

URMRNA
February 6th, 2016

Mtg opened at 1:13pm

Shawn S read 12th Traditions

Derek read 12th Concepts

DeLynda Read the JFT (Group Conscience)

Roll Call:

Chair Terri M – Present

Vice Chair Katina – Present

Treasurer Rob J – Not Present – report

Secretary – Mark – Present

URMR Delegate DeLynda – Present

URMR Alt Delegate Carla – Present

URNRCNA XVII Chair – Ben Present

Web Servant Steve – Present

RCM's

Central Basin Area: Chad

Central Wy Area: Billy – Present

Freedom Seekers –Derek

Wyo-Braska – Not present report

Wyoming Western – Shawn S.

Minutes read by mark Katina motioned to accept. Carla Seconded.

Chair Report attached. Not sure about role in doing a report, but doesn't want to step on anybody's toes. Brought copies of guidelines. Steve Letter to Lusk? Should be Torrington.

Vice Chair – Katina. No Report.

Treasure – Rob J. Report Attached.

Delegate/Alternate Delegate – Report Attached. Derek – what is a Webinar.

Alternate Delegate – report attached (**check Email**). Discussion on Groups supporting World. Carla will look & get back to us. Ok that is for US & Canada

Web Servant – Report Attached. Meeting List passed out; if you make any changes the list will be revised & online tomorrow.

URMRCNA XVII – Ben – Report attached.

RCM Reports:

Central Basin Area – Chad E – Report attached. Letter to Svc Body about addressing Regional meeting minutes. Getting minutes out in a timely manner. Questions – letter in new business.

Central Wyoming Area – Report attached. PR/PI going into hospitals, making pamphlets. & doing a fundraiser to by paper, workshop on what PR/PI is, the handbook, Area donated \$150 to get PR/PI started. Steve – did your group talk about phonline?

Coles report on Phonline – Attached.

Freedom Seekers – Derek – Report Attached. Did your Area talk about phonline? Our Grp can support the phonline with monetary donations or people. You guys have started a website, yes.

Wyo-Braska – Tommy – Report Attached.

Wyoming Western Area – Shawn. – report attached. We are also going into the Uinta Co Detention Center the first Monday of every month. We are waiting for costs of the phonline before wanting to proceed.

Serenity Break – 2:29pm – 2:45pm

Sharing Session – DeLynda has stuff on the budget she will email Rob on. There are 34 groups & 119 meetings in the area. Does any area other than Wyo-Braska use CBDM? If you had particular successes in communication strategies that have worked? Maybe just the workshops before the Workshop. What topic generated the most discussion? Homegroup. Discuss the hardest part of service? Travel. Bumping down our regional meetings from 4 to 3, redoing the guidelines. Discuss the highlights your region has experienced, seeing a new Area join & growth of the Region, more being done in the areas of H&I & PR. Is there anything else that you would like to see brought up at the Conference? Maybe the 7th Tradition, people seem to be wanting more but money isn't being donated. Getting members involved in Service. People who are involved in the doing, tend to give. Make a call out to our experienced members, you all have a lot of good ideas, ride this out to make these changes, we know this'll be hard but getting the regular support. We pass a basket around at our regular meetings but we don't at Business meetings, let's take a look at that. Before our Area meeting, we have a workshop & we pass the basket for both meetings. The beginning of service is Sponsorship. As sponsors we demand it, that's a start. There have been so many ideas for seating at the Conference & all the ideas have been squashed, why is the World so resistant to change for whatever reason? It seems the World response to motions isn't optimistic when we were workshoping the CAR. The seating part has been talked about making changes & ideas have been thrown out but not acted on. The business starts at 4p so we don't get done until late, let's start early. Discussion followed on other ideas on how the WSC could be done.

Old Business:

1. Regional phonline – Do we want to look at making a recommendation of services that the Groups can vote on? Is there the interest? Sounds like the consensus is to move on this. Sounds like we can proceed. Sounds like there can be a way to get this done, in the long run. WWA wants more information on what the cost is? We not opposed to it, it wasn't that long ago that we cut a Regional meeting & now we want to spend more money, to have a phonline chair to attend the Regional meeting. Are we going to get it put in the phone books? There is a lot that we need to look at. Are we

going to be able to fund this? Groups give suggestions, the region gives answers. The training can be RCM's training people in their areas. Seems like a communication breakdown. If there is someone in the Area that it can be streamlined. If we take the information now, with the 3 groups that participated it can work. Colorado has working phoneline, can we talk to other Regions about this. We have seen Montana guidelines. We could decide as a committee if it needs to be in the phonebook. Maybe have an AdHoc committee started to make a recommendation for the Region to vote on or not move forward. We also need to ask ourselves is this a need or a want. We would need to have a phoneline representative that goes to Regional meetings. There is a lot of questions that need to be answered about the feasibility of this. Right now we don't know. Terri would appoint someone to do this. Is there anybody interested in heading up this committee – Ben said yes, Carla, Chad, Daniel & Billy, Shawn will help out.

