

154th Central Atlantic Region
Regional Service Conference
Meeting Minutes
February 18, 2012
1215 Lee St.
Charlottesville, VA

Open Forum began at 12:10pm Serenity Prayer

Topics of Discussion:

1. Budget
2. Location of CAR Workshop in Peninsula
3. Closed Meetings
4. CAR/CAT Workshop
5. Probation Officer attending meetings
6. Subcommittee meetings attendance
7. Regional Printer
8. Proxy Vote GSR Assembly

Open Forum closed at 1:05pm

RSC opened with the Serenity Prayer at 1:20pm

Purpose, 12 Traditions, 12 Concepts were read

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

Chair - Jeff H

Vice Chair - Jim H

Secretary - Cynthia W

Treasurer - Neal G

Regional Delegate - Etta F

Regional Delegate Alt - Donna P

Regional Delegate Alt 2 - Absent

VRCC Chair – Jimmy B

Policy Chair - Bill M

Hospitals and Institutions Chair - Lawrence E

Speaker Jam Chair - Absent

Public Relations Chair – Nancy S

Almost Heaven – Sherry V

Appalachian – Greg H

Blue Ridge - Peter P

Gateway to Freedom – Absent

New Dominion – Brad M

New River Valley - Absent

Outer Limits - Absent

Peninsula – Jimmy W

Piedmont – Matt

Rappahannock - Antoinette B

Richmond – Patricia R

Roanoke Valley – Sam A

Shenandoah Valley - Melissa E

Southside – Kim

Tidewater - Mark W

Tri-Cities - Butch C

Areas not present for 2 RSC – Outer Limits: Jimmy W will report back at next RSC, New River Valley Sam A will report back at next RSC

Recognition of New Attendees – Lance G Beach Area

Establishment of Quorum 14 RCM/RCM Alts present, 1st and 2nd Quorum met.

Approval of Minutes

Motion 154-1 Mover: Jim H Second: Jimmy W Peninsula

Waive the reading of minutes.

Intent: To continue with the flow of business. Passed 14-0-0

Motion 154-2 Mover: Mark W Second: Melissa E SHEVANA

Approve the 153rd RSC minutes with corrections.

Intent: To continue with the flow of business. Passed 14-0-0

Trusted Servant Reports

Chair Report:

I've been busy; this position has filled a lot of my free time.

First, I have collected the mail and distributed it today. Bills were delivered in Jan to the Treasurer. All the Fliers for events are on the announcement table.

Our April Multi-Day has been planned. Fliers are here and it's on our website. I've been working to make this an attractive event. We are working well within our budget. We were able to get hotel rooms for a 56.00 plus tax at the Days Inn. We reserved 15 rooms at that rate. The Social that is Sat night from 7-9 is an attempt to attract members of the fellowship with no additional cost. Also I hope to get some of our Old-Timers to the GSR assembly. I am passing around a volunteer signup sheet to get help for this weekend. This is our event and I need some help.

I have started on the October Multi-Day. I've picked Brana for the site and have been looking for a location.

When we did the budget, we left out some funding for that RSC. I believe it's a \$1,000.00 less.

I am hoping to attend the 1st United States Service Conference in Ft Lauderdale April 6-8, 2012. I'd like to ask the RCMs to allow me to represent CARNA only as a fact finding mission and to report back to the region at the April RSC. If anyone wants to make this road trip please contact me.

I attended the January Subcommittee meetings. Laurence wasn't able to attend so I was able to conduct the H&I in his absents. PR had a great meeting with a large attendance.

I also attended the 30th AVCNA . It was a success with record numbers. Nice merchandise, good speakers, and a lot fun and fellowship at the beach. I want to thank Tidewater for a great job hosting our regional convention.

In Loving service, Jeff H

Vice Chair Report: No Report

Secretary Report:

Thanks for all your prayers and concern.

ILS, Cynthia W

Treasurers Report:

All the bills that I know of up to today are paid. We had a bank balance of \$12,353.68 at the 153rd RSC. Since then we have deposited 2933.40 and we have had debits totaling \$5009.67 to give us a current balance of \$10,277.41.

We have paid for the airfare and room for our RDA to go to the WSC and we were supposed to have paid for these items for our RDA2 but that hasn't happened as yet. The charge for the RDA was \$1288.24.

We have booked fifteen rooms for the April 2 day. The hotel is the Days Inn at the Beach in Virginia Beach.

Attached is the financial statement since the 153rd RSC. This report is based on the information that I was able to get online. The last activities reported were on 02/03/12.

On a different note, a point of concern about the proposed 2012 budget was that the budget seems to exceed the predicted income based on the last 2 or 3 years income. This is evidently not a new issue. The 2011 budget (\$28,891.00) exceeded the predictable income but things worked out ok. The actual income for 2011, based on the information that I have, was \$20,998.00 and the actual expenditures totaled \$14,253.58. I inherited records that are a bit unorganized and there seems to be bits of info missing here and there but based on what I can put together the actual expenditures were less than half of what was budgeted. I compiled the expenditure amount by adding up info from the checkbook. This should make it easier for us to adopt the 2012 budget with a bit of faith that we are within sensible financial bounds.

I intend to keep accurate records of expenditures and make sure that those expenditures are tallied against the appropriate line item so that next year when we create a new budget we can hopefully have very realistic numbers to work with.

