

157th Central Atlantic Region
Regional Service Conference
Meeting Minutes
1215 Lee St.
Charlottesville, VA
August 18, 2012

Open Forum began at 11:05am with Serenity Prayer

Topics of Discussion:

1. Celebration for World Unity Day in Southside
2. Serenity on Shore web link
3. RSC Calendar
4. Agenda for 2 day in October
5. Motion form
6. Phone line updates
7. Topics for GSR Assembly in April
8. Clarity statement
9. Room availability
10. World Service Topics
11. Literature Study Meetings
12. Info on October 2 day

Open Forum closed at 12:05pm

RSC opened with the Serenity Prayer at 12:20pm

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 - Absent

Regional Delegate – Etta F

Regional Delegate Alt - Donna P

Regional Delegate Alt 2 – Eddie W

VRCC Chair – Jimmy B

Policy Chair - Bill M

Hospitals and Institutions Chair - Lawrence E

Public Relations Chair – Nancy S

Speaker Jam Chair Pro Tem – Absent

Almost Heaven – Sherry V

Appalachian – Greg H

BRANA – Peter P

BANA – Lance G

Gateway to Freedom – Rhonda P

New Dominion – Brad M

New River Valley – Stephen W

Outer Limits - Absent

Peninsula – Absent

Piedmont – Tee T

Rappahannock – Greg G

Richmond – Absent

Roanoke Valley – Absent

Shenandoah Valley - Melissa E

Southside – Kim A

Tidewater – Mark W

Tri-Cities – Absent

Areas not present for 2 RSC

Recognition of New Attendees – Rhonda P RCM Gateway to Freedom, Tee T RCM Piedmont
Establishment of Quorum 12 RCM/RCM Alts present, 1st and 2nd Quorum met.

Approval of Minutes

Motion 157-1 Mover: Greg H Appalachian Second: Mark W Tidewater

Approve the 156th RSC minutes as written.

Intent: To continue with the flow of business. Passed 9-0-1

Trusted Servant Reports

Chair Report:

Dear Region,

First I would like to thank Jim for presiding over the 156 RSC. I attended the 16th East Coast Convention that weekend.

Since the last RSC, I have been busy with regional business. The mail has been picked up regularly. I mailed the July bills to the Treasurer in July and passed the H&I mail off at the July subcommittees. Today I brought the remaining mail and passed it out today. I have been helping H&I and Policy with their subcommittee business by attending the subcommittee meetings. I was disappointed to hear that PR didn't attend the Summer Institute in Williamsburg. I could have gone if I had been notified.

I have been working with the RD team to finalize the agenda for the Oct Multi-Day. Fliers are to be passed out today. I would to ask the RCMs to please promote the multi-day. Sunday the 21st will have a lot for information for the fellowship. I want to thank the RD team for their help.

I have continued to work on the RSC schedule for 2013. I requested this room here at UVA for our Feb., June, and Aug. RSCs. I did request extended time for Aug. RSC to accommodate the budget meeting. The April 2013 multi-day will be at Halifax Regional Hospital. There are two RSCs not scheduled for 2013, the Oct multi-day and the Dec 2013 RSC. We can't get this space here at UVA for the Dec 2013 RSC.

I have attended many events this summer in the region. Members have been looking for information for Serenity on the Shores. Our website doesn't have it posted. Thanks to all in the region for their service and all the events they host

Thank you for allowing me to serve.

ILS, Jeff H

Vice Chair Report: No report turned in

Secretary Report:

I have bought the Regional secretary computer with the help of Bill M. We spent \$419.99 on computer, \$8 check cashing fee with \$72.01 left over. I tried to send out minutes twice but they were returned in mail. I will try again next time hopefully with success. I have the correct mailing address now.

ILS, Cynthia W

Treasurers Report:

I apologize for being absent from Regional but I have a family commitment today. The Chair should have the checkbook and any checks that need to be written can be. The vice Chair has agreed to preside over the budget meeting.

All the bills that I know of up to today are paid except for the most current Primus and PCMS. I'll pay these after the Regional when I get the checkbook back. We had a bank balance of \$6,957.17 at the 156th RSC. Since then we have deposited \$1,339.63 and we have had debits totaling \$2,563.68 to give us a current balance of \$5,733.12.

Check 1096 for \$25.00 to Lynchburg SAARA Center is outstanding. This is for the July subcommittee meetings.

Attached is the financial statement since the 156th RSC. This report is based on the information that I was able to get online. The last activities reported were on 08/01.

Our YTD expenses are \$14,001.99 and our YTD income is \$5705.14.

