

KRSCNA

9-15-19

MEETING OPENED @ 11:05 AM WITH SERENITY PRAYER.

12 TRADITIONS: LARRY K. 12 CONCEPTS: JOY F. SERVICE PRAYER: MIKEY P. SERVICE PRAYER

OA ✓
SCKA Abs.
LA Abs.
ATRA Abs. ✓
PANA ✓
OVANA ✓
SOZ Abs.

CHAIR ✓
VC Abs
TREAS ✓
SEC OPEN
RD ✓
RDA OPEN
KRCNA 34 ✓
KRCNA 35 OPEN
IT WORKGROUP Abs.

REPORTS

MIN FROM PREVIOUS MTG:

MARKS MOTION TO ACCEPT: OA 2ND: PANA MSOC
TREAT REPORT: BEG BAL \$ 3385.22 ENDING BAL: \$ 34129.65

LARRY K. MOTION TO ACCEPT: OA 2ND: PANA MSOC
JOY F. KRCNA 34 - ALL IS WELL, LOCATION REPORT: WRITTEN REPORT INCLUDED
RD REPORT - SELF-EXPLANATION - WRITTEN REPORT INCLUDED
- SELF - Zoom mtg RECORDED FOR CAR/CAT RECOMMENDATIONS.
- PRIVATE Facebook group
- OCT 26TH 27TH IN ARKANSAS (NEXT)

AREA REPORTS

MARK O. - OA - ALL IS WELL, UNITY DAY FUNCTION SUCCESSFUL. ELIZABETH S. SPOKE,

- DEC 1 - SPONSORSHIP CELEBRATION.
- PONG MARK IN PR...

MELBAITH - PANA - DISCUSSED PREP FOR RAMPDOWN.
- MIKEY P. FOR CHAIR FOR KRCNA 35.
- VARIOUS FUNDRAISERS FOR

JAMES ATRA - GOOD KRCNA FUNDRAISER - CHANDLER - OCT 26TH
- FAITH CHURCH - 1500 G. SARE 7
15, 10, 10000

- Joy F.
- TURKEY DAY 29th NOVEMBER - DINNER @ MOUNTAIN.
 - OVANA - MIRACLES IN HILLS CAMPOUT - Lost money but good time.
 - NOVEMBER KLCNA FUNDRAISER -
 - MIKEY P. FOR RDA - NOMINATION...

OLD BUSINESS

- RDA - KAREN D. (502) & MIKEY P. (OVANA) (PANA E)
- MOTION FROM AREA MARK S. CHECKS: OVANA motion OA 2nd MSDC

NEW BUSINESS:

- Joy F.
- TAKE BACK TO ZONAL...
 - 502 AREA has recommended to move SEF TO 3rd WEEKEND FROM 4TH OF JULY...
 - EXPANDING BUDGET FOR SEF OUTRIGAYS FOR PR LEARNING & Voted YES FOR ALL...
 - NOMINATION FOR OPEN POSITIONS:

LAIRY K. - OA has a nomination for Rosalyn J. for secretary.

- INSURANCE - FOR REGION - CHECK INSURANCE PEOPLE & bring it back to next mtg.
- KENTON - Cambellsville - Cambellsville AREA IN AREA "THE NEW AREA" - 1st MEETING.
- MIKEY P. HAS NOMINATED FOR KLCNA 35..

UNANIMOUS MSDC
 - TONY J. set up PERSONAL MAIL BOX AT
 PACKAGER PLUS 18TH ST
 OWENSBORO, KY 42303

Next mtg NOV 17TH @ 1 est., 2 est.
 - OVANA - TO KEN CLUB - Pearl St.

