



SANITY



Nicky, my sponsor thinks I should get involved in Regional Service. I have never been to Region. What do they do there?



Cookie, Region is a great place with a lot of wonderful members of the Fellowship. The Trusted Servants who serve there are dedicated people. Let me explain:

Try Region, you might like it!

What is Region?

There are two Regions. The New Jersey Region services the southern half of the State while North New Jersey Region services the northern half of the State. A long time ago the State only had one Region, but they decided to split into the northern and southern Regions. All the commitments at Region are for one year except for the Regional Delegate, which is two years, running with the Conference Agenda years.

Regional Chair

The Chair is in charge of the running of the meeting. They oversee the annual audit of the treasury, can delegate authority, and arrange for Joint Administrative Committee meetings for specified needs or purposes. Three years cleantime is the requirement for Chair.

Vice Chair

The Vice Chair is actually a very important position. The Vice Chair will run the meeting in the absence of the Chair. In addition, the Vice Chair is a member of all standing committees and must attend their meetings. If a committee does not have a Chair, the Vice Chair is to run that committee until a Chair is elected. This can be quite a time consuming position if there are several committees without Chairs, as the Vice Chair is to attend all meetings and make sure the committee is taking care of the tasks at hand. Cleantime for Vice Chair is two years.

Secretary

The Secretary takes the minutes of the meetings, making sure they are mailed or emailed to everyone. They also take care of all the paperwork for the Region.

In addition, the Secretary is required to be a member of one of the Regional committees.

The Secretary coordinates between each Chair if they have any information regarding their committees that they want to get out to the Regional Conference Members. In the absence of the Chair and Vice Chair the Secretary will run the meeting. There is an Assistant Secretary to take over the duties when in the absence of the Secretary.

Secretary cleantime is one year.

Treasurer

The Regional Treasurer and Assistant Treasurer keep track of all the financial responsibilities of the Region and prepare an annual report that is forwarded to World Service. Incoming cash flow includes all Area Services donations to Region along with donations for the phone services for the Helpline. Money also comes in from sales of Statewide Meeting Directories and is used to pay for the next printing of the Directories. Since New Jersey Region takes care of all the expenses that are shared by both Regions, there are monies received from North New

Jersey Region that must be recorded.

As for the outgoing expenses, there is the ongoing expense of running the Helpline, which is shared equally between the two Regions.

At each Region reimbursements are made for expenses of the Trusted Servants such as: Travel expenses for the Regional Delegate and Alternate who are both required to travel as part of their commitment; ongoing printing expenses for the Secretary and the Newsletter Chair and any other Chair that requires them.

When the balance surpasses the working capital balance and prudent reserve requirement, the money is donated to World Service to pass the message worldwide.

The Treasurer keeps a running record of all expenses for the Region and gives a report at every Regional meeting. Questions from the Regional Conference members are addressed immediately.

Cleantime requirement for the Treasurer is five years and four years for the Assistant Treasurer.

Policy Chair The Policy Chair is to update the Policy after each Regional Conference when necessary and to distribute the updated copies to everyone. They also keep the panel aware of any Tradition violations and make sure that the committee follows policy.

There is a Policy Vice Chair to accomplish these duties in the absence of the Chair.

Cleantime requirement is three years.

Regional Delegates

The Regional Delegate (RD) and Regional Delegate Alternate (RDA) are a very crucial part of keeping the chain of information flowing between Region and World Service. These two members work hand-in-hand to attend workshops and Zonal Forums with the intent that the RDA is in training to move into the RD position after the two-year commitment is concluded. They are generally very experienced in service work and are highly trusted servants chosen by Region to represent them at other levels of NA Service, specifically the World Service Conference (WSC).

The RD and RDA work closely with the committee members as a source of information and guidance. The RD participates in the WSC decision making process of NA as a representative of the Region.

A very important aspect of this position is to hold Conference Agenda Report (CAR) workshops and guide all those in attendance in the understanding the meaning of the Report. Once the CAR is complete, the RD and RDA will attend the WSC, held every two years in California, and vote the conscience of each Region. They then

return to the next Regional meeting and submit a lengthy review of the outcome of the Conference.

Cleantime requirement for the RD is five years and four years for the RDA.

Standing Committees

Helpline Committee

The Helpline is a statewide telephone service for the still sick and suffering available for them to be able to find a meeting. There is a toll-free number, 1-800-992-0401, for anyone seeking help. They will be given names and numbers of three addicts in their area code to call for help.

There is also a second telephone number: 732-933-0462 that anyone seeking the location of a meeting may call. The Helpline encourages anyone already in the Fellowship of NA to use the 732 number, as the Helpline must pay for each and every 800 number.

The Helpline is a Shared Service with North New Jersey Region, with all expenses being shared evenly.

If anyone is interested in being placed on the call-list, please see the Public Information Chair of your Area Service in order to attend a workshop.

Cleantime requirement for Helpline Chair is three years.

Hospitals & Institutions

Hospitals and Institutions (H & I) takes meetings and presentations into places where addicts cannot get out to go to meetings. The H & I Chair coordinates taking meetings into the prisons throughout New Jersey to educate the inmates that there is a better way of life when they return to society.

The H & I Chair holds workshops and learning days to further educate people on the primary purpose of H & I. It is crucial that everyone who participates in any H & I commitment must attend a workshop to learn the exact procedures to follow when making a presentation in an institution.