ILS, Neal Griffin

Financial Statement

02/18/12

Opening balance (closing balance from 153rd RSC report): \$12,353.68

Credits	:	Shevana contribution:	\$80.25	
		NRVANA contrib:	\$30.00	
		Appalachian contribution:	\$28.10	
		Outer Limits contrib:	\$519.94	
		Peninsula contribution:	\$300.00	
		Gateway to Freedom contrib:	\$94.68	
		Almost Heaven contrib:	\$66.57	
		RANA contribution:	\$30.00	
		Tidewater contribution:	\$1500.00	
		Southside contribution:	\$55.00	
		Piedmont contribution:	\$170.00	
		Cash ret'd RDA and video equipment contrib. from RD team:	<u>\$58.86</u>	
		TOTAL:	\$2933.40	+\$2933.40

Seven debits:	check 1060:	\$14.60	
	check 1061:	\$75.00	
	check 1062:	\$46.79	
	check 1063:	\$165.00	
	check 1064:	\$165.00	
	check 1065:	\$165.00	
	debit card 12/19:	\$1288.24	
	debit card 12/27:	\$172.90	
	debit card 01/05/12:	\$193.14	
	debit card 01/05/12:	\$193.14	
	debit card 01/05/12:	\$193.14	
	debit card 01/30:	\$42.90	
	debit card 01/30:	\$53.90	
	debit card 01/30:	\$53.90	
	debit card 01/31:	\$80.74	
	debit card 01/31:	\$1143.58	
	debit card 02/03:	<u>\$962.70</u>	
	TOTAL:	\$5009.67	<u>-\$5009.67</u>

Closing balance: \$10,277.41

- Ck 1060 Cindy White- 153rd secretary expenses
- Ck 1061 Hinton Ave UMC- 153rd meeting space.
- Ck 1062 Lawrence Elliott- H&I lit and postage (\$6.70) to inmates.
- Ck 1063 Donna Lee Peters- MARLCNA reg \$15, gas \$40, per diem \$70; AZF gas \$40.
- Ck 1064 Ed Williams- MARLCNA reg \$15, gas \$40, per diem \$70; AZF gas \$40.
- Ck 1065 Etta Fleet- MARLCNA reg \$15, gas \$40, per diem \$70; AZF gas \$40.
- Debit card 12/19 – room and airfare for RDA to WSC. (\$1288.24)
- Debit card 12/27- Primus (\$172.90)
- Debit card 01/05/12- MARLCNA room (three charges, three rooms, \$193.14/room).

Debit card 01/30- RD team AZF (\$42.90)
Debit card 01/30- RD team AZF (two charges, two rooms, \$53.90/room)
Debit card 01/31- Primus (\$80.74)
Debit card 01/31- PCMS answering service (\$1143.58)
Debit card 02/03- Days Inn at the Beach fifteen rooms for April 2-day (\$962.70)

ILS, Neal Griffin

Regional Delegate Report:

HI FAMILY.

There is much to report but I will do my best to make sure the information obtained can be readily reported and viewed without bogging down this report. We attended Autonomy Zonal Forum in Sterling VA on Jan 28; 2012. It was hosted by the C&P Region. We were fortunate in having World Board Participation by Mark and Arne. It was a robust discussion focusing on questions and answers regarding the Service System Project, the Cat and Car with its consensus based method of obtaining consensus. FIPT and the Living Clean Project, Regional Proposals, World Board Motions and Straw Polls because I didn't want to miss the questions, I am including the Zonal report with this report so that you can get a good look at the discussion.

We attended MARLCNA in Lancaster PA last weekend Feb 10-12. We covered the CAR and Cat information. And answered a lot of floor questions as we are coming closer to the conference. I am including my report as an attached piece to today's report as well. I did my best to capture the essence of the questions in my notes for your review. There was a much discussion on the FIPT and how it will impact regional lit sales and the possible loss of our ability as a fellowship to impact the literature process.

Also, does Resolution 7 in the CAR impact violate the autonomy of the groups? Another question was whether Resolution 8 was targeted at the US fellowship and how would the other countries be affected? Does Resolution 6 apply to the WSC? And if it a yes it does not necessarily mean that it will be adopted.

There was a meeting of the USSC after the workshops of which I attended for information purposes and spent 3 hrs with the chair afterwards. I will not be reporting on this in the report except that they are suffering some real instability and focus at this time and I am available for any questions that you may have on the information that I have gathered.

I ask that CARNA take the time and review the SERVICE SYSTEM PROJECT and the CAR and CAT before attending the workshops. There has been a lot of discussion at the workshops that members are not up to speed on the information and an informed vote is what we truly need right now. We will not be doing background information at the CAR so please take the time to review the materials. The info for the CAR/ CAT and SERVICE SYSTEM is at www.na.org or you may Google it and it now links. There will be another revamping of our website to make it more users friendly in the near future. The Delegate report on the regional census is due March 1 so I will be gathering info to complete this. By the way, this conference will be an experiment in consensus based decision making.

There seems to be some confusion about the different type
Of decisions contained in the 2012 CAR.

Two types of binding decisions will be made at this

Conference:

- **Motions:** These are decisions about actions to be taken Now.

- **Resolutions:** These are intended to reach agreements In principle on broad-based ideas. They help create a Conceptual foundation for future changes.

Two types of items in the CAR are designed to gauge

Preferences and support levels for ideas that will inform

And guide future work. They may lead to future decisions,

But are not decisions that will be made at this conference:

- **Straw polls:** Non-binding votes intended to gauge

Support for more specific aspects of the service system

Proposals. Results are intended to be used to guide

Future work.

• **Regional proposals:** Ideas forwarded by regions for Study and consideration in lieu of regional motions.

They are not being presented

Please feel free to call or email the delegate team with any questions that may arise. The GSR Assembly is fast approaching and we must take the time to understand the material to vote effectively. Please take the time to look at the FIPT material and know that the Living Clean Project will get its final vote.

