

159th Central Atlantic Region
Regional Service Conference
Meeting Minutes
1215 Lee St.
Charlottesville, VA
December 15, 2012

Open Forum began at 11:05am with Serenity Prayer

Topics of Discussion:

1. Donna Lee: Regional Workshop Slot at AVCNA 1pm - ? Saturday – what does the group want to do with that? Donna Lee was put in charge of this – topic will be focused on “*What NA is doing around the world*”.
2. Questionnaire re: zonal forum questions – went over several of these
3. Zonal Forum – How does it serve our region – Should we be sending our RD team with more direction to gather ESH on our specific regional issues. Zonal Inventory is set up to share info and we do get to contribute to the agenda if we contribute our agenda items in advance. Last Saturday in January is next Zonal Forum.
4. Creating a new commitment of Vice Treasurer: Consensus Based Decision Making – Possibly creating a new commitment of Vice Treasurer – Use CBDM to come up with the duties and qualifications for this new commitment.
5. Create a formula for an audit of the treasury

Open Forum closed at 12:03pm

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 – Kim A filling in

Treasurer – Neil G

Regional Delegate – OTF

Regional Delegate Alt – Donna Lee

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 – Antoinette B

1. Almost Heaven – Sherry V
2. Appalachian – Greg H
3. Beach – Lance G
4. BRANA – Peter P
5. BANA – Lance G
6. Gateway to Freedom – Rhonda P
7. New Dominion – Joe
8. New River Valley – Absent
9. Outer Limits - Harvey
10. Peninsula – Jimmy R
11. Piedmont – Tee T
12. Rappahannock – Greg G
13. Richmond – Absent
14. Roanoke Valley – Erin C
15. Shenandoah Valley - Melissa E

- 16. Southside – Kim A
- 17. Tidewater – Absent
- 18. Tri-Cities – Absent

Areas not present for RSC – 4– New River Valley, Richmond, Tidewater, Tri-Cities
Welcome Outer Limits back to the region

Recognition of New Attendees –

Establishment of Quorum **13** RCM/RCM Alts present, 1st and 2nd Quorum met. (Outer limits not part of today's vote because they would need to have been able to supply minutes from past 2 ascs)

Approval of Minutes -

159-1 Motion to add the motion number 158-9 to the 158th minutes for the budget motion

Made by bill Seconded by Melissa - Shenandoah

10-0-0 Motion Passes

Motion 159-2 To Approve the 158th RSC minutes as amended.

Mover: Greg Rappahonock Second: Greg, Appalacian

Intent: To continue with the flow of business.

9-0-1 Motion Passes

Trusted Servant Reports

Chair Report:

Dear Region,

Since the past RSC, I have been busy doing business as usual. I have picked the mail up regularly and brought it here today to distribute. I have been trying to implement a new way to distribute the mail. Hopefully this month it will get started. I did not attend the subcommittee meetings in Nov.

I still have a few areas to give Basic Text to from the ECCNA. I was able to get Tidewater, Tri-Cities and Penninsular their texts.

The RSC schedule for 2013 is mostly set. The April multi-day will be in the Southside Area. The RD team should submit an Agenda and a flier in our Feb RSC. I have not planned the Oct RSC since I will not be the chairperson. I believe it should go to Quadrant 4. All other RSCs will be here except Dec of 2013 this room will not be available.

We need to open the Chairpersons position this month, my term sup in April.

I hope to be able to attend the Jan. Subcommittee meetings. I am not sure at this time. Our next RSC will be on Feb 16, 2013 at UVA Conference Room.

ILS,

Jeff H



October 30, 2012

Central Atlantic Region
PO Box 1959
Chesterfield, VA 23832

Dear Friends of the Valley Mission:

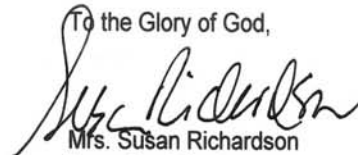
Thank you for your support of Valley Mission. The work performed here each day not only provides shelter, clothing, and meals, but seeks to assist in addressing issues faced by our residents. Gifts like yours allow us to fulfill our mission to serve those in need.

Most often, those in need of help face difficulties that they simply do not have the tools to repair. Their circumstances cause them to feel beaten down and hopeless that tomorrow will bring about a positive change. Because of you they are fed, clothed and given tools, encouragement and hope to dream about a better life. For so many, this caring support is life transforming.

Your contribution of \$150.00 is greatly appreciated. According to IRS regulations we must state that no goods or services were received in exchange for your donation. Please keep this letter for your tax records.

Valley Mission's only purpose is to serve the needs of others and we are grateful for your partnership in helping us to provide a place of hope.