ILS, Neal G

157th RSC Treasurer's Report Financial Statement 08/18/12

Opening balance (closing balance from 156th RSC report): \$6957.17

Credits	:	Gateway contribution:	\$332.38	
		Tri Cities contribution:	\$265.00	
		Southside contrib:	\$206.76	
		Almost Heaven contrib:	\$333.49	
		BRANA contribution:	\$50.00	
		RANA contribution:	\$140.00	
		New Vision Group contrib:	<u>\$12.00</u>	
		TOTAL:	\$1339.63	+\$1339.63

Seven debits:	check 1077:	\$75.00	
	check 1090:	\$93.54	
	check 1091:	\$75.00	
	check 1092:	\$100.00	
	check 1093:	\$100.00	
	check 1094:	\$416.90	
	check 1095:	\$500.00	
	debit card 06/15:	\$85.94	
	debit card 06/15:	\$695.23	
	debit card 07/23:	\$185.13	
	debit card 07/30:	\$102.81	
	debit card 07/30:	\$102.81	
	debit card 07/30:	<u>\$31.32</u>	
	TOTAL:	\$2563.68	<u>-\$2563.68</u>

Closing balance: \$5733.12

DETAILS

- Ck 1077 Good Shepherd Luth Church- April RSC
- Ck 1090 Lawrence Elliott- H&I (D5= \$59.54, E1= \$34.00)
- Ck 1091 Etta Fleet- RD to AZF (\$40 gas, \$35 per diem)
- Ck 1092 Donna Lee Peters- RDA to AZF same as 1091 plus \$25 baggage fee from WSC.
- Ck 1093 Eddie Williams- same as 1092.
- Debit Card 06/15-Primus
- Debit Card 06/15- PCMS
- Debit card 07/23- Primus
- Debit card 07/30- Hampton Inn (RD team at AZF)
- Debit card 07/30- Hampton Inn (RD team at AZF)
- Debit card 07/30- Hampton Inn (RD team at AZF)
- ILS, Neal G

Regional Delegate Report:

Hi Family,

It's good to be back. The delegate team attended Autonomy Zonal Forum, July 28th 2012 in Jenkintown, Pa. Regions attending were Eastern Pa, Greater Pa, Mountaineer, Chesapeake and Potomac, Free State and Central Atlantic. The regional reports were read and we discussed whether we had any interest in discussing the USSC. Apparently there is no USFA anymore and it is just down to the USSC. There apparently will be another upcoming meeting but our zone has no apparent interest in following up on their progress since you can go to their website and track their progress. The bulk of our conversations rested on life after the WSC. Since we have agreements in principle on the service system project, we have watched many area and regions begin to experiment on using bits and pieces of the service system proposal. Our zone would like to

know how to more effectively provide services to the regions we represent. Many people are unaware of our zone and are not aware that we function differently from many other zones. We do not have elected officers, no money is collected or used and we have been an information forum. There has been an ad-hoc committee set up to research how other zones function and we had some dialogue regarding polling our regions on how we might evolve to provide services and would our regions be willing to send donations to a zone to actually provide services. If we could provide services to the represented regions what would be the need? We are going to do an inventory to see if we can identify what are needs might be. I am turning in travel receipts for this trip. The total is \$41.60 gas/tolls.

Living Clean the Journey continues will be available in hardback and soft cover in October for \$8.75. There will be limited commemorative editions released in December priced at \$30.

The na.org website has been restructured and is now mobile friendly with an app for finding a meeting and the Just for Today readings.

There is an electronic version of the Basic Text that will be available at the end of September for \$8.90. Sponsorship and It Works are in the works for publication. It will be on Amazon.com and on the I-tunes store with links to the na.org website.

If any areas or regions would like to field test GSU's LSU's etc please contact worldboard@na.org it will help frame the transition plan for 2014. There will be updates online as they become available at www.na.org/servicesystem. Our new 18 member world board is acting as the current workgroup. They met on July 18 and discussed WSC 2012, zonal workshops, eight board members will serve a six year term and the election of 7 board members meant that three will serve a four year term. Term lengths were decided by placing eight six year medallions in a hat and three four year medallions.

Paul C., Mary Ellen P. and Tali M. drew four year terms. Our new leadership for this cycle will be Ron B. Chairperson, Franney J. vice Chair, Arne H as treasurer and Jim B. Secretary.

The issue discussion topics for this cycle will be Group Conscience, Delegation, and Accountability: Collaboration (Principles before Personalities and supporting our vision. WCNA 35 will be in Philadelphia Pa Aug 29th –Sept 1 2013 we will be celebrating 60 yrs. The theme will be The Journey Continues.

I attended and participated in Almost Heaven Area's Convention and am pleased to report that they had Anthony E. and Becky M. from Naws as the sat night and Sunday am speakers. It was a lovely weekend. I did not attend BRANA this year but even in the rain, the reports are that everyone had a great time!
In Loving Service Etta F.

Regional Delegate Alternate Report:

Greetings everyone. I attended the Autonomy Zonal Forum on July 28th hosted by the Eastern PA Region and held just outside of Philadelphia. Our main focus of discussion was centered on what we want our zone to look like and what functions it should serve. At the next Zonal Forum we will conduct a Zonal inventory and prior to that inventory the delegate team will be giving the RCMs a questionnaire to fill out so that we will have our conscience to carry to the inventory. One challenge is that many people in NA don't know that a zone even exists in our service structure. I will be also providing a report to the zone regarding what functions other zones serve. I can provide that information here so that may give us some ideas of what services this region may want our zone to provide if any. More will be revealed.

I also attended the Appalachian Area Service Work Speaker Jam. Eddie and I made a presentation on our current service structure and thanks to Eddie we had a power point to assist us in the presentation. This is available in case any other areas would like this presentation us well. I will be turning in a gas receipt for reimbursement today for travel to this event.