2. Shawn did we have the Treasurer order CATs for the RCM's? the motion was just for the CAR's.

3. Steve – the Treasurer report says we have over \$4800, shouldn't we roll the extra over to World. The treasurer was holding the money to see how much the Alt Delegate was needing for WSC before rolling money to World. Discussion followed on process of money that the Region has & what to do with it. Maybe raising our \$3500? We can write checks today. Carla is asking for 1612.36 WSC Travel today's travel 235 & 150 for Regional Assembly. More discussion followed on spending the money. Steve – Motions "We direct Rob to pay money to World above our Reserve if the actual balance is 4875.57 plus or minus 100". Chad seconded. No confirmation of this number being correct, that's correct. Discussion followed. The motion is directing the Treasurer to pay anything over the 3500. The motion should be anything above the beginning of the meeting should be passed on. DeLynda makes Amendment to motion, "Rob will pass on to World as a contribution any balance above \$3500 in the Regional Account at the beginning of the business session February 6, 2016". Steve 2nd. Intent is to keep business in according to our guidelines, that we pass money on to World. Motion passed.

New Business:

1. Meeting minutes – getting minutes out in a timely fashion. We need to communicate with each other to get things done. We do need more communication between meetings without adding another meeting. When we step into service we also need to step into the accountability for our service commitments. There is a point accountability but we also need help. As Secretary, Mark says these minutes will be out in a timely fashion as directed by Guidelines. The members of this service body feels it's not their responsibility to follow up, as Secretary it's their responsibility to get them done.

Elections: Next Convention will be hosted by Wyo-Braska. This is our Convention as a Regional body. If Wyo-Braska can't host the convention it'll move to Freedom Seekers.

Money Matters – Carla for Travel & WSC, DeLynda for travel Regional Assembly. (See Above).

Next Meeting – Wyo-Braska – June 4th, 2016.

Meeting Closed at 4:15pm.

Sorry for a paper report I didn't think about it until 3:00am.

I did make a copy of most recent contact list and regional guidelines.

With CAR and convention coming around the corner we r busy. Little rabbit trail

Carla and I did a jail mtg we'd and that was pretty awesome.

Thanks for letting me be of service Terri M.

Sent from my iPhone

URMRNA Treasurer's Report 2016

Beginning Balance				\$ 4,875.57
Date of Deposit		Ch#/Group/Area	Amount	
1.27.2016		#2238 Living Proof Group	\$ 100.00	
Total Deposit				\$ 100.00
Pending Balance				
Expenses	Ch#	Ch#	Amount	
				\$ -
Donations:				
		Description	\$ -	
				\$ -
Ending Balance		-3280.31		\$ -

4th Q 2015

RTR Q 2015					
Beginning Balance				\$ 3,432.83	
Date of Deposit		Ch#/Group/Area	Amount		
10.8.2015		#140 Central Basin Area	\$ 150.00		
10.8.2015		#1135 Cody Group of NA	\$ 47.00		
10.26.2015		#2216 Living Proof Group	\$ 64.20		
10.10.2015		#1190 Alive and Free Group	\$ 50.00		
10.10.2015		#1198 NA Freedom Seekers	\$ 100.00		
10.10.2015		#1162 The Refuge NA Group	\$ 50.00		
10.10.2015		Delynda Henderson: refund	\$ 200.00		
11.05.2015		#1059 CWANA	\$ 469.39		
11.30.2015		#146 CBANA	\$ 175.00		
11.30.2015		#804 Western Area Service Ctm	\$ 150.00		
12.11.2015		#1196Alive and Free Group	\$ 100.00		
12.11.2015		#2230 Living Proof Group	\$ 69.97		
Total Deposit				\$ 1,625.56	
Pending Balance				\$ 5,058.39	
Expenses	Ch#	Ch#	Amount		
10.10.2015	1348	Steve Henderson GoDaddy Reimb.	\$ 42.82		
10.19.2015	99001	Jake Yeaman Room Rental for Region	\$ 20.00		
10.19.2015	99002	Mark Smith Travel to Region	\$ 120.00		
Donations:				\$ 182.82	
		Description	\$ -		
				\$ -	
Ending Balance				\$ 4,875.57	

Regional Delegate Report
Upper Rocky Mountain Region
Evanston, WY
February 6, 2016

Welcome all to my home town of cold and snow covered Evanston, WY!!

Carla and I chose to split topics to eliminate the duplication of information. We feel this is beneficial to our RCM's when giving their reports to our Areas as well.

I recently received an email from World Services that I have copied and pasted below:

Hello Conference Participants,

CAT: By now, we hope most of you have received your Conference Approval Track material mailing. As you know, it's also posted online at www.na.org/conference. We also just posted a PowerPoint that summarizes the CAT material and has some presenter notes within the PowerPoint. We hope that helps you when you are doing workshops.

Regional Reports: The deadline for regional reports to the WSC is less than two weeks away—15 February 2016. We only have 21 reports as of this writing, so we hope this eblast will inspire you to log on and send us your report! The reports paint the most complete picture available of NA regions today, and we have had great success with a high level of participation the past several conferences. We include a data summary of the reports we've received along with the Conference Report, and we use the information to plan the Conference. The link to the report form is on www.na.org/conference.

CP Webinar: The next Conference participant webinar is scheduled for Saturday 5 March 10-11:30 am Pacific Standard Time. There will also be a Spanish-speaking webinar on the following Saturday 12 March. Please send us any questions you may have in advance of the webinar.

