



South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020

The purpose of a REGIONAL SERVICE COMMITTEE is to be supportive of its areas and groups and their primary purpose by linking together the areas and groups within a region; by helping areas and groups deal with their basic situations and needs: and by encouraging the growth of the Fellowship.

No Limits Ad Hoc Literature Group

Open Mindedness

For many of us open mindedness is unfamiliar territory. Before coming to NA, many of us could only see life through a small and narrow tunnel. We had our own agendas. Anything not on that agenda was quickly discarded. We had our own view of the world. We couldn't conceive of a life without drugs. We never would have dreamed that a life without drugs could be possible. Pain, insanity, and misery became our way of life. Our way of life produced unmanageability and catastrophic consequences. Through some miraculous event, our Higher Power saw fit to place us in the loving hands of Narcotics Anonymous.

Many of us struggled with open mindedness. It can be a difficult thing to open to new people, places, things, and ideas. Fear can overwhelm us and cause us to judge the unknown. We must have faith in the process of working the 12 steps with a sponsor if we are to be open to this new way of life. We can't expect to be open to new ideas if we are too afraid to try them. Open mindedness is becoming willing to accept other approaches to reach the same outcome. Although 12 steps of Narcotics Anonymous are the same for every addict, every addict doesn't work them the same way.

Instead of judging another addict, we might want to try talking to them about their experience, strength, and hope. In

INDEX

Page 1: Regional Purpose, Index & Feature Article - The Spiritual Principle of Open – Mindedness

Page 2: Feature Article Cont.

Page 3: Opinion: Info about Anonymity and Zoom NA

Page 4: NA's Response to the Pandemic (cont. on Page 5)

Page 5: Principle # 5 Open Mindedness

Page 6 Step of the month-Step # 11 & Trad of the month-Trad 11

Page 7: Trad 11 (cont.) & Regional Events

Page 8: Area Events & Committee Reports

Page 9: Committee Reports (cont.)

Page 10: Committee Reports (cont.) Acclamations, Nominations, Elections and Old Business.

Page 11: Old Business (cont.)

Page 12: Old Business (cont.) & New Business, (RD & AD Reports)

Page 13,14,15 Area News

SFRNA

**SOUTH FLORIDA REGION
of NARCOTICS ANONYMOUS**

South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020

doing so, we gather new information that can help us with our own recovery. Knowledge is power. If we truly want to get better, we must tap into as many resources as possible. Listening to every addict share at a meeting is a good way to practice the spiritual principle of Open Mindedness. Our Higher Power decides who will be the instrument to deliver the medicine we need to change and grow. If we close our ears and minds to what has been placed before us, we limit our opportunity to grow spiritually.

Change and growth are part of the recovery process. If we want to get better, we must be willing to stay open minded. Open mindedness helps us get better quicker. It helps us accept instead of hate. It allows us to respond instead of reacting. It guides us towards to spiritual principle of unconditional love as we begin to see to good that each person has to offer. The open mindedness that was once born out of desperation can turn into a spiritual principle that helps us to understand rather than be understood. Open minded, we can better continue our journey through the twelve steps and continue to find freedom beyond our wildest dreams.

Page 16 Area News (cont.), (No) New Business & (No) Money Motions

Page 17 BOD Announcement

2



Closed minds don't live life to its full potential.



South Florida Recovery

(Vol.3 Issue 3)

June 5, 2020

Opinion:

(Excerpted from: <https://www.na.org/>)

Info about anonymity and Zoom. FYI.

