



FIVE RIVERS AREA OF NA
(FRASCNA)

Nov 26, 2020 Meeting

Minutes on Zoom

1) CALL TO ORDER- 2:00

- Moment of Silence/Serenity Prayer- Greg**
- 12 Traditions- Shannon H**
- 12 Concepts-Shannon H**
- Service Prayer- Greg H**

2) RECOGNIZE NEW GROUPS AND NEW GSR'S

Dave S-GSR of Guiding Principles

3) Roll Call-

Group name	July	Aug	Nov
Atmosphere of Recovery	A	A	A
Better Read than Dead	A	A	A
Blinking Light	A	p	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	p	A
More is Being Revealed	P	A	A
Never Alone	P	P	P
New Alive	A	A	A
Point of Freedom	P	A	A
Primary Purpose	A	A	A
Recovering Users	A	A	P
Serenity Down South	P	A	A
Sunday Night Stepping Out	A	A	A
Surrender from Self	A	A	A
The War Is Over	P	P	P
True Blue	P	P	P
Ultimate Weapon	A	A	A
Win on Wednesday	A	A	A
	10 P 15A	8 P 17A	7P 18A

Admin Committee

Chair: Jim B
ABSENT (Greg H CHAIRED)

Vice Chair: **OPEN**

Treasurer: Erin T
PRESENT

Vice Treasurer: **OPEN**

Secretary: Shannon H
PRESENT(Stepped down)

Vice Secretary: Greg H
PRESENT

RCM: Dave C
PRESENT

RCM Alt: Stephanie B
PRESENT

Subcommittees:

Local Services: BOB B
PRESENT

Policy: Alex H
ABSENT

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.

I am also stepping down as secretary, as of Jan 2021. I have fulfilled my commitment as vice secretary 2019 and as secretary in 2020. Please let people know we are in need of admin positions to be filled.

Thank you for letting me be of service,
Shannon H

B) CHAIRPERSONS REPORT: No report

C) VICE CHAIR REPORT: Position open.

**D) RCM REPORT: OCTOBER ONLY, NONE FOR NOVEMBER
10-25-2020**

Hello family, it's a great day to be clean! I hope life and recovery finds everyone happy, healthy, and clean during these uncertain times.

I attended the Ohio Regional Service Committee meeting the second week of October. I have attached my gas receipt for reimbursement as it was within driving distance each day to avoid hotel expenses.

The Spiritual Principle a Day Book is in its 4th batch for production and revision for going to print. You can go to the na.org and find the batches to review and add your input for the book to be produced. IP#30, Mental Health in Recovery has now been completed and is available for purchase from the world for distribution amongst the fellowship. Copies are available from the world at \$0.33 per IP.

COVID-19 and its impact on the fellowship continues to dominate discussion and planning. Expenses for World Services have not decreased however through these COVID times, while meeting attendance and 7th tradition contributions have. As a result, the fellowship is asking member, home groups, and areas to donate directly to the world to help in meeting our financial needs to help carry the message. There is a page dedicated to virtual meetings which includes 7th tradition tips or virtual meetings. You can get to this page at www.na.org/virtual. Online meetings can also be added to the online meeting list page to increase attendance from around the world.

The World Service Conference 2022 (WSC 2022) had originally had the issue discussion topic of Medication Assisted Treatment (MAT) as the Issue Discussion Topic (IDT). Due to these changing times and the ongoing pandemic, it has been brought forward to include virtual meetings on the agenda as this is a pressing need/issue now in the fellowship. Safety of meeting again in person was discussed at the Region, with many areas stating that they are mixed in online/in person meetings. It has been suggested that meetings remain autonomous and work with the facilities they meet in when deciding on reopening or not, but to remember that as productive members of society we need to be proactive in abiding by COVID protocols and both state and local guidelines for gatherings when it comes to safety as COVID tracking that might need to take place due to an in-person meeting with a breakout would subject members to breaking anonymity. As well, several ideas were brought up in regard to safety precautions, including following social distancing, masks in meetings, using electronic readings from phones and donation via app to avoid passing of the basket or readings to help reduce risk of exposure.

There will be a Public Relations meeting held quarterly, 1 month before Regional meeting in order to help generate ideas and share things that are working among the fellowship amongst areas. It will be held December 12, 2020 via Zoom next.

