

**Minutes for the 189th Regional Service Conference
Central Atlantic Region
February 17th Charlottesville, VA**

Open Forum began at: 11:05am RSC began at: 12:27pm

- Vice Chair will view the online banking account and compare to the check register.
No report from vice chair concerning bank account.

1. Serenity Prayer

2. Open Forum

- a. Chair brought up issue that he has discovered a clerical error in Policy regarding elections wherein an example used for a point of policy actually conflicts with the policy. Discussion ensued regarding how to address the error. The point of concern was that the position of RDA became open and notification was not sent by letter from the Chair.
- b. Discussion was brought up about streamlining the process of making sure that meeting info on the Regional website is kept current. PR committee member expressed some concern with a bit of difficulty encountered while trying to update the Basic Meeting List Toolbox (BMLT).

3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

Chair	Bill M	Almost Heaven	David T	X
Vice Chair	Etta F	Appalachian	Kim C (alt)	
Secretary	Neal G	Beach	Dale R	X
Treasurer	Brian c	Blue Ridge	Nancy H	X
Regional Delegate	Kim A	Gateway	Duane F	X
Regional Delegate Alternate	Vacant	New Dominion	Michael L alt	X
Regional Delegate Alternate 2	Randy D	Outer Limits		
VRCC Chair	Absent	Peninsula	Kyon S	X
Hospitals and Institutions Chair	Nancy H	Piedmont	Hillary Z	X
Policy Chair	Antionette B	Rappahannock		
Public Relations Chair	Sam F	Richmond	Kim M	X
Speaker Jam Chair	vacant	Roanoke Valley		
		Shenandoah Valley	Randy D	X
		Southside	Krista H	X
		Tidewater		
		Tri-Cities	Tony W alt	X

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.

Kim C- alternate RCM from Appalachian; Kim M.- Richmond RCM; Kyon S- Peninsula RCM; Michael L.- New Dominion RCM alt

6. Approval of Prior Minutes: Hillary Z moved to approve. Krista H. seconded. Approved

7. Trusted Servants Reports

Chair Report	During a discussion about nominations for the recently vacated RDA position, a question arose about voting. discrepancy I consulted the original motion,
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	<p>which clearly states that the information about the nominees qualification, the pros and cons regarding the nominee discussed during the RSC, return to the areas before holding the election.</p> <p>Because the region already voted on sending the nominee’s information to areas prior to voting actually constitutes a clerical error and does not need to return to the areas for correction, will bring this to the floor during open forum to get the feeling of the RCM’s on the proper course of action.</p> <p>I worked with the Policy chair, Antoinette, on preparing the policy guide for printing and discussed several other items that she may discuss in her report.</p> <p>Thanks for listening.</p> <p>Bill M</p>										
Vice Chair Report	<p>At this time I have very little to report except that I am excited that this is a conference year and have been studying the Car and Cat and attending workshops in and out of our region. Most recently I attended Marlona in Lancaster PA. I encourage you all to read them both, ask questions and be prepared to vote because the April GSR assembly is just around the corner.</p> <p>In Loving Service,</p> <p>Etta F.</p>										
Secretary Report	<p>Everything is good in secretary world. I continue to plod on despite my insecurity concerning my qualifications for this task.</p>										
Treasurer Report	<p>We currently have \$11,244.29 in the bank. Since the last RSC, deposits have been made by myself and others totalling \$1472.67. While I personally deposited \$500 from the Piedmont Area and I have records for a \$109.29 donation made by the Appalachian Area, I cannot find any records for the breakdown of the remaining \$863.38 in funds that were deposited right after the most recent RSC. There are no receipts for other donations in the book, and the total amount deposited does not match the \$1007.97 in donations listed in the minutes. As this \$144.59 discrepancy happened before I had access to the books, any help that could be provided, such as cancelled checks, would be appreciated.</p> <p>The following amounts have been paid out since the last RSC:</p> <table border="1" data-bbox="597 1598 1528 1669"> <thead> <tr> <th data-bbox="597 1598 743 1669">Date</th> <th data-bbox="743 1598 846 1669">Check</th> <th data-bbox="846 1598 1040 1669">Amount</th> <th data-bbox="1040 1598 1333 1669">Payee</th> <th data-bbox="1333 1598 1528 1669">Purpose</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table>	Date	Check	Amount	Payee	Purpose					
Date	Check	Amount	Payee	Purpose							

02/08/18	1802	345.00	Kim A.	MARLCNA	
02/14/18	1803	20.00	MARLCNA XXXI	Registration	
02/08/18	1804	310.00	Kim A.	Autonomy Zonal Forum	
01/22/18	1805	250.00	Kim A.	CAR Workshop #1 Food	
12/26/17	1807	1,728.92	Narcotics Anonymous	WSO Donation	
01/04/18	1808	2,830.82	Randy D.	WSC Travel Expense	
01/04/18	1809	120.00	Randy D.	Travel - Workshop	
01/04/18	1810	365.00	Randy D.	MARLCNA	
01/04/18	1811	310.00	Randy D.	Autonomy Zonal Forum	
12/26/17	1812	19.72	Etta F.	Gas	
12/28/17	Debit	47.90	Primus 800 Service	Regional Phone Line	
01/03/18	Debit	169.12	Answering Service	Regional Phone Line	
01/16/18	Debit	63.80	Primus 800 Service	Regional Phone Line	
01/31/18	Debit	169.40	Answering Service	Regional Phone Line	
02/15/18	Debit	136.00	USPS	Post Office Box	
<p>In January, I inherited a box of financial records going back to at least 2011. These records are not organized in a uniform manner, making them difficult to audit. Going forward, I will be implementing a simple records system, similar to what is currently used in the New Dominion Area, that keeps receipts associated with their associated check or debit card transactions and deposit receipt(s) associated with the list of checks received during each financial reporting period. The system also uses a spreadsheet that records all income and expenses, tracking in real time how much money is left in each budget category. Finally, I will ensure that the secretary is emailed a list of all donations received on the floor of the RSC before minutes are sent out, so that the regions books match the minutes from the RSC.</p>					

