

3. European Service Learning Days

Praque 26.-28. April 2019



Rapport fra OI-forperson NA København

FRIDAY

- 09.00 - 10.30 Registration
- 10.15 - 10.30 Welcome to the ESL
- 10.30 - 12.00 **PI vs. PR Workshop**
- 12.00 - 12.30 Coffee Break
- 12.30 - 13.30 **PR - Sharing Best Practices**
- 13.30 - 15.00 Lunch Break
- 15.00 - 16.30 **Facilitating A Recovery Meeting**
- 15.00 - 16.30 **Atmosphere Of Recovery In Service**
- 16.30 - 17.00 Coffee Break
- 17.00 - 18.30 **FD Workshop**
- 18.30 - 20.00 Dinner Break
- 20.00 - 20.30 **Young Addicts In Recovery / Presentation**
- 20.30 - 21.30 **PANELMEETING "Recovery In A Small Region"**

SATURDAY

- 10.30 - 12.00 **H&I Workshop**
- 12.00 - 12.30 Coffee Break
- 12.30 - 13.30 **H&I in Prison**
- 13.30 - 15.00 Lunch Break
- 15.00 - 16.30 **How to: Facilitating A Workshop**
- 15.00 - 16.30 **DRT/MAT**
- 16.30 - 17.00 Coffee Break
- 17.00 - 18.30 **Literature & Translations & Money Flow**
- 18.30 - 20.00 Buffet
- 20.00 - 21.00 **SPEAKERMEETING "A New Way Of Life"**
- 21.00 - 21.30 Cleantime Countdown
- 21.30 - 24.00 Dancefloor

SUNDAY

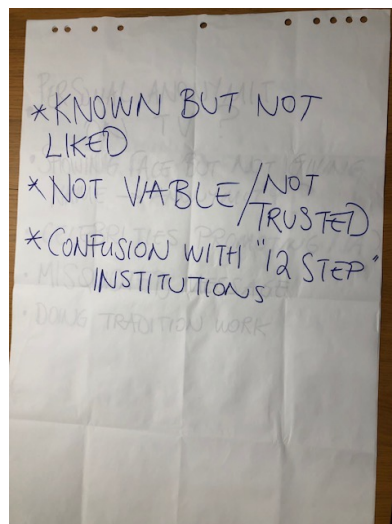
- 10.00 - 10.30 **Mental Health/Mental Illness IP**
- 10.30 - 12.00 **SPAD Daily Book**
- 12.00 - 12.30 Coffee Break
- 12.30 - 13.00 **What do you take home?**
- 13.00 - 14.00 **SPEAKERMEETING "The Journey Continuous"**
- 14.00 - 14.30 Hugs and Good Bye Coffee

Hvis I ønsker at afholde OI workshops kan I kontakte oi@nakbh.dk for informationer om denne Powerpoint med mange moduler til workshops.

LARGE GROUP DISCUSSION

What is NA's image in your local community?

