



**November 2017
newsletter**

delegates' session

The Delegates Sharing Session is a time for regional and alternate delegates to build unity by coming together at the World Service Conference to get to know more about each other and our regions/zones, discussing issues that are important to us, and exchanging experiences and ideas with each other.

This session was created by a 2014 WSC proposal, and was developed for WSC 2016 by a workgroup of Conference participants. The 2016 Conference supported continuing the workgroup and session for the 2018 WSC.

delegates' ideas

The Delegates Sharing Workgroup invited you to complete an online survey last summer, and we appreciate all who took part. We received 113 responses from 77 delegates and 30 alternate delegates, plus 4 former delegates, 1 zonal delegate, and 1 World Board member who previously served as a delegate.

delegates' experiences

Along with your great input for the session itself, you shared tips and experiences that will help fellow delegates before the WSC. The ideas we collected will be shared here, and in two additional mailings before the WSC. In these mailings, we'll describe some of your experiences on things like preparing for CAR workshops and the Conference itself and what you wish you knew before you went to your first WSC.

We experience unity in service when we see our work as part of a greater whole, in service to our primary purpose, and connected to our personal recovery.

*Guiding Principles:
The Spirit of Our Traditions,
Tradition One*



Upon this common ground...

NA is much bigger than our own individual recovery or the needs of our home group and region—and when we understand this, we know that our service makes a difference for NA as a whole. We all come from different places, yet each of us is committed to our primary purpose to carry the NA message. We are living examples of A Vision for NA Service, and we stand together on common ground.

...we stand committed

Each region has its own unique history, culture, and needs. We don't all conduct our business in the same way, so our interaction with other delegates helps us understand issues from different points of view. Making time to hear as many differing perspectives as possible can help us bring ideas forward and prepare for the Conference—and ensures that we are as informed as we possibly can be in the service we provide.

it's Conference season!

As delegates, we receive a lot of information in a short period of time. To comprehend and convey all this data, we need to read, absorb, and process it—and then explain it to others as we prepare for the Conference. Some delegates try to schedule time each day or set aside time each week to read the information that is coming through. It's much easier to explain something if we fully understand it ourselves—and that takes some time and concentration, especially for those of us who are newer to our positions and to those of us for whom English is a second language. One delegate suggested,

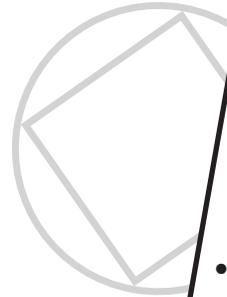
**“Read EVERYTHING.
Listen actively and foster unity.”**

As one delegate noted on the survey, some of us don't have the advantage of training with an experienced RD, so we need to find resources to help us through Conference season and preparing for the WSC. If we don't understand something, we can seek help from experienced fellow delegates or others who have WSC experience. We can ask World Services and the World Board for more information or clarification by contacting the office or emailing worldboard@na.org. One delegate reminded us that there are no dumb questions and another participant advised,

**“Network: speak to as many people
from other zones as you can.”**

And as many of us know—or are learning—serving as a regional delegate has a unique set of responsibilities and expectations. This service gives us plenty of growth opportunities, so our personal recovery is an essential tool for making our way through the process. Just as we've learned to take care of ourselves through our personal recovery journey, we also need to take special care of ourselves during this demanding time. Many survey respondents suggested that we remember the basics: take care of ourselves physically, mentally, and spiritually. And they reminded us of the spiritual nature of service, advising us to

“Keep the mind and heart open.”



thoughts from our common ground

- My efforts in service are more spiritual when they foster the trust of others in me. Experience and knowledge are important to service; however, it is equally—and sometimes more important—for my efforts (actions) to be transparent and inviting to others to be involved.
- I would like to see some encouragement for more women to get involved and women to mentor other women as I was discouraged multiple times over the years.
- At this level of service, the work we do is not for ourselves, it is for those following 2, 4, 10, 20 years behind us.

We get the real rewards of recovery by giving back and giving forward, out of gratitude for what we have been given, and out of hope for what is to come. Being of loving service is living spiritually.

*Living Clean:
The Journey Continues,
A Spiritual Path*



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

