



Nebraska Regional Service Committee of Narcotics Anonymous

10/8/2022

Location: Giltner, Ne.

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

Monica read the Purpose Statement

Twelve Traditions: Read by Rocky R. Twelve Concepts: Read by Cassie D.

Roll Call –

<u>Executive</u>		<u>RCMs</u>		<u>SubCommittees</u>	
Chair:	Monica	Columbus:	Absent	NRCNA37:	Tommy N.
Vchair:	Open	Central Nebraska:	Cassie D- proxy	General Assembly:	none
Treasurer:	Terra	Eastern Nebraska:	Zach / Morgaine	Outreach:	Open
Secretary:	Kora (Proxy)	Elkhorn Valley:	Tommy N	Policy:	Ariel
RD:	Brenda H	Fremont:	Rocky	PI:	open
Alt RD:	Open	Great Plains:	Deborah T - Proxy	IT:	Hadrian
		Platte Valley:	Absent	H&I:	Tracy K
		Souteast Nebraska:	John	Archives:	Dick T
				SBTW Liaison:	Open

Visitors: Sue H, Kathy S, Cassandra K, Paul H, Sasha T, Tony S, Dean B, Diana B

Consensus to Accept Last Meetings Minutes: Passed By Consensus

Area Reports:

Columbus: Submitted via email by Paul H:

I forgot to give a copy of our Region meetings notes to Wes at the Jail last night, he is coming to Giltner, he does not have a printer could someone please copy this for him??? Thank you so so much am going to bury my Mom in a bit and can't remember jack shxx JFT

Hello NA members my daughter has a Norfolk swim meet so will not be attending this Quarter; Paul H. rcm Columbus Area. Wes will be there to read Area approved report for region and motion. We have started new meetings in Columbus. We are lucky to enjoy our H&I commitments. We buy as much literature from NAW's as we can afford over our rent and try and give freely to the Columbus and David City Jail including Spanish lit for their library's and when appropriate to newcomers to the Columbus area.

Per Chair, Vice-Chair, and RD, the rest of the report was omitted in keeping with our 6th tradition; to allow this into our minutes goes against our regional vision and purpose. Further discussion can happen in the next regional meeting.

Central: Hello NA Fam, Thank you for allowing me to serve. I have votes on all proposals. We've submitted updates on our Area Meetings. Central Area is doing well. Nov 12th in Giltner- 1pm H&I Training, Workshops, Thanksgiving Dinner, Speaker, & Dance. We are putting in our bid for NRCNA 39. ILS, Cassie D – Proxy for John D.

Eastern: Hello family: We have had some exciting things happening in our area over the last three months. Here is an update: Our CECK 2023 Convention committee has secured the commitment of our main speakers, and what workshops will happen at the convention. Everything is moving full steam ahead, so that we might serve the fellowship with a great convention we're all accustomed to. We discussed the possibility of hosting NRCNA 2023 however we lack manpower and we are struggling within our own area activities committee. We had our annual P3 steak feed this month and it was a huge success. The steaks were grilled to perfection and the love in the room was overflowing. We had a PR training day prior to the steak feed that was well attended by approximately 35 addicts. As an area we want to thank all who came out in support. On November 5th, we will have bowling and fellowship from 9:30 PM to midnight. A flyer with the details will be attached in my report. We have brought 2 free registrations for each area in this region, 2 for the fundraiser today, and 2 for the upcoming regional convention. Lastly, we have brought CECK 2023 convention flyers for you to take to your groups. – Zach M

Elkhorn Valley: Hello Family,

Things are going well in EVANA! Since the last time we met, the Flow of Hope Clean float took place and was a great success! We also hosted a 2nd NRCNA fundraiser on September 10th. We are gearing up for a great convention next week in Norfolk and hope to see all of you there!

We continue to hold H&I training at least once every quarter. There are 2 training sessions held this last quarter, one of 916 and on 10/2.

Some area groups are hosting a Halloween function on Oct 22nds in Norfolk at the Masonic Lodge near 10st St and Norfolk Ave. We will get a flyer on nebraskana.org by Monday. The action will start at 4PM with Chili potluck, speaker, dance, and costume contest with Prizes. There will also, tentatively, be the annual Gift of Desperation

function on Christmas Eve. (More will be revealed)

ILS Tommy N

Fremont: Hello Family, The Fremont area is still alive & well. As always, small but mighty. Meetings are available 7 days a week and are holding at a consistent pace for attendance. We have a new midnight meeting on Friday and Saturday nights at a family members home & would like to discuss during open floor, the policies in place at the regional level pertaining to listing that meetings address (in the Regional Directory.) This meeting remains listed as "Call the Hotline for Address" but for future instances we would like to know specifics on this.

