Minutes of TSRSCNA meeting June 8, 2019

1. Meeting Opened: 10:30 with Serenity Prayer
2. Reading of 12 Steps, 12 Traditions, and 12 Concepts.
3. 1st of 2 roll calls: 8 voting members. Quorum (7) met.
4. Motion to accept last RSC Minutes: Position of RD was to be listed as open on April Minutes.
5. Sharing Session: None
6. Welcome new members: Caitlyn, SHASCNA, Ben, We Area, Sharon, PASCNA
7. Old Business:
   Motion 1 (4/13/19) by Zonal Ad-Hoc Committee, seconded by BVASCNA: To fund a member of the zonal Ad Hoc Committee to travel to the Midwest Zonal Forum (MWZ) and the Autonomy Zonal Form (AZ) meetings. The cost for the MWZ meeting in Milwaukee is airfare, $295, Room at Crown Plaza $175/night, per diem 3 days @ $55/day. Cost for the AZ in Philly is airfare $302.66 or mileage 586*.14 = $82.04 + tolls, per diem 3 days @ $55/day. Room, $120/night – 2 nights.

Motion Passed (3-1-4)

8. Nominations and Elections:
   - Sarah W. RSC Vice Secretary, stated qualifications, Pros & Cons, Vote taken, elected to position.
   - Luanne K. RSC Treasurer stated qualifications, Pros & Cons, Vote taken, elected to position.
   - Carol S. RSC Vice Treasurer, stated qualifications, Pros & Cons, Vote taken, elected to position.
   - Open Positions after June RSC: Chair, H & I Chair, P & A Vice Chair, PR Chair, Outreach Chair, Additional Needs Chair, Web Chair, Web Vice-Chair, Regional Delegate, BOD at Large (1).

9. TSRSO Reports:
   - BOD Chair Present. Verbal report given
   - BOD Treasurer BOD Chair Reported.
   - Spiritual Retreat Absent
   - Start to Live Absent

10. 2nd of 2 roll calls: 10 voting members

11. RCM Area Reports:
   - BASCNA (Butler) Present. Written report attached.
   - BVASCNA (Beaver Valley) Present. Verbal report given.
   - CWANA(Central Westmoreland) Present. Written report attached.
   - CWPASCNA (Central Western PA) Absent
   - EEANA (East End) Present. Verbal report given.
   - HAFANA Absent
   - ICANA (Interstate Crossroads) Absent
   - KINZUA Present. Written report given.
   - LCASCNA (Lawrence County) Absent
   - LEANA (Lake Erie Area) Absent
LMHANA (Laurel Mountain Highlands) Absent
NEASCNA (North East Area) Present. Verbal report given.
NEWS Absent
NPASCNA (North Pittsburgh) Absent
PASCNA (Pittsburgh) Present. Written report given.
PICANA (Pittsburgh Inner City) Absent
POANA (Penn Ohio) Absent
SHASCNA (South Hills) Present. Written report given.
SWANA (Southwest) Present. Written report given.
WANA (We) Present. Verbal report given.
WASCNA (Wheeling) Absent
12. TSRSCNA Reports:

Chair Present. Nothing to report
Policies and Administrations (P&A) Absent
Treasurer Position Vacant. Verbal report given. Lost check was found.
Hospitals & Institutions (H&I) Present. Written report provided to RCMs.
Public Relations (PR) Position vacant.
Regional Delegate (RD) RDA Reported. Written report attached.
Literature Position Vacant
Outreach Present. Verbal report given.
Additional Needs Position Vacant.
Web Chair Report Position Vacant.

13. New Business: Motion 1: 06.08.2019: To host the NEZF in conjunction with the Tri-State Regional Convention, Start to Live 37. Intent: To save financials. **Motion Passed (9-0-1)**

14. Adjourn 2:15 pm

**NEXT MEETING: August 10, 2019, 10:30 AM, at the TSRSO**

**Zoom Meeting ID: 961-695-3680**
I am nominated to serve the following committee:

☑ Region Service Committee (RSC) ☐ Start to Live ☐ Spiritual Retreat ☐ Board of Directors (BOD)

Position: Regional Delegate

Nominee: MKC

Clean Date: 2/20/1999

Address:

Phone Number: ☑

Nominated by:

Turning Point

Tri-State Region Area:

PASCNA

Tri-State Region Home Group:

Turning Point

Do you have working knowledge of the NA 12 Steps, 12 Traditions, and 12 Concepts? ☑ Yes ☐ No

If the position requires handling of NA funds (money), have you read the World Service Office bulletin #30 Theft of NA Funds? ☑ Yes ☐ No

List all group, area, regional, and world service positions you have held that you consider relevant to the position which you have been nominated. Include the positions served within the last five years and the dates of service terms for each.

Current RDA, STL secretary, Homegroup secty.

Have you been removed from or have not completed a service term in the last five years? If so, please explain.

No

What resources do you believe you can bring to the position to which you were nominated?

Public Speaking & Knowledge about current NEEF Policies

What experiences (e.g. school, work, volunteer, etc.) have you had that you believe will help you serve this nominated position? Experienced w/doing research, presentations

Knowledge

*Please include any other relevant information on the back of this form.*
I am nominated to serve the following committee:

- Region Service Committee (RSC)
- Start to Live
- Spiritual Retreat
- Board of Directors (BOD)

Position:Spiritual Retreat Chair

Nominee: Dan S

Clean Date: 5-29-09

Address:

Phone Number: Email: g.mail

Nominated by: Seconded by:

Tri-State Region Area:

Tri-State Region Home Group: First Stop

Do you have working knowledge of the NA 12 Steps, 12 Traditions, and 12 Concepts? □ Yes □ No

If the position requires handling of NA funds (money), have you read the World Service Office bulletin #30 Theft of NA Funds? □ Yes □ No

List all group, area, regional, and world service positions you have held that you consider relevant to the position which you have been nominated. Include the positions served within the last five years and the dates of service terms for each.

[Position details]

Have you been removed from or have not completed a service term in the last five years? If so, please explain.

No

What resources do you believe you can bring to the position to which you were nominated?

[Resource details]

What experiences (e.g. school, work, volunteer, etc.) have you had that you believe will help you serve this nominated position?

[Experience details]

*Please include any other relevant information on the back of this form.
I am nominated to serve the following committee:

☑ Region Service Committee (RSC) ☐ Start to Live ☐ Spiritual Retreat ☐ Board of Directors (BOD)

Position: Outreach
Nominee: Chuck T
Clean Date: 12.4.97
Address: 603 E 18th St 15120

Phone Number: Email: j******** @yahoo
Nominated by: Just Recovery
Seconded by: South Hills

Do you have working knowledge of the NA 12 Steps, 12 Traditions, and 12 Concepts? ☑ Yes ☐ No

If the position requires handling of NA funds (money), have you read the World Service Office bulletin #30 Theft of NA Funds? ☑ Yes ☐ No

List all group, area, regional, and world service positions you have held that you consider relevant to the position which you have been nominated. Include the positions served within the last five years and the dates of service terms for each.

AREA - EVERYTHING BUT YESS & H&I.
REGIONAL - EVERYTHING BUT YESS & H&I

Have you been removed from or have not completed a service term in the last five years? If so, please explain.

NO

What resources do you believe you can bring to the position to which you were nominated?

Willingness

What experiences (e.g. school, work, volunteer, etc.) have you had that you believe will help you serve this nominated position?

Be Doing This for Past 5 Years

*Please include any other relevant information on the back of this form.
Tri-State Region of Narcotics Anonymous
Election Form

I am nominated to serve the following committee:

☐ Region Service Committee (RSC)  ☐ Start to Live  ☐ Spiritual Retreat  ☐ Board of Directors (BOD)

Position:  Regional H & I Chair

Nominee:  Frank L.

Clean Date:  5-4-05

Address:  536 7th St.  Oxnard, CA  93030

Phone Number:  [Handwritten number]

Nominated by:  David S.

Seconded by:  [Handwritten name]

Tri-State Region
Area:

Tri-State Region
Home Group:

Do you have working knowledge of the NA 12 Steps, 12 Traditions, and 12 Concepts?  ☐ Yes  ☐ No

If the position requires handling of NA funds (money), have you read the World Service Office bulletin #30 Theft of NA Funds?  ☐ Yes  ☐ No

List all group, area, regional, and world service positions you have held that you consider relevant to the position which you have been nominated. Include the positions served within the last five years and the dates of service terms for each.

