaries and build friendships, have an open dialog with them. Give them information about NA and explain how we help struggling addicts. Often the secretary will relay information to the Judge.

Offer information packets about NA with local meeting lists for them to give to people. This same technique can be used to reach others in our community. Juvenile Court, Adult and juvenile probation, Department of Health and Human Resources, children's shelters, any services that address the needs of adult and young adults like unemployment office, job core, programs developed for low income kids, local homeless shelters, etc..

Kick Starting H&I After the Pandemic

Some of the challenges Michigan has faced with holding H&I meetings was to undergo training addressing sensitivity and confidentiality. This has created difficulty to get addicts to volunteer their time.

Other common struggles we have all faced are

- Facilities are slow to open
- Many regions have open service positions including H&I chairs
- Lack of things for addicts to do when they do show up to serve
- Lack of participation for Area Business especially subcommittees
- A concern is that if we are declared an essential service what would our requirements be

The large group was then broken up into smaller groups to brainstorm ways to address the common problems presented or any that a member may have. An addict explained that his H&I meeting was on lock down and that it was geographically isolated from the closest meeting with the closest being 88 miles away. They have spotty to no internet use. Prior to Covid the facility was busing them to the closest meeting. Possible solutions discussed providing speaker tapes and literature for the facility also assisting them on establishing an NA meeting within the facility.

Other ideas explored

- to incorporate the facilities requirement into our trainings
- breaking up projects and inviting new members to help out with specific tasks
- creating a fun atmosphere for people to assist with "grunt" work
- regional members assist with areas service tasks
- asking new members to assist older members with tech challenges

How to reestablish our relationship with a facility if communication has been neglected or dropped?

- Reintroduce NA to the facility
- Consistently follow up
- Offer a PI presentation
- Ask them how we can work with them to address health risks
- Try a different way to reach them ex: instead of usual phone call try an email or an in person visit
- Network with everyone within the facility from secretary to manager to boss.
- Offer to send them literature or speaker tapes
- Use live feeds through tvs for inmates to listen to a meeting
- Ask the facility how we can help address the needs of the addict within the facility

The smaller groups came back together and shared ideas.

We asked how watching a meeting on a screen and not participating may affect the psychological mindset. Not for answers just for exploration.

Possible ideas -

- Convert speaker CDs into a mp3 file or create a link for the facilities to use for inmates.
- Create "when you get out kits" that could include literature and a business card with the region's website. That way it would never become outdated.
- One region provides a heavier card stock paper with their region's name, website, 800 number and a scan icon or code and on the backside is the "Just For Today Reading " and a place to write in phone numbers. Again none of the information is dated. Their cost is \$435 for 10,000 4"x10"cards. They give them to professionals and facilities to give to anyone in need.
- Record regular meetings to send to facilities. Other regions have done this with the help of a tech savvy addict who edited out all identifying information before posting as a way to respect the anonymity of the addicts participating. Side discussion on PI stuff. A paperclick program that helps direct google searches. Can set your dollar limit to what your region can afford. An IT solution that other regions have found to work is collaborating with another neighboring region to help offset the cost. They are paying \$10 each for YAP services. When you find a disconnect between the BMLT and service and or an incorrect NA meeting location on the map- take time to report it. Could we form a group to periodically check our regions website links? This would be a great way to allow newer members to contribute.

IT Websites - Development and Maintenance

Covering the basics:

Choose a Provider host

Type of Server

Storage Needs

Bandwidth Availability

Managed or non managed

Ability to upgrade plan

Uptime

Email accounts

And potential price increase for services after first year of use

CMS or not to CMS

Programmer

Number of pages needed

kHow often updates will need to be made

Changing the styles

Multiple users

Difficulty of Learning curve

It was at this point the RD reached out to our region's previous Web Servant and asked her what our region needed help with the most. Because our region currently has a website. Her response was WordPress Training.