I am including travel receipts to the treasurer for the past trips

In Loving Service, Etta F

Regional Delegate Alternate Report:

Hello everybody. Thank you for the opportunity to serve. This has been a busy time for the delegate team and I know that for me personally it has been exciting with much information and feedback from our fellow members. The Regional Workshop at the AVCNA was well attended and gave us the opportunity to field questions regarding the Service System Project. However, a great many people were just getting to know about the material at this time so it is difficult to get a sense of group conscience on the matter.

I attended the Autonomy Zonal on January 28th held in Northern Virginia. There was world board participation with Arnie from Canada and Mark from Wisconsin there to answer questions regarding the Conference Agenda Report and the Conference Approval Track. There was strong participation there and many concerns were voiced regarding the motions related to the Fellowship Intellectual Property trust and the use of Regional proposals versus motions at the Conference. C & P who were hosting the event also presented a power point presentation on their improved website. They brought up an excellent point regarding our website and the fact that some of the grayed out areas on our map are actually served by their region and we could include that fact on our website as well.

MARLCNA was held February 10th through the 12th. NAWS staff and the world board members, Ron from Florida, Ron from New Mexico, Junior from Brazil, and John from Canada did a thorough job of presenting the CAR and CAT material. Again there was concern voiced regarding the FIPT motions and the use of Regional proposals as well as the Service System project. The delegate team will go through this information in greater detail at the CAR workshops. You can also call or email me with your questions or feedback. NAWS is cooperating with an independent researcher from New York University who is collecting data on our fellowship. This will be the first time we will have independently collected data which can be used to interface with treatment professionals showing NA as a viable program of recovery.

I also had the opportunity to attend a power point presentation on the United States Fellowship Assembly. So far, this is still a very small grass roots movement towards having an NA service body on the national level. They have held planning sessions at meetings in Wichita, Kansas and Tulsa Oklahoma and are holding a 3rd planning session this summer in Milwaukee, Wisconsin. There was an opportunity for question and answer. I took the opportunity to ask several questions among them how were there finances handled and whether they were engaging in literature sales. My concern is that in the group forum my questions were answered dishonestly. After the meeting some members came to me and gave me the correct information that they did in fact have a small bank account to fund the meetings which was originally put up by individual members and then reimbursed through the proceeds of the registrations from the event. I believe the prudent reserve is \$1,000 with any overages being donated to the area in which the meeting was held. There were also sales of 3rd edition Basic Texts. More will be revealed.

In Loving Service

Donna Lee P.

Regional Delegate Alternate II Report: Absent

VRCC Chair Report:

Hello, the VRCC is gearing up for the 31st AVCNA.

The 30th was very successful in celebrating Recovery.

The Friday night dollar amount with registration and merchandise was over \$19,000. All total over 1,400 registration packages were given out. This includes newcomer.

I have bid proposals to handout to Reps from areas that choose not to send Directors to VRCC. Please take these back to your ASC for 2014.

We will hold elections for Chair, Vice Chair, Secretary and Treasurer at our meeting in March the 3rd Sunday. Our Retreat in May will be at Roanoke May 19-20 at Comfort Inn 5070 Valley View Blvd. I recently attended the ASC of Southside area and spoke with them about their non-attendance. It was very favorable.
Jimmy B

Hospitals & Institutions Chair Report:

Hello, Family & Fellow Trusted Servants

The last H&I subcommittee meeting was held on January 21, 2012 in Chesapeake, Virginia. Eight NA members were there, seven in person and one (me) by phone. Thanks to Jeff H. for facilitating that phone link. The roads were icy that morning and I didn't have confidence about getting to I64 over Charlottesville's hilly streets. Almost Heaven, New Dominion, Piedmont, Southside, and Tidewater areas were represented. We talked about the list of facilities, served and unserved, in our region. I have received information from two at least two areas as requested. Our policy includes this information as a requirement of the chair so I will continue to collect this information. To that end, I found a list of Virginia Dept. of Corrections facilities, Regional Jails and local facilities. These lists will be included in the minutes so that each area can indicate which facilities they serve and which they don't. I don't have such information for others states in our region and I look to them for their help.

We were unable to fill any of the subcommittee positions. Still open are Vice Chair, Secretary, and Literature. It's also my desire to review the IPs that we send to inmates.

The next sub-committee meeting is on Saturday March 27, 2012, 11:00 'til 2:00 at
Vey Memorial United Methodist Church
17120 Jefferson Davis Highway
Colonial Heights, VA 23834

We will meet in the Main Fellowship Hall.

I have the Basic Texts for distribution. I meant to have them last time and did not. The current plan is to distribute 2 copies to each area. I have a sign out sheet and ask that each area put a legible name on the sheet when they take their copies. A few areas got their copies before I made the sign out sheet so please come do that so that the records are complete.

In loving service, Lawrence E.

Policy Chair Report:

The policy subcommittee met on January 21 at the Churchland Baptist Church in Chesapeake, VA. The Policy Chair, Bill M. and Terry from Tidewater attended.

Terri had questions regarding interpreting the 12 concepts and 12 Traditions in regards to clean-time and its application to both group and area service positions. We discussed their issue and possible solutions.

The Policy Subcommittee printed the current CARNA Guidelines and Rules of Order and they are available today. The current version is also available on the Policy tab of the CARNA web site. I am submitting a motion and the receipts for a reimbursement of \$55.56 for the printing of this year's policy guide.

