

Ozark Area Service Committee of Narcotics Anonymous: May 21st, 2023 Business Meeting

Called to order at 3:00 pm. Opened with Serenity Prayer. 12 & 12 read. Minutes from last month approved.

ROLL CALL:

Administration Committee:

- Chair: Amee - ABSENT
- Vice Chair: Shelie - present
- Secretary: Amanda – present
- Treasurer: Karen – ABSENT
- RCM: Brent S - present
- RCM ALT: Don C - ABSENT

Sub Committees: *Please announce date/time/location for next meeting even if at ASC location*

- AASC Chair: Donnie - present
- H&I Chair: Ginette - ABSENT
- PR Chair: vacant
- Website Coordinator: Matt L. – ABSENT
- Newsletter: Rufus P – present

Groups: * - *Group is currently inactive- if present will sit out votes in this meeting but become active next meeting if present*

- 5th Tradition (Joplin) ABSENT
- A New Way (Neosho)- ABSENT
- Breaking the Cycle (Nevada) PRESENT
- But Do It (Joplin) PRESENT
- Clean & Serene (Galena) PRESENT
- Just For Today- (Webb City) PRESENT
- Living Clean (Pittsburg) PRESENT
- No Matter What (Miami) ABSENT – no vote until attend 2 consecutive meetings
- Spiritual Principles (Joplin) PRESENT
- Straightline (Grove, OK) ABSENT
- Stray Katz (Joplin) PRESENT – no vote until attend 2 consecutive meetings. Vote in June
- Survivors (Joplin) PRESENT
- Traditional Recovery (Eldorado Springs) PRESENT
- Under Grace (Carthage) * (inactive) ABSENT
- We Do Recover (Joplin) PRESENT

REPORTS:

Treasurer's report attached.

RCM: Hello Area, my name is Brent RCM for Ozark Area. Don't have anything to report at this time. I want to stay RCM for the next term (resume is included). But if I cannot be RCM I would want to say thank you for the letting me be of service. In Loving Service, Brent.

AASC: Hello Ozark Area, Turn out for the birthday bash was awesome. Jimmy did a great job with the food. We had just a little bit of potato and mac salad. Brian nailed it at the grocery store. Luann and pam did an amazing job explaining a lot of the history of Ozark Area. The birthday party was a huge success. More will be revealed. Thanks, Donnie L.

H & I: I'm Jimmie and I an addict. I served as chair for H & I, we talked about the old business and we talked about Grand Falls wanted us to come in. We tabled it until next month. We talked about Jasper County going back to Thursdays. We voted yes on having a female Jasper liaison.

Alt RCM: ABSENT – NO REPORT SENT IN

Newsletter: Verbal report. Rufus is looking for assistance if you are interested in helping with the newsletter. GSR's - please contact Rufus with group clean time anniversaries. Any suggestions please let Rufus know ozarkarea@gmail.com.

Website Coordinator: absent - No report - Please send area flyers in separate PDF's so he can post on our area website.

GROUP REPORTS:

5th Tradition – absent

A New Way – absent

Breaking The Cycle – Hello Ozark Area, this is Eric the GSR from Breaking the Cycle in Nevada. We meet every Friday at 6 at 301 S. Pine and no donation at this time.

But Do It – Hello Ozark area, my name is Dennis and I am addict serving as GSR for the But do it group of Narcotics Anonymous. We meet every Wednesday at 6:30 pm at 414 Virginia. All of our meetings are open nonsmoking ,non-vaping. The second Wednesday is our book study, the last Wednesday is our birthday meeting, and our business meeting is the Wednesday before area. This month we are celebrating 1 birthday, Rick B with 31 years. We have a area donation of \$10. In loving service Dennis D.

Clean & Serene –Hello Ozark Area, I am Kyle B., an addict serving as GSR alternate for Clean and Serene group of Narcotics Anonymous in Galena KS. We have open, non-smoking, non-vaping meetings on Wednesdays and Fridays at 6 pm in the community room at city hall located at 211 W. 7th St. Our business meeting is the first Wednesday of the month and birthday/speaker meeting is the last Wednesday of the month. This month we celebrate 3 birthdays – Heather L. with 3 years, Danielle L. with 2 years and Brittany with 2 years. We have no donation at this time. In loving service, Kyle.

