

**Minutes from the
NAWS H&I Web Meeting
12 February 2015, 3:00-4:30 PM PST**



NAWS staff facilitating:

Jane Nickels (jane@na.org) - Public Relations Manager
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Participants:

- **Chuck K** (chuck.norvakellens@gmail.com) CARNA H&I Chair - Central Atlantic Region
- **Nicole C** (krayon22@yahoo.com) H&I Chair - HOI/GIRSCNA
- **Nixsy** (h_and_i@mail.com) H&I Chair - English Area / Quebec Region
- **Colin C** (doper@sbcglobal.net) - H&I Chair - Greater Hollywood Area/SoCal Region
- **Jerome P** (finance007@aol.com) H&I CDCR Liaison - Nor Cal Region/Sonoma
- **Mark J** (markj@na.org.za) Regional H&I Chair - Johannesburg South Africa
- **Bill F** (bill@wgfritzconstruction.com) H&I Chair - Greater San Jose Area / Nor Cal Region

Ice Breaker

It's a New Year – what are some of your H&I “resolutions”?

- **Chuck K:** Our H&I new year resolutions: 1. Gain support for new programs that we are trying to get up and running, Inmate Step Writing and A weekly live stream meeting to facilities region wide. 2. Go to as many regional events as possible to get this support. 3. Get accurate records of H&I commitments within the region. 4. Start an H&I summit with all of the area H&I chairs. (Done :)
- **Nicole C:** I am very new in taking over as H&I chair for the Heart of Illinois. Some of my resolutions for our area is to get some consistency in form of the formats for H&I meetings are run at the different facilities. As well as having info available for H&I "do's and don'ts" for members who may want to get involved. (Done)
- **Nixsy:** Trouble shooting - how to meet the needs of facilities that do not currently have a meeting established yet trusted servants have gone down in number. We are seeking to hold a learning day but the last one was properly attended. Currently I brought our H&I budget to the area table but it was reduced a fair bit (we often over budget). The project on the table right now is a call out for members to create a design to represent our H&I EANA service (English Area of NA) and will be pre-selling tickets for T-shirts. We are also looking to manage a Bridge the Gap service. We recently sought permission and were approved by the prison.
- **Colin C:** In our area we have just filled all of our panels for the first time in roughly two years. We have started a campaign to spark interest in the fellowship beginning with having volunteers go to the local conventions and Area events with speaker sign-up sheets and try to generate interest among those who are unfamiliar with H&I service.

- **Jerome P:** Mine are personal we have none as a region or on our local subcommittee. Of course we have projects and goals. For me it is to volunteer less volunteer smart, get a thicker skin, argue less and get more folks cleared at jail and in prisons. (Done)
- **Nixsy:** Speaker sign-up sheets!!! Great idea!
- **Colin C:** We are also hosting the regional H&I learning day and in our speaker slot we have asked a representative from Northern California H&I to come and share. All expenses NOT paid.
- **Mark J:** On improving service with ongoing collaboration ... Er ... ongoing collaboration with whom? We collaborate with PI on a small scale. More in some areas than in others. There's a lot of H&I experience in PI in some areas and H&I draws on that experience. In Areas where H&I is strong collaboration with PI is limited to PI breaking ground with some facilities and H&I establishing and maintaining meetings thereafter. Area collaboration with Region is strong with Region supporting Areas financially where Areas are cash strapped and running Regional projects. Region holds workshops in each Area on a regular basis and shares Area experience throughout the Region.
- **Jerome P:** As a Region our Big Goal is all State Prisons and County Jails on the Unity Day Call (done)
- **Mark J:** On Resolutions: We set a great growth trajectory last year in all four Areas. In a couple of areas, like Johannesburg prisons where we grew fourfold, it's not possible to sustain that growth so we would like to consolidate. In other areas we will continue to grow this year. (done)
- **Colin C:** To actually address the idea of a 'resolution' I suppose that we have resolved to inspire as many new participants to get involved and help to carry the message to the still suffering addict as H&I folks do...
- **Mark J:** Colin or Nixsy ... what's a speaker signup sheet?

Topic 1

How to make H&I workshops more attractive? The desired outcome is to attract more members, including females.

