



## Sonoma Online NA Business Meeting 31MAY2020

1) Zoombombings - How is it going with zoombombings. Do we need to implement a password or make any other changes. What works, what doesn't

-Noon meetings are at different risk of zombombing – they don't really get zombombing.

7PM Meetings are getting zombombing frequently but now secretaries feel like they have it under control by doing the following:

- disable for no screen share (should be defaulted on the meeting)
- chatting with host only (change to allow chatting at end of meeting)
- raise hand or chat to speak during the meeting
- in general prevent unmuting after announcements (and per each secretary's comfort level depending on format)

2) Meeting Commitments - We have had some missed meetings. Lets try to figure out some additional commitments for people that could also have the meeting login info in case the secretary forgets. Like if we have a second host position where secretary does the secretary stuff but the meeting host is responsible for starting the meeting 10 min early, greeting people, setting zoom controls for muting and removing zombombing etc.

-create a phone list of those in service. (See attached)

New Positions to be elected at each meeting. Best practice is to announce the positions are open and available and ask members interested to stick around after the meeting for a quick meeting level business meeting to do elections.

**Co -Host:** Assist secretary with looking for people who are raising their hands, unmuting, and chat functionality. Paste the link for the 7<sup>th</sup> tradition in chat for everyone and the link and password for the proof of attendance. Clean time requirement: 3 months. Will be provided the login info for the meeting.

**Literature Person:** Give announcement during meeting. Select a piece of literature and maybe 1 sentence to give people a flavor of what is in the NA literature. 0 clean time (No login credentials)

Commitment for the 7PM Meetings: **Hype Ranger:** Join meeting 15 min before and get people to commit to reading. This is a greeter type position with the goal of making people feel welcomed but also asking people to read during the meetings. Create a list of readers for the following and provide to the secretary and co-host to use during the meeting.



## Sonoma Online NA Business Meeting 31MAY2020

- Who is an Addict
  - What is the NA Program
  - Why We Are Here
  - How it Works
  - Twelve Traditions of Narcotics Anonymous
  - Just For Today
- 0 cleantime

### 3) Money stuff (update on our finances, bank account, etc)

#### Balances:

We have a prudent reserve of: \$30

Venmo balance of \$271.66

Will donate balances above prudent reserve to Area once able to after venmo can be linked to bank account (waiting on online access to bank account to do verification steps).

Group decided to use paypal and also accept credit cards. The simple paypal setup has only a fixed dollar amount which is set at \$5 a sum that is not too high and also high enough to justify the transaction fee. So if someone donates \$5 the group is getting \$4.55. There is a link now on the Donate page for PayPal and Credit Cards and some additional language including:

Sonoma Online NA is not affiliated with Venmo, Paypal, or any other banking institution. We do not endorse or oppose the use of these businesses. Our relationship is such that we are utilizing their services at this time to facilitate 7th tradition donations from our members.

### 4) Update the meeting format.

Meeting Format was reviewed by group and will be updated over the next couple of days. See below for meeting format.

### 5) Do we keep group long-term after pandemic? My guess is yes - so maybe we should write down group guidelines, with positions, cleantime requirements, etc.

A detailed conversation about this was tabled, but most agreed the group will probably stay in place even after the pandemic.

### 6) Future Business Meetings will be held on the last Sunday of every month at 6PM prior to the Sunday meeting. The business meeting will be added into the meeting format and posted on the home page.



## Sonoma Online NA Business Meeting 31MAY2020

7) This group would like to host a birthday meeting at the end of each month. There was discussion about doing this on a Tuesday night June 30<sup>th</sup>. For more discussion on this those interested in planning can join the Birthday Meeting planning session on Sunday June 14<sup>th</sup> at 6pm prior to the 7 pm meeting.

### Revised Meeting Format:

#### Meeting Format Begin:

Welcome to the Monday Night Light Meeting of Narcotics Anonymous. Let's open the meeting with the Serenity Prayer.

Hello, I'm an addict and my name is \_\_\_\_\_.

**Anonymity:** This is an open meeting posted on the Sonoma County Narcotics Anonymous Meeting List. Our meetings are not recorded, and we ask that attendees NOT record in any way or screen print. Your login name may be displayed in the meeting, you can rename yourself. If you choose to dial-in from your phone and wish to keep your number private, dial \*67 before the area code of the meeting call in number.