Just For Today – Hello Ozark Area, my name is Ameer, an addict serving as GSR for the Just For Today group of NA. We meet at 24706 St. Hwy 171, Webb City, MO (meeting hall at House Inc.) We meet on Thursday at 8:00 pm except the 3rd Thursday of the month. Our business meeting is the 2nd Thursday of the month at 7pm at the same address, back office. We have several service positions available and always looking for home group members. Come be a part of! We celebrate clean time birthdays on the last Thursday of the month with cake and medallions. This month we are celebrating Steve D. with 28 years, Mark D. with 2 years and Lonzie J. with 1 year. We had an amazing turn out at our Day After Fiesta! Thank you all who were able to come out and support our little group. We felt the love of the fellowship for sure! More will be revealed. We have a \$50 donation this month. loving service. Ameer A.

Living Clean – We have 2 different locations for meetings. Tuesday, Wednesday, and Saturday at 3111 N. Michigan and Thursday and Friday at Homer Cole 3003 N. Joplin St. All meetings start at 6:30pm. June 23rd will move to Oak Center. We are averaging 15-20 people a meeting. We have no issues at this time. We have a \$20 donation to area at this time. In loving service, Mo K.

No Matter What – ABSENT

Spiritual Principles – Spiritual Principles group meets every Sunday at 9:30am at 1800 E. 30th St. Joplin, MO. Our attendance averages at about 25. This month we have 2 birthdays, Zach H. with 9 years and Steve D. with 28 years clean. We celebrate the last Sunday of the month. Spiritual Principles had its Carrying the Message by the Creek campout on May 6th. 61 people signed in with a total of 336 years clean. We had a good time with fun and fellowship and food. Pam M. Brian D. alternate GSR

StraightLine - absent

Stray Katz – Hi, my name is Steven, I'm the alternate GSR for Stray Katz. We hold 2 meetings a week. Monday at 6pm and Saturday at 6pm at 10th and Oronogo St. in Webb City. We have book study on Mondays, Speaker meetings on the 3rd Saturday of the month and birthday night on the 4th Saturday of the month. We have a \$20 donation at this time. In loving service, Steven W.

Survivors – Hello Ozark ASC. Survivors home group meets every Monday, Tuesday and Saturday at noon and Friday at 6:30pm. All are open meetings. We currently have 11 home group members. We celebrate clean anniversaries the last Saturday of the month. We had no anniversaries in April. I am passing GSR to Zach M. his first ASC will be next month. Please add his email to the list for the minutes. atticus0@live.com We have a \$20 donation for ASC. Grateful in service, Teresa F.

Traditional Recovery – Hello Ozark Area, I'm Jimmie and I'm an addict serving as GSR for the Traditional Recovery group of El Dorado Springs. We meet at 300 S. Main. We meet every Wednesday and Sunday at 7pm and Sundays we have a dinner at 6:15. Every other Wednesday is candle light. Thank you for letting us host area, Jimmie.

We Do Recover – Hello Ozark Area, my name is Rufus, I am an addict serving as GSR for We Do Recover. We hold 15 meetings per week at 829 Main Street in Joplin. The 2nd Friday of the month is our speaker

meeting and the last Friday of the month is our birthday meeting. We have an event planned for June 17th. Its an ice cream recovery jam with Dan H. speaking. More will be revealed. Meeting attendance has been strong with many newcomers showing up weekly. Birthdays this month include: Monisha with 2 years, Dan H. with 6 years, Richard with 6 years, Chris B. with 3 years, Shelby P. with 3 years. In loving service, Rufus.

SHARING SESSION:

- Tina P. is stepping down as the Regional secretary and the position is open in July. Please submit if interested. Contact Tina with any questions.
- June area will be hosted by the Living Clean group in Pittsburg, KS
- Jocelyn brought flyers for WSR – Writing Steps in Recovery – flyer is attached.
- Mark apologized for his behavior at the April area meeting and stated that H & I approved his gas reimbursement for travels to Regional meeting and requested to be reimbursed today. Check was written today.
- Including the Reaching out pamphlet attached.
- Contact Rufus if you are interested in doing Hug Patrol at the High On Life Picnic in July.
- Please send group flyers separately to website coordinator in pdf format so he can post on our website.