I helped Jeff with the Agenda for the second day of the 2 day CARNA event in October. I look forward to it and I am sure it will be a great event. Let's really get the word out and circulate the flyers so as to increase our attendance.

In Loving Service, Donna Lee P

Regional Delegate Alternate II Report:

Hello family,

On July 20th, at the request of our Regional Chair, I produced and had printed 200 copies of a flier announcing the Regional Subcommittee meetings for July 28th and brought them with me to the BRANA Campout. About a third were given to Jeff to hand out, a third were placed around the Coffee area near the main stage, and the

remainder I kept to distribute throughout the weekend. I have a receipt for the copies from Office Max in the amount of \$21.00 for which I am requesting reimbursement.

On July 28th the Delegate Team attended the Autonomy Zonal Forum in Jenkintown, PA hosted by the Eastern Pennsylvania Region. All six regions that comprise the Autonomy Zone were in attendance. The Chesapeake and Potomac Region announced they would be holding a forum within their region to discuss the relationship between themselves and NAWS (how they might better serve one another) but at the time of this report, a date and location have yet to be determined. Eastern PA announced that most of their regional positions remain open, and they continue to struggle financially. They are currently examining their budget to find ways to reduce spending without sacrificing their ability to be of service to their Areas. The Greater Philadelphia Region announced it's annual regional convention scheduled for August 10-12 in Valley Forge, as well as the upcoming WCNA 35 August 29 – September 1, 2013 at the Pennsylvania Convention Center in Philadelphia, where Narcotics Anonymous plans to celebrate it's 60th Anniversary. Those wanting more information regarding the WCNA may subscribe for updates by going to <http://www.na.org/?ID=wcna-index> and clicking on the "subscribe" link. The Mountaineer Region Announced it would be scheduling a workshop to discuss the possible implementation of various aspects of the service system project. As of this report the date and time of this workshop has yet to be announced. Those interested in learning more can visit <http://www.mrscna.org> for updates or more information. The remainder of the forum revolved around the following topics: 1) Autonomy Zone website discussion 2) USFA/USSC 3) How the AZF might best combine and coordinate the services and resources of it's participating regions 4) Setting the Agenda for the upcoming AZF January 26th hosted by the Freestate Region, which was agreed would include a "Zonal Inventory".

At the 156th RSC I received check number 1093 from our Regional Treasurer in the amount of \$100.00 (reflecting \$25.00 reimbursement for a baggage fee I incurred when returning from the WSC, and \$35.00 per diem/ \$40.00 gas to attend the AZF as reflected in the financial statement submitted by our treasurer at this RSC). I have gas receipts in the amount of \$92.00 for the approximately 670 mile trip, therefore, I am requesting gas reimbursement for the difference in the amount of \$52.00. Regarding Per Diem: as per Motion 155-5 made by Etta F. and seconded by Greg H. at the 155th RSC, this body unanimously approved a day and a half per diem (\$52.50 per delegate team member) for travel to this AZF. In keeping with the decisions made by this body I am requesting the remainder of \$17.50 per diem. Also, as per regional policy, I am submitting toll receipts in the amount of \$20.70, which brings the total reimbursement I am requesting for this AZF to \$90.20 This past Saturday on August 11 Donna Lee and I gave a presentation on the existing Service System at a service themed Special Event held by the Appalachian Area in Lynchburg, VA. We utilized the regional projector and produced a PowerPoint presentation illustrating the various layers of our service structure from the individual Group down to the World. As a member of the Appalachian Area I am eternally grateful to the many trusted servants from across our region who traveled to share their experience strength and hope on service work, including several former and current members of this Regional committee. A special thanks to Don V. from the Almost Heaven Area, Antoinette B. from Rappahannock and Kim A. from Southside. Also, at the request of our Regional Chair I produced a flier for the upcoming Two Day Regional Meeting in October. I have a receipt in the amount of _____ for the cost of the 300 copies to be distributed here today.

In Loving Service, Eddie W

VRCC Chair Report:

Hello Regionites, since our meeting in July, I have been in contact with the Clarion Hotel in Hagerstown, MD. The Almost Heaven/Shevana areas were awarded the bid for the 32nd AVCNA. Host committee executive elections will be Sunday (tomorrow) in Inwood WVA. All is on point for the 31st AVCNA. Financials for the 29th AVCNA were: Revenue: 20,332.45 Expenses 18,348.11 = 6984.34. 30th AVCNA: Revenue: 33,883.01 Expenses: 14,836.79 = 19,046.22. We have a walk thru scheduled at the Hotel Roanoke for Sept 15th in Roanoke for Host Committee. We still need a Vice Treasurer please announce. 5 area Directors present. ILS, Jimmy B

Hospitals & Institutions Chair Report:

An H&I subcommittee meeting was held July 29 in Lynchburg, VA. Seven people from 5 areas attended; two by telephone.

Nancy H. acted as secretary. The position of vice-chair is still vacant. RCMs, please take this open position back to your home groups.

Two letters were forwarded by hand to the committee. One is asking for a meeting to be taken to the Danville City Jail. I have forwarded that request to the Rappahannock RCM. The other letter is from an inmate about to be released asking for Fredericksburg meeting information. That information will be sent Monday.