	<p>I have been working on a way to ensure that the RD Team has access to approved funds using a restricted bank card that is not linked to our checking account. Stay tuned for more details.</p> <p>Thanks for the opportunity to be of service,</p> <p>Brian C.</p>
RD Report	<p>WHOOHOOOO!! It's CAR Season!</p> <p><u>AVCNA 34:</u></p> <p>Randy and I held our 2nd CAR Workshop in January at the AVCNA and it was extremely well attended with perhaps 50 people prior to lunch and maybe 40 afterwards. Found out hotels frown upon us serving food from outside vendors at our workshop... we should try and not do that again.</p> <p>Pizza \$163.10 – funds dispersed = 250.00.</p> <p>Funds I have in my possession to put towards the next workshop = \$96.90</p> <p><u>AZF:</u></p> <p>January 28th, from 10am to 5pm Randy and I attended a CAR Workshop put on by the World Board at our Autonomy Zonal Forum just outside of Washington DC. The Chesapeake and Potomac Region had very nice attendance... Kudos to them! Tana, the World Board Representative who facilitated the workshop answered all questions from the RDs and the participants as time allowed. I was able to ask some questions pertinent to my understanding of the contents of the CAT. That document had just come out and I hadn't had a chance to have my questions answered beforehand.</p> <p>Receipts:</p> <p>Hotel – 110.38</p> <p>Per Diem – 41.81</p> <p>Fuel – 45.49</p> <p>Total - \$197.68 – Received check for \$310.00 So amount to be returned is \$112.32</p> <p>MARLCNA 2018 CAR</p>

WORKSHOP:

Friday night from 6-9 the NAWS Update was presented by Arne H - World Board Chair, Junior B - World Board Vice Chair, Pam T. - Special Worker and Steve Rush -Special Worker. The first hour reviewed the current translations of the Basic Text, the cost increase announced for July 2018, and potential topics to be discussed at the upcoming March WB meeting, including the letter they received from the South Florida region's Attorney, concerning the FIPT Inspection request. This letter was sent in response to their request for more information. NAWS spent the last portion of the session reviewing the CAT Proposals. The first section of the CAT sets out an approach for addressing the size of the WSC, types of discussions and meeting in between the Conferences. Pg. 9. The Seating Workgroup recommended that only one Region be seated, the Netherlands. Mexico-Occidente, Ukraine, Thailand, Eastern Pennsylvania, North-West Russia, Brazil Central, Brazil Nordeste, and Rio Grande do Sul (Brazil) all applied but were not recommended. Pgs. 52-59

[Motion 18 in the CAR would allow for unseated regions to send a Zonal delegate to the WSC.]. Work will begin on the Meditation Book and a draft of the Mental Illness IP from ENYR's motion 3 in the 2016 CAR. Further development for Local Toolbox and Conventions and Events Toolbox will continue. Drafts of these materials are available on the NAWS website.

We were in sessions on Saturday from 8:30 am to 5pm with a break for lunch. The NAWS panel showed the CAR PowerPoint(s) and took questions on the CAR Motions and the CAT. I feel Randy and I are better prepared for our CAR Workshops as a result of our attendance at MARLCNA and I am grateful for your support which allowed us to go.

Receipts:

Fuel \$86.68

Per Diem – \$90.43 (of budgeted \$105.00)

Hotel – \$199.80

Total spent: \$376.91 - Received \$310.00. (Reimbursement of \$66.91)

ELECTIONS:

Randy and I have discussed the open position on our team and have talked to two nominees who are interested in joining us. Both of the interested members have shown tremendous willingness by attending the AVCNA CAR

Workshop, The AZF in MD and MARLCNA in PA. The Election will be held in March and votes will be due back at the April RSC. We leave for the Conference five days later.

Though our policy states that all members of the RD Team attend the WSC, making travel arrangements 5 days before the event could present a hardship.

One option that has been discussed is for the chair to simply appoint someone at today's RSC to pro-temp as the RDA so that Randy can continue on in the RDA2 position, however, I don't feel we have an emergency situation here. I feel we should use caution before circumventing policy and our normal election procedure.

If, in April, a new RDA is voted in and can't make the travel arrangements on such short notice, I feel they should not be penalized. Randy is fully capable of assisting me at the conference and it will be an opportunity for me to utilize his many years experience in our region as well as an opportunity for him to learn more about the position he will one day be moving up into. One of the biggest roles of the RD team at the conference is to try to determine how our region would like us to represent them. I feel Randy would be very good at weighing in on the various issues and would be a good resource for me.

Regardless of how we do the voting, our thoughts for what would best serve our team are that if the groups vote to accept Dee P to join the team, she would join as the RDA and Randy would remain in the RDA2 position. Randy is willing to serve this region and his HP in whatever capacity the group conscience reveals. If the groups don't vote to approve Dee P's nomination, Randy has the willingness to then move up into the RDA position, and Teddy A is willing to run for RDA2.

