

# Western Service Learning Days 2018 Report

## Day 1: 10/26/18

Substance abuse counselor who is an NA member (Colorado/Arizona) works in prison where she brings in the 12 steps. AA was bringing stuff in, but NA wasn't until she got the process going in her area. Inmates can write to addicts and can get copies of the basic text. She sees NA working and it appears that people in charge in the institutions are very influential for whether or not the message can enter their facilities. She mentions addicts going in to speak are very helpful. Get to a meeting on your first day out!

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DEA man who now works for sheriff. He helped shut down Tent City and setup treatment program with NA and AA involved. Some people were getting arrested over and over with problems regarding housing, addiction, mental illness and DEA man helped to give the people who were struggling resources which resulted in many not being arrested again. He mentioned that providing housing can save the tax payer money.

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Cop from Arizona. He has been cop for 20 years and he mentioned that he has a well-known personal savior. He believes in service. He says having conversations with people is important. Carries around an NA card in his wallet. He does not believe in virtual relationships behind a keyboard. Providing food and other basic needs items helps people. He thinks it is not very important to arrest people for small crimes or crimes committed in the effort to survive. He says it is important not to arrest people over and over again. Suggests reaching out to local police chief.

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Zonal Forum Meeting. Facilitator and Co-Facilitator were voted on. I read the Alaska Region Outreach Report because the committee received funding from other regions in the zone. One member was nominated for a world position.

## Day 2: 10/27/18

Outreach Workshop with Scott Allen. Main goals of an Outreach Committee are to assist groups. It is not a group starter committee. It does help members start groups however. The Alaska Region Zoom Meeting should not be an extension of the committee, but rather part of an Area in Alaska.

Outreach is not PI or H & I, it works within NA "between the I's". Outreach helps connect groups and assists with panels. GSR orientation is an Outreach task. A member can be appointed to

help mentor a new GSR. Groups that are not present in area or region service committee are a concern and Outreach should reach out or visit these groups (Juneau).

Sometimes vans come from treatment centers and take literature in large amounts from meetings. Outreach can help make these issues known and provide help to confused groups. The Basic Meeting List Toolbox (BMLT) was mentioned which is groups listed on a webpage. This is an outreach task and can also submit this list to world and keep it updated.

Outreach can go on road trips to help where needed. Unity days and outreach workshops can be held. Outreach can help encourage groups to participate in the Area Service Committee or Areas at Region. Outreach doesn't start groups, but it can help a group get started. Groups need to request starter kits. Outreach can visit groups to help facilitate solutions to problems, get physical verification of group location and then make sure the meeting list is accurate and newspaper ads are also accurate. The Aboveground meeting mentioned in the Fairbanks Newspaper was inaccurate last time I checked!

Outreach can help encourage members to get involved in NA service. Outreach member or members can go to area or groups to remind them that they can order literature directly from World. Outreach is within NA, it is not public relations. Cultural differences, physical distance, and separation create isolation. Outreach can help bridge these gaps, communicate events, and coordinate. Outreach members from different areas or regions can synergize by communicating. Outreach can provide solutions for groups, areas, or regions that encourage participation and unity.

The outreach committee must to make sure not to get imprisoned by worrying and find ways to work through problems using principles. GSR and RCM training are important. Outreach can help explain how group structure works to new groups or confused people.

Fellowship development: more groups, quality of fellowship in the groups, talk about steps, sponsorship, and service. Outreach members can go to everything NA and support. Sometimes Public Information tries to be umbrella over outreach and its does not have to be like that. Outreach can be a separate committee and it does not have to do PI work.

The Office Max/Depot non-profit copy cost reduction was mentioned. A spiritual principles charades game was mentioned to loosen up a group of people meeting for the first time. He agreed to send me an Outreach Packet through the mail which I received.

