

156<sup>th</sup> Central Atlantic Region  
Regional Service Conference  
Meeting Minutes  
1215 Lee St.  
Charlottesville, VA  
June 16, 2012

Open Forum began at 11am with Serenity Prayer

Topics of Discussion:

1. Interest in USFA
2. Appalachian Area request one of Delegate team at workshop in August
3. H&I request some time on agenda at October 2 day
4. Info on VRCC
5. Update contact sheet on website
6. Video or audio PSA
7. Become nonprofit or not and why
8. Changes to motion form
9. Inaccurate motion sent to groups

Open Forum closed at 12pm

RSC opened with the Serenity Prayer at 12:15pm

Purpose, 12 Traditions, 12 Concepts were read

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

Chair - Absent

Vice Chair - Jim H

Secretary - Cynthia W

Treasurer - Neal G

Regional Delegate - Absent

Regional Delegate Alt - Donna P

Regional Delegate Alt 2 – Eddie W

VRCC Chair – Absent

Policy Chair - Bill M

Hospitals and Institutions Chair - Lawrence E

Public Relations Chair – Absent

Speaker Jam Chair – Vacant

Almost Heaven – Denis P

Appalachian – Greg H

BRANA – Peter P

BANA – Lance G

Gateway to Freedom – Mike P

New Dominion – Absent

New River Valley - Absent

Outer Limits - Absent

Peninsula – Jimmy W

Piedmont – Matt E

Rappahannock – Greg G

Richmond – Ron B

Roanoke Valley – Sam A

Shenandoah Valley - Melissa E

Southside – Kim A

Tidewater – Absent

Tri-Cities – Maria C

Areas not present for 2 RSC – New Dominion Donna Lee will contact

Recognition of New Attendees – Ron B Richmond RCM Pro Temp

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

## Approval of Minutes

Motion 156-1 Mover: Greg G RANA Second: Peter P BRANA

Waive the reading of minutes.

Intent: To continue with the flow of business. Passed 11-0-0

Motion 156-2 Mover: Greg G RANA Second: Lance G BANA

Approve the 155th RSC minutes with correction.

Intent: To continue with the flow of business. Passed 11-0-1

## Trusted Servant Reports

Chair Report:

Dear Region,

Since the past RSC, regional business has been quite. The mail was distributed in May and again today.

I want to thank everyone who participated in our April Multi-Day Regional. I feel it was a great success. It was also nice to see a full room at our GSR assembly.

I noticed that our budget meeting wasn't on the web-site, please post this information. It will be held after the August RSC at Hinton Ave UMC. Along with that, post the following: Oct Multi- Day will be held at The Valley Mission on Oct. 20-21, 2012. We have 10 rooms reserved for Saturday night on the 20<sup>th</sup>. The hotel is Howard Johnson Express, 268 N Central Ave. Staunton, Va. 24401. We need someone to assign the rooms. Also we need an agenda for Sunday the 21<sup>st</sup>. We have secured a meeting space for the April Multi-Day, April 20-21, 2013. Halifax Regional Hospital, located at 2204 Wilborn Ave. South Boston, Va. 24592. We have this room for both days. I am working with Super 8 for lodging at this point, but haven't finalized it yet.

I attended the May Regional Subcommittee meeting. I sat in on H&I and Policy. Since you all know, H&I is where my heart lies, my interest has been trying to help H&I get back on track. It seems Policy and PR is doing well. I would suggest the Speaker Jam Subcommittee meet in Lynchburg with the other subcommittee in July.

There is some interest RANA in hosting the Speaker Jam.

I want to thank our Vice- Chairperson for presiding over this RSC; I am available by phone or text if you have any questions. 804-512-6222

In Loving Service, Jeff H.

Vice Chair Report: No report turned in

## Secretary Report:

I have two bids with me for the computer for the secretary because I mistakenly left one at home. I hope these will be sufficient. I did not send out any hard copies of the minutes due to not having the printer yet. Thanks for allowing me to serve.

ILS, Cynthia W

## Treasurers Report:

All the bills that I know of up to today are paid. We had a bank balance of \$7943.78 at the 155th RSC. Since then we have deposited \$1,567.81 and we have had debits totaling \$2,554.42 to give us a current balance of \$6,957.17.

The facility where we had the GSR assembly, the Royal Courtyard, returned our check for \$300 which they had held for a damage deposit.

Attached is the financial statement since the 155th RSC. This report is based on the information that I was able to get online. The last activities reported were on 05/25. I have paid PCMS and Primus again since the closing date on that statement but that amount is not reflected in the bank statement. After subtracting those two charges and adding back in the check for \$300 our balance will be \$6,101.00. Check 1077 to Good Shepherd Lutheran Church for \$75.00 (for the 155th RSC meeting space) is outstanding.

I've attached a printout showing YTD expenditures for the various line items. You will notice that we went over budget on the GSR assembly and on the post office box. We approved \$283.48 for the RD team for CAR workshop gas and put it in the discretionary expenses line. Our YTD income has been \$4,365.51.

I need for all subcommittee chairs to put together their proposed budget and have it ready for review at the August RSC. The budget needs to have line items showing projected expenses for the coming year.

ILS, Neal G

Opening balance (closing balance from 154th RSC report):		\$7943.78
Credits :		
Shevana contribution:	\$144.58	
Appalachian contribution:	\$35.22	
Outer Limits contrib:	\$256.48	
Almost Heaven contrib:	\$705.53	
New River contribution:	\$30.00	
Peninsula contribution:	\$300.00	
War is Over grp contrib.:	\$51.00	
New Vision Group contrib:	<u>\$45.00</u>	
TOTAL:	\$1567.81	+\$1567.81
Seven debits: check 1078:	\$71.87	
check 1079:	\$375.00	
check 1080:	\$375.00	
check 1081:	\$254.70	
check 1082:	\$70.00	
check 1083:	\$73.78	
check 1084:	\$4.20	
check 1085:	\$22.14	
check 1086:	\$55.13	
check 1087:	\$387.86	
check 1088:	\$82.50	
check 1089:	\$75.00	
debit card 04/17:	\$418.55	
debit card 04/19:	\$102.19	
debit card 04/23:	\$141.00	
debit card 05/07:	<u>\$45.50</u>	
TOTAL:	\$2554.42	<u>-\$2554.42</u>
<u>Closing balance:</u>		<u>\$6957.17</u>

