



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

**July 26, 2020 Meeting**

**Minutes on Zoom**

**1) CALL TO ORDER- 2:01**

- Moment of Silence/Serenity Prayer- Jim**
- 12 Traditions- Stephanie**
- 12 Concepts- Elle**
- Service Prayer-Jim**

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

Kelly is the new GSR of Fairborn Text Study. Welcome!!!

**3) Roll Call-**

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

**Admin**  
**Committee**

**Chair:**

Jim  
PRESENT

**Vice Chair:**

OPEN

**Treasurer:** Eris S  
ABSENT

**Vice Treasurer:**

OPEN

**Secretary:**

Shannon H

PRESENT

**Vice Secretary:**

Greg

ABESENT

**RCM:**

Dave C

PRESENT

**RCM Alt:**

Stephanie B

PRESENT

**Subcommittees:**

**Local Services:**

Dave D

PRESENT

**Policy:**

Alex H

Absent

**Literature:**

Gerry O

PRESENT

**Activities –**

Aleida R

ABSENT

**Website- Britt B**

PRESENT

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

**SECRETARY REPORT**

Shannon H-

Thank you for letting me be of service. 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 your email address. That way I can ensure you get a copy as well

**A) CHAIRPERSONS REPORT:** No report

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

## **C) RCM REPORT:**

Hello family, it's a great day to be clean! I hope everyone is happy, healthy, and clean during these times of COVID.

I attended our Ohio Regional meeting via ZOOM on the weekend of July 11 & 12. They have determined for the short term that Regional Meetings will be available to attend either in person or via ZOOM due to the fluid nature of recommendations and precautions with the pandemic. As a result, I have no reimbursement request for the regional meeting.

The ORSCNA 33<sup>rd</sup> annual 12-step retreat has been delayed due to the COVID pandemic. The committee received notification from the Ohio state parks district that the park is closed until the week before the retreat, and that is as of now. They advised us to consider postponing as an extension of the park closure was very likely. The committee voted to suspend the retreat for this year, but the committee is willing to stay intact and resume planning for the retreat in 2021. That will be discussed at the October Regional meeting.

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

In loving service,

David C., FRASCNA RCM

## **D) Treasurer report:**

Erin will check PO box and pay pal for funds. Another option is to meet at the Monday night meeting, serenity down south, to give her funds, or to collect funds. Erin wasn't present at zoom meeting, and verbal report read by Jim.

**\*\*\*There was a question regarding getting a receipt for funds donated, to show to HG. Erin, are you able to provide this?**

DATE: June 28th 2020

BALANCE FORWARD

\$600.40

[illegible]

592.23

937.93

653.08 Includes 592.00 ORSCNA donation 284.85

BAL. FWD. INCOME  
SUB TOTAL EXPENSES  
BALANCE

BALANCE		RECONCILIATION
BALANCE PER BOOKS		
OUTSTANDING CHECKS		
Cash Deposit		
Prudent Reserve		\$ 800.00
BALANCE PER BANK		

## **5) SUBCOMMITTEE REPORTS:**

- A) LOCAL SERVICES:** Not much going on. Nothing for outreach or H&I. One phone call with the phone lines reported.  
Positions up in July. The present coordinators agreed to stay on at this time
- B) WEBSITE** Britt has been updating website w area online meetings. Check out the website for more information. Donation button present. 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:** \$41.22 cash balance, no written report sent in
- D) POLICY:** No report given or submitted. Jim reached out, Alex hasn't been present to give report in months. His excuse is that he forgot, and he would be present for the July minutes. Alex never showed up. Jim will look into termination of position due to abandonment.
- E) ACTIVITIES:** Nominations for subcommittee need to be turned in for voting. Looking into doing a golf event, not sure due to liability and food issues. Stephanie asked how to paypal for march event.