The Fremont Freezeout is coming again in March, likely the 3rd weekend. We are excited to continue to see the numbers rise for this event. Stay tuned for more information coming soon. We would also like to thank Norfolk for co-hosting NRCNA with us and are all ready for the next weekends amazingness!

The Fremont area will be donating to area today in the amount of \$600. We would also like to mention that the 1st Sunday of every month we hold a speaker meeting at 7pm with potluck style fellowship starting at 6:30pm. This is held at Good Shepard Church @1544 Military, Fremont, NE. We are always looking for amazing people to fill slots for our speakers. Please contact me at 402-936-5855 via text or call if you would like to share your ESH with us.

ILS,
Rocky

Great Plains: Hello Family, I am an addict named Deborah. Not much happening in Great Plains Area. We did take votes on all proposals. We are hosting region with the Ice Cream Social. We also encourage you all to stay for the auction. This is a fundraiser for NRCNA 38. The Kearney meetings are struggling although the North Platte meetings are going strong. They are making a \$150.00 donation to NRCNA 38 today. We currently have several area positions open. ILS, Deborah T

Southeastern: Greetings from SENANA. We have been implementing some changes in our area as to how some of our committees meet and interact. Instead of having PI, H&I and Outreach meeting separately at different times and locations, we will now have the meetings combine. It is our hope that these three committees, who serve our community in related fashions, will be better able to coordinate among themselves. Also it is hoped that this will cause members to become more active in service.

Currently, H&I in our area has been only able to go to the Lincoln Correction Center because of new COVID restrictions other facilities have put in place. The York women's facility is currently going through paperwork submitted by volunteers and plan to open that prison back up for in person meetings when that is done. That being said, we will be having a training day November 12th for volunteers who want to carry experience, strength and hope into the facilities.

We are having a Halloween dance on October 22nd at City Impact. Also we are having bowling nights on November 12th, December 10th, January 14th and February 11th with a meeting at 6pm then bowling after. There is a fundraiser for an NA awareness campaign that is geared towards putting billboards on public busses on January 14th.

In loving service, John H

RD Report:

RD Report NRSC October 2022

Dear NA family,

I'm so grateful to be able to serve this Region... I have lots to report so let's just get after it...

It's officially conference season... the Conference Agenda Report (C.A.R.) will be out next month no later than November 30th. It will be available online for download. Paper copies will not be

mailed which will save financial and human resources. It looks like there will be about 25 motions in the CAR, with half coming from the World Board and half from regions and zones. If you want to get a head start on some of the issues, check out the PowerPoint posted on na.org/conference about the Future of the WSC (World Service Conference). The board is recommending changes to the conference cycle length, the funding policy, the CAR publication date and more. You will be able to find more information that explains the recommendations and gives some of the history of the discussions that have led to them.

- A Spiritual Principle a day is in stock! Here is the link for the book in www.na.org/webstore
- NAWS News was issued last month. Here is the link for that issue www.na.org/NAWSNews
- We will be hosting the Zonal CAR CAT on Feb 3-5 th , 2023, in Grand Island. I have a save the date flyer for each Area.
- Our next Zonal Meeting is next month, November 12 th and we will be asking you for input! I have some fun reminders for that!
- Other things coming up.... There is a survey out on DRT/MAT as it relates to NA, please help by sharing what we want to say in this piece of NA literature.
- Fellowship Open Webinars will be November 5 th , Noon CST for the PR Webinar and November 10 th , 5:00pm CST for the H&I Webinar... I strongly encourage your PR and H&I committees to attend these virtual meetings! It's for everyone on the committee!! They are exciting! I also encourage our Region committees to attend these also!
- Our next Conference Participant meeting is October 22 nd , 2022.

*** Please start discussing with your Area's about when you want to have a CAR/CAT Workshop I will also be asking for input from the RCM's to help us collate information for our Region Report due February 1, 2023.

I had some questions for ENNA and Fremont about when they will be having their ASC in December since it lands on the holidays?

I also would like to discuss this Region's meeting in April... it lands on Easter weekend. I was evaluating the weekends we will have before we have to gather our votes for the World Service Conference. We usually have the votes ready to report for that meeting... so..I would like to ask if we can put that on the open discussion agenda.

Finally, I would just like to report that I'm very excited to hear the Area votes during old business...

Thank you for letting me serve you,
Brenda, RD

Sub- Committees

NRCNA 38: Hello Family!

The convention is next weekend! We have a few last minute task to complete, like cutting and laminating name badges, sorting the super cools, glow in the dark convention shirts and hoodies, and a little bit of organization of registration bags. Other than that, we are geared up to start setting up the day of! Right now, we have 234 people registered, with 95 people attending the comedian on Saturday night and 53 attending the fellowship meal. The registration has price has gone up to 20\$ and there are no longer any pre-registration shirts available. You can still register and sign up for the fellowship meal and entertainment online at www.nebraskana.org. You can also do that at the convention. The entertainment will cost \$15 at the door, instead of \$10. There are also a limited number of fellowship meals, and we only have about 10 left right now.

