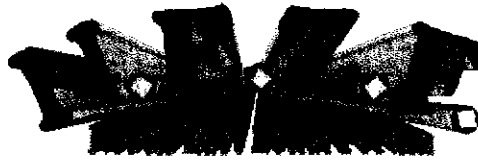


**July 12, 2009**  
**Regional Committee Member Alternate**  
**Report to the Rochester Area Service Committee**

*Hello family,*

For anyone who is interested in finding out more of what is going on at this level of service, I am happy to share a short recap (the minutes are 23 pages long) of the events at the last Northeast Zonal Forum held June 26-28, 2009 in Queens, NY. Not only did we hold our regular business meeting, we also had our first, ever Zone Wide Workshop and it was a rousing success! Following are some highlights from the weekend. Please feel free to contact me with any questions. [jamna2win@yahoo.com](mailto:jamna2win@yahoo.com) *In loving, Judi M.*

**June 26, 27, & 28, 2009**  
**Queens, NY**



**The Northeast Zonal Forum Purpose:**

*We, the NA Regions of the Northeastern states, have joined together to discuss issues of mutual concern, address common needs, exchange ideas, and share experiences, in order to further our primary purpose. As a clearinghouse for the discussion of common problems and their solutions, we complement the existing service structure of NA by addressing our own specific needs through unity, cooperation, and communication.*

**Friday Evening, June 26, 2009**

**Introductions>> Orientation>> Agenda>>NEZF History**

**Saturday, January 27<sup>th</sup>, 2009**

Roll Call at call to order and introductions of participants:

- |                           |  |
|---------------------------|--|
| 1. ABCD:                  | Elliot L. RD, Leroy G. RDA                 |
| 2. Buckeye:               | <i>(absent)</i>                            |
| 3. Connecticut:           | Gerry P. RD, Ron D. RDA                    |
| 4. Eastern New York:      | Jim B. Regional Representative             |
| 5. Greater New York:      | Jeff K. RD (won) Peter H. RDA (too)        |
| 6. Mid-Atlantic:          | Ed B. RD, Shawn M. RDA                     |
| 7. Mountain Valley:       | <i>(absent)</i>                            |
| 8. New England:           | Bill H. RD, Andrew L. RDA                  |
| 9. New Jersey:            | Kenny B. RDA                               |
| 10. Northern New England: | Jeremy F. RD, Harry D. RDA                 |
| 11. Northern New Jersey:  | Dwayne B. RD, Bobby S. RDA <i>(absent)</i> |
| 12. Northern New York:    | <i>(absent)</i>                            |
| 13. Tri-State (yay!!)     | Jim B. RD, Mary LP. Regional Chairperson   |
| 14. Western New York:     | Bob B. RD, Jim L. RDA                      |

**11 regions represented**

Chair:	Richie S.
Vice chair:	Elliot L.
Secretary:	Judi M.
Ad-hoc for ZWW:	Ed. B., Chair, Jeremy F., V. chair. Core members: Elliot L., Richie S., Judi M., Shawn M.
Ad-hoc for Web-site	Richie S.

**REGIONAL REPORTS**

**Western New York:**

Goodday family,

WNYRS is up and running well. We asked for info on web pricing and Richie sent us contact info and I forwarded it to our web. Also a newer area in PA that has up and running services wishes to join WNYR and will be at our next RSC. Also Alley-Catt is back. They folded around 10 years ago; well, they're back and our region gave them \$250.00 start up money for literature. We also sent input and review on In Times of Illness, did an area workshop and 12 home group

workshops in 90 days. We also sent information on fund flow IP. We have a new and real RDA: Jim L. The Regional Convention made money and our next convention is Oct. 30 - Nov 1, 2009. Opening balance was \$8405.43. A motion to send \$3753.43 to the WSO passed.

In loving service  
Bob B.

**Mid-Atlantic Region**

**June 27, 2009**

**NEZF Report**

**Hello Family,**

Shawn and I have been doing some workshops on the IDTs, and with (In Times of Illness), with all input being sent to NAWS. We visiting different areas that requested us to come for area concerns they had. W had a split in one area, with the part that split went to EPARNA.

