



*United States Service Committee*  
*Of Narcotics Anonymous (USSC)*  
*Newsletter*

ISSUE 10 June, 2014

**CONFERENCE CALL MEETING SCHEDULE (update 3/8/2014)**

<b>TECHNOLOGY SUBCOMMITTEE</b>	<b>PUBLIC INFORMATION SUBCOMMITTEE</b>	<b>BUDGET &amp; FINANCE SUBCOMMITTEE</b>
Phone # 559-726-1300 Access Code 877259#	Phone # 559-726-1300 Access code 586963#	Phone # 530-881-1400 Access Code 868308#
1 <sup>st</sup> Monday of the Month	1 <sup>st</sup> Sunday of the Month	2 <sup>nd</sup> Saturday of the Month
10:00 PM Eastern	9:00 PM Eastern	9:30 AM Eastern
9:00 PM Central	8:00 PM Central	8:30 AM Central
8:00 PM Mountain	7:00 PM Mountain	7:30 AM Mountain
7:00 PM Pacific	6:00 PM Pacific	6:30 AM Pacific
<b>ADMINISTRATIVE COMMITTEE</b>	<b>GUARDIAN COMMITTEE</b>	<b>OUTREACH SUBCOMMITTEE</b>
Phone # 209-647-1600 Access Code 968584#	Phone # 209-647-1600 Access code 879096#	559-726-1300 Access code 268565#
1 <sup>st</sup> Tuesday of the Month	Saturday, July 5, 2014	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of the Month
9:30 PM Eastern	12:00 PM Eastern	9:30 PM Eastern
8:30 PM Central	11:00 AM Central	8:30 PM Central
7:30 PM Mountain	10:00 AM Mountain	7:30 PM Mountain
6:30 PM Pacific	9:00 AM Pacific	6:30 PM Pacific
<b>ADDITIONAL NEEDS SUBCOMMITTEE</b>	<b>HOSPITALS &amp; INSTITUTION SUBCOMMITTEE</b>	<b>CONFERENCE PLANNING SUBCOMMITTEE</b>
Phone # 805-399-1200 Access Code 108418#	Phone # 209-647-1600 Access Code 442279#	Phone # 559-726-1300 Access Code 907861#
4 <sup>th</sup> Wednesday of the Month	2 <sup>nd</sup> Tuesday of the month	4 <sup>TH</sup> Wednesday of the month
8:00 PM Eastern	9:00 PM Eastern	8:00 PM Eastern
7:00 PM Central	8:00 PM Central	7:00 PM Central
6:00 PM Mountain	7:00 PM Mountain	6:00 PM Mountain
5:00 AM Pacific	6:00 PM Pacific	5:00 PM Pacific
<b>SERVICE MATERIAL DEVELOPMENT &amp; DISTRIBUTION SUBCOMMITTEE</b>	<b>USNSB Quarterly Meeting</b>	
4 <sup>th</sup> Thursday of the month Phone: 209-647-1600 Access code: 537933#	Saturday, May. 3, 2014 Phone # 209-647-1600 Access Code 968584#	
9:30 PM Eastern	1:00 PM Eastern	
8:30 PM Central	12:00 PM Central	
7:30 PM Mountain	11:00 AM Mountain	
6:30 PM Pacific	10:00 AM Pacific	

**The annual Fellowship Review of Motions (F.R.O.M.) Report will be out in a matter of a couple of days. Please find the time to review the report. The report is quite large and has an abundance of information.**

## **Sub Committee News**

### **Public Information**

We welcome input, questions, and suggestions from any groups from around the country interested in helping to develop a National platform, and hearing from other groups about what's working and what challenges you face locally in the area of Public Information.

We need support and someone interested in becoming Vice Chair of this Subcommittee.  
ILS, USSC-PI

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### **Conference Planning**

Greetings from the Conference Planning Committee. The CPC (Conference Planning Committee) has been currently focused on the USSC III Conference to be held in Greensboro, North Carolina October 3-4 2014.

We are asking, and trying to see what the conscience of all the registered groups is on what you visualize the conference to be. Remember this is your fellowship, and in keeping with the vision and purpose of the USSC, we encourage you to send any ideas, concerns, questions regarding the conference to the Conference Planning Committee [cpc@usscna.org](mailto:cpc@usscna.org). We will do our best to consider all replies. We look forward to serving you and hope to see you at the conference in October.

In service,  
CPC of USSC

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### **Outreach**

Outreach is the accumulation of all the issues concerning the voice of groups and getting that information for subcommittee service bodies.

