



To: Alaska Regional Service Committee of Narcotics Anonymous

From: Mandy H. Regional Delegate

Date: 3/19/19

Trusted Servants:

It was a wonderful experience to attend the WSZF in San Diego. I feel more confident, prepared and supported to attend the conference next year and carry our regions conscience. From what I gather the regions in the zone wish to support one and other in the continued growth and furthering our primary purpose. I took the time to talk to several people from each area and some outlying areas in our region to gather what is working well and what our weaknesses are before attending the WSZF. Below I will list creative ways to use the resources I was introduced to at the forum that address some of the needs our regions members have shared with me.

WSZF purpose: Member regions collaborate, communicate, train and plan to carry out our primary purpose

Different regions have an abundance of certain resources and needs, and there is a desire to help one and other. While some regions have an abundance of monetary resources what Alaska region offers is an opportunity to participate in fellowship development. Which as many of us know is a fire that feeds our soul and spirit to serve. After delegates left Alaska last year, they were so inspired by helping to start a meeting in Nenana that the fire for recovery has been passed on to their regions. They were overjoyed to hear that Nenana is still going strong. Way to go.

❖ Our Regional subcommittees could meet quarterly via zoom and invite the area chairs of the same subcommittee to the meeting. During this committee meeting, our region could have a guest from an outlying region share what they are working on or struggling with.

For example, our regional PR chair could hold a meeting on zoom with the outreach chair, web servant and areas PR chairs in attendance while introducing a guest from outlying region.

Intent: This would offer excitement, new ideas, unity, and inspiration to area trusted servants while unifying Regional sub-committees.

Regions Support

I was able to include Frank and Allen via zoom for the discussion sessions during the zonal forum. Thank you, gentlemen, for all your support.

Delegate Service Efforts

I joined two of the workgroups at the zone, training tools and technology and fellowship development as I believe those both pertain well to our region and our concerns. I also attended a conference work group that addressed the roles of the zones. I will be sure to report back on the information I acquire through those avenues at the next regional meeting.

Two questions for RCMS:

From the fellowship development workgroup. Please take time to send me your responses to these questions from your areas.

1. Do you have an underserved rural community within your region?
2. What support could the zonal forum provide that would help your efforts in fellowship development in these communities?

There is a suggested donation to WSZF

\$300 annually to the Zonal Forum to help cover the costs of facilitation and event expenses. Alaska did approve this, a check needs to be written and mailed.

RECEIPTS

The treasurer booked my airfare. I was sent a check for \$538 that included four nights stay @ \$123 and a \$46 dinner. I paid for my additional meals. I have texted treasurer my receipt from the hotel. Airfare is cheaper if we book tickets sooner when possible. In the future, I may be able to share a room with another delegate from a different region to help reduce cost.

***WSLD Update**

The Northern Idaho/Washington region would like to have us represented at the WSLD. They desire to possibly help cover the expenses of a delegate to attend and provide a shared room with one of their delegates. We will need to have a name for them soon to set up airfare.

The delegates from the zone are meeting there and making decisions. There was a vote at WSZF to recommend George for world board, and Alaska abstained because we did not have a record of it from last year.

❖ They are also highly interested in Alaska putting in a bid for then WSLD which we would need to be in attendance. It could help our region out immensely at low cost if we willingly take on the work. We may need to show up and put in a place holder for 2022 and write up a bid after.

Intent: assist in fellowship development in our region and provide training/ education in service while having fun.

❖ It may be beneficial to consider sending some trusted servants to this event. Areas could even consider sending a person as Fairbanks sent a person last year. Zoom is being made possible so areas may be able to participate this way as well.

Intent: increase service-based education/ training, support, encouragement and excitement to serve.

Information on the WSLD XXXIII

It will be held in Seattle, Washington, on November 8-10, 2019.

The host hotel is the Seattle Airport Marriot ([3201 South 176th Street, Seattle WA 98188](#)).

We have a special link that will take you to a special reservation page for our event. Please click the link [here](#). The single rate is \$129 – check the special Marriot page for further details.

Online registration will begin **June 1, 2019**, on the Washington Northern Idaho Region website: <http://www.wnirna-reg.org>

You may pre-register by postal mail using the form provided on our flyer available here.

***Planning Workshop**

This workshop and training was fantastic. I was able to witness it in action, and it blew my mind how the process included everyone's concerns, ideas and resolved in solutions very quickly and without a lot of arguments. The seven steps are outlined at

https://www.na.org/admin/include/spaw2/uploads/pdf/handbooks/Planning_Basics.pdf

I also learned that when using this process there are regions that invite an outside facilitator who is trained in this process. Having an outside facilitator eliminates bias while increasing unity and productivity. I can see this being very beneficial for regional and area inventories.

❖ One idea for our region would be to fly up a facilitator and send them to each area to facilitate the processing of an area inventory. This would take some coordination between RCMs however it would do several things to serve our members.

Intent: It would increase unity between the regional service body and the areas by providing an opportunity for growth and strengthening. It would also benefit the area service bodies to unify and solve issues effectively all while introducing this process to our members because they could see it in action.

If you have questions about what made this process work so well let's set up a time to talk. It was powerful.

Between Frank, Tony & myself we can offer a list of incredible facilitators for this process. I was able to witness Steve and Laura in action as amazing facilitators.

MYTHS PER NAWS:

1. We are not changing the definition of clean time, and it still includes abstinence.
2. We are not leaning toward zonal seating at the world conference.

NAWS FUNDING INFO:

\$2.03 would be needed weekly from each registered group to fund NAWS solely from the seventh tradition.

Currently, NAWS receives approximately .49 cents per week per meeting.

