



Nebraska Regional Service Committee of Narcotics Anonymous

April 9, 2022 Giltner, Ne.

Monica T. opened the meeting with a moment of silence followed by the Serenity Prayer.

Twelve Traditions: Read by Brenda D. **Twelve Concepts:** Read by Marcus D..

Executive Committee:

Chairperson: Monica T.
Vice-Chair: Mark W.
Treasurer: Tera N.
Vice-Treasurer: (Open)
Secretary: Sue H.. (Proxy)
RD: Brenda D.
Alt RD: (Open)

Sub-Committees

NRCNA 38: Tommy N.
General Assembly: Brenda
D. Outreach: (Open)
Policy: Ariel W. (proxy)
P.I.: Open
I.T.: Hadrian C, Proxy
H&I: Tera N., Proxy
Archives: Dick T.
SBTW Liaison: (Open)

Area RCM's:

Columbus: Paul H.
Central: John D.
Eastern: Zach M.
Elkhorn Valley: Tommy N.
Fremont: Rocky R.
Great Plains: Brian P.
Platte Valley: Absent
Southeastern: John H.

Visitors: Tosha B., Carrie W., Nate P., Marcus D., Michael B., Samantha B

Consensus to Accept Last Meetings Minutes: Passed By Consensus

Treasurer's Report:

NRSCNA Treasurer Report

RSC Meeting Date 4/09/2022 RSC Meeting Beginning Balance: \$7,325.00 Prudent Reserve: \$7,325.00

Donations		EXPENSES		
Area, Group, or Other	Amount	Chk #	Written To - Description/Purpose	Amount
Last quarter donation	\$0.99		Duplicate checks	\$35.20
Elkhorn Valley	\$75.00	1363	Brenda Dobson (RD)	\$900.00
Elkhorn Valley	\$83.58	1364	Tracy Karr (H&I)	\$600.00
Fremont	\$350.00	1365	Dick Thomas (PI)	\$200.00
Great Plains	\$356.83	1366	Rent	\$50.00
CNASC	\$200.00	1367	Sue Hieb	\$50.00
Ties That Bind	\$110.00	1368	Plains State Zonal 24%	\$691.07
ENNA	\$549.25		EXPENSES SUBTOTAL	\$2,526.27
ENNA	\$2873.84	1369	NAWS (WORLD) DONATION	\$2,073.22
TOTAL DONATIONS:	\$4,599.49		TOTAL EXPENSES:	\$4,599.49

RSC MEETING SUMMARY REPORT BEGINNING BALANCE: \$7,325.00 TOTAL DONATIONS: \$4,599.49 TOTAL EXPENSES: -\$4,599.49			
ENDING BALANCE: \$7,325.00			

Area Reports:

Columbus: Hello Brothers and Sisters. All is well. Keeping commitments at SOS Treatment Center. Jail is opening on the 21st and the men are set up. We will have to wait on ladies, as the requirement is 1 year clean and 1 year off paper. Not enough girls. All our love from our 2 horse town. Paul H

Central: Hello Family! Thank you for letting me be of service. Central Area hosted Zonal Business meeting. I believe it went well. Central and Great Plains got together and had the CAR/CAT in Kearney and as far as I know it went well, too. I was not there, as I was sick. We also held an H & I training that day. We have our votes in for the proposal and we are bringing a \$200 donation. In loving service John D

Eastern: Hi there, Here is our report for the ENNA area from January, February, and March of 2022. We had a total regional donation of \$3423.09. On March 27th, 2022 Brenda D. from Grand Island, NE facilitated a CAT/CAR workshop and potluck in Omaha. There were approximately 10 people in attendance. We as an area thank Brenda for her service work. We have a new meeting that started up in West Omaha. It will be held every Thursday at 6:30pm. I will get a picture of the flyer with all the details and attach it to this report. We also have an NA function happening on May 14th. The Old Skool group will be hosting a summer kick-off picnic at Seymour Smith Park with food, fun, and fellowship. Please join us! There is a new H&I meeting forming at Sarpy County Jail on Tuesday night. It will alternate men and women each week. Thank you- ILS- Zach M.

Elkhorn Valley: Hello Family, Spring is a fun time in the Elkhorn Valley Area of Narcotics Anonymous! We are gearing up for several events and campouts in the next several months. April 16th from noon -6:00 is the Break the Cycle Group's 1st annual chili cookoff at 204 W. Madison Ave in Norfolk. April 30th will be EVANA's Be Grateful it's April speaker jam at Ta Ha Zoucha Park in Norfolk. We are also excited about the Moonlight Madness campout on June 3-5th at Lake Maskenthine, east of Norfolk. On June 18th, starting at 11 AM, will be the Survivors Group's annual Beat the Heat function. Besides activities and functions, EVANA is doing well. We host H & I training every quarter and the last one was just held on April 2nd. Our meetings are strong, with somewhere around 25-30 meetings per week in the area. (I lose track sometimes)! We are giving a donation of \$75 to Region today. I.L.S. Tommy N.