MOTION TO CLOSE OA 2nd OVANA MEET

KRNCA 34

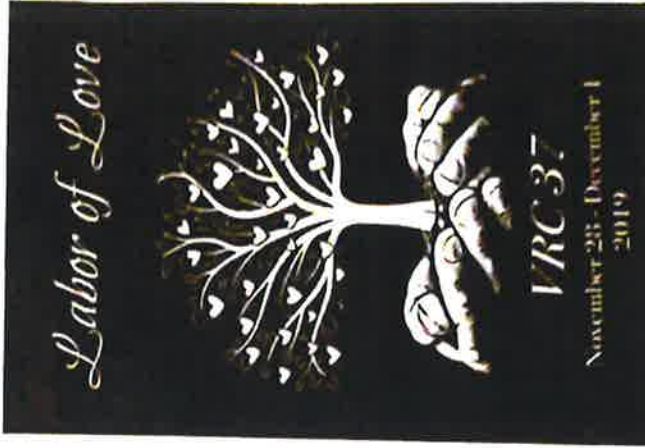
Reporting that all is well, and location has been secured for the convention. Today, I have flyers to distribute. All committee positions are filled and working hard to have a successful convention. We plan to have pre-convention merchandise ready for first fundraiser, and most of the committee plan to attend. We also plan to discuss insurance in new business.

Thanks for allowing us to serve.

Workshops
Speaker Meetings
Fellowship



Meet & Greet
Hospitality Room
DJ & Dancing
NA Merchandise



www.vrcna.org
Chattanooga, Tennessee

**CHATTANOOGA
MARRIOTT**

2 Carter Plaza
Chattanooga, TN
37402
423.756.0002

VRC 37
P.O. BOX 3147
Chattanooga, TN 37404

CHATTANOOGA MARRIOTT

2 Carter Plaza
Chattanooga, TN 37402
423.756.0002

Room Rate is \$129 per night
(Mention NA VRC when booking)

**NO REFUNDS AFTER
NOVEMBER 15, 2019**

CONTACTS

Chair: Sam L.
423.506.0574
Registration: Sherree O.
423.506.1945
Hotel Liason: Larry C.
423.605.1191
Program: Steve S.
706.934.2652

REGISTRATION

Name(s): _____

City: _____

State: _____ Zip Code: _____

**PRE-REGISTER BY
OCT. 15, 2019**

\$20 x _____ = \$ _____

**REGISTRATION
AFTER OCT. 15, 2019**

\$30 x _____ = \$ _____
Registration
\$39 x _____ = \$ _____
Thursday Night Banquet
\$10 x _____ = \$ _____
Saturday Night Comedy Show
\$39 x _____ = \$ _____
Saturday Night Hotel Banquet 6pm
\$21 x _____ = \$ _____
Sunday Brunch 9 am
Newcomer Donation = \$ _____
TOTAL ENCLOSED: \$ _____

**FOR MORE
INFORMATION OR
TO REGISTER**

**ONLINE:
VRCNA.ORG**

OR MAIL TO:

VRC 37
P.O. BOX 3147
CHATTANOOGA, TN 37405

**PAYMENT
METHODS**

Check
Money Order
Credit Card (online or at event only)

WORKSHOPS

Suggested Clean time to Chair: 1 year
Suggested Clean time to Speak: 3 years

Send tapes/CDs to P.O. Box on front
page or Upload MP3s via VRC37.com

KRCNA 34

FREEDOM TO CHANGE
FREEDOM TO RECOVER



APRIL 10, 11 & 12, 2020

LOUISVILLE AREA

Location: Radisson Hotel **Address:** 505 Marriott Dr. Clarksville, IN 47129
To Book a Room: Call 812-283-4411 and mention KRCNA 34 when booking
Rooms: \$109.00 + 11% tax per night

REGISTRATION:

Name: _____
Address: _____
Email: _____
Phone #: _____
Check Date: _____
Number of Registrations _____ **x\$20 = \$** _____
Newcomer Donation + \$ _____
Total = \$ _____

KRCNA CONTACTS:

CHAIR: Larry K. 502-216-3242
VICE CHAIR: Jason J. 502-536-0776
REGISTRATION: Nicole D. 502-931-3168
PROGRAMMING: Bobby E. 502-767-5436
MERCHANDISING: Bob E. 502-526-1552
HOTELS & HOSPITALITY: Jeff J. 502-608-7636
ENTERTAINMENT: Curtis B. 502-309-6736

Email To: KRCNA34@gmail.com

Mail To: PO BOX 565 Floyds Knobs, IN 47116

Convention Website: <https://kentuckianana.org/convention>

Details

ACROSS THE RIVERS AREA

KRONA 34 FUNDRAISER

Halloween

PARTY

Oct. 26

Faith FWB Church Gym

303 N 5th St Chandler, IN @ 5:00 pm

Food @ 6:00 pm
(please bring side item)

Speaker @ 7:00 pm

Raffle and Auction to follow

chili cook off

\$3 per person

\$5 per couple

Pre Convention
Reg. and Merch

Costume Contest

Winner's Group of Narcotics Anonymous

NA Unity Thanksgiving Dinner

November 16, 2019

Doors will open @ 4:30 PM

Speaker: Pastor Billy P @ 7:00 PM



50/50 Raffle – Auction – DJ/Dance

\$5 Plates

WHAT WE CAN'T DO ALONE.....