SEE NEXT PAGE FOR DETAILS

- Ck 1078 Lance Gardner- April GSR Assembly food
  - Ck 1079 D.L. Peters- RDA 10 days WSC per diem and \$25 baggage fee.
  - Ck 1080 Eddie Williams- RDA2 same as 1079
  - Ck 1081 Donna Lee Peters- \$139.70 CAR gas and \$115 CAR mtg space rental.
  - Ck 1082 Etta Fleet- CAR gas.
  - Ck 1083 Eddie Williams- CAR gas.
  - Ck 1084 Billy Taylor- copies for secretary
  - Ck 1085 Party City- GSR ass'y supplies
  - Ck 1086 Billy Taylor- ballots for GSR ass'y
  - Ck 1087 Jeff Hankins- supplies and food for GSR ass'y
  - Ck 1088 Royal Courtyard- tax and microphone rental
  - Ck 1089 Market St UMC- May subcomm mtg space
  - Debit card 04/17- PCMS
  - Debit card 04/19- Primus
  - Debit card 04/23- shuttle from airport to WSC for RDA and RDA2
  - Debit card 05/07- 5 Step Working Guides as trade for Car wkshop mtg space
- \*\* check 1077 is outstanding and is the charge for the 155<sup>th</sup> RSC meeting space

Regional Delegate Report:

Hi Family, there has been so much going on since the GSR ASSEMBLY and I am saddened that it is my last as I get closer to the end of this term. My counterparts have a great presentation for you today and I'd like for them to have the most time possible. So I have prepared the stats on excel that gives you the breakdown of how we voted and what the conference as a whole voted. It is enclosed in this report there was so much that

happened of historical value this time such as the "Living Clean" book passed and we have a traditions book in the making!

**STATISTICS ON PARTICIPANTS ATTENDING WSC 2012**

- There are 210 people seated on the floor of this WSC, and of 115 seated regions, there are 112 RDs present. El Salvador, India, and Le Bordet are not in attendance.
- Of the 112 RDs from seated regions, there are 67 from the US, 5 Canadian, and 40 from outside the US and Canada.
- We have 83 Alternate Delegates from seated regions attending, 61 from the US, 4 from Canada, and 18 from outside of the US or Canada.
- We are also made up of 153 men and 57 women.

You can find the additional information online about the final's for the draft summary at [www.na.org/conference](http://www.na.org/conference). There were more proposals and amendments that occurred and on that site you can see the information as needed.

I'd like to take the opportunity to thank each of you who followed me on face book throughout the conference week as I gave you a blow by blow of what was happening on the floor. There was a lot of dialogue on the veranda and the hallways but inevitably we carried "your" vote. It was truly and honor. There were many websites that were on line buzzing thoughts about what we were doing and the USFA was present among us although not asking for anything but soliciting people to join them in Wisconsin this June. I am noticing that there is still some buzz online about the final decisions. We were also polled on whether we wanted the early release of CPR's and the results were- strong support. The other poll that we did was whether we wanted a Face book page for NAWS.-again strong support. We did however have dialogue on ideas of limiting it to read only as to keep negative commentaries off the site. I'd like to thank everyone for showing up at the GSR ASSEMBLY as we had a record turnout and encourage that kind of participation every year. I participated at NDANA's campout last weekend as the Friday night speaker and truly enjoyed myself and look forward to attending the Autonomy Zonal Forum In July. We have much to discuss going forward as we try to figure ways that we can start adapting some info in the service system project that my better serve us. I am at my only niece's graduation this weekend so I cannot attend. But, please contact me if you have questions. I have pages upon pages of notes from the conference but wanted to give you the meat of the info in short form so that you would stay awake lol!

In loving service  
Etta F.

<b>RESOLUTIONS</b>		<b>STRAWPOLLS</b>		
<b>CARNA</b>	<b>Conference</b>	<b>CARNA</b>	<b>Conference</b>	<i>amended</i>
1.YES	PASSED	A.YES	53/37/9	
2.YES	PASSED	B.YES	65/37/6	
3.YES	PASSED	C.YES	76/31/2	
4.YES	PASSED	D. NO	60/43/5	
5.YES	PASSED	E.NO	58/48/5	
6.NO	PASSED	F. NO	71/34/4	
7.NO	PASSED	G. NO	71/36/4	
8.NO	PASSED	H. NO	67/39/3	mentoring
		I. NO	72/34/6	

<b>WB MOTIONS</b>		<b>REG.PROPOSALS</b>			
<b>CARNA</b>	<b>Conference</b>	<b>Conference</b>	<b>CARNA</b>	<b>Conference</b>	
1. Yes	PASSED	A.Yes	PASSED	2/3 vote unanimous	
2. Yes	PASSED	B.Yes	PASSED	2/3 amended 120 days 90-19-1	
3. Yes	PASSED	C. Yes	PASSED	2/3 standing ,120 days89-22-1	
4. Yes	PASSED	D. Yes	PASSED	2/3 amend 120 dys 87-23-1	
5. Yes	PASSED	E. Yes	PASSED	2/3 voice vote	
6.ADOPT 2010 MINUTES	PASSED UNANIMOUSLY				

7.A. Main motion : pass the project plans, approve 2012-2014 Naws budget.

B. Any new business will be treated as a proposal rather than a motion and must be submitted by wed 6pm on a proposal form.

Intent-To continue toward a more consensus based conference.

Motion required 2/3 vote carried by voice vote.

(See www.na.org site Draft Summary of decisions for exact verbiage)

<b>CAT</b>	<b>CARNA</b>	<b>CONFERENCE</b>
FELLOWSHIP ISSUE DISCUSSION SERVICE SYSTEM	YES	passed
TRADITIONS WORKBOOK PUBLIC RELATIONS	NO	passed
INTRO TO NA MEETINGS	YES	passed
TRUSTED SERVANT SUPPORT 2012-2014 BUDGET	YES	passed
SIBERIA/ FAR EAST	YES	passed
REGIONAL SEATING	YES	passed

#### Regional Delegate Alternate Report:

What a whirlwind the last six months has been. What an opportunity to serve this region and I am very grateful for that opportunity. I was extremely excited about the turnout for the GSR Assembly and I want to thank everyone for their hard work in making it such a fantastic event. Etta has provided the votes for the assembly so I just wanted to say that despite the grumbling, I will toot our own horn and say that we did the votes the same way that NAWS did at the WSC with standing counts. I want to thank everyone for their patience in getting our votes down accurately. I delivered the McShin Foundation their books in payment of rent for the Quadrant 1 CAR workshop. I also have a receipt to provide for reimbursement for \$25 for baggage check as I only calculated baggage one way for the trip to CA.

