

Group Autonomy and Covid 19



- Let's open this meeting with a moment of silence, followed by the We version of the Serenity Prayer...
- God, grant us the serenity to accept the things we cannot change, The courage to change the things we can, and the Wisdom to know the difference

Group Autonomy and Covid-19

- Thank you for coming.
- The purpose of this meeting is to share information and have respectful, honest discussion
- The chat box is open for your comments and questions
- Please raise your hand if you would like to speak.
- Following this meeting, the presentation will be uploaded to the Peace Area Narcotics anonymous website: www.peaceareana.com

Tradition 4

- Each group should be autonomous except in matters affecting others or NA as a whole
- AUTONOMY—Self-directing
- This means that every group can carry the message to the best of its ability

- We carry an NA message, and we are part of a Fellowship that extends from the doors of our group through our local community and around the world.
- Our actions always have an effect on those around us, and we can choose at every moment what we want that to be

- Our tradition of autonomy ensures that every NA group is able to carry the message to the best of its ability.

- We cannot practice one of the Traditions without the others, and the other eleven Traditions help to shape our autonomy and remind us of its limits

- Because personal recovery depends on NA unity, Tradition Four asks us to consider our actions in relation to other addicts and NA as a whole

Where we are at

- I am NOT wearing a mask
- I miss hugging
- Who cares about Covid 19—It's not that big of a deal
- I hate ZOOM meetings. I am going to in person meetings no matter what
- I need to feel the vibe in the room. That's what fills me up

What does this have to do with Covid-19?

- Freedom and responsibility work hand in hand
- Our groups have autonomy but are asked to attend carefully to the ways that our actions may “affect other groups or NA as a whole” — which is to say, our local NA community, the rest of the NA Fellowship, and our relationship with those outside NA.

- “The most important thing we do with autonomy is carry the message”

Cohorts, NA and Covid-19

- A Covid-19 Cohort, also referred to as a bubble, or circle is a small group whose members—ALWAYS THE SAME PEOPLE—do not always keep 2 metres apart

- The cohort concept encourages individuals who cannot maintain 2 metre physical distance when in group settings to interact with the same people within their own cohort group rather than switching daily contacts or randomly interacting with others outside that circle.

- When interacting with individuals NOT IN YOUR COHORT, individuals should maintain a distance of two metres OR wear a mask when closer than two metres with others.

Autonomy and Provincial Covid-19 Requirements

- How can your home group carry the message safely?
- Is hugging “allowed”?
- Gathering outside within view of the public
- Protecting anonymity
- Contact tracing

COVID-19 INFORMATION

PRACTICE PHYSICAL DISTANCING

Keep at least 2 metres (about the length of a hockey stick) between you and others. If you are too close to someone who coughs or sneezes, you risk breathing in tiny droplets that could contain the COVID-19 virus.

Help support a healthy relaunch by following public health measures, practicing physical distancing and good hygiene, and continuing to act responsibly.

STAY INFORMED

alberta.ca/covid19

Alberta

COVID-19 INFORMATION

HELP RELAUNCH, SAFELY

Prevention starts with awareness.
Be informed on how you can protect
yourself and others from COVID-19:

- Isolate if you're feeling sick
- When out, maintain physical distancing of 2 metres
- Wash your hands frequently for at least 20 seconds with warm water and soap
- Cover coughs and sneezes and stay home if you are sick
- Avoid touching your face
- Wear a mask in public places where keeping a distance of 2 metres is difficult

STAY INFORMED

alberta.ca/covid19

Alberta

COVID-19 INFORMATION

HOW TO WEAR A NON-MEDICAL MASK

Non-medical masks, including homemade cloth masks, can help prevent the spread COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some retail shops.

Masks do not replace proper hygiene, physical distancing or isolation to prevent the spread.

SAFELY PUTTING A MASK ON

- 1 Wash/sanitize your hands.
- 2 Inspect the mask, holding it by the ties or loops. Discard if damaged or dirty.
- 3 Open fully to cover from the bridge of your nose to your chin.
- 4 Adjust the mask to your face so there are no gaps on the side.
- 5 If mask has stiff edge, pinch to close gaps between nose and mask.
- 6 Keep your nose, mouth and chin covered at all times. **Avoid touching the mask.**

SAFELY TAKING OFF A MASK

- 1 Wash/sanitize your hands.
- 2 Remove it from the back by releasing ties or loops. Do not touch the front of the mask.
- 3 Discard the mask immediately if disposable. Wash thoroughly if reusable.
- 4 Wash/sanitize your hands.
- 5

FOR MORE INFORMATION ON WEARING AND CARING FOR YOUR MASK

alberta.ca/masks



In addiction....

- Self-obsession is the core of our disease, and one of the defining features of self-obsession is that we do not see the impact of our actions on the people around us—or we just don't care.

In Recovery...

- We recognize that we have an effect on the people in our lives. Through the harm we do in our addiction, and the loving assistance we offer in recovery, we can see that our actions do matter

- In our groups, we are free to carry the message in whatever way seems most effective to us.
- This doesn't free us from the accountability to our fellows...What could be the consequences for NA as a whole?
- This accountability teaches us to "look".
Stepwork teaches us to "See"

What does this mean for your group?

- Please use the chat box to share your ideas and plans.

Who's that? Why are we Here?



- THANK YOU
- Comments and feedback welcome and appreciated