



PO Box 40182 • Casper, WY 82604

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem.

OCT 6th 2018 Minutes

The meeting opened with the Serenity Prayer and a moment of silence. 1:05

PM

12 Traditions were read by Maggie K.

12 concepts for NA Service were read by Tommy O.

Opening Balance: Not Given

Region Elected Positions:

Member		Present	Absent
Chair:	Katina T.	V	
Vice Char	Ray B.	V	
Treasurer:	Ron F.	V	
Secretary:	Kyle C.		Absent
Regional Delegate:	Carla W.	V	
Alternate Delegate:	Gail W.	V	
Convention XX Chair:	Shawn S.	V	
Web Servant:	VACANT		V

Regional Committee Members:

Member		Present	Absent
Central WY:	Daniel M.	V	
Wyoming Western:	Allison C.	V	
Wyo-Braska:	Tommy O.	V	
Freedom Seekers:	Jay A.	V	
Central Basin:	Lauralin W.	V	

Other Guests:

Karen M., Wyo-braska, Usef N. Central WY, Wayne P., Maggie K. & Damon T.

It was determined a quorum was reached.

The previous Minutes where read by Ray B. There were minor changes to them requested which follow.

- Spell Shawn S. correctly
- To remove Sentence about the Chair position being up in Oct,
- There was a motion brought that asked the Vice Chair to get the recorder & update minutes or talk with our current Secretary to get the corrections done as were asked.
- Motion to table minutes until February 7-for 2 against 1 present not voting.

Regional Body Reports

Chair Report: See attached

Vice Chair: See attached

Treasurer:See attached

Regional Delegate: See attached.

Alternate Delegate:See attached

Web Servant Report: See Vice Chair report Attached

Convention XX Chair: See Attached

Ad Hoc Website Committee:No Report

Ad Hoc Phonenumber: None, haven't met

Regional Committee Member Reports

WyomingWestern:See attached

Central Wy: See attached

Wyo-Braska: See attached

Freedom Seekers: See attached

Central Basin: See attached

Serenity break 2:45 to 3:00ish

Sharing Session

We had a discussion about H& I & the event that was held in Rawlins we decided this should be moved to new business.

There was a discussion to update Guidelines it was decided to have Tommy O., Gail W. & Ron F. work on this together

Elections

Webservant: Ray B. Nominated Usef N. He accepted qualified himself, answered questions from the body We voted Unanimous to have Usef N. as our Web servant

Convention Chair XXI is up for Election in February.

3

Old Business

Changing Banks: Carla W. & Gail W. were added to the bank account with more changes to be made in Feb.

Region Workshops:

- Carla W. will work with Freedom Seekers on workshops
- Gail W. will work with Central WY on Fellowship development

4

- Wyo-Braska asked for nothing.
- Central basin asked for nothing.

Wyoming Western update to where we are now/we will work with this area.

Archive Convention Materials: Tabled again

Communication:

Motion: Web servant create a communication email (**Google Group**) for this body, with a confirmation of all emails.

seconded by Tommy O.

7 in favor 2 against 1 present not voting

Centralized Region Meeting:

Tommy O. moved that for a one year trial basis URMRS have the 4 regional business meetings in Casper, starting Feb 2nd 2019.

Carla W. seconded

7 in favor 1 against 2 present not voting.

New Business

We discussed the event that happened in Rawlins & were concerned that we have someone solo trying to carry a message into the institutions. I explained that I had applications & it was the inmates reaching out for outside ES& H there was talk about this addict's passion for H& I. There was also talk about how this individual refused to be apart of the Area business meetings or come to region. discussion went on for awhile & it was decided for now that we do not have the depth to support H& I going into the prisons & that we could go through the application process as individuals. I mentioned again that I have the applications & info if anyone was interested.

