



MNRSC Minutes: November 09, 2013

Sabathani Community Center, 310 E 38th St Minneapolis, MN 55409 612-822-9472 www.naminnnesota.org

Noon - Open, Introductions, Readings, Welcome

Open Forum

The Vice-Chair asked for Open Forum topic suggestions.

- Project Idea: Newcomer Workshops
 - As you'll see in the Project Plan below, we're proposing a ten week cycle of orientations for newcomers, helping them get an overview of the Twelve Steps.
 - Discussion was enthusiastic.
 - If the orientations go well the surrounding County Drug Courts will be alerted to the opportunity to send their violators to these orientation sessions as well as those in Hennepin County.
- Nar-Anon would like mutual web links and to have a booth at MNNAC
 - While there wasn't 100% unanimity, the vast majority was in favor of adding a link on our website to Nar-Anon's website. The main concern of the one or two how hesitated to embrace this idea is that Sixth Tradition would be violated were we to providing a link. Some suggested we add a link to a variety of community resources with a clear disclaimer that we endorse none of them. By explicitly NOT endorsing Nar-Anon there could hardly be an implied endorsement. This link would be akin to the first message a caller hears when calling our helpline. We instruct the caller that if this is an emergency to hang up and call 911.
 - It'll be up to the individual MNNAC committees whether or not to allow Nar-Anon to have a booth at the conventions. This isn't new; Nar-Anon has had booths at our conventions in the past.
- Info.[\[Your ASC\]@naminnnesota.org](mailto:[Your ASC]@naminnnesota.org)
 - It's important to the addict still suffering that the Areas keep the Region informed with up to date email contact information for their Trusted Servants. As the Area TSs turn over we need to be informed of who's no longer serving in a TS capacity and who has joined the ranks.
 - Why is this information important? Because the Region's website is often the first place people find Narcotics Anonymous when looking for us in Minnesota. The Region receives emails through our Contact Us link, emails that often aren't Regional business, but are in fact the business of specific Areas. An example would be someone looking for a speaker at this or that facility. H&I and PR of this nature is an Area responsibility.
 - When we receive emails that need to be forwarded we sent them to Info.[\[Your ASC\]@naminnnesota.org](mailto:[Your ASC]@naminnnesota.org). These emails are then automatically forwarded to all the Trusted Servants' email addresses you've provided us with.
 - Thanks for your help making it easier for addicts to be directed to the correct service body and trusted servants as quickly as possible.



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- Elections at COCW – Move to May?
 - Our Guidelines dictate (if Guidelines can dictate anything) that we hold Elections in February. Now that we’ve gone to Quarterly RSCs with the February RSC being our Regional planning Assembly, there was concern that elections AND the Assembly won’t allow elections enough time to properly vet candidates and make decisions that aren’t rushed.
- Service System Project – How’s the Back to Basics Pilot doing?
 - Tammy and others from B2B told gave us insights into their experiences moving to Group Service Conferences, Local Service Conferences, and Local Service Boards. Like any change, it’s taking time and a bit of trial and error to get it right. Their message seemed to be that overall they’re pleased with the results so far.

Executive Committee Reports

Chair ([See Below](#)), Vice Chair ([See Below](#)), Treasurer (See Attached), Secretary (See Minutes), Regional Delegate (See Attached), Regional Delegate Alternate (See Attached)

Old Business

Quorum call: According to the MN RSC Guidelines, Quorum has been achieved. (Quorum is defined as whomever is in attendance.)

Elected Participants – Roll Call.

Chair (Jeff S.)	Present
Vice-Chair (Miss Kitty)	Present
Treasurer (Jay S.)	Present
Secretary	(Vacant)
Regional Delegate (Monte J.)	Present
Regional Delegate Alternate (Andy S.)	Present
Fellowship Services Team (Gabe)	Absent
Fellowship Services Team (Tammy)	Present
Fellowship Services Team (Lucy)	Present
Fellowship Services Team (Marvella)	Absent
Upper Midwest Service Office Representative	(Vacant)
MNNAC Board of Directors Representative (Becky)	Present

Areas – Roll Call.



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x	Area of Hope	x	South Suburban Fireside
x	Back 2 Basics		Twin Cities
x	Central Minnesota		Vision of Hope
	Northern Lights		Voyageurs
	Open Door		Wee Are Here
x	RITH		

Motions and election results can be found below.

- Motion 370: To approve MNRSC Minutes from August 10, 2013
- Motion 371: To approve the Project Idea: Newcomer Workshops
- Motion 372: To move elections from February to May
- Motion 373: To approve the 2014 budget
- Elections: Fellowship Services Team (2 positions, 3 month terms)

Click here to [Submit a Service Resume](#)

Elections:

None.

Project Leader Updates

MNNAC	No Written Report
Bridging the Gap – Amy	No Written Report
Public Relations – Monte	No Written Report
Helpline – Kit	See Vice-Chair Report Below
Meeting Lists – Kit	See Vice-Chair Report Below
Website – Jeff	See Chair Report Below

New Business

- Motion 374: To approve the purchase of a Dropbox Pro subscription.

Close – 2:45 PM



Motions:

Motion 370: To approve MNRSC Minutes from August 10, 2013

Intent: To approve the minutes

Financial Impact: None

Maker: John S. RCM SSF

Second: Paul RCM SSF

Result: Passed

Motion 371: To approve the Project Idea: Newcomer Workshops

These workshops will be focused on how to work the [Twelve Steps of Narcotics Anonymous](#).

- Free
- Open to the general public
- Addicts under the supervision of the Drug Court may be assigned to attend.
- Approximately 1 hour long
- Ongoing 10 week series

Intent: Implement workshops as described in the [Narcotics Anonymous: Public Relations Handbook](#).

Financial Impact: \$100 for copies.

Maker: Katie RCM RITH

Second: Wendi RCMA Wee

Result: Passed

Motion 372: To move elections from February to May.

With the implementation of our new quarterly schedule, elections for Fellowship Service Team members and Chair and Vice-Chair are scheduled to occur during Creating Our Common Welfare.

Note: This requires a change to our guidelines.

Intent: To keep the focus of our annual assembly on discussing how to carry our message better and keep the focus of business on the May, August and November RSC meetings.

Financial Impact: None.

Maker: Becky R. FST

Second: John S. RCM SSF

Result: Passed

Motion 373: To approve the 2014 budget.

Intent: To honor our 11th Concept, "NA funds are to be used to further our primary purpose, and must be managed responsibly.

Financial Impact: Detailed in the budget.

Maker: Jay S. Treasurer

Second: Jessie RCMA

Result: Passed



Motion 374: To approve the purchase of a Dropbox Pro subscription.

Dropbox is an online file sharing system that allows for much easier collaboration, uploading and downloading of files to the MNRSC archive.

www.naminnesota.org

Intent: To improve the file sharing capability and usability.

Financial Impact: \$99/year.

Maker: Paul RCM Central

Second: Wendi RCMA Wee

Result: Passed

Unapproved

MNRSC Chair Report

Community Outreach

We had some successes and some failures regarding our PR efforts over the last 3 months. Transition Fairs are a collection of statewide resources for juveniles and adults leaving the correctional facilities. These resources range from schools, placement options, employment services, recreation services, and social services. The purpose is to allow the residents opportunities to take a more active role in their transition planning and speak with various resource representatives. The goal is to provide residents with knowledge of the transitional services within the community that will increase their chances of success on the outside. Since the overwhelming majority of these individuals ended up incarcerated because of drug related offences, Narcotics Anonymous, with our "Bridging the Gap" program is a perfect fit for these events. We've gotten on the mailing list for Transition Fair updates. This seems to be at least an annual event at each of the correctional facilities in Minnesota. Our hope is that we can increase our attendance at these events next year.

- **9/4 – Veteran's Chemical Health symposium in St. Paul**

Approximately 80 people attended mostly care professionals. A number of them stopped by our table to express how much they like our website. Others were delighted when we showed them our smartphone apps for locating meetings in response to their question of what's new in NA. All in all it was a heartwarming event. We even had a chance to meet the Minnesota Commissioner of the Department of Health and Human Services after her inspirational presentation on collaboration.

From Kit, "One young woman stopped by to chat. She's been in a halfway house for three months with 22 other women. This last week alone 5 of them went back to using but this woman is determined to stay clean and get on with her life. When I brought up lost dreams reawakening she told me today she's enrolling in a school for cosmetology, her long time much deferred dream. I wish you could have seen the tears welling up in her eyes as she talked."