PR Pamphlet: As you know, we sent out a pamphlet, "Narcotics Anonymous and Persons Receiving Medication Assisted Treatment," intended for professionals along with the CAT mailing for 90-day delegate review. We also posted the pamphlet on the Conference participant FTP site. We've heard from some of you that you haven't received a hard copy yet and you are uncertain of how to log on to the FTP site so we are attaching a PDF of the pamphlet here as well. If you do have input on the pamphlet, please send your thoughts to worldboard@na.org by 25 April 2016.

Regarding the regional report, Carl and I are working on this now, and would like to go over it during the sharing session.

I have also included a copy of the PR Pamphlet with my report so that everyone could at least take a look at it. If anyone has any comments, let Carla or I know and we can submit them to World.

The WSC is fast approaching. We fly out on Friday, April 22 and return on Sunday, May 1. We have given the RCM's ballot sheets for each of the GSR's in their areas. The ballot is more of a tool to use to gather group conscience, and we will be taking the final group votes on the CAR and CAT at the Regional Assembly. If a GSR cannot make the assembly, please get the ballot sheet to Carla or I before, or on the

day of, the assembly. After close of the assembly, we will not accept any more votes. When we leave the assembly, our groups should know the intent of our votes at WSC.

Speaking of the Regional Assembly, we will be having the Assembly at the same Church we did last year. The date is the first Saturday in April, April 2, 2016 in Riverton. We will start at 9:00 a.m. sharp and finish no later than about 4-4:30. Carla has made a flyer regarding this event with all the detailed information.

Finally, I am requesting \$150.00 for travel and hotel room for the Regional Assembly in April.

ILS,
DeLynda H.
Regional Delegate



NA World Services

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www.na.org

25 January 2016

Dear Conference Participants,

We are writing to present a draft PR pamphlet for professionals for your review.

This pamphlet springs from an approach in the 2014-2016 NAWS Strategic Plan, which was included in the Conference Approval Track materials 2014. Some of you may recall from WSC 2014 there was discussion surrounding the Key Result Area – Public Relations:

Excerpt from the 2014-2016 Strategic Plan

Issue: Clear, Consistent Understanding of NA

Objective D: Raise understanding of NA as a viable program of recovery among addicts and non-addicts.

Approaches:

Create a new PR pamphlet (similar to *Information about NA*) for professionals regarding the medicalization of addiction treatment and the NA Third Tradition.

Conference participants at WSC 2014, following discussion, supported that this proposed pamphlet be sent to them for a 90-day review period. Following that agreement, Motion #12, to approve the Public Relations plan for inclusion in the 2014-2016 Narcotics Anonymous World Services, Inc. budget, was presented and carried through voice vote.

Enclosed is the draft pamphlet for professionals, "Narcotics Anonymous and Persons Receiving Medication Assisted Treatment". The 90-day review period ends **25 April 2016**. Ideally, we would like to finalize the text so that we can provide you with a copy of the pamphlet shortly after the close of WSC 2016.

In this busy time with CAR and CAT workshops, we would like to thank you for taking the time to read this pamphlet. We welcome any comments you may have; please send them to worldboard@na.org

In service to the NA Fellowship,

World Board

Narcotics Anonymous and Persons Receiving Medication Assisted Treatment

This pamphlet is intended for professionals who prescribe medication to treat drug addiction.

Narcotics Anonymous may be a community resource for your patients. NA's program of recovery has been working in the lives of hundreds of thousands of addicts around the world for over 62 years.¹ Going to NA may give your patients access to support from NA members and an ongoing program of recovery. After attending some meetings to see what NA has to offer, patients can decide for themselves whether recovery in Narcotics Anonymous is a path for them.

We invite you to attend an open NA meeting in your community and we thank you for taking the time to read this pamphlet.

What is Narcotics Anonymous?

Narcotics Anonymous is a worldwide, multilingual, multicultural, nonprofit fellowship based on complete abstinence from mood- or mind-altering drugs, including alcohol. There are over 63,000 NA recovery meetings held weekly in 132 countries.² Membership is open to all drug addicts, regardless of the particular drug or combination of drugs they used.

NA's Twelve Steps are adapted from those of Alcoholics Anonymous. When adapting AA's First Step, the word "addiction" was substituted for "alcohol," thus removing drug-specific language and reflecting the "disease concept" of addiction. NA defines addiction as a spiritual, mental, and physical disease. The physical aspect is the compulsion to use drugs and the inability to stop once an addict starts using. Obsession, an overpowering desire to use drugs, regardless of the destructive consequences, is the mental aspect. And the spiritual aspect is the total self-centeredness of addicts when they are using.

Narcotics Anonymous links together a recovery process and a peer support network. One of the keys to NA's success is the therapeutic value of addicts working with other addicts. Members share their successes and challenges in overcoming active addiction and living productive, drug-free lives through the application of the principles contained in the Twelve Steps and Twelve Traditions of NA. These principles are the core of the Narcotics Anonymous recovery program.

Narcotics Anonymous itself is a non-religious program of recovery; each member is encouraged to cultivate an individual understanding, religious or not, of NA's spiritual principles and apply these principles to everyday life.

There are no social, religious, economic, racial, ethnic, national, gender, or class status membership requirements or restrictions. There are no dues or fees for membership; most members contribute in meetings to help cover the costs incurred with facilitating the meeting and to assist in worldwide service delivery efforts. Narcotics Anonymous is entirely self-supporting through member contributions and does not accept contributions from non-members.

