



FIVE RIVERS AREA OF NA
(FRASCNA)

Jan 24, 2021

Minutes on Zoom

1) CALL TO ORDER- 2:00

- Moment of Silence/Serenity Prayer- Doug S
- 12 Traditions- Greg H
- 12 Concepts-Jeff K
- Service Prayer- Vic W

2) RECOGNIZE NEW GROUPS ANS NEW GSR'S

Britney W of Serenity Down South

3) Roll Call-

| Group name | Aug | Nov | Jan |
|--|------------|-----------|-----------|
| Atmosphere of Recovery | A | A | A |
| Better Read than Dead | A | A | A |
| Blinking Light | p | P | A |
| Clean by Candlelight Give Yourself a Break Saturday Night Live | A | A | A |
| Drug Busters | A | A | A |
| Entirely Ready | P | P | P |
| Fairborn Basic Text | P | P | P |
| Grow as We Go | A | A | P |
| 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 | P | A | A |
| More is Being Revealed | A | A | P |
| Never Alone | P | P | P |
| New Alive | A | A | A |
| Point of Freedom | A | A | P |
| Primary Purpose | A | A | A |
| Recovering Users | A | P | A |
| Serenity Down South | A | A | P |
| Sunday Night Stepping Out | A | A | A |
| Surrender from Self | A | A | A |
| The War Is Over | P | P | A |
| True Blue | P | P | P |
| Ultimate Weapon | A | A | A |
| Win on Wednesday | A | A | A |
| | 8 P 17A | 7P 18A | 9P 16A |

Admin Committee

Chair: Jim B
ABSENT (DOUG S CHAIRED)

Vice Chair: OPEN

Treasurer: Erin T
ABSENT

Vice Treasurer: OPEN

Secretary: OPEN

Vice Secretary: Greg H
PRESENT

RCM: Dave C
PRESENT

RCM Alt: Stephanie B (She is resigning, having a baby)
PRESENT

Subcommittees:

Local Services: BOB B
PRESENT

Policy: Alex H
PRESENT

Literature: Gerry O
ABSENT

Activities – DAVID G
PRESENT

Website- Britt B
ABSENT

**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.

With the secretary position open, I am willing to serve as secretary as of Jan 2021. I have fulfilled my commitment as vice secretary in 2020 and am willing to be secretary in 2021. Please also let people know we are in need of many admin positions to be filled.

Thank you for letting me be of service,
Greg H

B) CHAIRPERSONS REPORT: No report

C) VICE CHAIR REPORT: Position open.

D) RCM REPORT: 1-24-2021

Hello family, it's a great day to be alive and clean! I hope life and recovery is being generous and serene, as it is for me, for everyone hearing or reading this right now.

I was unable to attend the Ohio Regional Service Committee meeting the second week of January. My mother passed away the day of the meeting, and thanks to God, the 12 steps, and my program of recovery, I was able to be at her side as a source of strength and support for my family instead of

running and masking my feelings with something. I will review the regional report once I get it and bring forth in my February report any motions that need voted on and any news that is pertinent.

Thank you all for your support, thoughts and prayers as I went through this trying time recently in my life and recovery, everything was greatly appreciated.

In loving service,

David C., FRASCNA RCM

E) TREASURER REPORT:

Report is attached as a PDF document. I was unable to copy it over in excel or Adobe format. Ill figure this out in the future.

5) SUBCOMMITTEE REPORTS:

A) 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.

B) LITERATURE

Date: 01/24/2021

Email Address for ASC Minutes: GNA83@sbcglobal.net

Name of Group/Subcommittee: Literature Committee

Lit Chair: Gerry O.

Report:

- **Beginning Cash balance \$741.07**
- **15 Literature orders processed = \$483.32**
- **Literature orders placed w/World = \$753.99**
- **Cash balance 01/24/2021 = \$470.40**

In Loving Service!

Gerry O.

C) POLICY: None submitted

D) ACTIVITIES: Dec and Jan both submitted

LSC Minutes 12/20/2020

Attendance:

Bob- Chair, Aleida- H&I, Helen- PR, Doug, Paul, Betina

Not in attendance:

Sandi-Outreach, Willie- Phone line, Britt-Website, Nick-Flyers

H&I: nothing new to report, would like to do more and open to suggestions.