There is much to report from the WSC. I will try to keep it to the highlights. In the opening sessions we had reports from several regions from around the world. Iran: NA has been in Iran for 20 yrs, 21 areas, 3913 groups, 18,195 meetings, over 400,000 members, 17,642 trusted servants, are self supporting now; contribute to the Asia Pacific Forum. Tejas-Bluebonnet (Texas): reported challenge of having no Spanish speaking meetings though they are right on the border of Mexico. They are working on changing that fact. Nepal: 86 meetings, 8 areas, region formed in 2005, in 2000 joined Asia Pacific Forum. Sweden: 14 areas, 200 groups, 400 meetings, Part of European Delegates Meeting, They sponsor Poland who in turn sponsors Czech Republic, Sweden also sponsors Denmark who in turn sponsors Iceland. They already do a great deal of SSP. They accept no contributions from NAWS to send their delegate.

In discussion of FIPT motions, announcement period was amended to 120 days. There was opposition to all regional proposals except C which dealt with Stamping Service Literature. The Human Resource Panel session was very informative and explained the election process very well. Ultimately I believe that is why we elected a full World Board for the first time since its formation. This year was the first time we received CPR's (resumes of nominated individuals) prior to the WSC. This may very well continue. It made for good reading on the plane. These are handed in after the election to protect the anonymity of the candidates. Don't forget you can fill out your World Pool Form on na.org and you may end up on a work group for an upcoming project!

Financials:  
Reduced income has meant; reduced staff levels, fewer workshop/pr events, across the board cost saving measures. Literature sales are the "lion that feeds the engine of world services." This year income is down about \$1 million but still shows positive net because of San Diego World Convention. Had to put a cap on subsidized literature but is still available. That is one way to reduce expenses along with PR. Project plans:

Living Clean Projected: 300,000, actual 277,397.

SSP projected: 300,000 actual 297,122.

Public Relations

Membership Survey 17,500 participants, women make up 47% of NA, while age, education level, and employment level remain fairly consistent, years drug free had quite a jump to 10.87 in 2011. Though service commitments and meeting attendance show decrease, could point to a need for internal PR for old timers. Areas of life improved shows that once we get clean and stay clean were able to do anything.

NAWS Professional Events: PR Presentation very inspiring with many examples of Public Service Announcements from around the world. Wouldn't that be a great project for our region? Professional events have dramatically decreased with the decrease of available resources. At the San Diego WCNA there were panels with medical professionals and there were also directors from 2 prison systems there, 1 from TX 1 from CA. All CA prisons were linked in for the unity day call. Very uplifting. 8,000 addicts in prison systems heard that message. International Society of Addiction Medicine Conference, Italy 2010: Made 100 contacts who had no knowledge of NA, followed up to provide info about NA. International Federation of Non Governmental Organizations, Malaysia 2011: Malaysia, Thailand, Philippines, Literature went on the first day, Prime Minister for treatment in Thailand said that if we are ever back there he'd like us to meet with the President. American Society of Addiction Medicine Atlanta GA 2012, had taken a break, last time there was 2010, 1/3 to 50 % of doctors thanked us for coming back. Met with two doctors there who had gotten clean in NA. Follow up to PR experience in Barcelona: extended commitment after the convention, went to other areas of Spain where NA is not known, got to know members of Spanish parliament, Invited to participate in round table discussion, first time NA officially welcomed, As a result of relationship with member of parliament, she is now Ambassador of Justice and Interior Ministers, will make things easier for H&I. NAWS cooperative and fellowship events 2008 there were many, 2010 hardly any. More than 80% of regions have strong PR/PI efforts.

Satellite TV Egypt 2012: celebrity non addict made a music video about addiction because of his addict friends who were now clean. In an interview on satellite tv in Egypt, they held up an NA Egypt and Helpline # and this YouTube video got most number of hits in middle east. Every 5 minutes a help line call comes in from someone who saw this video. In a wk 90 newcomers to mtgs. Montana Pain School: someone from the school went to an open meeting. After attending thought patients and staff needed to know about NA. Asked NA to come every 6 wks to present info about NA. This was in Sept. and is still going Strong. Northern CA regional convention Professional Criminal Justice Panel: brought new director for San Quentin and CA commissioner of entire Jail system and woman who runs Probation and Parole and as a result on next unity day call all prisons and jails will be on the call in CA.

NAWS Update: Publications, NAWS News 1082 paper, 9612 e subs in 6 languages, NA Way 6575 paper, 15,468 e subs in 6 languages, WSO Iran sold 25,000 copies of April 2011 NA Way which is paid subscription in Iran. 80, 000 addresses in NAWS database. Reaching Out, e subs have grown, need to communicate to local H&I that submissions are needed. There has been greater use of e meetings and webinars. Webinars will be scheduled events and e blasts will be sent with instructions on how to participate. There will be a NAWS Facebook page. It will be push only which means only NAWS will be able to post on it to protect anonymity. Website redesign: existing site stats: 9-10 million hits monthly, 500,000 monthly visitors, meeting locator busiest part of site. New site will have google map integration, no branding. New site is html5 compatible. Mobile site is still in design phase, not yet in actual development. New site to launch sometime in July. NAWS IT blog for local webmasters: <http://www.naws.org/IT/> other IT achievements: 50,000 nightly emails to JFT subscribers. All esubs continue to increase, NAWS database import/export cooperation w/local webmasters, naws update monthly email.

Removal of PDF literature: 1st posted online in 2002, reported as experimental basis only, basic text posted jan 07 3.85 million downloads before removal, It Works posted aug 07 655, 000 downloads before removal, illustrates clear need and desire for electronic versions of literature, NAWS role as trustee requires vigilance about protecting copyrights. Much of our lit including Intro Guide still available online. In Q&A it was stated that "NAWS is protecting our property and our principle revenue source. It takes money to carry our message. If donations increase maybe one day we won't need to worry about this." NAWS needs our help. Our members need to know it is not ok to infringe on our own copyright. For example, one convention put all of our lit on a flash drive and put it in their convention packets.

