

**145th Central Atlantic Region
Regional Service Committee
Meeting Minutes
August 21, 2010 in Winchester, VA**

Open Forum – (began at 11:00 am)

Topics of Discussion:

1. Could not open minutes.
2. Coming farther South.
3. 2 day Regional; what do we want to do on the 2nd day.
4. Mailing of minutes.
5. Look into how to educate/awareness on social networks; maybe having a workshop or learning day on Anonymity .

Open Forum closed at 12:00pm

RSC opened with the Serenity Prayer at 12:10 p.m.

Purpose read by Peter P., 12 Traditions read by David M., 12 Concepts read by Antoinette B.

Roll Call/1st Quorum - (all members below were present)

Sherry V. – Chair
Don V. – Treasurer
Greg H. – Regional Delegate
Etta S. – Regional Delegate Alt.
Donnalee P. – Regional Delegate Alt.2
Kim - VRCC Chair
Charles W. – Public Relations Chair
Norman C. – Literature Ad Hoc Chair
Jess G. – Almost Heaven RCM
Peter P. – Blue Ridge RCM
Stephen W. – New River Valley RCM
Bill M. – New Dominion RCM
David Mc. – Outer Limits RCM
Marvis B. - Peninsula RCM
Lawrence E. – Piedmont RCM
Antoinette B. – Rappahannock RCM
Nancy S. – Richmond RCM
Maria J. – Roanoke Valley RCM
Randy D. – Shevana RCM
Kevin Y. – Southside RCM
Akin S. – Tri-Cities RCM.

Areas not present – Appalachian, Tidewater

Recognition of New Attendees –

Blue Ridge RCM (Pro-tem)	Peter P.
Interested Other. Almost Heaven	Jennifer F.
Interested Other Almost Heaven	Thaddeus M
Interested Other Almost Heaven	Pricilla A.
Interested Other Almost Heaven	Bob S.
Interested Other Piedmont	Ned M.
Interested Other Rappahannock	Kenny F.
Interested Other Richmond	Lavita D.
Interested Other Roanoke Valley	Debbie H.
Interested Other Shevana	Linda A.
Interested Other Shevana	April R.
Interested Other Shevana	Melissa E.
Interested Other	Randall D.
Interested Other	Debbie H.
Interested Other	Kevin J.

Establishment of Quorum 13 RCMs/RCM Alts present, 1st and 2nd Quorum met.

Reading and Approval of Minutes

Motion 145-1: Maker: Norman C. to waive reading of the 144th RSC minutes. Second: Robert W. BRANA RCM. **Motion passed (0-12-1)**

Motion 145-2: Maker: Bill M. to approve 144th RSC minutes as is. Second: Maria J. Roanoke Valley RCM. **Motion passed (1-11-1)**

Trusted Servant Reports

Chair Report: I would like to welcome everyone to the 145th regional conference. If there are new members here with questions please set next to an experience member. I attended the Autonomy Zonal forum in Philly in July. A multi regional Unity day is being held by five regions covering 3 zones. I attended the regional subcommittee in July in the new river valley. I hope everyone will take a moment on September 4 in unison say our Serenity Prayer

ILS
Sherry V
Chair, CARNA

Vice Chair Report: Position Open:

Secretary Report: Position Open:

Treasurers Report: At the 144th RSC, I made an error in my report by reporting that a payment to PCMS was in the amount of \$487.50. The actual amount was \$467.50. Therefore all of the ending balances were off by \$20.00 and our actual ending balance should have been \$5,332.47.

I have not yet closed the Bank of America account, as I have not yet had an opportunity to travel to a branch due to being incapacitated for over a month. Our beginning balance below is the sum of both the Bank of America and the BB&T accounts.

In addition, due to the same injury, I didn't make the donation deposit from last RSC until today.

We also received a credit from Travelocity in the amount of \$30.00 from the RDA-2/WSC travel expenses. I received an email from the Tidewater RCM earlier this week indicating that he would not be attending this RSC, but that he had a donation for us. He requested my home address for the donation and I supplied it to him. I received that check today and will deposit it with today's other donations.

We need to discuss the lack access to our mailbox under new business.

I paid PCMS yesterday, but it has not yet been deducted from our account. The amount is written down at my home and is in between \$900.00 and \$1000.00. I will forward the exact amount and the corrected report to the secretary no later than tomorrow evening.

Our beginning balance since the last RSC was: \$5332.47
 Total donations were: \$849.23
 Refund \$30.00
 Total Beginning Balance \$6,211.70
 Expenses were:

Account math error		\$9.88
BB&T	Service Charge	\$10.00
Norman C	Literature Review Expenses	\$21.51
Greg H	Zonal Forum Travel Expense	\$52.50
Eddie W	Literature Review Expenses	\$16.20
Nancy C	Literature Review Expenses	\$25.66
Primus	800 Number	\$121.87
Donna Lee P	Zonal Forum Travel Expense	\$214.49
PCMS	Answering Service	\$973.58

Total expenses: \$1,445.69
 Current Balance: \$4,766.01
 Current Prudent Reserve: \$10,102.59
 Under Prudent Reserve \$5,336.58
 NAWS Donation: \$0.00

ILS
 Don V.

Regional Delegate Report: I was present for the Autonomy Zonal Forum held in Philadelphia on July 31. Some of the items discussed included: the direction of the Autonomy zonal forum, for example

utilizing consensus based decision-making process more formally than is currently utilized in this forum; and discussing the service system project. Get ready as our region will be hosting the upcoming zonal forum in January 2011. I hope that it is held in an area that would benefit from the forum being held there. *I am requesting reimbursement for \$15 –tolls, \$64.86 -gas totaling \$79.86 for travel to the zonal forum. I have provided the treasurer with receipts. In world news In Times of Illness (revised), as well as the IP's money matters, and Funding NA services; were made available to the fellowship in July. If you want to continue to receive NA Way magazine it will no longer be an automatic subscription you will need to sign up by October to continue to receive it without a stop in your subscription but at anytime even after October you will be able to subscribe for it. The Living Clean literature project's second of three review and input sessions ended June 30, the third and final review and input sessions (Chapters six, seven and the introduction) is planned to be October 1- December 2010; Norman should be providing more information regarding this. There is a service system webpage up and running you can get to it by going to: www.na.org/?ID=servsys . I received a request from NAWS for H&I meetings to be brought into Deerfield Women's Work Center in Capron, Virginia. This facility is within the outer limits area and there was an attempt to get members into that facility, however there was difficulty in getting members that could pass the security clearance. I have been in contact with the worker from that facility that sent the request to world. I have sent an email out to members that may be able to assist in this matter but am not sure if they have touched base with the worker or not. This email was also sent to our chair, but since I made the initial contact with the facility it was agreed upon that I would contact her to let her know there are members that may be able to assist with this request. Thanks to Sherry for pointing me in the right direction of members that may be able to help. Tomorrow I will be in the New Dominion Area to assist them with the Area Planning Tool. I would like to take this time to let all members know that the delegate team is here to assist your areas with the APT and/or other items that you may need assistance with. Keep in mind that the delegate team sometimes has hectic schedules so make sure if our assistance is needed that you allow ample time to work with the team's schedule. Next Region will be my final as Regional Delegate. Etta, as the RDA will be an automatic nominee but keep in mind that the floor is open for nominations and as per regional policy I am (and have been) notifying this body that my term will be open in October.