**Technical info:** Upon entry to the meeting your microphone will be muted. In the first 5-10 minutes at the beginning and end of meeting you may unmute yourself by clicking the microphone. However, after the announcements and readings the host will have to unmute you if you wish to speak.

If you are connected through a device with a video camera you may choose to enable or disable your video image. You can do so by clicking the video icon in the lower menu.

Our first tradition states that "personal recovery depends on NA unity", if someone is disruptive to the meeting through displaying inappropriate images or other harassing or disruptive behavior they will be removed from the meeting.

**Do we have any newcomers - someone within their first 30 days of recovery - or anyone here who is attending their first NA meeting?**

**Is there anyone celebrating a recovery birthday?**

**Can someone please read:**

- [Who is an Addict](#)
- [What is the NA Program](#)
- [Why We Are Here](#)
- [How it Works](#)
- [Twelve Traditions of Narcotics Anonymous](#)

### Treasurer Announcement: 7th tradition

The 7<sup>th</sup> tradition states that "Every NA group ought to be fully self-supporting, declining outside contributions." This meeting does collect a 7<sup>th</sup> tradition which pays for the cost of the



## Sonoma Online NA Business Meeting 31MAY2020

online meetings and anything left over will be donated to the Sonoma County Area of Narcotics Anonymous, Region, and World.

It costs nothing to belong to this fellowship, the 3<sup>rd</sup> Tradition states that “the only requirement for membership is the desire to stop using”. If you are unable to contribute to the 7<sup>th</sup> tradition, we welcome you and invite you to participate in the meeting.

Instructions for how to donate to the Sonoma Online NA Meeting can be found on the website **SonomaOnlineNA.org** on the “Donate” page. Currently donations are received through the following methods:

**Venmo: @online-meeting**

**PayPal**

**Debit/Credit Card**

The donations page link will be posted in the chat.

**Business Meeting:** This groups business meeting is at 6pm the last Sunday of every month. Any members who are interested in the groups decisions and finances are welcome to join.

**Are there any other NA related announcements?**

**Literature Announcement:**

In lieu of being able to physically provide literature at our meeting during the pandemic we have compiled a list of sites that have NA literature hosted. We are not affiliated with these sites or groups. The list of literature can be found on the Sonoma Online NA website under the heading "Literature". The site is: Sonoma Online NA.org

You can also purchase literature to be mailed to you through the Northern California Region of Narcotics Anonymous. Their website is: norcalna.org and there is a link on the literature page.

**Proof of Attendance Announcement:**

Proof of attendance can also be found on the SonomaOnlineNA.org site when you enter the password below. The site will then generate a pdf that you can download.

**<https://sonomaonlinena.org/proof>**

**Use Passsword**

Service



## Sonoma Online NA Business Meeting 31MAY2020

### Meeting Format For Today:

#### Discussion:

Please limit your shares to 3-5 minutes so everyone has a chance to participate. You can participate by virtually *raising your hand*. The *Raise Hand* option is in the lower right corner, or in the Participants selection at the bottom or under the ... if on a mobile device. You may also use the "Chat" to send a message to the secretary or co-host that you would like to speak.

We ask that you do not engage in cross-talk. Cross-talk is interrupting another member by engaging in; dialogue, debate, or commenting extensively on others shares.

#### In Closing:

Does anyone have a burning desire? A burning desire is if you feel like using, speak up and take the power out of it. You should be able to unmute yourself now to speak up.

We ask that who you see here, and what you hear here, stays here. Please be respectful of our members anonymity.

Will someone read [Just for Today?](#)

#### **Just For Today**

**Just for today** my thoughts will be on my recovery, living and enjoying life without the use of drugs.

**Just for today** I will have faith in someone in NA who believes in me and wants to help me in my recovery.

**Just for today** I will have a program. I will try to follow it to the best of my ability.

**Just for today** through NA I will try to get a better perspective on my life.

**Just for today** I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

#### **(in the 7pm format) After Meeting Socializing:**

Since we cannot socialize after the meeting in person, the meeting will remain online for approximately 10 minutes for those who would like to stay. Please be mindful that this is not a private space and anything shared after the meeting may be heard by those still logged in. The chat functionality is turned on so if you would like to reach out to specific



## Sonoma Online NA Business Meeting 31MAY2020

members you can do so by using the chat and selecting their name from the drop-down, otherwise the chat default is to everyone. Please remember to be inclusive of all members who remain online and welcoming to the newer members who may wish to fellowship.

Let's close the meeting with the NA prayer of \_\_\_choice.