

**Minutes for the 184th Regional Service Conference
Central Atlantic Region
April 15th Williamsburg, VA**

Note: RSC will be preceded by Open Forum, not to exceed one hour.

Open Forum began at 4:45pm and closed at 5:30pm RSC began at 5:48pm

- Vice Chair will view the online banking account and compare to the check register.
-Bank statement and check register reviewed by Etta F. No discrepancies found.

1. Serenity Prayer
2. Open Forum (4:45pm- 5:30pm)
 - a. Concern was expressed that trusted servants have written reports available as per policy for the GSR assembly. Concern that lack of written reports could detract from transparency.
 - b. Topic from Florida Service Symposium of Florida judges not being able to refer people to NA because, by their legal definitions, we are a religious organization.
 - c. Issue of the Inmate Step Writing was brought up and someone asked if an ad-hoc committee could be created to drive this project forward.
 - d. An area RCM commented on Regional service apathy in their area.
 - e. An area raised concerns about the continuing issue of social media and anonymity. Vice chair mentioned that info regarding this topic could be found at mzss.org (Multi Zonal Service Symposium)
 - f. Concern about how to help members with dual diagnosis was discussed.
 - g. Some confusion was expressed about how and when rooms are assigned at Regional 2 day events.
3. Reading of Purpose, Traditions, and Concepts (5:48pm)

4. Roll Call: Quorum

roll call after break

Chair	Bill M	Almost Heaven	Norman C	
Vice Chair	Etta F	Appalachian	Abs	
Secretary	Neal G	Beach	Dale R	
Treasurer	Jim H	Blue Ridge	Nancy H	
Regional Delegate	Kim A	Gateway	Duane F	
Regional Delegate Alternate	Brian C	New Dominion	Mark S	
Regional Delegate Alternate 2	Randy D	Outer Limits	Abs	
VRCC Chair	Linda A (vice chr)	Peninsula	Abs	
Hospitals and Institutions Chair	Nancy H	Piedmont	Abs	
Policy Chair	Antionette B	Rappahannock	Richard M	
Public Relations Chair	Sam F	Richmond	Absent	
Speaker Jam Chair	open	Roanoke Valley	Abs	
		Shenandoah Valley	Randy D	
		Southside	Sue N	
		Tidewater	Abs	
		Tri-Cities	Abs	

Note: Any area that missed two consecutive RSC will be referred to the Outreach Subcommittee (Project Driven).

5. Recognition of new attendees / identify members willing to mentor that they could sit next to.
Donna and Yvonne
6. Approval of Prior Minutes – Mover: Norman 2nd: Mark- New Dominion Minutes approved
7. Trusted Servants Reports

Chair Report	<p>CARNA Chair Report 184th RSC April 15, 2017</p> <p>Good evening. The turnout for today's GSR Assembly was better than I expected. As I glanced around the room I counted 40 in attendance other than the Regional Conference Members and regional subcommittee chairs.</p> <p>I have actually been busy since the last Regional Conference. Our Region purchased a Zoom videoconference account and, subsequently, held a test to demonstrate the versatility of the tool which that quickly became a discussion as to how to implement this technology and how does that implementation affect our region's policy. I also had a meeting one Saturday morning to discuss a motion with our policy chair. My take-away from these meetings is that this versatile, easy to use technology will enhance the services we provide to our service bodies from the Region all the way to the Home groups. My intent is to form an ad-hoc ad-hoc subcommittee whose goal is present policy proposal for implementing a calendar for scheduling. I hope this subcommittee is comprised of subcommittee chairs as well as RSMs</p> <p>I had several conversations with our Regional Delegate about her experience at the Florida Service Symposium and how she felt the FSS was perceived by our Regional Servants in attendance. As a result of those conversations, I will be asking this body to support the formation of a task force to explore methods for implementing the information discussed at the FSS in our Region and its areas. Furthermore, I would hope the task force will present their work in a series of workshops at the October 2-day event.</p> <p>ILS. Bill</p>
Vice Chair Report	
Secretary Report	This is my first RSC meeting as Regional secretary. Wish me luck and speak slowly.
Treasurer Report	<p>184th treasurer report</p> <p>April 14, 2017</p> <p>Hello family,</p> <p>Our bills are paid and up to date. At the 183th. We had a balance of \$16,533.24 since then we have deposited \$4,432.79 and debit totaling \$5,980.55 for a current balance of \$15,005.48 .Our prudent reserve is \$15,151.50 so we won't be making a donation to world this month.</p> <p>In Loving Service</p> <p>Jim H.</p>
RD Report	<p>RD report April 2017</p> <p>Survey from NAWS –</p> <p>Hopefully by now everyone is in the process of gathering the information we need so I can complete the Survey for the NAWS Environmental Scan. Please go to the</p>

delegate page on the website. Typing in <http://car-na.org/delegate> will put you on that page. From there you will see the directions for filling out that scan. If you choose to download and print it, you may have to scan and email it to me in order to get it to me in time for the April 24th deadline. The easiest way to fill it out is to do so online by going to <http://tinyurl.com/NAWSscan>.