*This is a change from my report given at the RSC. I had forgotten that I had already been given the per diem rate, so the original amount given at the RSC was a total of \$114.86.

With Love of the fellowship,
Greg H. RD

Regional Delegate Alternate Report Hi family, It seems like quite awhile since we have met. I am happy to be back at the RSC. I have condensed a lot of information for you and will make references of where to find full reports. I have been extremely busy lately personally working two jobs, serving as the pre-convention chair for the next AVCNA, and approaching my wedding date. With that being said, I am here and willing to serve. This body is facing many openings right now and I encourage all to talk to members in their area about the need. There is a wealth of experience in our region and also those who have never served at the RSC. I trust that there will be new trusted servants to fill the need soon. Since the last RSC, I have participated in a learning day in Martinsburg WV, attended a speaker jam in Fredericksburg, and attended Almost Heaven Area Convention. All are encouraged to get their e-subscriptions to the NA WAY magazine it helps to contain costs and as we purge the previous system out to eliminate sending to those who don't want it or no longer exist. Please do so on line by October. The Vision statement passed with unanimous consent at WSC 2010 and you are encouraged to use it at service meetings and at service efforts. It speaks directly to the unity in service that we would like to see.

The revised In Times of Illness was released as well as Money Matters- Self Support in NA IP 24 and Funding NA Services IP #28 in July .Living Clean is in its 3rd and final input and review Oct 1-December 31st 2010. The Service System webpage is online and available which includes material distributed at the conference as well as background reports and current updates. The address is www.na.org/?ID=servsys. It has a conference participant bulletin board as well as a service system discussion area. The service system project was created to address some of the ongoing challenges in delivering services. It grew out of the need to find a solution to our problems of apathy, disunity, communication, difficulties with our public image and the challenges to delivering basic services. Delivery of Services is very important to NA as it always has been about our Primary Purpose. The project plan explains ,” the focus of this project is to find alternatives that can assist us to provide effective ,efficient, and planned service delivery which will help us to better carry the message of recovery to the addict who still suffers.” I am hoping that we all get especially interested in this and start learning and talking about this project as it is going to shape the future of our fellowship. It is my wish that we will begin to workshop this information and present it for the first time in October at our two-day RSC. There will be a workshop held the end of October in Baltimore Maryland regarding this information. I hope that you all see fit to allow your delegate team to attend as this is very important information. We must stay current with the evolution of what this project will bring to our fellowship. July 31st 2010 , I attended the Autonomy Zonal Forum hosted by the Greater Philadelphia Region. We will host the Zonal in this region again On Jan 29th 2011. The last time we hosted it , we met in Fredericksburg and had World Board participation. We will locate a space for this and let the zone know ASAP. For extensive notes on this Forum you may find it on the site under Autonomy Zonal Forum. I did want to mention that one of the items worth reading about is that the Greater Philadelphia Region along with mid-Atlantic and Tri State will embark on having a multi-regional unity day called “ the ties that binds us together” will happen on Sept. 4th 2010 11a-9p located at Rosies Villa 440 east state rt 61 Atlas Pa 17851 near Knobles Park. Also dates of interest will be the Inner City Area of greater Philadelphia is hosting a convention Nov 26th , 27th,28th 2010 Penns Landing Hyatt Hotel. They are hosting world convention 2013.Mountaineer will be having its fall convention Oct 29th-Nov 1 Cedar Lakes in Ripley They will also have their regional service forum at that time.. That’s all I have at this time. I will submit travel receipts to the treasurer today. This did not include hotel as I drove up for the day.
In Loving Service Etta S.

Regional Delegate Alternate II Report:

Hello everyone. Today I will attempt to use the reporting skills that were work shopped at the WSC this year, keeping reports brief, to the point, and most of all exciting.

WSC 2010

Our region has strong representation at world events due to the emphasis on mentorship. These are the strengths our system provides:

Greater diversity on group conscience issues of new business and elections

Having three people with direct exposure to materials presented provides greater coverage and stronger communication throughout our region

Delegates are most adequately prepared to participate effectively on the WSC floor

In other words, we’ve got it going on.

The Service System project warrants a high level of interaction and participation. The project is a huge undertaking and World Service needs input from the fellowship. I think the region would be well served to remain up to date on all information made available from the workgroup and should contribute our group conscience regarding the direction our fellowship’s service structure will take and the changes that

will be made. Our delegate team should participate fully in the Service System Workshop to be held in Baltimore, MD, Oct. 29th – 31st. Room reservations need to be made by Oct. 7th and are \$99 per night. I did not want to be redundant in reporting specifics from this project or other events from the WSC as I am sure the other members of the delegate team have addressed them. Please feel free to ask questions if you want to know more.

Quadrant 2 Learning Day: The delegate team facilitated round table discussions on leadership and the atmosphere of recovery. All of the sessions that day were helpful and appreciate the opportunity to attend. The delegate team will be facilitating an Area Inventory session in the New Dominion Area on Sun. 8/22. Please feel free to contact the team should you desire our participation in your quadrant or area.

Autonomy Zonal Forum July 31st:

Among the topics discussed:

Zonal website development: we now have an interactive chat room and have established a constructive way to update information there. I am sure there will be more ideas on the site to follow.

Social networking sites and anonymity and strategies to counter apathy in service were also discussed.

Our next zonal meeting, Jan 2011, will focus primarily on the service system project. If time permits we will also address the living clean project and what we want the Autonomy Zonal to look like. The following zonal meeting in July 2011 will include a workshop on consensus based decision making.

My expenses for the Autonomy Zonal Forum are as follows: \$92.28 hotel, \$65.21 gas, \$22 tolls, and \$35 per diem for a total of \$214.49.

In Loving Service,

Donna Lee P.

VRCC Chair Report: On August 14th the Tidewater 30th AVCNA Host Committee had their elections and will be coming before the VRCC on September 19, 2010 for approval by the directors.