To the Glory of God,



Mrs. Susan Richardson
Executive Director

1513 W. Beverley Street Staunton, Va. 24401
Phone: (540) 886-4673 Fax: (540) 885-7228
www.valleymission.net

Thank you!
God Bless
the work that
you do!
-Susan



Donation Receipt

Receipt #: 39611

Central Atlantic Region
PO Box 1959
Chesterfield, VA 23832

Date	Amount	Deductible	Fund	Payment
10/26/2012	\$150.00	\$150.00	Chapel/Designated Funds	Check

Federal income tax law requires us to inform you that no goods or services were provided to you in return for your gift. Therefore, within the limits prescribed by law, the full amount of your gift is deductible for Federal income tax purposes.

Please retain this receipt for your records.

Questions regarding this gift should be directed to the office at 540-886-4673 or development@valleymission.net.

Vice Chair Report:

Hello Family,

Hope everyone is doing well. The only thing I have to report at this time is that my term as vice chair is up in April.

Hope everyone has a safe and happy holiday.

In loving service,

Jim H

Vice Chair

Secretary Report: No report

Treasurers Report:

All the bills that I know of up to today are paid. We had a bank balance of \$7065.53 at the 158th RSC. Since then we have deposited \$4937.51 and we have had debits totaling \$3024.92 to give us a current bank balance of \$8978.12.

Attached is the financial statement since the 158th RSC. This report is based on the information that I was able to get online. The last activities reported were on 12/11.

Our YTD expenses have been \$18,779.71 and our YTD income has been \$13,560.49.

2012 seems to have been a somewhat austere year for donations to the Region and this is probably in keeping with the generally difficult economic times facing our nation. We all know that many groups and areas are struggling with their finances and their actual viability. VRCC's contribution from the convention certainly helped. 2012 has been tough for the region, the areas, the groups, and for many individuals but all of us who are here today, and many others, made have made it through this period clean and have been able to continue to carry the message and with that as our foundation we can look forward to the coming year with an attitude of gratitude and hope.

ILS, Neal G

Opening balance (closing balance from 157th RSC report): \$7065.53

Credits	:	Shevana contribution:	\$579.11	
		Almost Heaven contrib:	\$197.17	
		RVANA contribution:	\$401.67	
		Outer Limits Area contrib:	\$549.56	
		RANA contrib:	\$1000.00	
		New Vision Grp contrib:	\$10.00	
		VRCC:	<u>\$2200.00</u>	
		TOTAL:	\$4937.51	+\$4937.51

Seven debits:	check 1103:	\$215.46	
	check 1104:	\$11.13	
	check 1106:	\$40.00	
	check 1107:	\$150.00	
	check 1108:	\$154.86	
	debit card 10/18:	\$167.37	
	debit card 10/23:	\$951.60	
	debit card 11/16:	\$139.50	
	debit card 11/19:	\$63.23	
	debit card 12/11:	\$1048.02	
	debit card 12/11:	<u>\$83.75</u>	
	TOTAL	\$3024.92	<u>-\$3024.92</u>

Closing balance: \$8978.12

DETAILS

Ck 1103 Lawrence Elliott- H&I lit, mailings, mtg space
Ck 1104 Neal Griffin- Treasurer report and new budget copies
Ck 1106 Eddie Williams- gas for RDA2 to help w/NRVANA inventory
Ck 1107 Valley Mission Chapel- 158th mtg space
Ck 1108 Jeff Hankins- Oct. 2day supplies
Debit card 10/18- Primus
Debit card 10/23- Howard Johnson's Staunton Oct 2day rooms
Debit card 11/16- Network Solutions (website hosting)
Debit card 11/19- Brinkster (domain)
Debit card 12/11- PCMS
Debit card 12/11- Primus

Regional Delegate Report: Position Vacant

Regional Delegate Alternate Report:

No report turned in

Regional Delegate Alternate II Report:

Hello family,

On November 3rd Donna Lee and I helped to conduct an area inventory in the New River Valley Area from 11 to 4. We utilized the Planning Basics to help identify and prioritize the issues they faced, helped to develop goals to address the issues, discussed how to identify the resources that may be available, gave examples of how to go about developing approaches and take action, and stressed the importance of monitoring and evaluating the success of their efforts. All who participated appeared to be encouraged by the process and seemed hopeful by all that was shared. In an effort to save on gas expenses Donna Lee and I met just off I-81 at the Hardees in Troutville, then rode together from there to Radford and back. Based on my gas receipt from that morning which

reflects a cost of \$3.15 a gallon) the 102 miles from my home to Hardees and back and my vehicle's estimate 24 MPG, I am returning \$26.61 of the \$40 that was given to me at the 158th RSC.
In Loving Service, Eddie W. (CARNA RDA2)

VRCC Chair Report:

Hello Regionaires,

Tim C was elected as Vice Treasurer at our Nov meeting.