WSC Seating: Now that moratorium is over atleast 10-15 regions will be applying for seating. Much work needs to be done on seating criteria. How will these new regions be funded? It costs between \$450,000 and \$500,000 to put on WSC. NAWS recommended that we not consider any new regions for seating in 2014. They asked to hear from us between conferences and will be working on creative ways for that to happen. A paypal option for contributions on na.org is in the works.

Fellowship Development: Almost ¼ of is FD. FD takes planning, communications, PR, lit in own language and culture, ongoing support from NAWS and neighboring Regions. NA speaks 74 languages now. Lowest growth anywhere in the world is US. (Side note: in round table discussion, one question was how do we want NAWS to help our Zones, and how are we going to help make that happen, this would seem to be a fitting problem to confront with NAWS help)

Africa: Kenya East Africa Swahili lit translation workshop, FEB Mar 2012, 8 work groups in 21 days, 7 cities 2 countries, translated 4 IPS acceptable and usable for addicts in both Tanzania and Kenya. Latin America: Skype CAR workshop: Dr that NAWS met with in Italy went to underground meeting in Cuba when government asked "What can we do about the drug problem?" He said quit making those NA meetings illegal! Asia Pacific: China- government there does not support NA, lower level police want to help, higher ups don't, Had NA meetings until Olympics held there then they were shut down, only way to get NA there is through gov't, medical community, attending conferences. Same situation in Vietnam and Cambodia. Cant write lit without approval of government. Can't put God in it. Middle East: Iran and Egypt supports all the countries in between. 4 times as many Iranian members filled out lit survey as Americans. Give away more Welcome to NA as all of the rest of us combined. 1 Basic text approved and published now. Illegal to meet in Egypt more than 3 people unless legal assoc. Kuwait growing unlike any other community in the gulf. Europe: Poland finally has Basic Text! Planning Basics in Italian. NAWS attends EDM help with translations. NAWS helps Sweden. Sweden helps others. Eastern Europe: 20 years ago NA started in Moscow. 25 years ago in St Petersburg and Ukraine. 2002 Western Region was formed. Big support from EDM. 103 meetings a week all over Russia. 2004 1st NAWS workshop in St Petersburg. 937 meetings all over Russia took about 8 years, every year 100% more meetings. Western Russia helped Siberia. 1st Siberian Workshop: 100 local members, 2 NAWS staff, 2 World Board members, talked about lit production, difference b/w AA and NA, how to create and ASC, how to be self supporting and Why. Huge territory, 5 days by train. Too expensive to fly. 9 time zones, many challenges. I went, I saw, I laughed, I cried. In the end, I just want to find a way to carry the inspiration I found there with me in our region. Thanks for the opportunity to serve. See below for all the bells and whistles. In Loving Service, Donna Lee P

Regional Delegate Alternate II Report: No report turned in

VRCC Chair Report: Absent

Hospitals & Institutions Chair Report:

Hello, family.

The last H&I sub-committee meeting was held May 19 in Winchester, Virginia. Seven people showed up from 5 different areas.

Our main point of discussion was a presentation at the Lunenburg Correctional Facility. Jeff H. shared his experience at previous presentations, the committee voted to make a literature order not to exceed \$250.00.

Jeff H. is also contacting the facility.

In response to some needs that arose during that meeting the H&I sub-committee has developed a letterhead for its use.

Our next H&I sub-committee meeting will be on July 28, the weekend after BRANA, in Lynchburg, Virginia. The address is Saara of Virginia Inc., 2316 Atherholt Rd, Lynchburg, VA.

At that next meeting we will further discuss the Lunenburg presentation and a program to provide step writing guidance to incarcerated men and women.

We are basing our program, in part, on a model developed by the Connecticut Region of NA and are grateful that they have made their work available to us and others.

I have copies of an initial interest form. My intention is to begin to gauge interest in this program throughout the Region. It is a very brief summary of the program and is subject to change. There are 10 copies for each RCM.

I respectfully ask the RCMs take them back to their Area meeting and from thence to the home groups for distribution. The letterhead on the handout is similar to what we developed.

I have emailed a copy of this report and of that handout to the Secretary.

In loving service, Lawrence E.

## WRITING STEPS FOR RECOVERY (WSR)

The Central Atlantic Region of NA (CARNA) is considering starting a Writing Steps for Recovery (WSR) program. It's a program in which NA members act as Step Guides (not sponsors) for incarcerated men and women (Step Writers). It's a structured anonymous program to protect the writer and the guide. The program we're developing is based on a similar program from the Connecticut Region of NA. That model has also been used by the Show-Me Region of Missouri and others. We are grateful that they have made their work available to us and throughout NA.

### **What is WSR?**

The Show-Me Region's mission statement is: The primary purpose of this committee is to provide written Narcotics Anonymous step guidance to any incarcerated addict desiring recovery with Narcotics Anonymous. That's why we're doing this. Simply put, the committee works with facilities to get the program started. Inmates write to a post office box, asking for help working the steps. The WSR committee matches the inmate's request with a same-gender guide as one becomes available. They begin the correspondence. Letters to and from the inmates are logged by the secretary. Guides are required to respond to letters within two weeks. We encourage new guides to share their first letter with a more experienced guide before mailing it. There are other details; this is only a summary.

### **What does it take to become A WSR Step Guide?**

1. Is your recovery based in Narcotics Anonymous?
2. Have you done a 4th and 5th step with your sponsor?
3. Do you work the steps in writing with an NA sponsor?
4. Do you have at least 2 years clean time?
5. Do you attend NA meetings regularly?
6. Do you have a working knowledge of the 12 Steps and 12 Traditions of NA?
7. Do you have experience as an NA sponsor?
8. Do you have the means to provide stationery and stamps for regular correspondence?
9. Do you have the willingness and availability to reply to any letter you receive within 2 weeks, and to notify the coordinating secretary each time?
10. Are you willing to sign and follow the NA WSR Correspondence Only agreement?
11. Are you willing to attend at least one WSR Committee meeting or one WSR workshop per year?