Using Electronic Media to further our primary Purpose:

Prior to the Regional Subcommittee meeting Bill M asked me to sit in on a test run of the Zoom teleconferencing software. Following this I was able to attend part of the **Regional Subcommittee** meetings via Zoom teleconferencing on March 18th 2017. Due to also needing to attend the NAWS Webinar that same day, I was only able to attend part of the meeting, but I was grateful to be able to share experience strength and hope with two of the attendees who were particularly interested in taking commitments on the Inmate Step Writing Committee. Its amazing how well Zoom works for meeting virtually! It's incredibly easy to use – even for those who are not very electronically savvy.

NAWS Webinars - March 18th, 2017 and April 8th, 2017

We met and reviewed parts of the Future of the WSC February 2017 Update from NAWS – that report can be found on: <http://www.na.org/future>

The main ideas contained in the Future of The WSC Update

- New Processes for sharing ideas between conferences
- Ideas for improving Old Business
- Ideas for Improving New Business
- Suggestions for changing voting thresholds

During both of these webinars we broke up into small groups and shared some ideas that we had about the changes being proposed by NAWS. Using the Zoom technology to meet with representatives from our Global Fellowship is an absolutely amazing leap forward. The first webinar had like 78 people I think and this past one was around 150.

- The new processes that NAWS is proposing for sharing in between conferences are the Webinars, surveys, and other tools for communication, which we've already been trying to implement like the FTP area and the CAR survey.
- The ideas for improving Old Business involve renaming Old Business to CAR Discussions and Decisions, Eliminate formal Old Business and to Consider limiting changes to motions that have consensus

- The suggestions for improving New Business involve renaming New Business to CAT Materials Discussions and Decisions, limit the number of proposals that can be addressed in the allotted time, prioritize the NB proposals and address the decisions the same way we might address the CAT Decisions.
- The suggestions to change the voting thresholds involve changing our threshold for support to 80% on all motions, which would support our move to Consensus Based Decision Making.

In the first webinar Randy was allowed to participate, but in the second one, NAWS limited participation to Conference Participants only. This includes several NAWS special workers, all of the NAWS Board, Delegates and Alternates. Central Atlantic Region has decided we want to have a 3-member delegate team so that the 3rd member can be in the mentorship process. Excluding that member from observing what we do in any way does not support our decision and I raised my objections regarding this. I am seeking guidance on how to best be heard on this issue.

According to Guide to Local Services

- The purpose of the WSC is to be supportive of the fellowship as a whole, and to define and take action according to the group conscience of Narcotics Anonymous.

Since we are meeting to discuss the future of the WSC, then it makes sense to me that we should include the representatives the fellowship has chosen in these discussions at least in an observer role.

Florida Service Symposium

FSS main bring backs

- **BMLT** – Basic Meeting List Toolbox progress
- **The Stigma** – how we can be part of the solution instead of the problem
- **Education and Training** – who needs it – how can we do it
- **H&I** - set up a virtual phonenumber system for inmate resources
- **Zonal Ideas** – Ideas and Information from SEZF Breakfast.
- **Our stories give us power** - Share our personal success stories – show up and give testimony!
- **PR and anonymity** - Traditions 6, 10, 11
- **Working with Professionals to determine where to send DRT clients-**

Provide **MAT friendly* denotation on our meeting lists

- **Advocacy with Anonymity** – We are not a secret society!

We spent some time this week discussing how we can most effectively share what we learned at the FSS. We will discuss this further today. I am willing to create a PPT with highlights from below and input from Sam, Brian and Randy. Perhaps a task force can be put together to review the PPT and come up with a plan to provide interested parties with an opportunity to attend a workshop during which we review the PPT and then set up roundtables to discuss:

1. “How can NA better collaborate with professionals to better serve the addicts who suffer from active addiction”
2. “How can we work together to reduce the stigma of addiction in order to remove this barrier to recovery”

PR presentation on Thursday - (each participant was asked what does NA do well – this is great info which I would love to have a forum to further discuss)

- How Social Workers view and interact with NA -
- How can we lessen the stigma? We need to set up more PR tables at conferences and treatment center gatherings- dispel the myths about our success.
- What can we do to improve the welcoming non-judgmental atmosphere in our meetings?
- We need to do trainings with the judges, POs, Public Defenders (Criminal Justice System) and doctors on how to talk to and assist addicts. Judges need education re: the resources available to them
- We need to increase meetings at Jails and Prisons, Increase Public Service Announcements, do presentations to our State’s council of judges, talk to JQC (judicial quality commission) they oversee the education of judges.
- Religious component – is there a way for us to debunk the misinformation regarding NA being a religious organization?
- We need more meetings in treatment centers
- Experiential piece - We need to have our old timers talk about what it is like for them. Share our personal success stories – show up and give testimony!