Congratulations to the Tidewater area and the Chairperson Angie, Vice Chairperson Selby and Secretary Greg. All are very experienced in holding conventions.

I will once again be going to Norfolk, VA on September 12th for the election of the remaining position of Treasurer and Vice Treasurer. We are donating to the Central Atlantic Regional a check in the amount of \$2,867.08. Things appear to be on schedule for the 29th AVCNA.

Love & Hugs

Kim

Kim C., Chair VRCC

These are the figures for the 28th AVCNA:

Total Income	+\$45,770.72
Total Expenses	-\$38,997.50
VRCC Budget	-\$4,097.00
28th AVCNA Net Income	\$2,698.22

Thanks,

Pam W.

VRCC Treasurer

Activities Chair Report: Position Open; Activities met on July 17th, 2010 in Dublin VA, in the New River Valley Area Subcommittees will be held in Peninsula Area, will call Burrell P. for a location.

Addendum:

The RCM from Peninsula, Burrell P., and Teddie A. were emailed asking for a location for the subcommittees. Also the two-day regional in October. A contract from the Days Inn is being sent. They offered rooms for approx \$46.00 and use of conference room for two days for 150.00. More will be revealed and put on the website as to deadlines for room assignments.

Hospitals & Institutions Chair Report: Position Open; H&I met on July 17th, 2010 in Dublin VA in the New River Valley Area. We decided to do a follow-up with BRANA on the request help for a 1 time literature order, will check to see if they received it, or where we are in the process of ordering it. The former Vice Chair was the point of contact and will be contacted for information.

H&I committee

Policy Chair Report: Position Open Policy met on July 17th, 2010 in Dublin VA, in the New River Valley Area. We were asked to look at motion 143-5 regional/vrcc joint motion due to inconsistencies in the numbering and placement in the Central Atlantic's guidelines. We have some copies so we can go over this in old business.

Another motion that did not come to the floor last month was revisited and we now understand the intent and it can be explained. This motion will come up under new business. This was a housekeeping type motion for the secretary's duties. So we have clarification and can present it. It involves "C" and "I" under secretary's duties.

Policy Committee

Public Relations Chair Report: Verbal Report given, but No Report Submitted

Speaker Jam Report: The next speakerjam is all set for Sept 11, 2010 in Clear Brook, VA. The subcommittee has met 3 times since the last RSC, 6/24/10, 7/22/10, & 8/12/10. We are next meeting on 9/9/10 in Berryville, VA before the War is Over group. We are submitting two motions today, one requesting \$250 to pay for the recording of the event and the other requesting \$180 to pay for copies and supplies. This is out of our already approved budget.

At this time we have not received any bids for the March event which will take place on 3/12/11. Bids are supposed to be submitted by the end of the Sept event. Anyone that would like to see copies of the subcommittee minutes please feel free to contact me and I will forward them via e-mail. I would like to thank the SHEVANA area for their help in the planning, time and work for the upcoming event, especially Melissa E.

Financial- Beg budget \$500 - \$70 for pavilion \$250 for recording & \$180 for supplies which receipts will be brought to the next RSC

ILS, Shawn C

Ad Hoc Literature Review Chair Report: Since the last RSC, the Ad-Hoc Literature Review Subcommittee met on March 20th in Farmville and I have the following to report:

1. The input from the 4 workshops held in May and June were mailed to NA World Services before the June 30th deadline

2. We spent a total of \$152.84 to hold the 4 workshops and mail the input to NAWS;
3. Chapters 6, *A New Way of Life*, Chapter 7, *The Journey Continues*, and the Preface of *Living Clean: The Journey Continues* are scheduled to be released for fellowship review and input on October 1, 2010. The deadline to submit input is December 31, 2010.
4. Two of the four workshops, for quadrants 1 and 2, have been scheduled in the same locations as the previous workshops for those two quadrants, as follows:
 - a. Quadrant 1: November 6, 2010 from 1-4 pm at the McShin Foundation, Hatcher Memorial Baptist Church, 2300 Dumbarton Road, Richmond, VA 23228. This Workshop will be facilitated by Nancy S.; and
 - b. Quadrant 2: November 13, 2010 from 1:30-5 pm at Edgehill Recovery Retreat Center, 315 E. Cork Street, Winchester, VA 22601. I will be facilitating this Workshop.
5. The workshop for Quadrant 3 will also be held at the same location as before, at the Holy Name of Mary Catholic Church, 1307 Oakwood Street, Bedford, VA 24523. Unfortunately, we have not yet been able to confirm the date and time for this workshop. Once we have, we will have the information posted on the Region's website. Eddie W. will be facilitating this Workshop.
6. Burrell P., who will facilitate the workshop, has not yet scheduled the Workshop for Quadrant 4. Once it is scheduled we will have the information posted on the Region's website.
7. Eddie W. has produced a flyer, which is available today, containing the information for the workshops for Quadrant 1 and 2. Once the information for the remaining quadrants is confirmed, the flyer will be updated and posted on the Region's website. The updated flyer will be available at the October RSC meeting.
8. The sub-committee is requesting a budget of \$200 to put on the final 4 workshops.

Again, I want to thank all the members of the sub-committee for their hard work.

Thank you for allowing me to be of service.

ILS,

Norman C.

Ad Hoc Committee-Regional Inventory: Position Open: Ad-Hoc Inventory met on July 17th, 2010 in Dublin VA, in the New River Valley Area.

No information regarding implementation received. Former Regional V-Chair will be contacted.

Ad hoc committee

Ad Hoc Committee-Regional Insurance: Verbal report given but No Report submitted.

Break 1:05-1:15pm, Re-convened at 1:20pm with serenity prayer.

Area Reports -

Almost Heaven RCM Report- We currently have 45 meetings that consist of 30 home groups. There were 12 GSR's present at our last ASC on August 14, 2010. We currently have 7 positions open. They include:

1. Convention

2. Literature- 2 nominations, Anthony A & Joseph H
3. P.I
4. Policy
5. Newsletter- Art P was appointed Pro-Temp
6. Outreach
7. Vice Chair- Melissa M was appointed Pro-Temp

Convention- On August 6th, 7th, & 8th we had our 24th annual convention in Front Royal, Virginia. At this time a financial report is unavailable. However the convention was a great success. Thank you for all those who came out to support us. We look forward to seeing you next year at the 25th. Our next convention committee meeting will be Sunday, September 19th @ 1:30pm in Martinsburg.

Literature- Literature is up and running and doing well.

H&I- We currently take meetings into Eastern Regional Jail and Washington County Detention Center as well. We have 3 ladies committed for 1 year for the fourth Wednesday of the month.

