

Plain States Zonal Notes at Norfolk

Saturday 7, 2009

Topics to be discussed at today's workshop

****OUTREACH****

****PR****

****WHAT IS ZONAL ABOUT****

Moment of silence

Readings

--Outreach—by Scott S.

- Scott started off explaining about what is in the starter packet.
- Once a meeting has started and you know who the regular members are, then officers need to be voted in

so you have some consistency in the meeting.

- Scott was asked if there was a hotline or main number where he could be reached, but he explained that members can get numbers to call from other members in the meetings, from counselors sometimes,

word of mouth also works great. What is important is to get the information to the service body, and if

that area has an outreach subcommittee then it would go to them. There is no phone number in the regional meeting list at this time.

- West brought forth that people have sometimes contacted the names found on flyers and those addicts

contact the area or put those people in touch with a member that can help them.

- Gary from Oklahoma —reports that it has been his experience that if you want to get in to the prisons,

get a hold of the ministers, they are the ones who get all the literature turned over to them.

- Dave-SENANA- Reports that he has found that the easiest groups to focus on are groups that are in a isolated location. But what about the groups that are in the cities that have a lot of other meeting in them

but have still dwindled down and don't know what to do. Does that still fall into outreach, when they

are within the city...*Scott reported back that yes it does...in fact they have a group in his area that has*

that same situation, and it has been outreach that has given the support.

- Carl from SD also reports that it helps if members get out of their comfort zone and reach out to others.

- Jennifer – Omaha ...Reports that she would like to get support for the outlining areas that don't get a lot

of members going out to them...also the Spanish speaking meetings...her area has a great need and

there is a language barrier...*Scott reports that he helped getting a Spanish speaking meeting going...He*

took someone who was bi-lingual to help translate, who was not part of the fellowship, and that helped with the language barrier. Often these small meeting just need you present for support, the language problems can be worked out Smaller outlying areas often don't have outreach, but that is where they are needed the most. The biggest problem in the big cities is that they have resentments or judgments possibly, and just don't want to travel that mile out of the city to reach out to a meeting.

- Another member talked about banner meetings....A banner meeting is when 4 people take a banner out to an outreach meeting...6 bring the banner back.

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- Kerri...Reports that what he has seen with Spanish meetings, is that people get frustrated, then they quite. Members who start a meeting or support a meeting need to give it at least a year. In Omaha people complain about driving through the hood, but the same members didn't have a problem driving through there to get their drugs. I think we have got lazy. *Scott comments that he had that same thing happen, a meeting that he helped to get started only lasted about 18 months then fell apart. Another meeting that was falling apart, had a banner meeting brought to the meeting, there were so many people that one member didn't know what to do.*

- Mary....Reports that she has heard of flood meetings where they get together and go to these out lying meetings for a month to help them. A lot of times, addicts in the bigger areas don't know about the outlying areas that are having problems. If your meeting has problems with needing support go to the bigger areas and let them know.

- Gary from Oklahoma reports that sometimes as outreach we do need to operate as the NA police... sometimes they have a great meeting but because they use other litt. that is not NA, it's not really an NA meeting. This is often because they don't know better and they just need to be taught the correct way. Once there was a small town that wanted both an H & I meeting and a NA meeting. The area decided to go with an NA meeting. But they are having some issues, one issue is that the Treatment center has asked that there be no cussing. The Treatment center does not realize that we don't restrict members

during their sharing in that manner. After much communication between the members and the treatment center the treatment center is finally starting to understand. But they did pull their members out of the meeting for a short while due to lack of understanding.

- Dave SENANA...Reports that to him it seems the key factor to a meeting failing is that there was only one member that wanted to start that meeting in the first place then when that member gets bored the meeting fails. It really needs to be started with more than one member and started for the right reason.

- John then read...we work in teams...2 or more people can offer support...provide suggestions...answering questions...members have to be informed what's going on in your area...be familiar with the subcommittees...contact numbers...how to get a hold of WSO if needed...sometimes crossing those geographic boundaries is part of the deal. Sometimes outreach should call the area they are going to visit so it is not a shock when they show up and it also helps to improve communication.