1. Some area and individual members are sharing their ES&H on the Living Clean project.
2. Our region has a motion got the groups on selecting the Philadelphia Insurance Co. for regional insurance to be brought back to RSC in September. Hopefully we have all of our groups insured by January.
3. Shawn and I will be going to the WWW in Boston, in November 2009. We are hoping that the CAR is going to be there.
4. We will be going to MERL XI in December.
5. We secured a Hotel for the June 2010 NEZF in State College PA. We have brought flyers with us for the Regions and secretary. Hopefully we can sell 15 rooms at the hotel to have the meeting rooms for free of cost to our regions. So please reserve your room and say NEZF to get the group rate. Thank you.
6. We are in the process of having a tri regional, 1 day event sometime next year with the Greater Philadelphia and Eastern PA regions. We have talked about it a couple times and finally met in May, and will meet again in September on the 27<sup>th</sup>.
7. We have no money today for the unfunded servant. I believe that the Mid Atlantic has given to everyone to date except for this one. There are some concerns from some members at the RSC about where the money went. We ask our trusted servants to be accountable to us. Our region has always gotten a receipt but all it ever said was "Thank you" and the NEZF has received the money. Shawn and I believe that most if not all of you who are funded by our regions need to bring back receipts to our RSC's for transparency. Remember that this is just a concern and we will request money for the unfunded servant (secretary) at our next RSC for January 2010

**Yours in service,  
Ed B. RD  
Shawn M. RDA**

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**Zone Wide Workshop**

**Morning Session**

**Facilitators:**                      Richie S., Shawn M., Don B.

**Atmosphere of Recovery**  
*(chosen by hosting region)*

**Purpose of the session / Desired Outcomes:**

- Identify underlying issues of personal responsibility and how that affects meeting atmosphere
- Examine solutions based in our Traditions and Concepts that include principles such as unity of purpose, personal accountability, and anonymity
- Share effective strategies for helping our meetings to be an environment that is attractive and promotes recovery
- Understand this small group discussion process and its potential value in addressing other issues

**Explanation of topic and where it came from:**

- This is how we carry the message – how people find recovery
- Constant communications/questions were coming from the Fellowship
  - Group-related issues
  - How to deal with disruptive and predatory members
- Concerns brought by professionals at Public Relations round tables
- This topic was from last cycle: IDT – ***Our Public Image***

## Whole group:

- Focus Questions:**     *What makes a group attractive?*  
                              *What made you want to come back?*  
                              *What makes a strong NA group?*

## **Individual input from large group activity:**

- Screen speakers; make sure they speak the language.
- Double digit folks don't come. In our area, we invite them to speak and to return to service..
- Have step and traditions meetings.
- Go to group conscience meetings. Announce the day and time of the business meeting. Have impromptu meetings to discuss new ways to make newcomers feel welcomed.
- The way we behave says more than any words can.
- Show up regularly at home group.
- Be consistent. If your meeting has a set format, follow it.
- Groups may want to review their format: What's working? What's not?
- New members should have the Group IP.

## Small group:

### **Two focus issues:**

1. Challenges to an Atmosphere of Recovery
2. Potential Solutions to those Challenges

### **Group Exercise: Brainstorm Solutions**

1. In what ways is your group carrying the message?
2. Who is missing?
3. What ways can *YOU* create an atmosphere of recovery?
4. What are some of the things a *GROUP* can do?

## **Input from small group brainstorming sessions (recorded on post-its):**

### **1. In what ways is your group carrying the message?**

- Provide adequate literature
- Carry a clear NA message
- Welcome newcomers
- Keeping the discussion focused on literature
- Build intimacy
- Gearing meetings towards the newcomer

#### **Top 2 answers:**

- **Carry a clear NA message**
- **Welcome newcomers**

### **2. Who is missing from our groups?**

- Old-timers
- Trusted servants
- Women with 5 years or more
- Members of other cultures >> Members who speak other languages
- Elderly and youth
- Old-timers with experience