- **10/4 – Moose Lake MCF Transition Fair**

Unfortunately we were not able to find a volunteer to attend this fair.

- **10/30 – Stillwater MCF Transition Fair**

Thankfully, we had one volunteer, Rosie, sign-up on the Help Wanted section of our website for this fair. He was grateful for the opportunity to serve, and is interested in doing it again at the next opportunity.

Several inmates talked about their desire and desperate need for an NA H&I meeting in Stillwater. We gave away a couple hundred IPs and lots of information about "Bridging the Gap". Several inmates have tried to start an institutional group of Narcotics Anonymous, but they have no literature and no experience. If the Area of Hope would like to start an H&I meeting in Stillwater State Prison, contact

Marina Furham
Director of the Atlantis Program
970 Pickett St.
Bayport, MN 55003
651-779-2700

- **10/17 – Redwing MCF Transition Fair**

Unfortunately we were not able to find a volunteer to attend this fair.

- **11/7 – Northeast Regional Corrections Center Transition Fair**

Unfortunately we were not able to find a volunteer to attend this fair.

- **Project Homeless Connect**

Project Homeless Connect was the first step in helping change the homeless response system, moving from a system of disconnected services to a community network where collaboration is key, services are woven together and collaborative providers are focused on the same goal: Ending Homelessness. Project Homeless Connect Opportunity Centers now function like a PHC event on a daily basis.

Two of these centers are now open, one for single adults and one for youth. These sites offer a wide range of services including legal, mental and physical health, chemical dependency support, employment programs, haircuts, county services, ID and Birth Certificate assistance, and myriad other resources. In addition to the two new centers, Hennepin County is undergoing a major overhaul of the way services are delivered in the community, creating 6 regional one-stop service centers.

Since active addiction and homelessness are inextricably related, and Hennepin County is served by the Twin Cities Area, we hope that the TCASC will reach out the PHC and determine what we can do to carry our message effectively to addicts at these Opportunity Centers.

Online GSR Report Forms

This is the draft of the GSR Report Form. We would like to discuss it during the Website Project Update.

Group Service Representative Report

Thank you for filling out your GSR Report online. Filing your report this way makes it much easier for your secretary to include your report in the minutes.

What is your Area Service Committee? (*)

Area of Hope

What is your Group Name? (*)

Do your group members know about opportunities to serve in Help Wanted section of the regional website?

☐ Yes ☐ No

Have you checked your group information on www.naminnnesota.org and is it accurate? (*)

☐ Yes ☐ No

List the changes that need to be made to your online group listing (if needed)

We are making the following donations this month

ASC MNRSC NAWS

Additional information



Western States Learning Days

Thank you for sending us to this service symposium. The conference was extremely rewarding and helpful to all who attended. Representatives from Minnesota were involved in seven of the fifty-two workshops that were offered.

[WSLD Online Presentations](#)

Jeff	Kit and Monte	
Meeting Finder Apps for Dummies	Consolidating Phonelines: How & Why	Consolidating Phonelines: How & Why
Website Design 101: User Experience	Collaboration Junction	Collaboration Junction
Geek Meeting	Basic Meeting List Toolbox Implementation: Process & Preparing (Q&A)	
Spiritual Principles and the Twelve Concepts		

It was an exhausting weekend. I stayed exclusively in the Information Technology track and really didn't get a chance to spend any time with Kit and Monte at all. I heard nothing but great comments from their workshops. When we weren't presenting or preparing, we were answering questions about the success of the Minnesota model of service. There is a lot of interest in the successes that we're experiencing here. People are curious about how we made it happen, and at the same time feel discouraged by the weight of their structure. They seem to have a bias for policy rather than Minnesota's bias for action. When Kit casually mentioned that we have 300+ volunteers for Bridging the Gap, there were audible gasps.

We got excellent feedback on the Website Design 101 workshop as well. Using basic design principles like simplicity, symmetry, similarity, proximity and closure, we focused on the primary purpose of a website; providing accurate meeting information as easily as possible and offering event information clearly. In the end, everyone wanted us to take a quick look at their websites and offer constructive criticism. It was both fun and productive.

A lot of contact information was exchanged and I expect a lot of collaboration will occur in the future. The Minnesota Model is being described in the next three issues of the NA Way. It's a whole new way of fulfilling our primary purpose. The old way was creating a structure of people and committees, then figuring out what they should do. The Minnesota Model decides what we should do, and then finds the people to do it. Since the

structure was in the way of carrying the message, we swept it away. It took a lot of trust and courage to make that leap of faith. I'm proud to be part of it.

Newsletter Communication

Monte has been doing an excellent job communicating with both professionals and the NA fellowship. These are the statistics on the last two newsletters he created.



Monte reported: The map shows the distribution in the USA. And there are a few stats that compare the emails.

Repeat opens is also interesting. The most recent email (Meeting List Update 10/15/13) was repeatedly opened 174 times by a woman named Karen at Valhalla Place - <http://www.valhallaplace.com/> she must forward it and that's the reason for the repeats. The Oct 5 email "60 Years Ago Today" was repeatedly opened (2nd most) by our friend in Michigan Dave - 36 opens - he probably also forwards the email.

Fellowship Service Team Membership

We currently have openings for two positions on the Fellowship Services Team. These positions complete a term that currently ends in February 2014, so they are only 3 months in length. The big project that we are doing between now and then is planning Creating Our Common Welfare: An Assembly of Members. Also there is a motion on the agenda to move elections from February to May, so the commitment may expand to 6 months.

Please consider stepping up and taking on leadership responsibilities. If you'd like to know what it's like to serve on the FST, please ask one of the current FST members. Their contact information is available on the website:

[MNRSC Trusted Servants](#)

MNRSC Vice-Chair Report

November 9, 2013

Good day gentle ladies and gentle men,

What a busy three months this has been!! As we all know the work happens between the RSCs, not during so fasten your seatbelts and come along for the ride.

Newcomer Workshops

A new program possibility to change people's lives.

In August folks from AA reached out to us through the Region's website. For several years Dick and his crew have been leading Recovery workshops for Hennepin County's DWI/Drug Court. On July 1 a new judge, Judge Peterson, took over responsibility for those courts, deciding to make some changes. It came to light that the AA folks feel compelled to tell the Drug Court offenders that they, the AA guys, are NOT addicts. That they can't resist passing that along view results in the addicts' eyes glazing over as they tune out whatever is said next.

Judge Peterson's solution was to reach out to NA via Dick, asking us to present our own newcomer workshops as described in the NA Guide to Public Relations. He asked that these workshops be open to everyone, not just the men and women he assigns to the workshops. Judge Peterson asked that we offer a 10 week cycle of workshops introducing the 12 Steps. He understands that despite sentencing the offenders to treatment, and despite sentencing them to attend meetings, they may or may not actually be introduced to the Steps, one at a time.

I was inwardly apprehensive about this, wondering where we'd find someone to be the project manager of these workshops when a funny thing happened that reminded me to have faith. I was at the Service Office picking up materials for introductory packets for the Judge and for the head of the Drug Probation Officers when I ran into Krissy K. Immediately upon hearing what I was doing Krissy asked if she could be the project manager.

Krissy K and I met with the Judge and Probation Officer Supervisor and then, a week or two later, with all of the Probation officers. Krissy and I devised a newcomer workshop using Judge Peterson's suggestions. Tentatively they'll be held downtown at the Hennepin County Government Center from 8:30 AM– 9:30 AM on Fridays.

If the Region agrees with this project we'll launch by December, knowing how difficult the holiday season can be.

I'm grateful that NA has gained a reputation that has the Drug Courts reaching out to us. Stay tuned for updates as things come together. And if you see her, give Krissy K a huge thanks for taking on this project.

Always looking ahead, I can't help but imagine that if these workshops are well received we'll come back to the RSC from the Metro Areas asking the Regional Committee Members to let their local county Drug Courts know of the Newcomer Workshops in case they want to send their offenders as well. Hey, a girl can dream, can't she?

Sponsorship Behind the Walls

A program that's alive, well, and expanding unexpectedly.

Since the June launching of our Sponsorship Behind the Walls collaborative effort with the Santa Cruz Area, through our website we've referred ~65 sponsor volunteers. I say approximately since this number keeps changing. Heck, it changed while I was writing this report today.