Served as GSR & Treasure & Secretary of Home Group
Served as Area H & I Chair twice
Served as Regional H & I Chair twice

Have you been removed from or have not completed a service term in the last five years? If so, please explain.

No

What resources do you believe you can bring to the position to which you were nominated?

Experienced, Committed & Aggressive

What experiences (e.g. school, work, volunteer, etc.) have you had that you believe will help you serve this nominated position?

Self Employed Leadership Ability

*Please include any other relevant information on the back of this form.
**ASC: Jul 7, 2019**

- Attendance and open positions
  - All trusted servants except Activities were present. Open positions are Vice Secretary, Vice Treasurer, P&A chair, BOD representative, Additional Needs, Convention Liaison, and Alternate RCM.
  - 17 out of 19 groups were present. Of those 17 groups, 11 voting GSR’s were present. Quorum was met.
- Treasurer: checks still did not come in yet
- No old business or new business
- Nominations and elections
  - Megan F was nominated and elected to Secretary position.
- Group Reports
  - Following groups need active home group members: Free for Life, New Learn to Live, Give Yourself a Break, and A New Beginning.
  - Stop Dying, Start Living, Spiritually Lit, and A New Beginning need attendance.
  - A New Beginning, Back 2 Life, Tuesday Newners, Friday Night Fellowship, Stop Dying Start Living, and No Matter What all need a GSR.
  - New Learn to Live will have their anniversary on Mon Aug 12. Food, fun, and fellowship at 7pm and speaker at 8pm.

**ASC: Aug 4, 2019**

- Attendance and open positions
  - All trusted servants were present. Open positions are Vice Secretary, Vice Treasurer, P&A chair, BOD representative, Additional Needs, Convention Liaison, and Alternate RCM.
  - 16 groups were present. Of those 16 groups, 10 voting GSR’s were present. The total amount of groups is 19. Quorum was met.
- H&I
  - Westmoreland County Jail (men’s side) needs a panel coordinator. They must have a panel coordinator to take any meeting in.
- Activities: requested more attendance at subcommittee meetings
- Literature: Accidentally ordered a case of “It Works How and Why” instead of Basic Texts that were intended to be brought into the jail. Motions were made on what to do with the extra books.
- Treasurer: Treasurer received checks. We can now make the donation of $200 to TSRSCNA.
- No Old Business
- New Business
  - Motion 1: Donate 1 It Works How & Why to each home group. From the case that was given to area from H&I. Motions was voted on at ASC and passed.
CWANA REPORT

- Motion 2: Donate 5 It Works How and Why books to activities for picnic. Motion was voted on at ASC and passed.
- No nominations and elections
- Group Reports
  - Following groups need active home group members: Living in the Moment, Stop Dying Start Living, and Spiritually Lit
  - Stop Dying Start Living, Women in Recovery, From Darkness Comes Light, and Spiritually Lit need attendance.
  - Stop Dying Start Living, No Matter What, and Tuesday Newners need a GSR.
  - Miracles at Work will have their anniversary on October 29th. Doors open at 5pm, food fun and fellowship at 6pm, and speaker at 7pm.

All ASC’s met at St Michael’s Orthodox Church at 1182 Ashland St in Greensburg, PA at 2:15pm. Next two ASC’s are currently scheduled to meet at same place and time on the first Sunday of each month (Sep 1st and Oct 6th)

Thanks for letting me serve!

Stevie J

724-289-7971

steviejay255@outlook.com
EEANA Area Service: 7/6/19 & 8/3/19

11 and 14 home groups present and voting, respectively.

Open Positions: Vice Secretary, Treasurer, Vice Treasurer, Alt. ABR, P&A Vice Chair, PR Chair, Vice Chair.

Trusted Servant Reports/Highlights

Topics Discussed

- EEANA now has a PayPal account
  - Drafting guidelines that observe the Traditions.
  - Having a “donate” button to the area website, password protected?
  - Decided to email the PayPal link to GSRs with area minutes
- PR has rented the Regional PR booth for the annual Recovery Walk, September 14th.
- 1 open position in H&I, WPIC Thursday Night. EEANA has 55 total panel leaders + waiting list.
- No donation to Region or World Service

Area Announcements

What is There Left to Do: is celebrating their 7th anniversary on Monday, 8/16/19 at Saint Andrew’s Lutheran Church, 304 Morewood Avenue, Pittsburgh, PA 15213. Doors at 6pm with food, fun, and fellowship. Speaker at 7pm.

Frick Park 12&12: is celebrating its anniversary on 8/21/19 at Waverly Presbyterian Church, at 590 Braddock Ave, Pittsburgh, PA 15221. Food, fun, and fellowship at 8:30am. Speakers at 9am.

Just Do it Group: on Saturday mornings has moved. Starting August 3rd, at 10:30am-11:30am located at The Meeting Room at 911 Hazelwood Ave., Pittsburgh, PA 15217.

60 Minutes: has moved to Olmo Ling Center For Meditation. We kindly ask that you remove your shoes out of respect for the facility. Meeting time and day remains the same - Sundays at 7pm - 1101 Greenfield Ave, Pittsburgh, PA 15217.

The Beechwood Group: has moved to Homestead United Presbyterian Church, 908 Ann St, Homestead, PA 15120. Meeting day and time remains the same: Tuesdays at 8pm.

Meetings in need of support: Monday Night Serenity in McKees Rocks, It’s Lit Fam on Monday nights in Highland Park, Greenfield Friday Night Group, Wellness in Recovery in Bloomfield Saturday nights.
NEASCNA report to TSRSCNA

We have met twice since last Region We have 44 meetings and average 20 groups at our ASC meetings. We elected an RCM and Area Treasurer. David S and Marisa S.

Our Area treasury has been a mess due to poor record keeping and problems getting bank statements. Marisa S with help from our P&A committee has been working to bring order out of the confusion.

We are paying the liability insurance for our groups and have a check for $440.

Our Area picnic went well and had good attendance. Our activities committee is planning a learning day in September and a Halloween dance in October.

Our PR committee is continuing its poster campaign and starting a letter writing campaign to Area churches and Doctors.

Our H&I committee has no chair. A former chair is leading the committee until someone steps up. They have most positions filled but still need help at Ridgeview for girls.

Yours in service,

David S

Dgs121947@gmail.com

412-628-1057
Good morning everyone, I’m an addict and my name is Sharon C. I would like to take a minute to give everyone an overview of how PASCNA Area is doing.

As of today, PASCNA Area has 8 Trusted Servants

Area Chairperson: Rhonda B.  
Treasurer: Darlenea J.  
RCM: Sharon C.  
Outreach Chair: Ty Mac

Activities Chairperson: Denise L.  
H&I Chairperson: Darryl R.  
Shared Service Member: Kenny J.  
Shared Service Member: Bob J.

As you can see we have no JAS Chair; PR Chair; Secretary; BOD Rep. Or Transportation Chair. The yearly elections for PASCNA Area was held on June 30, 2019, we still have 16 openings. Our donation to the Tri-State Regional in August 2019 is $200.00 for July. 

Area:

The PASCNA Area now has 32 groups, there were 11 GSR’s in attends at our July area service meeting. Our NA groups donations for June totaled $470.00 and for July totaled $678.00  Elections: Rhonda B. was elected Area Chairperson and Bob J. was elected Shared Service Member. We now have a mailbox, correspondence can now be mailed to P.O. Box 4994- Zip Code 12506

PASCNA Area motion: There were no motions discussed

JASC:

The July JASC meeting was held on 14th we discussed the Outreach Learning Day that was canceled until further notice, Outreach is in dire need of active members. The August JASC meeting was held on August 4th we discussed the donation from Tri-Area of $500.00. The Activities and Outreach Chairpersons were absent

At our September meeting will be held on 1st

H&I Committee:

Has 3 out of 6 Trusted Servants. Chairperson; Darryl R., Secretary: Marva B., Literature Chair: Renee D. This is what's needed

1) VA Monday at 7pm-needs 3 panel leaders  
2) VA Friday at 7pm- needs 1 panel leaders  
3) Sojourner House Sunday at 6pm-filled  
4) Gardenzia Wednesday at 7pm- filled  
5) ACTA Thursday at 1:30pm-needs 1 panel leader  
6) Mercy Hospital Saturday at 6pm-filled  
7) Female Offenders Wednesday at 1:30pm-needs 2 panel leaders
8) Alpha House Tuesday at 1:00pm-filled
9) CISP Adolescents Program 1st Wednesday at 6pm-filled

FYI: We no longer service Pyramid.