WSC LITERATURE SURVEY

NA World Services is asking each of us to complete the following Literature survey. <https://www.surveymonkey.com/r/car18surv> This survey is open to any interested NA member.

RCM's please remind your GSRs: I have received very few completed surveys. Even if your group feels they would not like to see any new literature worked on in the upcoming cycle, we need to know that, too. Please fill out the survey - please look at [www. car-na.org/delegate](http://www.car-na.org/delegate) for anything I'm reporting

on that you need to be reminded of or more information about.

So far I received 0 literature surveys.

Based on the limited amount of information we have been able to gather from the online survey Randy and I will assume you would like to delegate us to give our regional input on the survey based on our experiences in our Region and the limited discussions we have had with the people in our region. The deadline for submitting your individual Surveys is March 15th, but Randy and I won't be submitting our regional survey until shortly before the conference, so keep those surveys coming!!

OUR SCHEDULE:

Our upcoming schedule follows:

- Zoom CAR Workshop February 28th *
- March 3 – CAR Workshop – Outer Limits Area *
- March 10 – CAR Workshop – New River Valley Area *
- March 19th – Zoom CAR Workshop *
- March 24th – Gateway to Freedom *
- March 31st – Zoom CAR Workshop *
- GSR Assembly – April 21st *
- April RSC – April 22nd
- April 27th – May 6 – WSC
- June 16th – RSC
- August 18th - RSC
- October 20-21 – October 2-Day
- December 15th – RSC - Elections
- Information is on the delegate page

UPCOMING MOTION:

I am going to submit a motion; similar to the one originally submitted by the treasurer, to consider providing debit/credit cards to the Delegate Team that access budgeted funds. The treasurer would transfer budgeted funds into the delegate's account associated with the card. The more I've thought about this motion, the more I believe it would help our Regional Treasurer and the members of our Delegate Teams to be accountable and responsible and to better fulfill their duties.

CAR WORKSHOPS:

Thank you to Paul E from Tri-Cities for all the trouble you went to in order to try and hold our first workshop. I am sorry we had to cancel it due to snow. I have the rent check with me to day to return from that workshop.

Flyers are available today for the CAR Workshops, the upcoming April GSR Assembly, the literature survey and the CAR and CAT Tally Sheets. Additionally I have brought copies of my report in hopes that it will be easier for RCMs to inform their Areas of everything I'm reporting.

For total transparency I am providing my accounting here.

\$112.32 – excess funds from AZF

\$(66.91) – Shortage in funds from MARLCNA

\$(15.00) - Spent on copies for CAR Workshop at AVCNA and today
.5x300

\$(40.00) – needed for more copies

Amount requested = \$10.00

CAR VOTING:

This year, like in 2016, we are providing three options for voting on the Conference Agenda Report (CAR).

- Information for voting in person at the GSR Assembly will be available on the Central Atlantic Regional Website (<http://car-na.org/delegate>) and on the Events page. The GSR Assembly will be April 21, 2017

Paper Ballots can be downloaded via the following link: <https://tinyurl.com/2018-Tally-Sheet> The deadline for submitting your paper ballot is April 14th, 2018. Each GSR wishing to vote by paper ballot should email a copy to rd@carna.org prior to April 14th or mail your ballot via USPS to your delegate. Email or call to get the address. 860-309-1404

Online voting is available at: <https://tinyurl.com/2018-CAR>. The deadline for submitting your vote electronically is April 14th. If your group intends to vote online, and you need your group registration code, please email rd@car-na.org or go online and register your group to get your registration code at <https://tinyurl.com/CARNA-Group-Registration>. I have received 2 Group Registration Forms (GRFs) and both of those groups have been sent their Group Registration Number (GR#). I also heard from one area that wanted me to send all of their GRF's in one file, which I did.

	<p>You can vote in person at the GSR Assembly. Information about the GSR Assembly is available on the Central Atlantic Regional Website (http://car-na.org/delegate) and on the Events page. I also brought flyers with me today.</p> <p>The April 2-day GSR Assembly and RSC on April 21-22, 2018 will be held at the Ecno Lodge in Colonial Heights, 2310 Indian Hill Rd. Colonial Heights, VA 23834, please distribute the flyer. The GSR assembly is Saturday from 10:00 - 4:00 and the RSC is Sunday starting at 10:00.</p> <p>To download the CAR go to http://www.na.org/admin/include/spaw2/uploads/pdf/conference/CAR/CAR2018_Web.pdf. You can also order your copy at: http://www.na.org/admin/include/spaw2/uploads/pdf/conference/CAR2018%20Order%20Form.pdf The CAR costs \$7.50 (shipping, handling and tax included). We will have a few copies for use at the Workshops, but we suggest you bring your own copy.</p> <p>The CAT is available at NA.org (go to the shopping cart) and costs \$17.65 – shipping included.</p> <p>My flight and room for the WSCNA 2018 are booked.</p> <p>In loving Service,</p> <p>Kim A – RD</p> <p>860-309-1404</p> <p>Kim@webmastery.org</p>
RDA Report	
RDA2 Report	<p>Hi RSC, I attended the AVCNA Convention and helped facilitate the 2nd Regional CAR workshop with Kim A. on Saturday January 13, 2018. We really had a good turn out. We also had good participation from members all around including members from our zone. I was nervous but was told that we put on a good workshop. I did read and listen to the CAR before the workshop which made it a little easier to disseminate. I paid my own hotel and food for this workshop and I have a gas receipt that I am asking for reimbursement of \$36.00.</p> <p>We attended a Zoom conference CAR Workshop afterwards with the South Florida Region hosted By Jeff P. with assistance from Kim A. Their workshop was very informative as they had 2 of the motion makers in attendance who answered</p>