I do not think it is appropriate for the policy guide on the web site to become out dated and, as is the current practice, updated only once a year immediately before the printing of the new policy guide. Therefore, the Policy subcommittee will make it a practice in the future to post to the CARNA web site of any changes to G & RO within two weeks of their passing.

The next Policy Subcommittee meeting is March 17, 2012, from 11am-2pm at the
Ivey Memorial United Methodist Church
17120 Jefferson Davis Highway
Colonial Heights, VA 23834
ILS, Bill M.

Public Relations Chair Report:

Attached is the PR report from the January subcommittee meeting. 18 people were present. All positions were filled-Hallelujah. Secretary Tim C, Webservant Sherry V, Phoneline coordinator Teddie A appointed pro temp, and Vice chair George B.

Issues discussed:

1. Updating NAWS database: the PR subcommittee will provide education by workshops for areas.
2. Inaccurate information on unaffiliated websites. PR subcommittee will provide education an Ad Hoc committee "Get It Right" with Chair Kim A and volunteers will look into this.
3. Files over 500 kb are being submitted to websites.
4. Web servant workshop will use adobe professional software to fix this.
5. New areas in CARNA map graphic on car-na.org needs updating by web servant work group.

Please continue to send your area flyers and info to the website. The committee will ask that the web servant put special events on front page that it become flashier.

Anyway we can assist you or your area you can call or email me 804-247-1400.

For the love of service, Nancy S

Speaker Jam Report: Absent

Area Reports

Almost Heaven RCM Report:

Hi Family, It is always an honor to serve the Almost Heaven Area of Narcotics Anonymous. I am currently on travel near the Gulf Coast. I hope our Alt. RCM will be in attendance to read our report at the next 154th Regional Service Conference. If not I hope the Regional Secretary will do the honor of reading this report on behalf of AHA.

The Almost Heaven Convention 26 committee is requesting support with our convention logo. This year's theme is "We are Set Free". Our convention committee asks for submissions to be mailed no later than March 15th to:

AHACNA XVI

Convention Celebration Corp

P.O. Box 1761

Martinsburg, WV 25402

Please note the recovering addict with the logo chosen will receive a free package to our convention.

We have a new meeting added to our area called – "Courage to Change", 50 Monroe St, and Martinsburg, off of Rte. 11. They meet on Mondays from 6PM-7PM. Our Literature Chair shared with us a new prepackaged starter pack which was given to their GSR.

I shared with our Area's GSRs that the CAR is available by order for \$13 or by download at www.na.org and is password protected. They were reminded that the CAR will be held March 3rd 2012. We (AHA) changed the date of our next Area Service Conference to allow trusted servants to participate in both the workshop and our service meeting.

I received a response letter from the same male inmate at MCTC and have since responded to him. He is requesting our support in providing speakers regularly at their NA meetings. He has provided a contact and phone number of a staff member over the addiction program there that is capable and willing to support scheduling NA speakers for their group meetings at the facility. They meet on Thursday evenings from 7:15pm-8:15pm. He states that he has written WSO and us a few times about this and that there are many addicts asking us for our support. Our GSRs ask the RCM and RCM alt to address this at this RSC to determine why these letters are not being passed down to the area

We received from another inmate request for help in working the Steps at the Washington County Detention Center; it was taken to the LSU (Local Service Unit) for further correspondence. I want to thank the Regional H&I chair for his response in sending me the packet on the Writing Steps for Recovery. This was presented to our GSR's at our last ASC and also the link of one of the taped presentations from the CT Convention expounding on working with inmates in guiding them through the steps. This is the link for further review:

<http://web.na.org/admin/include/spaw2/uploads/media/FTP/English/Inmate%20Step%20Writing%20Resources/Writing%20Steps%20for%20Recovery%20Behind%20the%20Walls%20Workshop%20-%20Connecticut%20RSC%20-%202008.WMA>

Almost Heaven Area's Vote

Motion 153-6: Subcommittee Meetings: 2/3 majority roll call vote

AHA in Favor

Motion 153-7: Service Districts: 2/3 majority roll call vote

AHA in Favor

Motion 153-8: Budget: Simple majority vote

AHA Opposes

Donation to Region is \$130.

In Loving Service, Denis P

Appalachian RCM Report:

Hello Family,

The Appalachian area held area service on 2/5/12 at The Gateway in Lynchburg. We continue to have regular representation from the groups at area service. Although we continue to have regular attendance, we still struggle to fill open positions. The H&I subcommittee presently has 2 commitments, with one being in a short term homeless shelter, and one in a men's jail.

There was discussion about the level of complexity with regional motions and/or business, which stemmed from the regional budget coming back from the region. As the RCM, I continued to offer my support for any questions related to regional business and attempted to make regional business as easy to understand as possible. I must confess that it was refreshing to see members concerned about regional business! The groups provided me with a conscience related to the regional motions of which I am prepared to vote on today. We have a regional donation in the amount of \$47.68. I was asked by the area to bring up a concern related to the updating of the website with meeting lists provided by the area. It was stated that the updates are not being posted in a timely manner.

I understand that the requested subcommittee chair contact information still has not been received from the Appalachian Area. I apologize for this and thought that I had forwarded this information on. Having said that here is the requested information:

H&I chair: Terrance K.: terrance_keene@yahoo.com Policy chair: is presently vacant. PR chair: Vicky B.: victorynhim@comcast.net . I apologize for my negligence regarding this.

With Love of the fellowship, Greg H.

