



FIVE RIVERS AREA OF NA
(FRASCNA)

Aug 23rd, 2020 Meeting

Minutes on Zoom

1) CALL TO ORDER- 2:00

- Moment of Silence/Serenity Prayer- Erin
- 12 Traditions- Greg H
- 12 Concepts-Shannon H
- Service Prayer- David C

2) RECOGNIZE NEW GROUPS AND NEW GSR'S

- Aaron R- GSR of Guiding Principles
- Ben M- The War is Over
- Katie S- Blinking Light
- Welcome!!!

3) Roll Call-

Group name	June.	July.	Aug.
Atmosphere of Recovery	A	A	A
Better Read than Dead	A	A	A
Blinking Light	A	A	P
Clean by Candlelight Give Yourself a Break Saturday Night Live	A	A	A
Drug Busters	P	A	A
Entirely Ready	P	P	P
Fairborn Basic Text	P	P	P
Grow as We Go	A	A	A
Guiding Principles	P	P	P
HOW in Huber	A	A	A
It works if you work it Traditions Meeting Serenity Sundays	A	A	A
Living the Dream	A	A	P
More is Being Revealed	P	P	A
Never Alone	P	P	P
New Alive	A	A	A
Point of Freedom	P	P	A
Primary Purpose	A	A	A
Recovering Users	A	A	A
Serenity Down South	P	P	A
Sunday Night Stepping Out	A	A	A
Surrender from Self	A	A	A
The War Is Over	P	A	P
True Blue	P	P	P
Ultimate Weapon	A	A	A
Win on Wednesday	A	A	A
	10 P 15A	8 P 17A	8P 17 A

Admin Committee

Chair: Jim B
ABSENT (ERIN T CHAIRED)

Vice Chair: **OPEN**

Treasurer: Erin T
PRESENT

Vice Treasurer: **OPEN**

Secretary: Shannon H
PRESENT

Vice Secretary: Greg H
PRESENT

RCM: Dave C
PRESENT

RCM Alt: Stephanie B
PRESENT

Subcommittees:

Local Services: Sandi T (FILLED IN BOB B)
PRESENT

Policy: Alex H
PRESENT

Literature: Gerry O
PRESENT

Activities – DAVID G
PRESENT

Website- Britt B

**4) ADMIN COMMITTEE AND SUBCOMITTEE CHAIRS
REPORTS:**

A) SECRETARY REPORT:

Please submit reports either in person or online at secretary@fiveriversna.org. Also, if you are new, changed your email address, or you have not received a copy of the recent minutes, please let me know via email. That way I can ensure you get a copy as well.

Thank you for letting me be of service,
Shannon H

B) CHAIRPERSONS REPORT: No report

C) VICE CHAIR REPORT: Position open.

D) RCM REPORT:

8-23-2020

Hello family, another wonderful day to be clean! I hope everyone remains happy, healthy, and clean during these uncharted times of COVID.

Not a lot going on in the world of the Ohio Region. Minutes have been distributed, there are no motions needing voted on at the group level, but there are 2 Regional Service positions needing to be filled. We currently have the Vice-Secretary and Policy Coordinator positions open to be filled. If anyone has interest in the positions, or knows anyone that does, please have a nomination form filled out and get it to me via email at

dcollins.rn@me.com, so that can get it submitted at our next Regional meeting which is the weekend of October 11&12, 2020 in the Greater Cincinnati area. The Ohio Region website, www.naohio.org, has nomination forms, as well as policy so you can see the suggested requirements of the positions. If anyone has any questions on them, please feel free to reach out to me.

Thanks again for the opportunity to be of service to FRASNCA.

In loving service,

David C., FRASCNA RCM

E) TREASURER REPORT:

Discussed the following with the treasurer:

If wanting a receipt for any donations sent to the Treasurer, please contact her directly. She can hand write them, and then send them per request. She can also send a screen shot electronically or post them on her report that can be found in the minutes. She has willingly agreed to put them in her treasurer report. If anything else is needed from her, please contact her directly.

- Erin is requesting that if a donation is made via website, to please include the name of group. This will ensure accuracy in her report.

5) SUBCOMMITTEE REPORTS:

A) LOCAL SERVICES: Date: 8/23/20

Email Address for ASC Minutes: wilburn_rhonda@yahoo.com

Name of Group/Subcommittee: LSC

Time and Day of Meeting(s): 8/16/20 4:00 pm

Meeting Location: Zoom, link on website

Format:

Chair: Bob B

Secretary: Rhonda W

PR: Helen N

H&I: Aleida R

Outreach: Sandi T

Phone Line: Willie S

Website: Brit B

Flyers: Nick B

Literature Order: PR reports has not picked up lit order from Match. Total was \$28.56.