Organizational philosophy

In order to maintain its focus, Narcotics Anonymous has established a tradition of non-endorsement. NA does not take positions on anything outside its specific sphere of activity. Narcotics Anonymous does not express opinions—either pro or con—on civil, social, medical (including medically assisted treatment), legal, or religious issues. Additionally, it does not take stands on addiction-related issues such as criminality, law enforcement, drug legalization or penalties, prostitution, HIV/HCV infection, or syringe programs.

Narcotics Anonymous neither endorses nor opposes any other organization's philosophy or methodology. NA's primary focus is in providing a recovery environment whereby drug addicts can share their recovery experiences with one another. By remaining free from the distraction of controversy, NA participants can focus all of their energy on NA's primary purpose which is carrying a message of recovery.

NA's Third Tradition – *The only requirement for membership is a desire to stop using.*

Membership in NA is not based on any admission criteria or on dues, fees, or pledges. Membership is based solely on desire—a desire to stop using drugs. NA is focused on helping its members live drug-free, productive lives. As stated in one of our books, *It Works: How and Why*, “The Third Tradition helps NA offer recovery to so many addicts by freeing us from having to make judgments about prospective members... Since the only requirement for membership is a desire to stop using, we as members have no reason to judge each other. Desire is not a measureable commodity. It lives in the heart of each individual member.” (“Tradition Three”)

Many addicts come to NA meetings encouraged by treatment centers, law enforcement, or social service agencies. And many others attend a meeting because they heard of NA from family, friends, or other recovering addicts. Regardless of the path taken to NA, addicts attending their first meeting may not have a desire to live drug-free. Our literature makes it clear that, “Each addict should be allowed to decide if NA is the answer for him or herself. We cannot make the decision for others... If new members are to feel that they belong in NA, they need to hear something they can identify with. They find that identification in the fellowship of recovering addicts in Narcotics Anonymous.” (*It Works*, “Tradition Three”) Repeated, regular attendance at NA meetings usually fuels the desire for recovery. Our aim is to welcome all addicts. A welcoming atmosphere helps addicts to decide whether NA, a program of complete abstinence, is a recovery program for them.

What an addict can expect at NA meetings

Many addicts attending their first NA meeting may feel that they are visiting “another planet.” NA meetings have their own language and culture. Language often heard in meetings includes the words *clean*, *Twelve Steps*, *Higher Power*, and *sponsor*. Cultural norms within NA meetings may include greeting addicts with welcoming hugs, handing out keytags for various lengths of cleantime, reciting common readings, first-name-only introductions, and lots of clapping. These examples are a small sample of the distinctive language and culture within NA, and these customs can be overwhelming to new attendees.

Helpful explanations of common NA terms and customs

- ❖ *Clean* in NA typically refers to being free of all drugs, abstinent. However, an addict who is not clean is free to attend meetings; we hope through attendance at meetings addicts will gain a sense of belonging and identification with other recovering addicts. Abstinence and membership are not synonymous terms. Membership is based on a desire to stop using, not abstinence itself. “Our program of recovery begins with abstinence from all drugs, including alcohol. Sometimes people come to NA meetings while still using drugs, detoxing from drugs, or on drug replacement therapy. Regardless of what you may be taking when you first come to NA, you are welcome.” (Informational Pamphlet #29, *An Introduction to NA Meetings*)
- ❖ A *sponsor* is an individual recovering member who serves as a guide or mentor to new persons. A sponsor can share experience on how to live drug-free and face life on life's terms without

using drugs. A sponsor will also help members to work the Twelve Steps of Narcotics Anonymous, the basis for recovery in NA.

- ❖ Keytags are given to addicts for lengths of cleantime. Cleantime is a significant accomplishment within NA and is recognized at NA meetings. One keytag—the welcome to NA keytag—is given to any addict attending their first meeting regardless of whether they are clean or not.
- ❖ Another practice is meetings usually opening and closing with a prayer. This is not intended to connote any religiosity. Each person is free to choose his or her own Higher Power, which some equate to a force greater than themselves helping them to remain drug-free. This is a personal decision made by each addict.
- ❖ Meeting formats vary from meeting to meeting. Some of the more common formats are topic/discussion meetings and speaker meetings. NA also holds open meetings, where anyone is welcome to attend; closed meetings are for addicts only.

In addition to what has been highlighted here, persons interested in NA and how meetings function are encouraged to read IP#29, *An Introduction to NA Meetings*, which can be found at www.na.org. This pamphlet will inform and perhaps help to prepare persons for what to expect at NA meetings.

NA and people on medically assisted treatment

As we stated previously, NA has no opinion on the practices of any organizations or practitioners outside of NA. However, within the context of NA and its meetings, we have generally accepted principles, and one is that NA is a program of complete abstinence. By definition, medically assisted therapy indicates that medication is being given to people to treat addiction. In NA, addiction is treated by abstinence and through application of the spiritual principles contained in the Twelve Steps of Narcotics Anonymous.

“While maintaining an emphasis on the importance of total abstinence, still-using addicts are welcomed into our meetings with special encouragement to keep coming back.” (*It Works*, “Tradition Three”) Even though any addict is welcome to attend NA meetings, those attending NA while receiving medications to treat drug addiction may be met by welcoming, accommodating members or sometimes by intolerant members. Persons may want to remember that there are usually a host of NA meetings in a community, and we encourage them to attend several different meetings.