Region Mailbox

Central Basin Area brought a concern about a letter that was given to them last region meeting in August. the concern was why was the letter not opened at region instead of being handed off to the Area. as a result we as a body have directed the Casper or Central WY RCM to pick up the mail & open it promptly so that this does not happen in the future

Money Matters:

Carla W.: \$134.00 for travel

Shawn S.: \$250.00 for travel

Katina T. : \$25.00

Gail W.: \$147.00 for travel \$15.11 Printing

Next Meeting

Feb 2, 2019

Motion to Close by Tommy



Upper Rocky Mountain Region Service Committee

Chair Report

June 2, 2018

The only things that I have to report are that around March 2018 Sunny resigned her alt. chair position. When she did that she turned all the treasurer stuff and check book over to me. She also gave me the key to the post office box. I did find out where the box was at now and have been checking the mail. I also have gotten the bank statement sent to the PO Box for the regain this way we were getting it and not Terri. The box payment was due in March and I did pay that out of the regional count which was approved at the February meeting.

On another note I would like to let everyone know that I have been cleared to drive at night, almost all of my medical issues have been taken care of.

I guess that is all I have to report for now as the chair.

In Loving Service,

Katina T.



**Upper Rocky Mountain
Region** of Narcotics Anonymous
State of Wyoming & the Nebraska Panhandle

URMR Vice Chair report

8-4-18

Good Afternoon fellow members & guests,

At this time I do not have anything to report, other than I enjoyed my road trip to Idaho with our RD & AD it was an enlightening experience and gave me a few more tools on how to further our primary purpose to the professionals, as well as reminding me of how important Unity is in growing our base and to attract the still suffering addict to a new way of life. It was good to know that our region did a great job getting involved with the process from the group down the service line. Grateful to be back in service in the URMRNA

ILS

Ray B.

6883.09

534.91 Deposit. Ron made
in Gillette

7418.00

Checks and Deposit on
Convention Account

200.00	Deposit Casper	} Katina
119.88	Jim ✓	
150.00	Shawn ✓	
250.00	Shawn ✓	} Ron
162.11	Coil ✓	
134.00	Carla ✓	
25.00	Katina ✓	

640.99 ✓ To convention
account Byron
Gillette

840.99

⌘ 6777.01 Current Account
Balance

THIS is what it looks like
↓ on the Treasure Report
next Page

	October	February	June	August	October
	Check # / Comment	Check # / Comment	Check # / Comment	Check # / Comment	Check # / Comment
Balance	1863.09				
Chair Travel	25.00				
Chair Expenses					
Vice Chair Travel					
Vice Chair Expenses					
Secretary Travel					
Secretary Expenses					
Webservant Travel					
Webservant Expenses					
Delegate Travel	134.00				
Delegate Zonal Forum Funding					
Delegate WSC Funding					
Delegate Expenses					
Alternate Delegate Travel	162.11				
AD Zonal Forum Funding					
AD WSC Funding					
Alternate Delegate Expenses					
Convention Chair Travel	256.00				
Convention Chair Expenses					
Convention Profits					
Central Basin	169.31				
Central Wyoming	80.60				
Freedom Seekers					
Wyo-Braska	75.00				
Wyoming Western	210.00				
Misc	534.41				
Misc					
Misc					
Misc					
Misc					
Misc					
Ending Balance	6777.01				



Upper Rocky Mountain Region of Narcotics Anonymous

State of Wyoming & the Nebraska Panhandle

Regional Delegate Report October 6, 2018 • Gillette, Wyoming

WCNA was the largest world convention to date and hosted around 22,500 addicts in recovery. It was truly amazing. Final official numbers are not released yet, but we will report more when we know more. The next WCNA - 38 will be hosted in Melbourne, Australia in 2021.

THE MEMBERSHIP SURVEY is available online at na.org/survey or under the Projects and Survey tab under for our members. This is an important PR resource that helps others outside the fellowship see NA as a viable program of recovery. The survey takes place every 3 years. Please spread the word in your areas and also take the survey yourself. Deadline is Dec. 31, 2018. In addition to the Membership survey, there is an NA Way reader survey available online as well. If you are a reader of the NA Way, or ever have been, please complete that survey too.

PROJECTS - As you know from this morning's workshop, **The Spiritual Principle a Day** meditation book is underway and input is being gathered now. All the workshop material we went over the morning is available at na.org. Please make sure, if members are submitting, to sign their submissions as a release to use the information.