Some suggestions discussed was:

Domain

Administration accounts

Passwords

Firewall/ security

Themes

Plugins a con mentioned to having plugins is that it needs constant updating or it will clash with parts of the website

Attaching a merchandise store

Visual builders like the plugins and for the same reason needs to be updated regularly

Determining the audience and who you are trying to reach helps with attracting the right audience. Do you have existing data for page reviews?

Keeping in mind that some color themes could be problematic for people with vision problems. Example using a colored text font with a colored background and color blinded people not being able to read the message.

Resources available

Internet searches

YouTube

Facebook

BMLT.app

The Minnesota Region holds training for word press. An NA member Facebook group dedicated to helping webservants is Basic Meeting List Toolbox

On the BLMT app you can find meetings all over the world. Listed by Zones and Regions

Website

It was strongly suggested not to make user names or passwords easy to guess.

“Lack of consistent maintenance is like going without step work it gets real messy and painful pretty quick”

PDF is the best way to print flyers.

It was suggested that we not are not liable for events listed on the website to protect us from lawsuits.

Creating the event calendar to allow the person submitting the information to be able to edit their event so that the web servant doesn't have to.

Google Analytics tracks the number of people using a website, what they are looking for, rather or not they are new to the site, where they are from, type of technology they are using (cell phone, ipad, computer, etc.) The demographics can be set real specific to help users find better ways to reach the targeted audience.

Could add to the region's website a policy stating how an area or group can meet the criteria to be covered by the Region's insurance.

Could include the CAR/CAT submission form and how to request a copy can also block multiple requests from a single area to avoid duplicate requests overwhelming the system.

Use google email address for portability so that you don't have dead email addresses. Web servants keep the passwords to all email accounts so that they can delete old emails due to change positions.

Back up accessibility chair, vice chair, regional delegate, for the Web tech chair. (web servant)

Create the ability to reset any password to any account used by the region. Example: Go Daddy, PayPal, QuickBooks, Web Domain, etc.. Approach this task as a "if you get hit by a bus" how would the region take over responsibilities. Add 2-3 backup people as admins to each account and also create a little black book of passwords for all subcommittees, not just the web servant. Downside to having a lack of rotation is servers take on a possessiveness over the position esp. After they have been holding the position for a long time. Solution invite members to join you to watch how you do x,y,z foster a desire to serve by showing how the web servant maintains the web page. Could hold it as a convention workshop and demonstrate some of the basic web servant tasks. Areas could report in and update website information on the spot.

WSC: Where We've Been, Where We are Now

The Uppercumberland Area has history of NA www.nauca.us
It also has the history of the World Service Committee. Originally WSC started out as 14 States, 2 Foreign Countries (Canada, Australia) with a total of 37 participants on November 13, 1976. And describes how the WB made all the decisions for NA until the mid 70's. WSC lasted a day and a half. The first motion was "How are we going to do business" and we are still asking ourselves this to this day.

Jimmy K wrote "The NA Tree" in 1976

This is just a few of the incredible facts about how NA has developed over the years.

WSC is now thinking globally as we make decisions. In 1999 there were 99 participants and in 2018 there were 119. So now it's about how do we include everyone? And with huge growth comes trouble with how to accommodate everyone and being that WSC is based in the US it carries a heavy US tone. WSC 2014 planning our future sessions with lots of talk of Zonal representation. WSC 2016 had the future of the WSC as the highest prioritized topic. This was known to be a painful time for everyone involved. With no changes in representation yet changes in other ways and in zonal seating.

WSC 2018 MAde changes in old business procedures, CAT proposals, and eliminating motions and using proposal methods.

The surprising outcome to these changes was that people enjoyed small group discussions, easier to choose what was most important to discuss, and meaningful discussions created a fertile ground for solutions to grow.

Could our region use the smaller group discussions method to generate ideas and solutions to move forward on ideas? Could that make the region more interesting and inviting to new members? Could it speed up the process without losing valuable discussion time?