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Next was the Outreach to Rural Communities Workshop via Technology put on by Don from San Diego. He wanted people to join his committee by emailing him. Don is making a Zoom speaker database and meeting sign up. The secretary of a Zoom meeting can be "The Muter". You can show slides that align with the format. A large Zoom meeting can be broken into smaller Zoom meetings within Zoom. The most simple way to do a hybrid real life/zoom meeting

is by passing off the phone to each speaker. You can finish the meeting with a prayer where everyone stretches their arms to the sides to simulate the circle formed at the end of a meeting. A copy of the Office Max/Depot copy card discount was provided (and is provided with this report). Tom Kondo knows how to mic a large meeting. Also, information about an insurance carrier that works well with non-profits was provided.

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Website Workshop (Washington and Arizona Regions). Areas can have websites separate from region with links to different areas. Washington has a website template. Arizona website was php/html/excel in 2013. They changed their website over to Wordpress for much easier context management submission. Washington has a custom coded website that can pretty much do everything that Wordpress does (but sounds more difficult to me).

Google calendar, new provider, Wordpress and Paypal should solve all the Alaska Region website problems and make the website easy to pass to the next web servant. Alaska needs to do this!

A BMLT wordpress plugin for meeting list/schedule was mentioned. Websites need to be setup for rotation!

Secret Facebook groups can be used as an interesting form of communication that is controllable. Pinned posts can be used to explain important things in the group. Comments can be disabled.

Washington made videos to show the next web servant how to work on the website which can also be used by groups or areas to update their own stuff on the website. Online sales require and https:// website and sales records need to be kept for tax purposes. Paypal can be linked to region or area bank account. Square and Paypal can both be used for 7th tradition. An NA wordpress theme template idea was mentioned!

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Next, a workgroup was put on to discuss social media and Narcotics Anonymous. Some ideas included PR pages for families and professionals. Facebook was mentioned as a good way to broadcast NA events and things other than meetings. When setting up a Facebook page, think about rotation! Meeting list can be the first picture or pinned post on a Facebook page for an area. Telegram was mentioned.

### **Day 3: 10/28/18**

A workshop was conducted about how region can serve areas. Region can help bring basic texts into jails and treatment situations. Literature can be written at a regional subcommittee

where it can trickle down to areas and groups. Region meets six times per year in Arizona. Region can make and maintain a meeting directory. Region can support areas by going to their events and supporting them with resources. RCM can ask region for help at region meetings. Region can help inspire new people who are curious and enthusiastic. Training, mentoring, and getting newcomers and old timers working together from different areas can all happen at region. Fellowship development and helping where needed is something region can help with. It was suggested that region can help get NA cards into the hands of police officers. Another suggestion was to get multiple people to make the same announcement (take turns) instead of the same person doing it over and over again so that different people may be reached. A regional committee group inventory can be done. Remember we are humans and it is good for us to find ways to connect. Don't let a rude person become your higher power. Icebreakers and team building exercises can be helpful.

### **Most Useful Information for the Alaska Region:**

Outreach - The work of outreach was very well clarified and we can always contact Scott Allen if challenges or confusion appear.

Website - The experience shared by the two regions provides an excellent model for our future website work.

### **Bid for the 2022 WSLD:**

During the final business meeting of the convention, it was suggested that the Alaska Region may consider hosting the 2022 WSLD. There was great support and enthusiasm expressed by the committee for this idea. The Alaska Region (or even an Area) needs to meet the bid requirements and bring forth a bid to the committee if we are interested. This could start with a motion from a group. Below are the requirements to make a bid:

- a) Permission from region/area to host the event
- b) Any promise of additional start-up money
- c) The proposed dates for the event (mid October to mid November)
- d) The host city
- e) Potential hotel and approximate costs
- f) Commercial airport and ground transportation information

### **Office Max Copy Deal:**

I have scanned and copied a form I was handed during a workshop for outreach at the convention. This form is to be used at Office Max or Office Depot for a discount for Narcotics Anonymous at either of these stores according to San Diego Don.

The next WSLD will be in Seattle, Washington November 8-10, 2019. More information can be found at <https://wslid.org/>

If you are interested in copies of my notes, outreach material (including a CD), or copies of any other paperwork I acquired, please let me know!

Special thanks to the Late Night Group for paying for the airfare for me to attend the event as well as WSLD for paying for my registration and members of the fellowship for providing me a place to stay.

Thanks for the Opportunity to Serve,

Paul H

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