We discussed the budget which will be presented at tonight's budget meeting.

I believe that our list of institutions served is still not complete. We only have information on 57 of the 128 institutions on the list. I have a hard copy here for review and update. If the RCMs are not sure, ask your area H&I chair to send a list of facilities to hi@car-na.org.

Jeff H. gave an update on the presentation at the Lunenburg Correctional Facility. Lunenburg is 97 miles due south of Charlottesville; 81 miles SW of Richmond. We will donate \$230 of NA literature to the facility and to the inmates. All books will go to the facility library. Pamphlets, booklets and Reaching Out will be available for inmates. We will also present a for Institutional Group Guide which will help inmates start their own NA meeting and how to register that meeting with NA World Services. Jeff H. made a flyer for the facility.

The next subcommittee meeting will be September 15, 2012 in Chesapeake, Virginia from 11:00 until 3:00 at Churchland Baptist Church, 3031 Churchland Blvd. All are welcome. RCMs, please take this meeting announcement to your areas, especially your H&I chair and H&I volunteers. This is the same location as last January. There is a flyer on the CARNA website. Feel free to print and distribute. I brought some copies with me.

The committee voted to move forward with the Writing Steps for Recovery program. A separate meeting was held at 1:00 that day.

A webinar is to be held on August 22nd and I have registered for that event. A meeting will be held on August 26th to talk about that webinar. We are hoping to find ways to tie people in electronically since we are so scattered around the region.

I am working on incorporating many of the ideas we have from 7 or 8 WSR programs around the world.

We learned that Celebrate Recovery (a Christ-based program offered in 17,000 churches) has writing steps by mail program. Because it is a religious and church based program it violates several of our traditions and I feel it ought not to become any part of our program nor should we refer anyone to it.

The WSR program is in need of people to do research, fill positions and volunteer as Step Guides. We also need help setting up a structure to enable us to have electronically connected meetings. Our intention is to have WSR meetings on the sub-committee meeting days at a later time. We also want to have WSR added to the CARNA website. Some website design and knowledge is needed.

In loving service, Lawrence E

Policy Chair Report:

The Regional Subcommittee met at the SAARA Center in Lynchburg, VA on July 28th. Representatives from the Tidewater, Appalachian, New Dominion, and BRANA attended and I thought the meeting was not only productive but also a lot of fun.

We hammered out the details on two motions, which the Subcommittee will present today.

We came up with what we think is a good policy regarding the hotel accommodations following the RSC for the April GSR Assembly and October Sunday Workshops. We reworked the motion regarding the Prudent Reserve so that it both clearly states the formula and establishes a single point of accountability for its creation.

I will present the final version of these motions today in "New Business."

The next subcommittee meeting is Saturday September 15th, from 11:00 to 3:00, at the Churchland Baptist Church, 3031 Churchland Boulevard, Chesapeake, VA
ILS, Bill M.

Public Relations Chair Report:

Met last month at SARRA Center in Lynchburg. Worked on the budget at the last meeting along with Erin and Bill. Thank you. I have been having computer trouble so I have not sent out the info on the Regional phone line in 3 months. I will catch this up by next month. Thank you for bearing with me. This committee continues to have a vacancy for the Phone line Coordinator position. Let me know if you are interested or know someone who maybe that I can contact. There had been a mix-up with the Summer Institute communication this year.

Added email: nansprat@gmail.com. For love of service, Nancy S

Speaker Jam Report Pro Tem Report:

Good Afternoon Family,

I apologize for not being at Region I had a job orientation it was necessary to report today, however, I will be able to commit to this position and will return next region. We do have an Area that is interested Roanoke they have to do is submit a letter of support from another Area that is willing they have the support of some of the surrounding neighbors such as Southside, Piedmont, Appalachia. The Roanoke Area already has a meeting place to hold the event Rocky Mount Christian Church on Church Street. The Speaker Jam timeline was from 1-7pm. It would be awesome if each Area could supply at least one speaker that can carry a message, however, does not get asked often just putting it out there. I also need subcommittee members to help form By-laws for this position it is long overdue. If anyone is interested please contact me at toniz0203@yahoo.com. I was to include a budget I would recommend \$1000.00 to cover the expenses of the two Speaker Jams we have a year.

In Loving Service, Antoinette B

Area Reports

Almost Heaven RCM Report:

Greetings all from Almost Heaven area

Our local community service continues to grow with new members showing up for service and our area putting working on putting mentoring into the mix. Our H&I orientation is quarterly with our orientation packet being discussed and handed out so we are all on the same page with our H&I.

Our PI is still a work in progress with discussion of purchasing an exhibit table to have available on a moment notice of an opportunity to carry our message at various community events. Literature, folders and items of this type have already available.

Our convention was a great success. The weather was good to us. All of us were talking with our HP's. Our registration appears to be the same as before but we did notice that attendance in the workshops was down. This will be something to discuss next year. We don't have our financials in order at this time but should be shortly. Thanks to all who attended and participated.

Our Inmate Step Writing task group is working hard to create our own orientation packet and is remaining in contact with our local prison to start shortly with our step work with inmates. We are following the planning basics to accomplish this. Our task group is looking forward again to our second webinar on August 22. We are all meeting to be a part of this effort.