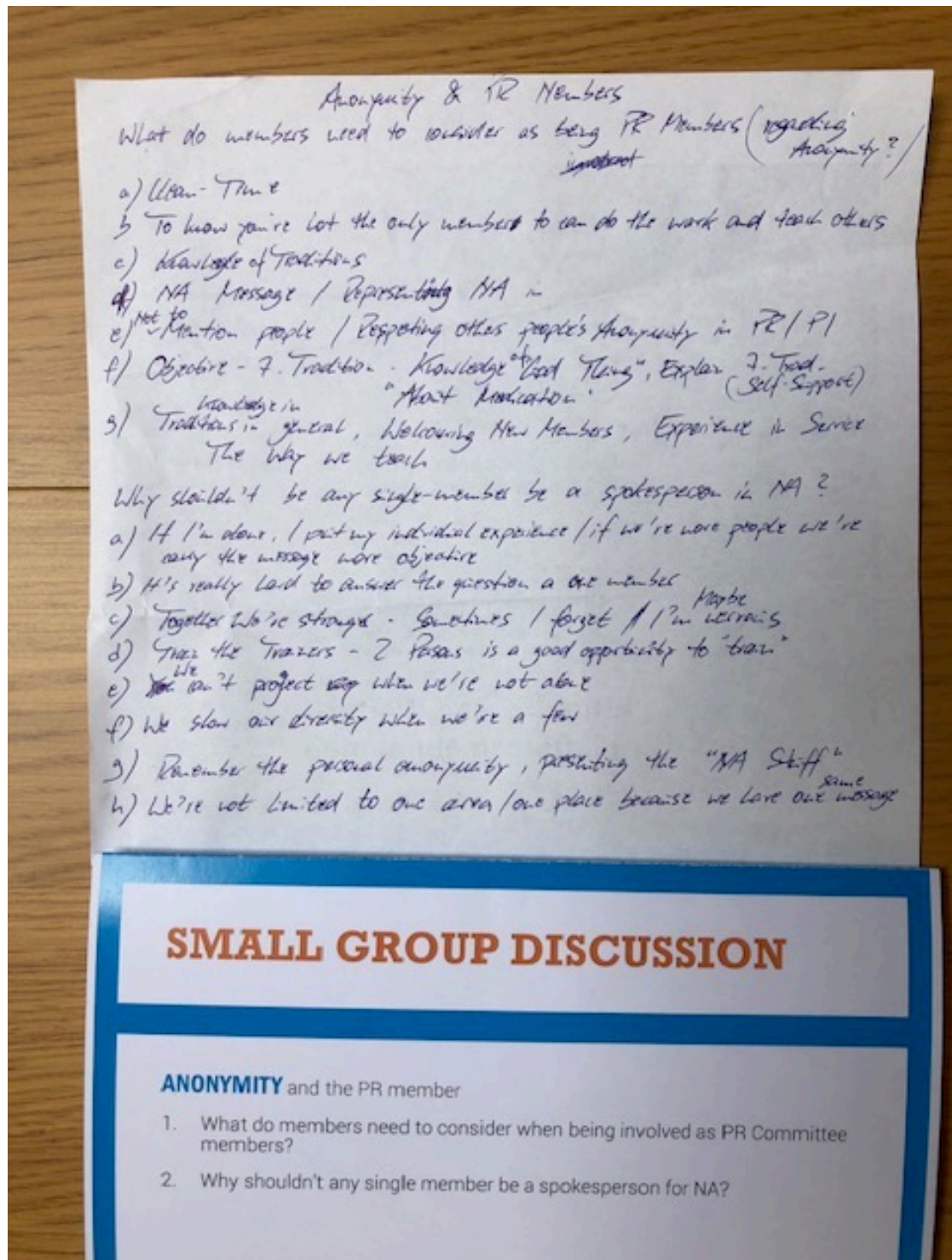
What are some of NA's public image problems in your local or regional community?



SMALL GROUP DISCUSSION

ANONYMITY and the PR member

1. What do members need to consider when being involved as PR Committee members?
2. Why shouldn't any single member be a spokesperson for NA?



SMALL GROUP DISCUSSION

ANONYMITY and the PR member

1. What do members need to consider when being involved as PR Committee members?
2. Why shouldn't any single member be a spokesperson for NA?

1. Anonymous ^{as a recovering addict} in local community
↳ will they be known professionally?
 - 2- knowledge of Steps + Traditions to speak on.
 - 3- PR Guidelines to be followed
 - 4- Representing NA: not personal views
↳ and using NA language: not slang
NA Message - not War Stories.
- 1 - "Rule no. 1 - service not alone"
- Never Again Alone -
 - 2 - gives consistent - not personal message
 - 3 - creating unity / variety / stronger message
 - 4 - Message is "One Addict Helping Another"
 - 5 - The language is WE
 - 6 - Share & Report for feedback
 - 7 - Keeping Ego in check & Higher Power involved

- PERSONAL ANONYMITY ON TV?
- SHOWING FACE BUT NOT GIVING NAME → ANONYMITY?
- CELEBRITIES PROMOTING NA?
- MISQUOTED MESSAGE
- DOING TRADITION WORK

SMALL GROUP DISCUSSION

ATTRACTION rather than PROMOTION

1. What is the difference between attraction and promotion?
2. What can our group do to help make our meetings attractive, safe, and welcoming?
Does our group have a strong home group identity?
Do we celebrate group anniversaries?
Have group T-shirts?
Group specific events or customs?
3. How does the behavior of our members around our meetings or in our service efforts reflect on NA as a whole?

TRADITIONS

"Attraction rather than Promotion"

What's the difference b/t attraction & promotion?

- intention, manipulation v. organic intent
- not to make promises that we can't keep
- not selling, but showing
- att: showing through actions / prom: active
- att: doing | pro: words
- att: action | pro: say
- quality | size
- natural | self-driven

Summary:
Attraction is more about the message; not the messenger about intent and action; not just empty promises.

What can our group do to make our mtgs more attractive, welcoming, & safe?

- atmosphere of rec.
- strong service mtgs.
- reliability
- traditions / respecting
- personal responsibility
- loving, welcoming
- celebrations
- strong message + policies

Homegroup identity	yes: 9	no: 4
Group anniversary	yes: 6	no: all
T-shirts	yes: 8	
events/customs	yes: 3	

How does the behavior of our members reflect on NA as a whole?