Fremont: Good afternoon Family! The Fremont Area is going strong by way of recovery. We are in the process of trying some different things to attract more addicts to our rooms and have, as of late, been fairly successful at bridging the gap with the Omaha Area. We are hopeful to continue building relationships through mutual support with that Area as well as other surrounding Areas. The first Sunday of every month, we are now hosting speaker meetings at Good Shepherd Church located at 1544 Military Ave. Our goal is to bring speakers from other Areas to share their ESH while helping provide support for our small but mighty community. We had a great turnout for our first event on April 3rd. We do a potluck style dinner and invite others to join us for our next event on May 1st, when Marcus D. from Norfolk will be our speaker. If anyone would like to be considered for speaking, please contact Rocky @ 402-936-5855. May 21st Fremont will be hosting a PI Learning Day at Lighthouse in downtown Fremont. There will be a buffet of sweets, bingo, and Tommy N. from Norfolk is coming to share. We are hoping to have info soon for our June Annual Pie in the Face NRCNA Fundraiser event as well. The Fremont Area is looking to begin teaming up with other Areas to co-host activities in hopes to make bigger, more attractive activities for everyone involved. Any interest from Area's wanting to do as such, are encouraged to contact myself, Samantha or Moke Bohanan, or Tammy B. with ideas. Last but not least, Fremont is making a donation today of \$350. In Loving Service, Rocky R.

Great Plains: Great Plains Area is doing well. Lincoln County has been able to get meetings into the jail for both men and women. Unfortunately Buffalo County is still on covid lockdown. Our combined CAR/CAT and H & I training with Central Area had a really good turnout. From group and individual donations we more than covered the expenses of the event. Our Area decided to donate our portion of the proceeds to NRCNA 38. I have a donation to Region for \$356.83 from our Area and a donation to Region for \$110 from The Ties that Bind Group. I am carrying the votes on the REgional Proposals from our Area. This will be my last Regional Business meeting as the Great Plains RCM. It has been a distinct honor to serve Narcotics Anonymous with all of you. Thank you so much for the opportunity. In loving service, Brian P.

Southeastern: Hello again from SENANA. Things are going well in the Lincoln area. Meetings are being attended and our meeting

places are getting more and more stable post covid. We are carrying the message into treatment centers and detox facilities but the jails and prisons are still closed to in person meetings. We are also looking forward to the warmer months ahead of us so more outdoor activities can be planned. With my gratitude for the trust placed in me to serve, John H.

RD Report: Hello Nebraska Region Service Body-

I'm glad to see you all today! After our last meeting in January...

- I attended the Conference Participant Webinar on January 22nd. We went over the videos and PowerPoints for the ICC 2022, and discussed the Spiritual Principle A Day approval Draft. We talked about the work ahead of us until the WSC 2023 which will include The Loner IP revisions, DRT/MAT as it relates to NA, Issue Discussion for members, and Virtual Meeting Basics. Most of our time was spent discussing the future of the WSC, which we did in small groups.
- Less than a week after that, we hosted the Plain States Zonal Forum in Grand Island. Thank you all who attended. It was a hybrid meeting and the ICC was presented by Lib (New Zealand) and Michael (North Carolina) who are some of our World Board members. We were fortunate enough to have 8 other World Board members join us virtually to answer questions. (Side note – for some of them it was the middle of the night/early morning... and they didn't have to jump on... but they did... and it was amazing) We held the Zonal business meeting that Sunday. It's that time of year and all positions at PSZF are open with the intent to fill. If you have someone in your Area that is interested in this, please contact me and I will provide the required information. The next Zonal Forum will meet May 19th – 21st, 2022 in Sturgis, SD, hosted by the South Dakota Region. Please let me know if you would like more information about it..
- In February, I helped the Great Plains Area hold their Area meeting online... Great job!! And the rest of the month I spent a lot of time reading / studying the ICC.
- In March you all rocked it! I did ICC 2022 workshops for EVANA, Central & Great Plains combined, Fremont, and ENNA! I have a handout for each of the RCM's with the total tally for our Region Consensus... but the short version is we had a total of 71 people participate and all motions passed with over 90% consensus. I will submit this information with my report and it can be added into the minutes. Big Thank you to the RCM's!!!!!!
- Last Saturday, April 2, 2022, I attended the orientation for the virtual WSC 2022. We went through the schedule and agenda, and refreshed everyone on the decision making processes. The virtual WSC 2022 will be held April 22nd, 23rd, 29th, and 30th and will be live streamed on Youtube. The link for this can be found at www.na.org/conference if anyone wants to watch. I have a request I would like to talk about in General Discussion about this.

I also have a couple things your groups might be interested in...

- The electronic version of Just for Today has been published. Nothing can replace the battered paper copies of JFT that many of us have... but one nice thing about electronic books is they are so easy to search... and when we have NA's books loaded on our phones, we always have recovery literature with us when we need it. Links to all of the ebooks are here: www.na.org/elit - NAWS News Feb. 2022
- There is also a 60th Anniversary White Book coming soon... they will be sending out an email blast when it is in stock.
- The Loner IP survey is out and if you want to help shape the revision, please go to www.na.org/survey before the end of August 2022.
- Service Day is May 1st – I have a flyer for each Area and will submit it with my report.
- PR Week is June 5th – 11th, 2022 – again with the flyer and submission.
- There is a growing library of short videos posted on www.na.org/videos
- NA is starting or restarting in several new NA communities in Africa! We are working to get literature there.

Thank you for letting me serve!