OLD BUSINESS

- **OASC Guideline motion – PASSED**
- **OASC Donation motion - PASSED**

NEW BUSINESS

- **Brent RCM resume as follows:** My clean date is 06/10/17. I will have 6 years. I've got a sponsor and have work the step with him. I've been GSR for my home group for 2 years. I was ARCM for 1 year and was RCM for 1 year. I still chair 2 groups out of 4 meetings for Survivors.
- **Ginette RCM (resume attached to May minutes)**
- **Mike W H & I Chair (resume attached to May minutes)**
- **Regional resumes (these were attached to May minutes)**

Next area:

06/25/2023

@ 3pm Hosted by Living Clean @ 3111 N. Michigan Pittsburg, KS (Oak Center)

H & I @ 1 - AASC @ 2 - OASC @ 3

Motion to Close.

Amanda D.- 417-438-6364 amandadoubet@gmail.com

Information your group may need to know:

- **AREA GUIDELINES**- If your group does not have a copy, please tell the secretary or chair and we will make sure you get one emailed to you. We will have a printed copy at each area. These are also available on our website: ozarkasc.com
- **Active** means you have been at 2 consecutive Area Business meetings.
- **Inactive** means you have missed 2 consecutive Area Business meetings. If you are inactive then your group will sit out of voting for ONE Area meeting, then the NEXT area meeting (in a row) your group is eligible to vote.
 - If you MISS the next area meeting, you are again inactive and must sit out another area business meeting.
 - Voting privileges are regained at the *second consecutive area business* meeting your group is represented at.
- **GSR responsibilities** are to attend area business meetings, the GSR alternate should also attend to learn the process. The GSR Alternate may represent the group in the absence of the GSR at the Area business meeting.
 - If a GSR and GSR Alternate are not available to attend an area business meeting, any trusted servant may be sent by the group to represent them at the area, bringing the group information and *returning with area information for the group*.
- **Any member of Narcotics Anonymous may make a motion** at the Area Business meeting, however a GSR *must second* the motion in order for it to be considered for a vote. If it is not seconded by a GSR the chair will call it “dead for lack of second”. This does not mean it cannot be resubmitted, it just means that it didn’t get the second that it needed to be considered for a vote by the area.
- **Review or make available** the entire minutes that you receive each month with your home group, make sure there isn’t anything missing in your information exchange to the area and from the area. If you have questions about the minutes, ask the secretary, chair or vice-chair, they will be happy to help you!

OASC TREASURER REPORT**5/21/2023**

Beginning Bank Balance		\$ 3,084.40
Donations:		
5th Tradition (Joplin)	\$ 35.00	
But Do it (Joplin)	\$ 11.00	
Breaking the Cycle (Nevada)	\$ -	
Clean and Serene (Galena)	\$ -	
Just for Today (Webb City)	\$ 30.00	
Living Clean (Pittsburg)	\$ 25.00	
New Way Group (Neosho)	\$ -	
No Matter What (Miami)	\$ -	
Spiritual Principles (Joplin)	\$ -	
Straight Line (Grove)	\$ 20.00	
Stray Katz (Joplin)	\$ -	
Survivors (Joplin)	\$ 20.00	
Traditional Recovery (El Dorado Springs)	\$ 10.00	
Under Grace (Carthage)	\$ -	
We Do Recover (Joplin)	\$ -	
Regional donation for hosting	\$ 26.00	
H&I Speaker Jam proceeds	\$ 207.00	
Total Donations:		\$ 384.00
Adjusted Balance:		\$ 3,468.40
Expenses:		
Check 1057 - Melissa W, gas for regional	\$ 103.00	
Check 1058 - Con C, gas for regional	\$ 132.03	
Check 1059 - We Do meeting rent	\$ 15.00	
Check 1060 - Alison C, gas for regional	\$ 70.17	
Check 1061 - Alison C, gas for regional	\$ 54.08	
Gas for Regional - Ginette (from proceeds	\$ 107.68	
(Check 1036 for Regional still not cleared \$200.00)		
Total Expenses:		\$ 374.28
New Balance OASC:		\$ 3,094.12

AASC TREASURER REPORT**5/21/2023**

Beginning Bank Balance		\$ 4,534.45
Deposits:		
Deposit 4-26-22 Merchandise & 4-registrations	\$ 475.00	
Total Deposits:		\$ 475.00
Adjusted Balance:		
Expenses:		\$ 5,009.45
Cutting Loose - Purchase t shirts and banner	\$ 397.09	
Cramers - picnic supplies	\$ 96.76	
Cash Saver - picnic supplies (\$83.65+\$12.72+20.29)	\$ 116.66	
Walmart - picnic supplies	\$ 44.81	
Flowers Bakery - picnic supplies	\$ 18.55	
	\$ -	
Total Expenses:		\$ 673.87
New Balance AASC:		\$ 4,335.58

Why be a step guide?