VRCC Report	<p>questions. The meeting got off to a rocky start but ended well.</p> <p>Next we were off to AZF in Silver Spring, Md on Saturday January 27, 2018 hosted by the Chesapeake & Potomac Region of our Zone. Anthony and Darla were the facilitators. Our Region was well in attendance of 6 members. Regional reports were done and then Tana from the World Board took over to do a CAR/CAT workshop with questions and answers. I had to leave early around 4:38 pm as I had schedule my anniversary the same date. Kim has helped me with the google calander of our coming busy schedule. I did not stay over night for this event. My expenses were; \$7.09 for food and \$33.00 for gas totaling \$40.09. I received a check for \$310.00 and I am returning \$269.91.</p> <p>Next was the MARLCNA CAR/CAT Convenference in Lancaster Pa. on February 9, 10 and 11. I got there late on Friday and missed the NAWS update because of the start time change from 9 pm til 11 pm to 6pm to 9pm. When I arrived members of the World Board after break began reveiwing the proposals in the CAT and talking and answering questions about seating. 3 Regions are up for being seated. 10 Regions applied for seating that we will hae to vote on the CAT Ballot. This CAT workshop was very brief. We started Saturday at 8:30 am with World Board facilitating the CAR Workshop on the Motions which pretty much took up the whole day. We went through all 25 motions with questions and dialog. We went into the FIPT request. We are now waiting for the World Board to meet and go over the answer letter from the South Florida's Attorney. Again our Region had 7 or more members along with our Zone being all in. My room was paid for by Brian C.. I received a check for \$365.00. My expenses were \$30.00 registration, \$86.65 food, \$40.01 gas totaling \$156.66. I am returning \$208.34. Total return to the Region is \$478.25. My receipt for the hotel went to Brian C. expedia account.</p> <p>Kim put in her report about the RDA position and I will not be redundant by putting our collaboration in my report. In December RSC i took the nomination for RDA because no one was interested at that time. Now we do have some one interested that has the experience, I am ok with staying as RDA2 and allow experience to continue mentoring me. I am seeing things much better after the first year. It is a lot. Thanks to everyone at MARLCNA. By the way, after hearing from Teddy that our Regional Phonenumber is working, I tried it and got through to meetings in my Area and others. It is my hope that moving forward, the Delegate Team be allowed to use debit cards for so much traveling and expenses. Times have changed and we are responsible as well as trusted servants. I love my credit score today. The car-na.org/delegate page is updated for all of your Conference year needs.</p> <p>I am all registered for the WSC and waiting for Elaine Wickham to find me a roommate so that I can return the funds that were over budgeted for this trip.</p> <p>Thanks for allowing me to serve, Randy D. RDA2</p>
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H&I Chair Report	<p>The H&I Subcommittee met January 19, 2018 in Franklin, VA. It was scheduled to meet in the library there, however since I was the only warm body there in person I opted to use my phone and sat in my car to chair the meeting. Those attending via Zoom were Noreen J, Coleen C, Danny and Sam F. all from the New Dominion Area.</p> <p>I read the minutes from the last subcommittee meeting. There were no changes made.</p> <p>The following are the topics we discussed:</p> <ol style="list-style-type: none"> 1) Coleen/Noreen have the Basic Texts that came from the ECCNA and the areas who have not gotten theirs yet are: Roanoke, Blue Ridge, Outer Limits, and Appalachian areas. The books are here today to be distributed to a member of the above listed areas. 2) In discussing the idea of learning days, Coleen C said that New Dominion has a learning day 3 times a year and they could possibly use a portion of the learning day for H&I. 3) Coleen C was supposed to check with Hatcher Memorial for the next subcommittee meeting but to date, I haven't heard from her. 4) Richmond area has a summer BBQ.....possibly trying to get an H&I learning day there. <p>Inmate Step Writing (ISW)</p> <p>Coleen C participated in a teleconference with NAWS in the discussion of the ISW Project.</p> <p>The breakdown of the previous "interest" in the ISW Project are as follows:</p> <ol style="list-style-type: none"> 1) There has been one inmate assigned to a step writing guide. 2) There have been 11 new letters back from inmates. There were 9 from New Kent, 7 of those were men and there were 2 women. The remaining 2 were men from Culpepper. 3) There were 9 people who responded from the first letter. 4) We discussed how to get more people interested in the ISW Project....possibly by posting it on the area website as well as region. <p>I received an email from NAWS regarding an email they received. Dr. Sonya Lee who is the doctor on the medical detox unit at Southampton Memorial Hospital in Franklin, VA is asking if there is a volunteer to bring the meeting into the unit there one night a week. Currently, I am in the process of getting in contact with the H&I chair for that area. It seems they were taking a meeting in there but for unknown reasons,</p>
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	<p>they stopped. More will be revealed as soon as I can contact the H&I chair.</p> <p>After no further business, the meeting was adjourned. The next H&I subcommittee will be on March 17, 2018 at the Fredericksburg Library, 120 Caroline St, Fredericksburg, VA 22401 from 11am-2pn.</p> <p>NA Luv and Hugz, Nancy H.</p>
Policy Subcommittee	<p>Policy has been revised to reflect the latest change in Policy. Page 12 5B section 2 Vice Treasurer Qualifications the word treasurer was removed so that it would more inclusive. Policy was reviewed for grammatical errors and correctness with pages lining up correctly to the glossary. Your revised edition will include more blank pages so that notes can be kept in your in your guide if you choose. Policy was unable to attend Subcommittee meeting due to work schedule I was not able to present the things that were referred to Policy.</p> <ol style="list-style-type: none"> 1. Page 7 of the Policy which address the way to fairly calculate mileage policy has an idea of change to present to the body which can either be discussed in new business or upcoming Subcommittee scheduled in March. 2. Page 7. add 6 (Nomination should return to Areas) for Transparency 3. Disposal of Property which can be discussed in New Business or Subcommittee Meeting. <p>If we should choose to address these above referrals to the subcommittee then it would be a good idea for as many to participate these will reflect a change to Policy so RCM 's it would be a value to your Area to come and participate either by Zoom or attend the subcommittee personally. RCM's your responsibility is to keep your Area abreast on changes the best way is to extend to subcommittees so we can have a more informed decision based on better participation it just is not about showing up to the RSC.</p> <p>The March Subcommittee will be held on March 17th at 1201 Caroline St. Fredericksburg Va. It will be from 11am-2pm in the Meeting Room.</p> <p>I want to thank Bill M for his guidance in helping me to learn and grow in this position.</p> <p>In Loving Service</p> <p>Antoinette B</p>
Public Relations	
Speaker Jam	
AVCNA Time Slot Ad-Hoc	(Outreach Subcommittee report) I attended Tidewater Area Service in January. I provided all in attendance copies of the December RD report. The links in Kim's can