### **What do I do next?**

1. Talk to your sponsor.
2. Send an email to the CARNA H&I subcommittee at [HI@CAR-NA.org](mailto:HI@CAR-NA.org).

### **Policy Chair Report:**

The Policy subcommittee Regional Subcommittee Meeting met at the Market Street United Methodist Church in Winchester, VA. I want to thank Melissa and all those involved in securing the church for the meeting. We appreciated your help.

Six of us put our heads together and discussed the problems associated with the hotel accommodations at the GSR assembly. We came up with what we think is a good framework for a policy regarding the hotel accommodations following the RSC for the April GSR Assembly and October Sunday Workshops. I will present the final version of that motion today in "New Business."

ILS, Bill M.

### **Public Relations Chair Report:**

Good afternoon,

I am sorry to say my work has a mandatory meeting today at noon, so I won't be present today. My vice chair attended the sub-committee meeting in May. There were not many members present. Nothing new to report from there. The Va. Summer Institute will be held July 16th and 17th in Williamsburg, Va. I've requested to pay \$50 registration fee. I'd like to set-up Sunday afternoon and rent a room there at \$91 plus tax per night for 2 nights. I will set up and man the table until 3 p.m. Monday, turn the room and the duties over to another member who will man the booth until close Monday evening and all day Tuesday until closing, pack up the booth and check out of hotel.



I trust that this is doable financially. I work Monday and Tuesday evening 6 to 9 p.m. which is my reason for leaving Monday.

Neal, I am requesting 2 checks today, 1 for registration and 1 for the room rent.

I trust the P.R. issue in Appalachian area is resolved, if not Greg let me know what we can do.

I'll be at next month's subcommittee meeting and the following month's regional meeting. Call me at [804-247-1400](tel:804-247-1400) if I can be of service to anyone.

For the love of Service, Nancy S

Speaker Jam Report: Vacant

Area Reports

Almost Heaven RCM Report:

Hi Family,

Greetings are sent from the Almost Heaven Area: Our passion maintains its vitality in our group meetings by fulfilling our primary purpose: to carry the message to the addict who still suffers. There have been some exciting events occurring in the Almost Heaven Area since our last RSC. We have formed an LSU Planning Committee during our recent Local Service Unit (LSU) meeting. The planning committee met after one of our Areas meeting called "Never Alone Never Again" on June 4, 2012. We chose this location for our first planning session in order to help attract other members in supporting that particular meeting which reported needing support from the Area..

There were a lot of members who showed up and participated in both meetings. We accomplished designing a letter to respond to the incarcerated addicts who wrote to us seeking help in working the 12 Steps of NA. At the next scheduled meeting we will be going over the guidelines we have collected from other Areas and Regions and begin setting up a protocol. We appreciate the addicts, Areas and Regions for sharing their experience, strength, and hope with us regarding Writing Steps for Recovery behind the Walls. We are excited about this form of service and look forward to the opportunity to serve our Area's incarcerated addicts. According to our May's ASC Minutes we have scheduled another H&I Orientation in June in helping addicts in our Area participate in fulfilling our primary purpose when called to help facilitate a meeting at our Hospitals and Jails. The Eastern Regional Jail commitment is up and running which is one of a few law enforcement facilities in our Area needing support.

Our LSU began discussion on the importance of having a Virginia Regional Convention Committee (VRCC) member to serve as the communication liaison between Almost Heaven Area and Virginia Regional Convention Committee. According to the Purpose of the Annual Virginia Convention of Narcotics Anonymous (AVCNA), this convention is held by and for members of Narcotics Anonymous to bring our Fellowship together in the celebration of recovery and to share our experience, strength, and hope. Meetings, workshops and activities are scheduled to encourage unity and fellowship among our members and to help newcomers learn and understand our Fellowship, the Steps, the Traditions, and the Concepts. We are working on drafting the duties and responsibilities in presenting it to our GSRs in hopes of putting it back into our policy.

The XXVI Almost Heaven Convention is coming along as scheduled. A comedian and a DJ have been secured. Subcommittees are meeting regularly each month. Please prepare to register early. Prior to this conference I did not receive the latest Area minutes nor was I able to stay for New Business at our most recent ASC that met June 9th. But I am assured that more information will be forthcoming. However I was able to record the areas conscience on Regional Motions. I have a donation in the amount of \$333.49 as a donation to the Region. I was reminded by our Area Secretary that my commitment as RCM is coming to a close. It has been an honor to serve the Almost Heaven Area with integrity.

In Loving Service, Denis P

Appalachian RCM Report:

Hello Family,

The Appalachian Area held its last area service meeting on 6/3/12. There were 8 groups in attendance. In light of events that I reported on at the last RSC, we had to find a new meeting location for our Area service meeting. The Area was able to secure a location at the SAARA Center in Lynchburg and is welcomed to meet there as long as needed, however the size of the meeting room is not ideal. Several members have looked at other locations and it was agreed upon that a decision regarding the ongoing location of Area would be

discussed at the next meeting. The following positions are open: Chair, Vice-Chair, RCM alternate, VRCC director and alternate. We elected someone into the secretary, policy and vice-treasurer positions since the last regional meeting. We presently have 27 weekly meetings with 10 home-groups. The H&I subcommittee continues to regularly hold a meeting every other week at a homeless shelter, and is looking to return to bringing meetings into a jail now that there are other members that have been provided with security clearance.

Since the last Regional meeting I informed the area PR chair that our Regional PR chair offered support regarding our problems of late and it is my understanding that the Area PR chair has been in contact with Nancy. Our Special Events subcommittee is working on an upcoming event that would hopefully address two issues: 1) filling the gap of open area positions, and 2) addressing the atmosphere of recovery. Presently we have no donation as we are operating into prudent reserve. Our policy subcommittee is actively working on addressing needs within the policy now that it has a newly elected chair person.

I am pleased to report that there have been no instances of fighting and/or disruptive behaviors since the last regional meeting and there seems to be more experienced members showing up, sharing and working towards a more positive atmosphere of recovery in meetings. I am prepared to vote on the regional motions with the area's conscience.

With Love of the Fellowship, Greg H

Beach RCM Report:

CARNA,

Not a lot to report. One new meeting joined giving us a total of 16. Attendance holds at over 90%. We are working on our website and should have it published by the next regional. Last but not least don't forget the Serenity on the Shore Campout, October 5, 6 and 7 at First Landing State Park. Flyers on the table.