Right now we have \$4237.29 in our bank account. Most of our expenses are paid, except the final bill for the Convention center/ hotel, some printing, some hospitality room items, and entertainment for Friday and Saturday.

We are hoping an area decides to bid on the next convention today, so we can have a little more information for early bird registration. Either way, we aware that having less than a year to plan a convention is challenging. I am hoping the proposal to increased seed money is passed to help take some pressure off.

ILS, Tommy, and Sam B

General Assembly: We had no General Assembly today, instead we had an Ice Cream Social (mmm).

H&I: Hello Family,

Central Area: is alive and well. We are not able to go into Detox Center. We are still doing St Francis. We are still not able to go to the VA or jails, but hoping to soon. We will be having an H&I Training in Giltner Nov 12th starting at 1pm.

Great Plains Area: Buffalo County is still not able to go into jail. Lincoln County men and women go in once a week. Both average about 10 per meeting. We take in little White Books and schedules for meetings. Buffalo County delivered the books from last region.

Freemont: Females are currently going into Washing and Saunders County, 1 meeting each per month. Going well. Had 1 more female join the committee. No issues and great meetings.

SENNA: Currently, H&I in our area has been only able to go to the Lincoln Correction Center because of new COVID restrictions other facilities have put in place. The York women's facility is currently going through paperwork submitted by volunteers and plan to open that prison back up for in person meetings when that is done. That being said, we will be having a training day November 12th for volunteers who want to carry experience, strength and hope into the facilities.

ILS, Tracy K

Outreach: Open

Policy: Hello Family,

During our last Regional Business meeting in July, the proposal to make the Memorial Wall into its own Sub-Committee was passed by consensus. This will ultimately lead to a change to our Policy in section III. regarding the different Sub-Committees. As I have not added something of this nature before into our policy I will seek guidance on how this process works for including this information (such as determining qualifications and responsibilities) into our Policy. Thanks to all for their patience and understanding as I navigate this process.

In Loving Service,
Ariel W.

PI: open

IT: Good afternoon,

The website is currently in good health. Serving on the IT subcommittee has been a good learning experience for me. The NRCNA web store is still open selling online registrations at same-day registration cost and will probably remain that way through the next week until the convention. We haven't received many emails the last couple of weeks about events coming up in the region, so the Activities tab is looking a bit thin. Just a reminder that if your group or area is having an event and you would like for that to be shared on the website flyers should be emailed to activities@nebraskana.org.

ILS, Hadrian C

Archives: Hello Family I'm Dick T and I am an addict. All is well with archives. We have not gotten a bigger unit (storage) yet, and are still waiting. We will be taking banners and holders to Norfolk on Thursday for the convention. Thank you for letting me serve. ILS, Dick T

SBTW: Open

Meeting List Report: Sorry to say that we had a problem with our printer and then the backup printer. With that said we shorted Central and Elkhorn Valley (meeting lists). We will give the balance at the convention. Thank you for letting me serve. ILS, Dick T

Old Business:

Proposal #1: Add a subletter to section VIII E to read as follows: “Mandatory expenses set by outside entities that are contained in Addendum C shall be changed as needed to reflect any difference in charges that are less than \$25 without needing to send it back to groups for approval.

Intent: To maintain accurate reporting of our Regional budget with having to send mandatory expense changes for things back to groups.

Financial Impact: \$50

Submitted by: Ariel W.

Vote: 4 Yes, 2 no – proposal passes

Proposal #2: To increase start-up funds for NRCNA from

\$2,000 to \$4,000. **Intent:** To make it easier for future

committees and also because of inflation. **Financial Impact:**

\$2,000

Submitted by: Fremont Area

Vote: 6 yes– proposal passes

Proposal #3: Nominate Sue for Memorial Wall Chairperson.

Intent: To have a trusted servant get a chance to be of service and keep the Memorial Wall up to date. .

Financial Impact: \$0

Submitted by: Tommy N.

Vote: 6 yes– proposal passes

Proposal #4: Nominate Kora C for Regional secretary.

Intent: To have a

secretary. **Financial**

Impact: \$0

Submitted by: Zach

M.

Vote: Unknown number of votes as I was out of the room, but it passed.

Proposal #5: To amend Policy II under General Guidelines, from “Any one individual may only hold one **elected** Regional position at Region, at a time., to “Any one individual may only hold one **administrative** Regional position at a time.”

Intent: Reflect our practice of allowing people to hold more than one subcommittee chair position at a time.

Financial Impact: \$0

Submitted by: Tommy N.

Vote: 5 Yes, 1 no – proposal passes

Proposal #6: To amend Policy IX, C. e. Consensus 1. From “Color Cards will be utilized by only Participating Members and/or RCM’s, depending on what the Proposal affects.” to “Color Cards will be utilized by only RCM’s, depending on what the Proposal affects.”