- A simple, no hassle way to do service work from your home.
- Done anonymously with a pen name.
- Requires only a minimal amount of time to write at your convenience.
- Easy way to share and give back what NA has given to you with an addict seeking recovery.
- A great way to do 12th step work from your home.

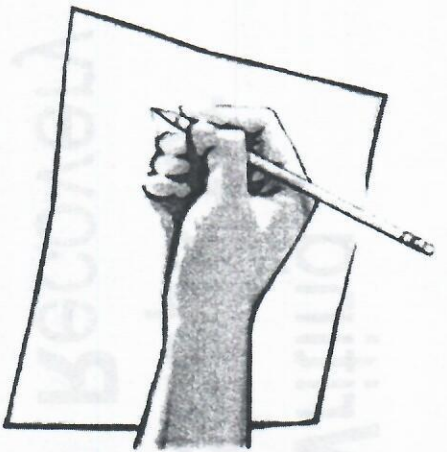
Contact Info:

Writing Steps for Recovery
Show-Me Region of NA
PO Box 8006
Columbia, MO 65205
wsrshowmeregion@gmail.com

Writing Steps for Recovery



A Show-Me Region
Subcommittee that gives
recovering addicts an easy and
wonderful 12th step opportunity to
help incarcerated addicts work
the 12 steps of Narcotics
Anonymous



Who can be a step guide?

- Any willing recovering addict in Narcotics Anonymous, male or female
- A minimum of 2 years clean
- Who have worked through the first 5 steps with a sponsor

Please note all correspondence is confidential and adheres to rules and regulations of the facilities the letters are received from. Only inmates incarcerated for 6 months or more will be assigned a step guide.

How to get involved/ oriented to the limitations and guidelines of the committee

- Contact your Area WSR Liaison, or if your Area does not have one, contact your Area's RCM (regional committee member).
- Email a WSR Committee member
- Attend the Regional WSR Committee Meeting

In addition to being a step guide, you can also become involved at the WSR Regional Subcommittee Meeting. No clean time requirement to attend.

When is Region you ask?

- Quarterly (January, April, July, and October).
- Subcommittee meets at 1:00pm on Saturday.
- Check with your RCM for date and location.

Writing Steps for Recovery
Show-Me Region of NA
PO Box 8006
Columbia, MO 65205
wsrshowmregion@gmail.com



**Narcotics Anonymous
World Services, Inc.**

PO Box 9999
Van Nuys, CA 91409 USA
Phone (818) 773-9999
Fax (818) 700-0700
www.na.org

January 2023

Dear Area Service Committees,

Hello from NA World Services!

We are grateful to be providing you, once again, with *Reaching Out*, our quarterly newsletter to help incarcerated addicts connect to the NA program. Enclosed please find four copies. We send these, free of charge, to all registered area service bodies in support of your service efforts. Please consider including a copy of *Reaching Out* with other NA literature used by H&I panels that currently provide meetings for incarcerated addicts, particularly those who may be in county jails and treatment centers.

Areas that wish to continue receiving free copies must complete the form posted at www.na.org/reachingout. You will also find issues of *Reaching Out* posted in a printer-friendly format on that page, in case you would prefer to print locally.

Reaching Out is available in single or bulk subscriptions. A subscription form is available on the back cover of the newsletter. In addition, service bodies or individuals can purchase a 20-copy subscription. *Reaching Out* can be a great resource for criminal justice professionals to illustrate the effectiveness of NA.

Again, we hope your H&I committee will find this resource useful, and we look forward to any submissions; we need art and letters from the outside. They can be sent to: *Reaching Out* at the address above or can be emailed to us at HandI@na.org. Thank you for your service, and we wish you well in all of your efforts to carry the NA message.

Warm regards,

NA World Services

Enc.