Area Donation: \$0

Report: All coordinators, chair, and secretary present for meeting. PR, Outreach, Phone Lines have no new activity to report. Flyers has not put out any new flyers, noticing that tabs are not being pulled when checking to see if flyers need replaced. Website trying to keep website updated. Struggle when people make changes because don't want to make information too long and complicated for addict looking for meeting on the site. Want easy access. Keeping up with changes such as masks needed or address changes. H&I had Woodhaven reach out looking for people to come in to share stories but will only allow one-person in. Determined this was not a H&I meeting however coordinator reached out to NA members to see is anyone would be interested to go in and share an NA message with understanding it is not an H&I meeting. Reaching out to Greenleaf to see if they would be interested in Zoom meetings since not allowing people into facility.

Meeting Schedule Changes/Updates: Continuing with online Zoom meetings for now. Will update Zoom meeting info on website monthly.

B) WEBSITE Britt has been updating website with area online meetings. Check out the website for more information. Please notify her with any changes. Donation button present, add name of the group for accurate accounting purposes. Annual fee for website due next month. Requesting 60.85 for website renewal. Copy of receipt sent to Erin for request of funds.

C) LITERATURE: No report sent in. Discussed the following:

How do people get their literature order?

You can meet Gerry at a meeting or contact him directly. He has the willingness to meet/deliver within reason.

D) POLICY: Alex was present, no report given. States that the policy has been revised and updated.

E) ACTIVITIES: Nominations for subcommittee need to be turned in for voting.

6) OPEN FORUM-

-Shannon H mentioned that she wasn't able to include getting to vote in for David G as chair of activities in the new business section due to the form not being filled out and sent in for voting.

-Greg H mentioned the importance of making the newcomer feel welcome. He is concerned that he isn't seeing many new addicts attend meetings and may not have access to the zoom meeting. We need to carry the message, and make sure they are informed of where to find meetings during the pandemic.

-Raymond E stated that his group, Living The Dream has decided NOT to donate to area. He is requesting guidance from area on where the money is actually spent. Where is the money going on an Area, Regional, and World level?

-Erin stated that on an area level, there are several monthly expenses which are all documented in the monthly treasurer report.

-David C spoke for the regional and world level. All expenses spent are included on their websites and are fully transparent. The process hasn't changed. Regional expenses include website and insurance. World expenses include pamphlets, literature, and conventions. There has been a noticeable difference in the amount of donations being send in. However, the expenses don't change, they have less income, and the same amount of bills.

-Greg H spoke on perhaps addicts want to see what goes in and out.

-Erin mentioned that she can show the online banking that shows ALL transactions and/or copies of itemized list of expenses.

7) OLD BUSINESS: none

8) NEW BUSINESS:

David G for chair of activities

9) GROUP REPORTS:

Atmosphere of Recovery:

Clydej213@yahoo.com

Meets Wednesday 7:30 to 8:30.

47 E. Franklin St

Bellbrook, Oh

Rotating format

GSR: Amanda J

Secretary: Minmi

Treasurer: Jimi P.

Literature: \$0

Area Donation: \$0

No report given or submitted

Better Read than Dead:
cnickell1981@gmail.com

6p-7:15p on Sundays
335 East Market St.
Xenia, Ohio 45385

GSR: Chad N
Secretary: James J
Treasurer: Tiffany W

Lit Order: \$0
Area Donation: \$ 0

No report given or submitted

Blinking Light:
ecurrier@hotmail.com
8:15- 9:30 on Fridays

350 North Fairfield Rd. Beavercreek Fridays at 8:15-9:30pm.
Rotating format

GSR- Katie
Secretary- Dan
Treasurer- Nikki

Literature: \$0
Area donation: \$0

Meeting is occurring in person, outside of the church. 10-30 addicts weekly. Many newcomers have been attending.