The "Welcome Letter" is the starting point for the group representative to make the connection with other groups and will start building the back and forth communication process. Outreach is the linchpin between the groups and the fellowship because it gives groups a place to talk, exchange ideas and find solutions to their issues, which can then implement as they see fit.

**The following outreach Welcome Letter is for informational purposes only. There are no attachments. When this letter is distributed, the mentioned attachment will be included.**

## **WELCOME LETTER**

### **DEAR FELLOW NA MEMBERS AND NA GROUPS:**

The United States Service *Committee* (USSC) Outreach Subcommittee extends a special welcome to all groups! Whether you are already involved with the USSC or you are registering now for the first time; WELCOME! And thank you for your support.

We have attached a PDF pamphlet entitled "What is the USSCNA" to provide information that may be able to better serve your group, hopefully this will help to answer any questions that fellow members may have. The [usscna.org](http://usscna.org) webpage has a great wealth of information. If more assistance is needed, we would love to have you attend one of our bi-monthly conference calls, please see the call in information below.

If you're wondering how Outreach can help? We do this by reaching out to loner or isolated groups, or to the groups that are struggling. Some NA communities have used outreach services for many years, and some are just now considering the idea. To the struggling group or the isolated member, it is often outreach services that rekindle the hope and spirit of "Together We Can".

Please feel free to email any questions to [outreach@usscna.org](mailto:outreach@usscna.org) We also meet via conference call the first and third Wednesday of every month at 8:30 pm CST, 559-726-1300 then access code 268565#.

All are welcome to attend!  
**Remember; Alone I can't .... Together we can!**

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## **Technology**

We now have 141 groups currently registered. The map has been updated.

Copies of the April 2014 USSCNA Newsletters were distributed at this past World Service Conference!

A proposed budget for July 2014-July 2015 with respect to website hosting and email storage was drafted.

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## **Additional Needs**

The following article was submitted by the Additional needs Subcommittee:

Hello All! Let's take a moment to go down memory lane. Remember when we were new to NA and we worked our 1<sup>st</sup> Step? We had to admit we were powerless over our addiction in order to become open minded and willing to start our journey with a new way of life and accept help from others on this journey.

For many of us who become injured, ill, lose sight, hearing or mobility, the challenge of acceptance occurs on a different level. Upon entering recovery we knew we were beaten by drugs and became ready to change our way of life towards freedom and interdependence. We lived our lives clean and developed self-esteem by becoming productive and contributing people both in society and as NA members. However when medical disabilities enter our lives, we struggle with our self-esteem, feeling guilt and uselessness. We see ourselves as a burden on our family, friends and society in general. And, worst of all, we keep our disintegrating health to ourselves – sure that no one wants to hear us or will even care and too embarrassed to ask for help.

We in the Additional Needs subcommittee are learning that this guilt, and yes even backward pride, keep many of us with disabilities from reaching out and informing others about our disabilities – never mind ask for help. NA groups are reporting to us that they have no disabled members – and later amazed to learn members left the group rather than tell them they have medical problems that were interfering with their ability to make meetings.

This is where the 1<sup>st</sup> Step, once again, comes back into our lives. Those of us with disabilities work the 1<sup>st</sup> Step on a whole new level. Our admittance that we are powerless over a new circumstance, and acceptance that once again we together can do what I cannot, knocks one foundation out from under us (that which we built in early recover) and starts building a new foundation for us. Those with disabilities, as continuing members of NA, learn at a deeper level that asking for help is not only for the journey of the newcomer, but brings recovery full circle by reminding all that we must continue to ask for help from each other in order to stay clean.

So, for those of you who are newcomers, and think those with many years clean cannot possibly understand where you are at may be pleasantly surprised that many of us are walking your journey on a parallel path.

And, for those of you who believe that there are no disabled members in your home group, check again. You may be instrumental in helping someone face their own fears and grow together.

Feel free to contact us any time for information or guidance. You can email us at [addrneed@usscna.org](mailto:addrneed@usscna.org). Or, you can attend the next phone line meeting June 11, 2014 at 8 p.m. EST. Conference call Phone 805 399 1200. Access code 108418.

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## **Ask the Committee**

We would like to share some emails written by members of our fellowship:

### **USSCNA Presentation to the Southern Massachusetts Area:**

The momentum is growing! USSCNA presentations have been building home group by home group and on this particular rainy, cold April Sunday morning, the 400 mile drive to Dartmouth MA from Brooklyn was stinging as much from excitement as it was with wet, misty rain. I'll be honest, the thought of our team doing a USSCNA presentation to an area meeting was intimidating, but the confidence builder was that the Outreach Chair of Southern Mass Area is a participating member on the USSCNA Outreach conference calls and has been successful using the Outreach Subcommittee as a cooperating resource.