Not in attendance was Appalachia, Beach, Blue Ridge, Gateway, New River, Outer Limits, Peninsula, Southside.

What's up with that?

I have a check in the amount of \$4976.40 for a closeout of the 30th AVCNA>

31st AVCNA is so close. Hope ya'll are all booked and ready.

Jimmy B

Hospitals & Institutions Chair Report:

Hello, family.

The H&I sub-committee met on November 11th in Colonial Heights, VA. Four persons from four areas were present. There were two parts to the meeting H&I and WSR.

Mike P. has managed to get us some time and space at AVCNA to hand out information and collect contact information from those interested in becoming part of the project. Details about the handouts, who will go, and such, are not decided.

We talked about the Coffeewood Correctional Facility which requested help and information from the region. I've tried several times to reach Coffeewood and the referring person in C&P Region. I have not received any response from either person.

In the WSR part of the meeting we wrote a mission statement: To provide support in step writing by any incarcerated addict who desires recovery through the program of NA. The H&I subcommittee approved it.

Our ad hoc chair was not at the WSR meeting and I later learned that she has stepped down from the position.

Lavita D. from the Rappahannock area expressed her willingness to step up and we agreed. We also spent time talking about an implementation plan.

We are concerned that only a very few people are involved in the project. I, personally, suspect that a great many NA members in the region don't know about the project.

_____ of us met this morning at 10:00 to work on the WSR project. We are finishing the procedures and policies that will drive the program.

Policy Chair Report:

Five addicts attended the Policy Subcommittee at the Ivey Memorial United Methodist Church in Colonial Heights on November 17th.

We discussed Motion 157-2, and we believe returned a motion that resolves the RCM's objections discussed at the 158th RSC. The motion incorporates the changes suggested by the RCMs and supported by the straw polls at the 158th RSC. The RCMs requested the amending sections referring to "those required or requested to attend," and asked the subcommittee to address the ambiguity associated with the preference given GSR's before other CARNA members traveling extended distances. The Policy subcommittee addressed these issues by wording the forms per the instructions of the RCM at the 158th RSC, and the latter by removing any reference to a specified distance and simply giving room preference to those traveling the farthest, and equally important, submitted their request on, or before, the deadline.

The amended motion is on the agenda for your review today.

Several months ago, the Chair and I discussed problems the RSC experienced during the turnover of the Treasurer position such as the time it takes the new treasurer to become familiar with the Regions accounting system and monthly bills. The chair asked the policy subcommittee to draft the duties and qualifications for a proposed Vice Treasurer who would assist the Treasurer, fulfill many of the Treasurer's duties in their absence, and become an automatic nominee for Treasurer at the end of the Treasurer's term.

I began by researching the duties and qualifications of vice treasurer positions by reading the policy guidelines of the RSC's throughout the United States and Canada looking for similar positions. Then, compiled a list of those duties and qualifications, and using that information as a basis for a position in our region, the policy subcommittee produced a list of proposed duties and qualifications for a position for our region. The Policy Subcommittee submitted these qualifications and duties to the secretary and it is included on today's agenda.

At the last RSC, the Chair asked the RDA, Donna Lee, to hold a workshop on Consensus-based decision-making. Those participating in the workshop concluded that the proposed Vice-Treasurer position presents a model test case for this decision-making process. With the consent of the Chair, and the RCMs, I would like this body to apply this process today to this position near the end of the RSC. The intent is not to rewrite our policy guide, or pass anything without a group conscious, but rather to see if there is support among the RCMs for this position. If the RCMs believe this position is worthwhile and merits discussing; then, determine as a group, those duties, and qualifications so the Policy subcommittee can return to this body a well-worded motion that the RCMs will gladly support and take to their area for their group conscious.
ILS, Bill M.

Public Relations Chair Report:

The Subcommittee is available to help any area that has a need for which we can assist them. Our Subcommittee meeting grew from 2 in attendance to 7 in attendance in November. 3 of the attendees wanted to know what PR could do for them. Discussions held about training the trainer workshops that will be getting started.

The number of calls made to helpline for November were sent to the secretary for distribution.

I attended the H&I planning workshop held in November. Public Relations is willing to accompany H&I as they do presentation on WSR to the prisons & jails staff & officials.

I'd like to ask again for 2 meeting schedules from each area for our webmaster to have for updated schedules to compile.

Let me know how we can help.

We need a secretary as Tim C resigned to go back to VRCC.