The Mental Health/Mental Illness IP project was rated a higher priority and is a little further along. 794 surveys were completed and information from those are being used to frame the IP. The workgroup met recently and I believe they may possibly be requesting more information for the pamphlet. The anticipated release date for a draft for fellowship review is February 2019. Please share your thoughts and questions with the World Board by email at world-board@na.org.

WSC of the Future workgroup will hold it's first face to face meeting at the end of November. The webinar for WSC participants this morning was focused on that.

Local Service Toolbox Project is still being worked on with materials available on PR, Planning and H&I Basics. CBDM Basics is out for review, as is Convention/Events Programming. Phoneline Basics has been released and is available at na.org.

ISSUE DISCUSSION TOPICS have been updated and are now available online. The 3 chosen for this cycle are Carrying the NA Message and Making NA Attractive, Attracting Members to Service, and Drug Replacement Therapy (DRT and Medication Assisted Treatment (MAT) as it relates to NA. We look forward to workshopping these with you in the future.

REGION WORKSHOPS - Gail and I would like to start scheduling workshops in the areas and would like a little time on the agenda to discuss the parameters of this.

I'm requesting \$134 for travel today.

ILS
Carla W

URMR Alternate Delegate Report October 6, 2018

Committee members,

There is not much to report on since our last business meeting. The WSC participants have been reviewing the new Guide to World Service with all the amendments and additions from the last two conference cycles. Carla and I submitted our input and received a response from the committee. Here is the email thread:

From: Nick Elson <nick@na.org>
Sent: Friday, September 14, 2018 5:25 PM
To: gailjft@gmail.com
Subject: GWSNA draft

Hello Gail – Thank you for your email. The line you reference “ Decided that Alternate Zonal Delegates may attend the WSC with the same rights and limitations as is currently offered to Alternate Regional Delegates” was added to the first draft of the revised GWSNA, but then replaced by the second half of the line preceding it “and may choose to bring an Alternate at their own expense” in the final version of the draft that was sent to Conference participants. Accordingly it should not have been included in the final version. Thank you for bringing it to our attention, and please accept our apologies for any confusion it may have caused.

Please feel free to contact us with any further thoughts or questions.

Best wishes,

Nick Elson

From: Gail Walker <gailjft@gmail.com>
Sent: Sunday, September 9, 2018 10:07 AM
To: webmaster
Cc: Carla Wensky
Subject: GWSNA draft

Good morning,

I apologize if I am sending this to wrong email address, I tried to locate in our materials the correct way to send this, but the only thing it said is this:

A Guide to World Services In NA 2018–2020

This draft of GWSNA includes revisions to reflect decisions made at the last World Service Conference. Changes are all reflected in colored print. This draft will be out to delegates for 90 days. Please let us know before the end of October if you see any errors or anything you believe was not captured accurately. We will incorporate your input and update the table of contents, and then we will produce a final GWSNA that will be posted to www.na.org/conference.

I would appreciate it if you could forward this to the appropriate party.

I was reviewing the draft for the GWSNA that was provided on the drop box. I noticed that on page 66 of the draft the below that is crossed out and in red letters. I also searched the document to see if this was placed elsewhere and I could not locate it. Is this crossed out for a reason? I found that this motion did pass, should it not be crossed out?

Page 66 of the draft -

- Decided that any Zonal Forum with two or more zonally seated regions or communities that are not seated at the World Service Conference, may choose to send one Zonal Delegate to the World Service Conference to represent those regions or communities. These zonal delegates have one vote. They are eligible to receive the same funding as regional delegates and may choose to bring an Alternate at their own expense.
~~Decided that Alternate Zonal Delegates may attend the WSC with the same rights and limitations as is currently offered to Alternate Regional Delegates.~~

Motion #21 Australia Region and Aotearoa NZ Region

If motion 18 is not adopted then the following will not be offered.

Alternate Zonal Delegates may attend the WSC with the same rights and limitations as is currently offered to Alternate Regional Delegates.

Intent: To allow an Alternate Delegate to be present, serve alongside and support the Zonal Delegate so they may function as a team in the same way as RD and AD teams can. The cost of attending the WSC for the Alternate Zonal Delegate would be the responsibility of the zone and each zonal delegate is limited to one alternate.