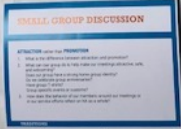
- paying our fees shows our responsibility
- bad rep. can cause us to lose our meetings
- social media posts / anonymity
- when not in meeting but wearing NA memorabilia
- visibility comes with responsibility
- relationship w/ our mtg. spaces

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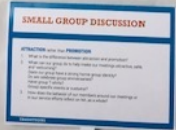
1: ATTRACTION VS PROMOTION
 BEHAVIOUR, SPEECH, HONESTY, HUMILITY,
 CARRY THE MESSAGE, EGO, AUTHENTIC,
 KINDNESS, LISTENING, PATIENCE,
 ONE PROMISE, PERSONAL STORIES, KNOWLEDGE,
 INFORMED ON NA TRADITIONS, RESPECTFUL
 NON-JUDGEMENTAL, MUTUAL RESPECT



1. ATTRACTION IS OUR EXAMPLE,
 IS NOT INTENSIVE
 NATURAL BEHAVIOUR
 SHARING SELF EXPERIENCE
 NEVER LEAVES POSSIBILITY TO MAKE CHOICE

2. RUN MEETINGS BASED ON 12 STEPS.
 ANYONE FREE TO SHARE
 BIRTHDAY ANNIVERSARY OF EVERY GROUP MEMBER
 BIRTHDAY CELEBRATION
 REGULARITY

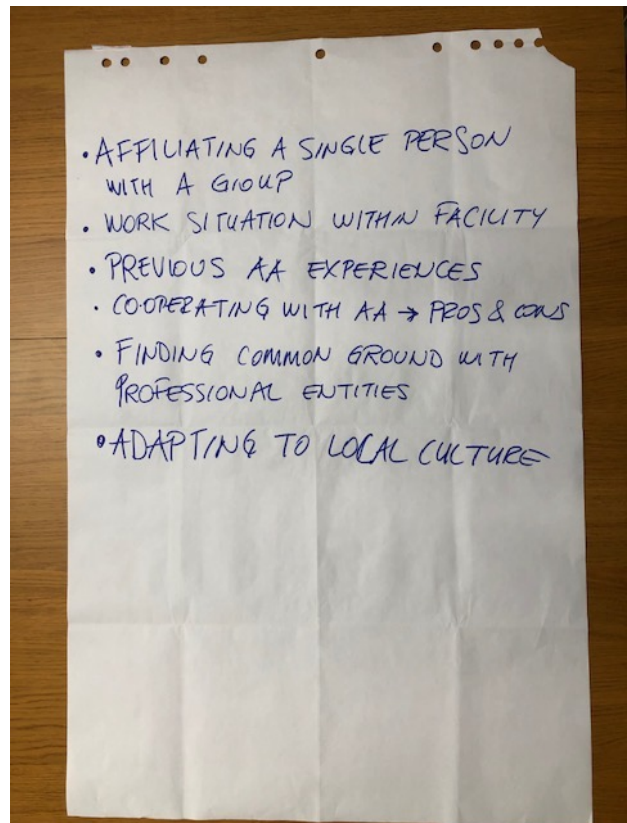
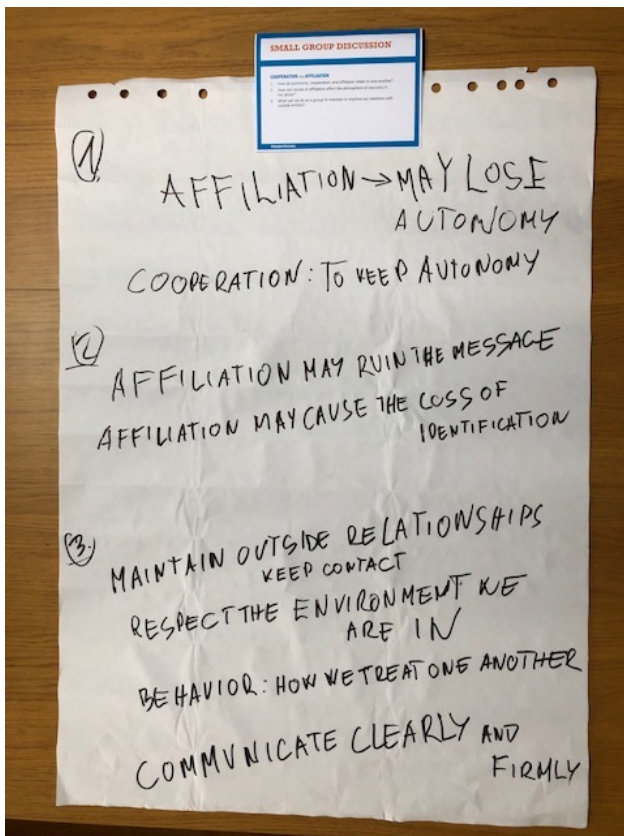
3. EACH MEMBER IN SERVICE REPRESENTS NA
 DESTRUCTIVE BEHAVIOUR OF EACH MEMBER
 IN SERVICE OR IN PUBLIC (like smoking, arguing etc)
 CAN IMPACT OF VISION OF NA AS A WHOLE.
 SENSE OF RESPONSIBILITY REPRESENTS NA