For the love of service,

Nancy S

804-247-1400

Nansprat0@gmail.com

Next meeting Jan 19th in Winchester

Speaker Jam Report

Pro Tem Report:

Area Reports

Almost Heaven RCM Report: ~ Sherry V

Local Service Unit (LSU)

Current Tasks: The New Year's Dance is on task. We are looking for home groups or area members to make donations of food or other items. Our flier is on the CAR-NA.org website. Please join us for the fellowship and our first meeting of the New Year.

We had a strong response for the Roxbury Correctional Institution (RCI) Maryland request for speakers. We would like to announce again that RCI is looking for male or female speakers to come in and carry the message to the in house meeting at the facility. We will maintain a list of interested speakers to be able to continue to serve this meeting in this way. This meeting is registered in-house meeting. A 1yr minimum clean-time must go through facility orientation and clearance. It's a men's institution, but women can go in as well. (Again this is not an H&I meeting, it is an inside meeting).

Ongoing Tasks: Our H&I Commitments are going well. We will be purchasing more literature today to take in to Eastern Regional Jail (ERJ) West Virginia and Washington County Detention Center - Maryland. We have had a delay in getting clearance for the members who have been through our Area orientation. The facility lost our applications. The point of contact for this task is attempting to get new applications and will distribute them to those who have been through orientation. Our badges for ERJ will be expiring this month. The facility requested that the group come in together to have them renewed. The point of contact for our H&I commitments will coordinate this.

There is another Area H&I Orientation scheduled for today December 15th at 1:30 PM We realized that some sections of the orientation packet have been removed and we will be replacing them before more are printed.

MCTC Commitment – we are drafting a letter to send in response to the letter we received from the facility to determine what they are what requesting from us. We are not sure if they are looking for

speakers, step guides, or an H&I commitment. If they are looking for an H&I commitment, we will need at least 4 more interested members to be able to fulfill this commitment.

Inmate Step Writing Task Group – We realized that meeting monthly and trying to put together guidelines and an orientation was too slow a task. We were not making any headway. A couple of addicts are going to get together and draw up guidelines and an orientation. Then a meeting of the ISWTG will be planned and the group will go over the drafts. The final version will then be brought to the LSU.

Annual Budget for 2013

A budget meeting was held on November 28 for our 2013 budget.

AHA Convention

We approved this year budget in the month of October. We had to make some major cuts in our budget due to decreased on-site registrations full packages. This year is also a World convention year, which will be held in Philadelphia, PA. We are expecting a possibility of decreased registrants due to this. We are looking at cutting back on the amount of buildings we rent from the 4_H facility. Just to let everyone know we, the Convention Committee have decided that if a position is still open at the close of business in April, those positions will cut off for nominations.

At Area we are discussing round table discussion. We hope to try this out and see if there is an interested in doing this at Area. Area Service duration is shorter since going to LSU

We have 2 checks for donations, 1 for Nov. in the amount of \$13.41 and 1 for Dec. in the amount \$148.00

ILS, Sherry V

Appalachian RCM Report: ~ Greg H

No report turned in

Beach RCM Report: ~ Lance G

CARNA,

The Beach area is running smoothly with consistent group representation of over 90%. We have 16 active groups. We opened nominations for next years' service positions and all service positions were filled. We have formed an all-encompassing sub-committee. Initially its tasks include developing a literature fulfillment system, website and meeting list. After some difficulties with our initial website and domain name we are in the process of a domain name change. Our webservant will apprise the RSC webservant of the changes the second week of January. We also came up with a prudent reserve and donation policy which brings a \$1700 check to the region today. This is my last RSC and I will be replaced by Chuck K who attended with me at the last RSC.

ILS, Lance G.

Blue Ridge RCM Report: ~ Peter P

Hello NA Family of the Central Atlantic Region:

First I want to give thanks to Nancy H., BRANA's RCM Alternate, for her service. This month in particular she carried the mantle at our ASC and has lightened my load considerably. She is also essential to our Outreach committee. Thanks Nancy.

The Blue Ridge Area of Narcotics Anonymous continues working to serve the home groups in our Area and to carry the NA message to the community at large. Home Groups are the vanguards of the NA message in our community and along with our Outreach committee (we combine PR and H&I together) must get the support they need. We currently have what we hope is a temporary reduction in Area involvement by the Home groups, our last ASC barely made quorum, and some members saw this as a sign of growing apathy by Home groups and their members. There were solutions offered such as: having an ASC only every other month or putting out an "at large" invitation to all Area members, etc. However, it may be that the Area trusted Servants, committee members, and GSRs need to reach out and be more involved with the Home Groups activities (meetings, Group Consciences) and members of those groups to create personal Unity. More will be revealed...