My first experience with reaching out to other communities was at RSC and the subcommittee was called outreach...it became all about addicts on asphalt...whether you understand the meeting or not...if you are there you are part of the support...I need to get off my ass to do something like that...people did that for my group so I return the favor...making it attractive is the key...and not forcing it on other people...offer lots of support is another key...outreach needs to have a plan...I made a plan and the other members that wanted to start up the meeting had a plan and both sides needed to commit and stay committed and that needed to be part of the plan...now the group is going strong...we have to be patient and committed...overlapping of services is later...we have to show support...language barrier or not...

you have to have a committee and a little structure yourself...and report to your area so you have accountability...organization is key too...they can help to make it affordable...outreach is what is going to have to happen

- Scott---there is no better feeling then when you see the expressions on the members facing when your supporting their mtg

- Skit---Gary Oklahoma---pretended to be a person with facility calling for H & I presentation---Scott

says we dress in our Sunday best because we need to look professional...get together with the warden....ask if PI can come in and speak with warden...after PI talks with warden....they contact H & I and that is very important...Outreach should be there to follow up because we need to make sure we

have the people that we need to show up

- Gary from Oklahoma asked why would an institution contact outreach instead of PI or H&I...*John says*

that it doesn't really matter who they contact...the three subcommittees should work together...I know

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situations where all three subcommittees showed up just so the warden would only need one meeting...

Outreach can support the other subcommittees

- Scott---Reports that one of the meetings going in the prison...it was at the work release...they decided

to make their own standing meeting...so H & I had to back out of there...It was neat to see a meeting

standing on their own.

- That meeting at the prison that while it was not an H & I meeting.....it would be known as a special

interest meeting because only members who had the badge to enter into the prison could go into the meeting.

John wanted to make a point – sharing a little bit about outreach...He had a friend who went to a smaller area

that had Na on again off again...he started a meeting...The two of them made a commitment to go 2 yrs to

work on this new meeting...on our way to the meeting each time we had a lot of fellowship...we kept going for

about a 1 ½ yrs and then those members at the new meeting made commitments...and the meeting is still

going...and growth spread out ...we didn't know what we were doing...the benefit is that we all stayed

clean..we are also connected...since then I've learned the value of the volunteer list, report to an area, groups

that are registered, if I keep connected that fosters more communication, if I report that I've made contact one

addict to another, it shows other members the benefits of reaching out, there are also many benefits for me.

There was also another situation where an inpatient women's facility wanted H & I too or a meeting. --In both

situations we needed a coordination's of the different members and subcommittees and the facilities. The

benefits of having an outreach subcommittee has fostered that idea that it is safe to go to the mtgs...and we did this with a subcommittee of two with half a dozen women volunteers. I report to the area and continue communication. It is a WE thing.

- Amanda—if you have an outreach subcommittee does that also fall under PR or is it its own entity---

John-- it could be part of PR or separate it depends on your area or region -- get a plan together...then

see what kind of commitment you can get together –

- Wanda – our region does have outreach – I think Gary felt that he wasn't getting any support and I

would like his input

- Gary D. – I tried flood mtgs with no support – I'm trying something new –wrote up a flyer maybe he can

get into the mtg list maybe he can get more support

- Gary Kansas – H & I and PI has basically become an outreach—I carry a message of faith and hope into

the prison and jail – any time someone calls and says I can't go—I get my lazy butt out and serve—the

benefit is God sent

- John – page 21 PR handbook is read re: how outreach works, this reading works for all three

subcommittees.

- Dave – I have been involved in getting a mtg started is you have to have a plan, get members involved in

the beginning who have some experience, use those members as a resource, don't try to swim against

the current

- Gary—I carried litt. To this prison before they let me carry the message into the facility, but I wanted to

make sure the seen was planted. Appearance and how you present yourself is a big part of the

acceptance also, but don't give up.