SMALL GROUP DISCUSSION

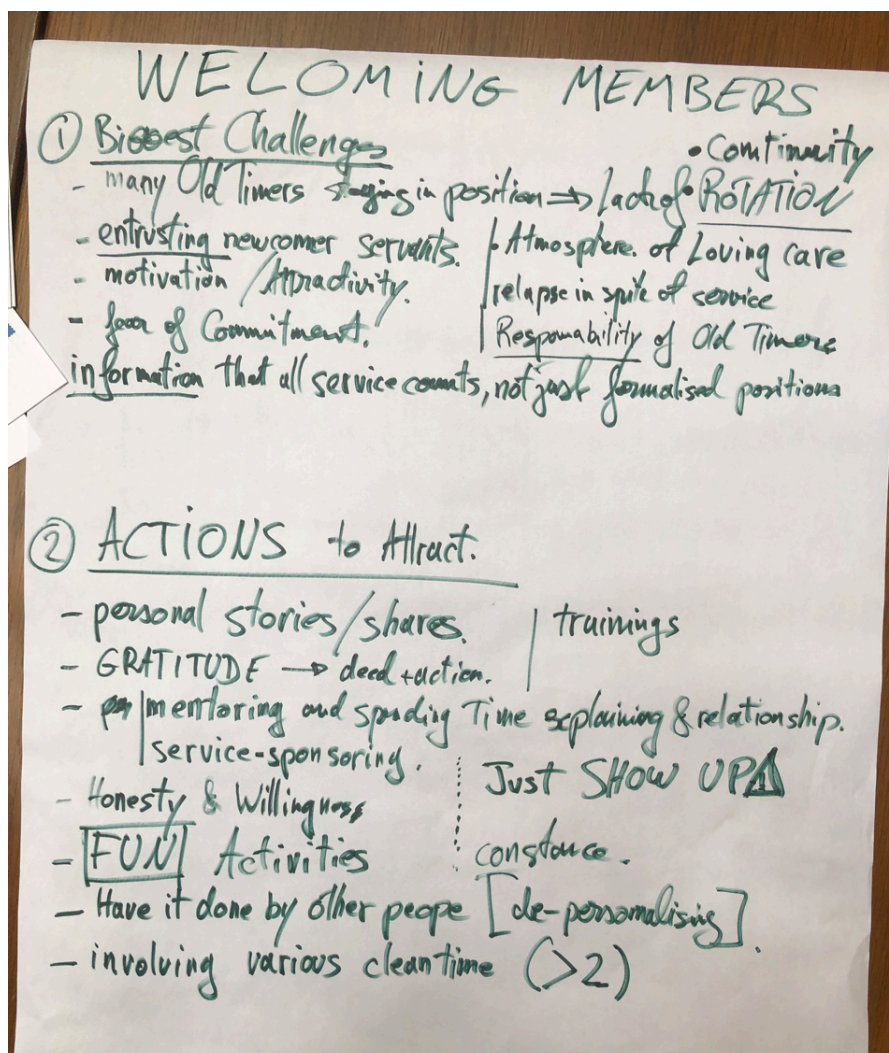
COOPERATION not AFFILIATION

1. How do autonomy, cooperation, and affiliation relate to one another?
2. How can issues of affiliation affect the atmosphere of recovery in our group?
3. What can we do as a group to maintain or improve our relations with outside entities?



Facilitating A Recovery Meeting by EDM

Hvis I ønsker at afholde gruppe-selvansagelse kan I kontakte oi@nakbh.dk for informationer om Gruppe-Powerpoint med mange gode udfordringer gruppen kan komme ud for til diskussion i jeres gruppe.



Atmosphere of Recovery in Service Update by WSO

- Øge bevidstheden om de åndelige principper, og hvordan de fungerer som et supplement til vores kerneværdier i service.
- Identificer problemer, der kan udfordre os som medlemmer til at skabe en atmosfære af bedring i service.
- Lav scenarier med den slags diskussion, der kan finde sted på et servicestøtteforum (gruppe, udvalg, OSK, RSK, ...)