319 W. 9th St., Hopkinsville, KY

For more info, contact: Donald W. @ 270-985-5407

"The Gifts"

The gift of desperation



The Gift of freedom from active addiction

TWGNA 1st ever N.A convention Hopkinsville Ky March 20-22 ,2020

Holiday Inn 2910 Fort Campbell Blvd, Hopkinsville, KY 42240

TWGNA 1 rate 109.00 a night plus tax

For Reservations Call (270) 886-4413

Registration before March 20, 2020 20.00\$ after March 20,2020 25.00\$

Via Mail

Mail to TWGNA 1, P.O box 222 Hopkinsville KY 42240

For information Contact: Donald W. (270)-985-5407 or Dale C. (615) 499-0536

Name _____ Phone: _____

Address _____

Clean Date M/D/y _____ E-mail Address _____

Number of Registrations: _____ X\$ 20 or \$ 25 (see Above) \$ _____

Newcomer Donation: \$ _____

Total Amount: \$ _____

Print and Mail To: TWGNA 1, PO BOX 222, Hopkinsville KY



Miracles seemed unlikely or impossible in ordinary times. An addict seeking recovery finds the only meeting in town. A member who really needs a job, tries one more time, and gets it. Large and small miracles seem to take place orderly among members who are active in recovery and working their steps. Like so many other things in life, we get more out when we put more in.

By "The Way of Life", Chapter 24



We look forward to seeing you in November!

Thank You!



GIRCNA XXII

November 9-11, 2018

"The real miracle happens when you realize that the need for drugs has in some way been lifted from you. You have stopped using and have started to live".

Basic Text Pg. 54





VENUE INFORMATION

The Convention will be held at the Four Points by Sheraton, Fairview Heights, IL

Conveniently located near major interstate and area restaurants and shopping. Amenities include indoor heated pool, exercise room and dining room near the lobby area. Hot breakfast @ \$9.00 per person, however if you are a guest of the hotel, you will receive \$5.00 off. A limited menu will be made available for lunch and dinner.

Special rate of \$109.00 per night

Make your hotel reservations for GIRCNA by clicking to: <https://www.starwoodmeeting.com/Book/GIRCNA>

Reserve rooms by 10/9/18 to room availability and prices are not guaranteed after that date.

Four Points by Sheraton
313 Fountain Parkway
Fairview Heights, IL 62208
(618) 627-9500

GIRCNA XXII REGISTRATION

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Area: _____

Clean date: _____

Tickets: _____ X \$20 = \$ _____

Postmarked by 7/31/18
After 7/31/18 & On-site registration: \$25.00

Comedian (Saturday) _____ X \$10 = \$ _____

Knit Cap/Scarf _____ X \$30 = \$ _____

Total enclosed: \$ _____

Newcomer donation: \$ _____

Would you like to (please check):

Be a Main Speaker? _____ (5 years clean)

Be a Workshop Speaker? _____ (2 years clean)

Chair a Workshop meeting? _____ (1 year clean)

Submit speaker recordings by May 31, 2018

Check or money order payable to GIRCNA XXII

Mail to:

GIRCNA 2018

P.O. Box 112

Troy, IL 62294

Website: centralillinoisna.org/gircna

CONVENTION INFORMATION

Greater Illinois Region Convention of Narcotics Anonymous

The money generated from your registration is used to pay for Convention expenses such as transportation of our main speakers, meeting rooms, entertainment, merchandise, registration flyers and packets. We hope that once you understand that the fees collected from your registration make this and future conventions possible, you will support GIRCNA by registering. It is the support of each member's registration that helps make our Convention a success.