The meetings are publicly accessible and full names and faces are often displayed. Additionally, by default all Zoom meetings are recorded to the cloud. Turning that feature off is simple, fortunately. There are other settings in the Meeting subtab that can also be adjusted, such as disallowing remote control of devices, file transfer, data sharing with Zoom, and screen sharing. Here are some suggested settings for your meeting to use. Please note that most, if not all, of the settings below are not the Zoom default: Go to: Settings > Recording and click off the Local and Cloud recording features. In the Zoom Settings section, under the Meeting subtab:

- Require Encryption for Third Party Endpoints
- Disable Auto saving chats
- Disable File transfer
- Disable Feedback to Zoom
- Disable Screen sharing
- Disable desktop/screen share for users
- Disable Remote control
- Allow Virtual background (this is the Zoom default and allows the user to use a virtual background instead of the inside of their apartment, for example) In the Zoom Settings section, under the Recording subtab:
 - Disable Local recording
 - Disable Cloud recording
 - Disable Automatic recording

> Open mindedness allows us to move from life's restraints and into today's possibilities. We can entertain new viewpoints and ideas when they come up. We can search for new information and apply it to help make our spirit happier. Open-mindedness is willingness put into action. It is a way of growing. <

- When It Works: 12 Basics Twelve Principles of NA *N.A. FELLOWSHIP USE ONLY* Copyright © December 1998 Victor Hugo Sewell, Jr.

SFRNA **SOUTH FLORIDA REGION** **of NARCOTICS ANONYMOUS**

South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020



NA World Services

Excerpted from: NAWS Update 4/15/20

NA's Response to the Pandemic

Thank you to everyone who has worked to keep our message accessible in the face of a world where we are unable to meet in person most places. Addicts are resourceful and adaptable, and NA's response to the global pandemic has been so quick and effective, that it has functioned as a powerful public relations message. If you type "Narcotics Anonymous" into a news search engine these days, you will see dozens of positive stories about NA meetings migrating online. We are receiving interest and praise from professionals and others.

If you have personal experience you are willing to share or successes as an online meeting, please share them with us at pr@na.org. We are particularly interested in how you have reached out to newcomers, treatment centers, and correction institutions; as well as experience you have helping treatment centers connect to online meetings and cooperating with Phonelines.

We would also like to hear if you have experience coordinating online Seventh Tradition collection; please let us know what's working for you.

Meeting Updates

One thing most of you have noticed is how often the access information for meetings has changed within the last few weeks. Given the vast amount of changes and our reduced staffing levels, we have been unable to keep up in processing all of the meeting changes we are receiving. We urge everyone to keep local websites and service bodies informed of changes, where possible. We believe that's the best option to keep meeting information current in these rapidly changing times.



South Florida Recovery
(Vol.3 Issue 3)

Virtual Meetings Page

On a related note, we have created a page of resources to help in your efforts to find and serve at NA meetings in the time of Coronavirus. Check it out: www.na.org/virtual We are posting new material regularly. Thank you to all who sent us resources. Keep them coming!

Thank you for all you do for NA.
Yours in service,
World Board



Principle Number Five: Open-mindedness

Open-mindedness without willingness, however, will get us nowhere. We must be willing to do whatever is necessary to recover. We never know when the time will come when we must put forth all the effort and strength, we have just to stay clean. Honesty, open-mindedness, and willingness work hand in hand. The lack of one of these principles in our personal program can lead to relapse and will certainly make recovery difficult and painful when it could be simple. This program is a vital part of our everyday living. If it were not for this program, most of us would be dead or institutionalized. Our viewpoint changes from that of a loner to that of a member. We emphasize setting our house in order, because it brings us relief. We trust in our Higher Power for the strength to meet our needs. One way to practice the principles of how is by taking a daily inventory. Our inventory allows us to recognize our daily growth. We shouldn't forget about our assets while striving to eliminate our defects. The old self-deception and self-centeredness can be replaced with spiritual principles.