#### **Top 2 answers:**

- **Old-timers (with experience)**
- **Trusted servants**

### **3. What ways can YOU create an atmosphere of recovery?**

- Go to group conscience meetings

- Don't **react** to disruptions
- Have group discussions
- Come early; help set up
- Introduce yourself to newcomers
- Lead by example
- *Teach our responsibilities*
- Focus on primary purpose
- Pray for the (disruptive) person
- Address them directly, not in meeting

**Top 2 answers:**

- **Lead by example**
- **Go to group conscience meetings**

**4. What are some things a GROUP can do?**

- Have a clear format (no phones, no texting)
- Have a procedure/policy for disruptions
- In the format, include expected behavior
- Select chairs/secretaries (good observers)
- Have literature and meeting lists available
- Hold service meetings to explain responsibilities
- Furnish copies of literature/books
- Take a group inventory

**Top 2 answers:**

- **Have a clear format**
- **Take a group inventory**

**Conclusion:**

- *Challenged members to share how they might utilize or put into action what was heard here today*
- *Invited members to share session profiles, have discussions with your group; send info. to NAWS*
- *Thank yous and announcement of afternoon session*

**LUNCH (12:00-1:00):**

- 1:00 >> **Service Structure Power Point Presentation** (Jeremy)
- >> **History of Narcotics Anonymous Power Point** (Richie)

**Afternoon Session**

**Our Freedom, Our Responsibility**

*(Topic chosen by ZWW ad-hoc committee)*

**Facilitators:** Jeremy F., Judi M., Don B.

**Whole group:**

**Desired outcomes:** *(identified on projected slide)*

- To identify the connection between personal freedom and service to NA. This includes the service we have received and the service we give.
- To raise consciousness of our own responsibility and to share effective strategies for inspiring others to a sense of responsibility.
- To create an understanding of the brainstorming / large group / small group process and its potential value in addressing issues that effect NA.
- To gather and record the resulting input for use by RDs and any other interested NA members.
- To pass on our results for NAWS to share with the fellowship.

*(On slide)*

**Second Concept:** **"The final responsibility and authority for NA services rests with the NA groups."**

- Before we came to NA, we had very little freedom. Getting clean opens a world of possibilities.
- As we explore our possibilities, we learn that if we want to keep something we have, we need to take care of it.
- We take care of NA by giving back what we've been given—the NA message, as well as the opportunity to hear it.
- NA services allow the NA groups to carry a message. Getting involved in service gives newcomers the opportunity to hear our message.

**Focus Question:**

**1. How did someone else's service efforts help you find NA?**

**(Individual input from large group activity):**

- Phone line / meeting list
- Mentored in by an NA member
- Chair simply said, "Hello family"
- ASC member attended my home group and invited us to attend the ASC
- Brought in by car pool
- Said prayers for suffering addicts
- Observed an old-timer keep a meeting going
- H&I member recruited me
- Introduced by family member
- Influenced to attend service meeting
- Asked for help from God
- *Arrested by police*
- H&I carried the message into facility
- Prayed in by family and NA members before and after each meeting

**Focus Question:**

**2. How do YOU exercise your sense of responsibility to help others find NA?**

- Answer phone line when addict phones for help
- Urge newcomers, *Just don't use!*
- Actively listen with empathy to newcomer
- Be seen in the community
- Fulfill commitments
- Be proud to be an NA member
- Show up consistently
- Show up for service position
- Inform members when meeting list is inaccurate
- Do service, sponsor and mentor others
- Do H&I
- Fellowship outside of meetings and give rides
- Be responsible to self >> make meetings, read literature, work steps, then help others
- Be willing to work "in the trenches >> H&I/PI
- As a sponsor, encourage sponsees to do service

**Small group:**

**Two focus issues:**

- How were you first inspired to get involved in service to NA?
- How can we inspire others to get involved in service to NA?