If anyone needs a H&I workshop, please attend their regularly scheduled H&I meeting every 4th Sunday at 12:00pm. Or contact Darryl R. @ 412-507-7066.

Activities Committee: there are 3 activities on the calendar 1) August 25th picnic at Rhododendron Grove in Highland Park; September 14th Speaker Jam at St. Maria Goretti (Bloomfield) 1st Holiday Party Fundraisers and October 12th Speaker Jam at St. Maria Goretti (Bloomfield) 2nd Holiday Party Fundraisers. FYI: FLYERS for these events are on the front table at TSRO

Outreach Committee:
Discussed the cancellation of The Learning Day -more will be revealed.

Shared Service: It was passed to give Shared Service $300.00 for a workshop to share information with surrounding areas. The next Tri-Area Conventions elections will be held on August 17th at the YMCA in Homewood at 12 noon.

If you want to get involved, please contact Chairperson person Pam. W. 412-452-0624.or Vice Chairperson Amelia B.

PASCNA Area Treasurer's Report: June 2019 Beginning Balance $3,657.83
    June 2019 Ending Balance $3,328.92
    July 2019 Beginning Balance $3,328.92
    July 2019 Ending Balance 4,662.88

Thanks for listening.

Sharon C. PASCNA RCM
724-919-0175
## Tri-Area Convention 4 Actual Numbers

<table>
<thead>
<tr>
<th>Committee</th>
<th>Actual Expense</th>
<th>Actual Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Committee</td>
<td>$ 11,290.96</td>
<td>$ 5,334.08</td>
</tr>
<tr>
<td>Merchandising Committee</td>
<td>$ 4,348.52</td>
<td>$ 4,490.00</td>
</tr>
<tr>
<td>Tickets and Registration</td>
<td>$ 5,313.66</td>
<td>$ 16,713.00</td>
</tr>
<tr>
<td>Fundraising Committee</td>
<td>$12,501.06</td>
<td>$13,109.07</td>
</tr>
<tr>
<td>Convention Information</td>
<td>$ 536.22</td>
<td>$ 1,688.38</td>
</tr>
<tr>
<td>Programming Committee</td>
<td>$ 1,440.54</td>
<td>$ 353.03</td>
</tr>
<tr>
<td>Arts &amp; Graphics</td>
<td>$ 95.00</td>
<td>$ 0.00</td>
</tr>
<tr>
<td>Totals</td>
<td>$35,525.96</td>
<td>$41,687.56</td>
</tr>
<tr>
<td>Return start up for Tri Area Convention 5</td>
<td></td>
<td>$0.00</td>
</tr>
<tr>
<td>Actual Net Income</td>
<td>$6,161.60</td>
<td></td>
</tr>
</tbody>
</table>
SHASCNA RCM REPORT

August 2019

We met July 7th. Quorum was met. All trusted servants were in attendance. 18 groups in attendance.

The following positions are still open at the area level:
Vice-Treasurer- 2 years
Vice-Secretary- 1 year
RCM - 1 year
ABR- 2 years
Convention Liaison- 2 years
H&I Vice-Chair- 2 years
P.R. Vice Chair- 2 years
Activities Vice-Chair- 2 years
Vice WebMaster- 1 year

We met August 4th. Quorum was met. All trusted servants were in attendance except our Treasurer.

We had 18 GSRs in attendance, and we brought in 720 in group donations bringing us back up to our prudent reserve.

We had 1 new election:
Motion 1: Cindi for the OutReach Regional Chair position.
Intent: To fill a position.
PASS
We also had one new motion being brought back to the homegroups

Motion 1: To change Area Service from 3:00pm to 1:00pm on the first Sunday of the months.
Intent: To better serve the area.

H & I 1st Annual Labor Day Picnic.
September 2nd 2019, from 12-7pm in South Park at Spreading Oak Food, Fun, Fellowship. 2 H&I Speakers at 2pm and workshop at 1pm.

***The next ASC is scheduled for September 1st, 2019***

***The next H&I subcommittee meeting is scheduled for August 29th, 2019***

***The next PR subcommittee meeting is scheduled for August 20th, 2019***

***The next Activities subcommittee meeting is scheduled for August 8th, 2019***

Yours in Service,
Caitlin W.
412-400-0502
SWANA REPORT

August 10th 2019

Good morning to all RCM Members,

Our last area service was on July 14th 2019 we open with the Serenity Prayer and the readings of the 12 Steps and 12 Traditions we went over old business and there was no nomination for any Trusted Servants Positions.

We did discuss the thing that was needed for the Area Picnic which was on August 3rd 2019 starting at noon till dusk, we had 2 workshops and a speaker. The first workshop was H&I which started at 3pm and the second workshop was at 4pm on the NEZF and learning more about it and how it works for the region and the area and we had a alright turn out for both workshops. We want to thank Toni C our interim RD for doing the workshop on the NEZF.

SWANA donated $65.00 to the region last month our next area service will be August 11th at 1pm.

In – Loving Service – ALT RCM Lyle L
We Area of NA Service Committee
P.O. Box 404 Charleroi, PA 15022

WANA RCM Report
Date: August 10, 2019

The We Area Service Committee met on Sunday July 7th

Trusted servants in attendance included:

Area Chair Diane D.    Treasurer Tricia W.    RCM Ben M.    Activities Chair Chris M.
H&I Chair Adam L.    Lit. Chair Nick C.    Vice Lit. Sean C.    P&A Duke M.

Open Positions: Area Vice Chair, Secretary, Vice Secretary, Vice Treasurer, RCM Alternate,
Public Information, Additional Needs, Board of Directors, Convention Liaison, Website Chair

Out of 48 recognized groups in the area 35 GSR’s were in attendance

Three nominations for trusted servant positions were made. Ashley M. for Vice Secretary,
Ronnie Z. for RCM Alternate, and Skyler M. for Vice Treasurer. All gave qualifications and pros
and cons were discussed.

A motion was presented to make it impossible to waive clean time requirements currently in
policy. Intent was to make the policy more concrete.

The We Area Service Committee met on August 4th

Trusted Servants in attendance included:

Area Chair Diane D.    Treasurer Tricia W.    RCM Ben M.    H&I Chair Adam L.
Lit. Chair Nick C.    Vice Lit. Chair Sean C.    P&A Duke M.    Activities Chair Chris M.

Ashley M. was elected Vice Treasurer, and Skyler M. was elected Vice Treasurer

Open Positions: Area Vice Chair, Secretary, RCM Alternate, Public Information, Additional
Needs, Board of Directors, Convention Liaison, Website Chair

Out of 46 recognized groups in the area 35 GSR’s were in attendance

A nomination was made for Secretary: Amanda H. She gave her qualifications and pros and cons
were discussed.
All the noon meetings in the mon valley need support. Monday: Valley Group, Tuesday: Get Yourself Together Group, Thursday: No Matter What Group, and Friday: Come As You Are Group

Upcoming Events in the WE Area

**Brownsville There is a Place** group of NA is having their 26th annual picnic. Sunday August 18th, 12 pm to 7pm, H&I Workshop at 2pm, speaker at 4pm. Redstone Community Park

**Hell or High Water** group of NA presents “Our Predecessors-Their Legacy” sponsored by the We Area. Sunday August 25th, starts at 12 pm, speaker at 4pm. Crabapple Pool & Park 1415 Herminie-West Newton Road, Herminie, PA

**Leap of Faith** group of NA will be celebrating their 16th anniversary on Sunday August 25th at First Presbyterian Church 303 4th Street California, PA. %pm food, 6pm speaker

**It's All About Change, From Dope To Hope, and The Ultimate Weapon** groups of NA will be having a speaker jam on Saturday September 14th. Starts at 12pm goes till 10pm. 303 Chamber Plaza Charleroi, PA

**A New Way of Life** group of NA will be celebrating their 4th anniversary on Saturday, September 21st at New Life Church 2370 Pittsburgh Road, Smock, PA. Starts at 4pm, food at 5pm speaker at pm

**God's Got Us** group of NA will be celebrating their 10th anniversary on Monday September 30th. Saint Peters Lutheran Church, 121 Walnut hill Road (across from Shop N Save plaza) 6pm coffee and dinner, 7pm speaker
### Business Checking

**SUMMARY**

#### Balance Calculation

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Previous Balance</td>
<td>12,309.15</td>
</tr>
<tr>
<td>Checks</td>
<td>00.00</td>
</tr>
<tr>
<td>Debits</td>
<td>105.41</td>
</tr>
<tr>
<td>Deposits &amp; Credits</td>
<td>1,966.17</td>
</tr>
<tr>
<td><strong>Current Balance</strong></td>
<td><strong>14,169.91</strong></td>
</tr>
</tbody>
</table>

You can waive the monthly maintenance fee of $9.99 by maintaining an average daily balance in your account of $2,000 or by making 5 qualifying transactions that post to your account during the statement period.