Basic Text_6th Edition 9_Page 96 & 97

SFRNA SOUTH FLORIDA REGION of NARCOTICS ANONYMOUS

South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020

Step of the Month Step Eleven

"We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for to carry that out." knowledge of His will for us and power

The more we improve our prayer and meditation, the easier it can ask for God's help when we experiences that some people talk religious beliefs don't always apply program. By the time we get to the problems in the past have been steps. The image of the kind of glimpse of God's will for us. Often our outlook is so limited that we can only see our immediate wants and needs.



conscious contact with our God through is to say, "Your will, not mine, be done." We need it, and our lives get better. The about regarding meditation and individual to us. Ours is a spiritual, not a religious Eleventh Step, character defects that caused addressed by working the preceding ten person that we would like to be is a fleeting

It is easy to slip back into our old ways. To ensure our continued growth and recovery, we have to learn to maintain our lives on a spiritually sound basis. God will not force His goodness on us, but we will receive it if we ask. We usually feel something is different in the moment, but don't see the change in our lives till later. When we finally get our own selfish motives out of the way, we begin to find a peace that we never imagined possible. Enforced morality lacks the power that comes to us when we choose to live a spiritual life. Most of us pray when we are hurting. We learn that if we pray regularly, we won't be hurting as often, or as intensely.

Tradition of the Tradition Eleven Month

"Our public relation policy is based need always maintain personal and film."

Most NA groups have some sort of affairs. But the public relations spoken deliberate than our group's routine fellowship. The existence of a public of a public relations "program" in purpose. Public information work, seeks to make NA attractive to those boards, and committees, we deliberately and energetically cultivate good public relations, not as an incidental result of our normal activity but to better carry our message to addicts. Narcotics Anonymous is not a secret society; Tradition Eleven speaks to personal anonymity, not fellowship anonymity. The better known we are by the public, the more likely it is that addicts seeking recovery—or their friends, relatives, or co-workers—will think of us and know where to find us



on attraction rather than promotion; we anonymity at the level of press, radio,

contact with the public in their everyday of in the Eleventh Tradition are more encounters with those outside the relations "policy" implies the importance carrying out our fellowship's primary done properly, is not promotion; rather, it who might need us. As NA groups, service

SFRNA

**SOUTH FLORIDA REGION
of NARCOTICS ANONYMOUS**

South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020

when they decide to seek help. One way to take part in NA's public relations program is to become involved in the local public information subcommittee.

The Eleventh Tradition tells us that, when we engage in public relations activity, we are to speak simply and directly of what Narcotics Anonymous is and what we do. We are not to make exaggerated claims about NA. Our public relations efforts should be as inviting and nonpromotional as our program itself, saying to addicts and society at large, "If you want what we have to offer, this is what we are and how we work. If we can be of service, please let us know."

Regional Events:

9:00 AM June SFRSC PR Meeting ID: 938 9187 5277	1:00 PM June SFRSC Outreach Meeting ID: 961 2871 5487
9:30 AM June SFRSCNA BOD Meeting ID: 543 413 370	3:00 PM June SFRSC Admin Meeting ID: 493 291 909
11:00 AM June SFRSC HNI Meeting ID: 969 7443 6242	Sun June 21 9:00 AM June RSC via Zoom Meeting ID: 271 224 599

Convencion de Area Habla Hispana

WHEN:

07-31-2020 – 08-02-2020 all-day

WHERE:

Ramada Plaza by Wyndham Marco Polo Beach Resort
19201 Collins Ave
Sunny Isles Beach
FL 33160



SFRCNA XXV HAS BEEN
POSTPONED UNTIL LABOR DAY
WEEKEND SEPTEMBER 3-6, 2021

(See Flyer Below)

Outreach Committee

NEVER ALONE GROUP DEAF
NA MEETING



This is closed meeting
all addicts are welcome
Thursdays at 7 pm CST
Saturdays at 11 am CST
Call in at 802-616-925
or <https://zoom.us/j/802616925>

SFRNA

**SOUTH FLORIDA REGION
of NARCOTICS ANONYMOUS**

South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020

Area Events:

- (Because of the Coronavirus check with Website or Hosting Area to see if the following events have been Postponed or Canceled).
- Kickball Recovery
- (Longwood) Fundraiser & Fish Fry MCCNA (Afternoon with the Dinosaurs)
- Paintball Shootout
- NDACNA