In loving service,

Brenda

Sub- Committees

NRCNA 38: Hello family. October is approaching fast. We are still catching up on a few things, like getting our program schedule finalized and picking workshops and picking speakers. We do have the main speakers chosen. Thank you to all the Areas that have reached out about fundraisers. Marcus D. is our new Fundraising Chair and he will be happy to connect with folks about upcoming events. We have the hotel all set and rooms are available for \$99 per night until Sep. 15th. We also have the fellowship meal menu set for Sat. evening. It will be a pasta

buffet including salad, breadsticks, drink, etc. for \$25 per person. We need to purchase a minimum of 30 meals, reserve your spot today. As you know, we have pre convention t-shirts and will be working on getting more merchandise figured out soon. We do have square reader to take credit card payments for shirts and registrations today. However, we will want to set up PayPal or something that can be connected to Region's tax ID number and be used for online sales. Our treasurers will be working on that! The treasurers will also be working to help subcommittees get budgets figured out in the next couple weeks. The hospitality subcommittee will be working on getting volunteers from all the Area's to staff the hospitality room. Talk to Mike B. for more info. The raffle subcommittee is working on getting raffle donations, so if you have donations, talk to Andrea R. We have a good start, but still have lots of work to do! Thanks for letting me serve! Tommy N.

General Assembly: We did a writing workshop called Recovery: Faith, Commitment and Action. There was good attendance. It was different from other workshops we had done lately as it helped us to reflect on why we do what we do. It seemed to help set a point of reference and refresh our perspective before our business meeting. A big thank you to all who attended!

In loving service, Brenda

H&I: Hey all! Overall, Area's are continuing to work toward increasing and doing H & I in their Area. There continues to be obstacles to overcome. Literature for H & I was given out and passed on to the next H & I Chair. More will be revealed! Gratefully in service, Tera N., Proxy for Tracy K.

Outreach: Position open...no report given.

Policy: Hello Family, Coming into this new position, I am excited for the new opportunities and growth that awaits me. I ask you all for your patience and assistance as I become accustomed to and more familiar with my new responsibilities. I have completed the update to the Policy of the Nebraska Regional Service Committee of Narcotics Anonymous from the proposal that was passed by consensus in January 2022, that applies to this document. Below is a summary of the change that was made:

Change:

Addendum D

Added "On the Saturday of the convention, following the main speaker that evening, the P3 Committee will be allowed to sell merchandise. P3 is a Nebraska based project that serves our entire Zone. (1/08/22)"

Reason for change:

Proposal passed by consensus Jan. 2022

I will send these revisions of the document to the IT Chairperson to be posted on our website. Any member that reviews this document and locates any errors or missing information, please let me know as soon as possible so it can be corrected. In loving service, Ariel W.

PI: No Report

IT: My apologies for missing two meetings in row. Last meeting I had a family commitment and this month I have another service commitment. I will be at RSC in July. Thankfully the size of the IT committee recently doubled. Hadrian and I have had several discussions and I have no doubts he is fully capable and knowledgeable enough to do whatever is needed within the scope of this committee. Please continue to submit your flyers to activities@nebraskana.org or it_committee@nebraskana.org in pdf form if possible if not any doc format will work. If any of the contact info listed on the web site is incorrect please let the committee know. If any of your Area information is incorrect please let the committee know. Please email any meeting list changes to meetinglist@nebraskana.org
In loving service, Sam

Archives: We will be doing a proposal to break the Memory Wall away from Archives in new business. Here is a list of the supplies we have in storage for NRCNA:

4 partial rolls raffle tickets; 1 red and 3 blue

2 empty coffee cans for raffle

6 decks playing cards

Five-gallon insulated drink cooler

Long handle metal spatula and metal tongs

Metal pie plate

2 large foil pans

Open roll foil

Open box gallon size zip-locks
Small roll of large green trash bags
paper towels; 2 rolls
Napkins; almost full 500 pack
8-oz Coffee cups; pack 50 + 37
Plates; 10" 100 pack + approx. 25
Plates; 8" approx. 25
Plates; 6" 50 pack + approx. 40
Soup bowls approx. 15
Plastic Forks open box approx. 40
Plastic Spoons 100 box + bag approx. 30
Plastic Knives bag approx. 30

In loving service, Dick T.

SBTW: No Report.

Old Business:

#2- Nominate Hadrian C. as Alt. IT Chair
Intent- To further mentorship and continuity
Financial Impact- none
Submitted by John D.

7 For
0 Opposed
Unanimously passed.

#3- To change PI to P.R. (Public Relations)
Intent- To keep out language and terms consistent with other service bodies within and outside of our Region This is a word change only
Financial Impact- none
Submitted by Brenda D.
Policy Change

7 For
0 Opposed
Unanimously passed.

MONICA CALLED FOR A 15 MINUTE BREAK, THEN WE REOPENED WITH A MOMENT OF SILENCE AND THE SERENITY PRAYER.

Open Floor:

Brenda brought up that Delegates are wanting to change the World Service Conference from every 2 years to every 3. She shared that it changes the dynamic of the conference. Anyone can email NA.ORG and offer feedback, however there's a group app called SLACK and it's like a group text, and easy to communicate better.

The Loner IP survey is closing on August 31st and if anyone wants to do a workshop on it, contact Brenda.