2 Regional positions remain open, the Policy and Vice-Secretary positions are open for nomination if you or anyone you know are interested. Please submit any nomination to me before the next Regional meeting in January. Thanks for the opportunity to be of service to FRASCNA.

In loving service,

David C., FRASCNA RCM

Copy of receipt for gas reimbursement below.

Scan & Go

Items purchased (1)

Items
UNLEAD Icem:
658441

Qty 4.649 at
\$1.829/gal

Subtotal

\$8.50 T

E) TREASURER REPORT:

OCTOBER

FRASCNA TREASURER'S STATEMENT

DATE: 10/2020 no meeting BALANCE FORWARD \$0.00

EXPENSES

CHECK #	VENDOR	AMOUNT
1716	Erin S- storage unit	\$60.85
1717	David C reimbursement for gas	\$8.50
		\$0.00
		\$0.00
		\$0.00
		\$0.00
		\$0.00
		\$0.00
		\$0.00

GROUP / SUBCOMMITTEE	DONATION / INCOME	GENERAL EXPENSE	LITERATURE
EXPENSE \$69.35			

TOTAL EXPENSE

\$0.00

Fairborn Basic Text?	\$28.83			
Blinking Light	\$0.00			
Entirely Ready	\$0.00			
Primary purpose	\$0.00			
Guiding Principles	\$63.79			
Recovering Users	\$0.00			
Atmosphere of Recovery	\$0.00			
HOW In Huber	\$0.00			
Living the Dream	\$32.71			
Never Alone?	\$65.73			
More is Being Rev.	\$0.00			
New Alive	\$0.00			
Point of Freedom	\$0.00			
Drug Busters	\$0.00			
Serenity Down So.	\$0.00			
Surrender from Self	\$0.00			
The War is Over	\$0.00			
Ultimate Weapon	\$0.00			
Win on Wednesday	\$0.00			
Activities	\$80.50	\$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		
TOTAL	\$367.81	\$69.35		

INCOME

0	BAL. FWD.
367.81	INCOME
367.81	SUB TOTAL
69.35	EXPENSES
298.46	BALANCE

RECONCILIATION

BALANCE PER BOOKS

OUTSTANDING CHECKS

Cash Deposit

Prudent Reserve
BALANCE PER BANK

\$ 800.00

NOVEMBER:

Nov 2020

298.46 - Balance Forward

Income: Group Donations

Grow as we Go
More is being created
Entirely ready
Never Alone
Guiding Principles

68.64 PP
14.26 PP
16.00 Cash
63.79 PP
33.68 PP

\$ 265.01

Previous Balance 298.46
Group Donations + 265.01

Expenses 563.47
- 60.85
Expenses 502.62

Storage Unit - Erin S. Check # 1719 - \$60.85

New Balance 502.62

RECEIPT No. 669775

DATE 10-28 FROM Entirely Ready \$16.00

FROM AS - Donation DOLLARS

☐ FOR RENT ☐ FOR

☐ CASH ☒ CHECK ☐ MONEY ORDER ☐ CREDIT CARD

ACCT. PAID DUE FROM TO BY

A-1152 T-4161

RECEIPT No. 669774

DATE 10-28 FROM Activities? \$80.50

FROM CAR Reimbursement / Returned \$ DOLLARS

☐ FOR RENT ☐ FOR

☐ CASH ☐ CHECK ☐ MONEY ORDER ☐ CREDIT CARD

ACCT. PAID DUE FROM TO BY

A-1152 T-4161

RECEIPT No. 669773

DATE 10-28-20 FROM True Blue \$96.25

FROM Oct Donation DOLLARS

☐ FOR RENT ☐ FOR

☐ CASH ☒ CHECK ☐ MONEY ORDER ☐ CREDIT CARD

ACCT. PAID DUE FROM TO BY

A-1152 T-4161

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. Annual fee for website due next month. Requesting 60.85 for website renewal. Copy of receipt sent to Erin for request of funds.

B) **LITERATURE**

October

Email

Date: 10/2 Address for ASC Minutes: GNA83@sbcglobal.net

Name of Group/Subcommittee: Literature Committee

Lit Chair: Gerry O.

Report:

- Beginning Cash balance \$363.79
- No Literature orders placed w/World
- 6 FRASCNA order processed = \$204.93
- Cash balance 10/25/2020 = \$568.72

In Loving Service!

Gerry O.