- Chair: Tony H. 618.698.1684
- Vice-Chair: Brenda M. 217.218.3847
- Treasurer: Don W. 618.791.6032
- Secretary: Tammy M. 618.696.2578
- Registration: Ron D. 314.304.0913
- Programming: Kathleen M. 618.917.4209
- Merchandising: Amelia H. 618.257.9762
- Entertainment: Alida B. 618.823.8892
- Hospitality: Alan M. 618.917.4208
- Arts & Graphics: Tammy M. 618.696.2578

Please contact any of us if you have any questions or need additional information.



HAPPEN

GIRCNA XXII
Metro-East Area
November 9-11, 2018

Building Strong Home Groups Worksheet

This worksheet is meant to help NA members strengthen their home groups. Use it in your group business meetings to find ways to grow and improve. The idea of longer business meetings isn't always appealing. If needed, the group can schedule an extra business meeting or have a get-together on a separate day. In a spirit of giving, a little extra time goes a long way to strengthen the group so it can better carry the message. To make the process quick and smooth, hand out copies of this sheet in advance and try to get as many group members as possible involved. The worksheet includes a list of home group qualities in three categories on the back of this page.

① Identify Areas for Group Improvement

For each category (*see list on the back of this page*), members can choose one or two items the group can improve, before or during the business meeting. Compare lists or vote. Address the top issues, one at a time.

② State the Issues

The group should briefly discuss what needs to be improved in each area they chose, one at a time. Remember, keep it simple! Don't get too wrapped in the problem; move into the solution.

③ Brainstorm Solutions

As a group, discuss solution ideas. Remember, there are no bad ideas and there is no need to debate. One idea that won't work might lead to another that will. Focus on ways to make progress; don't worry about being perfect. Small improvements are better than no improvements.

④ Choose the Solutions

Choose the ideas that most members agree on. If needed, this can be done by a simple vote.

⑤ Make Decision(s)

From the brainstorming, look for simple, practical actions the group can take to implement the solutions. Be specific about *who* will carry out the action, and *how* it should be done.

Example

Area for improvement: Practices – Public Relations

The issue: meeting facility complains about noise and mess after our meetings, and they never know who to talk to about the problem.

Brainstorming/choosing the solutions (votes):

- let people know about noise (2)
- announce in meeting format (5)
- also mention trash/cig butts (3)
- have someone stay to clean up (5)
- give the facility phone numbers (4)
- have someone check in monthly (5)

Decisions:

- Add statement to meeting format about keeping noise and mess down.
- Group secretary will give facility our contact info and check in monthly.
- Get a "clean-up" person each month to make sure we don't leave a mess.

Principles demonstrated by the group and its members

Ideals

- Consistency and Commitment – People can count on our meeting and trusted servants.
- Spirit of Service – Members serve willingly with gratitude for NA.
- Benefits of Service – Trusted servants demonstrate growth that comes with service.
- Principles in Action – Members live NA principles and share about them in our meetings.
- Positive Perspective – The group and members dream big and share our successes.
- Intimacy and a Sense of Home – We help all members feel like a part of the fellowship.
- Other _____

How strong home groups operate

Practices

- Safe and Positive Environment – Our format keeps us focused on recovery.
- Teaching Principles – The group discusses the steps, traditions, and literature.
- Self-Support – Members give time and resources freely to support the message.
- Good Public Relations – Our group reflects well on NA as a whole.
- Encourage Diversity – The meeting reaches all newcomers and welcomes them home.
- Nurture All Members – Group members are supportive and challenge each other to grow.
- Other _____

How a group interacts with NA and the community

Roles

- Evolves with Members – Members' personal growth strengthens the group.
- Establishes a Network – Our group puts newcomers in touch with experienced members.
- Gateway to Service – Members introduce newcomers into group service, then beyond.
- Model of Service – Our group prepares trusted servants to work well at other levels.
- Unity and Credibility – We work with other groups and ASC in a spirit of cooperation.
- Positive Message – Group members are an example of NA changing lives for the better.
- Other _____

Group Notes (use extra paper if necessary)

- ① Area for improvement _____
- ② The issue _____

- ③ Brainstorming _____

- ④ Choosing the solutions _____

- ⑤ Decisions _____

Worksheet can be copied or downloaded from http://www.na.org/discussion_boards.htm