I have good notes on ideas from our roundtable on this

- Try to maintain an atmosphere conducive to recovery inclusively (no matter

who you are)

- Do what we say we are going to do and be specific @ what we don't do and be powerless over that
- **Task Force** – inmate step writing could fall under a task force that is set up at Region
- We could be a conduit for Federal and State Governments – check the shared resource area for zonal policies

Report re: Autonomy Zonal Forum – Teleconference: 4-10-17

We went over the Agenda for our July meeting which has been set and is as follows:

1. *Discuss motion 11 on sending a zonal rep to the floor of WSC*
2. *Revisit inventory*
3. *Discuss proposed changes for WSC*
4. *Discuss BMLT*
5. *Discuss some of the best practices for the workload of the RD's*

Roundtable discussion for MRSCNA afternoon session

1. *How can we better collaborate with professionals*
2. *How can we work together to reduce the stigma around addiction*

We have a teleconference set for June 12th during which we will:

1. *Review website*
2. *Review the decision making process for the content that gets added to the website*

RCMs I am hoping you were able to include in your report:

What does your area think and feel about Zonal Representation?

Again, if your area's response to this question is "huh?", we welcome the opportunity to provide a *Planning Our Future* workshop and encourage you to request such a workshop be held in your Area. Additionally if you are currently engaged in talking about other options for the future of the WSC, please let me know about that as well.

	<p>I got clean - not perfect. Thank you for allowing me the opportunity to do the best I can,</p> <p>Kim A - RD</p> <p>860-309-1404</p> <p>rd@car-na.org</p>
RDA Report	<p>Kim gave a thorough run-down of all the events we attended over the past couple of months, so I'm going to focus on my experience at the Florida Service Symposium and why was a valuable experience for me as a new RDA.</p> <p>The Symposium was a great way to work with the various RD teams in the Southeast region, and to get some face time with members of the World Board and workers at the NAWS office. Not only were there several learning opportunities in the workshops, the "meetings between the meetings" allowed me to learn about some of the issues other RD teams were dealing with and gain some valuable experience navigating some of the politics surrounding events such as the WSC.</p> <p>Some key takeaways from the conference were:</p> <ul style="list-style-type: none"> • A speaker panel that included various types of individuals we might reach out to in our PR efforts (e.g. medical professionals, social workers, judges, etc.) This was a real eye-opener in terms of how our PR efforts are received by those we seek to engage, and how we might more effectively work with them. • No one is happy with the way business is being conducted at the WSC, and there are several ideas floating around about how to fix the problem, some promoted by the world board, and others by regions. The irony is that the discussion on how to handle processes at the WSC would be well suited to some of the methods being proposed! Trying to integrate the various points of view into something more cohesive that we could vote on and implement at WSCs going forward is going to be a real challenge. • Consensus Based Decision Making is being utilized more and more at

	<p>all levels of NA service. As a result of attending a couple of workshops on the topic, I feel I will be more effective when asked to participate in such processes at the WSC and AZF meetings.</p> <ul style="list-style-type: none"> • The Basic Meeting List Toolbox is a very powerful, scalable tool that goes far beyond helping NAWS keep track of meetings. For instance, by polling all of the BMLT servers hosted by areas on the East Coast, a web page hosted in Richmond will soon help members get up-to-date info about Narcotics Anonymous meetings on the East Coast in a single view, including meeting times and directions. • We have, as individual members, amazing opportunities to get our voices heard by acting as advocates of our cause outside the rooms. A couple of workshops were geared towards how to be an advocate for recovery in the community at large without violating the traditions. Presenting a workshop of this type, targeted at people with multiple years of recovery, might be an idea worth pursuing as a region. <p>There will be a motion on the floor to allow the RD team to attend such conferences (rather than just MARLCNA) in non-conference years. As someone who benefitted greatly from my experience at the FSS this year, I hope that we allow the RD Team the flexibility to attend such events in the future.</p> <p>I will be submitting a request for reimbursement of printing costs for materials used at the GSR Convention: 620 pages x .07 per page = \$43.40</p> <p>ILS,</p> <p>Brian C.</p> <p>RDA</p>
RDA2 Report	<p>4/2/2017</p> <p>Dear RSC, since being acclimated into the RDA2 position, I have been busy. Kim A. sent me a ton of stuff to review, bookmark, download and review. Google calendar, websites, get plane ticket, hotel reservations and register for the Florida Service Symposium. Follow WSO on face book. Get familiar with new technology such as Zoom for Webinars and Subcommittees and much more. On March 18th, 2017 I attended the Regional Subcommittee meetings via Zoom conferencing particularly the H&I part. I think that ended well. I had to leave that conference to Zoom in on The WSO Webinar dealing with future of WSC and the four strategies; create, encourage, facilitate and collaborate. This was my 1st webinar with 78 participants and the 2nd time that I used Zoom conferencing. We broke out into small groups with discussion on 4 questions. Next was the trip to the Florida Service Symposium. Expenses were as</p>