- **Chuck K:** One way to make the workshops more attractive is to share experiences of H&I service that have had an impact on our lives. I Also we need to make them fun, involving fellowship activities with H&I information can be a great way to get more people to attend. I love H&I service, I love talking about it, I love debating policy issues, I love coming up with creative ways to get the message to more addicts but a lot of times i forget what it was like to go to my first H&I event and being totally oblivious to what was going on. So I strive to make these events relatable for as many people as possible. (done)
- **Colin C:** Even though I mentioned that our area is hosting an H&I "Learning Day", experience has shown that using that particular title for an event does not excite people. SFV area is having an H&I social (whatever that is) but it at least sounds a little more fun.
- **Nixsy:** Over planning can be as big a problem as under planning. The last learning day was maybe too over planned and didn't meet the needs of the event itself. I would like our subcommittee to be present at more NA events in the area...that would definitely require planning and collaboration with the activities subcommittee, etc. It'd be cool to have a booth or some kind of display to attract people to learn more ...but as of yet we do not have anything like that nor the space to store it in (though not impossible).

- **Chuck K:** Are they having ice cream?
- **Nicole C:** Are a workshop and learning day the same?
- **Bill F:** We have an H&I BBQ every year that allows anyone to attend and get information on the H&I Subcommittee.
- **Chuck K:** Bill when is the BBQ? I'm there!
- **Nixsy:** An H&I social does sound more fun....lol.
- **Colin C:** Perhaps acting "as-if" like the literature says, if we make H&I look attractive we will then attract more participants. (done)
- **Jerome P:** I'm off line for them minute skip me. (done)
- **Bill F:** We of course have a subcommittee every month and announce this at ASC and JAC each month. I think many are in fear really as getting 'cleared' for jails is difficult in GSJA.
- **Nixsy:** We talked about hosting a laser tag night and combining that with learning....but the cost was way too much.
- **Mark J:** We are keen to hear other people's suggestions and experience because this is a real problem for us. We get really small turnouts and our workshops are mostly attended by service stalwarts who don't need the workshops. The only thing that we have found which helps is to move the venue to make the workshops accessible to more (or different) members, encourage members to bring sponsees and most of all to feed the people! (done)
- **Bill F:** Every meeting I go to when asked if there are any NA related announcements I mention that H&I can always use members to share their ESH.
- **Nicole C:** If our area were to put on some sort of function for H&I (which is a phenomenal idea) where does the funding for that come from? Our area? Food is always a great incentive around here to get people to attend functions.
- **Mark J:** I like the idea of an H&I social and a barbeque ... we call that a braai here :) That's going into the next mail to the Area H&I Chairs.
- **Bill F:** We have guidelines that I can send if anyone is interested. We also have a WTSWI Program.
- **Chuck K:** Nicole C. - The money could come from the Area. You might be able to ask your Region to help. Or maybe you could raise funds.
- **Bill F:** Hi Colin :) !!
- **Colin C:** Hi Bill
- **Nixsy:** We used to have in the meeting formats 'a word about service' and sometimes specific to H&I. I recently brought up that people are not talking about H&I enough, that members are not aware of what H&I is about. I announced that we don't even have a meeting in a hospital as of yet!!! The need is so great, and service is so rewarding...it really doesn't make sense.
- **Nicole C:** Thank you, Chuck
- **Nixsy:** Nicole: we used the food angle...and it didn't help with the attendance :(
- **Chuck K:** We are doing one in my area next month and we are calling it a service learning day. People are groaning at that title as well.
- **Nicole C:** We have a good amount of women on our subcommittee, and they usually like buddying up for the meetings. Do you guys usually try to mix up men and women on panels?
- **Bill F:** The ASC will maintain line items in the total amount of \$1,600.00 for the funding of the annual H&I BBQ. The H&I BBQ will operate under an annual budget for each Fiscal Year, which has been approved at the GSJASC. The line item shall be replenished with revenues accrued from the sales of t-shirts and beverages. Donations for H&I will be collected at the BBQ Speaker meeting.
- **Colin C:** Service extravaganza!!! Fun Food Prizes! Don't miss out!