In March 2020 with a lot of planning for the virtual conference they developed the Epol to straw poll all participants. At the 2020 WSC 135 participants across many time zones started out as 71% (97) of the regions were within the hours of PFT. That left many of the regions participating outside of normal conference day hours.

What Next?

WSC has really streamlined the process of CAR and CAT discussion and decision making process. Allowing the WSC to move toward using its time to begin the discussion of proposals and ideas that, when developed, may form much of the content of the next Conference Agenda Report.

Current challenges

Finding ways to continue discussion

Clarifications, adjustments, solidification of ideas

Some labor laws affect virtual WSC ex: California requires you to break after x amount of time this prolongs the proces. (Interpreters for sign language and other languages) Again considering NA as globally not just a US program.

Some RDs in countries outside the US time zone are stuck participating outside regular business hours. Some RDs missed out on voting because they had fallen asleep.

Virtual WSC hinders fellowshiping between RDs and the ability to exchange ideas. Also people tend to be more wordy when they are participating virtually vs when in person we tend to get right to the point.

Solutions

Hold webinars regularly to streamline the discussion rather than shut down communication. Ongoing interaction helps foster relationships and builds unity.

RD Training: RD Basics

Looking at NA as a whole, not just as what's best for my region. Moving NA forward based on the needs of the whole.

Expectations can be extreme between what the region expects and what the world service wants. The RDs trickiest challenge is finding the best way to bridge the gap.

Determining what's appropriate to take back to the region and what's appropriate to take care of on the WS level. An example that was given: Trying to determine how much ketchup an event at WS would need isn't appropriate to take back to the region to determine quantity or quality. If such petty decisions were tabled back we'd miss the chance to deal with larger more important issues and wasted time discussing ketchup would make it difficult to brainstorm how to move NA forward. Certainly there are those back home that may be interested in discussing ketchup but most don't care about such details. How much information does your region want is the other tricky part. That's where a person's experience doing service work within their region helps them find the balance that works best for their region.

Idea: At convention present a general idea of what the Regional Delegate does and let them know where they can find more information online. Give out

general information for the majority who may have a mild curiosity and offer online links to those who may want to know more.

The purpose of being part of a zone is to exchange information, network, collaborate on big projects, offset expenses, create the ability to see beyond our own backyard, promote open mindedness, and create unity with our surrounding NA regions.

When exploring who would make a good Regional Delegate it's helpful to pay careful attention to the qualities needed not just meeting the appropriate amount or clean time or a it's your turn now mentality.

For an RD to succeed it's helpful to attend CP workshops virtually and participate, be available for emergency business of NAWS, and attend WSC. Consider the best way to write a report and what is the most important information to relay. Is it bigger than the ketchup idea? What constitutes a smaller issue? HOw do you make that distinction. How can the information be delivered in an interesting concise way?

Fellowship Intellectual Property Trust (FIPT)

Basic	- trustor	- the Regions set it up and Own it
Components	- trustee	- NAWS responsible to manage it
	- beneficiaries	- entire fellowship of NA

Trustees are RDs they direct WB on how to spend the money.

When we provide information prior to CAT/CAR

Conference Report

Comes out before conference

Gathers ideas and input on what to bring up

Set rules/ procedures

Set a calendar for things to be addressed or completed

Update last minute information

(119 Regions are asked to submit a report)

5 Months CAR

3 Months CAT

Does our region want to present general information to the areas?

Continue to teach newer service members Consensus Based Decision Making (CBDM) process and continue to explore how we can improve the process. A common problem among members who have stepped away from service is when they return to service it's disorientating and hard to accept the changes that happened during their break. Raising awareness about the importance of practicing open mindedness and working from an unknown mind set.

RDs are encouraged to practice openmindedness when viewing how other regions may do things very different from their own. Example the Iran delegate sponsors 100 people, in groups of 20. Africa uses 1 basic text and is shared by 8 groups. Bing aware that some of our methods might not fit thor needs.

CAT budget is created by Regional Delegates. When the Board is directed to carry out a project it entails costs to complete the project.