Clean by Candlelight, Give Yourself a Break, Saturday Night:

Literature Order: \$ 0
Area donation: \$ 0

No report given or submitted

Drug Busters:
Drugbustersna@gmail.com
6:30pm on Tuesdays
Peace Lutheran Church
231 Harry Sauyer Road
Hillsboro, Ohio
Open discussion

GSR: JR
Secretary: Katie
Treasurer: Renee

Literature order: \$0
Area Donation: \$0
No report given or submitted

Entirely Ready:
Shannon45449@gmail.com
Church of Nazarene
4701 Far Hills Ave, Kettering, OH
45429
Tuesday-7:00 pm to 8:15

Chairperson's choice literature study

GSR: Greg H
Secretary: Alli
Treasurer: Shannon H

Literature Order: \$0
Area Donation: \$60

Report- using zoom meetings. Meetings going well. 10-20 addicts weekly.
ID: 751-187-5877
Password: 0H5qcQ

Fairborn Basic Text
kkarjala0206@gmail.com
Fairborn Text Study
7:30pm-8:30pm Wednesdays
333 North Broad Street, Fairborn, OH
Format: Text Study
GSR: Kelly L.
Secretary: Luc H.
Treasurer: Eddie N.

Literature Order: \$0.00
Area Donation: \$0.00

Grow as We Go:
Nbutcher0335@gmail.com
Recovery Plus Center
333 N Broad Street
Fairborn, Oh
45324
Thursday 8pm-9:15P
Format: Chairpersons choice

GSR: Nick B
Secretary: Nick B
Treasurer: Nick B

Literature Order: \$0
Area Donation: \$0

No report given or submitted

Guiding Principles:

GNA83@sbcglobal.net
Wednesdays 7-8pm
Hill Side Chapel
3515 Shakertown
Beavercreek (around back)

Format: closed - Literature Discussion of Living Clean & Guiding Principles Texts

GSR: Aaron R
GSR Alternate: Nick D
Secretary: Doug S
Treasurer: Minami G

Literature Order: \$0
March/April Area Donation: \$ 75

Report: hybrid meetings

How in Huber:

Timmiller787@gmail.com

Wednesdays at 6:00 pm
Sulphur Grove United Methodist
7505 Taylorsville Rd
Huber Heights, OH
45424

GSR: Tim M
Secretary: Misty
Treasurer: Misty

Literature: \$0
Area Donation: \$0

Not doing zoom. No report given or submitted

It Works if you Work It:

Adam1039@gmail.com

Tues 6:30-7:30
Saint Columbkille Catholic Church
73 N Mulberry St
Wilmington, Oh
45177
Open meeting, Rotating format

GSR: Austin W
Secretary: Britt
Treasurer: Austin W

Lit Order-\$ 0
Area Donation: \$ 0

No report given or submitted

Living the Dream:

Taylor.vanvliet7@gmail.com

raymondelaamjr@gmail.com

Meeting Location:
444 country club Dr
Xenia oh
Monday 7:00-8:15

Chairperson choice

GSR: Taylor V
Secretary: Brad B
Treasurer: Bob B

Literature: \$ 0
Area donation: \$0

No report given or submitted

More is Being Revealed:

Moreisbeingrevealed@fiveriversna.org

Thursdays at 7:00pm
Fairmont Presbyterian Church
3705 Far Hills Ave
Kettering, Oh
45429

Rotating topic/literature from It Works How and Why

GSR: Ashley
Secretary: Freddie M
Treasurer: Mike D

Lit Order: \$ 0
Area Donation: \$0
No report given or submitted

Never Alone:
v_wenzel@hotmail.com

202 S. Winter St.
Yellow Springs, Oh
45387
Saturday 7:30-9:00

Topic discussion

GSR- Victor W
Secretary- Victor W
Treasurer- Scott L

Lit order: \$0
Area Donation: \$82.27
report: Meeting is back to in person at the park behind Scott L's apartment. The meeting has been attended by 30-35 people per week. It's an outdoor meeting, weather permitting.

New Alive:
Peck7144@gmail.com

Tues 7:45-9:00
St Marks Church
456 Woodman Dr
Dayton, Oh

Rotating format

GSR- Jerry
Secretary- Racheal
Treasurer- Ruthie

Lit order: \$0
Area Donation: \$0

No report given or submitted

Point of Freedom:
Starshine784@gmail.com

Thursday 8:00-9:00

Alpha Community Church
806 Alpha Rd
Beavercreek, Ohio
45301

Format: weekly rotating
candlelight meeting
Week 1: stick meeting
week 2 meditation meeting
week 3: literature meeting
week 4: speaker meeting
week 5: chair choice

GSR: Deanna M/Pam S
Secretary:
Treasurer: Deanna M

Lit order: \$ 0
Area Donation: \$0

No report given or submitted

Primary Purpose:

Lacejackovich@gmail.com

Wed 7pm

Hope Spot

335 Market street

Xenia, Ohio

GSR: Lace J

Secretary: open Treasurer: open

Lit Order: \$0
Area Donation: 0

Report: No report given or submitted

Recovering Users:

Nbutcher0335@gmail.com

Tuesday 8:00-9:00
100 N Broad St
Fairborn, Oh

Topic discussion

GSR: Nick B
Secretary: Scott O
Treasure: Carry S

Literature: \$0
Area Donation: \$0
No report given or submitted

Serenity Down South:

Fit2live629@gmail.com
63 Eat Franklin St
Centerville, Oh
Monday 7:00-8:15

Closed meeting,
rotating format

GSR- Britt B
Secretary- Tiffany H
Treasurer- Adam H

Literature Order: \$0
Area Donation: \$ 0

No report given or submitted

Serenity Sundays:

Sunday 6-7P
Faith Lutheran Church
421 Vine St
Wilmington, Oh
45177
Open Discussion

GSR- Austin W
Secretary: Mark F
Treasurer: Austin W

Literature: \$0
Area Donation: \$ 0

No report given or submitted

Sunday Night Stepping Out:

[Snider 8@yahoo.com](mailto:Snider_8@yahoo.com)

Sunday 7:00
FRS Counseling Center
149 Chillicothe Ave
Hillsboro, Ohio

Reading format from It works, How and Why

GSR; Jason S
Secretary: Jeremy H
Treasurer: Billy S

Lit order: \$0
Area Donation: \$ 0

No report given or submitted

Surrender from Self

surrenderfromself@fiveriversna.org

3939 Stonebridge Rd Kettering, Oh
45419

Seventh Day Adventist

Sundays 7:00 pm-8:00 pm

Rotating format

GSR- Michael Secretary- Open Treasurer- Open

Lit Order \$ 0
Area Donation: \$0

Link to online meeting
<https://meetings.ringcentral.com/j/1488719778>

No report given or submitted

The War is Over:

pcfierst@gmail.com

St George Epicostal
5520 Far Hills Rd

Kettering, Ohio

Sundays 7pm
Rotating format

GSR: Paul F

Secretary- Ben
Treasurer - Rick R

Literature Order: \$0
Area Donation: \$0

No report given or submitted

Traditions Meeting
Adw1039@gmail.com

Dove Church
1499 Rombach Ave
Wilmington, Ohio
45177

Text study

GSR: Austin W
Secretary: Mark H
Treasurer: Austin W
Literature order: \$0
Area Donation:0

No report given or submitted

True Blue:

Email: stephanie.bingamon@gmail.com
Sunday 6-7/7:15 as needed
Peace Lutheran Church
Beavercreek, Ohio

Format: Text Study (focusing on Living Clean until we complete the book)

GSR: Stephanie B
Secretary: Sandi T
Treasurer: Aleida R

Literature order: 16.48 TO CARRY OVER FROM BEFORE MEETING WERE SHUT DOWN
Donation: \$ 0. True Blue current has 140.66. We owe rent for March-August (60 dollars).

True Blue is meeting face to face and is averaging 20-25 people. We have collected \$211.66(since Feb.) minus \$60 for rent (March April May June July and Aug.) leaving us with a total of \$151.66.
We have a pending literature order of \$16.48. Currently we have \$0.00 donation for area.

Ultimate Weapon:

Literature: \$0

Area Donation: \$0
No report given or submitted

Win on Wednesday:

2701 S Smithville Rd
Dayton, OH 45420
Wednesdays from 7pm-8:00pm

Format: Chair Choice

GSR: Open
Secretary: Rochelle
Treasurer: Natalie

Literature: \$ 0
Area Donation: \$0
No report given or submitted

CLOSING PRAYER: 2:55 Erin T

*****NOTE FROM WORLD (THESE ARE THE RECOMMENDATIONS FROM WORLD)**

The COVID-19 pandemic has severely affected our Fellowship within our Region and around the world. However, we want you to know that you are not alone during this time. The Fellowship of Narcotics Anonymous is here to stay. Online NA communities are experiencing explosive growth, and now more than ever is the time to stay in touch with your sponsor and other recovering addicts. Many groups within the Ontario Region and Manitoba Area are replacing their “face-to-face” meetings with online meetings. Some members were reluctant to try online meetings at first, but they’ve found them to be surprisingly beneficial. Many members feel that the safest way to carry the NA message in this current climate is online or over the phone.

Best Practices for Online NA Meetings

The following suggestions have been compiled based on the collective experience of many NA Groups within the Ontario Region and around the world.

Participating:

- Although it is possible to use Zoom and other online platforms on a phone, it is recommended to use a computer or tablet.
- Be sure to log into the meeting early in order to work out any technical glitches that may occur.