- Scott – I love outreach, I don't look at the sinking ship...I look at the new ship just put in the water...

look at the people who are already traveling...they would make a good outreach person...banner works

well...addicts on asphalt where they have a rock works, but all of these take a commitment. I know

there is people in every group and every area that are interested to do that.

BREAK FOR NA MTG AND LUNCH BE BACK AT 1:15PM

PR Presented by John S.

Moment of silence

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Serenity Prayer

12 Traditions Read

John began to set up display and started to teach members at the same time. John asked who had experience with PR or PI. In everyday with we deal with PR. Public interactions all the time. Part of this display would be good for professionals, at state fairs, etc. Usually there is an attraction thing, I've learned when watching those people, it is definitely an attraction thing. You never want to dress with something that will offend someone. Also learned, that if you show up at the hotel early you might be able to get the best table which is the one close to the coffee. I set up early, then I visit the other vendors. Treatment centers, pharmaceutical companies etc. I've learned that I need to keep my opinion to myself. I need to actively listen so I know what is going on around me. In PR and PI we have a lot of different aspects that we do every day. We have a whole host of things that we can do to be attractive to the public. There is several things that you can do to be a part of, you can volunteer on the phone line, pick up after an activity, remind other addicts about their cigarette butts, connecting with professionals, etc. This presentation is a constantly changing process. I'm still learning and I am not above using professionals to learn even more. The books are fake because too many were walking away. I am not computer alliterate. Technology is such that I don't know everything about it. I get online and investigate. I use to download all the surrounding regions mtg list and then they would out of date. Now I use general announcements. We are there to answer questions about NA. We are there to make the connection with the rest of the therapeutic community. We have no opinion of outside issues. We follow our traditions. It is pretty cut and dried. When we show up usually the program director hand delivers the next pre-registration. They want us back, which says something about our efforts. World has these little folders that you can put a card in, but we can't afford them. So I sat in my basement, figure red how to set up a little handout, with a rubber band around it and it works just as well but does not cost as much. I have little cards that have a number that people in each region can put on them so they can be handed out at the presentations. Don't push information on people, but I do make eye contact and say hello. Be nice to people, that is attractive. When I

play well with others it comes back. This is one aspect. I also have a sheet that I can write down any questions that I don't know, so that I can get back to them with the correct answer. Sometimes I need to make some phone calls to get people connected.

- Who do you contact to find out what conferences there are available? *In Kansas the probation office is a good source. Call the hospitals and Sheriffs office. The correction facilities are also a good place to contact. Also, treatment facilities. World services is also a good place to contact, click other for resource material.*

- West—those little packets...how many do you hand out? *The biggest one was 190 packets.*

- I've heard that when we go into a conference we have to have permission...how do we do that?

Contact your region, area or committee. If you decided it is too big for you...call me and I will come out to help. Just keep going up the line tell you find someone that can do it. Best thing to do is to keep everyone in the loop. Just make sure you don't lie to the people. Practice on the members around you.

The more you practice the better you will get.

- Have you videoed any of your presentations, if so are they available, if not, why not? *I don't mean this to be a put down, I just think that you would be a good example. I am willing to come in person.*

That's why I haven't thought about video. I don't even like photos, its not about me. Individual communication is more valuable.

- Wanda – I believe that truly we are untapped resources---we could go to community colleges—adolescent centers—fairs—we just all need to get together and brain storm. *You have reminded me about something I talked with another addict earlier—if you look in the yellow pages how much potential is there for drug abuse—endless supply or opportunity for PI or PR. Do we need to be invited....sometimes....what kind of contact do we initiate and what kind on contact do we wait to be initiated.*

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- Wanda—I know in Platte Co. we actually have people calling NA and asking if they can have NA speakers. *In Kansas we take down the total numbers and literature. The contacts have gone down*

(number of packets) because they know us in Kansas and know about us. That's a good thing. IT means we are doing our job. I'm trying to develop my paperwork so it fits who I am and what I do, not make it harder on myself. The smaller presentations that have 8, or 20 are good opportunities to bring

people in like sponscees to give the presentation to let them have some experience.