***** I WILL INCLUDE BOTH THE INFORMATION ON THE IP AND A COPY OF THE SURVEY THAT YOU CAN GO ONTO THE WEBSITE AND ANSWER.**

Brenda reiterated to bring up the open positions at every meeting.

There are deadlines for amendments on motions and they are epolled. Using SLACK helps discuss things better, so get the app!

Paul suggested if there are ZOOM meetings going on, to advertise them as ZOOM meetings so people know where to go to for an online meeting.

Sue and Dick brought up there will be a proposal on making the Memorial Wall it's own subcommittee, as it is stuck in storage until the convention each year. That way we can work on it to keep updated. We would also need to create guidelines for who gets put on the wall. Those willing to be on that subcommittee for it include Sue H., Tommy & Tera N., Marcus, Tosha, Ariel, Mike Carrie, Rocky and Paul. Dick suggested a meeting before Region next month would be a good time to bring this subcommittee of the subcommittee together. Possibly by emailing an invitation prior to Area. There will be a Proposal made in New Business on this.

NRCNA Hospitality Committee is asking RCM's to take to Area's to ask about doing a pot luck for a meal for those who don't go to the banquet. Michael is the contact person and his number is: 402-936-4090. It was suggested to send this to Nebraskana.org.

New Business: Proposals and Nominations:

Proposal #1: To hold next Region in Grand Island, on July 9th.

Intent: To have Region in GI to discuss NA business and build unity.

Financial Impact: \$50

Submitted by: John D.

Passed by consensus.

Proposal #2: Request NAW's to reduce budget over a 5 year period, to inside of 10% over book sales.

Intent: To take the huge financial burden off addicts not born yet. So regions, areas and groups use more of their 7th traditions money and fund raising funds on H & I and PI to save lives.

Financial Impact: \$0

Submitted by: Paul H.

THIS PROPOSAL WAS WITHDRAWN.

Proposal #3: Donations to NAWS will be in the form of buying literature. For example, with the 5 times mark up on our NA literature, a \$10,000 lit purchase from NAWS is the same as a donation of \$8,000.

Intent: To save lives using NA literature for Nebraska H & I and giving literature to our Areas to donate literature where they are needed.

Financial Impact: \$0

Submitted by: Paul H.

THIS PROPOSAL WAS WITHDRAWN.

Proposal #4: Open a \$15,00 PI account for subcommittees to use on Nebraska billboards, taxi's, buses, bus stops, etc. with hotline number-NA saying, like "Drug Problem? We can help."

Intent: To save still suffering addicts' lives.

Financial Impact: \$0

Submitted by: Paul H.

AFTER DISCUSSION, THIS PROPOSAL WAS WITHDRAWN AND WILL BE REWRITTEN AND RESUBMITTED.

There was great discussion on these topics, including some information not being accurate about financials, but you can go onto the NAW! website and see where all finances are handled. Due to all the discussion, 2 out of 3 were withdrawn and the 3rd will be rewritten.

Proposal #5: To break Memorial Wall into it's own subcommittee off of Archives.

Intent: To allow the Memorial Wall to be a separate subcommittee and gain the recognition and respect it deserves.

Financial Impact: \$0

Submitted by: John H.

PLEASE TAKE BACK TO GROUPS FOR VOTE.

• Bids are open for NRCNA 39. Please discuss this with your Area to consider hosting the next NRCNA convention.

• Monica T. discussed items for next RSC business meeting based on Addendum

Open Positions:

Alternate Regional Delegate (Alt. RD)
Secretary (Sue H. will fill in at July NRSC Business Meeting)
Vice Treasurer
Outreach

ONGOING REMINDERS:

- Please send any updated in-person or Zoom Meeting information to meetinglist@nebraskana.org and it_committee@nebraskana.org
- Send flyers for NA activities to activities@nebraskana.org

The Next Region will be held at the
Grace Abbott Park 601 W. State St. (W. State & N. Cleburn Streets)
Grand Island, Ne.

A FLYER WILL BE SENT WITH THESE MINUTES, PLEASE COPY AND PASS AROUND!

- General Assembly: Brenda D.
Sub-Committees: 2 PM CST
Region Business: 3 PM CST

Proposal To Close

Email info for Region dated 04/09/2022

Region Alt. RD; <altregiondelegate@nebraskana.org>, OPEN;

Region RD; <regiondelegate@nebraskana.org>, Brenda D. Auntbea4me@gmail.com

Region Vice Treasurer; vicetreasurer@nebraskana.org , OPEN;

Region Treasurer; <treasurer@nebraskana.org>, Dean B. dinodouble07@hotmail.com

Tera N. teranewcombe@gmail.com

Region Secretary; <secretary@nebraskana.org> OPEN;

Region Vice Chair; <vicechairperson@nebraskana.org>, Mark W. markw12stpn@yahoo.com

Region Chair; <chairperson@nebraskana.org>, Monica T. monicainkearney@gmail.com

Region Policy; <policychair@nebraskana.org>, Ariel W. 09awidholm@gmail.com

Region SBTW Liaison; <sbtw@nebraskana.org>, Tommy N. tommynewcombe@yahoo.com

Region IT; <it_committee@nebraskana.org>, Sam S. thenightguy50@gmail.com

Region Archives; <archives@nebraskana.org>, Dick T. richardthomas1948@gmail.com

Region H&I; <hospitalsinstitutions@nebraskana.org>, Tracy K tracykarr@icloud.com

Region PI; <publicinformation@nebraskana.org>, Christine F. cfuhrman_23@yahoo.com