We still have openings for Policy, Special Events, VRCC Rep. and Treasurer. Our financial strength is has grown notably – again probably a temporary condition – and we have what is for us a substantial

donation of just over two hundred dollars (>\$200.00) to make to Region at this time. The Budget went to the Home Groups and although it passed approval there were ***far too many*** abstentions which indicated that I did a poor job of making that information understandable to individual members and their groups. I regret this because I believe our Treasurer and many others at Region have worked hard to make our Budget available and intelligible. Sorry I was unable to be at the 2nd day of October event, BRANA members told me it went well. I fell quite ill the night before and felt a renewed interest and dedication to Recovery!
ILS, Peter P

Gateway to Freedom RCM Report: ~ Rhonda P

Hi Family,
My apologies for not being able to attend the last RSC held in October. The Gateway To Freedom Area is doing well and we currently have 20 meetings per week. We have some changes to our meeting schedule as some meetings have moved or changed times. I brought the updated meeting list and request that the Regional Website be updated accordingly. We have upcoming special events planned: A New Year's Eve Dance from 10pm to 1am at; 419 N Center Street, Cumberland, MD. As well as a Marathon Meeting New Year's Eve at the Emanuel Episcopal Church, 16 Washington Street, Cumberland, Md. Meetings beginning at 8:30pm until 8:00am. Due to a miscalculation, regretfully we are still unable to forward a donation to Region this month. Our treasurer is in the process of a full reconciliation and we hope to forward our donation at next Region. Current open positions are Literature Chair and H&I Chair. Thank you for allowing me to serve.
ILS, Rhonda P

New Dominion RCM Report: ~ Joe

All is well in New Dominion Area of Narcotics Anonymous. We passed the Regional Budget and had a policy change. The policy change enables us to donate to the region every other month, instead of once a year. We held elections last Sunday. We elected Tanya K. as our new area chair, Tracy N. as Vice Chair and Jody S as our new H&I Chair. RCM, Secretary and Literature Chair are still up for reelection. We have the New Year's Eve Gala on Monday, December 31st on the corner of Malvern St. and Monument Ave in Richmond. I have no donation with me, but I will mail it. The Basic Texts from the ECCNA were given to the NDANA H&I.
In loving service,
Joe B

New River Valley RCM Report: ~ ABSENT

Outer Limits RCM Report: ~ Harvey – ASC was held. Positions open are RCM, ARCM, URCC Director, Secretary. Come today with a donation of \$107.30. Next ASC is 1-6-13. 5 meetings now so hopefully we will be able to fill all positions.
ILS,
Harvey H

Peninsula RCM Report: ~ Jimmy R–

Peninsula Area is doing well. We received the Basic Texts from the ECCNA and they were turned over to the H&I. Will be more prepared at the next RSC.
In loving Service,
Jimmy R

Piedmont RCM Report: ~ Tee

Hello family,
All is well in the Piedmont Area. We currently have 18 home groups with 27 meetings. Twelve of the fifteen groups on roll call were at the December ASC. Currently only the Vice Chair position is open at the area level. We are holding a holiday party on 12/22/12 at St. Paul's Memorial church, 1700

University Ave from 2pm to 7pm. There is a \$5 suggested donation, but no addict will be turned away. This is a family friendly potluck event in which the main course will be provided. There will be games and activities for the kids. There will also be a visit from Santa Claus and he will have presents for the kids. We will be voting to approve the regional budget. Our next Area service will be 1/6/13 at Hinton Ave Methodist Church at 4pm
ILS Tee T.

Rappahannock RCM Report: ~ Greg - \$80.00

There are currently 18 groups in our Area and 16 GSR's were present for December's ASC held on December 3, 2012. This is by far our best turnout in almost a decade. We can proudly say we have a fully functional ASC. It may be dysfunctional at times, but we are getting it done. The biggest change we have seen recently is in our new GSR's participation. We are working very hard to encourage and educate GSR's in their role on the area service committee. We are very close to a regular GSR orientation/workshop in our area. We put out a questionnaire a couple months ago and based on the response, we will be organizing and facilitating this orientation. We hope to better empower GSR's, especially new ones, to participate fully in the decision making process and give them the tools to properly carry information to and from their home groups.

We have 3 open positions on the ASC; Literature Vice-Chair, Secretary II and Chair of the newly formed Policy Subcommittee. No new elections have occurred in the past 2 months.

We are currently struggling with meeting spaces. We recently had some groups lose their meeting space due to irresponsible behavior of some of our members. No meetings have closed but they are moving around trying to find a permanent home. We feel this will be resolved soon but a concerted effort is being made to stabilize these home groups, update our meeting list and provide a consistent location for all our meetings so new comers can find us.