Your average daily balance used to calculate this statement period is: **$12,299**

Your number of qualifying transactions this statement period is: **3**

Your next statement period will end on August 30, 2019.

### Transaction Details

#### Debits

<table>
<thead>
<tr>
<th>Date</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>07/02</td>
<td>14.44</td>
<td>Telecom Mgmt Corp Call 190702 465338</td>
</tr>
<tr>
<td>07/09</td>
<td>78.51</td>
<td>Verizon Paymentrec 070919 7500647110001</td>
</tr>
<tr>
<td>07/31</td>
<td>12.46</td>
<td>Telecom Mgmt Corp Call 190731 465338</td>
</tr>
</tbody>
</table>

#### Deposits & Credits

<table>
<thead>
<tr>
<th>Date</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>07/31</td>
<td>1,966.17</td>
<td>Deposit</td>
</tr>
</tbody>
</table>

### Daily Balance

<table>
<thead>
<tr>
<th>Date</th>
<th>Balance</th>
<th>Date</th>
<th>Balance</th>
<th>Date</th>
<th>Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>07/02</td>
<td>12,294.71</td>
<td>07/09</td>
<td>12,216.20</td>
<td>07/31</td>
<td>14,169.91</td>
</tr>
</tbody>
</table>

---

Member FDIC Equal Housing Lender
<table>
<thead>
<tr>
<th>Description</th>
<th>Jul 31, 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning Balance</td>
<td>12,309.15</td>
</tr>
<tr>
<td>Cleared Transactions</td>
<td></td>
</tr>
<tr>
<td>Checks and Payments - 3 items</td>
<td>-105.41</td>
</tr>
<tr>
<td>Deposits and Credits - 1 item</td>
<td>1,860.76</td>
</tr>
<tr>
<td>Total Cleared Transactions</td>
<td>1,866.17</td>
</tr>
<tr>
<td>Cleared Balance</td>
<td>14,169.91</td>
</tr>
<tr>
<td>Uncleared Transactions</td>
<td></td>
</tr>
<tr>
<td>Checks and Payments - 2 items</td>
<td>-958.48</td>
</tr>
<tr>
<td>Total Uncleared Transactions</td>
<td>-958.48</td>
</tr>
<tr>
<td>Register Balance as of 07/31/2019</td>
<td>13,211.43</td>
</tr>
<tr>
<td>Ending Balance</td>
<td>13,211.43</td>
</tr>
</tbody>
</table>
Business Checking

SUMMARY

Balance Calculation

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Previous Balance</td>
<td>11,674.47</td>
</tr>
<tr>
<td>Checks</td>
<td>-940.83</td>
</tr>
<tr>
<td>Debits</td>
<td>-102.98</td>
</tr>
<tr>
<td>Deposits &amp; Credits</td>
<td>+1,678.49</td>
</tr>
<tr>
<td><strong>Current Balance</strong></td>
<td><strong>12,309.15</strong></td>
</tr>
</tbody>
</table>

You can waive the monthly maintenance fee of $9.99 by maintaining an average daily balance in your account of $2,000 or by making 5 qualifying transactions that post to your account during the statement period.

Your average daily balance used to qualify this statement period is: $12,119

Your number of qualifying transactions this statement period is: 5

Your next statement period will end on July 31, 2019.

TRANSACTION DETAILS

Checks* There is a break in check sequence

<table>
<thead>
<tr>
<th>Check #</th>
<th>Amount</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>283</td>
<td>640.67</td>
<td>06/10</td>
</tr>
<tr>
<td>284</td>
<td>280.16</td>
<td>06/10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Check #</th>
<th>Amount</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>285</td>
<td>20.00</td>
<td>06/10</td>
</tr>
</tbody>
</table>

Debits

<table>
<thead>
<tr>
<th>Date</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>06/10</td>
<td>75.73</td>
<td>Verizon Payment received 081019 7500047110001</td>
</tr>
<tr>
<td>06/11</td>
<td>27.25</td>
<td>Deluxe Check Check/Account 190607</td>
</tr>
</tbody>
</table>

Deposits & Credits

<table>
<thead>
<tr>
<th>Date</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>06/10</td>
<td>1,678.49</td>
<td>Deposit</td>
</tr>
</tbody>
</table>

Member FDIC Equal Housing Lender
### Business Checking continued from previous page

<table>
<thead>
<tr>
<th>Date</th>
<th>Balance</th>
<th>Date</th>
<th>Balance</th>
<th>Date</th>
<th>Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>06/10</td>
<td>12,336.40</td>
<td>06/11</td>
<td>12,309.15</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TRI STATE REGIONAL SERVICE OFF COMMITTEE OF NARCOTICS ANONYMOUS**

**Business Green Checking**

778-7
Images for account 623650-778-7

283  06/10/2019  $640.67

284  06/10/2019  $280.16

285  06/10/2019  $20.00
Checking Account Balance Worksheet

Before completing this worksheet, please be sure to adjust your checkbook register balance by:
- Adding any interest earned
- Subtracting any fees or other charges

1. Your current balance on this statement $____________

2. List deposits which do not appear on this statement:

<table>
<thead>
<tr>
<th>Date</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sum of deposits: $____________

3. Subtotal by adding 1 and 2

Sum of 1 and 2: $____________

4. List outstanding checks, transfers, debits, FOS purchases or withdrawals that do not appear on this statement:

<table>
<thead>
<tr>
<th>Date/Check No.</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sum of 4: $____________

5. Subtract 4 from 3. This should match your checkbook register balance

Subtract of 1 and 2: $____________

ELECTRONIC TRANSFERS

In case of errors or questions about your electronic transfers:
(For consumer accounts used primarily for personal, family or household purposes)
Call us at the customer service number provided on Page 1 of this statement or write to us at the customer service address provided as soon as you can. If you think your statement is incorrect or if you need more information about an electronic transfer on your statement or receipt, we must hear from you no later than 60 days after we sent you the FIRST statement on which the error or problem appeared.

- Tell us your name and account number, if any.
- Describe the error or the transfer you are unsure about, and explain as clearly as you can why you believe it is an error or why you need more information.
- Tell us the dollar amount of the suspected error and, if possible, the date it appeared on your statement or receipt.
- It will be helpful if you also give us a telephone number at which you can be reached in case we need any further information.

For consumer accounts used primarily for personal, family or household purposes, we will investigate your complaint and will correct any error promptly. If we take more than 10 business days (20 business days if you are a new customer, or electronic transfers occurred during the first 90 days after the first deposit is made to your account) to do this, we will credit your account for the amount you think is in error, so that you will have the use of the money during the time it takes us to complete our investigation.

For other accounts, we investigate, and if we find we have made an error, we credit your account at the conclusion of our investigation.

OVERDRAFT LINES OF CREDIT

BILLING RIGHTS SUMMARY

What To Do If You Think You Fled A Mistake On Your Statement:
If you think there is an error on your statement, write to us at the customer service address provided as soon as possible.

In your letter, give us the following information:

- Account Information: Your name and account number.
- Dollar amount: The dollar amount of the suspected error.
- Description of Problem: If you think there is an error on your bill, describe what you believe is wrong and why you believe it is a mistake.

You must contact us within 60 days after the error appeared on your statement. You must notify us of any potential errors in writing. You may call us, but if you do and we are not required to investigate any potential errors and you may have to pay the amount in question. While we investigate whether or not there has been an error the following are true:

- We cannot try to collect the amount in question or report you as delinquent on that amount.
- The charge in question may remain on your statement and we may continue to charge you interest on that amount. But if we determine that we made a mistake, you will not have to pay that amount in question or any interest or other fees related to that amount.
- While you do not have to pay the amount in question, you are responsible for the remainder of your balance.
- We can apply any unpaid amount against your credit limit.