Kent and Mary in Santa Cruz (male and female committee chairs) asked me to express their gratitude to the Minnesota Region. Without us they'd be overwhelmed by inmates seeking sponsors. How cool is that? As it is today when I write this, even after referring ~65 volunteer sponsors, there is a waiting list of 16 male inmates seeking sponsors. Please, please help get the word out to your groups and Areas. All anyone has to do is to go to the Region's website, www.naminnnesota.org, and click on the counter. A form will be displayed. Fill it out and Santa Cruz is alerted immediately. Thanks.

Why do I say male sponsors are needed? Because there are five times as many men in prison as there are women in prison. As I mentioned in August the Minnesota Department of Corrections determined that fully 83% of all inmates are drug addicts. We struggle to keep up with the demand to offer these men, these addicts, sponsors.

Let me pause here for a moment to offer a tip of the hat to Jeff S, our webmaster. Because of his terrific online signup form it's dead simple volunteer to be a sponsor. So simple in fact that Santa Cruz now has a link to the form on THEIR website. Yes, Jeff's form is the envy of the very committee that started all this. Now members in Santa Cruz can more easily engage.

But wait, there's more!! Among those who have signed up to sponsor addicts behind the walls through our Regional website are members living in Alabama, Arizona, New York, Oregon, Tennessee, and, wait for it . . . Australia!!! Because of our effort, the Minnesota Region, the Santa Cruz committee, and Jeff's simple signup form we're bringing service opportunities to members across the country and around the world.

Met with UM Region Chair and RD to discuss collaboration.

Leveraging scarce resources to help addicts regardless of their location.

In October Monte was invited to Fargo to put on a workshop at the Lake Agassippi Area banquet. I tagged along enjoying the fall color as we motored north. While there I met Jeremy, the Upper Midwest Region's Chair along with other Regional Trusted Servants. Jeremy and I had a nice talk exploring the idea that our two Region's might collaborate to carry the message in the UM Region.

The Upper Midwest Region is now mostly two Areas in North Dakota. With so few members scattered across such a vast expanse of prairie we're hoping to find sensible ways to help out the UM Region that will save scarce resources by relieving them the necessity of creating redundant infrastructure. To get an idea of what I'm talking about think of how we avoided setting up our own Sponsorship Behind the Walls committee, opting instead to collaborate with Santa Cruz.

Maybe we'll collaborate around hosting and maintaining a website for them, for example. We have a server and a talented committee and a webmaster envied by Regions far and wide. Or maybe we'll help maintain and publish their meeting list on a monthly basis. Keeping in mind that building bridges of trust doesn't happen overnight, I'm confident that in good time we'll come up with our first project.

Hawaii Region

Another Region seeking our experience consolidating helplines.

In October I received a call from the Greg, the Regional Delegate of the Hawaii Region. As you know because I keep telling you, word has gotten out regarding our Consolidated Regional Helpline. Like so many Regions, Hawaii is struggling with how to consolidate their Region's several Area helplines. In Hawaii each major island is its own Area with its own Helpline of sorts, though most of them are nothing more than an answering machine. The one island that has its own helpline with volunteers still depends on the old handoff of a cell, harkening back to the Nineties.

With the winter season fast approaching the Hawaii Region is bracing itself for another onslaught of tourists looking to find a convenient meeting. Unfortunately they need live humans to give directions to meetings since gps is spotty at best. That means they can't adopt our model where anyone can answer any call. They need calls directed to the specific islands in order to have someone familiar with the terrain and trails. Sorry, maybe you didn't find that as fascinating as I do.

We had a long chat followed up with emails outlining our system. Good luck to Hawaii!

Western States Learning Day

Three long days of service workshops flew by.

Thanks for partially funding my attendance at the Western States Learning Days in Los Angeles. This was a mighty powerful three days. Along with networking with service enthusiasts from around the country, along with meeting members of the World Board, along with running into De J the editor of the NA Way who has decided to publish Monte's article about our Minnovations in the next three issues of the NA Way magazine, along with all that Monte and I co-presented at two workshops – one called Consolidated Helplines and one called Collaboration Junction.

Our Region's consolidated Helpline continues to draw interest as others struggle with the same problems we did, high cost, poor quality, and confusion to callers. Folks we spoke with from one Region has 22 Areas and 22 Helplines. What a mess it is for anyone trying to find a meeting, whether it's a member or a professional. Regions from Connecticut to Oregon to California are considering solutions, seeking our input. One thing they envy us is that our Region was willing to give consolidation a try without years of discussion. I'm not making that up. You guys rock.

In addition, we walked them through our Helpline Activity Report, the report that I update daily with yesterday's activity. There is an old saying that if you don't measure it you can't manage it. Apparently we're the only Region that has a tool to monitor helpline activity allowing us to know when it's time to recruit new volunteers, for example. Several folks asked that I design a similar report for them. We can start as soon as I receive their sample input data.

The second Monte/Kit workshop was Collaboration Junction where we discussed the importance of leveraging scarce Fellowship resources – human, financial, time, and talent. Although for the most part collaboration is in its infancy, now is a dandy time to identify barriers to collaboration, how we can overcome them, and what we can move forward on now. Again, lots of enthusiasm was generated by this workshop with follow-up conversations in the hallways the rest of the weekend.

In fact, to avoid wasting all that high energy momentum we're now looking for a project we can collaborate on with Regions around the nation. Maybe it'll be something to do with extending collaborations around Sponsorship Behind the Walls making it easier for addicts in every region to volunteer while at the same time doing some load leveling by sharing these volunteers with committees seeking sponsors. For example at this time in Santa Cruz Mary, the female co-chair, has a surplus of women volunteers compared to woman inmates seeking volunteers but it's just the opposite for men. How can we best deploy these volunteers, offering them to a committee where they're needed?

Or maybe the project will be making service mentorship available to members around the country. We offer this opportunity here in Minnesota through our website so why not offer service mentorship everywhere to every member?

Those two project possibilities are off the top of my head. In the coming weeks we'll gather ideas from other workshop participants and see what shakes out. It would make me smile if next year we were able to report on a success that was inspired by this year's WSLD.

The third workshop I participated in, this time as a panel member, focused on our meeting list map/database known as the Basic Meeting List Toolbox, the BMLT for short. Workshops about this application created by Chris M in New York and offered to Regions and Areas for free are always a magnet at these events. With each iteration Chris makes the tool just that much more functional. Among the latest features is an option for syncing with NAWS that takes about 4 minutes.

Even though I'm not a techie, I was invited to join the panel because of the distinctive ways we use the database to generate meeting lists, nearly two dozen slices and dices of the data serving as many different purposes. These purposes range from Regional PR, Area lists, Helpline specific listings, and the Common Needs list much appreciated by professionals.

I'm delighted to report that one outcome of my participation was to have the guy sitting next to me, Myles, listen to a high level discussion of my process and offer to automate it. I use Microsoft Access. Myles programs in Microsoft Access. Once this process is automated we can look for a volunteer to take over the meetinglist generation task. Let's face it boys and girls, I'm 62 years old. Do the math. If producing meeting lists is important then having a backup to me would be the responsible thing to do.

Jeff led two much lauded workshops, neither of which I attended. Unfortunately one of his workshops was scheduled at the same time as one of mine while the other one was scheduled concurrent with the workshop I really wanted to attend, one that discussed Consensus Based Decision Making (CBDM). Because we as a Region may move in that direction at some point I was curious to hear experience of others using various flavors of CBDM. One fellow from Oregon told us that his Area uses one flavor while his Region prefers a different approach. Both work for them.

Helpline report

We need volunteers!!

The Helpline is doing OK, but not as good as we can. For the past two or three months we've experienced a higher than usual volume of calls going to voicemail instead of being answered by a live addict. The Daily Helpline Activity Report alerted us to this rise in missed calls. Please see the charts below.

My first response to this missed call rate was to phone each of the helpline numbers on the schedule discovering that fully 25% were no longer in service or had been reassigned by the phone carrier to a non-member. In addition, I left messages on about 20 volunteer's voicemail and had about 5 respond asking to continue on the schedule.

