

CAR Workshop
Central Minnesota Area of Narcotics Anonymous

3:30 p.m. – 5:00 p.m.

Motion 1 - Do Not Support

This could focus on our differences, rather than our similarities

Motion 2 – Support

Would be good to have an IP on this issue

Motion 3 – Support

Issue Discussion Topics

Atmosphere of Recovery:

Question 1:

- Fellowship
- Sponsorship
- Caring
- Welcome everyone (especially at the door)
- Feeling comfortable in groups
- Working the Steps (Step-working Guide)
- Maintain good boundaries and eye contact
- Caring
- Keep open-mindedness
- Old-timers steer conversations to recovery
- Serve food
- Maintain safe atmosphere

Question 2:

- Old timers
- Professionals
- People with disabilities (also sign language)
- Mexican Americans
- Teen addicts

Question 3:

- Play “taxi” and give rides
- Avoid cliques by not taking part in them or breaking them
- Be of service to the group
- Make recovery fun
- Talk to people
- Provide services
- Give hugs, be of service to group
- Remember names

Question 4:

- Provide treats – coffee, cookies and donuts
- Host or have potlucks
- Remember people's name
- Use name tags
- Listen to other peers
- Food

Leadership

Question 1:

- Maintain clean time requirements, track record
- Follow through on commitments
- Emphasize team efforts – use the secretary to coordinate

Question 2:

- Overlapping service commitments
- Mentorship

Question 3:

- Be of assistance
- Attend committee meetings, and help committees
- Be accountable through support
- Complete the service commitment
- Recognition of trusted servants
- Be connected to meetings
- Give recognition

Question 4:

- Abiding by Group Conscience (versus individual opinions)
- Remember God's will, not mine
- Focus on the "we" instead of the "me"
- Have charismatic leaders who can remind people of our primary purpose
- Maintain a free flow of information, even if it's unpleasant
- Share the message

Public Image

Question 1:

- Commit to H&I
- Follow our Traditions
- Be mindful of our behavior (before, during and after meetings/functions)

Question 2:

- Take personal responsibility for our public image
- Clean up cigarette butts
- Be respectful of the meeting space

Question 3:

- Respect Newcomers
- Use restraint when working with newcomers

- There seems to be no long term recovery
- Everyone socializes in N.A., but they recover in A.A.
- “Narcotic” is not a good word – alienating
- Make the public aware of who we are

Question 4:

- Advertise

Infrastructure

Question 1:

- Missing groups have their own agendas
- Groups need to get involved with service work
- Emphasize service work

Question 2:

- Better PI and H&I
- Have accountabilities in our meetings

Question 3:

- Make sure the Outreach chain is reaching out to new meetings
- Check on the meetings
- Host activities

Question 4:

- Bringing activities and helping with funds
- Provide literature
- Personal recovery and group conscience
- Rotate leaders
- Floating regional meeting
- Keep coming back (create an old timer)
- Monitor our behavior, keep an open mind, reach out
- Be there for the new comer and fellow addicts

Targeted Literature

- Therapy and the addict
- Sexual abuse and the addicts
- Should be 3,2,1 and not as published
- Being clean can be fun
- Attraction rather than promotion
- H&I
- More stress on carrying the message to the addict that still suffers

Basic Tools

- No suggestions/comments
- Why should I put my efforts into helping the newcomer that has repeatedly relapsed?