Our H&I Subcommittee is still carrying a meeting, every Wednesday, to the McShinn Foundation Center in Bowling Green VA. There are a lot of members participating in carrying the message to the members in Bowling Green. They are trying to finalize plans to take a weekly meeting into the Men's Diversion Center in Stafford VA. The 5 basic texts from the ECCNA were given to the H&I chair to be given to men at the Diversion Center.

Our PR subcommittee is changing web servers and is in the process of building the new website. The web address will be the same, just through a different server. The committee is also redoing our meeting list format to accommodate the now 27 weekly meetings in the Rappahannock Area. We have a donation from the PR Subcommittee in the amount of \$80. This is a donation specifically figured into their yearly budget and made as a contribution to the Regional Phone line.

The Activities committee is hosting a Speaker Jam, Restoring Fractured Personalities, on March 9, 2013 from 11am-8 pm at Falmouth Baptist Church in Fredericksburg VA. There are flyers on the table in the back.

A motion was passed to begin discussions concerning holding an Area convention in Fredericksburg. We are in the infancy stages and it may not even come to fruition but we agreed to investigate and discuss it.

We passed our Area budget for 2013. We also agreed, unanimously, to approve the 2013 RSC budget.

Finally, a motion will be submitted in New Business requesting the Central Atlantic Region recommend Etta F. for an interview as a Co-facilitator at the WSC. The motion maker is the Rappahannock Area of NA. A motion was sent back to home groups in November regarding this request and it was passed unanimously by 16 of our home groups. We did not specifically discuss sending this motion back to all the regions home groups or if this motion can be passed here at the RSC with a simple majority of RCM's. We will leave that up to this committee to decide.

In Loving Service, Rudy and Greg

Richmond RCM Report: ~ ABSENT

Roanoke Valley RCM Report: Erin C

Hey Family,

Our Area Service Committee is still struggling greatly. Our elections for all positions were in July and many positions have yet to be filled. We currently have the following positions open: Chair, PR Chair, Policy Chair, Vice Treasurer, Alternate RCM, Alt VRCC. Our H&I subcommittee is operating and we elected a new Activities chair this month, however no other subcommittees are meeting for lack of trusted servants.

Our meetings have been stable, there have been no changes to the meeting list since the last regional meeting.

Our Vice Chair decided to cancel our next area service committee in January because it is the same weekend as the AVCNA there were no objections. Hope to see you all in January for the AVCNA!

In Loving Service, Erin C.

Shenandoah Valley RCM Report: ~ Melissa E

Dear rec,

Shenandoah valley OS doing well. We now have 20 groups in our area with the addition of our newest group Together we can. We have 26 meetings. A week. Our asc met on December 10th with 15 GSR'S present. the groups in our area sent their vote on the proposed regional budget today. Our H&I subcommittee is doing very well. We currently have 7 meetings weekly in 4 different facilities. We have some upcoming events in our area. We're having a holiday dinner tonight. In Winchester at John Mann UMC at 530 as well as an NA Marathon meeting on Dec 24th from 8pm thru Dec 25th at 6pm. The address is 119 E Cork St. We've scheduled a snow tubing trip on January 27th. We're meeting at Edge Hill at 130 to carpool to whitetail resort in Mercersburg pa. The cost is \$27 for two hours of tube time. Planning for the AVCNA 32 is going well between our area and the Almost Heaven area. We do still have a few open positions on the host committee but all in all were handling all tasks and are doing our best to follow our convention planning timeline. Our next host committee meeting will be held on January 13th at the convention in Roanoke. Our next asc meeting will be held on January 14th at 630pm at Grace Community Church in Winchester. This may be my last meeting as the Shen Valley RCM. My term is up next month. I believe my RCM alternate Elisa D. Will be stepping up to be Shen Valley's new RCM. Thank you all so much for all your help and guidance. I've really enjoyed my experience here. 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 December 2nd. All is well. There remain several commitments OTF. These commitments are RCM, RCM Alternate and Secretary. We have 11 Home Groups and 36 meetings – 1 folded. Our webmaster sent our meeting list updates to PR (George B). Our Area PR Chair and Vice Chair attended PR this past month in the hopes of learning why Regional PR would like them to attend. I've brought flyers for the Holiday party being sponsored by A New Beginning.

Our regional donation this month is \$72.84

As a result of the round table discussions from the last 2 day Regional, in particular the discussion surrounding a "suggestion box", our ASC has an interest in putting a survey up on our website. We are in the process of compiling a list of questions for that survey. The goal is to give addicts a place to make suggestions or even offer criticisms when they see something, which goes against our primary purpose happening within our area. Many times addicts have a hard time speaking up in home groups or at Area when they fear the consequences of other addicts being displeased by their input.