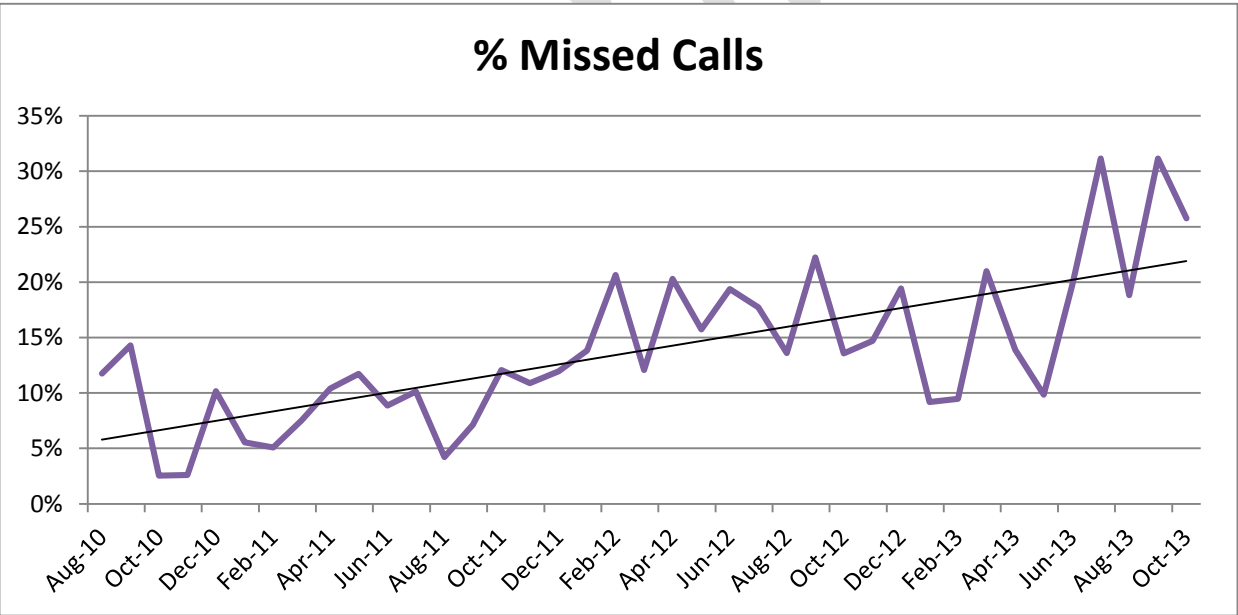
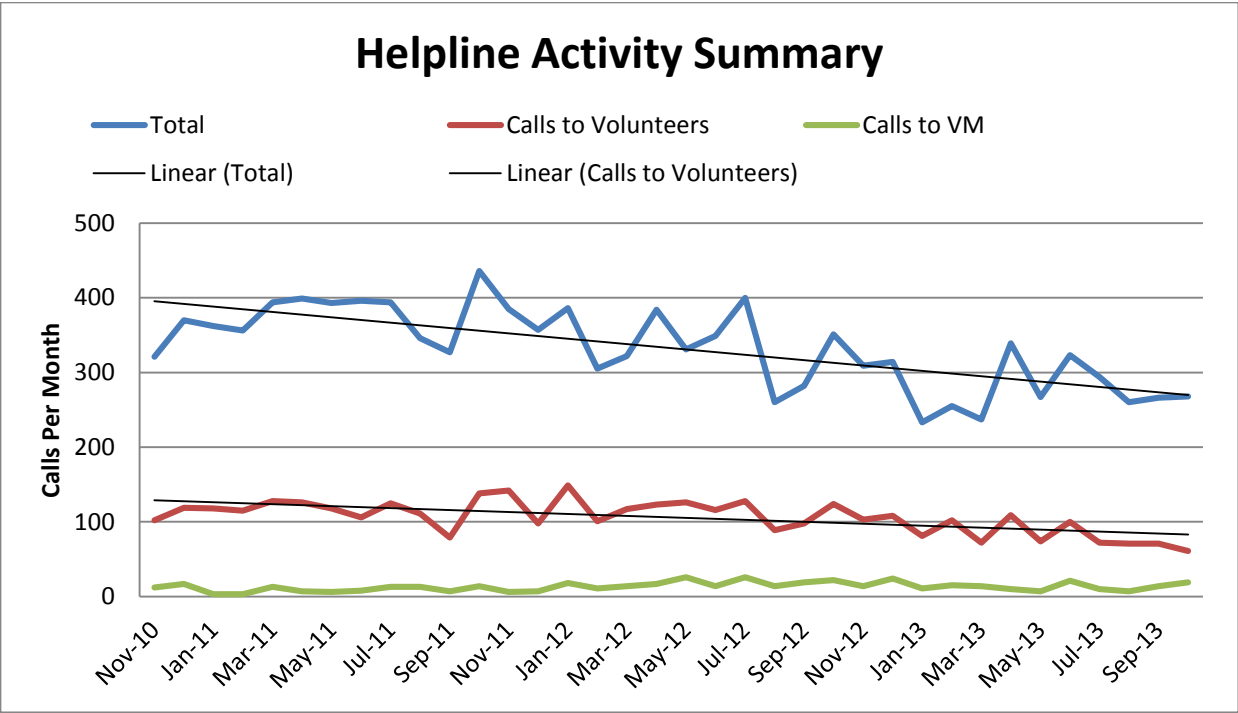
Once I removed the numbers for those who didn't reply or for numbers no longer in service we lost about half our volunteers. OK, we'd lost them earlier but didn't know it because volunteers too often stop answering the phone and don't tell us. It turns out that there are four shifts where Gary W is the only member taking calls. Gary believes in the Helpline so much he's signed up to answer 24/7. Wow!!

How can YOU help?

I knew you were going to ask me that.

Helpline volunteering isn't for everyone but if it's for YOU or someone you know, please join us at the next scheduled Helpline Orientation on November 19 (my clean date as it turns out). To volunteer and be added to the schedule a person needs 6 months clean and to have attended our 1 hour (more or less) orientation. A person is welcome to attend the Orientation PRIOR to getting six months clean but we won't put her/him on the schedule until s/he gets the six months. Make sense?

Attending the Orientation is as easy as you’ve come to expect from us. The orientation is a conference call/webinar. You need a telephone but the webinar for the online visuals allowing you to follow along is optional. Below is the flyer you can print and distribute. Please help us and help Gary W.



NA

Stickers

This is the postcard that we are providing with the NA stickers as we distribute them.

NA STICKERS ARE HERE

Public Relations Stickers Help Addicts Find NA

"We perform public relations service to increase the awareness and credibility of the NA program. We share our message openly with the public at large, with prospective members, and with professionals."



Take a pic of your sticker.
Email: pics@naminnesota.org

NA Stickers help addicts find NA via our Helpline and our Website—our goal is to get prospective members to our meetings.

Put the stickers up in check cashing or liquor stores, pharmacy counters, emergency rooms, laundromats, gas station bathrooms, needle depositories, treatment centers, parole officer computer screens, or any other place you think an addict might see them.



Always get permission before sticking them up. We are responsible and need to maintain a positive public image.

Public Relations Stickers Help Addicts Find NA



**Stick 'em
up!**



WWW.NAMINNESOTA.ORG



AA Singleness of Purpose by Tammy

Andy and I attended AA's Singleness of Purpose on October 26th, 2013 in Zumbrota Minnesota. This was a great experience for all individuals who were in attendance. They had one individual talk about AA's history and then another member talk about sponsorship and how that applies to Singleness of Purpose. After that it was our turn to share. This went over really well we talked and gave our experience with singleness of purpose as members of NA. It then went to open mic where individuals were able to ask questions to the speaker panel. There were several good questions that came about. Here are a few questions that were asked "what do you do when they talk about shooting up in a meeting?, What do you do when you have a sponcie that you think is in the wrong fellowship?"

Both Andy and I both answered these questions along with several others. It then went back to another panel speaker who talked about carrying the message. Then it was time to close.

After closing a few individuals came up and talked with both Andy and myself. One individual came up to me and thanked me for my response to, what do you do when you have a sponcie that you think is in the wrong fellowship? She asked me if she could have my phone number so she could give it to one of her sponcies. This individual then called me and wanted to know what meetings I went to. I explained to her which meeting I attend and she drove to that meeting the following Friday. This was totally awesome as this individual felt like she truly belonged and was so grateful for coming to the meeting.

This was truly amazing and I think that being able to help one person is totally worth it. I personally think that NA should do something like this.

Unapproved

Temporary Contact Request

You can also complete this form online

Statistics don't lie, and the chances of recovering alone are not good. If you would like to go to your first meeting with a new friend in recovery, do yourself a favor; complete this form. Someone will be in touch with you as soon as you are able to attend meetings. Send the completed form to:

Narcotics Anonymous
Bridging the Gap Program
6066 Shingle Creek Pkwy #113
Brooklyn Center, MN 55430

Yes. My recovery is extremely important to me and I want to attend an NA meeting as soon as I get out. Please have a volunteer call me after my release so we can go to my first meeting together.