Hvis I ønsker at afholde workshop med disse emner kan I kontakte oi@nakbh.dk for informationer om denne Powerpoint.

Young Addicts Workshop by EDM

Hvis I ønsker at afholde denne workshop med 4 emner kan I kontakte oi@nakbh.dk for informationer om denne Powerpoint.

Drug Replacement Therapy/Medication Assisted Treatment by WSO DRT/MAT

WSC besluttede i 2018 at lave en projektplan der skal besluttes på WSC 2020 til at skrive en ny eller redigere bedrings litteratur om DRT/MAT, der er rettet mod NA. Den litteratur vi har i dag er rettet mod professionelle, så det er en ny der er rettet mod NAs medlemmer og potentielle medlemmer.

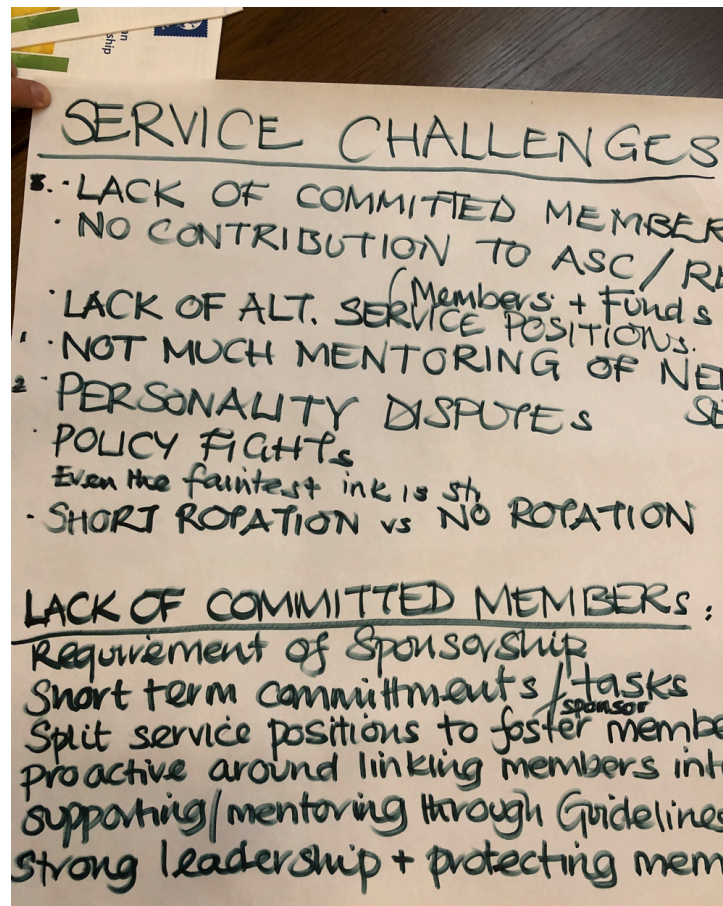
Hvis I ønsker at komme med input til denne nye litteratur, er denne DRT/MAT workshop fin at afholde. Kontakt oi@nakbh.dk for informationer om denne Powerpoint.

Sociale medier by EDM

Hvis I ønsker at vide noget mere om hvordan Sociale medier fungerer, er denne Sociale media workshop fin at afholde. Kontakt oi@nakbh.dk for informationer om denne Powerpoint.

H&I Workshop by EDM

Hvis I ønsker at afholde H&I Basic workshop kan I kontakte oi@nakbh.dk for informationer om denne Powerpoint.



How did you get involved with H&I service?

- 1) Just moved to another country with H&I to an meeting, pass all the applications for prison. went + announcements.
- 2) Home group for announcements.
- 3) Workshops for prison applications. people can fill in the forms together, be on the list.
- 4) New area establishment, lost available commitment was H&I.
- 5) Identifying the hospitals, prisons, just visiting regularly.
- 5) Speech on parliament attracted a state lawyer, invited us to the city he is on role. Went to prison panel in that city.
- 6) Prison support groups.
- 7) Question: what is the situation with DRT people being speakers at panels?

- 1) Started with PI
- 2) Started 1 panel in a government hospital. Years after H&I committee established. (6 panels now) (Turkey)
- 3) Started with AA. (Bulgaria)
- 4) Started with the help of another country (Israel)
- 5) Started with 3-4 people; with strong personalities. (UK)
- 6) Led by people who already went to AA.
- 7) Outcome of doing PI (Germany) (UK).
- 8) Joint meetings with PI.

Why do we need Guidelines?