Region Outreach; outreach@nebraskana.org>, OPEN;

NRCNA 30, <nrcna30@nebraskana.org>, Columbus; Paul H. marineblue@live.com

Central RCM >> John D. carlalbert4202017@gmail.com

Central Alt. RCM >>

Eastern; ENNA RCM >> Zach M. hificoffeeguy@yahoo.com

Eastern Alt. RCM >>

Elkhorn Valley; EVANA RCM >> Tommy N. tommynewcombe@yahoo.com

Elkhorn Valley Alt. RCM >>

Fremont RCM >> Michael R (Rocky) rocky031382@gmail.com

Fremont Alt RCM >> open

Great Plains RCM >> Brian P. <trainwreck136@gmail.com>

Great Plains Alt. RCM >>

McCook; Platte Valley Area; Steve H. <stevehunter99@gmail.com>

Southeastern; SENANA RCM >> John H. <jd464@gmail.com>

Southeastern; SENANA Alt. RCM >> Chris H. deadheadchris1@yahoo.com

Hadrian C. <hadriancurrier27@gmail.com>

Carlos carsal402@gmail.com

Michael B. michaelbohanan71@gmail.com

Chelsey F Chelsey.foulk@gmail.com

Nebraska Region tally results for the Interim CAR/CAT 2022

CAR Motion 1 – 67 yes, 2 no, 2 abstain = 94.4% consensus

CAR Motion 2 – 65 yes, 5 no, 1 abstain = 91.5% consensus

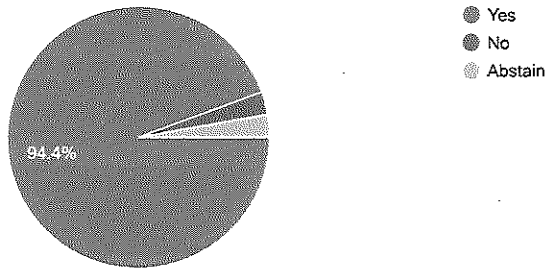
CAR Motion 3 - 66 yes, 5 no, 0 abstain = 93% consensus

CAR Motion 4 - 68 yes, 2 no, 1 abstain = 95.8% consensus

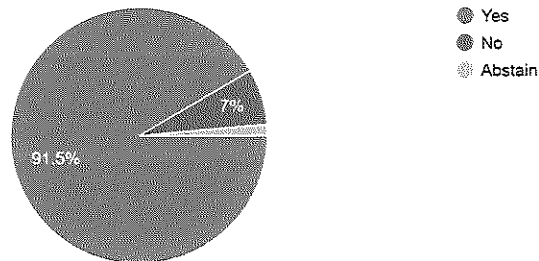
CAT Motion 5- 66 yes, 1 no, 4 abstain = 93% consensus

Tally Results for the Interim CAR/CAT 2022 for Nebraska

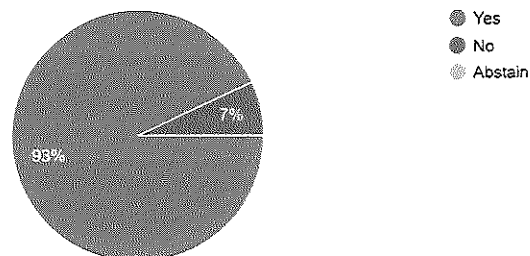
Motion #1 Maker : World Board Acting as the trustor, the delegates present at the virtual WSC 2022, are continuing the suspension of Article 5. S...is suspension will expire at the close of WSC 2023.
71 responses



Motion #2 Maker : World Board To extend the terms of the WSC elected positions for the two Human Resource Panel Members and one WSC Cofacilitator, currently set to expire in 2022 to 2023.
71 responses



Motion #3 Maker: World Board To extend the terms of the three WSC elected positions on the World Board currently set to expire in 2022 to 2023.
71 responses





Service work is carrying the message to the addict who still suffers. The more eagerly we wade in and work, the richer our spiritual awakening will be.

Basic Text, "How It Works."
Step Twelve

How will your NA community celebrate the **Fourth Annual Service Day?**

Host a service-related speaker jam?

Hold a virtual workshop?

Organize a Service Learning Day?

If you have ideas for activities related to these special days, please send your comments to worldboard@na.org.