CAR motion might have budget unknown (to create a plan)
CAT motion includes budget (developed budget and will state expenses)

WS Elections WB

Human Resource Panel (HRP)

Co-facilitators

Delegates will be distributed candidate

Profile Reports (CPR's) electronically and in a hard copy. Though the profiles are not confidential, the CPR's cannot be distributed, duplicated, or posted.

Therefore getting a conscience on members running for WS can be challenging for the RD team. And makes it a long drawn out process timewise too.

Addressing Predatory Behavior in Live and Virtual Meetings:

Discussion about what is predatory behavior, how do we recognize it and what to do about it to make our meetings safe. Small group discussion break out talked about personal experiences and how it can also go both ways. It makes it at the least uncomfortable (for the newcomer especially but also for others even with time to be exploited, persistently hit on for dates, money, or many ways its manifest in meetings.

Back to large group sharing and discussing experiences of how some groups deal with the situation when it arises, as well as many that don't do anything at all. In a short video we heard about the folks in Britain who had held discussions and workshops and even came up with a document of recommendations of ways to address it. I've brought a few hard copies and can forward digitally to others.

In short we need to introduce this as a topic to be discussed in area service meetings, in group service meetings, and individual groups to address this before it becomes problematic if it hasn't already. A plan in place is better than trying to figure out how to address it during a meeting or just after or before. We are obligated to have a safe environment for our meetings to be Recovery based, and not a date shop or worse. Meanwhile, if you're aware fo something, say something. Help stop this behavior and give the meeting a chance to do what it's intended to be. People lives can depend on it.

RDA Report:

No Report Submitted

P&A:

No P&A Chair present. Chaired by Frank P. Policy updates are needed. Frank to get with Erica P. to update it before Jan 2022 and get it loaded to the website. RSC inventory mentioned creating a preamble to the policy to state that policy is

to help us do business not keep us from doing business. Create a mission statement. Create a form to encourage areas to work together. Stating that RSC is to service the areas and not separate entities. 12 concepts to policy. Grey Y to work on a draft for the body to review.

FINANCE:

See Appendix:
Finance Template

The completed Finance Template in the Appendix shows the progress of discussion during the committee meeting. The balance coming into Regional Service is the starting balance; standard quarterly expenses are subtracted; donations and reimbursements are added. Already encumbered money (mostly convention funds that were passed last region) is subtracted. Money proposals are listed and totaled, then subtracted to determine if there is money to cover those proposals – which there is. During discussion, the insurance payment was estimated based on previous years (as we don't have a bill from the insurance yet) and was subtracted. We discussed a proposal that came out of PR – the idea of making a QR code – and determined that it does not cost money to create that code. The bottom line was that if all proposals passed and all bills and expenses were paid, we will still have over \$4,000 left over. As the next quarter will include income from the Fall Convention, the committee recommended the money motions be sent on to the RSC for consideration. We decided not to recommend a NAWS donation this quarter, but to make one next quarter after we have the convention income; this is normal procedure as the region typically makes a NAWS donation after each convention. No other financial business was discussed by the Finance Subcommittee.

New Business:

PROPOSAL#: 10-3-1P

MAKER: PR

PROPOSAL:

MRSCNA to obtain a QR code link to our website.

INTENT: to make access to the website easily available.

RATIONALE: everybody has a phone.

RESULT: Passed

PROPOSAL#: 10-3-1P

MAKER: Metro

PROPOSAL:

Metro would like to ask for \$500 to have bus signs printed to be displayed on the inside of buses traveling in Charleston, So. Charleston and Dunbar. \$5.00 a piece.

INTENT: Spread the message

RATIONALE: It would be very cost effective and show to a lot of addicts.