	<p>follows; plane ticket-\$391.50, baggage claim return flight \$25.00, hotel \$420.00, per deim \$76.75 = \$913.25. Jim H. sent me a check for \$941.60. \$28.35 return to the Region. \$28.25 over budget that was approved. At the wonderful FSS we began with registration, then we went to Professionals presentation and round table discussion with a Judge, Social Worker and 3 other Professionals who each talked about their understanding of Narcotics Anonymous and answered questions from the floor. Arnie, Anthony, Fanny, Travis and other World Board members were in attendance. Awesome participation and collaboration with the professionals. The thing that stuck out to me was the Judge was asked how can we reach the Judicial System and the answer was clearly this is over my head. Next was the welcoming meeting with a speaker from the Florida Region. Next was the BMLT workshop where I learned about the Basic Meeting List that is being put together for NA to be able to find a meeting anywhere in the world. Main BMLT site: https://bmlt.magshare.net. Very tech savvy and went way over my head. I am amazed at technology. Next, we went on to How to Use Our Guiding Principles Book. We did a round table with tradition #3 being our guide. We did small group discussion and the topics were Who's missing from our meetings and How and why do outside issues affect opportunities for addicts to recover in the NA communities? Looking for outcome of these discussions on the FSS site and could not find them. My report would be too long if I included everything that I took notes of. Next was 9 misconceptions about NA...Solutions. Next was the South East Zonal Forum Speakers. 7 different speakers. All Delegates. Then the History of the Basic Text. Next was the SEZF breakfast. Got to see Florida and Carolinas Zonal Forum. Next was An Idea for the World Services. This was an idea that a Delegate came up with and submitted it with the surprise that other Delegates liked it. It deals with changing the way the WSC do business. It proposes that we meet and write the agenda together for the CAR-Cat. Next was Future of the WSC from the February 2017 update presented by the World Board with the 3 strategies, objective 4, collaborative strategic planning process. Plan is focused on improving the sustainability and effectiveness of the World Service Conference. Next was the NAWS Update with the mind map ,a graft of the Regions around the world, Zones of NA. A vision for NA Service, How the money was spent from July 2015-June 2016, income by source - net literature sales-85% and many more updates. Then the Main speaker. This Florida Service Symposium was full of information and topics that help our fellowship deal with the Growth of NA. meeting other delegates and World Board members. Getting to know members of our Delegate team. I really liked being there and helping out when I could. I talked and interacted with a lot of old timers from Florida Canada Carolinas New York Alabama California and a host of others. The whole trip was very good and we were very busy. There were many take aways from the FSS thats in my heart. The older gentlemen that was hosting the event Biff and others shows that NA works. The professional and advacosity collaborations shows that the stigma has lifted in areas. We do recover. I logged into the April 8th 2017 1pm Webinar early and I was told by Anthony from World Services that I could not participate since I am not Conference approved. I attended the AZF via teleconference on April 10, 2017 to set the agenda for the July Moutaineer AZF.The next AZF teleconference (Zoom) will happen on June 12, 2017 to discu the website. Next we(Delegate Team will facilitate the GSR Assembly on April 15, 2017 beginning at 11 am - 4 pm. Thanks for allowing me to be of service Randy D. RDA2</p>
VRCC Report	<p>On behalf of the guidelines of CARNA and the VRCC and in the spirit of affiliation and cooperation the chair of the VRCC- Chris S.- is not present today. The vice-chair- Linda A.- is present and reports as follows: First of all the VRCC has not received any bids for AVCNA 37 which will be held in</p>

