

THE BUZZ

Central Minnesota Area of Narcotics Anonymous

May / June 2011

Volume 13, Issue 20

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Hospitals and Institutions Service and the NA Member

Many Narcotics Anonymous members have found Hospitals and Institutions service to be an important part of their personal recovery. Our members, who actively participate in H&I service, are very important resources in our fellowship. A commitment to H&I service is one of the many ways to become involved with the NA service structure and help us feel a part of our fellowship.

We know that active addiction leads to jails, institutions, and death. Also, NA's primary purpose is to carry the message of recovery to the addict who still suffers. It is not surprising that carrying the NA message of recovery into hospitals and institutions is one of our priorities.

NA members have consistently supported this belief by forming Hospitals and Institutions (H&I) committees around the world.

Still, some NA members have been reluctant to become involved in H&I service because they have never been incarcerated, arrested, or institutionalized. With our personal experience and proper preparation, all of us are uniquely qualified to carry our message of recovery.

This pamphlet is intended to be a brief introduction to Narcotics Anonymous H&I service, and to encourage more members to avail themselves of this opportunity to serve.

What Is an H&I Meeting?

The purpose of an H&I meeting is to carry the message of recovery to addicts who do not have full access to regular Narcotics Anonymous meetings. H&I meetings, except for those in long-term facilities, are intended to introduce those addicts in attendance to the basics of the NA program. In order to form a clear understanding of an H&I meeting, it is important to learn about our service structure. An H&I meeting is generally a service provided by an area service committee's H&I subcommittee. These meetings occur in hospitals, treatment centers, correctional facilities, and adolescent institutions. Rather than being an NA group, it is vital that an H&I meeting always be held under the direction of an H&I subcommittee.



The H&I message is the same as the NA message: "That an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live." The gift we share is hope and freedom from active addiction through the program of Narcotics Anonymous.



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✓ Literature orders

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Hospitals and Institutions Service

and the NA Member (cont)

How Do I Get Involved?

An area H&I subcommittee is the center for planning and organization. This is the ideal place to start getting involved! The first thing to do is to show up at an area H&I subcommittee meeting and attend an orientation for new and interested members. These orientation meetings help members become familiar with the information and clean time requirements necessary for service in H&I. At these meetings, members are selected to carry our message into facilities. Usually, the next step is to attend an H&I meeting as an observer. Through this process members gain a basic understanding of H&I service and decide on a level of involvement.

Why Do I Get Involved?

Hospitals and institutions service offers addicts an opportunity to demonstrate gratitude, fulfill responsibility, and share the NA message without expectations. It is also an effective tool that helps us stay clean, and keeps us coming back. The H&I message is the same as the NA message: "That an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live."¹ The gift we share is hope and freedom from active addiction through the program of Narcotics Anonymous. Any NA member who wants to carry this message is encouraged to get involved with H&I service. There are many ways to serve in Narcotics Anonymous, and many of us have found H&I service to be the most rewarding aspect of our recovery. We hope that this pamphlet will encourage you to get involved with H&I service and experience these rewards for yourself!

¹ Basic Text, p. 65

H & I Commitments

STEARNS COUNTY JAIL

1 year Clean, 1 year off Papers
1st and 3th Saturday at 3:30pm

Need to fill out Application

Contact Krista W 320-241-4829

WILLMAR TREATMENT CENTER

6 months Clean

Every other Thursday at 7:00pm Leave Richmond
at 6:00pm

Contact Krista W 320-241-4829

OUR HOUSE

6 months Clean

Every Monday at 7:00pm

Contact Lori O 320-250 -6003



OUR HOUSE

Every Tuesday at 700pm

Contact: Karen M 320-217-2079

Every Friday at 7:00pm

Contact: Sharon J 320-685-8560

CLARA'S HOUSE

6 months clean

Every Thursday at 9:00 am

Contact: Karen M 320-217-2079

VETERANS ADMINISTRATION (VA)

6 months clean

Every Tuesday at 7:00 pm

Contact Jerry G 320-237-0893

BENTON COUNTY JAIL

1 year clean, 1 year off papers

1st and 3th Saturday 7:00 pm

Need to fill out Application

Contact Randy P 320-250-6761

ST CLOUD REFORMATORY RESHAPE

1 year Clean, 2 Years off Papers

Every 2nd & 4th Tuesday 6:00pm

Need to Fill Out Application

Contact Mike N 320-258-4703

PASSAGES

6 Months Clean

Every Thursday at 7:00 pm

Contact Sam M 320-217-8205

Every Friday at 7:00 pm

Contact Delbert 320-251-2950

DETOX CRISIS CENTER

6 Months clean

Every other Saturday 1:30 pm

Contact Sharon J, 320-685-8560

Do's and Don'ts for H&I Work in

Treatment Facilities

Do follow the guidance found in the WSC H&I Handbook

Treatment Facility Rules

Do Attempt to get the treatment facility agreements in writing

Do Clarify the rules with whomever you bring into the facility

Do Adhere to the security regulations at all times

Do Arrive early to set up meeting

Do Keep the staff informed of your whereabouts

Do Obey the dress code, exercise common sense

Panel Leaders and Members

Do Screen all panel members, speakers, and chairpersons

Do Adhere to the clean time requirements of the treatment facility and the H&I committee