ILS Lance G

Blue Ridge RCM Report:

Hello NA Family of the Central Atlantic Region:

First I want to joyfully report that BRANA now has an RCM Alternate; Nancy H. please stand up.

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. I've told you of 2 home groups near dissolution from lack of dedicated members willing to step into service. That has changed! The attendees of those meetings have discovered their "home" and want to keep it. The group, A SIMPLE WAY, now has regular members and a GSR who is contributing at AREA level. The other home group, Never Alone, had its founder, GSR, Treasurer, and Secretary (all one person) away on medical leave. They came back but health problems persist. The doors are open but unsure for how long. They are located in a small town in a rural area and it's hard to find support. The Blue Ridge Area Outreach, combined H & I and Public Relations, is strengthening in the aspect of PR. We are reaching out with a formal informational letter to professionals in the rehabilitation fields. The first focus is on justice system and will follow later with the mental health profession. Outreach continues chairing 4 jail meetings, 2 at Middle River Regional, 1 at Harrisonburg Men's Diversion Center and we now have a new meeting at the Shenandoah Juvenile Detention Facility. We are a little short on women to carry the message and this is taxing the energy of those who do. We host 3 open meetings at the New Hope DeTox Unit at Western State and one of those meetings, Friday night, lacks support.

Summer is under way and activities are moving outdoors where we hold cookouts, games, water events etc. Pay attention to the BRANA and CARNA websites for info about the late summer GO JUMP IN THE LAKE outing and others. Of course most everyone knows that this will be the 31<sup>st</sup> year of the BRANA Campout at Natural Chimneys Campground, July 20 through the 22<sup>nd</sup> (it is traditionally the 3rd weekend of July). Online registration is ongoing with approximately 75% of the campsites filled! This is a very well organized event with many activities, including for children, lots of meetings and the fellowship is legendary. I have campout magnets available on the flyer table.

Also, for summer, please check websites for local meeting locations and times due to many houses of faith where we hold our meetings have summer schools or camps where they ask us to meet elsewhere or suspend our meeting for that week. We usually go to a local park shelter and you can find that short notice change on the website, BRANA.org.

Today BRANA will be making a small monetary donation of \$50 to the Region, first in a long time. Our income remains low and we continue to struggle. However, when considering our budget it became clear that we should contribute something.

We have voted on the 155th RSC motions. The results are in this report and I will declare them in Old Business today.

**Motion 154-3** Treasurer related duties – Policy Change - **PASSED**

**Motion 155-3** Prudent Reserve formula – Policy Change – **PASSED**

ILS, Peter P,

Gateway to Freedom RCM Report:

Good afternoon Family,

The Gateway to Freedom Area is doing well; we are currently holding 22 meetings per week in our area, we are continuing to grow and are excited with NA recovery continuing to take root. We have two open positions open at Area; PR chair as that term has just ended, and RCM chair which is currently out for review and vote. Our subcommittees are doing quite well and the Area is financially stable. Our next Special Event will be a free cookout on the 4<sup>th</sup> of July at Constitution Park in Cumberland Md, beginning at 3:00 pm with a speaker at 5:00 pm.

I am forwarding two checks for a total of \$332.38 as our Region donation.

In loving service, Mike P

New Dominion RCM Report: Absent

New River Valley RCM Report: Absent

Hello,

My name is Stephen, I am the former RCM for the NRV area has been brought to my attention that we have not been represented at the last few RSC's. We do not have a RCM at this time, I am going to get appointed as an ad-hoc so that we can carry our vote and represent, but I will not be able to meet this Saturday. Please don't take us off any phone or internet lists; we are still going strong in spite of our lack of support at the area level. If you need to get in touch, please email me back or call me at [540-250-6389](tel:540-250-6389). I look forward to meeting you in person, and I appreciate your patience with us.

ILS, Stephen W

Outer Limits RCM Report: Absent

Peninsula RCM Report:

The Peninsula Area is doing well. We have 72 meetings and 44 home groups. We have vacancies for VRCC and VRCC alternate, RCM alternate and PR Chair. Also, we as an area is struggling financially at this time, group donations are way down considerably. Also, our area had concerns about GSR Assembly. The straw polls and CAT, our groups felt they weren't explained thoroughly at the assembly. As RCM, I am just responsible for expressing my area's conscience. In light of financial situation we have no region donation this month. ILS, Jimmy W

Piedmont RCM Report:

Hello Trusted Servants:

There are currently 16 home groups carrying 27 meetings in our area.

12 out of 12 GSRs attended the last ASC that occurred on June 3<sup>rd</sup>, 2012.

All area positions are filled with the exception of RCM II and alternate VRCC director. Elections for these positions will be open at the next month's ASC.

PACNA occurred last weekend and had great turnout and was considered a success, our area would like to thank those who supported. The special events committee will now begin to plan our area's end of summer picnic.

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. There is a new meeting taking place in our area at the

Fluvanna Women's Prison. This meeting was not supported by the piedmont H&I subcommittee meeting, but the area elected to fund the meeting.

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 July 1, 2012 at Hinton Avenue United Methodist Church.

In loving service, Matt E

#### Rappahannock RCM Report:

Dear Members of the Central Atlantic Regional Service Committee,

The Rappahannock Area is comprised of 30 weekly meetings, represented by 16 home groups, with 12 GSR's attending last month's ASC meeting on June 3, 2012. There are two meetings that attended the ASC that want to be a part of RANA Area. The first is a meeting in Colonial Beach VA on Friday Nights at 7 pm. This meeting has been in existence for 1 ½ years. After 3 Consecutive ASC meetings, they will be added to our meeting list and will have a vote as a home group of RANA. We are very excited to include this meeting on our list and various members expressed interest in traveling to Colonial Beach to support them. The second meeting is a new women's meeting, Beautiful Butterflies. They meet on Saturday from 10 to 11 at the Thurman Brisbon shelter.

The topic of a regular GSR Orientation was brought up at our last ASC meeting. There was unanimous support for this idea. The RCM team will be working on this in the months to come. We also discussed the topic "how many votes constitute a true area conscience in regards to regional motions". There was no clear answer so it will probably be discussed more next month.