And to finish up, our Area is very excited about obtaining the bid along the Shevana area to co-host 32nd AVCNA. This is the first time this has been tried. I have brought fliers for tomorrow's voting in of the host committee being held in Inwood, West Virginia. This is our regional convention so of course all are welcome. We all wait with bated breath for the signing of the hotel contract.

In loving Service, Sherry V

Appalachian RCM Report:

Hello Family,

The Appalachian Area held its last ASC on 8/5/12 at its new location at the Safe Haven Recovery Club in Lynchburg. There were 7 groups in attendance. There are 28 weekly meetings in the area with 11 home-groups, our geographical area has recently expanded somewhat as there is now a new meeting on Sunday's at 8pm in Appomattox. The Appalachian area now has meetings in Appomattox, Altavista, Bedford and Lynchburg. The following positions are open: Chair, Vice Chair, RCM alt., VRCC director and VRCC alt. director, there were 2 nominations for the Chair position which will be voted on at the next ASC. Both of the nominations for the chair position agreed to accept a nomination for vice chair if not elected into the chair position.

The H&I subcommittee continues to hold regular meetings at a homeless shelter and it is my understanding that they are looking to return to bringing meetings into a jail at Camp 9 in the near future. The special events subcommittee hosted a service speaker jam last weekend at the safe haven recovery club with two ideas as its focus which was atmosphere of recovery and how service has impacted individual's recovery. The event seemed to be a success as members from the Almost Heaven area, Rappahannock area, Roanoke Valley area, Southside area as well as members from the delegate team spoke at the event, there were approximately 30 people present most of the time during the event. The atmosphere in the meetings seems to

continue to be more positive and again I am pleased to report that there have been no instances of fighting. The Area is currently operating within its prudent reserve and as a result does not have a donation to make at this time. Speaking of operating in prudent reserve, there was considerable debate about hosting the above mentioned special event but because there was a general feeling that this was a needed event it was agreed upon to fund the event. The regional motions and nomination were all discussed at Area and as a result I am prepared to carry the group's conscience here today.

With love of the Fellowship, Greg H

Beach RCM Report: No Report Turned in

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. Meetings in our Area continue providing fellowship and access to the NA message, some groups are healthier than others and some individuals commit to formal positions of service more than others, some more consistently and effective than others. All in all the sense of UNITY is real and available in BRANA.

We have 12 active Home Groups in BRANA all but 2 regularly attend the ASC. There are 2 more, Buena Vista and Lexington whose meetings we list but who have been estranged (their GSR's claimed they were going to join or form another Area 2 years ago but never did). A change in membership and spirit in those Groups has led them to seek to rejoin BRANA, possibly as a single merged group. We are elated at the prospect reuniting with this community to our south.

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. Unfortunately the Harrisonburg Men's Diversion Center meeting is at risk of ending for lack of Trusted Servants to carry the message.

In the spirit of strengthening UNITY a suggestion was made with a motion following that the Area obtain new copies of Guide to Local Service to provide to Groups and Trusted Servants.

September is National Recovery Month. Augusta Medical Center is holding a recovery related event on Saturday, September 22 and Outreach will display some NA literature at the event. Wilson High School has asked a member to speak at an event and invited them to bring another volunteer speaker.

Find a New Way to Live Group will host the annual "Go Jump in the Lake Event" being Held on August 19, at 1 pm. I have brought fliers.

BRANA will be hosting a 2 day Regional event on October 20-21, 2012 at the Valley Mission in Staunton. INFORMATION ON BOTH EVENTS IS AVAILABLE AT OUR EVER HELPFUL CARNA WEB SITE. Also please visit the BRANA web site for other events and news in our Area and beyond.

At our latest event, the BRANA Campout, we had 386 registered campers with 32 day visitors for a total attendance of 418. Total clean time was 1,863 years.

We had elections for a new Chair and Vice- Chair. We still have openings for Literature Chair (nomination pending), Policy, Special Events, and VRCC Rep.

We voted on the recent CARNA motion and nomination and I'll state those results in old business; they are listed here in the report.

Regional Motion 156-4 – Motion FAILED

Regional Nomination of Antoinette B. for Speaker Jam Chair – 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 open positions at Area; PR chair is out for vote, and the Literature Chair is open for nominations as it is being filled pro-tem by the previous chair. Our policy is currently being reviewed for some clarifications on duties and responsibilities, as well as voting procedures. Additionally, we are looking into getting the name changed on the Area bank account to reflect the Areas proper name. Our subcommittees are doing quite well and the Area is financially

stable. Our next Special Event will be a dance on August 25, 2012 from 9- 12 at 418 Center Street Cumberland, MD 21502 (Fort Recovery). Admission is \$5.00. We will also holding a Speaker Jam September 29, 2012 at Constitution Park Cumberland, MD 21502. I am forwarding a check in the amount of \$249.80 as our Region donation.