Strong support 88-21-3-2 Passes

Motion #21 If motion 18 is not adopted then the following will not be offered. Alternate Zonal Delegates may attend the WSC with the same rights and limitations as is currently offered to Alternate Regional Delegates.	
Maker: Australia Region and Aotearoa NZ Region	
Intent: To allow an Alternate Delegate to be present, serve alongside and support the Zonal Delegate so they may function as a team in the same way as RD and AD teams can. The cost of attending the WSC for the Alternate Zonal Delegate would be the responsibility of the zone and each zonal delegate is limited to one alternate.	
<i>CAR Discussion & Decision Session - Motion #21</i>	
Initial Straw Poll:	84-24-3-3 strong support
2nd Straw Poll:	88-21-3-2 strong support
Discussion Queue:	66 -
Action taken by WSC:	Motion passes

Thank you – JFT Gail W – AD Upper Rocky Mountain Region

We have received a few email blasts with news and announcements. Exciting things regarding outlining the IDT's (Issue Discussion Topics) and the membership survey:

Membership Survey

Every three years, we conduct a membership survey to gather information about our Fellowship, in order to strengthen our public relations efforts and learn more about how and where we carry our message of recovery. The survey will be posted at www.na.org/survey until the end of the year. Please consider filling out the survey—which is anonymous—and forwarding the link to other members.

I hope that the RCM's can take this information back to their areas so that more of us can participate in the survey.

I will be requesting \$162.11 for reimbursement for travel and the printing from the last business meeting.

I would like to thank this body for allowing me to be of service.

JFT –

Gail W. Alternate Delegate

October 6, 2018

URMRCNA XX Chair Report

Hello everyone! We are off to a good start in planning the convention. We have paid for the facility, it will be at the Roundhouse again. We are currently working on deciding on a hotel, there are several bids to go over at our next planning meeting.

Our three main speakers are confirmed, Anthony E from World Services will be our main speaker, Berta H. from Montana will be Friday night kick off speaker, and Betty R from Idaho, Sunday morning Spiritual speaker. There are also some confirmed workshop speakers. Entertainment for Saturday night is in the works and we should have confirmation soon. The committee is working on some exciting things to make this convention a little different.

As all of you know by now, we have some super cool pre-convention shirts for sale to do some fundraising. There will also be a fundraiser in Rock Springs on October 20th, at 5:00 pm.

If anyone has any questions, please let me know.

In Service,

Shawn S

*P.S. I am requesting \$250.00 for travel today
There are flyers on the table for a convention fundraiser*

08/04/18

Dear URMR members:

The WWASC meets the 4th Saturday of even months, except in December when we meet earlier in the month. Our next area meeting will be on 08/25/18 and it will be held at Bear Lake at 1:00pm during the Living Proof Group's annual campout. Please join us if you can, for area service in the outdoors.

The WWASC has been practicing a rotation of service, with positions changing as well as, newer members becoming more involved with area level service. We have a new secretary and treasurer, holding their first area level positions. We are also developing our PR Chair position guidelines as our area hasn't had this position filled in a very long time? Ever? I'm not exactly sure about how long, don't quote me.

We also have two newer groups in Rock Springs that are continuing to remain active at the area. We have been able to utilize our GSF (10:00am with area business at 1:00pm) to support our newer groups and shared experience strength and hope with them, as well as work through more muddled area issues that require more conversation to hash them out.

We had a fun, amazing, wonderful Learning Days on July 7th with great support from the local community, including the tx center, as well as members from outside the community being willing to travel and show support.

We were asked to discuss the region phone line. Our discussion came to the conclusion that we support the Region, and since we don't know what the issues or struggles would be with getting a region phone line, we trust the Region to look into this. LKK

We were also asked to look at the changes to the Regions web page. The web page looked great, but specific changes were not noticeable. Again,

it was said that we trust the Region to do what is needed for their web page.