Blue Ridge RCM Report:

Hello NA Family of the Central Atlantic Region:

The Blue Ridge Area of Narcotics Anonymous is working to serve the Groups in our Area and carry the message to the community at large. We have some bright spots and some setbacks towards this end. Area Meeting attendance has diminished some and we hope this trend is temporary. Unfortunately we now have two Home Groups which are lacking dedicated "members", Chairs have relocated or resigned and the meetings are being maintained through members of other Groups volunteering to keep the doors open. There does seem to be enthusiasm amongst GSRs for the upcoming CAR workshop hosted in our Area for the 2nd Quadrant of CARNA. New persons are stepping forward for service positions and this is heartening. Our finances remain flat as Groups have costs which equal 7th tradition contributions and generally there is little enthusiasm for "fundraising". Outreach has found 2 new H&I needs that we could fill and this is a "burden" which we are grateful for.

BRANA still lists 11 active Home Groups with over 31 meetings a week in several communities. Two of these meetings/groups are on near life support but the doors are open and the message is being carried. Outreach is *now* chairing **4** jail meetings, 2 at Middle River Regional, 1 at Harrisonburg Men's Diversion Center and we are beginning a **new** meeting at the Shenandoah Juvenile Detention Facility. We now host **3** open meetings at the New Hope DeTox Unit each week. In addition to Group sponsored meetings on Saturday and Monday nights, Friday has been taken on by Outreach after another 12 step fellowship was no longer able to support it.

Service commitments at Area have generally improved – with one major setback; the untimely resignation of our Outreach chair for personal reasons. Outreach is our most active subcommittee and in our Area is a combined committee of Public Relations and H & I. The Vice Chair was nominated and has been elected to that position but there remains a loss. Other positions filled include a Secretary, a lateral move made by our previous Literature Chair. A newcomer to our Area took on the Literature work, in contrast to our Outreach, a *timely* arrival. Also we have had someone to volunteer as Policy Chair in a pro temp capacity until that can be filled. Positions remaining vacant are Vice-Chair, Special Events, RCM Alternate and VRCC delegate.

Our BRANA Campout Rep (BRANA Campout is an independent entity incorporated in the state of VA) reports that online registration has begun intensely and that although the cost has gone up to use the Natural Chimneys Campgrounds there will be **no** increase over 2011 fees for the 2012 BRANA Campout attendees!

Also, the BRANA 2011 campout was featured in the January 2012 issue of NA WAY magazine. I have brought promotional magnets for Areas to use to spread the word about how to register to reserve your campsite for 2012. Go to BRANA.org for more info.

BRANA is again unable to make a monetary donation to the Region at this time. Our income remains low and we continue to struggle to meet our Literature expenses for Outreach.

We have voted on the 153rd RSC motions. The results are in this report and I will declare them in Old Business today.

Motion 153-6 (Policy Sub-Committee Meetings) - **PASSED**

Motion 153-7 (Service Districts) - **PASSED**

Motion 153-8 (Budget) – **FAILED**

ILS, Peter P

Beach RCM Report:

CARNA, Beach Area Service Committee of NA has voted to join the Central Atlantic Region. We have been a functioning ASC for 1 year. We worked most of the year to develop our policy which was adopted at our December meeting. We have 14 home groups with an average of 95% participation on a month to month basis. We have no subcommittees at present.

BASCNA was formed to improve the percentage of participation of the groups in our area. Through that we hope to better serve the needs of the groups. I have copies of the minutes from our last three areas as well as a donation to the region.

I am honored to serve Narcotics Anonymous and look forward to serving in this new position.

ILS, Lance G

New Dominion RCM Report:

Good Afternoon Family,

All is well in the New Dominion Area. I apologize for my absence from the 153rd RSC, but I had just finished exams and was going out of town the following day, and had too many loose ends to tie up. I have been elected for another term as New Dominion Area RCM, and we are still in need of an alternate. We continue to add new meetings and at this time we have 44 meetings and 41 home groups. Most of our positions are currently filled, and I am very pleased that we now have an active special events chair. This is a position that has been vacant or ignored for some time now, and it is important to show newcomers that we can, indeed, have fun in recovery. Our area will also be making a bid 32nd AVCNA.

In loving Service, Brad M.

New River Valley RCM Report: Absent

Outer Limits RCM Report: Absent

Peninsula RCM Report: No report turned in

Piedmont RCM Report:

Hello Trusted Servants:

There are currently 17 home groups carrying 28 meetings in our area. The New Life group has added another 12:15-1:15 pm meeting on Monday, so there is now a noon meeting every weekday.

16 of 17 GSRs attended the last piedmont area service meeting that occurred on February 4, 2012

All area positions have been filled, RCM 2 and VRCC alternate director were elected at last ASC. Literature chair will be opening in April, so elections will begin in March.

Our area is beginning the planning of our annual campout, PACNA

All hospitals and institution meetings are occurring as scheduled. Two men's and one women's meetings a week at the Albemarle County Regional Jail, one meeting a week at Boxwood treatment facility, and one meeting a week at the Wellness Recovery Center.

Our area is making a regional donation of \$440 dollars and donation to World of \$155.

The Piedmont Area continues to be focused on our fellowship's primary purpose of carrying the message to the still sick and suffering addict;

The next Piedmont Area Service meeting will occur at 4:00 pm on March 4, 2012 at Hinton Avenue United Methodist Church

In loving service, Matt E/Richard P

Rappahannock RCM Report:

Good afternoon, our area service met at 4pm at the Thurman Brisher Shelter. 9 out of 16 groups were represented. At current Rudolph C was voted in as RCM Alt and Gary T as VRCC Director. The only vacant position is VRCC Alt and RCM becomes vacant in April. Activities is hosting a speaker jam March 31st. We would greatly appreciate Region's support. The H&I/PR met at the Thurman Brisher Shelter at 7pm for a special mailing project. These committees will come together for project driven purposes. The budget and Motion 153-7 passed. This body asked me to give an estimate on printing the RCM packet. I checked the Staples it will be \$37.50 for 25 and \$75 for 50 counts. I pray we keep our commitment to keep this orientation packet available for the new RCMs to come.