- **Jerome P:** sorry I have to log out. Have fun.
- **Chuck K:** I like that...but for some reason just the words service and workshops = boring...
- **Nixsy:** Our T-shirt idea (loooove the Reaching Out photos!) is for the winner to get a free t-shirt.
- **Colin C:** As ridiculous as it sounds , people respond that kind of stuff.
- **Nixsy:** lol, true
- **Bill F:** We don't do panels in GSJA. We have a meeting secretary that takes in different speakers (chairpersons) each week. We have about 21 active meetings we do weekly including recovery houses and jails.....
- **Chuck K:** True, maybe just call it NA Extravaganza and then have H&I activities.
- **Mark J:** This year our Johannesburg Area decided that Workshops have been so ineffective that we will have two H&I members do an H&I share at every meeting (we have 85 meetings in the Area) over the next six months.
- **Colin C:** We try to gauge our target audience, and then cater to that demographic. It sounds contrived and clinical but if the goal is to get new trusted servants to help carry the message, then as long as no one gets hurt everything is hunky dory
- **Bill F:** We had a Service Learning Day a few years ago with a dance at the end of the day. Speakers throughout the day and it had about 30 people all day and about 200 for the BBQ and dance.....
- **Nixsy:** Mark: wow.
- **Chuck K:** Same here Bill...everybody loves food and boogy! Mark that is a good idea.
- **Nixsy:** I am really impressed with going to the groups and talking. That is super cool. That was you can reach the whole fellowship. Amazing!!!
- **Bill F:** I periodically do San Quentin and sometimes there are about 100 guys. Sometimes in H Unit there are only 4 or 5. In County Jail we have "program dorms" which makes the meetings mandatory.
- **Chuck K:** My grand sponsor is the king of promoting whatever he is involved with service wise. He always says that going to as many meetings and sharing with as many people possible is the only way to drum up support.
- **Nicole C:** word
- **Nixsy:** :)

Topic 1 Summary - The following thoughts/questions were offered by NAWS:

Question: Has any service committee tried having a workshop on the culture of service and how we express our gratitude for being clean?

How about holding a "Gratitude Day"?

Topic 2

Project Based Service: how might that be beneficial to H&I?

- **Bill F:** OK, so what type of Project would we be thinking about??
- **Nixsy:** I can't think of much. Our PR subcommittee operates on that premise...but H&I provides an ongoing committed relationship with facilities.
- **Chuck K:** This is all we use at the region to manage our efforts. It helps to keep us organized and ensures we don't take too much on. It also helps us stay focused on tasks and things that need to get done when we meet so that discussions don't get too far off task. Basically it makes things much more efficient. Our Area currently uses project based service for most of their efforts as well. This helps to keep down on building committees that do something one time and then just take up space and budget. (Done)
- **Bill F:** Our H&I Subcommittee is always open to any suggestions. I brought up one about Adopting and Inmate Program from the Houston Area. Didn't get much traction. Give us an example of a Project that your Area took on.
- **Nicole C:** I'm a little slow, but what exactly is Project Based Service? Please bear with me.
- **Chuck K:** We put books in all of the public libraries and public schools in Virginia Beach. This effort didn't need a committee only a project team. Once it was done they were freed up for other service.
- **Nixsy:** I'm going a bit off-topic...we had a breach of anonymity at a facility where a worker reported the share of a resident at a treatment center and was threatened to be removed from the center because the share contained some reservations. We wrote a letter to let them know how this affects NA and to open dialogue with the facility. This creation of a letter was somewhat project based. Also, the Bridging the Gap is our next ad-hoc type of project based service.
- **Colin C:** So at our subcommittee meeting in January, we had a handful of attendees who just wanted to be involved (not necessarily to chair panels) We started a discussion about making T-Shirts, hosting an event, finding new and innovative ways to be involved with the H&I committee, outside of the traditional parameters. People like to help and the more people we can get to be of service, the more that service appears to be something people want to be a part of.
- **Chuck K:** We use it for events like the upcoming learning day. We had an NA History day that they used a project based system for.
- **Mark J:** Apart from the regular stuff - running meetings in rehabs and prisons the only projects we run are literature drives into targeted facilities and T shirt projects into the prisons. Projects tend to run out of Region with Areas handling most of the implementation. I'm not sure how to share on this one so just a few words on my pet project - We are currently running our second Regional Prison T shirt project. Promoting the meetings in the prisons is an issue so we figured we'd put posters on the "offenders" who attend the meetings regularly. We had really cool hard core T shirts made and sold them a premium. Every T shirt sold on the outside pays for two T shirts for two distributed in the prisons. The shirts attract attention and give the guys and girls on the inside an opportunity to carry the message and attract new members to the meetings. The project is self-funding and has been very successful.
- **Colin C:** Can we steal that idea?