Name: _____ Discharge Date: _____

Gender: ☐ Female ☐ Male

Age: ☐ Teenager ☐ Young Adult ☐ Adult ☐ Middle-Aged ☐ Senior

My contact information after discharge

Email: _____ Phone: _____

City: _____ Zip Code: _____

Congratulations. Your commitment to your recovery is key to your success.

Project Idea: Newcomer Orientations

November 9, 2013

Prepared by: Kit Egan

1. Project Purpose

We have been building a relationship with the Minnesota Drug Court system for several years. We have been approached by a judge in Hennepin County to provide workshops on how to work the [Twelve Steps of Narcotics Anonymous](#). These workshops would be

- Free
- Open to the general public
- Addicts under the supervision of the Drug Court may be assigned to attend.
- Approximately 1 hour long
- Ongoing 10 week series

2. Project Objective

Implement workshops as described in the [Narcotics Anonymous: Public Relations Handbook](#).

Place:	Hennepin County Government Center 300 S 6th St, 8th Floor Minneapolis, MN 55487	Time:	Fridays @ 8:30 AM
General Format:	15 min: Review previous step 15 min: Share previous step Q & A 15 min: Introduce next step 10 min: Guest Speaker "How this step applies to my life" 5 min: Assign questions from the Step Working Guide	Week 1:	Step 1
		Week 2:	Step 2
		Week 3:	Step 3
		Week 4:	Step 4
		Week 5:	Step 5
		Week 6:	Steps 6 & 7
		Week 7:	Steps 8 & 9
		Week 8:	Step 10
		Week 9:	Step 11
		Week 10:	Step 12

[Draft Curriculum](#)

3. Project Benefits

- Newcomers learn how to work the steps the NA way.
- Improved relationship with the Minnesota Drug Court

4. Long Term Goals

- To be a trustworthy leader with the foresight to identify trends and issues affecting the fellowship and the ability to develop innovative solutions to address them.
- To be a reliable resource for information about Narcotics Anonymous recovery and about access to our recovery process.
- To provide products and services that meet changing needs of the Region.

[Back to Basics]

Mailing Address: Box 84 Mankato, MN 56001

RCM Name: Tammy M Phone: 507-995-9743

Email: tamtam862005@yahoo.com

RCMA Name: Jay L Phone: 507-363-1140

Email: jlyman1971@gmail.com

Number of Meetings/Groups in your Area: 40 Participate in your Area Service Meeting? 30

Is your Area's Meeting List Current? Not sure Kari the secretary is working on updating this information.

Have you given any meeting updates to the region at meetinglist@naminnesota.org? _____

Is your Area passing on a donation? Yes If yes, how much: \$741.20

Active Sub-committees in your Area

H & I:	☒	PI/PR:	☒	Executive Committee:	☒	Policy:	☒
Activities:	☐	Outreach:	☐	Literature:	☐	Helpline:	☐
Other:	☐	Other: _____	☐	Other: _____	☐	Other: _____	☐

Upcoming Area Functions and Activities

Event Name: None at this time

Contact: _____ email _____

Is the flyer posted on www.naminnesota.org? _____

Event Name: _____

Contact: _____ email _____

Is the flyer posted on www.naminnesota.org? _____

Recovery in the Heartland Report

Mailing Address: PO box 37 Watertown,MN 55388
00:31:10

Submitted: 2013-11-09

RCM Name: Katie E **RCM Phone:** 6126152462 **RCM Email:** kattelliott@gmail.com
RCMA Name: RCMA **RCMA Phone:** RCMA **RCMA Email:**

About Our Area

Number of Meetings/Groups: 22 **Number Participating:** 12 **Accurate NA meeting list?** Yes
Request meeting updates? No
Who gets emails from your ASC "Contact Us" link? Leah S
Donation Amount: 1000
What is your ASC working on? PR event for professionals March 14 at Watertown City Hall,
Slowly transitioning to new service structure by forming GSFS
We would like a workshop on:

Upcoming Events

Event Name: RITH 5th Annual Volleyball Tournament- at Hutch Rec Center. \$10/person **Event**
Date: February 1st
Event Contact: Tim W 612-889-5840 or Leon C 952-406-0224 **Contact Email:**
Is the flyer posted on the website?: Yes

Other Comments:

SSFA Report

Mailing Address: PO Box 241893 Apple Valley, MN 55124

Submitted: 2013-11-09 21:23:19

RCM Name: John S **RCM Phone:** 612-201-1636 **RCM Email:** Yljohn@yahoo.com

RCMA Name: Vacant **RCMA Phone:** **RCMA Email:**

About Our Area

Number of Meetings/Groups: 18 **Number Participating:** 9 **Accurate NA meeting list?** No

Request meeting updates? Yes

Who gets emails from your ASC "Contact Us" link? Erica D, Kory H

Donation Amount: 0

What is your ASC working on? - Filling positions! Many, many open positions.

- H&I is working well. Meetings are well attended. Seven monthly commitments.

- PR position was just filled.

- Barely meeting quorum on a monthly basis since this summer.

- PIG committee is doing very well in planning next year's event in Somerset, WI. It is held on the third weekend in July 18-20, 2014.

- Looking for PIG Slogans and Logos. Submit to pigsurvey@gmail.com. Due by end of December 2013. Prizes will be awarded for winning logo and slogan.

- We were not able to gather enough meeting support to allow area to submit a bid for a future MNNAC.

- The mention was made to possibly considering what is the area's trend and what are some options. Join another area, consider transitioning to the new service structure...

- John S, MNRSC RCM from SSFA will create and coordinate a regional service position nomination box, form, service position description sheets/posters, position in/during the COCW in February 2014.

We would like a workshop on:

Upcoming Events

Event Name: **Event Date:**

Event Contact: **Contact Email:**

Is the flyer posted on the website?:

Other Comments: MNRSC Rocks!!!

MNRSC Report

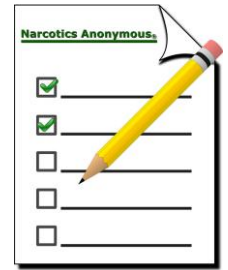
November 9, 2013 – rd@naminnesota.org – RD Team [Blog](#)



"Everything that occurs in the course of NA service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers." – Basic Text, page xxvi

MEMBERSHIP SURVEY

Every two years NA World Services attempts to gather info about our membership. Gathering for this survey began at World Convention 35 in Philadelphia – a perfect time to get the attention of thousands members. The survey data is compiled and it forms the basis for the "[membership survey](#)" that is available for public relations service efforts. Please take a few moments to [complete the survey](#), and then ask your friends in NA and your home group to do the same. You have till the end of December to [fill it out](#), but why wait?



TIMELINE AT A GLANCE

The following timeline highlights upcoming important dates.

November 9, 2013 – [MN Regional Service Conference](#) – Minneapolis, MN

November 27, 2013 – World Service Conference Agenda Report (CAR) available for review

December 6, 2013 – Summary of CAR provided by Minnesota RD Team

January 27, 2014 – World Service Conference Approval Track (CAT) material available

February 1, 2014 – Regional report for WSC (internal deadline) – report summarizes MN's service efforts

February 8, 2014 – [Creating Our Common Welfare](#), an assembly of members – St Paul, MN

April 27, 2014 through May 3, 2014 – World Service Conference – Los Angeles, CA

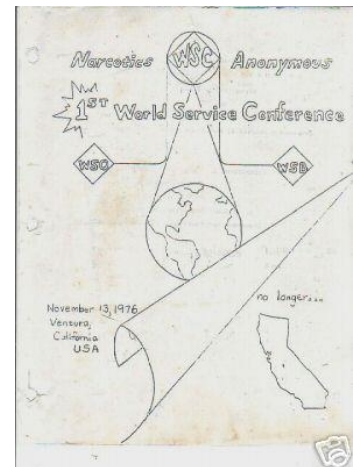
May 10, 2014 – MN Regional Service Conference – Minneapolis, MN – WSC report

WORLD SERVICE CONFERENCE AGENDA REPORT (CAR)

The WSC's agenda is known as the Conference Agenda Report or CAR. The report contains the proposals and motions that the fellowship is being asked to consider and form a fellowship-wide group conscience. The report will include reports, proposals, and motions from the World Board and any proposals submitted from regions. The report will be available for review on November 27, 2013. Your RD Team will immediately distribute electronic copies to all services bodies and interested members. Your RD Team will also make available by December 6, 2013 a summary of the CAR for those members who want to only have a flavor of the proposals and motions facing the fellowship. Your RD Team will provide opportunities for discussion and input by the local fellowship. See the opportunities below.