PI- Due to the lack of trusted servants, we are still using an Ad-Hoc committee just to keep our meeting list printed and in the proper rotation.

Newsletter- We just did a printing of our Newsletter. I've brought some with me for everyone to take back to their areas. The topic is Out of the Darkness, Into the Light.

Special Events- There are currently plans in the making for the annual End of Summer Picnic. We are also trying to make plans for a Halloween party as well.

The Almost Heaven Area would like to thank the Regional Public Relations Committee for the workshop held in quadrant 2 July 24th in Martinsburg, WV. Their showing was greatly appreciated.

Upcoming events for Almost Heaven Area: One of our home groups, Not High At Noon will be hosting a Speaker Jam on October 23rd from 1:15-10:00pm. We could always use support.

Almost Heaven Area has a donation of \$542.66. Our ASC is held the first Saturday of the month. Our next ASC will be held September 4th in Shepherdstown, West Virginia at 1:30pm.

In loving Service
Jess G

Appalachian RCM Report: Absent No report submitted

Blue Ridge RCM Report: I'm an addict named Peter and I'm filling in as the RCM pro-temp for BRANA as our Area has not yet found a replacement for Robert W. The Area has given me their group conscience to vote on the pending Regional motions and current items that arise at this conference. Please be patient with me as I become more familiar with the Regional level of service.

As noted previously our Area now has (11) Home Groups, before it had (13). Lexington and Buena Vista have withdrawn and are forming a new Area; Rockbridge. Their needs were not being served well by

BRANA and the distance required to travel made attending Area events a burden for them. We are sorry to lose them from the BRANA Area and hope to more clearly understand how we can serve better in the future. An Outreach representative will be paying them a visit towards that end. BRANA looks forward to working with the new Rockbridge Area.

Our trusted servant position vacancies are: RCM, RCM Alternate, VRCC Rep, and Policy Chair.

BRANA has a donation to make to the Region of \$100.80.

The phone update information was conveyed to the appropriate trusted servants and I will be checking with the Phone Line Coordinator to see if meeting list updates were received and to give them if not.

The 29th BRANA Campout appears to have been a tremendous success. The Campout committee remains intent on serving and wishes to hear all comments that might help them to carry the message in 2011.

ILS,

Peter P.

New Dominion RCM Report: RCM: Bill M RCMA: Dianna T.

The New Dominion Area supports 40 groups weekly and our Hospitals and Institutions subcommittee continues to take an additional 14 meetings into 12 facilities.

Recently, our area has experienced difficulties fulfilling area positions with trusted servants and subcommittee participation is low. Subcommittee participation is becoming problematic with H & I. as a result, H & I is considering scaling back both the number of meetings and the frequency of some of its meetings. The subcommittee is brainstorming solutions and soliciting participation within the Area as well as seeking experience, strength and hope from neighboring areas.

Tomorrow afternoon our area is holding an Area Inventory Round-Table Workshop to move into the solutions of the problems affecting our area. We have asked and received substantial support from, Donna Lee, Etta, and Greg. The Area is very supportive of the Inventory and is providing funds for supplies and food for the workshop.

ILS,

Bill M.

New River Valley RCM Report: Report attached at the bottom of minutes

Outer Limits RCM Report: Report attached at the bottom of minutes

Peninsula RCM Report: Report attached at the bottom of minutes

Piedmont RCM Report: Greetings from the Piedmont Area

1. There are currently 17 home groups and 27 meetings each week in our area.
2. There were 14 of 16 GSRs present at the most recent ASC meeting.

3. We currently carry 8 H&I meetings to 6 institutions each week. We recently discontinued meetings at Dillwyn Correctional Facility due to lack of participation by inmates.
4. The H&I subcommittee has proposed changing the chairperson clean time requirement from 1 year to 2 years with 1 year experience in H&I work in our area.
5. The following trusted servant positions are open: PR Chair, Secretary, RCM II, VRCC Director, Alternate VRCC Director.
6. A motion was made to create a new position, Vice Treasurer. It's a two-year commitment, the first year for training and the second year for treasurer service.
7. We are considering moving our annual campout, PACNA, to a date in September. We want to avoid the summer heat and standardize on a regular date and location.
8. We have also created an ad hoc committee to investigate the feasibility of holding an annual Piedmont convention. Several idea-gathering meetings have been held and more conversations will be held before their next report on August 29.
9. Our Special Events committee has planned an End of Summer Picnic for September 11, 2010 in McIntire Park, Shelter 2, in Charlottesville. I brought some flyers.
10. The next Piedmont Area Service Committee meeting is scheduled for Sunday, August 29, 2010 at 4 p.m. at the Wesley Foundation. We have moved the meeting from the usual first Sunday because of the Labor Day holiday.
11. The Piedmont area has sent a \$900 donation with me to the Region and has also mailed a \$900 donation to World Services. Our Prudent Reserve is \$1,600 and we are just below that after these donations.

In Loving Service,
Lawrence E.
Piedmont RCM

Rappahannock RCM Report: Antoinette B. reporting from the Rappahannock Area at present we are still 19 meetings strong even though Thursday Night Man Up for Recovery is struggling with attendance they held an anniversary Speaker Jam Fish fry on August 7, 2010 and it was very well supported and they raised money in which the group donated to the pre-convention. In It To Win It Monday held a softball event in July the participation was minimum. Pre-convention held there volleyball fund-raiser on August 14, 2010 we had good participation and all that came enjoyed themselves. Pre-convention is having another fund-raiser the 70's dance at White Oak Rescue Squad tickets are on sale now \$5.00 in advance \$7.00 at the door we really need good support on this one guys I have tickets available and we would love for all areas of this Region to support this event. We are struggling with pre-registration of the convention at present you can register for \$20.00 . At this time we have a number of open positions on the area level they are as follows: Vice-Chair, Secretary, RCMII, VRCC Director, Activities, Vice-Literature Chair.

We pull together and help out and we are maintaining at this point. The GSR ADHOC

subcommittee has been suspended and will resume after the convention due to the lack of trusted servants .We also have a donation of \$200.00 for region . H&I subcommittee is now going into the juvenile facilities and jails they are still trying to gain ground however optimistic that they will prevail. PR has given their first presentation to the Thurman Brisben Center and will also be giving a presentation at Snowden the date is undetermined at this point. They are also in talks with RASCB to have a presentation there as well. At this point we have the upstart of an OUTREACH Subcommittee the Pat P. is the chair for this committee and the first meeting is scheduled September 18, 2010 at the Thurman Brisben p Center all are welcome to participate. As you can see this area is growing by leaps and bounds with our primary purpose "To carry the message to the addict that still suffers."