Florida Keys NA RECOVERY IN PARADISE 26 has been postponed until APRIL 2021

Kickball Recovery

Every 3rd Sunday at 4 pm

Croissant Park SW 17th ST & R/R Tracks (west of Andrews Ave)
Sponsored by A BRAND NEW MIDNIGHT group Narcotics Anonymous

Sign up: <https://tinyurl.com/y4qj7a59>
Contact: kickballrecovery@yahoo.com

OCT 20 * NOV 17 * DEC 15 * JAN 19
FEB 16 * MAR 15 * APR 19 * MAY 17

FUN AS SHIT!

Participate in Your Recovery. Become a part of.

Committee Reports

- **HOSPITALS & INSTITUTIONS:** No Report
- **LITERATURE:** All is well nothing to report at this time.
- **NEWSLETTER:** Hello Family, The April Newsletter went out on March 31st. I hope that everyone received it. I received one reply wanting info about the zoom meeting. I hope that everyone is well. I think that in this time of Lockdown and Stay at Home orders we need the Newsletter more than ever. Perhaps it will help us all feel more of a sense of being a part of. Please feel free to send me any info



South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020

you may have about your NA community and how it is dealing with the Coronavirus I can be reached at newsletter@sfrna.net Yours in loving service, Lester O Newsletter Chair

- **OUTREACH:** April 19, 2020
- The Outreach committee has been focused on the Celebration Convention in Nassau, Bahamas for several months.
- The convention chair, Eddie H. communicated with me this morning on WhatsApp that the convention is still on, the same dates November 6, 7, 8, 2020. He would like to encourage people to register.

We discussed putting the registration forms on the website and I will include a PDF with this report.

Thank you,

Dee M.

- **PUBLIC RELATIONS:** Public Relations April RSC Report
- Greetings from your Public Relations sub-committee. We did not meet yesterday so there is little to report. I will be reaching out to the Lamar Advertising to see if the quote for the billboard will still be honored should our areas decide to move forward with it. I will be asking our webmaster to start creating a Facebook page per our old business. We will be meeting at our June region via zoom.
- Steven
- **SFRCNA BOD: SFRCNA BOD Report**
- The BOD met yesterday, April 18, 2020 via zoom. We have not made any decision about postponing the SFRCNA XXV convention. Currently we have a total of \$9637 in the BOD and Host bank accounts, with 154 room nights booked.
- We have plans to meet 3 times in May via zoom and hope to have a decision about the convention by May 30, 2020. I would like to ask the RCM's who attend their ASC meetings to poll the Area and see if the members would be willing to support the convention should we decide to have it.
- I will send an email to the RCM's to remind them of the straw vote and I will email them again before our meeting on May 30, 2020.
- In Loving Service,
- Renee Y.
- President
- **ECCNA:** ECCNA Report 4/19/2020
- I was elected to the ECCNA board and attended the last meeting. The committee took a poll asking should we cancel the convention for this year. The consensus was to wait to vote. In the interim the college cancelled the event. WE will discuss how to proceed in our next meeting. I am going to suggest we have an online event. The committee voted to purchase its own Zoom account.
- In loving Service
- Joann R



South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020

- **ACCLIMATIONS:**
- **Alt Treasurer to Treasurer:** Joanne G Roll call vote 10-0-1 Passes
- **Atl Secretary to Secretary:** Jenn R Roll call vote 10-0-1 Passes
- **Vice Chair to Chair:** Frank P Roll call vote 10-0-1 Passes
- **Alt Delegate to Regional Delegate:** Mat S Roll call vote 10-0-1 Passes

Nominations: Nominations:

PR position open – Steve (Protem) agreed to cover position for nominations.

Motion made by South Broward to waive policy regarding nominees for June RSC Nomination from being physically present to Virtually Present for Nomination. Second by Midcoast.