Do Ensure that a clear NA message of recovery is carried by all panel members

Literature

Do Make directories of outside meetings available to the residents

Do Use the literature recommended for H&I work

Do Stamp all literature with the local phoneline number

Do Provide facilities with literature order forms and encourage the facility to supply its own NA literature

Treatment Facility Meetings

Do Start and end on time

Do Explain briefly, during the meeting, what H&I is

Do Clearly state that Narcotics Anonymous is separate from the treatment facility and from other fellowships

Do Emphasize that NA recovery is available to all addicts, regardless of drug(s) used

Do Explain the language that we use (addict, clean, recovery, clean time)

and why we use it (the First Step of NA and Sixth Tradition of NA) Hospitals & Institutions Handbook 29

Residents Meeting Participation

Do Involve residents with the meeting, especially those in long-term treatment facilities (readings, etc.)

Do Emphasize the importance of getting to an NA meeting the first day out of the treatment facility

Do Emphasize the importance of a sponsor, regular NA meeting attendance, and group commitments after release

Panel Leaders and Members

Don't Bring any contraband items or weapons into the treatment facility

Don't Take messages and carry letters in or out of the facility

Don't Show favoritism to any resident(s)

Don't Bring an NA member who has friends and/or family in the treatment facility

Don't Wear flashy jewelry and don't carry excessive cash

Don't Use excessive profanity

Don't Attend H&I facilities alone.

Facility Guidelines

Don't Debate any issue involving the treatment facility's rules, regulations, programs, or other fellowships with residents and staff

Don't Discuss conditions within the treatment facility

Don't Discuss treatment staff members with resident(s)

Don't Discuss resident(s) with the treatment facility staff

Don't Sponsor resident(s) in the treatment facility that you are attending as an H&I member

Don't Accept money or gifts from, or give money or gifts to, any resident

Meeting Guidelines

Don't Give anyone within the facility your address or telephone number

Don't Provide anyone with another NA member's address or telephone number

Don't Bring in anyone who is not supposed to be there (sponsee(s),

friends, guests)

Don't Break another person's anonymity

Don't Emphasize 'using days' while sharing an NA message of recovery

Inside The Spruce Room

For those that can't make it to the Area Sub Committee (ASC) for one reason or another; the newsletter subcommittee has chosen to add this section to highlight some things that happened there that might be of interest to some of you.

Sam M. Our chairperson had this to say, "I've observed that some GSR's still aren't giving a full report of all area activities business, and especially concerning area service position announcements, nominations, and elections. GSR's are our means of communicating with the groups, we need to relay all information in both directions."

Krista W.-Newsletter Chair reminded us: "We are trying to include a question and answer column. This was mentioned in the last newsletter and that is as far as it has gone. I understand we are all busy, I'm not asking for anyone to do my work for me. This is **YOUR** newsletter. If **YOU** don't provide the input, then it is **my** newsletter and that is not the idea at all behind having this newsletter. Thank you to those who have participated."

H&I voted today- Sharon-- Congratulations Sharon!! Resume at end of minutes

Treasurer voted today-Jackie & Randy J—Congratulations Jackie!!

Positions open:

Literature- open March closes May votes June

Chair- Announced in February, closes in April, votes in May

Co-chair- Announced in February, closes in April, votes in May

Policy-

PI Chair: votes next month, Charlie, Q & A today-

Secretary: closes this month- Joan S nominated -votes April Q & A today

GRATITUDE PRAYER

"Our gratitude speaks, when we care and when we share with others the N.A. way, that no addict seeking recovery need ever die from the horrors of addiction."

Highway cleanup May 14th
Meet at **Chipotle's** parking lot
corner of **Hwy 15 and Division**
10:00 AM

H&I; Working on
getting meeting in
Detox.

***It Works NA Atonement Lutheran Church 1144 29th Ave. N**
7-9 PM Speaker meeting on first Tuesday of the month.

Sauk Rapids; Home Fires NA Sundays 7 – 8:30 PM Sacred
Heart Church 2875 10th Ave S We need a treasurer

Princeton; Serenity Sunday NA 7PM
Princeton Alano 1315 N 3rd St. Speaker 1st Sunday of month

Clearwater; Clean in Clearwater Wednesdays 7 PM United
Methodist Church 405 Main St., needs support

**YOU SAY YOU HAVE NOTHING TO DO AND
RECOVERY IS GETTING BORING? JOIN A
SUBCOMMITTEE AND GET TO KNOW SOME PEOPLE
WHO ARE ACTIVE IN THE NA PROGRAM AND
TRYING TO MAKE A DIFFERENCE.**

YOU MIGHT EVEN HAVE SOME FUN!!

TRY IT AND SEE!

Help Needed:

***There are a few meetings that
are struggling. If you are able
to, try to expand your meeting
attendance to at least one of
these meetings.***

***As long as the ties that bind
us together are stronger than
those that would tear us
apart, all will be well.***

Work Cited:

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[http://www.na.org/admin/include/spaw2/uploads/pdf/handbooks/
H&I%20Handbook.pdf](http://www.na.org/admin/include/spaw2/uploads/pdf/handbooks/H&I%20Handbook.pdf)

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