	<p>January 2019. If an area has an interest in hosting the AVCNA we would love to receive a bid from that area.</p> <p>All of our executive positions are currently filled at this time: chair, vice-chair, secretary, policy chair, treasurer, vice treasurer, and webmaster. There are 8 directors who regularly attend our meetings. Any area wishing to send a director to the VRCC would be greatly appreciated.</p> <p>Currently we are attempting to finalize all aspects of the 35th AVCNA- finances, attendance, carry over, merchandise, etc. If present, the Richmond area has not submitted all the financial reports from the convention and at present, per the VRCC treasurer, there seems to be just under \$1900 for which we do not know final accountability for. It does appear that we may have broken even or maybe better as far as the final status is concerned. We do not have a donation to provide CARNA but more will be revealed and hopefully a donation will be granted or submitted on or before June at the RSC.</p> <p>Finally, Roanoke area is taking the bull by the horn and has a great host committee in place. Please get the word out that the 36th AVCNA will be held January 12th-14th 2018 at the Hotel Roanoke in Roanoke, VA. Please get the word and we would love to see you to see you in January.</p> <p>The annual retreat for the 36th AVCNA will be held on Saturday and Sunday May 6th-7th, 2017 at the Cambria Suites in Roanoke, VA</p> <p>In service to NA, Linda A. Vice-chair VRCC</p>
H&I Chair Report	<p>The Regional H&I subcommittee met on March 18th at the Verona Community Center in Verona, VA. There were 4 people in attendance and 4 who joined via Zoom which was a success.</p> <p>The meeting was opened with the Serenity Prayer followed by the reading of the 12 Traditions and Concepts. The minutes were read and approved. Those in attendance reported that their areas were struggling and/or had to decrease the commitments they had. Noreen J from the New Dominion area reported that they had dropped some meetings that was also covered by the Richmond Area.</p> <p>In old business we discussed 2 issues: 1) the books remaining from the ECCNA that haven't been distributed. According to my records those areas are- Southside, Beach, Outer Limits, Peninsula, Roanoke Valley, and Rappahannock. 2) The feedback on the ISW project seems to be low in the areas represented at this subcommittee meeting. That is with the exception of Southside. Coleen C and Noreen J from New Dominion volunteered to take the chair and secretary position, respectively, pro-temp. In doing so they are reaching various sources to gather input.</p> <p>In new business we discussed the following: 1) phone line update- Sam F, who is the new PR chair will be checking into that. 2) New Dominion area will be had an H&I Learning Day March 19th. 3) Rappahannock area will had a Speaker Jam March 25th.</p> <p>In closing, after I attended the Speaker Jam in Fredericksburg and pitched the ISW Project AND got three interested people, I had a brainstorm. I would like myself and any other interested committee members to visit each area's ASC. I contacted Jim H (Regional treas) and he said that there is money in the H&I budget for gas reimbursements. More will be revealed after discussing it with other members.</p> <p>Since we will be using Zoom for our meetings now, the next meeting will be at a facility with WiFi. It will be in Quadrant 3 with the exact time and location to be announced later.</p>
Policy Subcommittee	

Public Relations	<p>PR Chair subcommittee</p> <p>I have a very hard time writing down anything coherent.</p> <p>It seems like Brian, Kim and Randy have covered most everything on the Florida Service Symposium</p> <p>I recently attended the Florida service symposium. It was a wonderful experience and I now have a sense of direction. Kind of.</p> <p>Attended all of the IT/PR workshops, BMLT, PR Best Practices, Online and phone meetings.</p> <p>Made a whole bunch of contacts up and down the east coast.</p> <p>Spoke with the creator of the BMLT and Sandwich.</p> <p>Plan on getting more people set up with Zoom conferencing.</p> <p>ILS, Sam F.</p>
Speaker Jam	
AVCNA Time Slot Ad-Hoc	

8. Area Reports

Almost Heaven	<p>TO: Central Atlantic Region RSC</p> <p>FROM: Norman C., Almost Heaven Area RCM Pro-Tem</p> <p>RE: April 2017 Report</p> <p>I am pleased to be representing the Almost Heaven Area as its newly elected RCM, along with our newly elected Alternate RCM, David T. We have the following to report:</p> <p>A. There are currently twenty-three home groups in the AHA;</p> <p>B. Eleven GSR's attended our most recent ASC meeting;</p> <p>C. All trusted servant positions are now filled with the exception of the Policy Chair;</p> <p>D. RCM, Alt RCM, and vice chair positions were elected at the last ASC meeting;</p> <p>E. In home group news, we are pleased to announce that a new home group, Steps to Recovery, started meeting in Martinsburg on Friday nights;</p> <p>F. There is no Area news at this time;</p> <p>G. Our PR Task Group has been active, having just done a presentation at University Hospital in Martinsburg, where we are now bringing a new H&I meeting on a weekly basis. Our H&I Task Group recently conducted an orientation and hopes to do another one soon;</p> <p>H. There was concern expressed within the Area concerning Motion 183-6. Specifically, many members were concerned that the Motion had no discussion of its financial impact and that it gave the Delegate Team too much discretion to attend workshops anywhere throughout the world;</p> <p>I. There are no upcoming Special Events. Although planning continues for the AHA Convention in August;</p> <p>J. All is well in the AHA, where we continue to focus on our primary purpose of carrying the lifesaving message of Narcotics Anonymous to the still sick and suffering addict. We also have brought a two check totaling \$265.32 to donate to the Region.</p> <p>K. Our next ASC meeting is scheduled for May 6, 2017 at 1:30 p.m.</p> <p>Thank you for allowing me to serve.</p>
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	<p>ILS, Norman C.</p>
Appalachian Beach	<p>Hello Regional Family: Beach Area did not meet quorum at the March ASC. The Vice Chair did state his intent of visiting all Area home groups, update their contact information and inquire of groups that are inactive and encourage them to participate in Area. The April ASC had 16 of 19 Area groups attending. 1 group sent a letter of their intention to join Tidewater Area. The Vice Chair announced the long overdue policy review was completed and the updated policy will be uploaded to the Area website. Emergent Needs subcommittee announced the date for TABAfest, Aug. 23rd. This is a unity seafood picnic cohosted by Beach and Tidewater Areas. Tickets were distributed to All parties interested in selling them. Our Area is growing in numbers. In my report to Area, I encouraged all GSRs to attend the Assembly today. I provided all in attendance a copy of date, time and address. In Loving Service, Dale R Beach Area RCM</p>
Blue Ridge	<p>The BRANA ASC met Sunday April 9th at the Verona UMC at 4pm. There were six homegroups represented and business was conducted as usual. The meeting opened with a moment of silence and the Serenity Prayer followed by the reading of the Traditions, Concepts, the Unity statement, and the ASC mission statement. The GSRs from the groups reported that most of the meetings are going well. There is a variance in attendance as the weather gets warmer. Unfortunately, we have one and possibly two groups that have folded due to lack of attendance. The Outreach committee reported that all of the H&I commitments are being fulfilled. Those commitments include Middle River Regional Jail, Augusta Correctional Center, Western State Hospital. At this time we have no one going into the Men's Diversion Harrisonburg but we have 2 people who are awaiting clearance to go in. The Special Events committee reports that the Spring Fling dance held on April 8th was a great success. The next event will be a picnic on April 22nd in Montgomery Hall Park in Staunton. The entire list was submitted with my RCM report in February. We elected a new Literature chair and vice chair. We still have the following positions open: vice chair, RCM, RCM alt, VRCC director, VRCC director alt. The VRCC director pro temp is William H. and the VRCC director alt pro temp is Ed P. I am serving as RCM pro temp. The proposed budget was revised and went back to the groups for approval so therefore we have no contribution to this body today. The BRANA mailing address is P.O. Box 623 Harrisonburg, VA 22803. The next ASC will be May 14th at Verona UMC at 4pm in Verona, VA. NA luv and hugs, Nancy H.</p>
Gateway to Freedom	<p>Hello Family! I attended both of our last 2 ASC's in March and April with 7 & 10 of 15 homegroups representing respectively. Open Area trusted servant positions are: Vice-Chair, Secretary, Treasurer and RCM-Alt. The duties of these positions are being carried out by other dedicated trusted servants on a pro-tem basis. We have had no new elections. Our new Treasurer pro-tem and other trusted servants have completed an audit of</p>