Get your "I Serve" pins
www.na.org/webstore



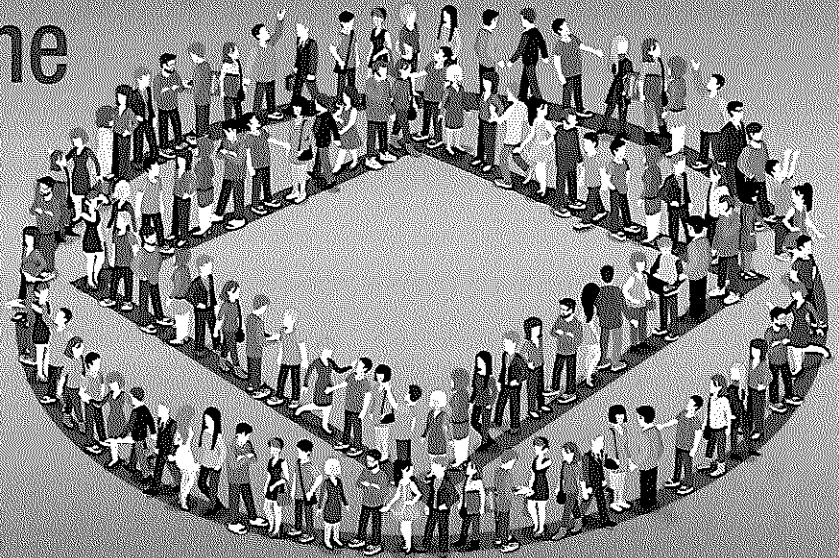
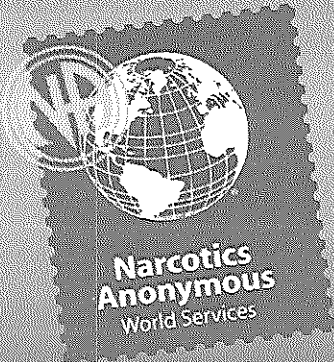
SUNDAY



1 MAY 2022

Fourth Annual PR Week

5-11 June
2022



Every area, region, and zone is encouraged to commit to at least one activity during PR week.

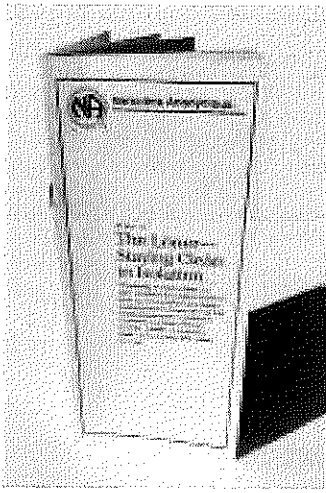
We All Are PR

Whether your PR team is young or seasoned, rural or urban; whether you have just a few or many members, we hope you will all come together enthusiastically to increase awareness of PR service and of the NA recovery program. For more information and activity ideas go to www.na.org/pr_act.

"We All Are PR" note cubes available at the webstore



Please send flyers, ideas, or photos of your events to pr@na.org



IP #21, **The Loner**, Staying Clean in Isolation

The Loner was written in 1986, long before the internet and technology made online and virtual types of connections possible, and the IP is very outdated. We do not revise IPs very often and are gratified that the Fellowship chose to approve this at WSC 2020. To revise and update this pamphlet, we would like to gather current experience from members who are or have recovered as a “loner,” with the hope that a revised IP would share members’ experiences with other members looking for experience, strength, and hope, and a new way of life.

The global pandemic has given many more members experience with recovering in isolation. We ask that you share your experience with recovering in isolation with us to help to shape the direction of this IP. We encourage you to read the current IP before offering your ideas. It can be found at

www.na.org/admin/include/spaw2/uploads/pdf/litfiles/us_english/IP/EN3121.pdf. **1. What are the two or three most important ideas you’d like conveyed in this pamphlet?**

2. What suggestions for connecting with the Fellowship would you want

included in this IP? 3. What was a significant experience you had with being a

loner in recovery?

Anything else you would like us to consider?

I have experience recovering in isolation before the pandemic Yes No (please circle one) If yes, the reason for the isolation was due to:

Geography Physical limitations Mental health barriers Other

Comments:

I am answering as a Member Meeting Group Service Body Event (please circle one) I current reside in (State/Country)

I am willing to share more experience if helpful and my email address is

These questions are posted in an online survey on www.na.org/survey until 31 August 2022. Please use the link as it helps us to collect your input.



The Loner—Staying Clean in Isolation

This is NA Fellowship-approved literature.

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Narcotics Anonymous World Services, Inc.
All rights reserved.

"Receiving a letter makes my day! It seems the letters I receive from my loner friends are always perfectly timed. It reminds me that someone far away is getting to know me and cares enough to write. I matter in someone else's recovery and they matter in mine."

Introduction

For the purpose of this pamphlet, we identify "the loner" as a geographically isolated addict who wants to recover from addiction. If you are unable to come to NA meetings, we hope that this pamphlet will reach you and offer workable solutions for living a happy, joyous, and free life.

Although this pamphlet is directed specifically to addicts recovering in remote areas, unable to attend regular NA meetings, any addict who reads this pamphlet will gain some valuable insights on how to recover from the disease of addiction. Most of us, at some point in our recovery, have experienced feelings of loneliness or isolation. There are also addicts who feel isolated from others because of hearing or visual impairment or some other physical disability. So, whether we are isolated emotionally, physically, or geographically, we believe the suggestions offered in this pamphlet will help any addict stay clean and find a new way of life.

"Being a loner at times can be frustrating, but I have to make an effort in every area of my new life. Being a part of NA is special to me. I know I have friends whom I haven't met yet, but to know they are there gives me hope to go on."