In Loving Service,
Antoinette B.

Richmond RCM Report: Hallelujah, I am happy to report that my area is today giving our region a \$500.00 donation.

Our area continues to function. Our special events subcommittee continues be our largest financial supporter. We have the following openings in our area policy chair, asst. secretary, H&I chair, VRCC rep, Alt. RCM, Literature Chair as well as a need for committee members.

The Special Events subcommittee will be hosting an adult pool party on August 28th at 605 Grayson Ave. I have tickets for sale.

The Circle Of Sisters cancelled their luncheon and speaker event for today due to poor ticket sales. All the women are excited about the convention coming to our city, the men- not so much. The COS have an opening for Merchandising Chair.

We have had some disruptive behavior in the area of late. The outreach subcommittee is handing out copies of Disruptive Behavior in meetings and home groups are being encouraged to address this.

For The Love of Service,
Nancy S.

Roanoke Valley RCM Report: Report attached at the bottom of minutes

Shenandoah Valley RCM Report: Greetings to the RSC from SheVana. Our last ASC meeting was on August 9, 2010 with 15 out of 19 groups being represented by GSR or Alt GSR. We are still carrying 25 meetings per week. We still have our struggles and seek solutions. We are doing much better with our budget and we are operating above prudent reserve sending the RSC a donation of \$326.61.

We recently rented a storage unit for ASC and Subcommittees to store their belongings. June 19, 2010 the executive committee at the ASC hosted a Guide to Local Service Study day and is planning a second study to be announced.

We have 4 positions that are open; Vrcc Director, Vrcc Alt., H&I and our RCM Alt. resigned his position so the position is open.

Our Literature committee is growing and available at each ASC. Thanks David.

H&I have a handbook study set up for August 22, 2010 at the Daily Grind on the walking mall. We just had an orientation at our Juvenile Facility and we have been asked to come into Camp Seven. We still struggle with shortness of volunteers/committee members. We are currently taking meetings into the CFW Regional Jail on Mondays and Wednesdays for two Buildings with Co-ed in one bldg. and male

and female in another bldg. We go into the Winchester medical Center to do a Behavioral Health unit on Thursdays and the Juvenile Detention Facility on Tuesdays. We have another Facility that wants our attendance, which is Camp Seven. We are looking into that Facility.

Public Relations are getting ready for meeting list reprints, updates to Region website and phone lines. We received communication from James D. (Regional Phone line Coordinator for updates.)

Outreach is functioning with enthusiasm to help struggling meeting with their attendance.

Newsletter continues to print good recovery through awareness of all that they can find. Check them out. Thanks. I have copies on the table for the taking.

Policy is active in looking into improvements with our Guidelines, our Budget.

Special Events put on their annual Speaker Jam back in July and that was well attended with very good speakers and friends. The paintball day was cancelled. This weekend we having our very first Campout at Battle of Cedar Creek Camp Ground, 8950 Valley Pike, Middletown, Va. 22645. They are planning a game day on September 25, 2010. Please check out our website at www.shevan.org for events and other news.

We are hosting the 2010 Regional Speaker Jam next month here in Winchester on September 11, 2010. Our Speaker Jam Coordinator, Melissa E. will give a report on our progress today.

I was sad to hear that Cynthia W. resigned as Vice Chairperson. I can see that our Region is starving for trusted servants. God help us.

My tallies for the Regional Motions are separate and will be given when asked.

I am grateful that the Region has traveled to our Area/Quadrant. I announced this event in every meeting that I went to. Thanks. ILS Randy D.

Southside RCM Report: I am sorry I could not be here for the last Regional meeting. But do to our family reunion and our area not having an alternate for this position Southside had to miss the 144th RCS this month. In our area we were hit with a halfway house closing down. Hope Harbor, where 2 home groups meets. And accounts for 4 meetings a week. We are meeting next door at Gracious Living. Changes have been made on the Regional workbook and a PDF file will be sent. We are still having lack of support in our area service positions. It was brought to the area that we had not sent any donations to the region. We are now working making donation to our region since we use our region's phone line; we need to do our part. We are trying to get our Phonenumber and Web link back and running. Thank you for your support and understanding.

ILS,

Kevin Y. Southside

Tidewater RCM Report: Absent No Report submitted

Tri-Cities RCM Report: Report attached at the bottom of minutes.

Break of lunch @ 2:05pm – 2:45pm

Reconvened @ 2:45pm w/serenity prayer and roll call. 13 RCMs present, quorum met.

Old Business

Motion 144 - 4

Mover: Treasurer

Second: Robert W. BRANA RCM

Motion: To approve a 6-month budget for the period from July 1, 2010 through December 31, 2010 that includes the following changes from the current budget, as indicated in the attached:

1. Increase the Phonenumber Budget from \$1575.00 to \$1600.00 per two-month period and to increase the maximum amount held to \$2600.00. Financial impact (FI) will be an increase of \$150.00 per year.
2. Increase the Website Budget from \$14.00 to \$40.00 per two-month period and to increase the maximum amount held to \$250.00. FI will be an increase of \$166.00 per year.
3. Reduce the Conference Budget from \$400.00 to \$200.00 per two-month period and to leave the maximum amount held at \$400.00. Financial impact (FI) will be a reduction of \$1200.00 per year.
4. To increase the Secretary Budget maximum amount from \$65.00 to \$130.00. No FI.
5. To increase the Treasurer Budget maximum amount from \$20.00 to \$100.00. No FI.
6. Reduce all Subcommittee Meeting Space Budgets to \$15.00 per two-month period and set all maximum amounts to \$15.00. FI will be a reduction of \$435.00.
7. Reduce the H & I Expense Budget from \$300.00 to \$100.00 per two-month period and to change the maximum amount held to \$600.00. Financial impact (FI) will be a reduction of \$1200.00 per year.
8. Reduce the PR Expense Budget from \$302.00 to \$226.67 per two-month period and to change the maximum amount held to \$1360.00. Financial impact (FI) will be a reduction of \$445.00 per year.

Intent: To bring our current budget more in tune with our existing finances and needs. To bridge the gap between our existing budget period and the new budget period.

Motion Passed (4 Abstain, 8 in Favor, 1 Against)

Motion 144-5

Mover: Eddie W.

Second: Robert W. BRANA RCM

Motion: To change Regional Policy under Section IX: Officers Duties/Qualifications, 3A Secretary Duties, letter C, page 10:

- To change from:

“Is responsible for typing minutes so they can be distributed within two weeks following each RSC meeting to area {ASC} mailing addresses and the addresses of RCM’s, RCM Alt, Officer’s and attendees”

- To change to:

“Is responsible for typing minutes so they can be distributed within **ten days** following each RSC meeting to area {ASC} mailing addresses and the addresses of RCM’s, RCM Alt, Officer’s and attendees, including only those RCM reports submitted in writing by the close of each RSC”

Intent: To ensure that all RCM’s receive a copy of the regional minutes prior to their next scheduled ASC meetings.