- Protects unity, being part of something.
- Just to carry the message, not the addict.
- Make it easier to do the service.
- Guidelines are experiences.
- Guidelines should not be used to take people out, but used with the service. For guiding people in

HOW TO KEEP SERVANT'S UPDATED

The purpose of an H&I learning day is to educate the members of the fellowship about hospitals and institutions work.

Learning days are one way to prepare the NA member to carry the message to addicts who do not have full access to regular NA meetings. We have learning days so that we may benefit from the collective experience of other NA members.

5. WHAT KIND OF UPDATING YOU HAVE IN YOUR REGION/AREA?

REACHING OUT H+I LEARNING DAY

St. Andrew's Hall, South Circular Road, Dublin 8
Midday 'til 7pm, November 17th, 2018

The Eastern Area of NA Ireland Service Committee presents a day of fun, exploration and learning.

If you are already engaged in H+I service, we need you to attend this event to pass on your knowledge.
If you're not engaged in H+I service and want to learn more, please come along and find out how you can help.

12.30pm Where we are and where we could go – an overview of H+I services provided in the Eastern Area

2pm Prison Sponsorship

3pm Food and fellowship

4pm A wrap-up workshop to set out future plans, taken from what we have learned



5.30pm Closing Speakers
A recovery meeting with open mic



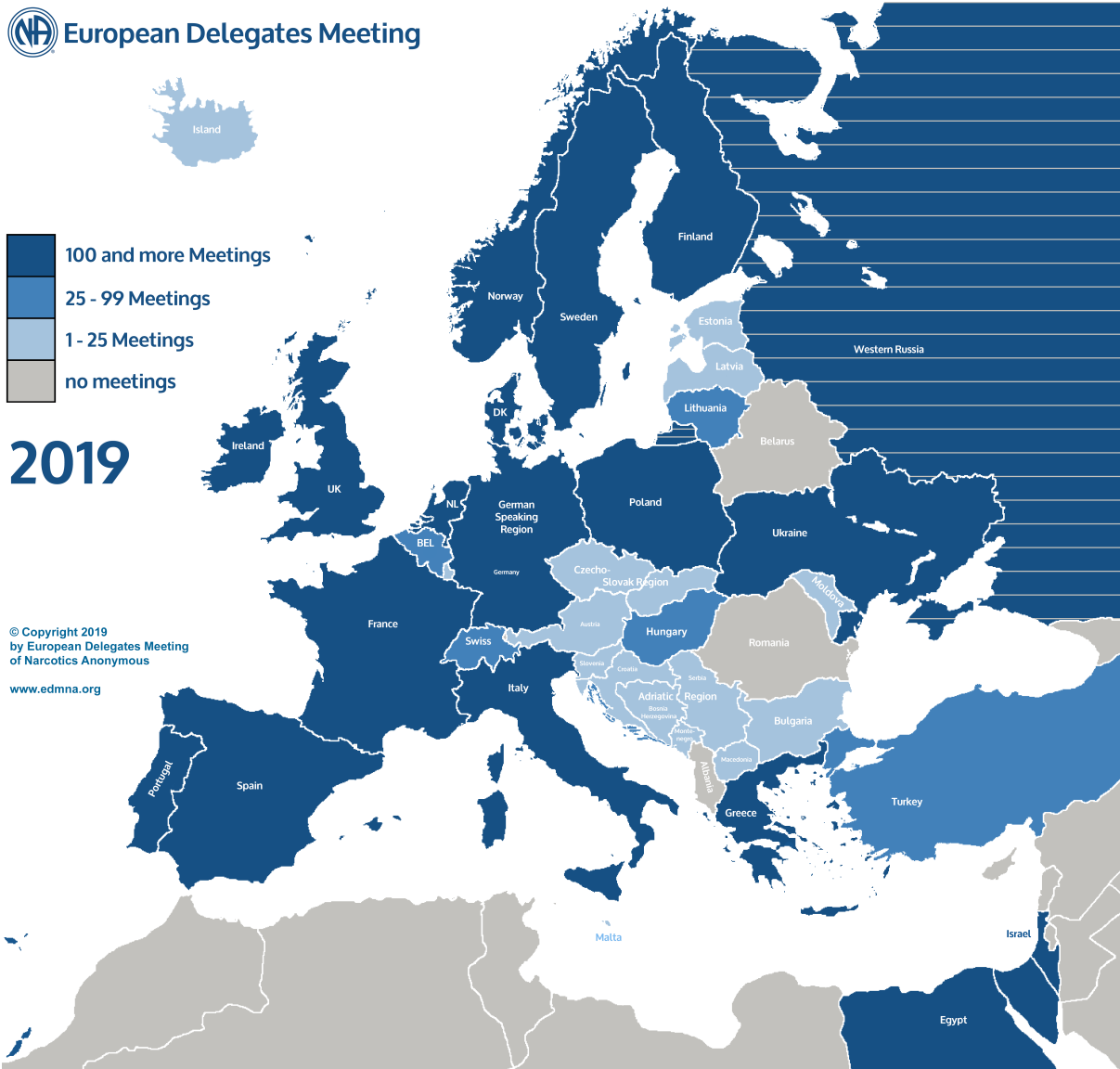
- ↳ Update
- 5) What kind of updating you have your region
- 1) Learning workshops, for the new-comm
 - 2) Facebook = closed group.
 - 3) WhatsApp groups for PSA announcements.
 - 4) Flyer's sent to groups containing panel information & requirements.
 - 5) Commitments for a period of months for panels.
 - 6) Events for the committee members.
 - 7) Attracting people who are in the service (funny presentations)
 - 8) Sharing own experiences with the ones who are new in the service.