Reaching out for help

Narcotics Anonymous is a program of Twelve Steps and Twelve Traditions designed to help addicts find recovery, regardless of where they may be. By practicing these spiritual principles, we achieve freedom from active addiction. We suggest you read all the NA literature you can get, and if at all possible, attend an NA meeting or function. If there are no NA meetings in your area, go ahead and start one. Even though you may start it by yourself, you never know when another suffering addict will walk through the door. Fill out the form in the back of this pamphlet for a free starter kit and send it to the World Service Office.

There are many NA services available which were designed to reach out to isolated addicts. Some of these are coordinated through special committees. In many areas, there are local NA phonelines, meeting directories, and newsletters. You can also get NA literature and other information about NA from the nearest area or regional office.

The World Service Office also provides a variety of services to addicts who are geographically isolated. It produces a phoneline directory that lists all of the known NA phoneline numbers in the world. The WSO also sends out free group starter kits and informational packages upon request. You can write or call to find out where the nearest NA meeting or office is. You can also get answers to a lot of other questions through the shared experience, strength, and hope of NA groups around the world channeled through the World Service Office.

You might also find the Narcotics Anonymous Loner Group helpful. It is a means by which geographically isolated addicts communicate with one another through the mail. This unconventional meeting allows recovering addicts to share their experience, strength, and hope through regular correspondence. The Loner Group publishes a bimonthly newsletter, entitled *Meeting by Mail*. If you wish to become involved with the Loner Group, write to the World Service Office, attn: Loner Group.

There is another publication that is very helpful for addicts in remote areas: *The NA Way Magazine*. It

is published quarterly in English, French, German, Portuguese, and Spanish, and subscriptions are provided without charge upon request. You can have your name added to the mailing list just by writing to the WSO. You will then begin receiving *The NA Way* on a regular basis. It contains notices of upcoming NA conventions, as well as other items recovery sharing, and articles and features that are of interest to NA members. This publication is very helpful in encouraging communication and unity by keeping you informed of developments in the worldwide Fellowship of Narcotics Anonymous.

The most important service NA offers is the recovering addict. Remember, *the therapeutic value of one addict helping another is without parallel**. So if it is possible, contact some other recovering addicts either by phone or by mail. If you contact the NA World Service Office, they will assist you in reaching the nearest recovering addicts. Remember that you don't have to be lonely, even though you might be alone.

"It is so easy for me to forget about the importance of sharing, especially when my pride and arrogance prevent me from sharing feelings and thoughts I don't like or don't want to have. When I write things about myself, it helps."

The value of sharing

There is no easy solution for recovering addicts who have no local NA community for fellowship and support, but recovery is possible if we truly want to stay clean. Although we may be the only recovering addict for miles around, we need not be afraid to reach out for help. There are many ways of contacting other recovering addicts, and any initial contact can be used as a link to new ones. Many isolated addicts have regular pen pals with whom they communicate to share their recovery. It is also important to have a sponsor or someone to help you learn and practice the Twelve Steps. If there is no one near you to ask to be your sponsor, don't be afraid to ask someone in another area. You can write letters to each other, send tapes back and forth, and make long-distance phone calls whenever necessary. The action of sharing with another addict, whether it is in person, by phone, or on paper, can alleviate problems even without immediate feedback.

One member shared about getting clean in a country where she didn't speak the language. Her sponsor was in a different country, many miles away. She had to use the phone and call other women in the NA Fellowship in another country to get direction on working the Twelve Steps. But she wanted to recover from her addiction, and so she was willing to take that action. She found that by making the phone calls, she was creating a bond with those other recovering women. Pretty soon, she didn't call just her sponsor, she also called other members whose telephone numbers her sponsor had shared with her. And she shared those numbers with other women who wanted to recover from addiction. That way they could all rely on and help each other. All of a sudden, they had some unity, a feeling of belonging to a worldwide fellowship, and not being alone anymore. For someone who was alone in a strange country, our member felt that she was no longer alone. She was a member of NA, she stayed clean, and she practiced the Twelve Steps. She found another way, a way to recover and live a new life.

We have all found that after sharing with another recovering addict, we feel better. There is someone who understands our disease and can help us take the steps which are necessary for our recovery. So, whether it is by telephone, on paper, or through cassette tapes, the value of sharing is paramount to our recovery.

"I'm an addict. I started the first meeting of NA in this town four weeks ago. The first meeting only had two people and I was on my own the last two. But I have a few more people coming next week. Even sitting by myself in that room for an hour and a half, I don't feel lonely. I just pray that one day I might help someone. I'm really very grateful and I know by giving it away, I keep it. I need NA so much."

Starting an NA meeting

How do you start an NA meeting? It's really quite simple. All you really need to start an NA meeting is a desire to stop using and an NA Basic Text, and maybe a pot of coffee. You can find more information about locating a facility and electing officers in *The Group Booklet*. The most important thing, though, is to

* This sentence is a quote from our Basic Text, *Narcotics Anonymous*. Reading the Basic Text is a very important part of our recovery from addiction. If you don't have a Basic Text, write to the WSO. They will send you an order form which you can use to order the Basic Text and other NA literature. The address is printed in the back of this pamphlet.

maintain consistency and perseverance. Whenever an NA meeting is started, even if it is by only one person, that person must make a commitment to be there. If no one else shows up, read from the Basic

Text. We have learned this lesson through repeated experiences and it still holds true today. Many NA meetings have started this way, and thousands of addicts are alive and clean today because just one or two addicts made and kept the commitment to have the NA door open when others reached out for help.