WORLD SERVICE CONFERENCE APPROVAL TRACK (CAT)

The Conference Agenda Track (CAT) is a set of proposed NAWS budget and project plans for the upcoming cycle (2014-2016), seating requests, and recommendations from the World Board, as well as other service-related or WSC-related material such as changes to service manuals. The CAT will be made available on January 27, 2014. Part of your RD Team's responsibilities is to become intimately familiar with items in the CAT so your RD Team can make thoughtful decisions about the CAT's contents at the Conference. Any members' or services bodies' input on CAT items will also be greatly appreciated. Your RD Team will be happy to workshop CAT material as well, if requested.



Artwork 1 - It's been 37 years since the first WSC.

DISCUSSION & INPUT OPPORTUNITIES – CONFERENCE AGENDA REPORT (CAR)

There will be a number of opportunities for members, groups, and areas to discuss items in the Conference Agenda Report (CAR) – the agenda for the World Service Conference (WSC). The goal is to discuss the main components of the CAR with as many interested members as possible before our annual assembly. Here is a list of scheduled opportunities:

December 2013

- Dec 10: CAR Overview Conference Call–Review summary of proposals and motions
7:30 PM Dial 213.416.1560 then enter 011 527 432# www.anymeeting.com/mnrsc1
- Dec 21 ASC Visit–reserve your ASC’s spot today (weather permitting)
Dec 22 ASC Visit–reserve your ASC’s spot today (weather permitting)

January 2014

- Jan 14 CAR Conference Call Part One–Conference Agenda Report–Input and Discussion
7:30 PM Dial 213.416.1560 then enter 011 527 432# www.anymeeting.com/mnrsc1
- Jan 18 ASC Visit–reserve your ASC’s spot today (weather permitting)
Jan 19 ASC Visit–reserve your ASC’s spot today (weather permitting)
- Jan 21 CAR Conference Call–Conference Agenda Report–Input and Discussion
7:30 PM Dial 213.416.1560 then enter 011 527 432# www.anymeeting.com/mnrsc1
- Jan 28 CAR Conference Call–Conference Agenda Report–Input and Discussion
7:30 PM Dial 213.416.1560 then enter 011 527 432# www.anymeeting.com/mnrsc1

February 2014

- Feb 1 ASC Visit–Northern Lights (weather permitting)
Feb 3 ASC Visit–Wee Are Here (weather permitting)
Feb 6 ASC Visit–South Suburban Fireside (weather permitting)
Feb 8 [Creating Our Common Welfare](#)–an assembly of members–Input, Discussion, Straw Polls
11:00 AM to 6:00 PM 285 North Dale Street in Saint Paul

Other Ways to Provide Input and Discussion

Dec 10 through mid-April – Online Review and Input – via survey & NAWS [discussion group](#)
As Requested – Special CAR Workshops – attempts made to schedule as many as possible

WORLD SERVICE CONFERENCE MISSION

The World Service Conference (WSC) brings all elements of NA World Services together to further the common welfare of NA. The WSC’s mission is to unify NA worldwide by providing an event at which:

- Participants propose and gain fellowship consensus on initiatives that further the NA World Services [vision](#);
- The fellowship, through an exchange of experience, strength, and hope, collectively expresses itself on matters affecting Narcotics Anonymous as a whole;
- NA groups have a mechanism to guide and direct the activities of NA World Services;
- Participants ensure that the various elements of NA World Services are ultimately responsible to the groups they serve;
- Participants are inspired with the joy of selfless service, and the knowledge that our efforts make a difference.

WORLDWIDE TOPICS/ISSUES

The following are some of the topics and issues currently being discussed on worldwide forums. These topics and issues may make it into the World Service Conference Agenda Report in one way or another.

❖ Conference Sustainability

Conference growth was inadequately planned or entirely unplanned for culminating in unsustainability. Financially, the conference cost has increased and regional contributions have decreased. Organizationally, the numbers of participants have increased making it challenging for thorough discussion and consensus. A long-term plan for growth would require tough decisions regarding representation, seating, cost savings efforts, and participation. Will we create a sustainable plan at the WSC in 2014?



▪ *A Quality Conference*

One of the larger issues revolving around Conference sustainability is what does it mean to have a quality Conference. Who needs to be represented? Is geography the best way to provide representation or is some set of “voices?” What types of issues should they build consensus around? What type of process would be needed to build that consensus?

▪ *Seating at WSC 2014*

Moratoriums of one form or another on Conference seating have been issued over the years as short-term solutions to Conference growth. The current moratorium will not allow any region to be seated at the 2014 Conference that has come about as a result of a regional split. The moratorium is causing consternation for regions in Brazil in particular who have recently split their super-giant, country-sized region. Is regional representation at the WSC the most effective way to further the common welfare of NA worldwide?

▪ *Delegate funding*

One small way to alleviate some of the financial burden the conference incurs is to have each region pay the travel expenses of each regional delegate to the WSC. This would include at a minimum airfare, hotel, and per diem. Depending on the region, it would cost somewhere between \$2,500 and \$4,500. Some regions already voluntarily fully fund their delegate's expenses. There would be some sort of alternative for regions that simply could not afford to have their delegate attend the WSC.



Artwork 2 The money that reaches our service system helps support services that let other addicts, in our own communities and around the world, know that hope is available.

Minnesota currently contributes a six-year average of \$7,500 per year to NAWS. Our contribution has been used to justify not paying our delegate's expenses directly. However, contributions to NAWS pay for many more services worldwide than just WSC attendance. In fact, the WSC and Fellowship Development services cost approximately \$75 per meeting worldwide. For Minnesota, that amount would add up to about \$27,000 annually based on 370 meetings. Shall Minnesota fund its delegate?

▪ *Alternate attendance*

The conference is a large body of participants and some believe it is too large for a thorough deep dive into considerations affecting NA worldwide. One idea is to reduce the number of participants at the WSC though still have enough of them to engage thoughtfully and responsibly into the issues at hand.

Additionally, eliminating alternate attendance would more equalize voices around the world. Currently, the Regions in the US typically pay for and send at least one alternate to the WSC. Regions outside the US typically do not send an alternate most likely because of the cost. Therefore, the voice of US based regions significantly outweighs the voices outside the US. This contributes to a geographic imbalance.

There are concerns by some about how an alternate gets trained if they do not attend the WSC. However, recent statistics show that only about 37% of Conference participants have been to the Conference as an alternate. Shall alternate attendance at the WSC be eliminated?

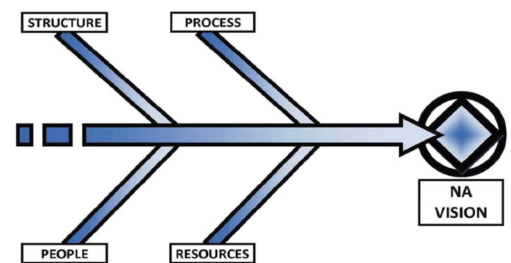


- *Role, purpose, function, and number of Zonal Forums, particularly US Zonal Forums*
Zonal Forums are made up of participating regions. There are 8 in the USA, plus the Canadian Assembly, European Delegate Meeting, Latin America Zonal Forum, Asian Pacific Zonal Forum, and the Africa Zonal Forum. Zones were created to help improve communications between regions but are not a part of the delegate stream. Some Zones, particularly those outside the US seem to have greater impact of their member regions, but other Zones have less of an impact and seem to focus their purpose around meeting rather than around specific supportive or collaborative initiatives. One way to decrease the number of participants at the WSC is to include Zones in the delegate stream. Regardless, the role of Zones is a hot topic and looks to be open for change. What functions would we want our Zone to occupy?

❖ Service System

The [Service System project](#) was created to improve local services and address long-standing challenges in service delivery. NA World Services was re-organized in the mid-90's but local services have essentially remained the same since the mid-70's when there were barely a thousand meetings around the world. Today, the fellowship has more than 62,000 weekly meetings in 130 countries. NA service delivery can look and act very differently from one part of the world to the next, sometimes challenged by poor communication, needless duplication, parochialism, archaic processes and technology, and a lack of resources.

The Service System project provides a comprehensive and flexible set of ideas that can be customized to meet the needs of NA at the local level to address these challenges. Naturally, some members are nervous about the proposed overhaul and what it might mean for local members and bodies. For others, the Service System Proposals offer flexible alternatives to begin solving ongoing challenges. Still for others, the proposals make perfect sense and bring a language to what already has been happening for years.