November

Report:

- Beginning Cash balance \$568.72
- No Literature orders placed w/World
- 5 FRASCNA order processed = \$172.35
- Cash balance 10/25/2020 = \$741.07

In Loving Service!

Gerry O.

C) **POLICY:** None submitted, and he wasn't present.

D) **ACTIVITIES:**

Date: 11/15/20

Email Address for ASC Minutes: Buckeyefan1214@gmail.com

Name of Group/Subcommittee: LSC
Time and Day of Meeting(s): 11/15/2020 4:00 pm
Meeting Location: Zoom, link on website

Format:

Chair: Bob B
Secretary: open

Coordinators below:
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: Chair and All coordinators with exception of Willie who submitted report present.
H&I-not much new. No one taking meetings into jails at this time. PR- received literature order from Sandi. Will not be sending out new schedules, focus on updating website.
Outreach- nothing new. Making changes as needed. Website- making adjustments/changes to website as needed. Made a post for GSR and home group members to check their meetings online for accuracy. Phone line-2 calls, 1 answered, 1 missed. Return calls made and texts sent. Vic W added to phone line.

Old Business

- Motion submitted to area for Zoom account however area not held in October.

New Business:

Helen wants to know if she should send letters to 13 different facilities regarding our area, should she resend. Suggestion to give link to facilities for online meetings and send out letters to facilities to let them know in our area

6) OPEN FORUM-

Dave S would like to know info about the storage unit. How much it cost as well as what inventory it has. Can money be spent better elsewhere? Group decided that an inventory needs to be obtained prior to deciding this. Stephanie agreed to do inventory.

Would like to get minutes within two weeks and wanted more info on ACS going to every other month.

Shannon H informed him that we will be doing a motion on going to every other month. Also, the fact that there were no minutes last month, so they weren't late. Shannon is aware of policy to get minutes done and overall does a very good job with this.

7) OLD BUSINESS:

David G for LSC chair- PASSES Congrats.
FOR-5

ABSTAIN-3
AGAINST- 0

8) NEW BUSINESS:

1. We need more info, we decided to table this for now. DO NOT VOTE ON THIS YET!!!



FRASCNA Motion Form

Maker of Motion: ___Helen N. PR coordinator

LSC_____

Seconded by: ___Bob B. LSC Chair_____


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

Motion: ___Asking area for \$14.99 a month for all of area including subcommittees and groups to have access to a Zoom account with the intent to create an opportunity to meet online vs in person at this time and to help groups struggling to stay open. This would be paid by the treasurer.

Motion Number (leave blank for Secretary): _____

GSRs- Vote on this motion please ****

2. To address policy to change monthly ASC meetings to every other month, during Covid, and while we are still doing zoom meetings.
The intent is to alleviate the burden on those remaining in position, until the positions can be filled by new members.


FRASCNA Motion Form

Maker of Motion: Shannon H

Seconded by: Bree H
(Policy will show who is to be allowed to second a motion, ie. GSR, anyone, etc.)

Motion:
To address policy to change monthly ASC meetings
to every other month, during Covid & while
we are meeting on zoom.
The intent is to alleviate burden on those
remaining in position, until positions can be
filled by new members.

Motion Number (leave blank for Secretary): _____

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: Alli

Treasurer: William H

Literature Order: \$82

Area Donation: \$26

Report-In person meetings are back. 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

Format: Text Study

GSR: Kelly L.

Secretary: Luc H.

Treasurer: Eddie N.

Literature Order: \$0.00

Area Donation: \$0.00

Report: The group is doing well. We are still in person, and we are back at the normal address. There were changes made to the building, and we can enforce social distancing more appropriately. We are going to attempt a hybrid meeting this week, but we need to work out the kinks prior to making it official. I will let website know when this happens, and she can add it to the meeting schedule.

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

Meeting is going well. 8-15 addicts weekly

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: \$0

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

raymondclamjr@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

Averaging 30-35 addicts a week. We are asking people that come to socially distance, and wear a mask, per church rules. We passed on making an area donation, because we had to buy mask, but we will donate next month

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: \$ 33.55
Area Donation: \$65.45

Report: The meeting itself is going well. It was outside, and attendance was 20-30 addicts a week, including treatment people. The meeting will still be taking place on sat nights, but it will be at the Recovery Plus Cen

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

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- 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

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@fiveiversna.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: 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

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: 3:29 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 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