	<p>our accounts, since our last Treasurer stepped down without turning in bank records. We are still meeting our budget but barely. We will have no donation for this period.</p> <p>All current H&I commitments are still being met with no new problems or concerns at this time.</p> <p>PR continues to set up at town hall meetings throughout our Area. They will be setting up at a 5K Recovery Run in Romney, WV on Sat. April 29. Over 300 people are currently signed up for this event, providing an excellent opportunity to create NA awareness and to carry its message.</p> <p>Our Policy subcommittee continues to work on updating the Area policy for its next printing.</p> <p>Special Events is hosting our Area Spiritual Breakfast next Saturday, April 22 from 9am - 1pm at 33 Broadway St., Frostburg, MD. There will be an out of town speaker and cost is \$8.</p> <p>The Camp Jam subcommittee continues to meet each month to plan our next Area convention in September. I have flyers available for anyone interested.</p> <p>Meeting attendance and group donations are still down but our dedicated members and trusted servants continue to show up and carry the message to the still suffering addict. I am grateful for the opportunity and ability to serve my Area and Region. Thank you for letting me serve. Our next ASC will be on Sat. May 13 at 10am.</p> <p>In Loving Service, Duane F. - RCM, GTFA</p>
New Dominion	<p>Our last ASC was on 04/09/17. They were 29 groups present out of 51. We currently have only one open position which is the vice treasurer. We have a campout coming up called Serenity on the James which is hosted by MONA (Men of NA) and my homegroup, Living Clean. May 12th-14th. \$25 registration includes 2 nights camping and Saturday night meal.</p> <p>Jeff H. celebrates 34 yrs at Living Clean Sunday at 7pm.</p> <p>We still need volunteers for H&I as some meetings have been suspended due to lack of participation. We have no donation at this time as new treasurer is transitioning. I feel confident that we will have a substantial donation at the next RSC.</p> <p>Our next ASC will be held at 2300 Dumbarton Rd Richmond at Hatcher Memorial Church on May 21st so as not to conflict with Mother's Day.</p> <p>2nd annual campout at Christopher Run Campground, Lake Anna June 16-18. RVANA.org for info.</p>
Outer Limits	
Peninsula	
Piedmont	
Rappahannock	<p>Good afternoon RSC,</p> <p>RANA has 18 groups on its meeting list, on average we have 13 GSRs attending area on a regular basis. Our open area positions include Sec 2, Treasurer 2, RCM 2, VRCC director, Outreach Chair. RCM 1 was elected by the RCM2 moving up. Area is thriving with a lot of young enthusiastic members on the executive committee, learning curve is steep but we are up for the challenge. H&I is finally getting their foot into the door of the local jail RRJ, they will be starting with every other Wednesday on the men's side as to not bite off more than we can chew and to make sure we can have the coverage as to not lose the commitment for future chances to bring in meetings not only for the men's side, but for the women's side as well.</p> <p>Activities has an event coming on May 6th at Kenmore park in Fredericksburg Va, \$5 all u can eat food and drink, food fun and fellowship. PR is experimenting with having</p>