“Tradition Ten restricts NA, as a fellowship, from stating opinions on outside issues. However, it places no such restriction on the individual member.” (*It Works*, “Tradition Ten”) Our hope is that those who receive medication to treat addiction will come to meetings and listen to people who are recovering. Through listening and through asking questions before and after meetings, attendees may gain a better understanding of NA and what it has to offer. NA offers a community and a lifestyle that supports staying clean, and NA may be compatible for addicts on medically assisted protocols if they have a desire to become clean one day.

We understand that addicts whose path is medically assisted treatment may hear many messages in NA meetings. Some NA meetings will make no distinction as to whether those receiving medication to treat addiction may share in a meeting, while other NA meetings will limit the participation of those who are taking this type of medication. Each group is free to make its own decision on recovery meeting participation and involvement in group services for those receiving medication assistance for drug addiction.

Regardless of the varying experiences addicts may encounter in meetings, the fact that NA is a program of complete abstinence should not be misunderstood. Members recognize that it takes some addicts longer than others to be drug-free, and most meetings encourage all addicts to keep coming

back to meetings. One of the personal stories in our primary text, the Basic Text, shares the experience of a member who arrived to NA “in a drug replacement program. He wanted what he saw in the rooms of Narcotics Anonymous, but was afraid of returning to his old life if he quit methadone. For ten months, he went to meetings every day—and finally he got clean.” (Narcotics Anonymous, “The Only Requirement”)

Practitioners and physicians who prescribe medications to treat addiction may want to seek out an NA member contact in their community to assist them with locating meetings that may be more friendly to people receiving medication-assisted treatment. And patients are free and encouraged to do some of the legwork in finding NA meetings in their geographic area. These contacts may be found on a local website using a search engine. If there is a contact email for the local NA public relations or public information committee, that may be a starting point. In the event that there is no local NA website, one may write pr@na.org, and we will do our best to connect you with local members.

Additional NA Material You May Wish to Read

Sponsorship (IP# 11) – Sponsorship is essential to recovering members in NA. This introductory pamphlet aims to provide an understanding of sponsorship and may be especially helpful for new members.

An Introduction to NA Meetings (IP# 29) – This informational pamphlet offers a welcome to new persons by explaining practices which may be unfamiliar to those attending their initial meeting or in early recovery.

NA Groups and Medication – This service pamphlet (SP) is a resource meant to help groups maintain unity and focus on NA’s primary purpose as they navigate concerns that may surface with persons who are taking prescription medication.

It Works: How and Why – This book, first published in 1993, represents the therapeutic value of one addict helping another by weaving the reasons why NA works with the how and why of recovery in a collection of 24 essays on NA’s Steps and Traditions.

Basic Text, Narcotics Anonymous – First published in 1983, NA’s primary book was last revised in 2008 to incorporate new personal stories into the Sixth Edition. “Our Program” contains ten chapters explaining the NA Fellowship and our program of recovery. “Our Members Share” includes personal stories from NA members worldwide.

¹ As of 2016

² As of May 2014

URMRNA Service committee meeting
Feb. 6, 2016
Alternate Delegate report

Hello region,

Grateful to be here and be of service.

I found this in CAT and thought would be good to share here:

We know and understand the time this service demands of us, especially time spent away from our families and friends (and our jobs). Our families and those who support us are grateful to have us back; out of their gratitude, they generously lend us to NA service. And it is gratitude that makes us want to serve together for NA.

World Convention: A preliminary report for WCNA 36 is included with the last issue of NAWS News. Greater than budgeted expenses and a lower than predicted attendance led to an overall financial loss for the event. However, we are already seeing Fellowship growth and PR opportunities in Brazil as a result of the event.

There was a loss of \$384,710. A look at the last 4 conventions:

WCNA 33	2009	Barcelona Spain	(-212,895)
WCNA 34	2011	San Diego USA	282,577
WCNA 35	2013	Philadelphia USA	209,434
WCNA 36	2015	Rio de Janeiro Brazil	(-384,710)

More detailed information is available in Naws news.

RMZF - We both attended the zonal forum in December in Utah where the CAR was presented by WB member Tali. During Friday's meeting the majority of the discussion was on incorporating regions or conventions and filing for non-profit status. Members shared their ESH regarding that process with Montana who is looking into it.

Participants webinar: I participated in the December participants webinar with WB members and many conference participants (around 80) from the global fellowship. A lot of questions were focused on Motion 8 with the Basic Text and splitting motion 2 into 3 parts. There were also substantial time spent on posting of minutes on the website and the legal implications. They also polled 5 questions - not decision making - but just to test technology and also get a pulse of the fellowship. Results were:

Polling Results

1. Have you received the CAR and the November mailing? 93.4% yes 6.6% no
 2. Have you had time to review the CAR and the Future of the WSC packet? 81.5% yes 18.5% no
 3. Does 1 April work as a deadline for your regional input on the CAR Literature and IDT survey? 74.2% yes 25.7% no
 4. Would you like an additional webinar scheduled after the CAT release? 98.6% yes 1.4% no
 5. Would you like to decide the policies in Motion 2 individually? 71.4% yes 28.5% no
- The webinar was helpful and am looking forward to the next one focused on the CAT.

Decision Making at the WSC:

At the close of WSC 2014 we formed a workgroup to help develop ideas to move the conference to a more consensus based process. Some ideas from that workgroup will be tried at this conference.