RCM Vote unanimous

Elections:

Old Business: RSC Business was not conducted as we were unable to establish quorum.

MOTION 08-04-19

Maker: Public relations

Second: East central Florida

Motion Reads: For region to pay \$3,950 to Lamar Advertising for a billboard on MLK in Fort Myers east of I-75 for 8 weeks. The breakdown is \$750 one cost for production and \$1600 for 4 weeks upon being sent back to groups please.

Financial impact: \$3,950

Intent: To carry the message to the public that NA exists and is available in the community.

Motion Tabled to ASC's for Vote:

Motion made by Midcoast to table 08-04-19 second by South Broward. Pros and cons given. Call the vote

RMC Vote: 7-3-2 Motion is tabled



South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020

February RSC 2020:

Motion removed from table by AD

Motion made by Mid Coast to be send back to areas for voting due to new information. Second by Beach & Bay

RCM VOTE 12-1-1 MOTION GOES BACK TO GROUPS.

CON: Ridiculously expensive and a waste of money.

PRO: It is PR's purpose to get the information out there so addicts can find us and our meetings. This billboard was specifically chosen as one of the best locations for the smallest amount of money so we can track how effective a billboard campaign is. It has a separate number so we can track how effective this is.

CON: Based on what AD said. It makes more sense less expensive way to track calls.

PRO: Do we put a value on the life of an addict.

DATE: 4-19-20

Midcoast motions to table 08-04-19 Second by Gold Coast.

RCM vote to table 6-4-1

Motion: 12-19-03

Maker: Newsletter

Second: Beach & Bay

Motion Reads: To approve newsletter budget of \$1500 which is an increase of \$250 Increase is due to high hotel room costs.

Financial Impact: \$1500

Intent: To cover the cost of hotel and travel for Newsletter chair to attend RSC weekends

Tabled to ASC's for vote

RCM Vote 10-0-1 Motion Passes

SFRNA

**SOUTH FLORIDA REGION
of NARCOTICS ANONYMOUS**

South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020



Regional News

RD/AD Report:

RD:

- The WSC will be meeting virtually via a series of 12 2-hour Zoom meetings.
 - Sessions will be twice daily at 11 am-1 pm and 2 pm-4 pm, Pacific Daylight Time, on April 24-26, April 29, and May 2-3. They will deal with:
 - an emergency budget
 - the project plans in the
CAT https://www.na.org/admin/include/spaw2/uploads/pdf/conference/CAT/2020CAT_WEB_alttext.pdf
 - the moratorium on the FIPT (inspection clause)
 - elections for WB, HR, and Co-Facilitator
 - plans to deal with CAR voting and other business outside of this meeting
 - Observers are welcome via YouTube – each session will have its own link and can be found on NA.org. <https://www.na.org/?ID=wsc2020virt>
- Donations are needed as literature sales are down – contribution link on NA.org. <https://www.na.org/contribute>
- Success and failures with virtual meetings are needed – email pr@na.org.
 - You can add your meetings to their virtual meetings page. <https://www.na.org/virtual>
- Spiritual Principle a Day - SPAD still needs your support if you have time. <https://www.na.org/SPAD>
- Hopefully, Mat will be keeping everyone updated via the newsletter as the AD has in past WSCs

AD:
Insurance renews next month. please start getting certificate request forms to me now so we can request as soon as we can. Cost went up about 25% this year a check is on the way.

ILS
AD

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**SOUTH FLORIDA REGION
of NARCOTICS ANONYMOUS**

South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020



Area News

AREA DE HABLA HISPANA: Área de Habla Hispana del sur de la Florida de Narcóticos Anónimos **April 19, 2020**

Saludos from the Spanish Speaking Area of South Florida

Our area is now comprised of eight groups with 28 meetings per week. Our meeting list includes meetings in West Palm Beach, Delray, North Broward and an additional meeting in the South Dade Area, that is not part of our area, which are all conducted in Spanish. Due to the Covid-19 situation some of the groups have been doing their meetings on Zoom or, in the case of some of the smaller groups, have simply stopped meeting for the time being. One of the groups is still conducting meetings in a physical space.