INTEREST CHARGE CALCULATIONS FOR OVERDRAFT LINE OF CREDIT ACCOUNTS BASED ON AVERAGE DAILY BALANCE COMPUTATION METHOD

Calculating your Interest Charge
We calculate the interest charge on your Overdraft Line by applying the Daily Periodic Rate to the Average Daily Balance. Then, we multiply that result by the number of days in the billing cycle in which a balance is owed on your Overdraft Line. This gives us the total interest charge for that billing period.

Calculating your Average Daily Balance
To calculate the average daily balance, we take the beginning balance of your Overdraft Line each day (which does not include any unpaid interest charges or fees), add any new advances as of the date of those advances and subtract any payments or credits. This gives us the daily balance. Then, we add the daily balances for the billing cycle together and divide the total by the number of days in the billing cycle. This gives us the average daily balance of your account.

Credit Bureau Reporting
We may report information about your Overdraft Line to credit bureaus for each [unit account holder of your checking account. Late payments, missed payments, or other defaults on your Overdraft Line may be reflected in your credit report.

Thank you for banking with Citizens Bank.
TSRSCNA
Reconciliation Summary
Citizens Checking 7787, Period Ending 06/30/2019

<table>
<thead>
<tr>
<th>Description</th>
<th>Jun 30, 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning Balance</td>
<td>11,674.47</td>
</tr>
<tr>
<td>Cleared Transactions</td>
<td></td>
</tr>
<tr>
<td>Checks and Payments - 5 items</td>
<td>-1,043.81</td>
</tr>
<tr>
<td>Deposits and Credits - 1 item</td>
<td>1,678.49</td>
</tr>
<tr>
<td>Total Cleared Transactions</td>
<td>634.68</td>
</tr>
<tr>
<td>Cleared Balance</td>
<td>12,309.15</td>
</tr>
<tr>
<td>Uncleared Transactions</td>
<td></td>
</tr>
<tr>
<td>Checks and Payments - 2 items</td>
<td>-958.48</td>
</tr>
<tr>
<td>Total Uncleared Transactions</td>
<td>-958.48</td>
</tr>
<tr>
<td>Register Balance as of 06/30/2019</td>
<td>11,350.67</td>
</tr>
<tr>
<td>Ending Balance</td>
<td>11,350.67</td>
</tr>
</tbody>
</table>
We bars
Highland Hospital
week 4 & 5 alternatives

Fayette City Jail
wk 5 alternative

Mon Valley Hospital mental Health
wk 5 alternative

Another very mean Holy House
all good

Gateway rehab at Pheasant
eyr wk 12/22

Recovery Wellness
all good

Shakes
all filled

Jefferson Hospital is ready to start
All positions

Having 1st annual Labor day Picnic
Sept. 3rd 12-7 S Park whether 1 PM

Also would like to discuss meeting only
every other month 1st.

Thanks for allowing me to serve
Regional Meeting 8-10-19

We had Reg. H+I meeting July 27th.
2 H+I Chair, present.
Sunnna & East End

1. Sunna's report: Mokesport Hills, Stay
   All Positively filled
   Mokesport Detox/rehab
   All filled except 2nd Tues.

   New facility Pyramid
   open Sunday & used w/ women only.

2. Close Westmoreland City Jail Men
   4 & 5th week open
   Westmoreland City Jail women
   5th week open

   Tomorrow's Hospital
   5th wk open

   Excellent Behavioral All good

   Adeboi Village homes All good

   Clean Dry All good
TSRSCNA Region Delegate Report
August 10, 2019: RSC Meeting

New Tri-State Region Business

As a member of the Zonal Ad-hoc Committee, I attended the AZF in Philadelphia to observe how they conduct their business and if being a member of their zonal forum would be a good fit for the TriState Region. My observation report is attached. My reimbursement form with my expenses are being submitted.

I presented a workshop on "What is a Zonal" on Saturday, August 3rd at the SWANA Annual Picnic located in Renzie Park in McKeesport. Attending members were very appreciative of receiving the information and are looking forward to attending one of the NEZF Workshops at the STL Convention. My reimbursement form with my expenses are being submitted.

Jesse C, Start to Live designed the NEZF flyer for distribution to all RCM's and various NA social media websites. Jesse and I are working together to create a separate flyer for the regional members and that flyer will be forwarded to be uploaded on the NEZF website.

The next meeting with the NEZF is scheduled for August 24th via ZOOM at which point we will finalize details for the upcoming NEZF of which the Tri State Area is hosting.

I received the vote of confidence from my area (PASNA) to run for the current vacant RD position.

NEZF Proposal

- Review Proposal submitted by RD Mid-Atlantic Region
- Review Proposal submitted by Greater New York Region

Annual NA Events

Sponsorship Day 1 December
Service Day 1 May
PR Week 3rd-9th June
Unity day 1 September

North East Zonal Forum - Hosted by Tri-State Region

- Bayfront Convention Center 1 Sassafras Pier, Erie, PA 16507
- Scheduled: Friday, November 1st - Sunday, November 3rd
- NEZF meeting minutes and RD report will be emailed with your RSC reports/minutes.
NEZF Business Meetings

- August 25th via Zoom - 3-4:30pm (last meeting before NEZF)

Conference Participant Web Meeting Dates for 2018–2020 Conference Cycle
21 July 2018, 11:00 am Pacific Time, 2:00 PM EST
6 October 2018, 11:00 am Pacific Time, 2:00 PM EST
8 December 2018, 11:00 am Pacific Time, 2:00 PM EST
9 February 2019, 11:00 am Pacific Time, 2:00 PM EST
13, April 2019, 11:00 am Pacific Time, 2:00 PM EST
15, June 2019, 11:00 am Pacific Time, 2:00 PM EST
10, August 2019, 11:00 am Pacific Time, 2:00 PM EST
5, October 2019, 11:00 am Pacific Time, 2:00 PM EST
7 December 2019, 11:00 am Pacific Time, 2:00 PM EST
February 2020, date to be determined
March or April 2020, date to be determined

Zonal Adhoc Subcommittee
- The next meeting will be scheduled after the August MZF Meeting and will take place at the TRSCO Regional Office

NAWS News
Visit the website to view entire NAWS News Volume Thirteen - www.na.org/nawsnews

- New Ideas & Issues Needing Input
- Online Meeting & Service Committees
- Planning Our Future
- Zonal Delegates

2018-2020 Issue Discussion Topic Workshops
REMINDER: The following IDTs were chosen by the WSC for the 2018-2020 conference cycle. All Areas and Home Groups that would like to schedule a workshop, please contact me.

- Attracting Members to Service
- Carrying the NA Message and Making NA Attractive
- Drug Replacement Therapy (DRT) and Medication Assisted Treatment (MAT) as it relates to NA

NAWS Web Meetings

- Public Relations pr@na.org
- Inmate Step Writing handl@na.org
- H&I handl@na.org
- Conventions and Events http://www.na.org/conventions
- Local Service http://www.na.org/toolbox
- Rural Service nick@na.org

NAWS Projects in Process

- Spiritual Principle a Day Book Project - Review and provide input on the first batch of entries from Spiritual Principle a Day (SPAD) Book Project by 1 September.
- Convention and Events Tools Project
- Service System Project
World Board Meeting Dates for 2018–2020 Conference Cycle

6-9 February 2019
1–4 May 2019
24–27 July 2019
2–5 October 2019
15–18 January 2020
4–7 March 2020

Dates for 2018–2020 Conference Cycle

Deadline to be recognized as a new Conference Participant for WSC 2020 1 April 2019
Regional motion deadline 1 August 2019
Regional motions ready for the CAR 31 August 2019
Deadline for input for the first batch of SPAD review and input materials 1 September 2019
Open webinar focused on online meetings 14 September 2019
Deadline for all candidate submissions to the HRP’s nomination process 30 September 2019
English Conference Agenda Report available 26 November 2019
Translated Conference Agenda Reports available 26 December 2019
Conference Approval Track material available 26 January 2020
Regional report deadline 15 February 2020
Deadline for regional material to be submitted for inclusion in the Conference Report 15 February 2020
Amendments to CAR and CAT motions deadline 16 April 2020
World Service Conference 2020 26 April - 2 May 2020

Please visit na.org, or ask me for more info and resources. Please feel free to contact me anytime.