	<p>the subcommittee mtg in conjunction with H&I as to strengthen both subcommittees. All of the areas activities are on www.rappahannockareaofna.com and is updated regularly. In closing our area is doing well with a strong push towards step meetings mixed with traditions.</p> <p>In Loving Service Richard M</p>
Richmond	
Roanoke Valley	
Shenandoah Valley	<p style="text-align: center;">4-14-2017</p> <p>(A) Hi RSC, The Shevana Area of NA have 23 home Groups (B) 13 GSR's/Alt were present at last ASC April 10, 2017. (C) Vice Chair - open, RCM - open, VRCC Director - open, VRCC Alt - open, Newsletter - open (D) No trusted servants elected (E) No group news was shared. (F) Ad hoc for AVCNA 2018 closed with no bid at this time. Ad hoc for Service Learning Day re-appointed and will meet April 17, 2017 7 pm. 4th concept read at open forum. (G) Parliamentarian now has an email address on our website. Shevana.org. H&I could use more trusted servants as we are being asked to do more than we have people. (Help) (H) none mentioned trusted servants needed. (I) I have flyers for annual picnic on June 17, 2017. Speaker Jam in July 2017. Art work need for theme "Just For Today". Please visit Shevana.org if you want your event posted to our website. (J) We are sending a donation of \$102.87. (K) The next ASC will be May 8th, 2017</p> <p style="text-align: right;">Respectfully submitted, Randy D. RCM Alt</p>
Southside	<p>Hello family, What a privilege to be a part of this event. Our area has 16 meetings listed. Usually 9 come to our monthly area meeting. We are doing a monthly meeting on the new Tradition book. We have a donation of \$427.75. The available positions are co-treasurer, alt RCM, literature chairperson, and a webmaster.</p> <p>ILS, Sue N</p>
Tidewater	
Tri-Cities	<p>Hello Family, The TCANA is thriving and growing! We have 13 home groups and 19 meeting. We have a new meeting THE WAR IS OVER 6:30-7:45 ON Fridays at Metropolitan Church on Halifax St. Petersburg Va. 23805I open group various format. I have two other addicts with me from our area Mike L, our PR chair and Kelly G our GSR from our home group CLEAN & SERENE!! We are having a speaker jam/ dance on May 20 at Ivy Memorial Church in Chester Va. 2 till 8 is our speaker Jam and then 8 till 2 am is our dance. Our dance will be \$5. But the speaker Jam is free Please forgive me for leaving early!</p> <p style="text-align: center;">ILS PAU E.</p>

9. All New Business Motions turned in before lunch

10. Quorum achieved with 8 voting RCMs

11. **Elections & Nominations**

Norman C nominated Bill M for a second term as RSC chair. Mark S. seconded. No other nominees. Jim H moved nominations be closed. Norman C seconded. Nominations closed by vote.

Bill M's qualifications for CARNA Regional Chair

11 years clean

I have a sponsor and a home group

I am working the steps and am familiar with the 12 Traditions and 12 Concepts

Service positions

GSR

Chair of Area Policy Subcommittee

RCM

Chair of Regional Policy Subcommittee

CARNA Vice Chair

CARNA Chair

(Secretary note: Bill M's qualifications were not included in the original mailing of the minutes due to the secretary not remembering to get them from Bill. It was brought to my attention by an RCM and they were added in to the minutes on 05/07/17.)

Treasurer: Position opens up in June at the 185th. No nominees. Back to areas.

Vice-Treasurer: no nominees. Back to areas.

Speaker Jam: no nominees

12. Old Business:

a) MOTION 183-6 – RD Attendance at Events other than WSC (Back to Areas)

Mover: Kim A. (RDA) 2nd: Norman C. (Appalachian)

Motion: Change Policy p. 13 6A 4 – “attends annual Mid-Atlantic Regional Conference of NA (MARLCNA) Lancaster, PA, usually second week of February” to “attends either a world service event, a multi-regional service workshop or MARLCNA annually.”

Intent: To ensure the most prudent use of our funds and trusted servant resources as we attempt to further

Pros:

- o RD Team should be trusted to make decisions to attend the conferences most relevant to the needs of our Region
- o Gives freedom to the RD team to make and be responsible to make their own decisions

Cons:

- o May need to re-word policy again in the event that WSB chooses to change the way in which they disseminate information.