ILS, Antoinette B

Richmond RCM Report:

Hi family, the Richmond Area continues to carry the message. Our area has newly elected Chair Shirletta T and Vice Chair Tyrone B. both state they are willing to attend subcommittees to help our area. I did not attend area service on Feb 12 due to another commitment. I did talk with our new chair in January and she said she is willing to meet with policy regularly than before. Also vice chair states he will attend subcommittee meetings. I spoke with policy chair and he has been in regular contact with our new chair. Hopefully this will get more members interested in attending home group meetings and subcommittee meetings. That also will help our area to grow spiritually. We have upcoming events Special Events will present on Feb 25th a Gong Show/Dance, a pre Saint Patrick's Day and March Madness Dance. Please check the web for additional information. We have two home groups that area suffering in our area with lack of attendance. No one is available to open these meetings. Wed – Fri 2pm -3:15pm Recovery and Relapse. In times of Illness Thursday 5:30 – 6:30pm 913 N 1st st.

ILS, Patricia R

Roanoke Valley RCM Report:

Hello family, the area is doing well. During the month of January the Activities subcommittee had several events. The Second chance Prom was a success. The subcommittee also held a Pie in the Face auction in conjunction with a service workshop discussing "Building Stronger Home Groups".

Our area is continuing to meet in preparation of the 2013 AVCNA Convention.

We are currently changing our policy/budget. We are focused on becoming financially responsible.

We currently have 2 positions open on the area level Alt RCM and Alt Treasurer.

ILS, Sam A

Shenandoah Valley RCM Report:

Dear RSC,

We held our ASC meeting on Feb 13th 2012. We had 15 GSR's present out of 20. We held our elections in January and new positions will be seated at the next ASC on March 12th. We still have a few open positions. H&I Chair, Literature Chair, Newsletter Chair and Special Events Chair are all open. We have a new PR Chair and he is currently working on giving our website a new look and so far is doing a great job. Our meetings are doing well in Shevana. Our H&I committee is growing and we are getting a few new volunteers. We currently serve 3 facilities. I attended part of the Autonomy Zonal Forum held on January 28th in Sterling. It was a great learning experience for me. Our next special event in the Shevana area is Bowling Day on March 11th at North side Lanes in Winchester. The cost is \$4 per game (shoes included). We have trophies for Best Male, Best Female and Best Youth bowler. There are some flyers here today. It's a lot of fun so please come out and support us. The committee has planned events for the next few upcoming months so be on the lookout for flyers. Thanks for allowing me to serve.

ILS, Melissa E.

Southside RCM Report:

I apologize for being deathly ill last region and being unable to attend. The check that my report mentioned me submitting was actually submitted at the subcommittee meeting.

Southside Area is continuing to carry the message to the addict who still suffers. We held our last ASC on January 5 in South Boston. All is well. We do have a few commitments available to the fellowship though. These commitments are Vice Chair, Activities Chair, H&I Chair and Vice Chair and PR Vice Chair. We voted in a new PR chair and a Co-Treasurer at the last ASC.

Jimmy (VRCC Chair) attended our ASC on Jan 5th to give info and answer questions regarding the convention. Thank you Jimmy! Our Chair and RCM have agreed to attend the next VRCC meeting and bring back info. Our area has some reservations regarding how this convention operates which is why we have voted in the past to not have a member on the Board.

We've distributed flyers and been announcing having the CAR Workshop at the Halifax Regional Hospital at 2204 Wilborn Ave in South Boston, Virginia in the Leggett Auditorium on March 10 from 10-5.

In our efforts to provide a user-friendly and informative area website Southside now has a Google Calendar on it which is very easily updated from a (password enabled) smart phone. The addition of this feature really helps Southside addicts to have their events posted in a timely manner on the site. This website also has a place where you can automatically sign up to receive notifications regarding when the site is updated, minutes posted, new events posted, etc.

I contacted George with some updates for the phone line and Regional Schedule. Thank you George!

On a side note: This month I attended the subcommittee meeting in Charlottesville with Southside's Area PR Chair. I agreed to chair the "Git Er Right" Adhoc subcommittee which has been tasked with locating websites listed in Search Engines who have outdated meeting information and attempting to get the owners of these sites to provide a link back to the regional meeting list instead of outdated meeting information. The general consensus from those of us working on this project is that we (as a fellowship) do not have the time and resources to continually monitor and attempt to correct sites who list incorrect information.

ILS, Kim A

Tidewater RCM Report:

We still have about 100 meetings in the Tidewater area every week with 55 active home groups. We had 29 GSRs attend the last area service committee meeting on the 8th of February.

We still have several service positions open at this time: Alternate RCM, Assistant Secretary, and Alternate VRCC.

The 30th AVCNA was a huge success. It was so good to see everyone in Tidewater.

The Tidewater Area remains healthy and continues to carry the message of recovery.

In loving service, Mark W

Tri-Cities RCM Report:

Greetings family from the Tri-Cities. Our area is continuing to move forward in this new year.

Our area will be hosting the Regional Subcommittee Meetings March 17, 2012 from 11am -2pm at Ivey Memorial Methodist Church, in Colonial Heights VA. Refreshments and lunch will be provided. Tri-Cities point of contact is Maria C RCM 804-245-6069.