Thank you for letting me serve,

Toni C.

TSRSCNA Region Delegate Alternate
rd@tsrscna.org
NEZF FD Environmental Scan

History

At the April 2019 NEZF meeting in Rochester, NY, the 12 member regions participated in a strategic planning session. One objective that came out of the strategic planning session was for the NEZF to increase delivery of services across all states and regions within the zone. One approach to increasing service delivery within the zone was to create a Fellowship Development (FD) Ad Hoc.

Chapter 12 of the PR Handbook defines Fellowship Development as: "providing supportive services to any NA member group, service body or NA community in need. The goal of any Fellowship Development effort is to communicate with and assist NA members and groups."

Purpose

The purpose of the FD Ad Hoc is to create a strategic plan for FD. The scan that follows is the first step in the FD strategic planning process and is meant to create a general picture of the local NA communities and identify the most common challenges and needs of the groups and service bodies. The results of the survey will be used by the Ad Hoc to inform the creation of a plan that addresses the most common issues within our local NA communities.

Much like when we work the steps in our personal recovery, we start with an inventory (the scan) before we develop a plan to get better. Our suggestion is to fill out the scan at your RSC and/or ask RCMs to workshop the scan at their ASCs, however the survey is open to be filled out by any member, group or service body within the NEZF.

The response deadline for the survey is September 30, 2019. Surveys can be filled out via the attached google form link (https://forms.gle/5yBoJZ2Fsznypx8), or filled out by hand, scanned and emailed to naimmaostay@gmail.com, or you can take pictures of the filled out scan and text the pictures to 315-719-6387.

Note: If you are not comfortable with sharing your email address, please just enter noemail@na.org

* Required

Email address *

Your email

https://docs.google.com/forms/d/e/1FAIpQLSeY0Mj6T_ATY1Zn75xZI_NAngkLOej52Tv6EoLahxh00LNaQ/viewform
What region are you in *

- ABCD
- Connecticut
- Eastern New York
- Greater New York
- Mid Atlantic
- New England
- New Jersey
- Northern New England
- Northern New Jersey
- Northern New York
- Tri-State
- Western New York

I am responding to this survey as a :

- Region
- Area
- Group
- Member
If you are responding as an area, group, or member what is the name of your area?

Your answer

NEXT

Never submit passwords through Google Forms.

This content is neither created nor endorsed by Google. Report Abuse - Terms of Service
NEZF FD Environmental Scan

Fellowship Development

Does your service body have a Fellowship Development or Outreach Committee?

☐ Yes

☐ No

☐ Not sure
Please briefly describe/define the FD/Outreach efforts in your local NA community? (Check all that apply)

☐ Confirm accuracy of local meeting lists

☐ Reach out to isolated meetings that have not recently attended ASC

☐ Assist local groups or areas with inventory, procedures, motions

☐ Conduct service workshops

☐ Bring meetings to homebound or hospitalized members

☐ Conduct newcomer workshops to inpatient treatment

☐ Facilitate Speaker Exchanges

☐ Other:

Are there groups in your local NA community that are not currently in touch with a service body?

☐ None

☐ Under 5 groups

☐ 5-10 groups

☐ 10-20 groups

☐ More than 20 groups
What are the most commonly encountered challenges in your local area/regional service committees? (Check all that apply)

☐ Atmosphere of recovery

☐ Lack of trusted servants

☐ Apathy

☐ Retaining members with time

☐ Legal and governmental issues

☐ Unity

☐ Service structure

☐ Strong personalities

☐ Training and mentoring

☐ Funding

☐ Accountability and connection

☐ Events

☐ Planning

☐ Area splits

☐ Communication

☐ Problem solving

☐ Other:
What service functions is your service body strong in? (Check all that apply)

☐ Public Relations
☐ Hospitals and Institutions
☐ Information Technology
☐ Inventory / Planning
☐ Budgeting
☐ Effective Communications / Reporting
☐ Conventions / Events
☐ Facilitation
☐ Record-keeping
☐ Service Learning Activities
☐ Project based service
☐ Other:
Are you interested in providing support to less experienced service bodies?

- Very interested

- Interested

- Neutral

- Disinterested

- Very disinterested
What service functions is your service body weak in? (Check all that apply)

- Public Relations
- Hospitals and Institutions
- Information Technology
- Inventory / Planning
- Budgeting
- Effective Communications / Reporting
- Conventions / Events
- Facilitation
- Record-keeping
- Service Learning Activities
- Project based service
- Other:
Are you interested in receiving support from more experienced service bodies?

- Very interested
- Interested
- Neutral
- Disinterested
- Very disinterested

Is there anything else you’d like to share with us related to your local NA community’s experience with Fellowship Development or Outreach?

Your answer

A copy of your responses will be emailed to the address you provided.

Never submit passwords through Google Forms.
Zonal Ad hoc Subcommittee Report to Region
8/10/2019

The committee met on 6/15/2019 and on 7/31/2019.
At both meeting only 3 members attended myself, David J, and Toni C.
At the June meeting we discussed and determined who would attend the Autonomy Zonal meeting in July and the Midwest Zonal meeting in August. We decided it would be better if two rather then one of our members attend each Zone. David J volunteered to fund his own way to each of the meeting. We agreed to send Toni C and David J to the Autonomy Zone in Philadelphia on 7/28 and David S and David J to the Midwest Zone in Warren Ohio on 8/17.
We discussed some questions we wanted answered from each Zone. How they are organized. How they interact with each other. how they take votes, what they see as the future of the Zones.
We agreed to meet again after the Autonomy Zone meeting,

We met again on 7/31. Toni C. attended on speaker phone.
David J reported that the Autonomy Zone was just beginning to become organized. They were basically still an information sharing body; That there was no a lot of substance to the weekend meeting. David and Toni agreed there were a number of committed members there. They had no idea how they would handle the future of the Zones.
Toni spoke about the upcoming NEZF meeting at our Convention and how we might address our issues with the NEZF. She is having difficulty recruiting help with the Forum.
David J. reported he will be unable to attend the Midwest Zonal Forum due to a prior commitment. I will be attending the forum and plan to take my wife with me as a second set of eyes and ears. Marisa has served as RCM, NEASCNA Treasurer, Regional Treasurer and Secretary.

Our plan is to meet again after the Midwest Zonal Forum and to have a final report and recommendation for the December RSC.

Yours in service,

David S.

Dgs121947@gmail.com

412-628-1057
Saturday, July 27th

Very relaxed atmosphere. It was more of a meet and greet and roughly 100+ people attended. There were breakout sessions and everyone was very engaged.

Regional Representatives from the Chesapeake & Potomac, Eastern PA, Free state, Mountaineer, and Central Atlantic Regions facilitated interactive workshops, Speed Sharing and Presentations.

One topic that the entire group worked on was "Leadership Qualities in a Chairperson on a Group, Subcommittee, Area and Regional Level." The group split up into groups of 6 and each group answered three questions on a large chart paper: 1. What qualities do you like to see in a chairperson/leader? 2. What are the difficulties or challenges in being a chairperson/leader? 3. What are some solutions to these difficulties/challenges. After everyone got done then 1 person from the group went up front with the chart paper to show everyone our answers. From that, we picked 1 that was the most important from each section and simplified the list. It was very engaging.

Most people had questions about a ZONAL - so we are not alone! I personally felt like that question was not thoroughly answered and could have been explained more in even a worksheet on Zonals.

There was a Speed Sharing (much like Speed Date) and we went around the room and asked questions that were given to us. Some of us could ask our own questions. But we only had 3 minutes for each person. This was very, very fun! I really enjoyed it and think it is an excellent way to break the ice and get to know people. I would like to incorporate this at one of our functions.

They had a panel discussion where all the GPRNA Regional Panel representatives sat up front and presented themselves and gave the attendees opportunities to ask them questions.

One of the Region members distributed a survey to everyone who was willing to complete (mostly everyone). This survey was from a doctor's office and is being used to gather information to better assist them with understanding addiction and how they can better treat addicts. (I have samples)

There were 2 main speakers from the regional committee and they spoke from 7 - 8pm.