	<p>be referenced for submission of group conscience for the CAR and the Literature survey.</p> <p>I had hoped to attend Outer Limits Area Service this month but was unable to get the information as to when and where they met and the time. Perhaps the RD team can reach out when they hold the next CAR workshop 3/3. BASNA meets that same day. I suggested Area meet the following week as then GSRs would be able to attend the closest workshop. The group conscience was Area Service would not reschedule.</p> <p>I will continue to seek nominations from the Tidewater Area to elect an RCM. I am willing to serve this body in this commitment and am open to any questions and suggestions given.</p> <p>In Loving Service,</p> <p>Dale R</p>
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8. Area Reports

<p>Almost Heaven</p>	<p>A) Almost Heaven Area has 23 Groups</p> <p>B) 14 GSR's were in attendance at our past ASC on Feb 3, 2018</p> <p>C) Open positions in our Area are: Vice Chair, Secretary, and RCM. We have opened nominations for the following positions: Treasurer, and Literature Chair.</p> <p>D) Don V. was elected as Policy Chair</p> <p>E) Group News: Surrender To Win Group hosting "Celebrating a New Way of Life Speaker Jam and Dance" on February 17, 2018. Speaker Jam from 10am-8pm, and Dance will be from 9pm-12am.</p> <p>F) No News Area Level</p> <p>G) Sub-Committee News: Local Service Unit (LSU): H&I point of Contact stepped down. Meetings are still being taken in to facilities (5 per month, as reported to our RD team). An H&I Orientation was discussed. Working on obtaining updated applications/guidelines from facilities. Will be contacting people who have shown interest in carrying meetings into facilities, as well as bringing updated info on this to ASC, and asking GSR's to take back to their group to hopefully gain more support in this effort. Next 2 LSU meetings will take place on February 20 and March 20, 2018.</p> <p>H) Area Concerns: Idea of changing our current Regional Phone Line Service without first making a thorough comparison between it and any new service being considered. Our Area has prepared a Motion regarding this subject to</p>
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	<p>be made here today.</p> <p>I) No Special Events planned in our area at this time.</p> <p>J) All is well in Almost Heaven Area. I will not be able to attend the 2-Day in April, but hope that somebody from our area will soon step up and serve as RCM-Alt (if I am elected as RCM @ our March ASC). Beyond that, I also hope that GSR's from our Area make the trip and attend the 2-Day as well. I know it will be a great learning experience for everybody. Today, Almost Heaven Area has a donation for the region for \$112.69.</p> <p>K) Next Almost Heaven ASC will be March 3, 2018 @ Berkeley County Resource Center @ 130pm.</p> <p>ILS,</p> <p>David T</p>
Appalachian	<p>Hello secretary of the region, I'm the RSC of the Appalachian area, I was looking forward to my first RSC meeting, and yet unfortunately I'm not feeling well, on today, so I didn't make it to my first meeting. The Appalachian area is doing well, most area service positions are filled, we just had a recent event here that went well. We meet monthly regularly and I'm also area chairperson, I became RSC chair recently. I'm looking forward to making the next meeting</p> <p>In loving service</p> <p>Lisa B.</p>
Beach	<p>The Beach Area(BASNA)did not meet in January due to a major storm. BASNA did meet February 3rd. I gave all in attendance copies of Kim's December RD report so they had reference to the links to submit the CAR and literature survey votes. BASNA has asked home groups to review the current Area structure, and to report their needs, concerns, suggestions at the March Area meeting.</p> <p>There are currently 18 active home groups. H & I has seven commitments at this time. I was unable to form a consensus w/respect to the Area's views on Zonal representation. Most GSRs in our Area are new trusted servants.</p> <p>The Serenity On The Shore(SOTS)Committee held their first fundraiser February 10th. It was a bowling night which was well attended. As Chair of this committee, it became apparent more communication to our Area needs to be made. There were many comments about hosting fundraisers for a free campout. Seed money for next year's event much be raised. I've asked committee members to communicate this to the fellowship for a greater understanding of the common good.</p> <p>In Loving Service,</p> <p>Dale R</p>
Blue Ridge	<p>Hello from the Blue Ridge Area of NA. Our ASC met on February 11th at</p>

Verona UMC in Verona, VA at 4pm. The meeting was open with Serenity Prayer followed by the reading of the 12 Traditions, 12 Concepts, the Definition of the ASC and the Unity Invocation. Quorum was met with 4 of the 6 participating home groups present so business was conducted as usual. The minutes were approved as read.