Thanks to the generosity of a member, an LCD projector was donated for us to use during this presentation and while we were setting up our handouts and preparing to review the website, we sat in on the area meeting. When the Outreach Chair reported to the area, she reviewed the "Welcome Letter" that she had obtained as a resource from the USSCNA Outreach Subcommittee. A Welcome Letter is the formal correspondence which reaches out to an area's groups. Welcome Letters can become that vital link that informs, establishes communication and develops continued growth and support within the fellowship. Immediately before our presentation, the groups were voting on adoption of the Welcome Letter to use with new groups to the area, and we noticed that any members who may have been antagonistic to the information we were about to present now had tangible evidence of the value of the USSCNA as a resource in action in their own area.

Because the area meeting was conducted on the UMass College campus, the lecture hall was a good place to make use of the LCD projector and laptop to direct the groups on how to navigate the website by directing them to key points of interest. For example, we were able to show groups our Budget and Finance spread sheets and balances, we were able to show them the conference call schedule, how to register, where the flyer for conference information is, where the newsletters are located and how to access the PowerPoint slides.

The Outreach Chair became a natural segue into our presentation and the Q & A portion because she was able to speak about how being involved on the conference calls enabled her area to benefit from the type of Outreach work, tasks and services that USSCNA Outreach could help her tailor to meet the needs of her area.

After the Q & A section of the presentation, we were able to collect more information from the evaluations that the GSR's took the time to complete. Based on the positive feedback that we received from the presentation, this level of enthusiasm carried over to the USSCNA workshop that was given at the Western Queens Area Convention this past May. As a result, there were members from that area meeting who also traveled 400 miles to support this workshop as well as the convention. Follow-up with this area and with members who attended the workshop will take place to reach out and steadily and positively increase our membership. Presentations – Just Do it!

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### **Subcommittee Conference Calls: Our Main Lines of Communication in USSCNA Service:**

I had heard about the USSC conference calls from a more experienced member who reminded me about the spirit of service that members had when addicts were “kicking on people’s couches” and starting the first meetings in jails and church basements. “It’s the spirit of service that should motivate you to get on the calls,” he told me. I had read the USSCNA Newsletter. I had scrolled through the usscna.org website. I still had questions about how conference call service worked, so I asked myself what subcommittee really interested me and then I made a decision.

I was apprehensive and intimidated about calling in blindly to listen to members who I learned had a minimum of over 15 years clean and extensive service experience. Would I make a fool of myself or worse, would I show how much I didn’t know?

When I dialed into the free conference call HD number and punched in to announce myself, the members on the call were genuinely interested in who I was, what part of the country I was from and what I thought! It was just like I was being welcomed with the same loving care and concern shown to any newcomer and I was made to feel a part of right from the start!

The chair emailed me a copy of the agenda and I quickly learned that all the material being discussed could be viewed on a free internet site called join.me which allowed me to participate by lap top and phone in the meeting discussions. There were members on the call from all across the country and it was amazing to me to be able to compare and discuss the issues from across the country that relate to each other.

After that first call, I have been a regular participant. I can both listen and mute myself, so that I can put my kids to bed, load the dishwasher or drive home while muted and then I can unmute myself to comment, and still follow the conversation.

I have benefitted tremendously from the effort I put into finding out the resources available on the subcommittee conference calls and over time I have discovered through my participation that I can be a resource to the group conscience of USSCNA subcommittee as well.

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## PI or PR: The Wisdom to Know the Difference

Several years ago, my area began using the name PR, despite the fact that we had no chair of that committee for the last 15 years. After picking up information and visiting other area PI subcommittees in my region, I started to notice that those committees with years of experience were still referring to themselves as PI or Public Information, as opposed to PR or Public Relations.

As the subcommittee started growing and I started to make announcements explaining what the committee does, Public Information seemed to be the most appropriate name to describe the tasks that the committee is charged with: to inform the public that there's a fellowship that saves lives. The message to the public speaks through our subcommittee members that we're volunteers who carry the message that recovery from the disease of addiction is possible. Once they get the info and call the helpline, they can get the information and get to meetings.

The distinction between informing the public and public relations became very clear when I realized there is no way to describe to members in the fellowship that our committee is not doing public relations work – we are not promoting, selling or promising anything! When our standing subcommittees were disbanded in 1998, it seemed that grouping several subcommittees together under the heading of “Public Relations” was an expedient way to address that problem for the purpose of condensing literature.