## **6) OPEN FORUM-**

- David D is done with LSC Chair, he thanks everyone for letting him be of service.
- Britt will check with a fellow addict to see if they have the willingness for Vice Chair
- Literature would like to get someone trained to fill his position, especially since there is no vice literature.
- Britt B is stepping down as GSR.
- Positions available for vice chair and vice treasurer, we need nominations!!!
- All subcommittee positions are open as of July.
- Dave C brought up the mask policy at meetings. As responsible members of society, we should be requesting that everyone follows this practice since it is state mandated. Seconded by Shannon H,- We should be proactive in having addicts who meet follow state mandated guidelines, it protects us too. Raymond thinks it's a group conscience. Britt says she highly suggest mask; however, they don't want to turn down a still suffering addict. At the end of the day, it's up to church rules, and homegroup members willingness to enforce rules or not.

## **\*\*\*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,  
y,

Ontario Regional Service Committee of Narcotics  
Anonymous

## **7) OLD BUISNESS: FRASCNA Trusted Servant Nomination Form**

Date: June 28<sup>th</sup>, 2020

Nomination for (position): LSC Chair

Nominated by (Group/individual): David D (LSC)

Nominee's Name: Bob Bailey

Nominee's Qualifications:  
Treasurer & GSR of Living the Dream  
Working Knowledge of 12 steps  
Sponsor

Clean Date: June 1<sup>st</sup>, 2016

Yes- 7

No- 0

Abstain-1

**Passed**

Congrats

## **8) NEW BUSINESS:**

Items were discussed, but nothing was submitted in writing. Discussion regarding David G for Chair, Britt second it, and Jim requested it to be filled out using a nomination form and submitted, so it can go back to GSRS for voting.

**So, at this time, there is no new business.**

## **9) GROUP REPORTS:**

### **Atmosphere of Recovery:**

[Clydej213@yahoo.com](mailto:Clydej213@yahoo.com)  
[m](#)

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](mailto: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- 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](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: \$23

**REPORT:** Hello, the following is a report of tonight's meeting.

Before the meeting started, we held a group conscious to decide if we were going to accommodate a rehab facility that wanted to come to our meeting but had to be held outside due to covid precautions. We decided to do it for the newcomer's sake.

The meeting began at 6:30.

Announcements were about the group conscious decision and upcoming events.

The readings were next... thanks to all that had the willingness. JFT was on social acceptance not being the same as recovery. There were 25 members in attendance and the offering plate yielded \$23.

Congrats to all that picked up key tags!!!! We as a group are sponsor strong.

The topics were the JFT and Higher Power discussion. Awesome sharing Family... it was a great meeting that concluded at 7:30. The secretary was not present, so I was asked to fill in. Thanks for allowing me to be of service.  
Humbly, Dan E.

**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: \$10

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

**Fairborn Basic Text**

[kkarjala0206@gmail.com](mailto: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 went back to virtual meetings for the time being.

The new GSR is Kelly L.

The new Secretary is Luc H.

Attendance is on average 6-10 people.

**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

GSR: Gerry O.

GSR Alternate: Mike S.

Secretary: Nate

Treasurer: Gerry O.

Literature Order: N/A

March/April Area Donation:

Report: hybrid meetings

**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)

[raymondclamjr@gmail.com](mailto: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

**No report given or submitted**

## **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

Zoom meetings every TH: 7-815  
6-14 people  
Meetings starting in July will be hybrid once location figured out. The church only will let 8-10 people in at a time, which isn't feasible.

## **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

Lit order: \$0  
Area Donation: \$0  
report: **Meeting is postponed until further notice.**

## **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

Report:

In person meetings, 15-20 addicts a week

**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 zoom.

### **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

Report: (ie. attendance, events/anniversaries, format changes etc.)  
25 to 35 addicts per week  
open in person

no changes / events

**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

Report: **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

45133

Reading format from It works, How and Why

GSR; Jason S

Secretary: Jeremy H

Treasurer: Billy S

Lit order: \$0

Area Donation: \$ 0

Report: **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 Episcopalian  
5520 Far Hills Rd  
Kettering, Ohio  
Sundays 7pm  
Rotating format

GSR: Paul F  
Secretary- Ben  
Treasurer - Rick R

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

Report: **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

Report: **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: 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).

Report:  
True Blue is averaging 10 people a week. The meeting is doing well and continues to meet in person

**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

Report: **No report given or submitted**

**10) CLOSING PRAYER:** 2:47 by Britt B



