Open Forum consisted of the following items:

- 1) Discussion of how to change policy to get to the special events money when we need it. It will be brought to ASC as a motion and be discussed at the home groups.
- 2) Should new meetings be added to the meeting list as soon as possible, but two consecutive ASC meetings before voting privileges. Possibly having another homegroup sponsor a new homegroup until they are stable and have a normal meeting.
- 3) Daytime meetings need support especially the ones led by Valley Community Service Board.....Monday from 12:30-1:30pm, library meeting on Tuesday at 1pm, and the meeting at the Mission Friday at 2:30pm.
- 4) There will be a new meeting starting in Nelson County on February 13th at 475 Oak Ridge Rd, Lovington, VA

The homegroups represented reported that their meetings have been well attended. However, there is one group who has only one homegroup member and he is also the GSR. That group maybe umbrellaed under another homegroup in the near future. We have 4 homegroups who do not participate in ASC but they are up and running.

We have 4 H&I commitments which are being covered with a skeleton crew of the same people. Those commitments are: Western State Hospital, Augusta Correctional Center, and Middle River Regional Jail both male and female sides.

After no further business, the meeting was closed with the Serenity Prayer.

We have no contribution to this body today. Our next ASC will be March 11th at 4pm at the Verona UMC in Verona, VA. Our mailing address is PO Box 623, Harrisonburg, VA 22803.

NA Luv and Hugz,
Nancy H.

<p>Gateway to Freedom</p>	<p>Good morning Family! I attended both of my Area's service conferences since the last RSC. We currently have 14 homegroups with 16 meetings weekly. One of our existing homegroups added another meeting on Thursdays. We had 6 GSR's attending the ASC in Jan. and 9 in Feb.</p> <p>Open Area trusted servant positions are: Vice-Chair, PR Chair, Policy Chair and RCM-alt. Our current Chair, Mike M., has fulfilled his 1 year commitment but is willing to serve another term. The position went back to homegroups for new nominations and there were none so we will be voting on Mike next month. Megan E. was elected as new Special Events Chair and Tara B. was elected as new Camp Jam Chair.</p> <p>Our Area is hosting the CAR Workshop for Quadrant 2 and planning for the event is still on track. The workshop will be on Sat. March 24 from 11am-4pm at the Wesley Chapel United Methodist Church, 128 Wesley Chapel Rd., Ridgeley, WV 26753. For directions or other questions, I can be reached at 540-539-1966.</p> <p>H&I carries 5 meetings into 3 different facilities. We take a men's and a women's meeting every other Friday into the Potomac Highlands Regional Jail in Augusta, WV. We take a women's meeting every Wednesday into the Allegheny County Detention Center in Cumberland, MD. We also carry 2 meetings weekly (Tuesday and Thursday) into the Joseph S. Massie Unit, a treatment center.</p> <p>Special Events is hosting a Sponsorship Brunch/Dinner on Sat. Feb. 24 from 2-5pm at Fort Recovery - 418 N. Centre Street, Cumberland, MD 21502. They will be serving a Spaghetti dinner with fixings and a salad, and have an out of town guest speaker. Cost is \$6. They had to change the date for this event due to the upcoming CAR Workshop on Mar. 24, which they will also be helping with. SE is also planning a Spiritual Breakfast scheduled for May 19 and will have a guest speaker for that event as well. There has been a renewed enthusiasm for this Subcommittee. We have a new Chair who is excited to plan new events and there has been an increased attendance at subcommittee meetings.</p> <p>The Camp Jam IV subcommittee has been meeting monthly to plan for our 4th annual convention to be held in September. They are currently working on a motion to have their own bank account, separate from the Area account. This would make it easier to pay expenses as needed.</p> <p>Group donations were down in 2017 from the previous year and we had to</p>
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	<p>make cuts in our budgets. However we are above our prudent reserve for this month and will be donating \$75. to Region.</p> <p>Our next ASC will be on March 10 at 10am, Friendship Haven Church - 22 Mechanic Street, Cumberland, MD 21502.</p> <p>ILS, Duane F. - RCM</p>
New Dominion	<p>Good morning RSC Noreen is in San Francisco for Circle of Sisters -Michael our RSC Alt will be there.</p> <p>We had 20 voting members show up. We have 52 home groups, 58 meetings, 2 new meetings.</p> <p>H&I has 6 active facilities 26 meetings a month</p> <p>H&I: We have 2 facilities we currently are not covering--**James River Work Camp: due to change in work schedule the facilitator who covered for several years can no longer serve there. **Camp 13 (women's DOC) will be suspended due to 1)no offenders showing up for 6 weeks to 2 months 2) NA Meeting not on "schedule of events"3) we go there, get in, then told to leave cuz no one comes. Our facilitator has been diligent in attempting communication with the facilitator coordinator to no avail-new administration of that facility not supportive **juvenile facility interested in once a month meeting, currently seeking their requirements to get that started. **the federal facility in Petersburg as yet to start despite numerous attempts by Jeff to connect.</p> <p>ELECTIONS: New h&i chair LEE S h&i chair Bennett// VRCC DIR: Dale c//Treasurer Richard. Asst treasurer HAZAL..</p> <p>Open positions. Special events chair/ outreach chair/ asst Vrcc director</p> <p>We donated \$2,893.23..\$1,239.95. Our balance is \$14,650.24</p> <p>2 motions were passed 1-2-18. In Policy changes will be in red until the next year when they will be charged to black. 1-3-18 to use \$900 of special Events overage from 2017 on a 1 time basis for newcomer packages for 2019 AVCNA.</p> <p>See y'all at 2. Day event in April</p> <p>That's all dear folks--in loving service, noreen J and Michael</p>
Outer Limits	
Peninsula	

