



**FIVE RIVERS AREA OF NA**  
**(FRASCNA)**

**Sept 27th, 2020 Meeting**  
**Minutes on Zoom**

**1) CALL TO ORDER-**

- Moment of Silence/Serenity Prayer-
- 12 Traditions-
- 12 Concepts-
- Service Prayer-

**2) RECOGNIZE NEW GROUPS ANS NEW GSR'S**

**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

Vice Chair: OPEN

Treasurer:

Vice Treasurer: OPEN

Secretary: Shannon H

Vice Secretary: Greg H

RCM: Dave C

RCM Alt: Stephanie B

**Subcommittees:**

Local Services:

Policy: Alex H

Literature: Gerry O

Activities – DAVID G

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](mailto: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. I was unable to attend this months minutes, so my data might now be correct. I am relaying the information that was sent to me.

Thank you for letting me be of service,  
Shannon H

**B) CHAIRPERSONS REPORT:**

**C) VICE CHAIR REPORT:** Position open.

**D) RCM REPORT:** none

**E) TREASURER REPORT:**

# FRASCNA TREASURER'S STATEMENT

DATE: 7/28/2020 BALANCE FORWARD \$284.85

## EXPENSES

CHECK #	VENDOR	AMOUNT
1710	Erin S- storage unit	\$60.85
1711	Shannon H, Offie 365	\$69.99
1712	Dan G, website	\$25.20
		\$0.00
		\$0.00
		\$0.00
		\$0.00
		\$0.00
		\$0.00

GROUP / SUBCOMMITTEE	DONATION / INCOME	GENERAL EXPENSE	LITERATURE EXPENSE	TOTAL EXPENSE
				<b>\$156.04</b>
Fairborn Basic Text	\$0.00			
Blinking Light	\$0.00			
Entirely Ready	\$57.96			
Primary purpose	\$0.00			
Guiding Principles	\$72.52			
Recovering Users	\$0.00			
Atmosphere of Recovery	\$0.00			
HOW In Huber	\$0.00			
Living the Dream	\$0.00			
Never Alone	\$80.29			
More is Being Rev.	\$0.00			
New Alive	\$0.00			
Point of Freedom	\$0.00			
Drug Busters	\$0.00			
Serenity Down So.	\$10.00			
Surrender From Self	\$0.00			
The War is Over	\$22.03			
True Blue	\$0.00			
Ultimate Weapon	\$0.00			
Win on Wednesday	\$0.00			
Paypal unknown group donations	\$0.00	\$0.00	\$0.00	\$0.00
H&I		\$0.00	\$0.00	\$0.00
Public Relations		\$0.00	\$0.00	\$0.00
RCM		\$0.00		\$0.00
RCM-A		\$0.00		\$0.00
Secretary		\$0.00		\$0.00
<b>TOTAL</b>	<b>\$242.80</b>	<b>\$0.00</b>		<b>\$156.04</b>

## INCOME

798.67	BAL. FWD.
242.8	INCOME
1041.47	SUB TOTAL
156.04	EXPENSES
885.43	BALANCE

## RECONCILIATION

<b>BALANCE PER BOOKS</b>	
<b>OUTSTANDING CHECKS</b>	
<b>Cash Deposit</b>	
<b>Prudent Reserve</b>	\$ 800.00
<b>BALANCE PER BANK</b>	

## 5) SUBCOMMITTEE REPORTS:

A) **LOCAL SERVICES:**

B) **WEBSITE- none**

C) **LITERATURE:**

- **Beginning Cash balance \$321.98**
- **No Literature orders placed w/World**
- **2 FRASCNA order processed = \$41.81**
- **Cash balance 9/27/2020 = \$363.79**