RESULT: Passed

NAWS DONATION: \$0

NEXT REGIONAL SERVICE: 1/8/2022-1/9/2022

January 2022 RSC Order of the Day

1/8/2022

At Cedar Lakes

Opening at 11:30am

Reading of the Twelve Traditions of NA

Reading of the Twelve Concepts for NA Service

Introductions

Secretary's Report (Reading of the Minutes from preceding RSC)

Treasurer I Report

Old Business

Area Reports

Open Sharing Session

New Area Motions/Proposals

Sub-committees

PR Subcommittee

Web Page

Phoneline

H&I

PR

Convention Subcommittee

Will adjourn at 6:30 pm and reconvene at 9:00 am Sunday

1/9/2022

Representative Reports:

1. Regional Delegate (RD).

2. Regional Delegate Alternate (RD-Alt.)

P&A Sub-Committee

Finance

New Business

NAWS Donation

Set Agenda for Next RSC Meeting

Open Forum

Announcements

Closing Prayer

Appendix

Treasurer's Report
1st Quarter 2021.2022
July 18 - October 1, 2021

	Jul 18 - Jul 31	Aug 1 - Aug 31	Sept 1 - Sept 30	1-Oct	1st Quarter Totals
Starting Balance	32,920.12	26,924.92	23,771.50	22,510.67	
Income					
<i>Donations</i>					
Donation from GMANA	300.00				300.00
Donation from MANA	944.00		1,077.00		2,021.00
Donation from GTO			450.00		450.00
Donation from NC			521.31		521.31
Total Donations					3,292.31
Total Income	1,244.00	0.00	2,048.31	0.00	3,292.31
<i>Quarterly Expenses</i>					
SC BBT	4.00	4.00	4.00		12.00
Zoom	16.04	16.04	16.04		48.12
PostNet (Schedules)				260.00	260.00
One Box		190.18		95.09	285.27
Frontier		123.39	125.62		249.01
Total Quarterly Expenses					854.40
<i>Other Expenses</i>					
NAWS Donation		1,500.00			1,500.00
Reimbursement to RD		1,319.81	44.98	218.12	1,582.91
Cedar Lakes Spring Conv	1,219.16				1,219.16
Merchandise SQ *Brand Yourself			3,118.50	3,118.50	6,237.00
Total Expenses	1,239.20	3,153.42	3,309.14	3,691.71	11,393.47
<i>transfer to prudent reserve</i>	<i>6,000.00</i>				
Ending Balance	26,924.92	23,771.50	22,510.67	18,818.96	

Quarterly/YTD Report
2021.2022

	1st quarter July 18 - Oct 1, 2021	2nd quarter	3rd quarter	4th quarter	Year to Date 2021.2022
rollover					
INCOME					
Donations	3,292.31				3,292.31
Reimbursements					0.00
Convention					0.00
TOTAL INCOME	3,292.31				3,292.31
EXPENSES					
Administrative	60.12				60.12
Convention	7,456.16				7,456.16
RD	1,582.91				1,582.91
PR	794.28				794.28
NAWS Donation	1,500.00				1,500.00
TOTAL EXPENSES	11,393.47				11,393.47
Income - Expenses	-8,101.16				-8,101.16

Finance Subcommittee Template

10/3/21

Balance Carried over from Treasurer's Report	18,818.96
Projected Quarterly Expenses	1,030.00
Available Funds	17,788.96

Donations/Reimbursements

	1,084.00
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New Available Funds	18,872.96
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Funds already approved

Registration seed money	200.00
Merchandise seed money	200.00
Registration supplies	630.00
Refreshment supplies	500.00
Merchandise supplies	1,819.80
Audio supplies	100.00
RD reimbursement	100.00

3,549.80

Newer Available Funds	15,323.16
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Proposed Spending. (Money motions)

Passed	Prudent Reserve	7,500.00
Passed	Metro Bus Signs	500.00

8,000.00

Remaining Available Funds	7,323.16
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Insurance	2,600.00
QR code	

Total expenses	2,600.00
Left funds	4,723.16

Finance Subcommittee Template

For Discussion

Building Prudent Reserve to \$15,000	Passed and subtracted
NAWS Donation	Recomended none
New projects? PR?	QR code from above
When is Insurance payment Due?	In October; set aside