**(Input from small group brainstorming session)** (recorded on post-its)

**Focus Question:**

**3. How were you first inspired to get involved in service to NA?**

- Phone call from a chairperson and appointed to a trusted servant position
- Was "TOLD" what service position I was going to do by sponsor and more experienced members
- By the internet >> Recovery web-sites
- *Listened and gathered information*
- Was served food and realized that food brings support
- Sponsor asked for support; started attending business meetings; then became a trusted servant
- Influenced by sponsor to do step work with Traditions and Concepts
- Followed a more experienced member around
- Encourage by others that there's a niche, a place for everyone
- Overheard some more experienced members having a conversation about service, specifically WSC.
- Recruited by more experienced member

- I had the desire to give back
- Started to emulate what more experienced members were doing
- After meeting, inspired by H&I members to serve

**4. How can we inspire others to get involved in service in NA?**

- Be excited about service. Make it attractive (NOT area "circus"); sharing the benefits of service and the gratitude expressed by "giving back"
- Acquire a service sponsor/mentor to inspire others
- When sharing, share how service helps you feel like you belong
- Lead by example/positive behavior at meetings
- Passing "it" on
- FREE food!
- Announce the business meeting and ASC in group's format
- Be proactive; a part of the solution
- Keep learning/ write and live the steps
- Share examples of positive results in service
- Tear down the barriers, i.e. dispel the "the good old boys" aspect of service
- Simplify the service requirements
- Agree to disagree
- Encouragement >> find individual's talents and invite them to serve
- Allow others the freedom to make mistakes

**Top 2 answers:**

- > **Sharing the positive benefits of service/Be excited/Make it attractive**
- > **Lead by example and model positive behaviors at business meetings**

**Open Forum:** *For the rest of the day on Saturday, there was an open mike for all participants to share concerns, inspirations, feelings about the day's activities, additional regional concerns, etc.*

**Activities closed at 6:00 for dinner.**

**Sunday, June 28<sup>th</sup>, 2009**

Same regions were represented from Saturday's short business session.

Following is only the agenda and some highlights from our regular business session.

> **Vice Chair Report on Funding of Non-funded Trusted Servants**

**Final Regional Contributions for June, 2009**

Left Over from January NEZF: 166.00

Region	Date	Amount	Contact	Street/PO Box	City	State
ENY	6/28/2009	50.00	Richie S.			NY
NNE		30.00	Jeremy F.			NH
NE	6/26/2009	100.00	Bill H			MA
GNV	6/26/2009	30.00	Jeff K.			NY
NNJ		30.00	Dwayne B			NJ
CT	6/28/2009	<u>30.00</u>	Ron			CT
	Total:	<b>436.00</b>				
<b>Disbursement</b>		436.00	Judi (NFTS)			
	Bal:	0.00				

**Secretary's expenses for June 26-28, 2009 NEZF/ZWW**

**Judi:** This NEZF, I'm the only unfunded trusted servant. I sent my projected costs to Elliot quite some time ago. That budget reflected that current cost of a flight which was \$169 at that time. Upon research, I was able to get a cheaper flight. Up until last week, I was under the impression that I would be sharing a room with a member from out of town, so I was grateful to be only asking the regions for half the hotel

room. Instead, I received a call that this person was no longer going to have a roommate so I so regret that the cost to the regions is higher than I thought.

Flight:	\$139.00	Rochester to LaGuardia
Baggage:	30.00	\$15.00 per flight
Room:	+ 278.00	2 nights
Total request for reimbursement:	<u>\$447.00</u>	
Contributions from regions:	<u>- 436.00</u>	
Out of pocket >>>>	\$ 11.00	

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➤ **Hosting Reports:** *This is where Greater New York and Mid Atlantic gave their report on dates, location, etc. of the next 2 NEZFs.*

**GNY**                    January 22, 23, 24, 2010  
                               Rooms - 119.00 per/night  
                               Topic for next time is the CAT/CAR

**Mid Atlantic**        June 25-27, 2010  
                               Rooms - 95.00 per/night  
                               Topic will be chosen at January's forum

➤ **Hosting Region's Report: (Eastern New York)**

Total cost for hotel:        1573.00  
 St. Margaret's                350.00  
 Pizza                            + 210.20  
**Total expenses                \$2133.20**

➤ **Zonal Planning team committee**

*Read the proposal that follows.*

Called for a vote:

**For:                                10**  
**Opposed:                         1 (NJ)**

**Zone Wide Workshop Report:**

Hello family:

We are giving a pre- ZWW report today, and will give a full report at the next NEZF or a full report can be finished to be placed in the minutes when they come out.