Motion Passed (2Abstain, 10 in Favor, 1 Against)

Motion 144-6

Mover: Activities Committees Second: Bill M. New Dominion RCM

Policy Motion: Under Service Districts Section; page 16

Add under "C" as #1: That sub-committees held in January will be schedule so as to not conflict with the Central Atlantic Regional Convention (AVCNA).

Intent: Not to be in conflict with trusted servants doing Regional service.

Motion Passed (2 Abstain, 10 in Favor, 1 Against)

Motion 144-7

Mover: Bill M. Second: Robert W. BRANA RCM

Motion: To withdraw all funds intended for the purchase of a laptop computer.

Intent: To be financially responsible with 7th tradition money.

Motion Passed (2 Abstain, 9 in Favor, 2 Against)

Motion 144-8

Mover: Tim B. Second: Robert W. BRANA RCM

Motion: To centralize in Charlottesville the RSC Meetings.

Intent: To allow Areas to get a better budget on their RCM's for participation.

Motion Passed (2 Abstain, 9 in Favor, 2 Against)

Nominations and Elections:

Secretary: Open

Activities: Open

Treasurer: Open; Don V. withdraw his nomination, Thaddeus M nominated, respectfully declined, Bill M. nominated, respectfully declined, Peter P. nominated, respectfully declined,

Vice-Chair: Open; Bonnie W. nominated, respectfully declined, Greg H. nominated, respectfully declined, Norman C. nominated, respectfully declined. Shawn C. nominated, respectfully declined,

RD: Open; Etta S. automatic nominee, accepted, Qualifications listed below

H&I: Open

Policy: Open

PR: Open: Lavita D. nominated, respectfully declined, Greg H. nominated, respectfully declined,

Speaker Jam: Shawn C. nominated and accepted nomination, Qualifications listed below

Ad Hoc Committee Liability Insurance: Nancy S. appointed Pro-tem Chair

Qualifications for Regional Delegate: Etta S., 15yrs clean, attended 2 WSC's 6yrs RSC experience, RCM, RDA2, RDA. I have the willingness to serve, I have a solid foundation of experience with the 12 steps, traditions, and concepts. I have the time and resource and the and the weekly access to internet and email, has a sponsor.

Qualifications for Speakerjam: Shawn C. I have 7 ½ yrs clean. I have a homegroup and a sponsor. I have the knowledge of the steps, traditions and concepts. I have experience as speakerjam chair. I have served as co-op chair, Vice-Chair, treasurer, policy chair, homegroup treasurer, secretary, and coffee maker. I have the resources and willingness to serve.

VRCC Financial Report: Has been included with the VRCC report.

New Business

- I. **Workshop Topic for 2 day Regional:** Donnalee is the point of contact for the 2 day regional in October and will work with members from the Piedmont Area. Workshop topic is on the Service System
- II. **P.O. Box Keys:** Bill M. will contact the post office and see whose name is on the contact information form.
- III. **H&I Box& Ad-Hoc Inventory:** Nancy S. will contact the former Vice-Chair
- IV. **Virginia Drug Court Assoc.:** Charles W. is willing to take the lead on this and asked for the 50.00 registration fee.
- V. **BRANA Literature: Regarding Literature for H&I:** It's for an Institution—not a library. Middle River Regional Jail.

Motion 145-1

Mover: Norman C. 2nd: Jess G. Almost Heaven RCM
Motion: Waive reading of minutes.
Intent: To save time

Motion passed (1 abstain, 9 in favor; 3 against).

Motion 145-2

Maker: Norman C. to approve 144th RSC minutes as amended. Second: Bill M. New Dominion RCM.

Motion passed (1 abstain, 11 in favor; 1 against).

Motion 145-3

Mover: Norman C. Lit. Ad-Hoc Chair 2nd: Marvis B.. Peninsula RCM
Motion: Approve a budget of \$200 for the literature ad-hoc sub-committee to hold the final four literature review workshops.
Intent: Be fully self-supporting.

Motion passed (0 abstain, 12 in favor; 0 against).

Motion # 143.5

Back from Policy:

Date: Aug 21st 2010

Mover : Joint VRCC/Regional Committee

Seconded RCM Name: Nancy S.
Area : Richmond RCM

Motion: To Amend the CARNA RSC Guidelines & Rules of order with the following changes:

Adding "O" under

Section IX: OFFICERS DUTIES/QUALIFICATIONS

1A. CHAIR DUTIES

- (O) Chair will notify Corporation in the event of non-compliance of duties by Corporation Chair

After "Section XII: Standing Committees"

Insert the following:

Section XIII Convention Corporation

A. Relation between the Corporation and Region

The Virginia Regional Convention Corporation (VRCC) was created to achieve efficiency, continuity, accountability, and unity in connection with putting on our Region's convention while maintaining our corporation's autonomy. This allows our corporation to function as a business and to provide protection to the fellowship from legal liability and to help maintain the fellowships policies on anonymity and non involvement in issues outside of recovery. Neither the Region nor any other service body of Narcotics Anonymous can be held responsible for debts or law suits against the Corporation. The Corporation also maintains autonomy over distribution of any and all funds.

B. Corporation Chair Duties (per Corporation policy)

1. Compiles a report for every RSC consisting of:
 - a. Activities since last conference
 - b. Recommendations
 - c. Reports on motions committed to the VRCC
 - d. Upcoming events
 1. Compiles a report of previous years' activities for GSR assembly in April.
 2. Attends all Regional Service Conferences
 3. Is accountable for clarifying convention/host committee issues at the RSC as needed.
- C. Regional Service Conference Chair to notify Corporation in case of non-compliance of Duties**

Renumber the following:

Section XIV: CONFERENCE PROCEDURE

Section XV: GSR Assembly (125th)

Section XVI: Service Districts (121st)

Intent: The intent of this motion is to describe and continue the protection the corporation established when the charter was amended in the 1980's and the current corporation was created. This motion is also intended to assist members of the fellowship of Narcotics Anonymous to have a better understanding how our corporation works to serve the fellowship and to protect our fellowship while working as part of the Regional Service structure and to protect the relationship between the Corporation and the Region.

Con: Language was not approved by a lawyer familiar with the Virginia corporation law and therefore may open the region to liability for VRCC debts.