In discussing the possible topics for a RD workshop with our area, we settled on The Zonal Forum and how this would work for us. We have newer members who expressed confusion about this topic, and a brief explanation of how we've gotten here would be helpful for them. We are happy to offer any GSF time (10-11:30am on the 4th Saturday of even months) in the future for this workshop.

I am excited to be working with you all to further our efforts in carrying our primary purpose! Allison C. J

October 6, 2018

CWA REGION REPORT

- SUB COMMITTEE ACTIVITY

Central Wyoming Area has three sub committees: H&I, PR, and Literature

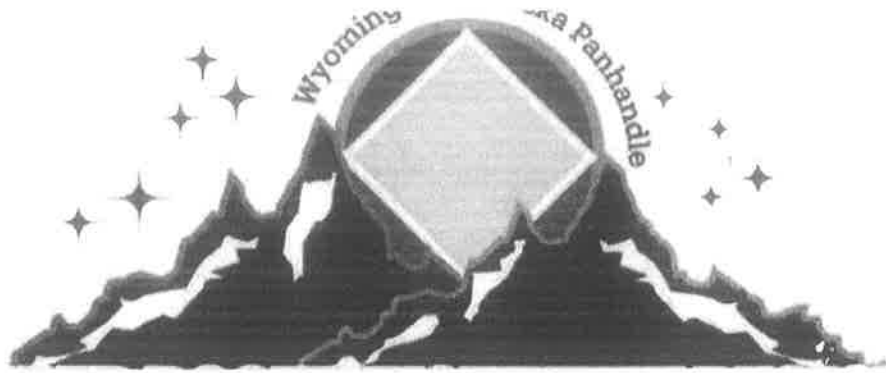
- H&I meets every month the Wednesday before the last Thursday of each month
 - New trusted servant stepped into Chair position!
 - Currently taking 5 meetings into various lock down facilities each month
 - (lost 2 since last report due to lack of trusted servant participation)
 - WBI and CWCC on hold for now. WBI started an acute treatment wing which our members are beginning filling out applications to gain entrance and bring an H&I meeting.
- PR meets every 2nd Wednesday of each Month
 - Stopped taking a panel into CWCC IOP meeting as the clients there generally wanted a H&I and/or meeting from members experience rather than what PR members were there to present. Offered to have a professionals only presentation.
 - Working on having a meeting with the school Reach, a troubled or struggling teens high school where they are required to get an AA sponsor and attend AA meetings but have not been allowed to get an NA sponsor. Supposed rational we've heard being "there are more felons in NA". PR hoping to clarify what NA can and cannot possibly do for them.
 - New Chair, lost two of five trusted servants so committee is readjusting to more limited resources.
 - Area passed new PR bylaws!
- Literature as outlined in CWA's by laws is a subcommittee, however the duties of this committee has been and is currently being taken care of by the Literature Chair and therefore doesn't meet on a monthly basis.
 - A home group motioned in July to dissolve literature committee and distribute current stock of literature evenly amongst home groups if a new Chair isn't found. Rational being the Area has needed a new Literature Chair for over a year now. Home groups responded against motion.
 - New Chair being apprenticed over 3 month period!
 - Continues operations of ordering literature and meeting material for the area,

home groups, and sub committees.

- **AREA ACTIVITY**

Currently has 6 home groups, all located in Casper with 5 home groups participating at the area business meetings.

- Area motions and business
 - Area in need of a new Chair person, ALT RCM! New Secretary stepped up in order for current secretary to be new PR Chair. RCM's second 1 year term ended in august, Area passed motion for a continuation of current RCM's service until such time as he cannot or we can train an alternate. (so I'll continue seeing your shining faces for a while yet)
 - Multiple prospects for Convention XXI chair, discussion in the works for February region meeting!
 - Discussed centralization of Region Business meeting. Summation: If the region so chose to do so CWA would be willing to host.
 - CWA has multiple ideas for Region workshops for CWA
 - *Change of role for Zones, and world, what do they do, and mean for us?*
 - *How to host/set up virtual meetings?*
 - *Social Media and Anonymity*
 - No meeting changes for the meeting list this report!
 - Home groups are mostly business as usual with a A Wake Up Ca:l 2nd annual Halloween party planned for Saturday 27th. See flyer.
 - Annual New Year's Eve H&I and PR Fundraiser planning begun.
 -
 - With gratitude,
 - Daniel M. RCM CWA