The reason for this is that Jeremy and I feel that there will not be ample time to complete the report for today's business. We feel that there will be a lot happening this weekend. We met at 3:00pm to go to the ZWW site; we have a ZWW meeting at 7:00pm until 8:30pm, and then our orientation at 8:45pm until 11:00pm. On Saturday we will be at the event all day from about 8:00am until 11:00pm.

I would like to thank the NEZF for allowing me to chair this committee. I hope and pray that the event went as well as we the committee believed it would.

I would like to thank Jeremy for his vision of the ZWW and all of his hard work on the event. As a vice chair, Jeremy really did step up to the plate on this.

A tremendous amount of planning went into this event. We met online in chat rooms for two to three hours at a time starting in August 2008. At first we met every two weeks but by June we were meeting online several times a week. We also met in person at the NEZF in January and on Friday night at the June NEZF. We started with 10 members but eventually we came down to a core committee of six:

- Ed B, ZWW chair and RD from the Mid Atlantic
- Elliot L, NEZF vice chair and RD from the ABCD
- Jeremy F, ZWW vice chair and RD from the Northern New England
- Judi M, NEZF secretary from the Northern New York
- Richie S, NEZF chair and RD from the Eastern New York (the hosting region)
- Shawn M, RDA from the Mid Atlantic

We would also like to thank the Western New York Region for allowing us to utilize the web site that we used in the beginning.

The hosting region picked our morning topic, Atmosphere of Recovery. For the afternoon topic, the ZWW committee picked one of this conference cycle's Issue Discussion topics: *Our Freedom, Our Responsibility*. We adapted session profiles from NAWS and can make them available to anyone who may want to put on workshops of their own on these topics.

The evening speaker meeting had 6 speakers from around the Zone. This was from 8:00 until 10:00pm.

We had a number of goals in mind in putting on a ZWW:

- To identify problems and opportunities, and share effective solutions
- To allow NEZF member participants and members of the local fellowship to get to know each other
- To gather results for RDs and RDAs that they can use at WSC 2010
- To gather results that we can pass on to NAWS

We captured the experience and ideas of the participants on Postits which the secretary will transcribe and make available to RDs, RDAs and interested NA members.

Please note that three members of the ZWW ad hoc committee are also members of the NEZF admin committee (NEZF chair, vice chair and secretary). This helped because the ZWW is really a special case of the NEZF weekend.

The NEZF chair, Richie reported that the burden was too much for one person and recommends that if the NEZF does another ZWW to hopefully have the hosting region have both an RD and RDA to make the labor more manageable.

PS The ZWW had about 80 to 90 NA members that participated, we had over 1100 years, clean. We asked the members that were there on if they thought that they would like to see another ZWW, and the answer was overwhelmingly yes. We would again like to thank all who made this event a success.

We the ZWW Ad-Hoc committee hopes that we served up to your expectations on this task you assigned to us.

Thank you.

Respectfully submitted by;

Ed B. ZWW chair

Jeremy F. ZWW vice chair

**Elections:**

**ELECTION RESULTS:**

**Chair:** Elliot S. (Regional Delegate from ABCD Region, NY)

**Vice-chair:** Don B. (Former Regional Delegate from New England)

➤ **Old Business:**

*(Proposals from last forums not addressed.)*

**OLD BUSINESS PROPOSALS still on the TABLE**

➤ **#1 Proposal regarding NEZF money management**

**Maker:** NEZF Finances Ad Hoc Chair, Bob B. (WNY RD)

**Proposal:** To remove the current text from Section 4.2.6 and substitute in its place the following: *"The Vice-Chair shall act as money manager for the NEZF, receiving and disbursing all moneys, and accounting for them to the NEZF. The Vice-Chair shall be a co-signer on the NEZF bank account. The bank account shall require two signatures for a check to be valid."*

To add to Section 4.1 (Chair) an item 6: *"The Chair shall be a co-signer on the NEZF bank account."*

To modify Section 3.3 (Secretary). First, to insert a new item 9, *"The Secretary shall be a co-signer on the NEZF bank account."*, and to renumber the current item 9 as item 10."