I presented the list of questions from Donna Lee and these questions went to all Southside Home Groups. We hope to have some responses to those questions available for next region.

At our last ASC the topic of sending recommendations to World Services was discussed. The consensus was that Southside feels it would be more in keeping with proper procedures if we were to treat these recommendations much like we do nominations and that before our region recommends anyone for any positions, the duties and responsibilities as well as how the addict being considered for recommendation is qualified should be considered through our normal nomination/volunteer process and all addicts being considered for such

recommendations should be considered individually on their own merits. Southside also feels this could be an opportunity to practice unity. It might be a good idea if we could spread the word throughout our region of this unique opportunity; i.e. invite anyone interested in being considered for recommendation by our region to any of the available World Service Positions to submit their requests. It is our suggestion that along with their request they should list the duties and responsibilities of the position they are interested in, as well as their qualifications.
ILS, Kim A

Tidewater RCM Report: ~ ABSENT

Tri-Cities RCM Report: ~ ABSENT

Break for lunch @ 1:50pm

Reconvened @ 2:30pm

Attendance taken and Quorum met (13)

Motion to change order of the day so Peter can read his report and have it included in the minutes 9-1-0

Old Business:

156-3 – motion for 2 day event Take this motion back to areas to be voted on at 160th RSC

Made by Policy - 2nd by Lance of Beach Area

Motion to amend – Made by Lance G – Beach, 2nd by Greg H- Appalacian -- Amendment to 156-3. To add “by the RSC” following the word “requested” in line 9 section A.

Intent: to clarify line 9 section A

Motion to amend carried unanimously: 12-0-0 Motion to Amend Passes

Full motion follows:

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. This policy specifically mentions GSR’s before other CARNA members with the express intent to not only encourage the participation of GSRs at the Regional level but also to establish a hierarchy for room allocation.

Motion 156-3:

To change the CARNA Guidelines and Rules of Order, Section VIII: ADDITIONAL GUIDELINES, #8 (p.10)

A. 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.**

B. 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 by the CARNA Guidelines & Rules of Order or those requested by the RSC to attend the April or October overnight event.**
 - B. The RSC may utilize any remaining funds budgeted for lodging to furnish rooms following the RSC for GSRs and other CARNA members interested in attending the April or October overnight event.**
 - C. Lodging requests must be submitted thirty days in advance by email to rooms@car-na.org**

D. Preference is given to GSR's and other CARNA members who travel the greatest distance, measured from their home address to the lodging address. The RSC Chair or its designee will determine the distance using a previously selected website.

Renumber the remaining items of Section VIII as necessary

Take this motion (156-3) back to areas to be voted on at 160th RSC

158-6 - Tabled from 158th

RBZ

RBZ Mover: Etta 2nd: AHA RCM

Intent:

To involve the Region in the RBZ (Regional Board Zonal) process.

Motion 158-6:

To recommend Etta F for co-facilitator and Sherry V for HRP using the RBZ process.

Sherry V – discussion “What is the RBZ Recommendation Process” Motion Fails –1-8-2 – (refer to motions 159-3 and 159-4) – Sherry went over the below info to help with the decision making process.

WHAT IS THE RBZ RECOMMENDATION PROCESS?

NAWS NEWS AUGUST 2012 FROM THE HUMAN RESOURCE PANEL

Our first focus is the RBZ (Regions, World Board, Zones) recommendation process. As some background, the World Service Conference created a process by which those RBZs mentioned above can forward candidates to the HRP for our consideration. It allows those service bodies to consider members for potential nomination to the World Board, Co-facilitator, and the HRP, and send those names along. It is important to note that this is not a nomination, but rather a recommendation. The RBZ process foregoes the HRPs initial screening and ensures that the RBZ candidate will receive an interview.

In an effort to help everyone to have ample time to participate in the RBZ recommendation process, one of the changes we are making this cycle is to initiate the process at the very first opportunity. We will send out our announcement to RBZs in early September of this year, a full six months earlier than previous cycles.

We recognize the value this “local” vetting has added and we encourage all members who are interested in being considered for service to the WSC to also consider an RBZ recommendation. In support of this, we will contact eligible members of the World Pool to be sure that they are also aware of the RBZ process.

NAWS News November 2012 FROM THE HUMAN RESOURCE PANEL

Greetings from your Human Resource Panel. As we have not met since the last edition of NAWS News, our report to you will be concise.