The evening concluded with a magic show with a real live magician. There was no dance and I was surprised that so many people stayed to watch the magic act, which turned out to be very entertaining. The magician had approximately 12 random people from the audience come up front and sit in chairs to get hypnotized. And I was NOT one of them! He did a nice job.

The evening ended a little after 10pm. Light snacks (coffee, fruits, doughnuts) were served during the event but we were responsible for our own lunch and of course dinner.
Sunday, July 28th

The business meeting began at 9am at the Circle of Hope. All regions were present with the exception of Mountaineer. A total of 11 regional members were present including the elected facilitator who chaired the meeting. All regions gave their report. There was discussion around the newly created secretary & treasurer position. The positions were not officially established and now needs votes from their individual region in order to reimburse attending members (Secretary/Treasurer). The Philadelphia region does not do fundraisers.

From 9am - 12noon they spent time getting organized with the following:

- Minutes - everyone is not getting them
- Secretary/Treasurer Position - They thought position was created. They spent money to attend and now are not sure when reimbursement will be available and if groups will vote on new positions.
- New Fee - The proposed new fee for each region is $300

I asked the group the following questions:

- Do you see this body as a whole evolving to become more of a service body and becoming more organized and structured? Their answer was YES
- Have you ever attended any other zonal forums and incorporated things you learned from? If so, please elaborate - They have taken stuff from the N.E.Z.F

CONCLUSION

My recommendation is that we do not become a part of the Autonomy Zonal Forum.

They are still trying to get established.

One of their region (Mountaineer) is considering leaving but I am not sure why.

Their dues are much higher ($300 vs. $50)

They use some of the NEZF items to guide them
Saturday, July 27th

Very relaxed atmosphere, it was more of a meet and greet and roughly 100+ people attended. There were breakout sessions and everyone was very engaged.

Regional Representatives from the Chesapeake & Potomac, Eastern PA, Free state, Mountaineer, and Central Atlantic Regions facilitated interactive workshops, Speed Sharing and Presentations.

One topic that the entire group worked on was "Leadership Qualities in a Chairperson on a Group, Subcommittee, Area and Regional Level." The group split up into groups of 6 and each group answered three questions on a large chart paper: 1. What qualities do you like to see in a chairperson/leader? 2. What are the difficulties or challenges in being a chairperson/leader? 3. What are some solutions to these difficulties/challenges. After everyone got done then 1 person from the group went up front with the chart paper to show everyone our answers. From that, we picked 1 that was the most important from each section and simplified the list. It was very engaging.

Most people had questions about a ZONAL - so we are not alone! I personally felt like that question was not thoroughly answered and could have been explained more with even a worksheet on Zonals.

There was a Speed Sharing (much like Speed Date) and we went around the room and asked questions that were given to us. Some of us could ask our own questions. But we only had 3 minutes for each person. This was very, very fun! I really enjoyed it and think it is an excellent way to break the ice and get to know people. I would like to incorporate this at one of our functions.

They had a panel discussion where all the GPRNA Regional Panel representatives sat up front and introduced themselves and gave the attendees opportunities to ask them questions.

One of the Region members distributed a survey to everyone who was willing to complete (mostly everyone). This survey was from a doctor's office and is being used to gather information to better assist them with understanding addiction and how they can better treat addicts. (I have samples)

There were 2 main speakers from the regional committee and they spoke from 7 - 8pm.

The evening concluded with a magic show with a real live magician. There was no dance and I was surprised that so many people stayed to watch the magic act, which turned out to be very entertaining. The magician had approximately 12 random people from the audience come up front and sit in chairs to get hypnotized. And I was NOT one of them! He did a nice job.

The evening ended a little after 10pm. Light snacks (coffee, fruits, donuts) were served during the event but we were responsible for our own lunch and of course dinner.
Sunday, July 28th

The business meeting began at 9am at the Circle of Hope. All regions were present with the exception of Mountaineer. A total of 11 regional members were present including the elected facilitator who chaired the meeting. All regions gave their report. There was discussion around the newly created secretary & treasurer position. The positions were not officially established and now needs votes from their individual region in order to reimburse attending members (Secretary/Treasurer). The Philadelphia region does not do fundraisers.

From 9am - 12noon they spent time getting organized with the following:

- Minutes - everyone is not getting them
- Secretary/Treasurer Position - They thought position was created. They spent money to attend and now are not sure when reimbursement will be available and if groups will vote on new positions.
- New Fee - The proposed new fee for each region is $300

I asked the group the following questions:

- Do you see this body as a whole evolving to become more of a service body and becoming more organized and structured? Their answer was YES
- Have you ever attended any other zonal forums and incorporated things you learned from? If so, please elaborate - They have taken stuff from the N.E.Z.F

CONCLUSION

My recommendation is that we do not become a part of the Autonomy Zonal Forum.

They are still trying to get established.

One of their region (Mountaineer) is considering leaving but I am not sure why.

Their dues are much higher ($300 vs. $50)

They use some of the NEZF items to guide them
Proposal: That Northeast Zonal Forum administrative body members submit bimonthly (every 2 months) reports which documents all correspondences and activities relating to NEZF service.

Rational: To promote NEZF administrative body transparency and accountability to the NEZF member regions.

If approved this aforementioned proposal would get added to NEZF Guidelines Section 4 “Trusted Servants”.

“When the groups are regularly given full and accurate information from all elements of the service structure, they become familiar with the structure’s normal patterns of activity.”

As the NEZF has evolved from a purely discussion based service body to one that now does direct service the need to establish an administrative body reporting policy is essential. The NEZF currently has three project plans to raise awareness about the zone and regular administrative body reports would complement those initiatives. The 8th Concept speaks to the importance of service board reporting: “So long as our service boards and committees regularly issue complete, candid reports of their activities, we can be confident that we have delegated our authority wisely.”

This proposal would direct the NEZF administrative body members to submit bimonthly reports on all activities related to their positions and/or any other service related to the NEZF. This would include the reporting of all written or verbal correspondences between the NEZF administrative body trusted servants with its member regions.

This proposal reflects common practices of NA service board/trusted servant reporting. It is unequivocally supported by the 8th Concept: “Our service structure depends on the integrity and effectiveness of our communications.” Most importantly, regular administrative body reporting would increase trust, unity, transparency, accountability, and facilitate comprehensive reporting to the regions by the NEZF participants.
I PROPOSE THAT:
We add the following Accountability Statement to the NEZF Guidelines:

Accountability Statement:

The Northeast Zonal Forum is accountable to its member Regions and ultimately to the final authority within our service structure as stated by our Second Concept – the groups, who retain the final responsibility and authority for all NA services. The Twelve Traditions and Twelve Concepts of Narcotics Anonymous spiritually guide the forum.

INTENT:

To add a clearly defined statement of accountability in the NEZF guidelines keeping the spirit of A Vision of NA Services

FINANCIAL IMPACT:

None

POLICY AFFECTED:

NONE

RATIONALE BY MAKER:
There currently is nothing in the Mission/Vision/Purpose that clearly defines the NEZF as being accountable to the groups. We want to hold to traditions, concepts and A Vision of NA Service by clearly defined servitude. In keeping with the “life” that is being created at the Zone we want to be sure the Zone becomes accountable to the groups, as it is no longer just a discussion based committee.
The PASCNA AREA

1st Holiday Party Fundraiser

Speaker JAM

"THE DESIRE TO STOP USING"

SPEAKERS START AT 3:00PM

September 14, 2019

St. Maria Goretti (Bloomfield)
4712 Liberty Ave.
Pittsburgh, Pa. 15224

Main meeting Starts at 7:00pm
Dance to follow: Food will be sold
$4.00 for Adults and $2.00 for Children under 15

Denise L. Activities Chair * 412-670-5373

"Jeopardizing the Atmosphere of Recovery will not be tolerated"
THE TRI-STATE REGION IS HOSTING
THE NORTH EAST ZONAL FORUM AT START TO LIVE 37

The NEZF is a twice-yearly service conference, gathering regional delegates from the twelve NA regions that encompass the northeastern United States.

From the NEZF: “We meet twice a year in one of our member regions to discuss topics that affect Narcotics Anonymous as a whole. We believe that by sharing our experience, strength and hope in the service area, we can better fulfill our primary purpose. We are not a decision making body, we are solution based discussion forum dealing with topics from groups, areas and regions.”

This meeting is open to any interested members. This will be a unique opportunity to learn about the NEZF and the role of zones in NA service.

