

## About Us

- We coordinate services between our member regions.
- We provide an opportunity for discussion and exchange of information on problems and issues confronting NA.
- We facilitate communication, cooperation, and growth among regions in the Great Plains of the United States and NA World Services.
- We help Regional Delegates prepare for the World Service Conference and learn from each other, former Delegates, and other experienced trusted servants.
- We assist local NA members or communities who have questions about NA service or how to handle challenging situations.
- We conduct workshops and learning days on various NA service topics.
- We collaborate with other regions to host multi-regional events with participation from NA World Services.

## Purpose

The Plains States Zonal Forum provides access and an avenue for communication between member Regions, other Zonal Forums, and Narcotics Anonymous World Services. We provide services to our member Regions and share best practices, experience, and resources with each other to further carry the message of Narcotics Anonymous. We can do together what we cannot do alone.

## History

During the 1995 World Service Conference (WSC), regional participants of what is now the Plains States Zonal Forum discussed the formation of a new zonal forum. A meeting was scheduled for the Multi-Regional Learning Day in Kansas City, which was held in September 1995. Mid-America Region wrote a proposal and sent it to neighbor regions and members from Mid-America, Iowa, and Show Me, who attended that first meeting in Kansas City. The next meeting was held during WSC 1996, and OK and South Dakota regions joined the conversation. While the Show Me region chose to stay with the Southern Zonal Forum, Best Little Region in Texas joined Plains States Zonal Forum in 2000. We have been a six Region Zonal Forum since. Plains States Zonal Forum has become well-established with continuous growth in services over the years.

### Contact us:



<https://pszfna.org/contact-us/>

## Plains States Zonal Forum of Narcotics Anonymous



### Member regions:

Best Little Region

<https://blrna.org>

Iowa Region

<https://iowa-na.org>

Mid-America Region

<https://marscna.net>

Nebraska Region

<https://nebraskana.org>

OK Region

[www.okna.org](http://www.okna.org)

South Dakota Region

<https://sdrna.org>

[www.pszfna.org](http://www.pszfna.org)

## Services

### Sponsorship Behind the Walls (SBTW)

SBTW's purpose is to provide sponsors to addicts located in prisons in our member regions to work steps by mail.

The workgroup:

- Offers virtual trainings for those who want to be sponsors for those incarcerated
- Reaches out to prisons
- Provides flyers for prisons

**Questions? Want to serve?**

**Email:** [sbtw@pszfna.org](mailto:sbtw@pszfna.org)

### Zoom Account with Calendar

Service bodies can schedule Zoom meetings to host virtual service meetings using the zonal Zoom account. In addition, the Forum offers Zoom hosting trainings, and keeps all meetings scheduled through the Zonal Zoom account on a live calendar (viewable on our website).

### PR Panels for Professionals

On the Friday prior to an in-person business meeting, we offer to host or assist the local region with a presentation for professionals. Our PR Facilitator works with each region to help coordinate and schedule these events, which include a member panel (often made up of local members).

## Meetings

### Workshops

During the Saturday of each in-person meeting, we offer workshops for local members. Workshop topics are decided by the Forum with input from the hosting Region. Topics can focus on the hosting Region's needs, as well as current Issue Discussion Topics from the WSC.

Our website features workshop materials for a variety of topics of interest to the fellowship.

### Virtual Recovery Meetings

The noon NA Recovery Meeting meets Tuesday, Wednesday, & Friday at noon Central Standard Time.

The Meeting ID is 861 7253 4958, and the meeting passcode is 1995.

### Business Meetings

The PSZF meets quarterly to conduct business, two times in person and two times virtually. Our in-person meetings rotate throughout the member regions.

### Funding

For many years, 90% of the funds needed for the Forum to function were raised during our Saturday night auction, held during in-person meetings. Today, most of our Member Regions make regular contributions, as do some groups in the Regions.

In 2022, we voted to fund any unfunded trusted servants (those not funded by their own regions for PSZF travel) for travel to the in-person meetings.

## Website

**Your one-stop shop for finding events & info  
within Plains State Zonal Forum!**

[www.pszfna.org](http://www.pszfna.org)



## IT Things

We use the Basic Meeting List Toolbox (BMLT) Server. This server lists all NA meetings within the Plains States Zone. Each member Region or Area has access to update their meeting information.

PSZF hosts a Yap server for a phonenumber interface to access meetings listed in our BMLT Server. This allows addicts to call or text for a meeting closest to them. We currently have one region live and three regions in the process of adding a phone line.

Our website hosts previous workshops, a Trusted Servant Pool, and various service tools.

## Collaborations

The Plains States Zonal Forum collaborates with other areas, regions, and zones, to provide services beyond what the PSZF can accomplish alone. These collaborations include:

**Multi-Zonal Service Symposium**

**Multi-Zonal CAR/CAT workshop**