<p>Piedmont</p>	<p><u>The Piedmont Area currently has 19 active Meetings, and 12 Home Groups. We did not have an ACS Meeting last month due to inclement weather.</u></p> <p><u>H and I</u></p> <p>The Women's ACRJ needs more volunteers.</p> <p>We continue to have 6 H&I meetings held in the Piedmont area, they are listed below;</p> <ol style="list-style-type: none"> 1. Men's ACRJ-wk. 2. Women's ACRJ E/O wk due to lack of volunteers. 3. Fluvanna Women's Correctional Facility-wk 4. Boxwood-wk 5. 5 East-Uva. Medical Center-Wk. 6. Wellness Recovery Center-Region Ten-Wk. <p><u>PR</u></p> <p>We continuing to stock IPs in the respective facilities: UVA Medical Center, The health department and the free clinic.</p> <p><u>Special Events</u></p> <p>We will host a Speaker Jam on April 28th, 11-5. Food will be provided.</p> <p>Theme will be "How it works."</p> <p><u>Positions</u></p> <p>Area Vice Treasure:</p> <p>VRCC Alternate:</p> <p>H&I positions: Vice-chair, Men's ACRJ Panel Leader vacant.</p> <p>The Piedmont Area's attendance seems to be picking back up in meetings where there has been low attendance especially after the Holidays.</p> <p><u>Motions/Business</u></p> <p>I was able to give all GSRs the car-na Literature intake forms provided by Delegate Kim A. at our last meeting. I was able to give all GSRs copies along with anyone else who was interested in completing the intake form individually. I also gave the link for submission in my last ASC report, along with all the important dates pertaining to Regional events/deadlines also provided by Kim A. I will ask our Area's Secretary to send out a reminder of the car-na Literature Survey tomorrow.</p> <p><u>Donations</u></p>
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	<p>We have donated \$500 to Region and \$500 to World via Area Treasure, John T.</p> <p><u>Next Area Service is March 4th, 2018.</u></p> <p>At Church of our Savior, (CooS)-4:00pm</p> <p>ILS,</p> <p>Hillary Z.</p>
Rappahannock	
Richmond	<p>(A) How many groups in your area: <i>34</i></p> <p>(B) How many GSRs attending ASC: <i>30</i></p> <p>(C) Area trusted service positions open: <i>Vice Treasurer</i></p> <p>(D) Area trusted servants elected: <i>Chair-Robert M., Vice Chair-George W., Policy Chair-Kevin Y., Kim M.-RCM, and Tyria H. Alternate-RCM</i></p> <p>(E) Group news: <i>None</i></p> <p>(F) Area news: <i>None</i></p> <p>(G) Subcommittee news:</p> <p><i>Outreach is holding two CAR workshops February 13th and February 26th at 6pm @ 1205 W. Franklin Street.</i></p> <p><i>Special Events have not been getting support so that have recruited some new and old members to get together and brain storm in hopes to be creative and put on events that will improve attendance.</i></p> <p><i>I also have collected Surveys from most of the home groups and I am not sure what to do with them.</i></p> <p>(H) Area concerns: <i>None</i></p> <p>(I) Area special events calendar: <i>March 18, 2018 March Madness Speaker Jam/Dance Speaker Jam from 1pm – 8pm Dance to follow @ Atlee Church Moss Side Ave</i></p> <p>(J) Brief summary: <i>We have a donation for \$500.00</i></p> <p>(K) Next ASC meeting: <i>March 11, 2018</i></p> <p>Area Contact Information: Richmond Area Service, PO Box 26249, Richmond, VA 23260 www.rvana.org</p>

	<p>ASC is held at</p> <p>In Loving Service,</p> <p>Kim M.</p>
Roanoke Valley	
Shenandoah Valley	<p>(A) 23 Home Groups</p> <p>(B) 14 GSR's in attendance</p> <p>(C) VRCC Alt, Literature, Parliamentarian, Treasurer and Special Events</p> <p>(D) Stephen P. ASC Chair, Danny M. Vice Chair, Elisa D. RCM, Breatney C. RCM Alt., Terri S. VRCC Director, Melissa E. H&I Chair, Jackie F. Newsletter Chair and Wendy B. P&R Chair.</p> <p>(E) Talked about Groups that are inactive being referred to Outreach.</p> <p>(F) Area is planning a 20 year celebration on March 31, 2018. SheVana now has an adhoc to create yearly budget of operating expences. Annual bank audits are underway.</p> <p>(G) PR has just updated their Regional web page to include conference material and links. Newsletter has produced a news letter and are constantly looking for new submissions. Literature has improved drastically. Special events wants folks to check out our web page and join us for the fun in recovery events being planned. (SheVana.org) H&I is alive and struggles with Facilities wanting our services and a lack of trusted servants to fullfill them.</p> <p>(H) Fund flow.</p> <p>(I) Bowling Sunday February 18, 2018, 20 year party and dance March 31, 2018. SheVana.org for moore.</p> <p>(J) We have 31 meetings a week, 4 H&I commitments, we have a Noon meeting 6 days a week and the 7th day at 2 pm. We do not have a donation at this time.</p> <p>(K) Next ASC meeting will be March 12, 2018 at Grace Lutheran Church in Winchester Va. beginning at 6:30 pm.</p> <p>ILS Randy D. RCM SheVana</p>
Southside	
Tidewater	
Tri-Cities	