%13 percent of seventh tradition funds NAWS.

Spiritual Principle a Day Book Project

RCM's

A spiritual principal book is being created. Similar to just for today. Members are being invited to write and contribute.

❖ **Areas can host a spad workshop where members come and are given a spiritual principal, and each person writes a couple of paragraphs. Then the writings are submitted via email.** Please send the advance material you write or collect to spad@na.org or 19737 Nordhoff Place, Chatsworth, CA 91311 USA

Maryellen: Point person for *spiritual a day book*. Na.org/spad has the link to use the page for the book project. <https://www.na.org/?ID=medibook&ID=medibook> (link). Membership project and need all members. We have PowerPoint, writing template, and information for presenting. Print them out and send them back – make sure to fill the page out. Make sure to give the email address. Equally important to give the information on where they live. All around the world people are inputting their ideas. Can submit online. Released 12 more principles, will release them in 12's. Extension on 7th step expand on spiritual principles or have had the spiritual awakening. We are exploring spiritual principles. Recommending

using a word doc and copy/paste on the form. Using the quotations, but you can get others that aren't there from our literature and can add that one with a quotation; make sure to cite the quotation. Train the trainer opportunity by going through the information. March will add 12 more. Review and input next year sometime for the first batch. Wants all the input they can get. Please make sure to input. There's a link to all the spiritual quotes. Feel free to call Maryellen or email her too. The WSO has office hours and can contact them as well. As for Pam T. pamt@na.org. or worldboard@na.org.

RCM'S budgeting training available

There is a PowerPoint available for the training. It was very informative and helpful. RCM's may want to take this back to area treasurers. Contact David@Na.org for the copy of slide show and budgeting material.

Zonal Business Session with the creation of workgroups

Work Groups Created: Past RD's & AD's invited to participate in work groups.

1. Technology and training

Training, tools, virtual meetings

Meeting February 20th at 5 pm pacific standard time

2. Guidelines

Not meeting via zoom

3. Fellowship development in rural areas

Asking rocky mountain zone if they would like to join.

Meeting February 22nd 6 pm pacific standard time via zoom

Zonal Business session:

Facilitator and co-term process of election and new election 2021

George nominated at WSLD as a facilitator for world board. Voted in during WSZF 2019.

WSLD- will include 3rd quarter meeting for delegates. They are planning to set up zoom for those that cannot be in attendance.

I am including the zonal forum minutes and the other regional reports for you to look over.

Some of the work at the zonal forum was internal work like the creation of guidelines and work groups. All the information for that is included in the minutes.

Thank you for allowing me to be of service.

Mandy H

Additional reports and resources required per our guidelines

WSZF AGENDA 2019

The western States Zonal Forum
January 24-27, 2019
Handlery Hotel
San Diego, CA

Thursday, January 24
Recovery meeting off premises for those who arrive early

Friday, January 25
10:00 am – 11:30 am California Collaboration
11:30 am – 1:00 pm Lunch
1:00 pm – 3:00 pm Regional Reports
3:30 pm – 5:30 pm Discussion Session on prioritized topics
Dinner and off premises meeting

Saturday, January 26
9:00 am – 10:30 am NAWS Update
11:00 am – 12:00 budgeting training
12:00 – 1:00 pm Lunch
1:00 pm – 2:30 pm Planning Workshop
3:00 pm – 6:00 pm Zonal Business Session with the creation of workgroups
6:30 pm Banquet and speaker meeting with a social mixer/recovery game show

Sunday, January 27
8:00 am Zonal work groups have breakfast meetings
10:00 am the closing session

Regional reports: All regions were in attendance.

Laura: (Facilitator)
Dave: Assistant Facilitator
Dennis: Central Cal AD
Don: San Diego Imperial RD
Dean: CMSRNA AD
Steven: CIRNA AD
Mike: CIRNA RD
Theo: Washington-Idaho RD
Kia: Washington-Idaho AD
Robert (Big River) Rio Grande RD
Rodney: Observing AZ
Mandy: Alaska RD

Moe: AZ RD
Maryellen: World Board
David: NAWS Staff
Steve R: NAWS Staff
Denis: Region 51 AD
Tina: Region 51 RD
Eileen: San Diego Imperial AD
Vince: Sierra Sage AD
Sheryl: Visitor Sierra Sage
Ami: Visitor Sierra Sage
Doug: Pacific Cascade RD
Art: SoCal RD

Local Service Resources

https://na.org/?ID=local_service_resources

Welcome to the Local Service Committee Resource area where NA service committees can share locally developed resource material. This material is presented as a resource so that NA service bodies might benefit from others' experience and work. Anyone is free to download any of these materials, and all of these resources can be used or adapted as your local service committee sees fit. Please look in the subheadings for files in languages other than English.

[Conventions & Events](#)

[CBDM](#)

Groups

Financial, Legal, and RSO

Guidelines, Bylaws, etc.

- ASC
- RSC
- Subcommittees

Miscellaneous

NA Logos (*Please Read [FIPT Bulletins 1 and 3](#) before downloading files*)

Newsletters

Public Relations

- [General PR/PI](#)
- [Phoneline](#)
- [PSAs](#)
- [H&I](#)
- [Inmate Step Writing](#)

Rural Service Resources

Service System (also see www.na.org/servicesystem)

- GSFs
- LSBs and LSCs
- Planning
- Implementation
- Service System 101

Technology

- Website
- Social Media

Trusted Servant Training & Elections Resources

Workshop Resources

- General Workshop Resources
- CAR Workshops
- Issue Discussion Topics
- Newcomer Workshops
- Service System Workshops
- Various Workshops Resources
- Worldwide Workshop Resources