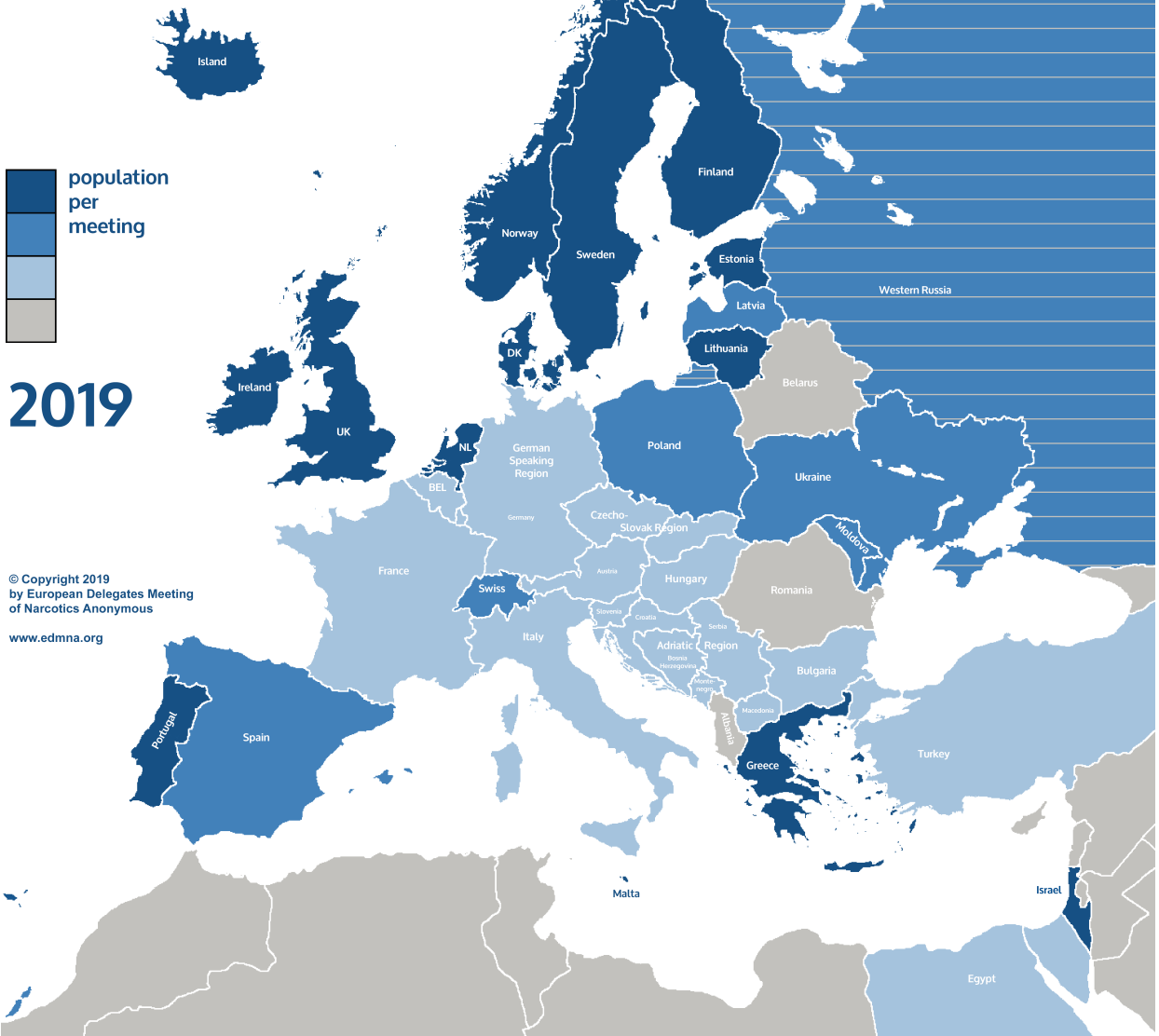
Fellowship Development by EDM

FD

Hvis I ønsker at vide noget mere om hvordan FD arbejder, er der en FD workshop at afholde. Kontakt oi@nakbh.dk for informationer om denne Powerpoint.