- **Bill F:** We are having an NA History Day here as well, but it seems like Groups are more interested in Project Based planning and events, although Area has an events council.
- **Colin C:** Can we spell?
- **Bill F:** I need spellcheck.
- **Mark J:** Steel the T shirt idea Colin?
- **Colin C:** I meant me. Yes Mark. And Bill, I meant that I can't spell.
- **Bill F:** Mark, did you have to get approval from the facility?
- **Mark J:** It's free ... like the program :) I'll even send you the designs.
- **Nicole C:** That is awesome, Mark!!
- **Bill F:** I understand, but we can't take anything into the prisons or jails without approval which can take months and change with the changing admin or warden.
- **Chuck K:** At the regional level our 2 newest projects were: Setting up inmate step writing and set up a weekly live stream meeting to be joined by facilities throughout the Region. We have finished writing the policies and we are now in Phase 2 - Drumming up support :((this is the tuff part). But I am committed to using your suggestions to get this done.
- **Mark J:** Yeah I get that Bill. We have put a lot of work into relationships and have contracted with all of our facilities as a service provider but I know something about your challenges - we got a lot of help from you guys when we started out. We are really grateful for that.
- **Bill F:** I guess much of our H&I is Project Based. We have a Working the Steps with Inmates Program that used to take on anyone interested in participating. I have a sponosee in Grafton Prison in Ohio and a friend has one at Eddyville in Kentucky. Locally we have scaled it back because of lack of participation.
- **Nixsy:** Random idea....could there ever be a web based H&I meeting in prisons? Kind of like how World connected to prisons around the globe....this could potentially reduce the need for so many trusted servants.
- **Colin C:** You know Bill, maybe you could ask the guys in the prison to submit designs for T-Shirts and then the best ones get printed in the Reaching Out, so they could still kind of be participating in the activity. Just a thought.
- **Chuck K:** That's a great idea!
- **Mark J:** Our first T shirt was designed in the prison. We also get them to paint banners for auction at conventions to raise funds for H&I.
- **Chuck K:** Nixsy we are doing this in CARNA. Our next one is Wednesday at 8:00 p.m. EST. If you want to join us I can email you the details
- **Nixsy:** h_and_i@mail.com
- **Nicole C:** You guys are amazing.
- **Nixsy:** underscores
- **Colin C:** doper@sbcglobal.net
- **Bill F:** Great Idea Colin. I'll bring it up next month to see. Main issue is that locally the jail population is transitory, different than the prison population. Most jail inmates are here for 1 year.
- **Colin C:** 4 issues a year of Reaching Out.
- **Bill F:** bill@wgfritzconstruction.com
- **Bill F:** Yep and free for inmates.....

Saying Goodbye

- **Chuck K:** This is always inspiring and invigorating! Thanks everyone!
- **Colin C:** Who wants to come speak on my panel next Thursday?
- **Chuck K:** where is the specifics on the upcoming unity day. Call in number and such?
- **Mark J:** This has been an excellent meeting, some great take aways. Thanks everyone. It's 2:30am in the morning here and I have an early meeting so I am out of here! Thanks again. Hugs. Mark
- **Nicole C:** Thanks everyone!
- **Nixsy:** Stay clean!!! thank you all so much!!! Hugs!|
- **Bill F:** Thanks everyone.....Hugs to you all. Bill at Greater San Jose H&I.
- **Chuck K:** bye

Summary:

- Thank you to everyone who participated in this Webinar. We value your contributions and the time that you invest spreading the message of recovery.
- We are tentatively planning to hold our next H&I Webinar on Thursday May 21, 2015 at 3pm Pacific. We hope that you can join us. Announcements will be sent to confirm the date.
- Regarding the Unity Day Call for WCNA 36: some details have yet to be finalized, thus we do not have a letter with all of the details for your institutions. However, we can tell you that the Unity Day call will be on Sunday, June 15 2015 at either 1pm or 2pm Brazil time which translates to either 9am or 10am Pacific. You may share this information with your institutions so they may begin preparations for the call. We hope to have a formal letter and announcement soon.
- Please feel free to invite others that are interested in taking part in the next webinar to contact us at Handl@na.org and to request that they be added to our distribution list.
- Please let people know that we are looking for letters, artwork, and H&I committee t-shirt photos for the Reaching Out publication. These can be submitted to Handl@na.org.

****** Thanks again everyone. We look forward to seeing you at our next Webinar. ******