The RANA ASC is very strong with all positions filled. We have a balance of \$3,624.66 as of 6-3-12. All bills are paid up to date and budget line items are currently funded. The RANA ASC meets the first Sunday of every month from 4 to 6:30 at Fairview Baptist Church at 900 Charlotte St. in Fredericksburg VA. We have a budget line item for a yearly donation to the Region in the amount of \$280.00 and a yearly donation to World in the amount of \$120. Half of the yearly donation, in the amount of \$140, was mailed to the Regional PO Box yesterday.

Our H&I Subcommittee is currently working with the McShin Foundation in Bowling Green and the Wednesday night Bowling green meeting to set up a regular H&I presentation.

Our H&I, PR and Outreach Subcommittee all meet on the 2<sup>nd</sup> Sunday of each month at the Thurman Brisbon Center in Fredericksburg VA from 5 to 7 pm.

The Activities Subcommittee is not currently working on any events.

We voted unanimously to approve both Regional motions, 154-3 and 155-3

ILS, Greg & Rudy

#### Richmond RCM Report:

Hello everyone, I would like to report that we are experiencing trusted servant issues, no one is willing to serve. I'm here because I volunteered to represent my area until we can replace our prior RCM.

We did not receive minutes from our previous month ASC. I'm not sure if there were group conscience on motions for today's Regional meeting, so I do not have a conscience for any motions.

I hope by the next meeting we will elect a new RCM. ILS, Ron B

#### Roanoke Valley RCM Report:

Hello Family -

The area is alive and well. We currently have no new meetings or meeting changes.

Our activities subcommittee held a Memorial Day cookout. 150 addicts were in attendance. The Activities subcommittee is planning on hosting a GSR workshop and 4th of July cookout. The PR committee is also planning a poster drive over the summer months (with area funds approval)

On the Area level we are struggling- we have few GSRs attending- The chairperson encourages motions to waive discussion surrounding regional/VRCC motions. Unfortunately the treasurer could not give her report because \$70 went missing during the Area Service meeting, in the confusion, our vice chair closed the meeting before the activities subcommittee money could be voted on. In accordance with our policy - the activities subcommittee was unable receive their funds to host the July activities. We are hoping to receive donations

from addicts. The area has one position open - ALT RCM. The policy committee is still working on the motions presented to the Area 4 separate times- however the GSRs do not wish to discuss these motions on the floor. H and I has received more support, they are currently revising their policy to better carry the message- this includes requiring 4 panel leaders at every meeting.

The AVCNA Host committee continues to meet the first Sunday of the Month at Trinity United Lutheran Church 4040 Williamson Road Roanoke, VA. Other Areas are encouraged to participate in hosting the convention. There has been some instability in the service positions- merchandise chair is vacant again. We are behind schedule on several of the tasks on the AVCNA timeline, but are gaining support and progressing. In Loving Service, Sam A.

Shenandoah Valley RCM Report:

Dear RSC,

I'm happy to report that all is going well in the Shenandoah Valley Area. We have 19 groups and 25 meetings weekly. Although our group donations are a little low right now our meetings are doing well. Our ASC met on June 11<sup>th</sup> with 13 GSR's present out of 19. We finally had a nomination for our Special Events Chair position this past month so the only open positions at our ASC are the H&I Chair and the VRCC Director alternate. Our H&I committee is doing well – we had a few changes that involved changing one co-ed meeting to a separate men's and women's meeting and we had to put one of our women's meetings on hold in one facility until they have more inmates eligible to attend. We held our Shevana annual picnic this past Saturday. Great food, fellowship and fun. Our next event is our 9<sup>th</sup> annual Speaker Jam on July 14<sup>th</sup> at the Rotary Shelter in the Jim Barnett Park. Workshops start at 10am, dinner at 5:30 and main speaker at 7pm. Come out and show your support if you can. There are flyers here today. We are also in the planning stages for our 3<sup>rd</sup> Annual campout on August 24,25 & 26<sup>th</sup> at the Battle of Cedar Creek Campground in Middletown VA. The cost is \$25 for the whole weekend and most food is provided. Our area will be submitting a co-bid with the Almost Heaven Area to co-host the AVCNA in January 2014 to the VRCC on July 22<sup>nd</sup>. It will be the first time the AVCNA has been co-hosted by 2 areas in our region and we're all excited about the possibility. Our next ASC meeting will be held on July 9<sup>th</sup> at Grace Community Church in Winchester at 6:30pm. In Loving Service, Melissa E.

Southside RCM Report:

Southside Area is continuing to carry the message to the addict who still suffers. Our ASC last met on June 3<sup>rd</sup> in Danville. All is well. There are several commitments OTF. These commitments are ASC Vice Chair, H&I Chair, RCM, Web Servant and Secretary.

We have a new book study meeting in South Boston called *Living Clean The Journey Continues* which meets on Tuesday evenings at 6pm. With this new meeting we now have 11 Home Groups and 37 meetings.

At our last ASC we created a policy that should allow us to better practice consistent fund flow. Our regional donation today is \$206.76.

ILS, Kim A

Tidewater RCM Report: Absent

Tri-Cities RCM Report:

Good Afternoon Family,

Our Area recently elected a new Special Events Chair Denero C. We are still in need for a VRCC ALT.

Area Service meets the first Sunday of the month at 2:00 pm Poplar Springs Hospital Petersburg.

We still have 12 home groups in our area. They all are very well attended.

Women of Courage has changed their name to End of the Road and still meets Tuesday at 6:30 pm Ivey Memorial Church Chester.

H&I still carries meeting out to Rubicon and Riverside Regional Jail.

Public Relations is in the process of putting together the Unity Fest.

Special Events will be revealing more at the next ASC.

Tri-Cities has a donation of \$265.00.

Love & Service, Maria C

Break for lunch @ 2:25pm

Reconvened @ 3:15pm

Old Business:

**Motion 154-3:** Mover: Sherry V AHA 2<sup>nd</sup>: 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 155<sup>th</sup> RSC**

Amended Motion 154-3 Back from Policy

Motion

Change CARNA Guidelines & Rules of Order

Section IX: OFFICERS DUTIES/QUALIFICATIONS

1A. CHAIR DUTIES

Schedules and plans RSC conferences up to one year in advance, including meals and lodging as needed. (152<sup>ed</sup>)

To:

1A. CHAIR DUTIES

Schedules and plans RSC conferences and annual budget meeting up to one year in advance, including meals and lodging as needed. (152<sup>ed</sup>)

Change:

4A. TREASURER DUTIES

Chairs an annual budget subcommittee meeting consisting of RSC Officers and interested persons.