Hvis I ønsker at vide noget mere om hvordan FDs Task Team arbejder, er der en pdf med Task Team guidelines. Kontakt oi@nakbh.dk for informationer om denne pdf.



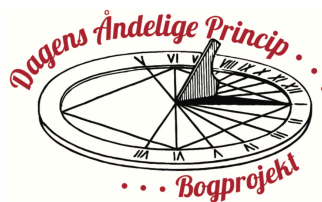


Human Resources Pool

Purpose:
To identify NA members whose skills, talents, and experience support the FD Vision.

SPAD

Vi er i gang med at lave en ny bog!



*samlar vores erfaringer
med at indarbejde åndelige
principper i vores hverdag*

Besøg www.na.org/spad for muligheden for at indsende materiale online og/eller finde materialer du kan bruge til at holde en workshop, Skærm billeder lille.


Hvis I er interesserede i at komme med input til denne nye NA-litteratur, der bliver i samme setup som 'Bare for i dag', og lave en workshop selv, kan I finde oversat Powerpoint på www.na.org/SPAD. Det er også en god mulighed for at lave studiegruppe om NAs åndelige principper og dermed få en dybere forståelse af de enkelte principper.

Hvis I ønsker at se den SPAD-workshop, der blev afholdt på ESLD, kan I kontakte oi@nakbh.dk for informationer om denne Powerpoint.

Afholdelse af workshop

Facilitator's Instructions

1. Help the group pick a recorder.
2. Restate the group's assignment and time available.
3. Guide the discussion around the table—use the Groundrules.
4. Lead the group in summarizing the main points of the discussion to share with the large group.



Upon this common ground we stand committed.

WSC 2018

Groundrules

Listening is an act of respect for others.


Be sure that everyone participates; don't dominate.

Don't forget our Fifth Tradition;
We all love NA!

Stay focused on the subject at hand.

To disagree without being disagreeable. . .
that is OUR process!

One more time—
avoid repetition.



Upon this common ground we stand committed.

WSC 2018

A Vision for NA Service

All of the efforts of
Narcotics Anonymous are
inspired by the primary
purpose of our groups.



**Upon this
common ground
we stand
committed.**

Our vision is that one day:

- Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life;
- Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service;
- NA service bodies worldwide work together in a spirit of unity and cooperation to support the groups in carrying our message of recovery;
- Narcotics Anonymous has universal recognition and respect as a viable program of recovery.

**Honesty, trust, and goodwill are the
foundation of our service efforts, all
of which rely upon the guidance
of a loving Higher Power.**



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Rapport fra OI-forperson NA København

Evaluering

Det er en fed oplevelse at være en del af dette verdensomspændende NA-sammenhold ved disse ESLD. Det er en helt ubeskrivelig fantastisk oplevelse at være sammen med alle de andre service-nørder, der alle arbejder hen mod et fælles mål, at bringe budskabet til den addict, der stadig lider.

Det skal opleves.

Det er meget tydeligt her i EDM-regi, at ligesom vi individuelt kan vokse ved at dele vores egen styrke, håb og erfaring på NA-møder, ligeså kan vore fællesskaber rundt omkring vokse ved på verdensplan. at dele vores styrker, håb og erfaringer med NA-services.

Det er stort det her.

Jeg kommer hjem med en masse nye indspark til nye events vi kan afholde her i NA København, så vi også kan få et stærkt sammenhold og fællesskab i NA Danmark.

Det at være sammen med andre addicts i bedring, og dele vores personlige erfaringer booster altid min egen bedring, så jeg har sandeligt også fået inspiration til min egen bedring.

Jeg ønsker at dele denne rapport med alle NA-medlemmer i Danmark i håb om at nogle kan blive inspireret, så NA's budskab om at enhver addict kan stoppe med at bruge, miste ønsket om at bruge og finde en ny måde at leve på, kan nå ud til endnu flere addicts, der stadig lider i dag.

Tag hvad du kan bruge og lad resten ligge

Dette er også vigtig for min egen bedring, så jeg ikke risikerer at dø af denne sygdom.

Jeg kan ikke det her alene, sammen kan vi

Service-træningsdage, hvor som helst, kan varmt anbefales til ethvert NA-medlem.