Con: Wording of motion is unclear and although the motion has merit it is not stated clearly and simply and the new section XIII should be rewritten and submitted as a new motion.

Pro: Motion further clarifies duties of the chairs of both entities.

Pro: This is a step in the right direction of having accountability from the VRCC to the region regarding the activities of the corporation and information concerning the convention itself. This can build upon an amicable relationship of cooperation not affiliation.

Motion goes back to groups for vote

End of Motion

Additional Information:

Information only not part of the motion

**As part of this motion, it was indicated that the following is what was presented for the changes in the VRCC Bylaws. This is just FYI (for your information)

Motion: To Amend the Corporation by-laws with the following changes:

Page 7 of the Virginia Regional Convention Corporation Policies & Procedures, updated June 2007

Current: Relationship to the Virginia Regional Service Committee: The VRCC has a fiduciary relationship with the fellowship of NA but is a separate and distinct entity from the Region of the Virginians and other service bodies of NA. This allows the corporation to function as a business and to provide protection to the fellowship from legal liability and public incrimination should there be problems with a convention. Neither the Region nor any other service body of NA can be held

responsible for debts or law suits against the VRCC. The VRCC also maintains autonomy over distribution of any and all funds.

Change to:

Relation between the Corporation and Region

The Virginia Regional Convention Corporation (VRCC) was created to achieve efficiency, continuity, accountability, and unity in connection with putting on our Region's convention while maintaining our corporation's autonomy. This allows our corporation to function as a business and to provide protection to our fellowship from legal liability and to help maintain the fellowships policies on anonymity and non involvement in issues outside of recovery. Neither the Region nor any other service body of Narcotics Anonymous can be held responsible for debts or law suits against the Corporation. The Corporation also maintains autonomy over distribution of any and all funds.

Job Description:

1. Is acting chairman of the board.
2. Opens and conducts VRCC meetings.
3. Is a signatory on VRCC master and subsidiary checking accounts.
4. Acts as liaison between the VRCC and the rental agent for the meeting place.
5. Prepares a meeting agenda from previous minutes and Standard Operating Procedures.
6. Sees that the VRCC meeting follows the agenda, but allows for items to be submitted by Directors in writing at the time of the VRCC meeting.
7. Has no opinion on issues being discussed at the VRCC meeting. Should the Chairperson have the need to discuss an issue in question, and then he\she can temporarily step down from the chairperson position, express them and resume the chair position at the next VRCC meeting.
8. Makes sure that the meeting place is cleaned and secured after each VRCC Meeting and that the rent and other debts are paid.
9. Insures that the VRCC is directly responsible to the Regions of Virginia.
10. Is responsible for notifying all concerned should a meeting date be changed unexpectedly.
11. Appoints Pro-temp officers in the vacancy of positions for a two-month period.
10. Has a two-year commitment: Is elected bi-annually at the annual VRCC meeting.
11. Responsible for one set of archives tapes (7/18/04).
12. Have master tapes (archives tapes) to be on compact disc. (May 15, 2005)
13. Authorize/sign contractual obligations for the VRCC/Host Committee.

Will be the only person to have contact with the place where the convention is being held or can appoint the VRCC Vice Chair to make all the necessary arrangements and will accompany the Host Committee when the time arrives for them to see where they will set up.

B. Corporation Chair Duties to Regional Service Conference

1. Compiles a report for every Regional Service Conference consisting of:
 - a. Activities since last conference
 - b. Recommendations
 - c. Reports on motions committed to the Corporation
 - d. Upcoming events
1. Compiles a report of previous years' activities for GSR assembly in April.
2. Attends all Regional Service Conferences
3. Is accountable for clarifying convention/host committee issues at the RSC as needed.

B. RSC Chair will notify Corporation in case of non-compliance of Duties

Suggested requirements are as follows:

1. Five years clean time.
2. Possess a working knowledge of the Twelve Steps, Twelve Traditions, and The Twelve Concepts of Service.
3. Have one-year VRCC service experience as a director or officer.
4. Have thorough knowledge of Robert's Rules of Order.
5. Have thorough knowledge of the bylaws of the VRCC.

Intent: The intent of this motion is to describe and continue the protection the corporation established when the charter was amended in the 1980's and the current corporation was created. This motion is also intended to assist members of the fellowship of Narcotics Anonymous to have a better understanding how our corporation works to serve the fellowship and to protect our fellowship while working as part of the Regional Service structure and to protect the relationship between the Corporation and the Region.

To include this into the policies and procedures for the Corporation will insure participation and ongoing communication needed to promote unity between the two bodies. Making this part of the Corporation's policy will give the directors of our corporation the authority to enforce the new policy as set forth above.

Motion 145-4

Motion Maker: Donnalee P.

Seconded: Lawrence E. Piedmont RCM

Motion: That the RSC send the delegate team to the service system project workshop to be held in Baltimore MD Oct 29-31

Financial impact: \$335 per delegate; \$225 hotel; \$70 per diem; \$40 gas. There will only be 2 members on the delegate team at that time due to elections. Total impact: \$670.

Intent: To provide our region an opportunity to remain informed on the development of the Service System Project and to provide feedback for the workshop from our region.

Pro: Not only do we need to be informed but also influence.

Pro: This is a major change in the service system. This region needs to have representation at this workshop in order to: a) be informed of the upcoming service system changes, and b) provide feedback to the workshop from the region.

No Cons given for this motion.

Motion goes back to groups for vote

Motion 145-5

Motion Maker: Policy

Seconded: Bill M. New Dominion RCM

Motion: Under "Secretary's Duties" "C"

Remove: To Area ASC's mailing addresses, and the addresses of the RCM's, RCM Alt, Officer's and attendees.

Intent: Under Secretary Duties ***Disbursion of minutes are under "I". To clean up redundancy.

No Pros or Cons given for this motion.

Motion goes back to groups for vote

Motion: 145-6

Motion Maker: Policy

Seconded: Jess G.

Motion: Section V: Reports

Change from:

1. Only written reports included in minutes.

Change to:

1. Only reports ie: efiled, typed, hand wrote or emailed no later than one day following RSC will be included in the minutes.

Intent: Allow secretary to fulfill their duties in a timely manner by sending out minutes as per policy.

No Pros or Cons given for this motion

Motion goes back to groups for vote

Motion: 145-7

Motion Maker: Shawn C.

Seconded: Randy D. Shevana RCM

Motion to receive a check for \$250 payable to Tandy Wood for the recording of the speakerjam. Money is out of previously approved budget.

Intent: to have event recorded and to have copy of all speakers for regional archive.

Motion passed (0 abstain, 13 in favor; 0 against).