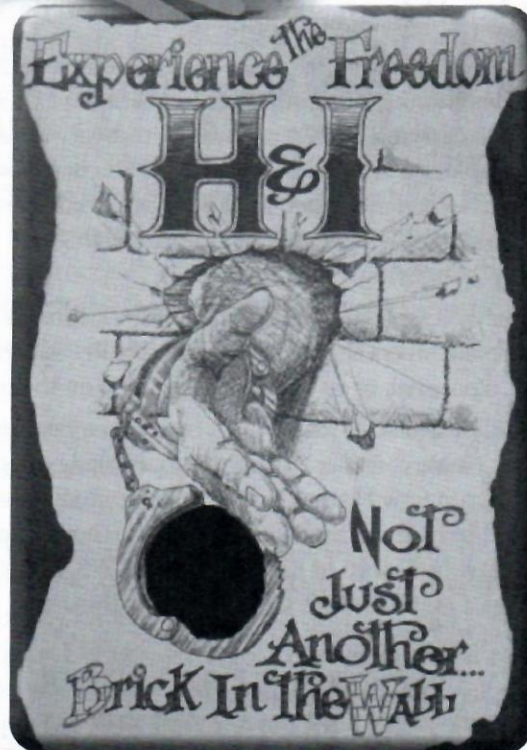
SUBSCRIPTION REQUIRED

If you would like to continue receiving this quarterly newsletter, please complete ASC form @ www.na.org/reachingout to signup for future mailings, or email H&I@na.org by end of February 2023.

Failure to re-subscribe would result in no further copies being sent to you.

Reaching Out

January 2023



Welcome	2
From the Inside	3
From the Outside	4
Transitioning	5
Order Form	8

*“Yes, we are a vision of hope.
We are examples of the program working.
The joy that we have in living clean
is an attraction to the addict
who still suffers.”*

Basic Text, “How It Works”

From the Editor

We would like to welcome all of you to the NA World Services newsletter, *Reaching Out*. We hope that the contents of this newsletter will assist you in your recovery or H&I efforts. There are three sections to *Reaching Out*. The first section, "From the Inside," is filled with letters from incarcerated addicts, sharing their experience, strength, and hope as they find and maintain recovery from addiction through NA.

The second section, "From the Outside," is an opportunity for Hospitals & Institutions subcommittees to offer their experiences obtained through carrying the NA message of recovery to addicts who are unable to attend regular meetings. You may also find personal experience from those members who heard the NA message on the inside and are now living and enjoying life on the outside.

The third and newest section, "Transitioning from the Inside to the Outside," features members sharing about successfully transitioning from treatment, a hospital, or an institution to living on the outside. We encourage submissions for *Reaching Out* from members and H&I subcommittees. Please consider that we are more likely to publish articles that focus on how NA has helped an individual to recover while incarcerated rather than those that concentrate on the horrors of drug use. Send all submissions to *Reaching Out*; NAWS, PO Box 9999; Van Nuys, CA 91409-9999; USA, or to fsmail@na.org.

GET INVOLVED AND HELP US CARRY OUT OUR FELLOWSHIP'S PRIMARY PURPOSE!!

Our planned publication deadlines are as follows:

Issue	Deadline
April 2023	15 January 2023
July 2023	15 April 2023
October 2023	15 July 2023

And finally, did you know that electronic subscriptions to *Reaching Out* are free? New issues will be emailed to you four times a year. To sign up, visit www.na.org/reachingout.

From the Inside

Dear Reaching Out,

I was on the run when I first went to NA meetings. I decided to turn myself in because I realized I needed to commit and make a change in my life. By turning myself in, I surrendered to recovery and became willing to learn from my past and began to work an honest program of recovery.

I am currently serving a sentence in a state prison. I am working the Steps and attending NA meetings here in prison. As a result, I believe my time here is not being wasted. In prison my program of recovery continues, and I look forward to a life without active addiction, a life that's worth living. I am thankful to the NA program and living One Day at a Time.

RS, Arizona

Dear Reaching Out,

Today I want to share a principle that motivates me every day. This principle is Steadfastness. Steadfastness means to keep trying to do our best.

Each day I wake, I try to do my very best to reach out to as many people as I can and share the message of recovery, no matter what addiction they may suffer from. My daily message of hope and freedom from active addiction helps keep me clean. Yes, some are stubborn, but I never give up on them.

My daily effort is all about Tradition One and the unity of the NA members. I live each day never giving up hope that anyone can recover.

EC, California

Dear Reaching Out,

I am an addict named DR and I am finally out. I was in a meeting within hours on the night I got out, and have been to one every day since. Readjusting to the free world was difficult for several days, and I had my fair share of panic attacks, but I got through them.