In some cases, when a meeting is first started, the attendance is small. Sometimes no one shows up except the member who started the meeting. In situations like these, it is helpful to do some basic public information work such as putting up notices or announcements about your meeting in places where addicts might see them. Newspapers and bulletin boards are common places to use for such notices, but above all, keep the NA door open, make some coffee and study from the NA Basic Text. Do not be discouraged if your new meeting seems to have a rocky start. Put up some more notices and come back the next week. Do it over and over again until other addicts begin coming to the meeting. And they will come. There have been many examples cited by members of NA where meetings have been kept open for up to a year with only one or two regular members. Then, for no apparent reason, the rooms suddenly filled with people seeking recovery. Many of these groups now report quite a few years experience with successfully carrying the message of recovery.

In all your efforts, remember that even doing the basic footwork will help keep you clean and grateful for your recovery. Be direct with all people to whom you speak, whether it is the pastor of a church, an administrator of a hospital, or the local police. They probably will be interested in what you have to say. If you have a piece of NA literature to leave with them, that will serve as a reminder to them of your own efforts to stay clean and may plant the seed for them referring an addict to the meeting. When they see that you are not there to evangelize or to encroach on their programs, they will not feel threatened and so may offer to help support a meeting in your area. Perhaps they will ask you questions about the NA program. You can share your personal experience with addiction and recovery, or give them some NA literature, and so carry the NA message that way. Your efforts are bound to pay off. You do the footwork, and leave the results to God. At the very least, you will stay clean. You surely will come to a better understanding of the Twelve Steps and Twelve Traditions. And you may well be God's instrument for helping plant NA's seed of recovery in your community.

"All of the NA materials have been important to me, but especially my NA book which gives me continuous hope. Writing to other addicts who have been loners at one time also helps me through daily living. In my personal recovery the most important thing is my spiritual contact with God, which I obtain through the book, literature, my sponsor, and letters to loners and other addicts I have met across the country."

Crises

Crises come in many forms to all addicts. Without other recovering addicts or meetings to help us keep a balanced perspective, routine problems can become magnified in our minds. We may start to think that staying clean isn't paying off, and arouse feelings of self-pity, resentment, and anger. We must keep foremost in mind that whatever pain we experience will pass.

Problems are realities of life and do not disappear just because we stay clean. In recovery, however, we find that we grow through pain and often feel that a crisis brings a gift by allowing us the opportunity to experience growth through living clean. No matter how painful life's tragedies may be for us, one thing is clear: *we must not use, no matter what.* Our experience has shown that if we put forth even half the effort to stay clean that we did to use, we have an excellent chance of maintaining our recovery. When we reach out for help, we begin to grow.

"Some of the special things I like to do when no one is home and I'm not at a meeting are to read my NA Way Magazine, my Basic Text, and write to other loners. Anything that talks to me about recovery, love, and fellowship the NA way adds direction to my thoughts. My most dependable source of comfort and enlightenment is my Higher Power. I'm very grateful to have come to believe."

Living the program

The Twelve Steps are our blueprint for recovery from the disease of addiction. As we continually practice these steps, we come to live the program. Through the direct application of these principles in all of our affairs, we find acceptance, faith, and humility. We learn to live life on its own terms.

As we recover, we come to depend on a Power greater than ourselves. We learn that by asking for God's will for us, and the power to carry that out, we can do things we never believed possible. Our lives become worthwhile, and we lose the obsession to use, just for today.

We cannot afford to become complacent because the disease of addiction is with us twenty-four hours

a day. Daily vigilance towards defective attitudes is essential for ongoing recovery. By living the steps, we begin to find relief from our self-obsession. We learn that attitudes, thoughts, and reactions change. In time we realize that we are not alone, and begin to understand and accept who and what we are.

The NA Basic Text contains many suggestions that are the basis of our recovery. By using these tools, our despair and active addiction can turn into hope and new life. By living the Twelve Steps of NA we are part of the worldwide NA Fellowship, no matter where we are.

"I feel very lonely sometimes being a loner, but I have faith today that I will not use just for today. I'm very grateful to be a part of NA. I love you all and can never begin to give back as much as I have received from all my NA friends."

Our gratitude speaks
when we care and
when we share
with others the NA way

INFORMATION REQUEST FORM

World Service Office
PO Box 9999
Van Nuys, California 91409 USA

Date _____

Country _____

Language _____

I request the following information:

T Nearest NA meeting

T Local NA phone number (helpline number)

T Literature sample

T Group Starter Kit (booklet and literature to start an NA group)

Not for institutional use.

Name

_____ Street

City _____

State _____

Zip _____

Country _____

SERVICE SUNDAY

Service work is carrying the message to the addict who still suffers. The more eagerly we wade in and work, the richer our spiritual awakening will be.

Basic Text, "How It Works,"
Step Twelve

How will your NA community celebrate the Fourth Annual Service Day?

Host a service-related speaker jam?

Hold a virtual workshop?

Organize a Service Learning Day?

If you have ideas for activities related to these special days, please send your comments to worldboard@na.org.

Get your "I Serve" pins
www.na.org/webstore



SUNDAY



1 MAY 2022