- Gary –Oklahoma—it's an us and a we thing but sometimes the us doesn't know about the we. You

have to have that communication. About 6 months ago, contacted by WSO, they get to do the big

ones, they get trickle down, they have contact person in that region or area to handle trickle down. I

got an email about 6 months ago, they are going to have a dept. of corrections in Oklahoma City, if

your region can put something together we will pay for your registration, we put a booth together that

three of us did. We had a jar that they could put their cards in and we also had a sign up list. We

ended up with well over 400 contacts. When we first arrived they weren't real glad we were there but

by the time we left they asked us if we would come back and talk for about ½ hour.

Wish we had

knowledge of John's presentation. *We need to come out of the closet as far as the fellowship. We need*

to be proactive in our efforts. Everyone here can be an advocate. We need to have the cards

available. Maybe a little business card.

- The way you set this up and present yourself is just amazing. What did the set up cost you to build?

Don't do what I did. I had my own opinion and decided to do this on my own. I was wrong in doing

by myself. I should have approached the zone first. But it has a great reaction...thank God. The big

blue book \$300.00 Each rack \$33.00 And there are some other expenses. IT could get expensive.

John S. 365-865-9999 (The big green bus)

- Normally it's just the people doing the presentation showing up. *NO!!! three guys bring three guys*

who bring three guys. Take as many people as you can is better.

- Mary – I have been to a lot of different areas and a lot of different PI and PR, we down play the

importance of PI and PR. You need to get PI in before H & I goes into a facility. We need to start in

our home groups and talk about PI. I don't see a lot of that. Maybe we can have a bigger PI

committee. We need to get people interested. *If each home group took say 10 copies of flyers about*

NA, got permission to hang up and hung them up, it would spread NA around.

- I actually sat in on a presentation at an adolescent wing. It was interesting because you hear things

during the presentation that you hear all the time. *Those 7 cards you hear at the beginning of the meeting.*

- Presentation....Hello my name is John and I am an addict...Introduce your members or

people....thanks for inviting us we are really happy that you invited us. Brief History of NA...

example...After several starts our fellowship finally got stronger. We are now up to 150,000 meetings

a week. Tells about Kansas meetings. Talk about our primary purpose, and what NA means..."any

mind or mood" altering drug. Roles of groups in our fellowship. Simple abstinence does not equal

recovery in our fellowship. We need to uncover the core of each addicts disease. In respect to what

you are looking for "the audience you are speaking to" I go over the core of each of the 12 steps in a

language that audience will understand. Talks about our litt., mtgs, sponsorship, service to our

communities, increases our chance of long term recovery. Spiritual not religious program even though

we do use the word god. Our fellowship is based on the principals of love, caring, experience,

strength, and hope. So we can grow into that productive member of society. How can we be found...

we will hand out litt. There is a WSO addy and number that you can get a hold of plus mtg lists. We

are really glad you invited us. Are there any questions for us?

- Talked about the PI power pointes available from WSO. But these are specific to our needs. The

majority of our zones are smaller then what the power pointes are set up for.
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- Gary Oklahoma was contacted by WSO...but the best contact is the delegate teams...that's the best

communication. Ultimately it would be great if the road show didn't have to go on the road any more

because all the areas can do it.

BREAK

- Mary started back up with moment of silence....serenity prayer....zonal starts back up tomorrow at

8am at hotel conference room.