PR: As per our discussion at the last meeting, 2 weeks ago, I mailed letters with our website information and how to access On-line meetings for clients and patients to attend Five Rivers virtual meetings to:

1 – Access

2 – ADAMHS

- 3 – ARC
- 4 – Christopher House
- 6 – Ethan Crossing
- 7 – Full Circle
- 8 – Highland County Lt. Brown
- 9 – Lumiere
- 10 – Mckinley Hall
- 11 – MonDay program
- 12 - OneFifteen
- 13 – WRC

I am also drafting another motion to be taken back to the area business meeting to ask for them to pay for a Zoom account for the subcommittee’s use, the ASC and to not exclude struggling meetings.

I used all the stamps and bought more, so I am asking for a reimbursement of \$22 for stamps. Also I did attend the world PR workshop in November, but missed the Regional meeting in Dec. PR is having trouble with maintaining our image of recovery when groups decide to not adhere to the community guidelines re: COVID restrictions. Much was discussed about the problems with keeping in person meetings within the regulations provided by local government.

When it is safe to return to the community, I would like to resume the PR meetings and hopefully teach someone about PR. July was the end of my term as PR chair and I have no Vice Chair. Please spread the word about this need.

Thank you for allowing me to serve,
ILS, Helen N.

MOTION: To obtain, pay for monthly, and utilize a Zoom Pro account for the area subcommittees, ASC Meeting, and to allow access to any struggling groups. ASC to be point of contact (NA concept #5).

INTENT: In compliance with our 7th tradition, NA is fully self-supporting, noted on page 127 of Guiding principles book, “Paying for meeting space is one way we demonstrate self-support”

and page 130,

“When we ask our service bodies to do something, we need to give them the resources to carry out our instructions – which means we will support them with our time, money, and enthusiasm.”

Over and over again in our literature, it clearly states that we never do things alone or on our own. Currently, our zoom meetings for subcommittees and the ASC are being provided by an individual. NA traditions are NOT negotiable.

Since our funds come from our GROUPS, we need to NOT exclude groups from utilizing our zoom account. If a group is struggling to start a zoom meeting, we need to offer solutions. Presently, there are no conflicts or overlaps in times re: subcommittees and ASC. **If** we need to expand the account to include more than one password, that motion can be made at that time of need.

COST: \$14.99 per month per password. Access is 24 hours a day. Will not be cut off after 40 minutes during zoom meeting. Paid by Area treasurer.

Sandi-Report sent in. Sunday Wilmington meeting at 7 pm closed per GSR of the meeting. Low to no attendance.

Willie- Report sent in. One call on helpline. Call answered and directed to a meeting as well as website for current meeting schedule.

New business: Paul has interest in to chair PR, Helen willing to help during transition. During this meeting there were outside individuals who came into the meeting and were causing some problems with the meeting. The agitators were able to be removed.
No old business: None

LSC Minutes 01/17/2021
Zoom at 4 pm

Attendance:

Bob- Chair, Sandi-Outreach, Helen- PR, Willi- phone, Britt B Website, Doug S , Paul F , Bettina L

Not in attendance:

Aleida H&I, Nick-Flyers

Open Positions:

Secretary and Vice Chair

Group Reports:

H&I: Nothing new to report. We are currently not going into any facilities.

PR: Waiting on motion to go to area for Zoom account. Has access to a sponsees personal Zoom account to be able to have longer meetings but feels conflicted about that. Is hoping to have a PR meeting soon starting the first Sundays of every month. This works for Paul, Doug and Bettina. Website-Making changes at they come in. Using LSC FB page to have home group members check accuracy of the meetings. Paul made a suggestion about the mobile site and possible changes to meetings drop down on mobile site.

Outreach- Sunday Wilmington meeting at 7 pm closed per GSR of the meeting. Low to no attendance.

Phone- One call on helpline. Call answered and directed to a meeting as well as website for current meeting schedule.

Flyers-no report

Old Business- Helens motion was sent to area.

New Business- Doug gave updates on area. Has been in contact with Jim. Helen made motion to nominate Doug S for area chair. Paul second. Sandi said she will reach out to groups to remind them to attend area. Britt said she would help Sandi with contacting groups.