For the first time, regions were able to have ideas distributed with the CAT to give regions more time to discuss ideas before the conference. There's also the opportunity to have items discussed by including them in their regional reports.

Web Meetings: If you would like to join us and discuss issues and solutions in service efforts, please send your name, trusted servant position, and region and/or area to events@na.org for conventions, HandI@na.org for H&I and Inmate Step Writing committees, PR@na.org for PR/PI trusted servants, and servicesystem@na.org for Service System.

Financials: Fellowship contributions exceeded \$1 million in the fiscal year ending 30 June 2015 for the first time in our history. We continue to encourage members to participate in the work of NA World Services to make recovery available to addicts globally and our Vision a reality by contributing financially through our portal at www.na.org/contribute. In the Annual Report - we are still funding only 9% of our services through contribution and 91% through literature sales. The magic number is \$164.56 required dollars to cover fellowship services from contributions per meeting and we are at \$23.26 per meeting in US and Canada.

Thanks for letting me be of service
Carla W
URMRNA AD

New App is released - \$2.99. It's called NA recovery companion and takes you through a daily inventory, links to the find a meeting on na.org, has the just for today readings, the group reading cards. You can buy and read literature, contribute to NA Services and call your sponsor. It also can keep track of your cleantime.

Travel request:

WSC:

Flight - \$300

Bag check \$50

Shuttle - \$60

Motel - 702.36

Food - \$500

Total - \$1,612.36

Travel for today

$391.68 \times 2 = 783 \text{ miles} \times .30 = \235

Web report for the Upper Rocky Mountain Region

Saturday February 6, 2016

Upper Rocky Mountain Region:

The printable meeting list has been updated and I have attached a copy for the RCM's to view and make any changes. Changes to the list over the past several months included a new meeting in Casper, a group address change in Gillette, a meeting address change in Green River and a meeting change in Jackson.

Only two email requests were responded to, one of which was a request for a meeting list and the other was for information on the convention which was forward to the convention chair.

On the web site the minutes were added, the convention flyer was added to the convention page, several group and regional events were added and several were withdrawn.

ILS,

Stephen H.

Regional Web Services
urmrna@urmrna.org
307-679-2270

MAY 13th - 15th
URMRCNA XVII 2016
CONVENTION CHAIR REPORT

HELLO EVERYONE,
THE CONVENTION IS ON ITS WAY,
THE HOTEL IS AAYS INN THERMOPOLIS,
THEY ARE WONDERFUL TO WORK WITH, THERE
IS GOING TO BE A BUFFET SATURDAY NIGHT
BEET AND CHICKEN AROUND 21 DOLLARS A PLATE,
HOSPITALITY ROOM AND MARATHON MEETING ROOMS AND
WE WILL BE ABLE TO HAVE TWO WORKSHOPS GOING AT
ONCE, WE WILL BE DOING A WALK THROU IN
MARCH IF ANYONE IS INTERESTED.
WE HAVE A LOGO PICKED OUT, WHICH
WAS DESIGNED BY A LOCAL MEMBER,
THE MERCHANDISE WILL HAVE DIFFERENT STYLES
AND COLORS OF CONVENTION CLOTHES WEAR AND
IS TALKING WITH OTHER VENDORS TO SET UP IN
MERCHANDISE ROOM, ENTERTAINMENT WILL BE
GAMES ~~AND~~ ^{ROOMS} SKIT, TALENT SHOW / MAYBE
RAP OFF, SO PRACTICE UP AND SHOW OFF
YOUR TALENTS, THERE WILL BE DISCOUNT,
SWIMMING AT TEE PEE POLES - FROM 9 AM. TO 9 PM.
ON SATURDAY. ARE SPEAKERS ARE PAUL - INLIA
MARSHALL FROM ARIZONA AND SARAH - LA

And are working on work shop
SPEAKERS, Registration and arts +
Graphics are working on getting out
Flyers to Home groups and Areas, which
should be sent out soon and to
Individuals shortly after, which will
have prices and early bird specials
THE COMMITTEE IS WORKING HARD
AND DEDICATED TO THE SERVICE OF THE
CONVENTION, WE ARE ALSO WORKING REALLY
WELL TOGETHER AND ENTHUSIASTIC TO ~~HOST~~
HOST THE URMUNA 17 CONVENTION
IF THERE IS ANY QUESTIONS, CONCERNS
COMMENTS, OR ANY ONE WANTS TO GET
INVOLVED YOU CAN CONTACT BEN AT
307-254-5072 AND ^{WE} ~~ALL~~ WILL HAVE
OTHER CONTACT # AND REGISTRATION
FORMS THANK YOU

ILS

BEN

Also Doing Silent Auction /
RAFFLE - IF ANY ONE HAS NA
STUFF TO DONATE
PRE FUNDRAISER CALENDERS

Central Basin Area RCM Report 2-6-16

Hello all. Grateful I was able to make it to Evanston Wyoming; what a long drive it was coming from Powell.

The Cody Group reported an average of 20 – 30 in attendance due to the treatment centers, with about 4 committed members participating within the group. They have opened up a new meeting on Wednesday nights; it's a book study with a attendance thus far.

The Lander Group reported an average of 4 – 8 members at their meetings.