However, a national PI subcommittee to make the public aware of what NA is takes back our reliance on treatment centers and courts to do what we need to do for our own fellowship. In my area, there are some meetings that are so swamped with court cards that the atmosphere of recovery has become affected when members experience how this impacts our Third Tradition since we are under no surveillance at any time. Some meetings sign the cards “in the spirit of cooperation” while other meetings state this refusal to sign in their formats. Building a subcommittee that has a contact person to build a relationship with the court system means that information about how NA works is a process I know my area needs help with doing. A liaison to treatment centers who posts NA hotline numbers, meeting schedules and literature is NA services in the trenches!

PI on the USSC level also has the task of informing and reaching out to our fellowship about what services we provide and giving presentations to groups, areas and regions. While it seems there are those members who are confused about using the term “public relations”, members with over twenty years' experience say unequivocally – the subcommittee is properly named PI because the message to the public speaks through our subcommittee members that we're volunteers who carry the message that recovery from the disease of addiction is possible!

# Help Wanted

## Administrative Committee

Meets 1<sup>st</sup> Tuesday of the month  
9:30 am EDT  
Phone: 209-647-1600  
Access Code: 968584

**Need Alt Secretary, Vice-chair,**

## Additional Needs

Meets 4<sup>th</sup> Wednesday of the month  
8:00 pm EDT  
Phone: 805-399-1200  
Access Code: 108418#

**Need Chair, Secretary, members**

## Hospitals and Institutions

Meets 2<sup>nd</sup> Tuesday  
9:00 pm EDT  
Phone: 209-647-1600  
Access Code: 442279#

**Need members**

## Public Information

Meets 1st Sunday  
9:00 pm EDT  
Phone: 559-726-1300  
Access Code: 586963#

**Need Vice chair and members**

## Technology

Meet 1<sup>st</sup> Monday  
10:00 pm EDT  
Phone: 559-726-1300  
Access Code: 877259#

**Need Vice chair, members**

## Budget and Finance

Meets 2<sup>nd</sup> Saturday of the month.  
9:30 pm EDT  
Phone: 530-881-1400  
Access Code: 868308#

**Need Alt Treasurer, Need members**

## Conference Planning

Meets 4<sup>th</sup> Wednesday of the month  
8:00 pm EDT  
Phone: 559-726-1300  
Access Code: 907861#

**Need Secretary and members**

## Outreach

Meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesday  
9:30 pm EDT  
Phone: 559-726-1300  
Access Code: 268565#

**Need Vice- Chair and members**

## Service Material Development and Distribution

Meets 4th Thursday  
9:30 pm EDT  
Phone: 209-647-1600  
Access Code 537933#

**Need members**

Positions are also open in the Guardian Committee. Resume and Nomination forms can be found on the website at the bottom of every page. Send all forms to:

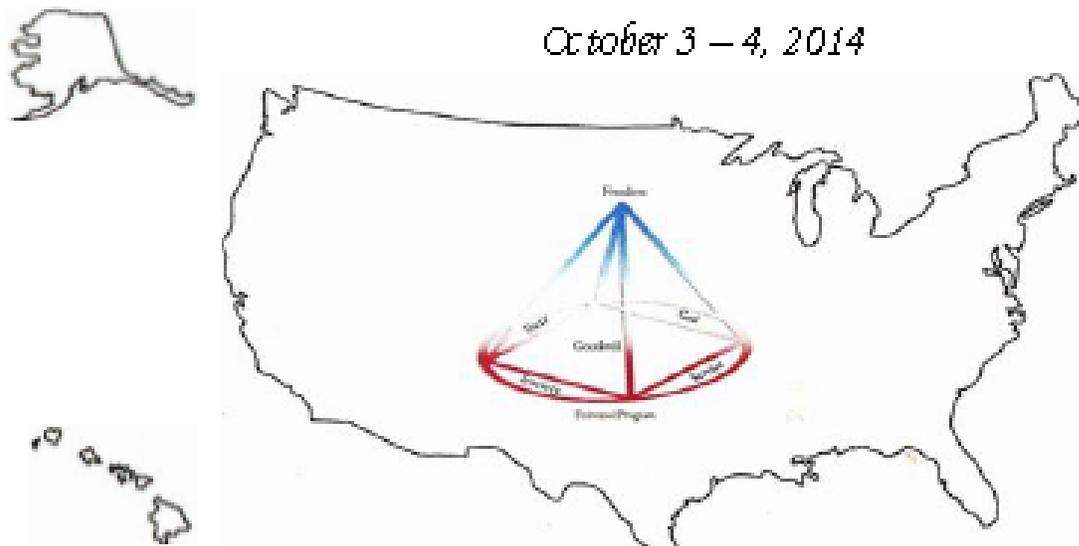
USSCNA  
PO Box 8378  
Rockford, IL 61126