Our area met online on February 9th with the GSRs from 5 of our eight groups present. A motion was passed to send \$300 to NA Region Venezuela to help with literature and other need, y given the dire situation that country is immersed in and which has also had an impact on NA there.

H&I, which was taking presentations to three treatment facilities in Spanish, has currently stopped doing so for the time being, once again, due to Covid-19, social distancing, etc., as I would imagine is the case in many other places. On another note, I'm happy to say we have a new alternate RCM, Mahdi M. Some of you know him, since he was alternate for Jeanette, the previous RCM, but had to leave Florida because of his work at the time. Now he is back, and I am very grateful for that, because he is always active in service in our area and always willing to help. Looking forward to seeing everyone in person soon.

Thank you,

Robert D
786-506-6170

BAHAMAS: not present

BEACH & BAY- Beach and Bay has 13 groups, with 18 meetings, H&I 6 institutions with 8 meetings. Right now, no meetings are being held in any institution. We are opening the jail for women and The Hack. Waiting for this to be over and get final approval, we have the trusted servants in place to go in and take the meetings. Activities and Entertainment will have a new chair from June on. Our helpline is getting more calls and the meeting lists that were placed on all public libraries are being replenished as we have found people are taking them.



**South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020**

Conflicting time and location of some meetings is making it extremely hard for them to stay open and pay rent.

Thank you and have a blessed day
Stay Safe.

CENTRAL FLORIDA – Not much to report our area met via zoom. We are still intact, two of our groups started meeting on zoom, tow more will, start phone line meetings next week. We will share the meeting information, with anyone who wants it. We have no way to continue fundraising for the convention in October. We will see how that turns out, based on current events.

CONCH REPUBLIC- off Roll Call

EAST CENTRAL FLORIDA – Verbal Report given

GOLD COAST – I’m an addict called Chris,

All is better than I could expect at this point in Gold Coast... at least with our Area. Our ASC did not convene this month due to an email poll which was sent to representative GSR’s after a question was made as to whether we should assemble. The CDC guidelines were provided in response to the potential of an in-person meeting. Admin conducted a poll with the GSR’s as to whether to meet virtually or to postpone. Email responses via voting showed that of the 30 Groups that voted a simple majority was not present to meet virtually on April 5th. Day to day business has continued regarding expenses with the ASC and we are fortunate enough to have a prudent reserve in place.

I’m very grateful to report that members of Gold Coast groups moved swiftly to begin moving to a virtual state as meeting location after meeting location was either shut down or forcibly closed. At this time, we have 36 Groups meeting 66 times a week on both Bluejeans and Zoom platforms. In addition, our PR, H&I, Convention, and Activities subcommittees are also meeting on the Zoom platform. There are still sporadic face to face meetings still occurring, as per their individual group conscious.

Members of our PR subcommittee have made a virtual meeting list which has been made available on **Gold Coast Fellowship** on Facebook.

Our convention subcommittee has moved to convert GCCNA XXX into a virtual speaker jam which is occurring while I am reading this from 10 am – 8 pm. The **Zoom ID** for that is **749 048 474**. There is a 1,000-participant capacity for this.

Again, this is available on our Gold Coast Fellowship on Facebook. Any Convention registrations and comedy/banquet tickets already purchased are to be honored and I have point of contact information for their subcommittee if you have any questions. Further information for convention details can be obtained from www.gccna.org

The next ASC is scheduled to for May 17th at this time. Although it has not been voted on by member groups as to the format, we would be hard pressed to meet in person at that time.

Regards,



South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020

Chris C.