The Powell Group reported that things are going well. Attendance is good; 10 - 20. Money is good. Speaker meeting is still the 3rd Saturday of each month and brings in upwards of 50. That starts at 10am with Pancakes before it at 9am. The group also hosted a GSF and a Newcomer Workshop. Both of those went well with pretty good attendance.

The Lovell Group reported an attendance of 5 -10 members. They have been putting on fellowshipping events about every week. They have 3 meetings a week now; Monday, Wednesday and Friday nights.

The Thermopolis Group reported that they are having about 3 – 4 members in attendance. A few newcomers are showing a little interest in service to the group.

The Riverton Group is still going as far as we know but they have not been represented at the last two CBANA meetings so they have been removed as a voting member until they are represented again at two consecutive meetings. They will remain on our schedule and we will probably reach out to the members from time to time to insure that the meetings are still relevant to our schedules.

The Arapahoe Group They have 3 -5 members in attendance

In our last forum we discussed the Wienie Jam/Speaker Jam monies. We did not have a full accounting by the meeting so we tabled what to do with those funds until next business meeting. The event brought a profit of \$810; reported / figured out after our business meeting.

Our H&I subcommittee is now bringing in a meeting to the women at the Park County Jail. It is every other Wednesday night at 6:30pm. There are 3 ladies that are leading it so far and another one who is interested in it. Our groups are already beginning to see newcomers who got the message carried to them in there at our meetings. There is no men's meeting yet but it will be inquired about from time to time. The jail reports that they are better behaved since we are coming in and carrying our message.

We have one vacant position at CBANA at the moment. We are in need of an Alt RCM and hopefully we can sucker someone into that position soon.

The CBANA phone line Chair is reporting a downturn in calls and asked our members to do another flyer campaign as the number of calls improves afterward.

We also hold a convention meeting before each ASC. There is lots of movement happening with on that front for Ben to tell you about. Carla has Calendars; buy one!

On a more concerning topic I was unable to let our service body know about the specific goings on in the last Regional meeting due to my absence for my son's surgery as well as not receiving the minutes for the meeting until about 2 weeks ago. There was a lot of discussion about consistently not getting Regional business meeting minutes in a timely manner. It has consistently caused a bottleneck in the flow of important information up to areas and up to the groups and individual addicts. Our RCM has asked for them when they have been late before but it is not his responsibility and he has refused to continue to. Our service body decided upon the collective creation of a separate letter to this service body being the most appropriate, regarding this issue.

As you can tell, CBANA is growing stronger and carrying the message in our community. So many diverse ways that is reaching more and more addicts. Hopefully I did not leave anything important out. Thank you for all of your service.

Thanks, CBANA - RCM, Chad E.

Central Wyoming Area

Minutes for 2/6/16

Hello Fellowshippers,

The last 3 months have been a blur.. Our area has grown with some newcomers and some old timers returning. We had a great turnout for the H&I fundraiser and hope to see more new events coming this year!!! We have established a committee for PR and PI recently and seems to be going well. H&I and area are helping with this new committee and are a good thing...Thanks to Regional servants and RCM's I have had the opportunity a better idea how to serve my area and also to serve region. I am excited to be with region and hope I'm not late!!

This is going to be short and sweet. We have a lot going on in our area. Our newly found PR/PI committee is doing well it's been 3 months or so. H&I is doing well as well and have quite a few members. There are 2 meetings a month in one facility that is both men and women. We have one meeting a month at the Jdc and two at the juvenile jail a month. We are growing slowly and have a lot to report on but most will be verbal as I am traveling and trying to catch up on my recovery obligations.

IN LOVING SERVICE,

Billy P...

Subject: Regional call list
From: "Cole Salisbury" <piratelyfe7@gmail.com>
Date: Thu, November 19, 2015 8:40 pm
To: "Carla Wensky" <carla@powelltribune.com> (more)
Priority: Normal

[View Full Header](#) [View Printable Version](#) [Download this as a file](#) [Add to Addressbook](#) [View](#)

Options:

[Message details](#) [View as HTML](#) [Block Sender](#)

Cole S.- Central wyoming- We use answering service of Casper, we pay \$50.00 a month. they provide the information we give them to whomever is calling. The information we provide are meeting lists and addicts who can be contacted. 15-20 calls a month are related to locations of meetings and times. Roughly 2 calls a month are connected to another addict in the program. We also pass out meeting information if they are at a different area of Wyoming and have reached this number.

Carla W. -Central basin area- uses google voice which is free. and century link number which is 5-7 dollars, never went over \$7. average cost is \$6.5. 3-5 calls per month. the phone system rings 6 numbers, whoever connects first accepts the call. works really well other then automated calls. can block numbers on googlevoice. Month to month, no contract.

Kirk L. -Freedom seekers- currently has no hotline, checking out ideas.

Thomas o.- Wyobraska area- freedom voice program, little less than 10 dollars a month for a toll free number. 20-30 calls a month. Strictly an information line, not enough members in service to answer phone calls. automated system that relays meeting times,dates, and location. Number oriented system based on certain areas and where you are located. (example- if you want meetings in Cheyenne press 1, Laramie press 2). other options are available where you can access a voicemail to leave a message, or to connect to other lines etc.

3 of 5 areas have a phone line they currently use.

Discussion of costs can be discussed at the next regional meeting.
Sorry if the notes are hard to understand.

Cole S.