We will also be hosting in association with Unity PR a Unity Walk, Saturday March 24, 2012 from 10am -3pm at Petersburg National Battlefield Park, Petersburg VA. We will begin with a speaker and follow with a 3 mile walk in the park. Refreshments and snacks will be available. Fliers are available to include contact information for this event. All are encouraged to join us in this walk.

Our area service meets the 1st Sunday of each month at Poplar Springs Hospital, Petersburg VA at 2pm. Our last meeting was held February 5th. Presently our area has 12 active home groups. Three of our groups have been dropped from quorum due to lack of attendance. I have met with one of those groups to give our area's support. I plan on attending the two other groups within the next week. We still have 2 positions open VRCC and VRCC Alt. we are requesting from our Region assistance with our website, however it is still not completed. Please contact Jacob T PR Chair at 804-631-5554 for more detailed information.

We continue to celebrate clean time and home group anniversaries. New meetings schedules have been made available to our region come and join us.

All motions taken back to groups were voted on in support of RSC. We have a donation for our region of \$130.90.

We are happy to announce the nomination and election by a grateful vote of confidence of our new Policy Chair Akin S. we are looking forward to having him assist our area along in continuing to follow our policy and guidelines set forth by our area. A copy of our policy and a new meeting schedule has been made available to our Regional Chair.

Looking forward to seeing all of you at our hosted events.

ILS, Maria C

Break for lunch @ 3pm

Reconvened @ 3:22pm

Old Business:

Motion 153-6

Mover: Policy Subcommittee 2nd: Patricia R Richmond

Motion:

1. To amend the CARNA Guidelines of Rules of Order section 9A. STANDING AND ADHOC SUBCOMMITTEE CHAIR DUTIE (other than Policy Chair) to include:

2. Hold at least one subcommittee meeting on odd numbered months.

2. To amend the CARNA Guidelines of Rules of Order section 8A. POLICY CHAIR DUTIES to include:

9. Hold at least one subcommittee meeting on odd numbered months.

Intent: To make the subcommittee chairs responsible for ensuring their subcommittee meet regularly.

Pros

Require subcommittees to hold regular meetings.

Cons None

Take Back to Areas for Group Conscience at 154th RSC

Roll Call Vote Taken at 154th RSC as follows: AHA yes, Appalachian yes, BRANA yes, NDANA yes, Peninsula yes, Piedmont yes, RANA abstain, RASCNA yes, Roanoke yes, SHEVANA yes, Southside yes, Tidewater yes, Tri-Cities yes Motion passed 12-0-1

Motion 153-7

Mover: Groups of Almost Heaven 2nd: Melissa E SHEVANA

To Change the

Central Atlantic Region

Regional Service Committee

Guidelines & Rules of Order

April 2011 edition, Presented at the 146th Conference

Page 19

From:

Section XVI (146th): SERVICE DISTRICTS (121st)

1. The Region is divided into four quadrants so that services can be provided to the whole region.

2. The quadrants of the Region

(A) Quadrant 1 consists of New Dominion Area, Rappahannock Area, Richmond Area, and Tri-Cities Area.

(B) Quadrant 2 consists of Almost Heaven Area, Blue Ridge Area, Piedmont Area, and Shenandoah Valley Area.

(C) Quadrant 3 consists of Appalachian Area, New River Valley Area, Roanoke Valley Area, and Southside Area.

(D) Quadrant 4 consists of Outer Limits Area, Peninsula Area and Tidewater Area.

To:

Section XVI (146th): SERVICE DISTRICTS (121st)

1. The Region is divided into four quadrants so that services can be provided to the whole region.

2. The quadrants of the Region

(A) Quadrant 1 consists of New Dominion Area, **Piedmont Area**, Rappahannock Area, Richmond Area, and Tri-Cities Area.

(B) Quadrant 2 consists of Almost Heaven Area, Blue Ridge Area, **Gateway to Freedom** and Shenandoah Valley Area.

(C) Quadrant 3 consists of Appalachian Area, New River Valley Area, Roanoke Valley Area, and Southside Area.

(D) Quadrant 4 consists of Outer Limits Area, Peninsula Area and Tidewater Area.

Intent: *To include our newest area in our regional policy and to geographically redistribute our service District by changing the Piedmont Area to Quadrant 1 and including Gateway to Freedom in Quadrant 2. We feel this would allow members of a particular quadrant to be able to attend quadrant events i.e. subcommittees, car workshops etc. with less than a two hour drive. This we feel would help carry our message of recovery more effectively.*

Pros

Recognized in Policy

Makes sense

Cons None

Take Back to Areas for Group Conscience at 154th RSC

Roll Call Vote Taken at 154th RSC as follows: AHA yes, Appalachian yes, BRANA yes, NDANA yes, Peninsula Abstain, Piedmont yes, RANA yes, RASCNA yes, Roanoke yes, SHEVANA yes, Southside yes, Tidewater yes, Tri-Cities yes Motion passed 12-0-1