It is my honor to be here as the new RCM for The Gateway to Freedom Area of Narcotics Anonymous.
In loving service, Rhonda P

New Dominion RCM Report:

Good Afternoon Family,

All is well in the New Dominion Area. We currently have 47 meetings and 42 home groups. We have recently formed a new camp-out subcommittee, whose responsibilities were previously handled by the special events subcommittee. At this time we do not have a chair for this subcommittee. Other news in the New Dominion Area is that the Hope Fiends Home Group will be hosting a bonfire and Brunswick stew dinner at Jeff H's house on October 27'th. This is a family friendly event and there are fliers on the table. We also have a motion going back to home groups in regard to our area co-hosting the 18'Th east coast convention. I apologize for my absence from the previous two RSC's. One fell at the end of my semester and it would have been detrimental to my academic progress to come, and I had a trip planned during the June RSC. Due to my internship, school, and work schedule I have to resign from my position as RCM of the New Dominion Area. This was a difficult decision for me to make and I feel bad for not being able to fulfill the commitment. I truly appreciate the opportunity to serve and look forward to doing so again when my life becomes more manageable.

In Loving Service, Brad M

New River Valley RCM Report:

Hello Family,

My name is Stephen W; I have been appointed ad-hoc RCM for the New River Valley Area of Narcotics Anonymous until a Permanent RCM can be elected. We currently have 8 home groups with 11 meetings. Our area has several positions open. Our individual meeting membership is at least consistent, but at the area level we are hurting. We are having a lack of growth in meetings and a lack of people willing to serve at the area level. We are conducting an inventory and welcome any help .We have mailed to checks totaling \$60.00 have been mailed to the regional mailbox.

ILS, Stephen W

Outer Limits RCM Report: Absent

Peninsula RCM Report: Absent

Piedmont RCM Report:

All is well in the Piedmont area. I have been elected our new RCM. Teresa M. has been elected our new RCM II.

We have added a new meeting and home group since the last RSC. It is called Spiritual Solution and it meets Wednesday at 6pm at Trinity Episcopal. It is a literature study meeting. This brings our area to 28 meetings with 18 home groups.

Most of our area trusted servants service commitments ended at our August ASC. Hamish B. is our new chair. Hank Z. is our new treasurer. Steve S. is our new secretary. Ky L. is our new H & I Chair. Dean N. is our new alt VRCC Dir. We still have two positions to fill at our area level. They are Vice Chair and Vice Treasurer. The money from PACNA has been reported to our area. The total donations to the area were \$1623, while the expenses were \$1809.63.

We are having our end of the summer pot luck picnic on Saturday 8/25 at Chris Greene Lake shelter #2.

Please mention you are with NA at the gate and you will be allowed to enter without paying the entrance fee.

Please bring a side dish. The suggested donation is \$5.

We have mailed a donation in July to the region for \$1080.

ILS, Tee T

Rappahannock RCM Report:

Dear Members of the Central Atlantic Regional Service Committee,

The Rappahannock Area is comprised of 30 weekly meetings, represented by 18 home groups, with 14 GSR's attending last month's ASC meeting on August 5th, 2012. We have amazing representation from the groups. We have more functioning, participating GSR's than I have ever seen. We discussed raising our quorum requirements and specifying what is considered (how many votes) a true RANA conscience. The plan is to discuss it more next month.

The GSR orientation has not been worked on by the RCM team as we had intended. I hope to be more motivated to do something in the coming months. It is surely needed now more than ever with all the new GSR's showing up to the ASC. This is the opportunity we all wait for, the chance to inspire individuals to serve and make it attractive to continue serving. RCM team needs to step up!

There are several open positions in our Area; Literature Chair, Vice-Treasurer, Activities Chair.

Our funding is currently in transition from the previous Treasurer to our new Treasurer. We did not get a report at the ASC meeting on August 5th because of this transition. 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.

Our H&I Subcommittee has been taking a weekly commitment to Bowling Green VA for the last 2 months.

Aside from a few small issues it has been extremely positive and seems to be bringing much needed stability, leadership and information to a group of new comers. H&I has also secured a second commitment at The Rappahannock Diversion Center in Stafford VA. The specifics are not set yet, but that meeting will be held once a week.

Our H&I, PR and Outreach Subcommittee all meet on the 2nd 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.

Regional motion 156-4 was approved by our Area.

ILS, Greg & Rudy

Richmond RCM Report: Absent

Roanoke Valley RCM Report: Absent

Shenandoah Valley RCM Report:

Dear RSC,

The Shenandoah Valley Area ASC met on August 13th with 14 GSR's present out of 19. We currently have 25 meetings weekly in our area. The only problem we have in our area at the present time is open ASC subcommittee positions. Our H&I Chair, Special Events Chair and Newsletter Chair positions are vacant and some of our subcommittees are struggling due to lack of attendance. Our H&I Committee is doing well, we currently serve 4 facilities with 6 weekly meetings among the 4. Our 9th Annual Shevana Speaker Jam was held last month with a lot of support from different areas in our Region, great speakers, good food and terrific fellowship. Thanks to all who participated and attended, you made it a great day. Our 3rd Annual Shevana campout is on August 24,25 & 26th at the Battle of Cedar Creek Campground in Middletown VA. The cost is \$25 for the whole weekend and most food is provided. I'm happy to report that Shevana and the Almost Heaven area's won the bid to co-host the 32nd AVCNA in January 2014!!!. We will be having elections for the host committee on August 19th (tomorrow) at Kings Pizza in Inwood WV at 785 Midway Pike at 2:30pm. It will be the first time the AVCNA has been co-hosted by 2 areas in our region and the first time the convention will be held outside the state of Virginia. We're all excited about the experience. We hope to have lots of support. I have a donation for the RSC today from our area in the amount of \$209.23. Our next ASC meeting will be held on September 10th 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. Since my last report our ASC met on July 1 in Danville and on August 12 In South Boston. All is well. Our next meeting will be on Sept 8th in Martinsville. We filled our Vice Chair position but there are still several commitments OTF. These commitments are RCM, RCM Alternate, Web servant and Secretary. We also need vice chairs for both H&I

and PR.