Freedom Seekers Area

2-6-2016 RCM Report

Greetings Everyone,

I, Derek R. volunteered and was voted in to represent the Freedom Seekers Area during the regional meeting today. Kirk L. wrote this report as follows:

The meetings going on in the Freedom Seekers Area are now up to 19/week (Gillette-9, Buffalo-2, and Sheridan-8).

- The *Grateful I'm Not Dead* group (*Buffalo*) continue to meet Wednesday and Saturday nights. Their GSR stated that "meetings are going well with both stronger unity and increasing attendance. Members from Sheridan and Gillette have both helped out by making the trip to join us for meetings."
- *The Refuge* (*Gillette*) continues to provide 6 meetings per week. The 5:30 meetings are stronger averaging 20-25, while the late nights are averaging 6-10 members. **AN UPDATE for Steve H.-The Thursday night meeting now starts at *7pm instead of 9, please adjust the meeting list. Thanks.** Also, the group had to move locations around November but seemed to adapt well to the changes. Updated meeting cards are already being circulated.
- *Lost and Found* (*Gillette*) meets Sundays and are averaging 5-7 people. Their Alt. GSR stated "Still no service structure but the door continues to get open on Sundays for the weekly meeting."
- *New Freedom* (*Sheridan*) meets every night but Wednesdays. Average attendance is 8-12. They are also discussing starting a possible noon meeting sometime in the future.

H&I service is now occurring in Gillette and Sheridan-YAY!! Meetings are as follows:

- Gillette- Provides NA meetings at the Campbell County Jail Sundays at 7pm for both Men and Women.
- Sheridan-Recently created a H&I Committee with Buffalo. The committee is now taking NA meetings to the Lifehouse (Sheridan inpatient treatment center) twice a month; Mens meetings occur on the 2nd Sunday of the month, Womens take place on 4th Wednesday of the month. Sheridan's GSR also stated that "The Sheridan VA was interested in some PI literature sometime soon."

Our Area meetings have been going well through the winter months. We are still providing a workshop before each business meeting which has both pros and cons...Longer committed Saturdays but good fellowship activity. They will continue.

We were blessed with an enlightening workshop on the CAR last Saturday in Buffalo. **Thank you so much Carla!!!** Our group feels more up to pace regarding the CAR and WSC.

Activities-The FSA has a Valentine's Day Dance coming up February 13th in Buffalo at 6pm. Karaoke, dancing, food, and fellowship will be going on till 9pm. There will also be a raffle to during the event to cover the expenses.

The FSA also elected 4 new members into the service body. Our Area Chair and Secretary both stepped down but were replaced by 2 new promising members. The last 2 vacant positions, Alternate RCM and Web Servant were also filled up last Saturday.

In Loving Service,

Kirk L.

Upper Rocky Mountain Regional Service Committee
February 06, 2016 Evanston, WY

RCM Report Tommy O. – RCM
Wyo- Braska Area

Committee members and interested parties,

Good afternoon. Please excuse my absence from today's RSC meeting and Workshop. I have been working out of town for the last three weeks. I had communicated with Delynda that I would not be able to attend today's meeting. Hopefully my report arrives in enough time to be included in the minute for this meeting, when they come out. There is now a new meeting in Laramie, which meets on the "off-nights" of the "Live from Laramie" group. It's called "A Breath of Life" and is on Mondays, Thursdays, and Saturdays at 7:00 pm. It is located at 107 S. 7th Laramie WY. Its two blocks west of the University of Wyoming on the corner of University and 7th street. It is in the basement of the Trinity Lutheran Church in the Youth room. This group started October 19, 2015.

We had an "Area Guidelines" Workshop in Cheyenne. This was held on a Saturday January 16th from 3 to 5pm at the Cheyenne Regional Medical Center East, 2600 E. 18th St. Our Area has gone through a lot of changes the past couple of years or so, moving from meeting monthly to meeting quarterly, basically moving from a Committee-based service approach to a Project-based service approach, going from Robert's Rules of Order to Consensus Based Decision Making, etc. The Workshop was to have a discussion and possible re-write of our Guidelines, which still reflect our previous practices. We came to some decisions and our Area Secretary will be compiling his notes and rough up some of the ideas that were agreed upon and present them to the ASC for further and discussion and possible consensus. Our next Area meeting is Sunday, February 14th at 2pm at the Anchor Club, 3411 E. Pershing Blvd. in Cheyenne and the home of the Anchor's Away Group. We will have our second annual Planning Assembly during the ASC meeting, where we will attempt, once again, to plan our budget and activities for this calendar year.

Thank you for letting me be of service,

Tommy O
Wyo-Braska Area RCM
307-214-4289
wharfrattommy@gmail.com

February 6, 2016

Wyoming Western Area RCM Report

Hello Upper Rocky Mountain Region. Great to see everyone today. Wyoming Western Area is doing well as reported from the participating groups. Those groups are Living Proof Group, Nothing to Fear Group both from Evanston, Crossroads Group from Pinedale and Renegades for Recovery from LaBarge. Pinedale has added one meeting to their schedule and has had good participation with all of their meetings. I have heard that Green River and Rock Springs are both struggling. Green River had to change their meeting location and Rock Springs has had some financial issues as well as service issues. Our next area meeting will be in LaBarge on the 27th of this month and we will be workshopping the CAR for the entire day. I will also be collecting the surveys from the CAR at that meeting. I will give our Area conscience to the Delegate after I tally them.

In Service,

Shawn S.