To:

Chairs an annual budget meeting consisting of RSC Officers and interested persons.

Amend:

Will submit a yearly projected budget, running from January 1 and ending on December 31 regardless of the Treasurers term of office, with a line item bi-monthly funding and maximum account levels at the October RSC. (142<sup>nd</sup>)

To:

Will submit a yearly projected budget, running from January 1 and ending on December 31 regardless of the Treasurers term of office, with a line item bi-monthly funding and maximum account levels at the October RSC (142<sup>nd</sup>) **to go back to areas for approval.**

Intent:

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

Motion 154-3 Amended on floor (do not have motion maker or second wrote down)

To add "to go back to areas and/or groups for approval".

Amendment passes 8/4/0

Pros

1. This motion sets a clear budget process from initial August budget meeting to the final group conscience approval at the December RSC.
2. Clear accountability to duties and groups.

Cons

1. Why add groups for approval

Motion to Go Back to Areas for Conscience at 156<sup>th</sup> RSC

**Motion passed 11-0-1 at 156<sup>th</sup> RSC**

**AHA yes, Appalachian yes, Beach yes, BRANA yes, Gateway to Freedom yes, Peninsula yes, Piedmont yes, Rappahannock yes, Roanoke Valley yes, SHEVANA yes, South Side yes, and Tri-Cities abstain**

**Motion 155-3** Mover: Policy Subcommittee Second: Jimmy W Peninsula

Change CARNA Guidelines & Rules of Order

From:

Section VIII: ADDITIONAL GUIDELINES

RSC will maintain a prudent reserve. After expenses are paid, all remaining money will be donated to NAWS.

To:

Section VIII: ADDITIONAL GUIDELINES

RSC will establish a prudent reserve equal to 25% of the total of the previous year's actual expenditures + the current years approved budget. After expenses are paid and prudent reserve is met, all remaining money will be donated to NAWS.

Intent

To enable the Central Atlantic Region of Narcotics anonymous to manage out funds responsibly as per our 11th Concept

Motion 155-3 Amended on Floor

Mover: Don V Seconded: Greg H Appalachian

RSC will establish a prudent reserve equal to 25% of the combined total of (the previous year's actual budget plus the current year's approved budget).

Amendment passed 14-0-0

Pro

1. Region will finally have a prudent reserve.

Motion to Go Back to Areas for Conscience at 156<sup>th</sup> RSC

Motion ruled out of order by Chair because it was sent back to groups worded wrong.

Ron B appealed the rule of the Chair because the motion should be rescinded because it already went back to the groups and can easily be represented correctly. Appeal failed 2-11-0

Nominations and Elections:

Speaker Jam Chair

Antoinette B nominated and accepted.

Qualifications: clean date May 4, 2004, have a sponsor who has a sponsor, served as RCM 1 and 2, has insight of the positions duties and willing to do it properly.

Pros: 1. She has been a very proactive RCM who has gone above and beyond her required duties. For example: she did an excellent job on our RCM orientation packet.

2. I worked with Antoinette for several years and she always attends all the meetings.

Cons: 1. To many service positions. Rebuttal: I can handle this position and only hold one elected position.

Nomination to be taken back to areas for consideration to come back at 157<sup>th</sup> RSC

New Business

**Motion 156-3** Mover: Policy Subcommittee 2<sup>nd</sup>: Jimmy W Peninsula

**Description/Background:**

The CARNA Guidelines and Rules of Order are ambiguous regarding room accommodations for those attending the attending GSR Assembly and October Sunday Workshops on the weekends of the RSC overnight events in April and October.

**Intent:**

To clarify the hotel accommodation policy in CARNA Guidelines and Rules of Order regarding the RSC overnight events in April and October.

**Motion:**

To change the CARNA Guidelines and Rules of Order, Section VIII: ADDITIONAL GUIDELINES, #8

**From:**

The RSC will meet as a single-day event without overnight accommodations in the months of February, June, August, and December. The RSC will meet as overnight events with accommodations and meals provided for RSC Officers, Committee Members, and Alternates in the months of April and October.

**To:**

The RSC will meet as a single-day event in the months of February, June, August, and December. The RSC will meet as an overnight event in April and October with hotel rooms provided, as needed, following the RSC for those required to attend or report at the GSR Assembly or October Sunday Workshops. The RSC may utilize any remaining funds, budgeted for hotel expenses, to furnish hotel rooms following the RSC for others interested in attending GSR Assembly or October Sunday Workshops, based on need.

Motion sent back to Policy for complete clarity to bring back at RSC 157<sup>th</sup>

**Motion 156-4** Mover: Bill M Policy Chair 2<sup>nd</sup>: Jimmy W Peninsula

To change CARNA G&RO Section V: Reports #1:

From:

Only reports e-filed, typed, handwrote or emailed no later than one day following RSC will be included in the minutes.

To:

Only reports read on the floor and e-filed, typed, handwritten or emailed no later than one day following the RSC will be included in the minutes.

Intent: To ensure that the RSC has the opportunity to hear, discuss and questing the report.

Pros: 1. It is essential that a report be read on the floor to be included in minutes. 2. If reports are not read on the floor at the business meeting, they are not part of the meeting. They can change whatever they want to say at any time up to midnight after RSC.

Cons: 1. That Area RCM needs to be present when the report is given because without them being present there cannot be any discussion.

**Motion to be taken back to areas for group conscience to come back at 157<sup>th</sup> RSC**

**Motion 156-5** Mover: Bill M Policy Chair 2<sup>nd</sup>: Greg H Appalachian

To have a skype presentation from the USFA during the October 2 day Regional.

Intent: To gather more information.

**Motion passed 8-2-3**

Planning for Next RSC

157th Region Service Conference

11:00 pm Open Forum, 12:15 - 6:00 pm RSC, UVA Main Hospital, 1215 Lee Street, Charlottesville, VA,

Parking available in the Lee St. Parking Garage, go into main entrance, meeting space is just left of the Cafeteria

156th RSC closed at 4:32pm with Serenity Prayer.

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