We have a new literature study meeting on Tuesday nights in South Boston. It's called "Living Clean the Journey Continues" and we are studying that new book. We've been in touch with World Services and have been told there will be an announcement regarding the book's publication in the October NA Way!!

We are having a celebration of NA World Unity Day on Sept 1, from noon till 11pm. There will be speakers speaking on a variety of excellent topics from 1 until 5:30, then food, and from 7:30-11:00 there will be a dance! This event has been posted on our website and can also be found on the regional website. I've brought some flyers which I hope ya'll will distribute in your regions.

Southside Area voted to send me as a nominee for the open RDA position on the RD team.

We would like to thank our RDA team for their service and would particularly like to say Thank you to Etta. Your 6 years of service have been much appreciated and we hope to see you in your next commitment very soon!

Our Policy remains under review.

Donation for this month is a total of \$185.78.

ILS, Kim A

Tidewater RCM Report:

Tidewater area had 29 GSRs at our last service meeting. We hold more than 100 meeting a week and have approximately 65 home groups.

We still have several service positions open at this time: RCM (I'm past due to turn it over), Alternate RCM, and VRCC chair.

TACNA planning continues though there are some service positions still unfilled. H&I has a learning day scheduled for November and we will be having a Special Events fundraiser next month to try to bring our prudent reserve back to full.

The Tidewater Area remains healthy (but poor) and continues to carry the message of recovery.

In loving service, Mark W

Tri-Cities RCM Report: Absent

Our Tri-Cities area is doing very well. Our Special Events Sub Committee is in preparation for our yearly Attitude for Gratitude. More shall be revealed on the date to be announced.

We have had many celebrations of clean time in the month of July. Our home groups are slow in attendance at this time

We will be having our first Area Workshop on November 10th. This workshop will cover our Concepts, Guide to Local Service, Robert's Rules of Order and our Tri-City Area Policy. As stated in our policy, this workshop is necessary to attend by our members interested in obtaining a position on a Area level.

Our Area has 12 home groups and two of the twelve have been dropped from quorum.

Sub Committees are strong, moving forward in carrying the message of Narcotics Anonymous.

Public Relations chair and VRCC Alt. positions are open at this time.

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

There is no donation at this time.

Looking forward to the two day event in October.

Love & Service, Maria C.

Break for lunch @ 1:40pm

Reconvened @ 2:20pm

Old Business:

Motion 156-3 Mover: Policy Subcommittee 2nd: 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 157th

Motion 157-2 Mover: Policy Subcommittee 2nd: Mark W Tidewater

Description/Background:

The CARNA Guidelines and Rules of Order are ambiguous regarding room accommodations for those attending GSR Assembly and October Sunday Workshops on the weekends of the RSC overnight events in April and October. Clarification of this policy became necessary following a controversy centered on which nights, Friday or Saturday, and who is entitled to room accommodations prior to the 155th RSC.

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 (p.10)

From:

8. 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:

8. The RSC will meet as a single-day event in the months of February, June, August, and December.

Add:

9. The RSC will meet as an overnight event in April and October.

A. CARNA will provide lodging following the RSC for those required to attend or report at the GSR Assembly or October Sunday Workshops.

B. The RSC may utilize any remaining funds budgeted for lodging expenses to furnish rooms following the RSC for other CARNA members interested in attending GSR Assembly or October Sunday Workshops.

C. Preference is given to those who are traveling approximately 200 miles or more.

D. Lodging requests must be submitted thirty days in advance.

Renumber the remaining items of Section VIII as necessary.

Straw poll done, suggestions made and motion sent back to Policy to come back at 158th.

Motion 156-4 Mover: Bill M Policy Chair 2nd: 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 questioning 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 157th RSC

Roll Call Vote taken: AHA yes, Appalachian yes, Beach yes, BRANA no, Gateway yes, NDANA yes, NRV abstain, Piedmont yes, RANA yes, SHEVANA no, South side yes, and Tidewater yes.

Motion passed 9-2-1

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.

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.

Nominations are still open for Speaker Jam Chair

Regional Delegate

Donna Lee P nominated and accepted.

I have a sponsor who has a sponsor, have a clear understanding and practice the Steps, Traditions and Concepts of NA, have served in both the RDA and RDA2 positions which makes me uniquely qualified to serve in the position of RD, clean just for today, have had many service positions in NA since I got clean, have been to 2 WSCs, have the time, willingness and resources to serve, have weekly access to internet and email, and have the clean time required for the position.