Visit our website  
<http://www.usscna.org>



# United States Service Conference of Narcotics Anonymous III (USSCNA)

October 3 – 4, 2014



*Let every group's conscience be heard*

**Clarion Hotel Greensboro**

415 South Swing Road, Greensboro, NC 27409

FOR RESERVATIONS CALL: (336) 315-1544 (Mention USSCNA to receive the special rate)

Reservation Deadline September 5, 2014

Rates: \$69.00

Contact: Betsy B. 336.707.7317 - Casey C. 913.568.4033 or visit [usscna.org](http://usscna.org)

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Make Checks or Money Orders Payable To: USSC

Detach this portion of registration and mail with Check or Money Order to:

USSC, PO Box 8378, Rockford, IL 61126 (Online Registration and more information also available at [usscna.org](http://usscna.org))

Name: \_\_\_\_\_

Address: \_\_\_\_\_

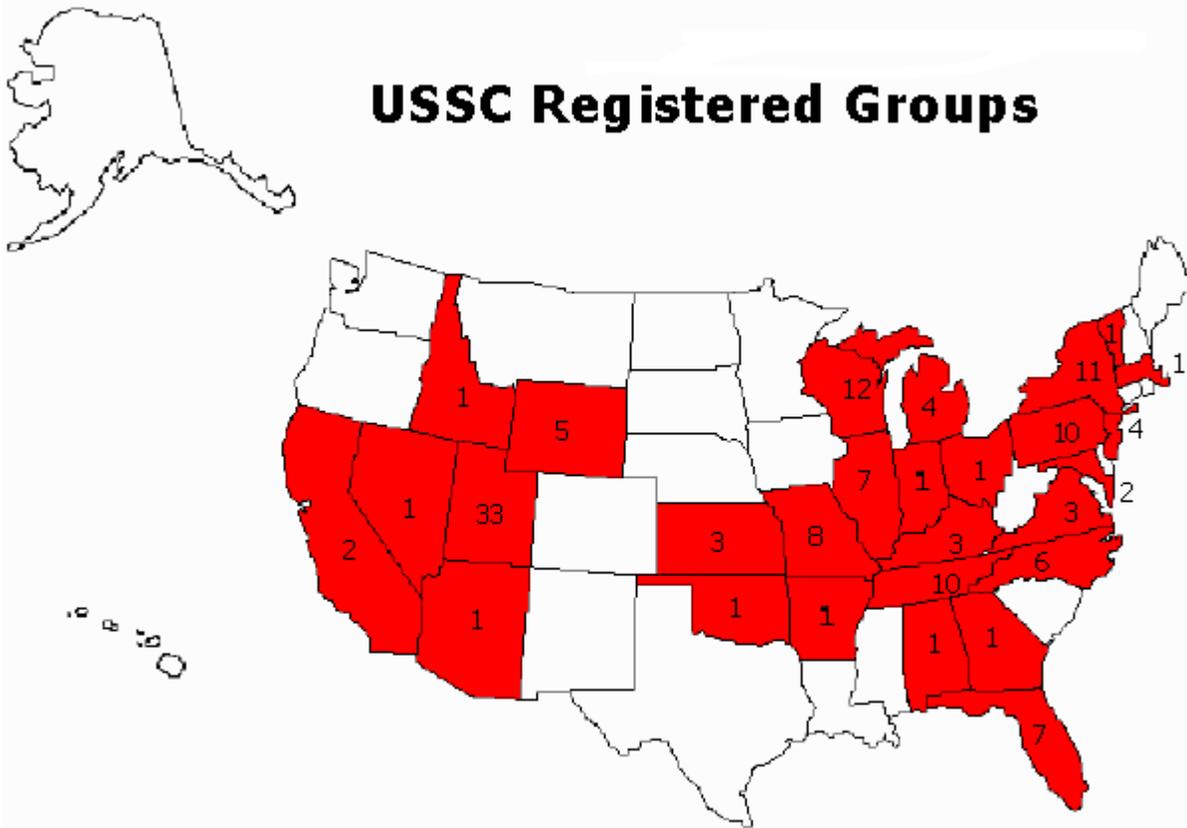
City/State/Zip: \_\_\_\_\_

Registration: \_\_\_\_\_ x \$20 \_\_\_\_\_

E-mail address: \_\_\_\_\_

*Registration is \$25.00 at the conference.*

# USSC Registered Groups



\*141 Registered Groups

\* Updated June 5, 2014