9. All New Business Motions turned in before lunch

10. **Elections & Nominations**

Vice treasurer: Open (open since 173rd) no nominees at 189th
Speaker Jam chair: Open Open longer than two RSCs as of 185th no nominees at 189th
RDA- open at 188th

By Policy Randy D was nominated for RDA at 188th. Randy declined nominaton at 189th. Dee P nominated from the floor.

Qualifications for Dee Philippou

RDA nominee

Clean Date 6/01/1988

Service commitments I have held over the past 29+ years of service to NA:

Home Group Level

Door Greeter	Clean Ashtrays
Coffee Maker	Secretary
GSR	GSR – Alt.
Chair	Treasurer
Key Tags	Court Slip Signer

Area Service Level

RCM (2 terms)

RCM2

Treasurer

Regional Service Level

Secretary 3 two year terms not consecutively

Regional Vice-Chair

Regional Chair

Regional Delegate Alternate

Regional Delegate (was RD for Freestate Region until Dec. 2017 when I resigned because I just couldn't make the 5-hour drive every month anymore. I did it for 6 months and it took its toll on me.) It is the only service commitment that I haven't completed.

I have a sponsor and most always have had one over the years. I have worked the 12 steps and 12 traditions multiple times and written on the 12 concepts. I am currently on my 6th step.

I moved to the Southside Area last May and purchased my uncle's home from my cousins. I moved because my husband of 19 years died suddenly from an asthma attack on May 29, 2016 just 28 days after I returned from the WSC as the RDA. I lived alone in my home there for almost a year after he died and just couldn't stay there any longer with the memories. I now live in South Boston, VA. My daughter and her 3 children live with me now. She has 15 years clean in NA. My oldest granddaughter will be 13 in a few weeks and the twin boys will be 10 on July 4th.

I got clean in Richmond June 1, 1988 and went to meetings there for a few months then moved with my new husband - that I married 92 days clean - to the Hagerstown Area. I went to meetings there and in PA for 3 years before moving to the Freestate Region where I had lived and served the fellowship for the past 26 years.

I am willing to serve the CAR-NA Region and currently am GSR for my homegroup - A New Beginning that meets on Thursday evening at 6 pm at the Sentara hospital in South Boston. I am also the current secretary for the Southside Area of NA.

If you have any other questions about my service to NA, please contact me at zikidee@yahoo.com

Pros for Dee P as RDA: 1) experienced 2) willing **Con:** new to Region **Rebut of con:** Grew up in VA. Got clean in VA.

11. Old Business:

- a. **Motion 185-2:** Background: Currently our guidelines are silent as to who is responsible for scheduling subcommittee meeting locations and how far in advance they should be scheduled.
Intent: To establish a single point of accountability to ensure that subcommittee meetings are scheduled sufficiently in advance to allow time for them to be publicized.
Motion: Add Section 10 A 7 to read "Schedules subcommittee meeting locations at least 3 months in advance. Such locations must have WiFi or similar technology available for use at the subcommittee meeting."
Mover: Norman C. Second: Mark S. **Disposition: Tabled Still tabled at 187th, 188th**
- b. **Motion 187-1:** Mover: Kim A Second: Sue N Intent: Provide info needed by the RD team. **Motion:** Change/add to Section V, Reports "A) total number of homegroups and meetings" and "L) total number of H&I commitments and names of facilities being served by your area's H&I subcommittee."
Disposition: Sent to Policy. Still with Policy at 188th. Sent to Areas at 189th.

Policy chair said that she will look into how to address the idea of reimbursing for mileage as opposed to gas receipts (187th). Still doing research as of 189th

12. New Business:

- a. **Motion 189-1:** Reimburse Kim A for RD team copies. **Disposition:** Approved

- b. **Motion 189-2:** Provide bank cards to the Delegate team which access budgeted funds. The Treasurer would transfer funds into the account(s) associated with the card and the trusted servant would be able to spend budgeted funds and provide receipts for expenditures as stipulated in policy. **Intent:** to help the Regional treasurer and the delegate team be accountable and responsible and to help them better fulfill their duties. **Disposition:** Referred to policy
 - c. **Motion 189-3:** Reimburse Brian C for hotel room used at MARLCNA. \$264.52. **Disposition:** Approved
 - d. Policy Chair working on crafting policy that will outline how to maintain the whereabouts of Regional tangible property.
13. Next RSC will be held on: April 21-22 at the EconoLodge in Colonial Heights, VA 2310 Indian Hills Rd GSR ass'y on Saturday and 190th RSC on Sunday
14. Announce Location and Time of next Subcommittee Meetings:
15. Close with Serenity Prayer and Announcements