**Intent:** to responsibly handle and account for money on behalf of the NEZF.

➤ **#2 Proposal regarding the NEZF web servant**

**Maker:** NEZF Finances Ad Hoc Chair, Bob B. (WNY RD)

**Proposal:** To add a section 4.5 creating the position of NEZF web servant, as follows:

5. Web Servant

1. The Web Servant shall manage the NEZF web site.

2. The Web Servant shall report on the NEZF web site to the NEZF at its regularly scheduled meetings.

3. The Web Servant must have at least five (5) years of continuous clean time.

**Intent:** to create a Trusted Servant position to responsibly manage the newly authorized NEZF website.

➤ **#3 Proposal regarding web site funding responsibility**

**Maker:** New Jersey Region

**Proposal:** The NEZF hosting regions for the present year have financial responsibility for the web site

**Intent:** To allocate funds effectively for the NEZF web site

This would mean that the two regions scheduled to host the Zone running January to January would be responsible for the cost of the website. The cost would be split 50/50 between both hosting regions.

The payments would begin if this proposal is passed, beginning January 2010. The policy that it currently would affect is the current collection of funds for the website; right now each region is responsible for a portion. At this point I do not foresee a financial impact to the NEZF directly.

➤ New Business:

**Proposal:** NEZF Proposal Regarding Regional Input  
**Maker:** From ZPT ad hoc committee

**Background:**

At the January 2009 NEZF in Cromwell, Ct., the members of the NEZF conducted an inventory using the Area Planning Tool, as adapted for use by the Zonal Forum. An ad hoc committee was then formed. The committee has taken as its task the creation of an action plan for implementation of the goals established by the whole body during the Zonal Planning Tool exercise. The highest priority goal identified was "To make member Participants aware of each other's issues". Among the bulleted items identified during the process, a number of suggestions were given which lend themselves toward accomplishing just that. In developing an Action Plan, the ad hoc committee putting forth as its first action the following

**Proposal:** That each region submit to the North East Zonal Forum, a regional report. It is suggested that the report include some basic information (e.g. geographical boundaries, number of meetings, etc), as well as current topics of discussion, concerns, and praises. We have created a starting point for what is proposed to evolve into a template for future use in creating regional reports for the Zone, here:

- Where is your region? Landmarks/Boundaries?
- How often does your region meet?
- How many areas do you have in your region?
- How many meetings do you have?
- Do you have an H & I committee?
  - How many H&I commitments go in each week?
- Do you have a PI/PR committee?
  - How many presentations do you do each month?
  - Who are the target audiences that they are presenting to?
- Do you have insurance?
  - Who is the insurance company?
  - Does your insurance company cover events?
- Does your region have a convention?
  - What about the areas in your region?
  - How many areas convention do you have in your area?
- What are the current regional issues of concern?
- Any regional successes lately?

**Timeline:** To bring these regional reports to the next two meetings of the NEZF, at which point we will determine how to best proceed from there, reviewing the input received and adjusting the template accordingly, as well as establishing an appropriate amount of time to devote to the reports in the agenda. We could, for example, make electronic submission of the background information part of the minutes (and orientation materials) and leave time in the agenda only for the discussion of new information/concerns added to each report.

**Resource/Impact:** We expect the financial impact to be marginal. While the addition of 15 – 20 pages to the NEZF minutes may seem significant, the number of actual copies printed has decreased as with time, and we can expect that trend to continue. The money we currently set aside for secretarial costs should easily cover the additional printing costs associated with this proposal.

The greatest impact will be in time. Since we cannot know ahead of time how much time it will take to present the information we are looking for from each other, we suggest evaluating the type and amount of information we are presenting, especially during the Zonal Forum (as opposed to any electronically submitted), at the NEZF in summer 2010.

**Addendum:**

As a result of input received during presentation of this proposal, we are recommending that each region electronically submit reports of any length they desire, but to limit the presentation of those reports to a summary not to exceed five minutes. We also propose that these reports be the first item after presentation of opening or housekeeping type activities on Saturday of the NEZF. We further propose that input/discussion/questions about the regional reports be reserved for the open forum session in the afternoon on Saturday.

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