Nominations are still open for Regional Delegate

Regional Delegate Alternate

Eddie W nominated and accepted.

I have 9 ½ years clean (April 23, 2003), have been involved in service since about 9 months clean, have fulfilled the following service positions: Group Treasurer (14 months), Area Phoneline Secretary (18 months), Area Vice Chair (1 year), Area Chair (1 year), RCM (2 ½ years), H&I Panel Leader (2 ½ years), am currently serving as RDA2 (elected in April 2011), have attended two WSC's (2008 and 2012), have a sponsor, who has a sponsor, who has a sponsor who works the 12 steps of Narcotics Anonymous and am willing to serve in the position.

Nominations are still open for Regional Delegate Alternate

New Business

Motion 157-3: Mover: Donna Lee P 2nd: Greg H Appalachian

To reimburse RDA for gas for travel to Appalachian area Speaker Jam where RD team presented a workshop, \$40.

Intent: To be fully self-supporting in accordance with 7th Tradition.

Motion passed 12-0-0

Motion 157-4: Mover: Policy Subcommittee 2nd: Mark W Tidewater

Description/Background (Optional):

Although the CARNA G & RO requires the region to establish a prudent reserve, it specifies neither a formula nor a single point of accountability for establishing its amount.

Intent:

To enable the Treasurer of the Central Atlantic Region of Narcotics Anonymous to manage our funds

responsibly, per our 11th Concept, and establish a single point of accountability for establishing the prudent reserve, per our 5th Concept.

Motion:

Change: CARNA Guidelines & Rules of Order

Remove from Section VIII: Additional Guidelines (p. 10)

1. RSC will maintain a prudent reserve. After expenses are paid, 50% all remaining money will be donated to NAWS. (149th)

Renumber remaining items of Section VIII: Additional Guidelines accordingly

Insert lines 6 and 7 below following line 5, in Section IX: Officers Duties/Qualifications, 4A. Treasurer Duties (p. 13).

6. After the budget is approved, the Treasurer will establish a prudent reserve equal to 25% of the combined total of the newly approved budget and the previous year's budget.

7. After expenses are paid and prudent reserve is met, all remaining money will be donated to NAWS.

Renumber remaining items of Section IX: Officers Duties/Qualifications, 4A. Treasurer Duties accordingly

Pros: 1. That we can support NAWS by way of a donation as they survive from the sale of literature and donations from Region. 2. The Guide to Local Services suggests that groups and areas maintain a prudent reserve to ensure we maintain ourselves as fully self-supporting. This motion as written follows the spirit of this, without holding too much money.

Cons: 1. The original motion that was presented by the policy subcommittee had, among other components...50% of all remaining money be forwarded... this motion was recently sent back to policy for clarifications of this motion as a result of a typo in the minutes. Now having been returned to this body 50% has been changed to "all". The motion should not have been changed by only clarified.

Motion to go back to areas for group conscience vote to come back at the 158th RSC

Motion 157-5: Mover: Bill M 2nd: Lance G Beach

To replace the current "approved" motion form with one with a format that begins with an optional description/background section followed by the intent and then the motion.

Intent: To clearly communicate to the areas and home groups the history and need for the motion.

Motion passed 10-0-1

Motion 157-6: Mover: Lawrence E 2nd: Greg H Appalachian

To investigate the cost and technical needs of procuring carna.org (no hyphen) and migrating away from car-na.org (hyphen) over a two year period.

This should include identifying references to car-na.org (hyphen) in our own literature and links to our present website from other websites such as na.org and others.

An inexpensive domain registration site such as godaddy.com should be used.

Intent: To make our website name easier to distribute, remember and use. To comply with the 8th Concept: Our service structure depends on the integrity and effectiveness of our communications. Clear and easy if effective.

Motion was referred to PR and report to come back at 158th RSC

Motion 157-7: Mover: Lawrence E 2nd: Greg H Appalachian

To amend the CARNA RSC Guidelines and Rules of Order, Section VIII: Additional Guidelines, number 7:

From: Receipts are required for all reimbursements by RSC.

To: To reimburse RSC Trusted Servants for gasoline based on actual gasoline purchases and receipts before and after regional business travel or at \$0.20 per mile based on mileage from a web based map/driving system (such as Mapquest, Google Maps or other). Funds based on this cost per mile procedure can be requested before travel in order to allow the travel.

Intent: To reimburse trusted servants for regional business travel without requiring a nuisance procedure.

Motion was referred to Policy and report to come back at 158th RSC

Motion 157-8: Mover: Lawrence E 2nd: Greg H Appalachian

To amend the CARNA RSC Guidelines and Rules of Order, Section VIII: Additional Guidelines:

Add 7a: To reimburse RSC Trusted Servants for copying based on an actual receipt or based on a flat rate of \$0.09 per copy.

Intent: To reimburse trusted servants for copying for regional business even if receipts are forgotten or lost.

Motion was referred to Policy and report to come back at 158th RSC

Planning for Next RSC

158th RSC will be held on Saturday, October 20, 2012 at Valley Mission, 1513 West Beverley St., Staunton, VA 24401 beginning at 10am with open forum and 11:15am with RSC meeting.

157th RSC closed at 4:35pm with Serenity Prayer.

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