Motion 153-8

Mover: Treasurer 2nd: Patricia R

Category	Expense	For	Proposed 2012 Budget	Bi-monthly funding
A Automatic, approved 100% on receipt	Phoneline	800 & Answering Services	\$9,450.00	\$1,575.00
	Mailbox	PO Box	\$60.00	\$10.00
	Website	Host & Domain Expenses	\$150.00	\$25.00
	Service Charges	Bank Service Charges	\$36.00	\$6.00
B RSC primary operations	Conferences	RSC Meeting Expenses: rent, food & beverage, AV equipment rental, & office supplies	\$1,000.00	\$167.00
	Executive	Correspondence & report preparation & distribution expenses for RSC Chair and Vice Chair	\$100.00	\$17.00
	RD Team	Correspondence & report preparation & distribution expenses for RD Team	\$100.00	\$17.00
	Secretary	Secretary expenses associated with preparation & distribution of RSC minutes, reports, correspondence, and related office supplies	\$250.00	\$42.00
	Treasurer	Treasurer expenses associated with preparation & distribution of reports, correspondence, and related office supplies	\$120.00	\$20.00
	GSR Assembly	Expenses associated with meeting space rent, refreshments, food & beverage, & office supplies	\$1,500.00	\$250.00
	CAR Workshops	RSC pre-approved line item expenses associated with holding 4 multi-area workshops	\$800.00*	\$134.00
	Zonal Forum	Expenses associated with holding Zonal Forum approximately every 3 years	\$300.00	\$17.00***
C Travel, including up to \$35.00/day per	WSC/RDA	Expenses associated with RDA attendance of bi-yearly RSC	\$2500.00*	\$209.00
	WSC/RDA-2	Expenses associated with RDA-2 attendance of bi-yearly RSC	\$2500.00*	\$209.00

diem	MARLCNA/RD	Expenses associated with RD attendance of yearly MARLCNA	\$400.00	\$67.00
	MARLCNA/RDA	Expenses associated with RDA attendance of yearly MARLCNA	\$400.00	\$67.00
	MARLCNA/RDA-2	Expenses associated with RDA-2 attendance of yearly MARLCNA	\$400.00	\$67.00
	AZF/RD	Expenses associated with RD attendance of Autonomy Zonal Forum	\$550.00	\$92.00
	AZF/RDA	Expenses associated with RDA attendance of Autonomy Zonal Forum	\$550.00	\$92.00
	AZF/RDA-2	Expenses associated with RDA-2 attendance of Autonomy Zonal Forum	\$550.00	\$92.00
	WSW/RD (odd years)	Expenses associated with RD attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00*	\$50.00
	WSW/RDA (odd years)	Expenses associated with RDA attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00*	\$50.00
	WSW/RDA-2 (odd years)	Expenses associated with RDA-2 attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00*	\$50.00
D Subcommittee operations	Policy	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, literature, and guideline printing	\$250.00	\$42.00
	**Activities/Lit Review/Outreach	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$150.00	\$25.00
	Speakerjam	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$120.00	\$20.00
	Public Relations	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$250.00	\$42.00
	Hospitals & Institutions	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$150.00	\$25.00
E RSC secondary operations	Hospitals & Institutions	Expenses associated with subcommittee inmate literature purchases, correction facility library literature purchases, and H&I presentations, but not events or workshops.	\$1,450.00	\$242.00
	Speakerjams	RSC line-item approved expenses associated holding speakerjams in March & September each year (\$500.00/jam)	\$1,000.00	\$167.00
	Overnight RSC	Overnight RSC expenses including overnight lodging, and food & beverage services (\$1500.00/overnight))	\$3,000.00	\$500.00
	Activities/Lit Review/Outreach	RSC approved expenses associated with communicating and/or visiting with isolated groups & interested ASC's including gas and long distance phone calls	\$0.00	\$0.00
	Equipment repair/maintenance/replacement	Repair, replacement, and maintenance of RSC laptop, projector, etc.	\$500.00	\$84.00
Public Relations	Expenses associated with Professional conference & community event registrations, paid radio spots, professional contact data base production, annual PR mailing, & printed materials for reports, training, and presentations	\$1,810.00	\$302.00	

F	Discretionary, expenses not included in budget		\$0.00	\$0.00
				\$4,757.00

* means bi-annual expense

** this line item is project driven

*** this line item is once every three years so the bimonthly funding is for \$100/yr for three years

Pros

Lot of time and energy by a lot of people.
Continue without prudent reserve.

Cons

Show how money being spent

11th Concept

Take Back to Areas for Group Conscience at 154th RSC

Vote taken at 154th RSC Motion passed 9-2-2

Nominations and Elections: None

New Business

Discussion about Prudent Reserve and Chair appointed Neal G Treasurer and Bill M Policy Chair to come up with definition and way to fulfill our need for prudent reserve to report back at 155th RSC.

Motion 154-3: Mover: Sherry V AHA 2nd: Greg H Appalachian

For the Annual Regional Budget be sent to home groups for approval at the October RSC.

Intent: To uphold Concept 2 responsibility and authority rest with NA groups and financial accountability to groups.

Refer to Policy to come back at 155th RSC

Motion 154-4: Mover: Lance G BASCNA 2nd: Melissa E SHEVANA

To authorize CARNA Chair to observe and report back to this body on the USSC in Ft Lauderdale FL.

Intent: To gather unbiased information and keep this body informed on these new developments.

Motion passed 11-2-1

Motion 154-5: Mover: Appalachian Area 2nd: Brad M NDANA

To direct the Regional Chair to invite a member from the USFA to give an hour presentation at the upcoming GSR assembly.

Intent: To allow the Region to get information related to the USFA.

Motion failed 2-8-3

Chair appointed Greg H Ad Hoc Chair to gather information about USFA, USSC and any other faction created dealing with US Delegation to report back at 155th RSC.

Planning for Next RSC

Next RSC will be held on Saturday April 21, 2012 at Good Shepherd Lutheran Church 1489 Laskin Rd Virginia Beach, VA. Open Forum begins at 10am with RSC following at 11:15am.

154th RSC closed at 4:30pm with Serenity Prayer.

Thanks for allowing me to serve. ILS, Cynthia W. Secretary