6) OPEN FORUM-

Steph B asked what was going on with Policy and is Alex done with it? She said she cannot find it anywhere and it is not updated. Alex was present today and sent all documents she asked for regarding policy info that he had to secretary. Greg sent out what Alex sent to all emails he had. Alex's term was up in June. Steph is willing to become policy chair.

Austin W announced a new meeting at the Hope Spot called No Reservations. It happens on Thursdays from 5:30-6:30. It is now open.

David C asked if it would be possible to get an outdoor activity planned. David G said he was looking into possibly setting up a golf outing in May.

Deanna asked who updates the NA mtg search app? Point of Freedom needs to update what it says. Doug S said that group needs to take it up with World Services. David C said that if you email

mobile@NA.org that it can be resolved that way. Raymond E also stated that you have the option to report meeting changes this way.

David G did an inventory of the storage unit. He believes we need to keep this unit. Dave S is asking if we should get rid of it because the items may not be worth the cost of the unit in the long run. Larry H said that from past experience it is a huge pain in the butt to not have one. Storing things at someone's house or having to go buy them for every event is a huge inconvenience. Also, then stuff is scattered everywhere. David C says call to order. Dave S says it goes against the 11th concept.

7) OLD BUSINESS:

Doug S rules out of order on every other month motion, eliminating that motion.

Bob B's motion submitted and attached. Need to vote on this.

8) NEW BUSINESS:

Nominations for admin:

-Joe A nominates Stef B for Policy chair

-Dave C nominates Britt B to remain as Webmaster

-Dave C nominates Tiffany H as Vice Lit and Distribution

-LSC nominates Doug S for Area Chair

-Doug S nominates Greg H for Area Secretary

-Stef B nominates Larry H for Vice Chair. Larry was on the call and is willing.

-We need a Vice alt RCM. David C's term is ending in June.

-Erin S does not want to continue as treasurer. We need a vice treasurer bad.



FRASCNA Motion Form

Maker of Motion: ___Bob B Chair LSC_____

Seconded by: _____Helen N PR_____

(Policy will show who is to be allowed to second a motion, ie.GSR, anyone, etc.)

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Motion Number (leave blank for Secretary): _____

Date: 1/17/21

Nomination for (position): FRASCNA AREA CHAIR

Nominated by (Group/individual): LSC

Nominee's Name: Doug S

Nominee's Qualifications:

I will be available every 4th Sunday at 2pm to chair meeting.
 I have the time and ability to carry out the duties associated with the chair position.
 I'm an active member of the NA fellowship.
 I have an NA sponsor, I work NA steps. I have worked the NA traditions and service concepts with my sponsor.
 I have a working knowledge of Roberts Rules of order, The NA Guide to Local Service and our Area policy.
 I have experience chairing service meetings.
 I love our fellowship and want to serve our area

Clean Date: 2/15/1991

Current NA positions:

Secretary of my homegrown Guiding Principles
 I sponsor dudes.

Past NA positions:

Group level (Secretary, treasurer, GSR, GSRA, Coffee Maker etc...)
 Subcommittee (H&I chair, PI chair, LSC chair, PR chair, Activities chair, Phone line chair)
 Area level (secretary, chair, literature)

Service positions resigned from (explain reason why): None



FRASCNA Trusted Servant Nomination Form

Date: 1-24-2021

Nomination for (position): Policy chair

Nominated by (Group/individual): Joe A

Nominee's Name: Stef B

Nominee's Qualifications:

Has been alt RCM for the past year. GSR of True Blue group
the

Clean Date: _____

Current NA positions:

RCM alt of area, Home group GSR

Past NA positions:

Area service, GSR, Home group secretary and
treasurer

Service positions resigned from (explain reason why):

none



FRASCNA Trusted Servant Nomination Form

Date: 1-24-2021

Nomination for (position): Area Vice Chair

Nominated by (Group/individual): Stef B

Nominee's Name: Larry Hudson

Nominee's Qualifications:

Many years clean and of service to this area

Clean Date: _____

Current NA positions:

Past NA positions:

Area chair, GSR, Home group secretary

Service positions resigned from (explain reason why):

none



FRASCNA Trusted Servant Nomination Form

Date: 1-24-2021

Nomination for (position): Vice-Lit & Distribution

Nominated by (Group/individual): Serenity Down South

Nominee's Name: Tiffany Howard

Nominee's Qualifications:

Works steps and has a sponsor

Clean Date: June 12, 2013

Current NA positions:

None

Past NA positions:

H&I, Vice-H&I, Area secretary

Home group GSR, secretary

Service positions resigned from (explain reason why):

Area secretary – Needed to focus on personal recovery after consulting with sponsor



FRASCNA Trusted Servant Nomination Form

Date: 1-24-2021

Nomination for (position): Webmaster

Nominated by (Group/individual): Serenity Down South

Nominee's Name: Brit Barone

Nominee's Qualifications:

Current Five Rivers Webmaster

Clean Date: 7/14/2016

Current NA positions:

Webmaster, Home group treasurer

Past NA positions:

GSR, Home group secretary

Service positions resigned from (explain reason why):

none



FRASCNA Trusted Servant Nomination Form

Date: 1-24-2021

Nomination for (position): Area Secretary

Nominated by (Group/individual): Doug S

Nominee's Name: Greg Hamed

Nominee's Qualifications:

Has been vice sec for the past year. GSR of Entirely Ready group the past year

Clean Date: 3/23/2015

Current NA positions:

Vice sec of area, Home group treasurer and

GSR

Past NA positions:

GSR, Home group secretary and
treasurer

Service positions resigned from (explain reason why):

none

GSRs- Vote on these motions please ****

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
No report given or submitted

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 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: Amy J

Treasurer: William H

Literature Order: \$0

Area Donation: \$0 (no one able to collect the money this month for Area, but Amy J has been collecting money and we will make a double donation next month)

Report-In person meetings going well. 10-20 addicts weekly.

Fairborn Basic Text

kkarjala0206@gmail.com

Fairborn Text Study

7:30pm-8:30pm Wednesdays

333 North Broad Street, Fairborn, OH . Also online.

Format: Text Study

GSR: Kelly L.

Secretary: Luc H.

Treasurer: Vic W

Literature Order: \$0.00

Area Donation: \$20.00

Report: The group is blended and doing well. Attendance has been up lately to around 25 addicts per week. Most of the attendance is from a recovery house.

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: Jeff K

Secretary: Nick B

Treasurer: Nick B

Literature Order: Key tags
Area Donation: \$20

Meeting is going well. 12-16 addicts weekly. 1-3 Newcomers

Guiding Principles:

Dawvid06@gmail.com
Wednesdays 7-8pm
Hill Side Chapel
3515 Shakertown
Beavercreek (around back)

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

GSR: Dave S
Secretary: Doug S
Treasurer: Minami G

Literature Order: \$0
Area Donation: \$36

Report: The meeting is doing very well. Averaging 14 addicts per week. We require masks to attend the meeting and Zoom format is also available.

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

raymondlamjr@gmail.com

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

Chairperson choice rotating format

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

Literature: \$ 0
Area donation: \$93

Averaging 30-35 addicts a week. We are asking people that come to socially distance, and wear a mask, per church rules.

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

Recovery plus center
333 N Broad St
Fairborn, Ohio
8-9:30

Topic discussion

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

Lit order: \$ 41.92
Area Donation: \$74.08 (donated to Erin on Pay Pal through area website)

Report: The meeting has been attended by 30-35 addicts per week. This has been an excellent meeting with a great mix of newcomers and people with some clean time.

Meeting schedule changes updates: Masks are required. The meeting will still be taking place on Saturday nights but, for the foreseeable future, the meeting will be at Recovery Plus in Fairborn.

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

Report: Meeting going well.

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

10-15 addicts weekly. Meeting going well. The GSR, Lillie has been absent.

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 B

Literature Order: \$0

Area Donation: \$ 0

Averaging 10 addicts online per week

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

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 Episcopostal
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:Rodriguez.aleida0428@gmail.com
Sunday 6-7:15
Peace Lutheran Church
Beavercreek, Ohio

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

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

Literature order- \$28
Area Donation- \$24

Report: We are meeting in person and average 15-20 addicts. We have collected \$72 from Dec and Jan.

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: 3:18 Doug S

*****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 key tags. 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