• Next part is what is Zonal about.....Tim...Bryan....Gary....John...Zonal Form...1993 changes happened in WSC...one of the changes was how often the conference would be. That changed a lot of the zonal structures. Zones in particular...our world made up of 11 zones...our zone comprises 5 to 6 states...some people think that zonal created by resolution A...that is not the case...meetings every where were growing fast....word started spreading...a lot of the country's couldn't afford to send delegates....now a delegate within every region that is seated is funded...back then no one was funded...so back then the ones that could afford...spread the word...zones started wanted their own voice at the conference...their was much discussion about that....Time read what the memo said that was sent out by World about what zonal's were...outreach came out about a year after that statement came out... zonal was the first form of outreach...outreach adhoc lasted until 1998...result 3 separate hand books...our zone...conference decided to make some free time available at conference....in the old days our days were 9am until sometimes 11pm...with a lot of emotional decisions...decided this free time so zones could get together and discuss things...lowa to midstates...co...mid America...ne...didn't belong to one zonal...so we just hoped around to the separate zonal's...then we decided to put our own zonal together...8 people attended our first zonal...because we were small....2nd mtg fell through because we were small...showme decided to stay with their own zonal...co decided not to join because there were mountains between us...1999 resolution caused a change over....we had one world board...resolution left us to decide...this zone has tried to come up with solutions to work with resolution A...came to a decision that all zones were helping RD's and Alt. RD's do a better job and have a better resource...that's what our job is really about....evolution is happening....this zones purpose has remained intact...we pull our resources together all the time for different things...this zone has been going since 1995 and has had a lot of problems but it has still been going....

- Brian---can only tell of personal experience....what it's been for me is a big learning place....a pool of resources...your job as an RD is to help when needed...PI I'm not any good at...used my resources...I didn't have those resources or the knowledge of those resources until I participated in the zones...we all deal with the same type of problems....I've watched our zone grow...As an ALT. RD the first thing I did was to corner the world board members and ask them why they didn't follow resolution A all the way through...answer...the way we are doing now actually works better...the zone has been one of the greatest tools that I can use to communicate with the fellowship...my home group has changed in just the last two years...now they actually come to the asc...due to the things I've been able to learn and communicate to my home group...members of zone guided me through the situation....the resources of the people that come to the zone are endless...sometimes I felt like I was crazy and people at the zone gave me the tools I needed... service people have taught me never to say no to NAthat's why I'm here today...often the resources that I find in zone aren't available in my area....information found at zone is then taken back to area and groups...it's an honor to serve at this level...
- Johnwhen first started in 96 only had 9 months clean...bought car to attend...did workshops... disagreements throughout day....went to dinner with members had placed on pedestal got to know people and pedestal disappeared....I kept informed after that...kept driving to different NA activities/functions...decided that I was going to be a part of on every level...I decided to make a 20 comment...we did only do that years discussion topics for a long time...then we started talking about structure...policies....and things like that....I hope the product that was presented today was valuable to you guys because that is what the zone is about...we don't get together as often as we would like...because it takes a lot money these days to get everyone together...we bridge the gap as a zone...we show members that as individuals everything in service is possible...drafted some

policy for zone...that was adopted...I had some help for other RD's to help...now we have elected

officials....what we are doing today is communicating with you

- Gary D. I missed a couple too...the changes are just starting...service structure not set in stone...

your vote counts so much more then other countries because of your resources...in future that will

change...when the other countries start dividing up like the US is how much our vote counts will

change...our service structure will change, grow, and evolve...we have a tendency to panic with

changes...but changes are coming....there are more areas in some regions then there are groups in

this region...there are some regions that are project regions that only concentrate on a project at a

time...called task orientated rather then structure orientated...

- West....I used to be an RD....one thing that I have learned...every other year we go and do the CAR

and CAT...if we didn't have zone...we wouldn't get that big of an understanding ...we get lots of

ideas from lots of members...last zonal supported a new mtg ...that mtg had support from 5

different states to support that new mtg...that was due to zone...zones are a big pool of information...helps us get out of our area and get new information...

- Mary ... my experience with zone....I saw other people in zone that I could relate too....zone

helped me to understand that I was not alone...that helped me to stay in the rooms...

- John ... It is a we thing....no matter what position we are in....