Upper Rocky Mountain Regional Service Committee
Tommy O. – RCM

RCM Report
Wyo-Braska Area

October 06, 2018 Gillette, WY

Committee members and interested parties,

Good afternoon. The Activity that I reported on last time, the “Starry Night/Unity Day Campout” was met with some success. The turn-out wasn’t very large but the members who attended had a good time and the Activities Project-team had a Speaker from Laramie, the same speaker who shared with us when we hosted the last RSC meeting in Laramie in August. Also, at the end of our ASC, it was decided to make a \$242.55 donation to Region, although I do not have the check with me as I did not get it from our new Treasurer.

Some ideas came to our last ASC meeting in August in the form of “motions”, which our body hasn’t dealt with since we moved away from Robert’s Rules of Order and went to CBDM a few years ago. Since we only had two of six GSRs present, the ideas were sent back to the Groups until we meet next in November. The “ideas” which were brought forth were:

1. Moving the ASC to meeting every other month as opposed to our current “quarterly” format.
2. Going back to “rotating” the ASC, as opposed to our current “central” (meeting in Cheyenne) format.
3. Re-visiting the idea of having an Area Literature Committee. All of these “motions”, or ideas, were sent back to the groups to be brought back and discussed at our November ASC.

As I had reported at our last ASC meeting in August, and also informed our RD, this will, more likely than not, be my final RSC meeting. I cannot begin to describe what a privilege it has been to serve this body for the last 14+ years, since August of 2004 when I was elected by this body as its AD - serving two Conference Cycles in that position plus two more Conference Cycles as your RD; the conclusion of those eight years being November of 2012, when I was elected as the Wyo-Braska Area’s RCM. If I remember correctly I believe that, in the last 14+ years I have only missed one Regional meeting, and that was when I went to a World-wide Workshop in Lincoln, Nebraska. I believe our RCM 2, Karen, is more than capable of continuing on as our Area’s next RCM. So, it is with mixed feelings that I give this as my final RCM report.

Thank you for letting me be of service,

Tommy O - Wyo-Braska Area RCM

307-214-4289
wharfrattommy@gmail.com

Freedom Seekers

3 group

Refuge & Lost & found
in Gillette.

7 meetings

Sheridan - New freedom group

7 meeting a week

Oct 20 Haldowen Party
6-9 pm @ Complex @ wpa,

Building in Gillette

Oct 31 Hallow Party in
Sheridan after 6 PM

meeting

meeting going well

H & I going into Jail @

Gillette - Treatment @ Sheridan

Sheridan working on

monthly fellowship

meeting had picnic

Last month Halloween in

Oct working on Thanksgiving

& christmas

CBANA RCM Lauralin W.

(13 meetings)
1 hour 11

Serving the Central Basin Area of NA. Cody-2, Powell-4, Thermop-2, Lander-2, Greybull-1, Riverton is down to 1 meeting at The White Buffalo on the reservation, and there are no meetings being held in Worland currently. There are two speaker meetings monthly as well as regular book/literature study meetings.

— Area is concerned of wondering why we didn't open the letters.
We have H and I and phone line sub committees. Meeting lists are being updated.

There is a campfire meeting with smores on October 13th at South Park in Powell. We have a holiday potluck event on November 10th in Cody at the Episcopal church. It will be after our area meeting. Potluck at 1, speaker and activities also. Planning committee will be meeting and getting a flier out soon.

Our area is going to be playing "Capture the flag". Each group that wants to participate will be making a flag and when people from another group come to an out-of-town meeting they can "steal" the flag and stake it back to their home group. We will have a flag making station any the holiday event in November.

Powell has a strong fellowship and supporting members. Most other meetings are struggling to keep attendance up.

Men and women's jail meetings are 2 times a month. Men's are well attended and women's ebb and flow but there are always at least a few women.

— ~~CBANA~~ Powell ~~Area~~ Area + Area group Donating \$75 —

In loving service,

Lauralin W.