GULF COAST- Greetings,

All Gulf Coast Area meetings have been suspended until further notice. We immediately coordinated and started virtual meetings. All meetings are listed on na.gulfcoastfla.org. We met for area service virtually on April 12. All H&I presentations were also suspended, and we have recently started virtual presentations in 2 facilities. PR has continued its efforts to create public awareness about NA and our current situation. Activities has organized a virtual speaker jam in May. We have a link available on our website for donations through Cash app and have started receiving contributions from groups and individuals. We remain committed to carrying the message and the safety of our recovery community! Thanks everyone for being clean.

In loving service,
Andrew W.
Charlene P.

MID COAST: Good Morning, at this time the, and during “this” time the MidCoast Area has 34 online meetings a week. Our ASC is meeting on Zoom and we have made quorum. Our Area H&I is working on bringing online meetings into facilities.

Thank You

Yours in loving service,
Adam E.

NORTH DADE- not present

PEACE RIVER - Our executive board have met twice via phone since February due to Covid 19.

We currently have 14 meetings in our area.

We have one meeting still meeting outside of the normal meeting place.

We currently have virtual meetings through google meet.

I will attach it to my report to make it available to other areas.

We do step study Tues. Thursday, Saturday

The remaining nights are open discussion.

After speaking to the Executive board our hopes are that we can discuss possibilities of guidelines moving forward with the crisis we are presented with.

SHARK COAST – not present

SOUTH ATLANTIC - Greetings from the South Atlantic Area,

Hoping all is well for everyone during this strange time we have we currently have 5 meetings on Zoom- all others have stopped meeting in person other than the Colours meeting who has been meeting outside in their parking lot with masks and gloves - there has not been more than 6 people in attendance. We met for our ASC via zoom on the 14th - unfortunately, there were only 4 GSRs in attendance.



South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020

We are having weekly admin mtgs via zoom to update those of us involved on the current state of all our meetings.

As soon as we here a more certain future for our area I will be sure to keep you all updated!

Thank you!

ILS- Kaity D

SOUTH BROWARD – Greetings from south Broward. We have cancelled asc April mtg. We may be able to meet in may depending on facility reopening on date they told me.

voting on motions

motion # 08-04-19 we vote against

motion # 12-19-03 we vote for

in loving service

Robert S

SOUTH DADE – not present

SUNSET COAST- Verbal Report given

UNITY SPRINGS- not present

(No) New Business:

(No) Money Motions:

Announcements and Plans for the next RSC:

Announcements and Plans for the next RSC:

- JUNE – SFRCA – ZOOM Meeting
 - AUGUST – ADMIN - ZOOM Meeting
 - October – ADMIN - ZOOM Meeting
20. **Close Meeting:** 1:45pm





South Florida Recovery
(Vol.3 Issue 3)
June 5, 2020

BOD Announcement & Flyer 5.20.20



25 YEARS CELEBRATING FREEDOM



SOUTH FLORIDA REGIONAL CONVENTION OF NARCOTICS ANONYMOUS

**SFRCNA XXV
HAS BEEN POSTPONED
UNTIL LABOR DAY WEEKEND
SEPTEMBER 3-6, 2021**

**Fort Lauderdale Marriott Harbor Beach Resort & Spa 3030 Holiday Dr, Fort
Lauderdale, FL 33316**

SFRCNA XXV is not affiliated with the Marriott Harbor Beach Resort: All hotel room reservations booked via SFRCNA have been cancelled. If you booked a room outside of the room block, you **MUST** call and cancel your reservations @ 1-800-627-7468.

We will honor all SFRCNA XXV registrations and event tickets during the 2021 convention. For more information send an email to: sfrnaconventioninformation@gmail.com

**SFRCNA HOST & BOD COMMITTEES APPRECIATE
YOUR CONTINUED SUPPORT**

**CHECK OUT OUR WEBSITE: SFRNA.COM OR FB PAGE: SFRNA XXV 2020
FOR UPCOMING FUNDRAISERS...MORE WILL BE REVEALED**

Host Chair Ray G. 954-839-5958 or Vice Chair Nashida B. 954-873-0099