- Tim I mentioned that there are 11 zones through out the world...we can fit the zone to fit

whatever this area needs...we used to provide a service called multiregional learning day...it ended

up being weeded out...then the zone was formed...we choose a different topic each time....there

was a long time we didn't have those topic discussions....I glad to see that our topics were kept fresh

this time...other zones like Canadian which goes coast to coast...they are expanding....tomorrow I

will bring up a topic that was brought up to me and zonal allows us to do that

- Gary D. what was the topic....there is a grp...that has two members...they are doing PI work...

needs some input

- James...as gsr I don't believe just my vote is the grp conscious....*the grp elected you to carry their*

conscious...if they are not showing up to the business....they are okay with your vote...

- Jerry –Oklahoma...there seems to be a lot on problem with grp conscious...I don't believe that the grp conscious should ever be used to violate the concepts...I believe that GSR's should carry their grp conscious not their own agenda...change will happen either through evolution or revolution... I'm an old-timers...I don't believe that I will ever be able to violate a grp conscious that has told me a way to vote....traditions aught never be negotiated .. I hope everything goes according to Gods will
- Misty .. when I am in the situation that I do not have a grp conscious I abstain or a no vote....
- Dave ... doesn't that take the GSR's opportunity to vote
- Misty....I believe that I should vote their grp conscious
- Keri ... there has been two for the last ten years....sometimes you need to vote ...
- Kevin ...I ran into that same problem but I had no voice to really carry...a lot of the time the only vote is my own...our home grp is about 10 people...we made a decision to actually call each member to get an opinion
- Keith ...We call members of our grp to get a vote too
- Carl ... two groups that got started....I gave them all the material needed....they were not interested in that and still aren't.....they just want the meeting...but all this don't interest them....this amazes me because service work is great for me but they are just not interested....I've watched our area go
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from chaos to organized chaos and in my mind it shows me that this program works...we all need to throw our input in
- My position of RD is to really get the pulse of heartbeat of my region...that's my job...that way when I go to world I have an idea of how the members in my region feel about different topics....
- Tim ...I agree with a lot of what was said...I believe in the 12 traditions...I also believe in the 4th concept...everything I do is about the fellowship...is it good or bad...if I abstain I'm not carrying the vote for any one....
- Johnyou have to elect the people that you trust....
- Brian ... before people are elected you need to ask them the hard questions and believe in them... people you could trust
- Misty ... the member was talking about being a new gsr....not getting anything to listen too

- Jerry ... some years ago I met a lady and complained about this situation...lady told me that she held grp conscious paid for her steak
- Jerry ...Oklahoma...Plain State zonal best kept secret....how can zonal be more informative to different areas instead of Region
- John...region gets information....RCM's take to areas...we still have some of the problems of the past with communication...zone can show up more....better word of mouth....
- Jen ...the website helps
- Kerri ...I've never seen list that asks what different regions, areas can do to help you
- John ... that was a project that I kind of initiated....then it died two years later
- Gary ... Oklahoma...our area grp sent us up here today....our area didn't even know about zonal... but I do carry our grp conscious...I'm glad they told us to do this...we are struggling as it is....we can't even get our own region to help us get litt. Our region is sitting on a lot of money and our area is a couple of hundred in the hole...our groups are small but we support our groups strongly...our recovery is awesome but most of our members are young...we don't have representation from our Region
- Rita....I remember back when I first started coming to zonal...7 yrs clean...I learned that I can provide you with information, but it is every members responsibility to read the reports. When Keith was RD he would write these lengthy reports. It was still my responsibility to read them...I think we have selective hearing...we end up causing problems...because of turf wars....we travel to different things...I need to get off my ass and do my report.....
- Gary ... Oklahoma...the communication has no connection...I am not getting the stuff I need from my Region.
- John...the job of RCM is to report back to the area what happened....it is the RCM'S job to take notes and report back to their areanot the secretary's job to bring information back to area.
- Brian spoke about service work and the fact that those of us that want it, will find a way, and those of us that don't won't ever be able to find a way.
- Pat W. talked about Tabbey S., a NA member who lives in Alaska and their area members drive 8 ½ hours to get to their ASC meetings. Mary closes....hug up and third step prayer