Motion: 145-8

Motion Maker: Shawn C

Seconded: Randy D. Shevana RCM

Motion to receive a check for \$180 payable to Shawn Crawford to purchase supplies, pay for copies etc., all other expenses related to put on regional speakerjam on 9/11/10. Money is out of previously approved budget.

Motion passed (0 abstain, 13 in favor; 0 against).

Motion: 145-9

Motion Maker: Bill M

Seconded: Peter P. BRANA RCM

Motion: To hold the October 2 Day Regional Conference in Emporia in 2010.

Intent: To allow activities committee the necessary time to arrange accommodations for future conferences and follow through on economically acceptable negotiations currently in progress.

Chair ruled out of order, appealed the decision of the chair by Greg H. (0 in favor, 13 against), discussion continued, motion withdrawn

Motion: 145-10

Motion Maker: Etta S.

Seconded: Nancy S. Richmond RCM

Motion: To restore CARNA to a rotational service body returning to all 4 quadrants.

Intent: To allow those who have never been to an RSC and those who cannot afford to travel the ability to experience regional service and to plant the seed of another realm of service for potential trusted servants.

Con: This would go against our group conscience (going against a policy change that was just approved). If the previous motion (centralizing the RSC) is not practical then it won't work. If this motion carries then we will not have the opportunity to see if this would work.

Con: We tried going from quadrant to quadrant with no significant increase in participation.

Pro: I have received numerous benefits from the region moving around to different quadrants and we cannot say that Charlottesville is a central location. Many newcomers from my area attend the RSC because it's closer to them. Moving the RSC around reaches more addicts. I have a bigger network and recovery answers because of the rotation.

Pro: Rotation should be maintained because we as a fellowship have decided that although Recovery/Service requires desire we as a fellowship have decided that we should make ourselves available. We as a region should be available. I believe this ideal of being move available is displayed by our move to Public Relations (PR) from Public Information (PI). I is more than a word change.

Motion goes back to groups for vote

Motion: 145-11

Motion Maker: Charles W.

Seconded: Stephen W. New River Valley RCM

Motion: Move to approve the \$50 registration fee for the Drug Court Conference for Sept 20, 2010.

Intent: To build positive relationship and give out accurate information.

Motion passed (0 abstain, 12 in favor; 0 against).

The next RSC Meeting will be announced as soon as we know something and will be posted on the car-na.org website.

145th RSC closed at 5:00 pm with Serenity Prayer.

Thanks for allowing me to serve.

Hello Family,

My name is Stephen W and I am the current RCM
for the New River Valley Area of Mammals Anonymous.

We currently have 9 home groups with 13 meetings.

We have 4 vacant positions open (Director, RCM, VRC, Secretary)

We have no events scheduled, our speaker series and
computer were successful (around 120 collectibles showed up at request)

We have no area donation to Region this fiscal year - will bring
it to the next fiscal year with the next donation.

I.L.S.,
Stephen W

Mead

OLANA RCM REPORT

AUG 21, 2010

HE FAMILY,

OUR LAST ASC MEETING WAS ON AUG. 1, 2010 IN EMPORIA, VA. I AM PLEASED TO ANNOUNCE THAT WE HAVE ADDED A NEW HOME GROUP IN COURTLAND, VA. THIS MEETING IS ON FRIDAY AND HELPS BRIDGE THE GAP FOR THE WEEKEND IN OUR AREA. THERE HAS BEEN THREE MEETINGS SO FAR AND ATTENDANCE IS GOOD.

OPEN POSITIONS IN OUR AREA ARE AS FOLLOWS: SECRETARY, ALT. SECRETARY, ALT. TREASURER, ALT. LITERATURE H&I, PUBLIC RELATIONS, ALT RCM, SPECIAL EVENTS, AND POLICY CHAIR.

I HAVE A DONATION FROM AREA IN THE AMOUNT OF \$114.59. I ALSO HAVE VOTES ON MOTIONS 144-4 thru 144-8.

OUR ANNUAL FUNDRAISER FOR THE AUCNA WILL BE HELD ON OCT 23, 2010 IN COURTLAND, VA. FLYERS WILL BE OUT CONCLUDING OUR NEXT ASC MEETING IN SEPT.

1 L5

DAVID M
OLANA RCM

Peninsula ~~Area~~ Area

Aug. 21, 2010

Good afternoon family,

Greetings from the Peninsula area.
We currently have 48 home groups now
with 3 new meetings in our area.
Recovery at sunrise M-W-F at buckroe
beach 6-~~7~~.

Change I must or die I will M-F at Empower
believers Christian Learning Center
2096 Nickerson Blvd Hampton, VA 3~~pm~~

Just for today Tues. at 5800 Macon
Rd. Williamsburg, VA 7-~~8~~

We had 22 home groups at area service

We would like to thank Charles W. the
Regional PR chair for his heart felt
service at our area learning day on
Aug 14 2010 which was a success.
~~There were 22 home groups in our area.~~

We are currently still operating over
budget and are unable to make a
regional donation at this time.

We currently have 22 members on H&I
and are carrying 12 commitments in our
area and all is well.

We currently have only 1 area position open being vice-chair due to our previous chair ~~is~~ stepping down for health reasons, and vice-chair taking the chair position.

Thanks for all your love & support

JLS,

Maris B

RCM Peninsula Area

Greetings From the Roanoke Valley Area NA.

We have 28 homegroups with 43 meetings. We are in the process of electing new trusted servants for our area. We have some groups putting on a speaker jam on Sept 18 from 10 AM - 8 PM. Speakers are from all over VA and other states.

We have moved our Area Service Committee Meeting to the second Sunday of the month so that we can get regional motions voted on and brought back to region allowing our votes to be heard. It also gives ~~over~~ whomever our Rem is a chance to get the minutes from the region. Our area is under Prudent

Reserve & we have no
donation to the region.

In loving service,
Maria J.

Tri-Cities RCM Report

Greetings to the Central Atlantic 145th Regional Service Conference from the Tri-Cities Area of Narcotics Anonymous.

Our area service committee met at 2pm on Sunday August 1st at Poplar Springs Hospital in Petersburg. We have 12 home groups in our area and there were 11 GSR's in attendance.

Our Special Events Subcommittee hosted a speaker jam in July that attracted addicts from around the region as well as outside of our region.

Our Hospitals and Institutions subcommittee continues to carry meetings to a prison facility in Hopewell, and a treatment facility in Petersburg.

Our Public Relations Subcommittee in cooperation with the Central Virginia Metro Public Relations Committee will host Unity Day on September 18th at Crystal Lake Park in Hopewell. All are welcomed.

Our area has a donation today of \$235.01

In Loving Service,

Akin S.