All NEZF meetings will take place in Bayfront Convention Center Room 170 A & B.

Friday Evening (11/1): Orientation, Regional Reports
Saturday (11/2): Service Workshops - All Day
Sunday Morning (11/3): Business Session

The complete agenda will be available at Start to Live. To learn more about the NEZF, visit www.nezf.org.
For more information, email rd@tsrscna.org or info@starttolive.org
WANTED: Huggers and Greeters!

EMAIL: INFO@STARTTOLIVE.ORG
TO SIGN UP

Directions to Bayfront Convention Center

USING A GPS:
Destination address: 1 Sassafras Pier, Erie, PA 16507
GPS Coordinates: 42.13602°N, 80.09335°W

From South: I-79 to Bayfront Parkway, Stay on the Bayfront Parkway. Watch for Bayfront Convention Center sign on bay side of highway.

From West: I-90 to I-79 North to Bayfront Parkway, Stay on Bayfront Parkway, Watch for Bayfront Convention Center sign on bay side of highway.

From East: I-90 to Exit #32, North on Station Road (Route 430), Continue to Bayfront Parkway. Stay on Bayfront Parkway, Watch for Bayfront Convention Center sign on bay side of highway.

OCTOBER 31 - NOVEMBER 3, 2019
Thursday through Sunday
Bayfront Convention Center
1 Sassafras Pier, Erie, PA 16507
Register online: www.starttolive.org

We are recovering addicts whose primary purpose is to stay clean and carry the message of recovery to the addict who still suffers. This convention is a celebration of recovery! Start to Live provides a forum, through workshops and speaker meetings, where recovering addicts and those seeking recovery can share their experience, strength and hope. ☀
# Start to Live 37 Registration Form

<table>
<thead>
<tr>
<th>Packages (Available until 10/10/19) (À la Carte price after)</th>
<th>Quantity</th>
<th>Amount</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Package A Registration, Saturday Banquet, Comedy Show, Sunday Brunch</td>
<td></td>
<td>$95 each</td>
<td></td>
</tr>
<tr>
<td>Package B Registration and Banquet</td>
<td></td>
<td>$60 each</td>
<td></td>
</tr>
<tr>
<td>Package C Registration, Banquet and Brunch</td>
<td></td>
<td>$80 each</td>
<td></td>
</tr>
<tr>
<td>À la Carte</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discounted Early Registration</td>
<td></td>
<td>$20 each</td>
<td></td>
</tr>
<tr>
<td>Ends September 30th, 2019</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Convention Registration</td>
<td></td>
<td>$25 each</td>
<td></td>
</tr>
<tr>
<td>Child Registration (16 &amp; Under)</td>
<td></td>
<td>$10 each</td>
<td></td>
</tr>
<tr>
<td>Deluxe Sunday Brunch</td>
<td></td>
<td>$25 each</td>
<td></td>
</tr>
<tr>
<td>Saturday Night Banquet</td>
<td></td>
<td>$42 each</td>
<td></td>
</tr>
<tr>
<td>Banquet Table (10 Seats)</td>
<td></td>
<td>$420/Table</td>
<td></td>
</tr>
<tr>
<td>Friday Night Comedy Show</td>
<td></td>
<td>$15 each</td>
<td></td>
</tr>
<tr>
<td>Newcomer Donation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Enclosed</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Last Name: ___________________________ First Name: ___________________________

Street Address: ___________________________

City: ___________________________ State: _____ Zip: ___________________________

Phone: ___________________________ Email: ___________________________

A $35.00 fee will be charged for all returned checks. No refunds will be given.

Our 7th Tradition states that we are fully self-supporting through our own contributions. As a member of Narcotics Anonymous, we hope you will feel privileged to register for your convention.

Do you Have Additional Needs? We want to help!

- Mobility Impaired
- Hearing Impaired
- Visually Impaired

Other (please describe): ___________________________

---

# Hotel Reservations

<table>
<thead>
<tr>
<th>Sheraton Erie Bayfront Hotel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone: 814-454-2005</td>
</tr>
<tr>
<td><a href="http://www.starttolive.org/sheraton">www.starttolive.org/sheraton</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Courtyard Erie Bayfront Hotel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone: 814-636-1005</td>
</tr>
<tr>
<td><a href="http://www.starttolive.org/marriott">www.starttolive.org/marriott</a></td>
</tr>
</tbody>
</table>

| Off-site hotels for every budget at | www.starttolive.org/hotels |

Room Rates: $142.00 for One King (Plus taxes) $162.00 for Two Queens

Hotel parking charges are waived for Start to Live guests.

To guarantee convention room rates and availability, reservations must be made by October 7, 2019.

# Registration Info

Make checks payable to:

START TO LIVE

Mail to:

Start to Live 37
P.O. Box 337
Homestead, PA 15120-9998

Pre-registrations must be postmarked on or before October 15, 2019.
Pre-registrations postmarked after WILL NOT be accepted.
Registrations at the convention site will be $25.00.
Thursday Game Night, Karaoke, and Friday & Saturday Night Dances are included with registration.

# Contacts

<table>
<thead>
<tr>
<th>Convention Chair</th>
<th>Justin L</th>
<th>412-584-2296</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Vice Chair</td>
<td>Kencra D</td>
<td>412-760-0119</td>
</tr>
<tr>
<td>Vice Chair</td>
<td>Ramika F</td>
<td>412-527-5534</td>
</tr>
<tr>
<td>Archives &amp; Auction Chair</td>
<td>Rhorda J</td>
<td>412-303-0236</td>
</tr>
<tr>
<td>Graphics &amp; Technology Chair</td>
<td>Jesse S</td>
<td>412-583-4258</td>
</tr>
<tr>
<td>Merchandise Chair</td>
<td>Geral G</td>
<td>412-773-2049</td>
</tr>
<tr>
<td>Programming Chair</td>
<td>Joey P</td>
<td>724-797-2221</td>
</tr>
<tr>
<td>Tickets &amp; Registration Chair</td>
<td>Laura N</td>
<td>412-932-3231</td>
</tr>
</tbody>
</table>

Need additional information? info@starttolive.org
START TO LIVE 37 PRESENTS

Free Kick Off Dance

SATURDAY, OCTOBER 5, 2019

Doors open at 5PM
Speaker meeting at 6PM
FREE Dance to follow

Food
STL Merchandise
Last chance for package registration prices!

St. Maria Goretti Parish
4712 Liberty Avenue
Pittsburgh, PA 15224

Need more info?
✉️ info@starttolive.org
📞 Debrena P. 412-853-8562
It's All About Change
3rd Annual Unity Speaker Jam
With support from Dope to Hope
The Ultimate Weapon
Saturday, September 14, 2019
12:00p - 10:00p
FREE FOOD, FUN
303 Chamber Plaza, Charleroi, PA 15022

Joey F. 724.797.2221 * Lee R. 610.809.9010
START TO LIVE 37 PRESENTS

Fall Into Recovery

Saturday
September 7, 2019
Erie, PA

Doors open at 5PM
Speaker meeting at 6PM
Dance to follow - $3

Food, registrations, and Start to Live merchandise will be for sale!

First Presbyterian Church of the Covenant
250 West 7th Street
Erie, PA, 16501

Need more info?
✉️ info@starttolive.org
📞 Debrena P. 412-853-8562
COME TO THE CONVENTION THURSDAY NIGHT FOR THE ANNUAL START TO LIVE HALLOWEEN DANCE
OCTOBER 31, 2019
BAYFRONT CONVENTION CENTER
ERIE, PA

PRIZES FOR BEST COSTUME - ADULT AND KIDS
DANCE STARTS AT 9PM (AFTER STL SPEAKER JAM)
COSTUME CONTEST AT 10PM
17th ANNUAL
NARCOTICS ANONYMOUS
MEN'S RECOVERY CONFERENCE

THE TWELVE STEPS ARE THE SOLUTION

October 5, 2019
8am-8pm
Whitaker United Methodist Church
124 Arkansas Avenue Whitaker, Pa.

Topic Speakers, Workshops, and Banquet Speakers

Brunch and Dinner included!

Tickets only $5 in advance or $7 at the door

For information contact:

Phil M.: 724-516-9121 / Lyle L.: 412-735-4797


Or E-Mail: gmicvw@yahoo.com

Sponsored by Men in Recovery