Almost Heaven	Norman C	No
Appalachian	Abs	
Beach	Dale R	abstain
Blue Ridge	Nancy H	Yes
Gateway	Duane F	Yes
New Dominion	Mark S	Yes
Outer Limits	Abs	

Peninsula	Abs	
Piedmont	Abs	
Rappahannock	Richard M	abstain
Richmond	Absent	
Roanoke Valley	Abs	
Shenandoah Valley	Randy D	Yes
Southside	Sue N	yes
Tidewater	Abs	
Tri-Cities	Abs	

Motion failed because motions that change Policy require 2/3 majority.

b) Motion 182-3

Background:

Currently, members of the Delegate Team are provided with money for per-approved travel expenses. However, on many occasions, this method does not allow for the speed necessary for purchasing airline tickets, booking hotel reservations or fuel expenses.

Intent:

To allow the Delegate team the authority to make the most prudent travel decisions.

Motion:

1) Change:

Section 4A. TREASURER DUTIES, line 13

From

13. Treasurer will have sole access to debit/visa card.

(A) Debit/Visa card is used for:

i. Bill payments:

1. Web services for Region (e.g. Networks Solutions)
2. Phone line answering services (e.g. Professional Communications Messaging Service, Inc.)
3. Toll free phone line (e.g. Primus) 2016 Central Atlantic Region, Guidelines and Rules of Order 12 PO Box (e.g.

Postmaster)

ii. Pre-approved Travel

1. Air and Rail travel expenses including shuttles
2. Lodging/Hotel, B&B, Motel

TO:

13. Treasurer will have sole access to debit/visa card of primary Regional bank account.

(A) Debit/Visa card is used for:

i. Bill payments:

1. Web services for Region (e.g. Networks Solutions)
2. Phone line answering services (e.g. Professional Communications Messaging Service, Inc.)
3. Toll free phone line (e.g. Primus) 2016 Central Atlantic Region, Guidelines and Rules of Order 12 PO Box (e.g.

Postmaster)

ii. Pre-approved Travel

1. Air and Rail travel expenses including shuttles
2. Lodging/Hotel, B&B, Motel

14. The Treasurer will establish three separate bank accounts for the Regional Delegate team and obtain a debit/visa card for each account.

15. The Treasurer will transfer budgeted funds as requested to each Delegate Team member account.

2.

Add to 6A. REGIONAL DELEGATE DUTIES

1 2. Any misuse of Debit/Visa by Regional Delegate is grounds for immediate termination of Regional Delegate Position and cancellation/forfeiture of Debit/Visa card. Recovery of misappropriated funds shall be handled per World Service bulletin #30. Renumber the remaining items of the Regional Delegate Duties as necessary.

3.

Add to 7A. REGIONAL DELEGATE-ALTERNATE DUTIES

6. Researches and secures most economical and appropriate travel plans and lodging (to include air (or rail) itinerary; shuttle, parking, hotel and anticipated tolls and taxes) no later than four months (two RSC's) from pre-approved event unless elected or appointed within that time frame. Itinerary research included in report.

7. Any misuse of Debit/Visa by Regional Delegate Alternate is grounds for immediate termination of the Regional Delegate Alternate's service commitment and cancellation/forfeiture of Debit/Visa card. Recovery of misappropriated funds shall be handled per World Service bulletin #30.

Renumber the remaining items of the Regional Delegate Alternate Duties as necessary.

4.

Add to 8A. REGIONAL DELEGATE-ALTERNATE 2 DUTIES

5. Researches and secures most economical and appropriate travel plans and lodging (to include air (or rail) itinerary; shuttle, parking, hotel and anticipated tolls and taxes) no later than four months (two RSC's) from pre-approved event unless elected or appointed within that time frame. Itinerary research included in report.

6. Any misuse of Debit/Visa by Regional Delegate Alternate 2 is grounds for immediate termination of the Regional Delegate Alternate 2 service commitment and cancellation/forfeiture of Debit/Visa card. Recovery of misappropriated funds shall be handled per World Service bulletin #30.

Renumber the remaining items of the Regional Delegate Alternate 2 Duties as necessary.

Pro:

It makes it easier for the RD team, after attending service events, when they come in under budget. The money would be left on the card. Dale R. Beach area

To allow the treasurer's duties to be more efficient and allows the RD team to make more prudent travel arrangements. Antionette B.

Con:

The motion is confusing and it will be hard to make members understand due to the technical verbage. Mark S. New Dominion

Outcome: Changes Policy. Sent back to the areas.

13. New Business:

- a) Chair created an ad hoc committee to help with the implementation of Zoom video conferencing. Will help coordinate usage time. Will also address any possible Policy changes that might be needed.
- b) Chair created an ad hoc committee/task force to study how to utilize/implement some of the information from the Florida Service Symposium (FSS).

14. Next RSC will be held on June 17th at UVA Medical Center, 1215 Lee St, Charlottesville, VA 22903

15. Announce Location and Time of next Subcommittee Meetings

Meeting will be held in Roanoke but exact location and time were not known at time of the 184th RSC. Meeting will utilize Zoom video conferencing so members from all over the Region can participate.

16. Close with Serenity Prayer and Announcements