Cleantime requirement for the H & I Chair is three years.

Literature Review Committee

New literature is continually being reviewed for the Conference Agenda Report. The Lit Review Chair has a committee to review all draft literature.

The cleantime requirement for the Lit Review Chair is three years.

Meeting Directory Chair

The Statewide Meeting Directory is also a Shared Service with North New Jersey Region and is printed based on the needs of the fellowship. The printing averages every seven to nine months. The Directory lists every meeting in NJRSC and NNJSC by day and county. This is a time-consuming and rewarding position, as hundreds of changes are made to the Directory for each printing. (Yes, I said hundreds!)

The Cleantime requirement for this position is three years.

Public Information

Public Information distributes information to any person or facility that requests it. They go into facilities and speak with the staff, telling them what NA is about so that literature racks can be placed where they are needed most. The committee hangs flyers in public locations. P I will set up displays at public events to allow the public to gain access to NA and its literature.

Public Information also coordinates with the Helpline to hold workshops so that people can have their names placed on the helpline call list.

P I has sent copies of Basic Texts to all Libraries and Drug Court Judges. P I is a very dedicated group of trusted servants.

The cleantime requirement is three years to Chair this committee.

Website Committee

The Website Committee is another shared service committee between the two Regions. The committee meets every other month in Edison to discuss improvements to the website which can be easily reached at www.nanj.org. The most recent addition has been the implementation of a monthly calendar showing the events for the entire month at a glance.

The committee is always looking for new members, but keep in mind that you must attend the meetings six times a year. This is not an online committee.

The cleantime requirement for Chair is three years.

History & Archives

The History and Archives (H & A) Chair oversees the storage unit where all the Regional paperwork is archived. Periodically, members of Region need to access the unit and the Chair documents when they were there and what they have done at the unit.

The cleantime requirement is three years for this position.

Newsletter Chair

The NJRSC distributes a newsletter at their Regional meetings. It is called SANITY and can also be found on the website at www.nanj.org.

SANITY is recovery related and all are welcome to submit information for publication to davisduzit@verizon.net.

Cleantime requirement is three years to chair the newsletter.

Garden State Shared Services of NA Committee

The Shared Services is comprised of the Chairs of the Phoneline, Meeting Directory, and the Website along with the Vice Chairs of both Regions who take turns Chairing the meeting.

Shared Services is held every two months in Perth Amboy. All financial matters are discussed along with what is happening on the different committees. When you Chair one of these committees, you are required to become a member of the Shared Services Committee.

Regional Conference Members

There are eleven Area Services in NJRSC and thirteen in NNJSC. Each one elects a Regional Conference Member (RCM). They and are required to attend each Regional Conference meeting.

These trusted servants are the conscience of their Area Services at the Regional level. The RCM's bring information from their Area Services to the Region in the form of detailed reports. In addition, they take the information from Region back to their Area Services.

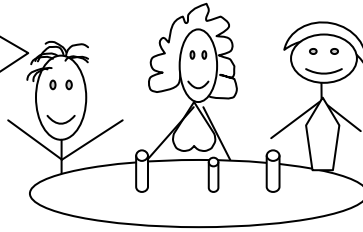
If there are any problems or issues in their Areas, they can seek advice at Region from the experience, strength, and hope of the other RCM's.

The RCM's are the only persons who can vote on motions at the Regional meetings. Chairs do not have any voting authority. All issues to be voted on are meticulously discussed and at times are tabled back to the groups so that the RCM may get a full group conscience. Before voting.

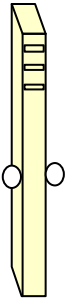
Being an RCM is a valuable link between Area Service and Region.

The Adventures of Nicky Newcomer

So Cook, that is what Region is all about. Sparky is involved with the Regional H & I committee, which is why I took an H & I commitment a few months ago.



There are always positions open at Region, Cookie. Would you be interested in becoming part of Region? All the people are really nice and very dedicated to recovery and to service work.



I'll put some serious thought into it. Where are the meetings held?



To be fair to everyone, the meeting is hosted by a different Area Service each time. Everyone has to travel to go to Region meetings, but when they host them, they get a break from driving.

Sparky, can I go to a Regional meeting just to observe first? It is hard to make a commitment without knowing exactly what I am committing to.



Of course you can Cookie. Region is open to everyone. They love it when new people show up. After all, each one of us was new at some point.



Try Region, you might like it!

*Jersey Unity
Upcoming
Conventions*



Send input and articles to:

Sanity
DavisDuzit
108 Whalepond Road
Oakhurst NJ 07755-1225
732-222-7837



NJRCNA XXI

May 28, 29, 30, 2010

Crowne Plaza, Cherry Hill

Hudson Area II
August 27-29 2010,
Sheraton Meadowlands
East Rutherford

Bergen Area New Years Eve Convention

Dec 31st 2010, January 1, 2011
Hanover Marriot
Whippany

Visit our website at www.nanj.org for details on conventions and events.

davisduzit@verizon.net

Please put 'Sanity' in the subject line.

Editor: *MD*

Sanity is published every two months as a service of the New Jersey Region for its Groups and Members. Input and articles are welcome on all recovery related topics.

Opinions expressed here are those of individual addicts, not NA as a whole.

Issues of SANITY can be downloaded from the NJ Statewide Website at www.nanj.org

Words of Wisdom:

Give back what was so freely given to you.

Thank you for letting me serve, Margaret D.