Intent: Reflect our practice of not having administrative servants and subcommittee chairs vote outside of straw polls. Also, this removes any conflict of folks getting more than one vote.

Financial Impact: \$0

Submitted by: Tommy N.

Vote: **Vote:** 5 Yes, 1 abstain – proposal passes

Proposal #7: Nominate Tommy N. for Alt. RD.

Intent: To fill a position with an amazing person capable to fulfill the position.

Financial Impact: \$0

Submitted by: Tera

Vote: 6 yes– proposal passes

OPEN Positions:

Vice Treasurer

PR
SBTWS

Open Floor: Discussion to be 15 minutes total

Brenda D: Discuss the date for April's region as its supposed to fall on Easter Weekend. April's meeting will be the discussion of the CAR/CAT.

Her suggestion is the 15th. And maybe having 2 meetings to discuss the CAR/CAT with one being held virtually.

Sue: sending out a piece of paper for interested members in her Memorial Wall Committee. A discussion ensued about the budget for this committee.

It seems that the budget for this committee combines with Archives and is \$200 / year. Sue has some receipts to turn in next meeting for frames.

Note: Storage is a separate cost not included in Archives / Memorial Wall 's budget/

Rocky: Per his report he has a question about listing in home meetings in the Regional Meeting list. This meeting is held at a member's home, and per the

Group's request is listed in the directory as "Please call Hotline for Address". Ariel checked policy, there is nothing written about listing a home address;

It has just been practiced that we don't list member's home addresses. We will also have to check with our regional insurance if this meeting location is covered

By our policy.

At this point we extended Open Floor another 15 minutes

Brenda: Virtual Meeting Basics can be found online at https://www.na.org/?ID=virtual_meetings

There is a new Group meeting reading available called A Spiritual Journey – from Living Clean

<https://www.na.org/admin/include/spaw2/uploads/pdf/FTP/English/Forms,%20Guides,%20and%20Miscellaneous/Spirituality%20Reading%20-%20Freethinkers%20Group%20PA%20-%202014.pdf>

Brenda: Fremont, ENNA and any other area that might fall on Christmas day – please email Brenda when you will be holding your area mtg

Zach: Wanted to discuss proposal 6 and needed some clarity on who votes on proposals. Simply put – Money and Policy – RCMs. Break is everyone.

Regional Insurance Review(Dean): We are covered with 50 mtgs and 300 members with unlimited events. Total cost is \$1760, which need to be paid today.

If we increase to 100 mtgs and 800 members the cost of the insurance would be \$2980. Included mentioned events are NRCNA and CECK.

We need to specially list any events that would have over 2500 in attendance. Questions that came from the discussion: Is it Groups – a group can have several meetings. Is it meeting locations? What would be the cost if we had more meetings and less members?

For today we are going to pay the \$1760 and Dean will get back to us with answers.

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

New Business: Proposals and Nominations:

Proposal#1 Central Area to host NRCNA 39 in Grand Island, NE Oct 13-15th 2023 at the Quality Inn and Conference Center.

Intent: To host NRCNA 39 and carry a message of Narcotics Anonymous

Financial Impact: \$4,000 – startup fee

Submitted by: Tracy K

This proposal passed 5 Yays – one RCM had left the meeting.

(After region Tracy forwarded a contract from Quality Inn and Conference Center to the Executive Body.)

Proposal#1a – Suspend Policy to take back to groups Proposal 1 for NRCNA in Grand Island and let the RCMs vote today.

Intent: To allow Central Area to begin the planning process for NRCNA 39

Financial Impact: none

Submitted by: Monica T

This proposal passed 5 Yay's– one RCM had left the meeting.

Proposal 2: Was submitted by Tommy to address the wording of the dollar amounts for known expenses- like the storage or post box.

What happens if the annual bill goes up more than \$25 as allowed by Proposal 2 in Old Business?

Tommy withdrew the proposal and will review with Ariel and Terra the \$ amounts that our bills are changing and if another proposal is actually needed.

4th Quarter Items:

Convention Bids for 40 and 41

RD and RD Alt – position transitions

PLEASE TAKE BACK TO GROUPS FOR VOTE.

Bids are open for NRCNA 40 and 41. Please discuss this with your Area to consider hosting the next NRCNA convention.

Open Positions:

Vice

Treasurer

Outreach

PR

SBTW

ONGOING REMINDERS:

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

The Next Region will be held:

1/14/2023

Giltner Community Center

4021 N. Commercial Ave Giltner, Ne.

General Assembly 12pm – CAR Information Workshop

Sub-Committees: 2 PM CST

Region Business: 3 PM CST

Meeting will be held via Zoom if there is inclement weather

Proposal To Close