I was locked up with a woman who had gotten out a couple of days after me. We ran into each other at the parole office. I was privileged to take her to her first meeting. The message was carried out, one more time. Thank you for the hope you brought me while I was incarcerated. Keep doing the good work. Free on the outside.

DR-L, California

Many NA members, groups, and communities design recovery-oriented H&I T-shirts. We believe that carrying the NA message of recovery is a creative act and art.

*Please share your H&I T-shirt pictures with us! We would like to showcase your art. **HandI@na.org***



Dear Reaching Out,

Right at the beginning of the COVID-19 pandemic I was found suitable and released after a 23-year term that I didn't see myself coming home from.

At a time when one would be filled with joy, elation, and adventure, not to mention relief, I didn't have those feelings as much as I would have thought or wanted. My mind was filled with fear, uncertainty, and confusion.

Two officers drove me to the train station, bought me a ticket, and said here you go, good luck. It turned out my housing had changed, so I worked my way around town to three different locations before arriving at the correct one. I had a panic attack because of the crowds at the Walmart; I was overwhelmed. Being an addict from a very young age, I had tendencies in moments like these that I didn't want to visit.

As I have been told, when in doubt, hit a meeting. But how? Everything was shut down and I didn't know anyone outside, so I reached out to those I knew from my Friday meetings inside. They gave me hope because they created a Zoom meeting to help me and others who were getting out.

It's been a tough two and a half years since then, but I can say one of the highlights has been this program of NA. By working the Steps and being consistent with our Free Birds meeting, I have overcome times of struggle and uncertainty. Through honesty and forgiveness, I have rebuilt relationships with my family, all while rebuilding myself. Today I am a man with a career and his own car, in a solid relationship, and recently released from parole. Yeah, me. And while I have it all right now, I know at any moment it could all crumble if I didn't have this program and the Fellowship of Narcotics Anonymous.

PV, California

CALLING ALL H&I MEMBERS!

Please submit your story to the quarterly NA newsletter, *Reaching Out*. We are looking for recovering addicts, like you, to share their experience of finding recovery behind the walls and maintaining it on the outside. Your story carries a powerful message of hope for the incarcerated addict! Thank you.

Please send your story to:

Narcotics Anonymous World Services;
PO Box 9999; Van Nuys, CA 91409,
or to Handl@na.org.



Transitioning from the Inside to the Outside

Whether you left from a treatment center, jail, prison, hospital, or institution, you are moved from the "inside" to the "outside" to be drug-free, productive members of society. We think your experience may be invaluable to others as they embark upon their transition.

We are offering questions to help stimulate your thinking so that you may want to share your experience with us; we will publish your article in *Reaching Out* to help others.

1. What did you do on the first day of your release/discharge?
2. What steps did you take to help your recovery in the community? Do you think the transition steps are the same for addicts who are being released after 30 days or ten years?
3. What are some of the challenges you encountered when you reentered the community?
4. How did NA help you with information so that you were able to attend a meeting upon release/discharge?
5. How do you think NA may have been better able to help you in your transition, and do you have any suggestions to offer so NA may be better able to help others as they transition?

We look forward to reading your experience and providing this information to others. Thank you for helping us assist others in their transition.



"When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions, or death—or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual—not religious—program, known as Narcotics Anonymous."

Narcotics Anonymous, "We Do Recover"

Order Form

Reaching Out is a quarterly, recovery-oriented newsletter made available free of charge to incarcerated addicts through Narcotics Anonymous World Services. If you will be incarcerated for at least six more months and would like a free subscription to *Reaching Out*, complete and return the following form.

Reaching Out is also available in a printer-ready format, for free download at www.na.org/reachingout

Reaching Out is also available by a 20-copy bulk subscription at a cost of \$38.05 annually. If you are interested in purchasing a bulk subscription, please complete the following form and return it along with a check or money order.

- I am an incarcerated addict (and will be for at least six more months) and want a free subscription to *Reaching Out*.
- I want to purchase _____ 20-copy bulk subscriptions of *Reaching Out* @ \$38.05 each, total \$ _____.

Name _____

Identification Number _____

Facility Name _____

Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Reaching Out

c/o NA World Services, Inc. Ⓞ PO Box 9999 Ⓞ Van Nuys, CA 91409 Ⓞ USA

www.na.org/reachingout

ATTENTION INMATES

If you are relocating and your mailing address changes while you are incarcerated, please update your new address with us so that we can maintain your subscription to *Reaching Out*.