

**Regional Assembly
Minnesota Region of Narcotics Anonymous**

Noon – 4:00 p.m.

Motion 1* - Do Not Support

- May help consistency, and might help with accountability

Motion 2* – Do Not Support

- Have found them to be divisive, it will only come up again and again, saves cost

Motion 3* – Do Not Support

- We can use more time in general (not just for translation) – literature isn't good – needs more time, have the World Board do the translating prior to sending out the draft, and look at the economics of increasing the time

*Straw Poll Results – not official ballot results

Issue Discussion Topics

Atmosphere of Recovery:

1. What's working?
 - Business meeting separate from recovery meeting
 - Maintain order during the business meeting
 - Keep within the time frame
 - Keep the cross-talk down
 - Welcoming/greeting/hugging newcomers

2. Who's missing?
 - Old timers
 - Youth
 - Minorities
 - Women Sponsors
 - Professionals
 - Diversity
 - Service Workers

3. & 4. What can the individual & the groups do?
 - Talk recovery
 - Follow up and follow through with commitments
 - Mix old timers and new comers
 - Count off for small groups (separate cliques)
 - Recognition of general long term clean time (everyone with a year or more please stand)
 - Have new comer or First Step groups
 - Use recovery language
 - Have meeting topics

Leadership

1. How do we match people to tasks?
 - Mentorship of our trusted servants
 - Have service resumes at the different levels of service
 - Adjust clean time requirements to suit the individual case/need
 - Leave positions open – no more “warm body” syndrome
 - Put new comers into service so they learn

2. What can we do to help our leaders be more successful?
 - Have old timers mentor new trusted servants
 - Overlap positions
 - Put the fun back in service (was it ever there?)
 - Have service medallions or recognition tags
 - Pass it on
 - Sponsorship
 - 12 Concepts and Traditions
 - Giving guidance through literature
 - Allow room for mistakes
 - Encourage and give compliments
 - As the leader what you can do to help them

3. How do we hold our leaders accountable?
 - Accountable
 - Service work sponsorship
 - Literature
 - Checks & Balances
 - Keep a positive attitude
 - Make adjustments to clean time requirements for positions

4. What do we mean by leadership in NA?
 - Have a strong desire
 - Keep away from strong personalities
 - People who are walking the talk
 - Someone who can put principles before personalities
 - Set a good example, build a trusting relationship and atmosphere within groups
 - Sponsorship
 - Leading by example
 - How we carry ourselves at meetings, etc.
 - Practicing the program
 - Service work

5. Why is leadership important?

- One addict helping another
- Keep what we have by giving it away
- To keep the message of NA clear
- Without leaders we would not have trusted servants to serve the group

6. What's working?

- Bringing in new comers
- Predecessors still getting involved
- Understanding and application of the 12 Traditions
- Hope

Public Image

1. How do I take responsibility for NA's reputation?

- More openness and less secretiveness
- Have more personal disclosure and less fear
- Perform personal outreach
- Approach churches with PI
- Clean up language in and out of our meetings
- Show the public by our actions - watch our public actions
- Prove that "once an addict" doesn't mean "always an addict"
- Be mindful when wearing logos
- Practice principles before personalities
- We need PI at all levels of service
- Better PI
- Word of mouth
- H&I
- Out reach
- Have productive members
- E-mail or hotline
- Integrity
- Consistency
- Positive Behavior
- Participate – proper service
- Lead by example
- Practice principles
- Stay clean
- Check myself (inventory)
- Responsible and productive
- Sponsorship

2. How does a negative image affect our ability to carry the message?

- Detracts from our members
- Have less crowds at the entrance to meeting places – intimidating -stop blocking

- Watch smoking and clean up butts
 - Bring back the phrase, “Remember we’re NA - we leave our rooms cleaner than when we found them”
 - Fellowship
 - Unity
 - Them people
 - Hopeful
 - Lack of knowledge
 - Stigma
3. What about our image makes some feel NA isn’t appropriate for them?
- Behavior in and out of meetings
 - 13th Stepping
 - Keeping serious at the appropriate times during our meetings
 - Educate:
 - With literature
 - Treatment personnel
 - Using PI
 - About “addiction” and less emphasis on “Narcotic”
 - Not fulfilling commitments, not following through with H&I
 - Kill them with kindness
 - Focus on our similarities and not on differences
 - People not showing up
 - Displays of lack of unity
 - Controversy
4. How can better cooperation between services improve our public image?
- Better and consistent communications
 - Promote PI at the Legislature – teach our elected representatives about NA and the addict still suffering (Crystal)
 - Work with different service levels of PI
 - Teach law enforcement about NA, and how they can better protect and serve, following our Traditions
 - Communicate with our communities, and also with professionals
 - Door to door
 - Schools
 - Seminars and/or workshops
 - Entertainment

Infrastructure

1. What could change locally to better carry the message?
 - Make a Newsletter available at meetings
 - Beware of our behavior in public places & be cognitive of the places
 - Have more H&I and PI in treatment centers and ½ -way houses

- Keep commitments and rotate leadership
2. What's most needed locally?
 - More ½-way houses and ones for women and children
 - Current meeting lists
 - Have effective PI Committees
 3. What are we doing for those we serve?
 - Sharing experience strength and hope
 - Showing public agencies and others that we are here
 - Host activities
 - Have the Regional Delegate team travel to different Areas w/in the Region
 - Make service more appealing
 4. What can I do to make service more effective?
 - Get involved
 - Have more people stepping up
 - Fulfill commitments
 - Practice principles before personalities
 - See it through, paying attention to long-term unity. Don't walk out on the process.
 - Disagree, without being disagreeable
 - Think of groups, not just self
 - Have people learn Robert's Rules of Order, and use it in business meetings
 - Empower participants
 - Make sure people's opinions count

Targeted Literature

- Keep the IP's simple (no more than an 8th grade reading level)
- After the treatment and/or pink cloud high has gone away
- Relapse prevention
- Responsibility for self, but not selfishness
- Keep medicine in top ranking
- Old timers needs to be top ranking
- Self-referred addicts
- Service related information
- Keep coming back

Basic Tools

- Activities Chair guidelines
- The Group IP needs new language when describing duties of secretary, so it matches reality
- PI Speaker guidelines, for both a committee and for individuals

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- Workshop guidelines
- Better PI guidelines
- Mentorship/sponsorship