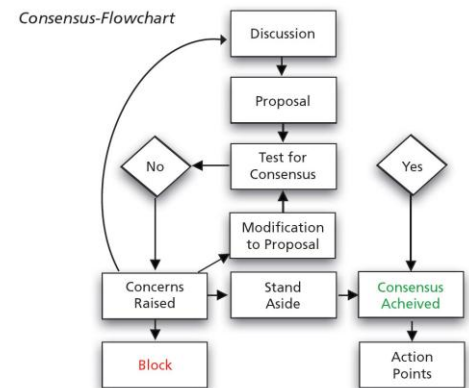
This year's Conference will focus on answering the questions around two portions of the proposals: Group Support Forums and Local Service Conferences and Boards, along with their implementation. The Service System is based on foundational principles: group-focus, purpose-driven, defined by geo-boundaries, collaborative, and flexible. For more information about the Service System Proposals, see [this document](#).

- *Service System field testing [tools](#) and updates [core field testers](#)*
In order to gather more information about the Service System proposals, a set of core field testers volunteered to implement various portions of the Service System ideas. Back to Basics in Southern Minnesota is one of the core groups. They have implemented Group Support Forums, Local Service Conference, and a Local Service Board. The fellowship will be receiving a report from all the core field testers around the world as to the lessons learned in adapting to the Service System ideas.
- *Group Support Forums*
Group support is supposed to be a function of the ASC. It often gets lost in the "business" of service delivery. Group support is much, much, much more than submitting or verbally giving a "report." The [Group Support Forum](#) (GSF) is an informal gathering of groups intended to help them better carry the message within their meetings by separating out the group support function from the "business" of providing NA services. The GSF gives groups the opportunity to share problems they may be encountering and seek solution from other groups. It's also a time to share what's working well with other groups, as well as an opportunity to have informal workshops on various topics and avoid the distraction of discussion about complex services and policies. The GSF is intended to be like a community or neighborhood gathering, not another level of service.
- *Local Service Conferences (LSC)*
With the group support function of the ASC divided out with the Group Support Forum, the [Local Service Conference](#) is the "workhorse" of the service delivery system. The LSC is intended to help groups "better fulfill their primary purpose" as discuss in the 9th Tradition. The LSC's role would be to provide the types of services that would otherwise distract groups from organizing recovery meetings. Services may include projects related

to public relations, hospitals and institutions, events, and other routine services. The LSC would be a plan-based entity comprised of two main parts: monthly or regular [Local Service Board](#) meetings, and quarterly Local Service Conferences. There would be an [annual planning assembly](#) making up one of the quarterly meetings to set priorities and direction.

- *Consensus based decisions making (CBDM)*

[CBDM](#) is a method of constructing proposals and making decisions. It attempts to hear all voices and synthesize participants' views in order to come to a resolution that is acceptable to the body as a whole. CBDM does not require unanimity or the strict agreement by everyone involved. Rather it "aspires" toward consensus. CBDM can be adapted to the level of unanimity each service body wishes to use as a threshold.



- *Flexibility*

Form should follow function and local NA communities need to have the flexibility to adapt the system in the ways that work best for them. The implementation to the ideas in the service system proposals are one of evolution not revolution. Some local NA communities may come quickly to the ideas, others may adapt very slowly, and a few others may not adapt very much at all because their current system works like a finely tuned machine.

- *Geographic boundaries for Local Service Conferences*

Establishing boundaries where practical for each Local Service Conference through a discussion across the region in order to make it easier for the general public and professionals to find and communicate with NA. This would allow clear boundaries on which local service body would handle a given service request. It would also avoid holes in our service delivery efforts. These boundaries in Minnesota would likely be drawn along county lines. Generally speaking, each Local Service Conference would include multiple counties.

❖ Issue Discussions

All of this cycle's [issue discussion topics](#) are directly or indirectly related to the ongoing Service System project and the [Traditions Book](#) project. Issue discussion topics are distributed each cycle with the hopes that the services bodies will discuss, gather input, and deliver back to NA World Services its findings. These findings then help form a worldwide group conscience of the fellowship. The 2012-2014 cycle's topics are:

- Group Conscience
- Collaboration
- Supporting Our Vision
- Third Tradition

MULTI-ZONAL SYMPOSIUM UPDATE

As you know, our region is in a support of the [proposed](#) multi-zonal symposium put forward by the Plains States Zonal Forum. The idea would be to provide a series of service-related learning workshops to increase the effectiveness of our service efforts. As of October 7th, fourteen of 25 regions have responded and the workgroup is hoping to hear from the rest by mid-November. At that time, the results will be announced. If anyone is interested in being on the workgroup should the proposal pass, please submit your service resume to pr@pszfna.org. The workgroup would need a treasurer and co-treasurer in particular.



TRADITIONS BOOK

Traditions Book: A two-cycle project was approved at the 2012 World Service Conference on a [Traditions Book](#). The goal for this cycle is to gather fellowship input, source material, and ideas regarding a traditions book. You can contribute to the process online or via face-to-face workshops. One was held at our Annual Assembly. Conduct your workshop at your service body meeting or wherever makes sense.



Artwork 3 Celebrating 60 Years of Recovery!



Narcotics Anonymous

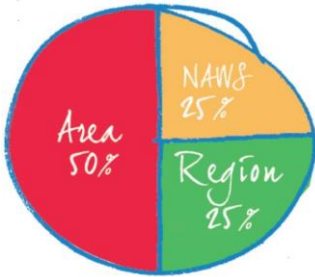
www.naminnnesota.org (877) 767-7676

MNRSC Treasurer's Report
as of October 30th, 2013
2013 YTD

The following chart is for 2013 ONLY

MNRSC Accounts	Total
Cash on Hand	
Wells Fargo Checking	5,445.12
Wells Fargo Savings	3,375.08
MNRSC PayPal	323.97
MN NA Events PayPal	397.77
Total as of 10/30/2013	9,541.94

Group Fund



2013	Categories	Budget	YTD	Variance
Expenses	Admin	\$600.00	\$ 856.53	\$ 256.53
Expenses	Annual Assembly	\$750.00	\$ 771.83	\$ 21.83
Expenses	Bridging the Gap	\$1,250.00	\$ 298.51	\$ (951.49)
Expenses	Helpline	\$1,500.00	\$ 972.32	\$ (527.68)
Expenses	NAWS Contribution	\$750.00	\$ 12,830.00	\$ 12,080.00
Expenses	Online	\$800.00	\$ 755.61	\$ (44.39)
Expenses	Project Pool	\$1,750.00	\$ 2,766.91	\$ 1,016.91
Expenses	PR Conferences/Events	\$2,500.00	\$ 1,535.93	\$ (964.07)
Expenses	PR Seed Money	\$500.00	\$ -	\$ (500.00)
Expenses	Gen PR	\$600.00	\$ 309.66	\$ (290.34)
Expenses	RD Team	\$2,500.00	\$ 1,560.00	\$ (940.00)
Expenses	Federal Tax	\$0.00	\$ 0.13	\$ 0.13
Expenses	PayPal Fees	\$0.00	\$ 20.83	\$ 20.83
Expenses	Total	\$13,500.00	\$ 22,678.26	\$ 9,178.26
Income	MNNAC XX	\$8,000.00	\$ 13,167.90	\$ 5,167.90
Income	Credit	\$0.00	\$ 20.10	\$20.10
Income	Interest	\$0.00	\$ 0.64	\$ 0.64
Income	Cash	\$0.00	\$ -	\$0.00
Income	Area Contributions	\$4,000.00	\$ 4,585.62	\$ 585.62
Income	Member Contributions	\$150.00	\$ 77.00	\$ (73.00)
Income	Group Contributions	\$2,000.00	\$ 847.03	\$ (1,152.97)
Income	Total	\$14,150.00	\$ 18,698.29	\$ 4,548.29

The 3rd quarter ended at the end of September which means money was transered. Deposit made to checking to bring our prudent reserve back up and a contribution to NAWS to lower checking balance to \$4050.00 30% of our anual budget.

Budget will be on the agenda for approval.