- Please try attending from a room with minimal background noise.
- Keep your microphone muted when not sharing. Allow one person to speak at a time.
- Use the “Raise Hand” icon if you’d like to speak and wait for the Chairperson to call on you.
- If using video, please act as if you are at a face-to-face meeting. This means don’t talk on the phone, walk around while on camera, or otherwise appear to be distracted. You can always turn off video to do these things.
- Just like a face-to-face meeting, drugs or paraphernalia are not allowed. Furthermore, harassment or threatening language will not be tolerated.
- Be sure to contribute to the 7th Tradition, if you can. This money is often used to pay for the hosting platform and to contribute to other levels of service. This can be done with a PayPal account, e-transfer, etc.
- Non-addicts are welcome to attend “open” meetings but are asked not to share.
- Don’t record any part of the meeting. Respect the anonymity of others by ensuring that you are in a private space or using headphones. Also, if you’d like to maintain personal anonymity, you can use an alias or turn your video off.
- For a list of online NA meetings, check out the links below:
 - <https://virtual-na.org/> ○ <https://naworks.org/dana/video-test/> ○ www.na.org (Click “Find a meeting” and select “Web” under “NA Meeting Search”)

Hosting:

- Although a free version of Zoom and other online meeting platforms exists, it is best to purchase a version that will allow for maximum attendees and extended time limits.
- You may wish to facilitate the meeting with at least two volunteers: a chairperson (leads the meeting) and a moderator (hosts the meeting and controls participation via muting, ordering shares, etc.)
- It is best to have a preamble/format to follow.
- You may wish to organize the readings on your computer before the meeting starts. If you ask volunteers to read, you can pull the reading up on your screen and click “Share Screen”.
- Mute all participants to minimize distractions and background noise. Unmute whoever is sharing.
- Ask participants to use the “Raise Hand” button in order to share or volunteer to do readings.
- If there are many participants, you may wish to have multiple chairpersons and split the meeting into small “breakout rooms”.
- For the 7th Tradition, you may wish to open a PayPal account or accept e-transfers. 7th Tradition money can be used to pay for the online meeting platform and to contribute to other levels of NA service. Mention that non-addicts are asked not to contribute, due to our policy of self- support.
- Make the most of your online meeting! Try out an international speaker meeting! Invite a speaker or two from another part of the world!
- Here are some common platforms for hosting online meetings:
 - Zoom ○ In The Rooms ○ Blue Jeans

Best Practices for “Face-to-Face” NA Meetings

Our literature talks about becoming “...*acceptable, responsible, and productive members...*” of society. Many groups feel that the responsible thing to do right now is to temporarily close its in-person meetings. Some groups have faced backlash for choosing to continue to meet in person. There may also be legal implications for continuing to do so. With COVID-19 changing our society daily, it is difficult to say what may be acceptable—or legal—tomorrow.

The following list of suggestions has been compiled based on the collective experience of many NA Groups within the Ontario Region and around the world. It is important for us to clarify that it is currently **against the law** in many places to congregate in public. Please take local laws into consideration before continuing to conduct in-person NA meetings. Also, **this list does not constitute medical advice**. These suggestions are just that—**suggestions**. They are suggestions based on our collective experience for minimizing risk, **not eliminating it**.

- Your Group may wish to consider closing its in-person meeting for now and deliver it online instead. Many groups have already done so and there are members who are willing to help with this. Email pr@orscna.org for assistance.
- Refrain from attending meetings if you are sick.
- Wash and sanitize your hands before and after attending meetings.
- Refrain from hugging or shaking hands.
- Refrain from serving coffee or other refreshments.
- Refrain from handing out readings. Instead, the Chairperson or Secretary can assign readings before the meeting starts, asking people to read from their smartphones. Our main readings are available for free at: www.na.org under “Literature”.
- Refrain from giving out keytags. Instead, you can go through the “recovery milestones” and ask members to raise their hand if they are celebrating clean time.
- Refrain from passing the basket for the collection. Instead, your Group may want to consider e- transfers or online payments as an alternative to handling money. If your group still insists on taking a collection at the meeting, you may wish to announce that the basket is being kept at a designated spot, and ask members to contribute before leaving, if they can.
- Your Group may wish to announce online meetings during the announcements. Also, be sure to announce local meeting closures.
- Instead of closing the meeting with a group hug, members may want to stay in their seats instead.

These suggestions are offered in the spirit of NA unity and group autonomy. If you have additional suggestions, please email pr@orscna.org.

Even though COVID-19 has affected our Fellowship, we are still finding ways to come together. We are never alone.

Sincerely,

Ontario Regional Service Committee of Narcotics Anonymous