**In Loving Service!**

**Gerry O.**

**D) POLICY- No report**

**E) ACTIVITIES:**

**Date: 9/27/20**

**Email Address for ASC Minutes: [Buckeyefan1214@gmail.com](mailto:Buckeyefan1214@gmail.com)**

**Name of Group/Subcommittee: LSC**

**Time and Day of Meeting(s): 9/2020 4:00 pm**

**Meeting Location: Zoom, link on website**

**Format:**

**Chair: Bob B**

**Secretary: open**

**PR: Helen N**

**H&I: Aleida R**

**Outreach: Sandi T**

**Phone Line: Willie S**

**Website: Brit B**

**Flyers: Nick B**

**Literature Order: n/a**

**Area Donation: \$0**

**Report: All coordinators, chair, present for meeting. Rhonda resigned as secretary. H&I at standstill mostly due to facilities not allowing meetings in. Aleida asked Helen (PR) to reach out to Woodhaven to see if they would be interested in presentation. Woodhaven not responding to Aleida. PR suggested putting together a list of online and face to face meeting to give out to facilities and institutions. Outreach reaching out to outlying area meetings to see how things are and encourage them attend area. Flyers put out 7 new flyers. Phonenumber answered three of four calls. Website updating frequently. Wants to add group reading to website. Receiving email from world and wants to make sure people see the emails. In new business it is noted that many service positions in LSC are open. Vice chair, Secretary, PR (Helen will continue but is ready to pass this on) and all vice coordinators. Flyer in website. Members encouraged to announce at meetings.**

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

- 6) OPEN FORUM- none
- 7) OLD BUSINESS: none

8) NEW BUSINESS:  
David G for activities chair



FRASCNA Trusted Servant Nomination Form

Date: September 28, 2020

Nomination for (position): Activities Chair

Nominated by (Group/individual): Activities

Nominee's Name: David Gnow

Nominee's Qualifications:  
Previous activities chair (2x)  
I have a job  
LSC chair (2x)  
I have real hair  
Current Activities Vice Chair  
Various group level service

Clean Date: 2/1/2010

Current NA positions: Vice Chair of FRASCNA Activities

Past NA positions:  
Activities chair  
LSC chair  
Activities vice chair

Service positions resigned from (explain reason why):  
none, I have a perfect record.

9)  
 10) GROUP REPORTS:

Atmosphere of Recovery:

[Clydej213@yahoo.com](mailto: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](mailto: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- Jordan  
Treasurer- Nikki

Literature: \$0  
Area donation: \$68

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](mailto:Drugbustersna@gmail.com)

**6:30pm on Tuesdays**

**Peace Lutheran Church**

**231 Harry Sawyer 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: \$20

Report- We went back to in person meetings this month. Average of 20-30 people with a treatment center coming.

**Fairborn Basic Text**

[kkarjala0206@gmail.com](mailto:kkarjala0206@gmail.com)

Fairborn Text Study

7:30pm-8:30pm Wednesdays

333 North Broad Street, Fairborn, OH

MEETING AT THE PARK FOR NOW

**Format:** Text Study

**GSR:** Kelly L.

**Secretary:** Luc H.

**Treasurer:** Eddie N.

Literature Order: \$0.00

Area Donation: \$20.00



Group is doing well. We went back to in-person meetings as of Sept. 16<sup>th</sup>. Although we are at the park next to the YMCA on Central Ave in Fairborn to help with social distancing. Meeting attendance is 6-10 people. Thee last two weeks we have had more because of the Christopher house being there.

**Grow as We Go:**

[Nbutcher0335@gmail.com](mailto: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

**Both Face-to-face & Virtual Zoom meeting as of June 2020**

GSR: Gerry O  
GSR Alternate: Mike S  
Secretary: Nick  
Treasurer: Gerry O

Literature Order: \$0  
March/April Area Donation: \$ 55

**How in Huber:**

[Timmiller787@gmail.com](mailto: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](mailto: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](mailto:Taylor.vanvliet7@gmail.com)

[raymondelaamjr@gmail.com](mailto: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: \$80

**30 addicts weekly**

**More is Being Revealed:**

[Moreisbeingrevealed@fiveriversna.org](mailto: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](mailto: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: \$80.00  
Repot: 35 people per week. It's an outdoor meeting, weather permitting.

**New Alive:**  
[Peck7144@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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- Britney W  
Secretary- Danielle  
Treasurer- Britt

Literature Order: \$80.99  
Area Donation: \$ 45  
20 addicts weekly

**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](mailto: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](mailto: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](mailto: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](mailto: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: 39.41

Donation: \$ 96.25 being mailed to Erin via check

True Blue is meeting face to face and is averaging 10-30 people. We have collected \$211.66(since Feb.) minus \$60 for rent (March April May June July and Aug.)

### **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 7<sup>th</sup> 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](http://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 7<sup>th</sup> Tradition, you may wish to open a PayPal account or accept e-transfers. 7<sup>th</sup> 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](mailto: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](http://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](mailto: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



