A Balanced, Chronological List Wells Fargo Checking Account Transactions - Money In and Money Out							
For the Period 8/2/2013 to 10/30/2013							
Num	Date	Payee	Category	Memo	Amount	R	
	8/2/2013	Balance			2,470.32		
1798	8/9/2013	ISD 709	Bridging the Gap	Printing Costs for BTG	-59.50	x	
Debit	8/9/2013	UPS Store	General PR	Printing for August MNRSC	-85.82	x	
Deposit	8/12/2013	Wee Are Here Area	Area Contributions	Area Contribution	250.00	x	
Deposit	8/12/2013	Donation from JJ for St. Peter GSU	Group Contributions	Group Contribution	45.00	x	
Deposit	8/12/2013	MNNAC Inc.	MNNAC XX	MNNAC XX Contribution	13,167.90	x	
Debit	8/12/2013	MailChimp	Online	August 2013 - September 2013	-30.00	x	
1799	8/14/2013	Monte J	Regional Delegate	Western States Learning Day Reimbursement for travel exp	-660.00	x	
1800	8/16/2013	MARRCH	Projects	Booth Registration for MARRCH Conference	-755.00	x	
Deposit	8/19/2013	Twins Cities ASC	Area Contributions	Area Contribution	158.63	x	
Deposit	8/19/2013	Fresh Start Group	Group Contributions	Group Contribution	20.00	x	
Debit	8/20/2013	St. Peter Promotional	Projects	1000 NA Stickers	-432.57	x	
Debit	8/21/2013	Phone.com	Helpline	August 2013 - September 2013	-96.13	x	
Debit	9/3/2013	UPS Store	Projects	Printing for the Department of Healths Vetrens day	-24.14	x	
1802	9/5/2013	MNRSC Check to Norther Lights Area	Vermillion Campout	MNRSC Check to Norther Lights Area for Vermillion online	-896.43	x	
1803	9/11/2013	Kit Egan Reimbursement for WSLD	Projects	Reimbursement for Travel Expences WSLD	-656.08	x	
1804	9/12/2013	Jeffery Spencer Reimbursement for WSL	Projects	Reimbursement for Travel Expences WSLD	-683.92	x	
Debit	9/11/2013	MailChimp	Online	September 2013 - October 2013	-30.00	x	
Debit	9/23/2013	Phone.com	Helpline	September 2013 - October 2013	-97.26	x	
Deposit	10/10/2013	PayPal MNRSC	Trnsf Recieved from MNRSC Pa	Transferred from PayPal to checking in accordance with guidelines	264.21	x	
Deposit	10/10/2013	Transferred to Wells Fargo Savings	Trnsf Checking to Savings	Transferred to Wells Fargo Savings for Prudent Reserve	-930.95	x	
1805	10/10/2013	Naws Via chek #1805	Contributions	Quarterly contribution to NAWs in accordance with MNRS	-6,888.26	x	
Debit	10/10/2013	MailChimp	Online	October 2013-November 2013	-30.00	x	
	10/15/2013	Bank Statement Balance, Check 1805 Had not cleared bank			10,908.26		
		Actual balance			4,020.00		
Debit	10/19/2013	UMSO	Projects	Printing for MARRCH Conference	-339.49	x	
Debit	10/21/2013	Phone.com	Helpline	November 2013 - December 2013	-96.58	x	
Deposit	10/22/2013	Freedom From Addiction Group	Group Contributions	July and August donation	100.00	x	
Deposit	10/23/2013	Twin Cities Area	Area Contributions	Quarterl Contribution form TCASC	1,738.62	x	
Debit	10/26/2013	UPS Store	Admin	Mail Forward	-2.43	x	
Deposit	10/29/2013	Freedom From Addiction Group	Group Contributions	September donation	25.00	x	
	10/30/2013	Balance			5,445.12		

Primary account number:

■ September 17, 2013 - October 15, 2013 ■ Page 2 of 5

WELLS
FARGO**Summary of accounts****Checking/Prepaid and Savings**

Account	Page	Account number	Ending balance last statement	Ending balance this statement
Low Activity Business Checking	2	3972605753	12,622.83	10,908.26
Business Market Rate Savings	3	6402416074	1,944.09	3,375.08
Total deposit accounts			\$14,566.92	\$14,283.34

Low Activity Business Checking**Activity summary**

Beginning balance on 9/17	\$12,622.83
Deposits/Credits	264.21
Withdrawals/Debits	- 1,978.78
Ending balance on 10/15	\$10,908.26
Average ledger balance this period	\$12,017.05

Account number:

MNRSC

Minnesota account terms and conditions apply

For Direct Deposit and Automatic Payments use

Routing Number (RTN): 091000019

For Wire Transfers use

Routing Number (RTN): 121000248

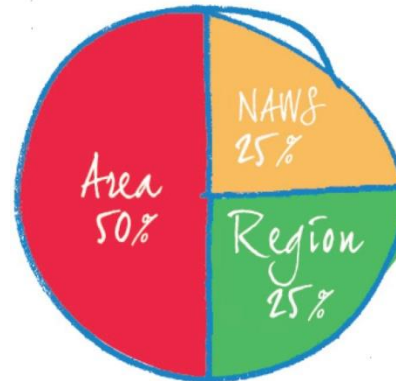
MNRSC 2014 DRAFT BUDGET

For approval – November 9th 2013



2014 DRAFT REVENUE PROJECTION

2014 REVENUE PROJECTION	
Category	Amount
MNNAC XX	\$8,000.00
Area Donations	\$4,000.00
Group Donations	\$2,000.00
Members	\$150.00
Total	\$14,150.00
Average Per Group (200)	\$10.00 = \$2000
Average Per Area (10)	\$400.00 = \$4000
Members (30 X \$5.00)	\$150.00



2014 DRAFT EXPENSES PROJECTION

The following chart outlines draft expense budgets. These are not actual expenditures. These are budget figures. I have adjusted a few figures after looking at averages and trends. The admin budget has been raised from \$600 to \$850 this is based on the extra \$250 per year for the mailbox. Online expenses were also raised based on rising costs. I also reduced the BTG budget; this is based on looking at historical spending being way below what was previously budgeted.

Expenses	Type	Categories	2013
Expenses	Existing Services	Admin	850.00
Expenses	Existing Services	Online	1200.00
Expenses	Existing Services	Helpline	1,500.00
Expenses	Existing Services	Public Relations	600.00
Expenses	Existing Services	Bridging the Gap	800.00
Expenses	Communication	Regional Delegate Team	2,500.00
Expenses	Communication	Annual Assembly – COCW	750.00
Expenses	<i>Fund Flow</i>	<i>NAWA Contribution</i>	750.00
Expenses	Projects	PR Conferences/Events	2,500.00
Expenses	Projects	PR Seed Money	500.00
Expenses	Projects	Potential/Other	1750.00
Expenses		Total	13,700.00

Note: Below as a chart of the last 6 years plus 2013 to date 6/24/2013. Averages are based on actual expenses and income from 2007- 2012.

NAWS contributions average \$7,550 per year – the \$750 is a placeholder as contributions to NAWS are based more on fund flow from Groups, Areas, and MNNAC.

INCOME	2007	2008	2009	2010	2011	2012	2013 to Date	Average
Area Donations	5,748.66	8,082.28	6,668.59	3,335.54	4,091.07	8,216.87	2,438.37	6,023.84
MNNAC	7,722.39	12,035.24	15,300.00	8,804.05	12,302.66	10,414.08	0.00	11,096.40
Groups/Other Members (new 2012)	97.39	1,925.56	172.44	1,201.62	1,027.03	866.06	334.00	881.68
Other (2012)						105	25.00	105.00
						98.72	20.10	98.72
Total	13,568.44	22,043.08	22,141.03	13,341.21	17,420.76	19,700.73	2,817.47	18,035.88

EXPENSES	2007	2008	2009	2010	2011	2012	2013 to Date	Average
Administrative	1,940.00	2,374.11	745.48	699.33	\$538.03	431.90	400.00	1,121.48
Contributions	4,500.00	20,000.00	2,500.00	0	10,750.00	7,500.00	5,941.74	7,541.67
General PR	1,296.07	2,225.77	1,056.79	1,502.62	428.11	606.52	223.84	1,185.98
Annual Assembly	0	0	492.68	314.33	534.77	682.85	771.83	337.44
Regional Delegate	819.26	1,830.44	3,069.73	4,290.07	876.62	2,388.48	900.00	2,212.43
Helpline	4,090.09	3,653.62	4,268.27	2,749.00	1,269.50	1,211.06	487.59	2,873.59
Projects/Other	116.15	3,296.27	2,421.40	853.13	5,215.29	2,871.19	1,207.98	2,462.24
Online					400.79	994.60	608.99	697.70
BTG					193.17	347.42	239.01	270.30
Total	12,761.5	33,380.2	14,554.3	10,283.2	20,013.1	16,686.6	10,780.9	17,946.5
Total	7	1	5	7	1	0	8	2