As previously reported, and in an effort to help everyone have ample time to participate in the RBZ recommendation process, we sent all regional delegates, alternates, zonal forum contacts, and the World Board an email in mid-September. This was a full six months earlier than in previous conference cycles. The email included attachments of the rationale questionnaire and submission form. We asked the service bodies to complete these forms for each candidate they submit.

In early October we sent all active World Pool members an email requesting them to complete the new World Pool Information Form (WPIF). The WPIF now includes a few personal recovery questions. This change was made for us to identify those members who are most likely to be nominated and excuse those who are not at the earliest opportunity. Thank you to those members who have already updated their WPIF and we encourage those who have yet to, to do so.

As a reminder, deadlines are 31 August 2013 to update your WPIF for consideration as part of the 2014 WSC nominations process, and 31 October 2013 for RBZ submissions from regions, the World Board and zones.

The *Human Resource Panel* (HRP) From the Guide to World Services 2012

who facilitates an election/selection process that will allow the World Service Conference to base trusted servant choices upon the principles of ability and experience, helps to allow members to be nominated from around the world without having to be present at the conference to receive due consideration, and create a more open opportunity for World Services to benefit from our collective resources by providing an established and recognized process by which to do so

Human Resource Panel External Guidelines

The Human Resource Panel uses these guidelines as well as a set of internal guidelines that provide more detail about the panel's internal procedures and practices, and a process and criteria for the selection of nominees to forward to the World Service Conference. The internal guidelines and selection process are amendable by the Human Resource Panel. The External Guidelines are amendable only by action of the World Service Conference.

Accountability and Cooperation Statement

The Human Resource Panel is accountable to the World Service Conference. When the World Service Conference is not in session, the World Board oversees all activities of NA World Services. The Human Resource Panel strives to support a cooperative working relationship with the World Board.

Purpose of the Human Resource Panel

The purpose of the Human Resource Panel is to identify NA members whose skills, talents, and experience support their ability to be most qualified as NA world service trusted servants. The panel is responsible for forwarding to the World Service Conference a list of those most qualified candidates (nominees) for consideration and selection by the WSC. The Human Resource Panel also administers the World Pool, a resource for identifying potential candidates for NA world service trusted servant positions, and World Board projects, workgroups, or other NAWS assignments.

General Duties

The duties of the Human Resource Panel are to develop, maintain, and implement a nominations process that results in the identification of the most qualified candidates for consideration for service by the World Service Conference. In support of this, the Human

Resource Panel will cooperate with all of NA World Services to maintain current descriptions of the skills, talents, and experience necessary to successfully fulfill the tasks of WSC elected positions.

The Human Resource Panel utilizes various NAWS publications to communicate with NA members worldwide in an effort to keep members up to date on the panel's activity and any pending nominations process deadlines. The panel welcomes input from all interested members on any aspect of their work.

As a part of the nominations process the Human Resource Panel will:

- Screen information of eligible members of the World Pool to identify those most qualified to be considered for election to NA world service trusted servant positions.
- Inform qualified members of the World Pool and service bodies who can forward names for consideration to the Human Resource Panel (NA regions, NA zones, and the World Board) of the current descriptions of the skills, talents, and experience necessary to successfully fulfill the positions of World Board member, WSC Co-facilitator, and Human Resource Panel member.
- Interview all potential candidates who meet the cleantime requirement for each position and are forwarded for consideration by NA regions, NA zones, or the World Board, independent from and after any other initial screening process.
- Provide the World Service Conference with a list of nominees best qualified for election to the World Board, WSC Co-facilitator, and Human Resource Panel. These lists, for the purposes of election at the World Service Conference, will not be governed by any minimum candidate-to-open position ratio; the maximum ratio should be limited to no more than two (2) candidates to each open position.
- Facilitate the Elections Session of the World Service Conference.
- Be available throughout the meeting of the World Service Conference to answer participants' questions about the nominations process, without violating the confidentiality of World Pool members, potential candidates, nominees, or their references.

Membership and Participation

The Human Resource Panel will consist of up to four members elected by majority vote of the World Service Conference. While elected at the World Service Conference, panel members are not conference participants and do not have the ability to participate at the World Service Conference beyond their defined role. Human Resource Panel members are often invited to participate in discussion or presentation sessions at the World Service Conference.

Membership Qualifications

In addition to the qualities expressed in Concept Four such as humility, integrity, trustworthiness, and strong commitment to open communication, following are qualifications for nomination and election to the Human Resource Panel:

- Ability to protect confidential information held in the World Pool and revealed during the Human Resource Panel nominations process.
- History of both completing work independently and working well within a group.
- Familiarity with the Narcotics Anonymous service structure.
- Organizational and communication skills.

- Ability to donate sufficient time to attend meetings and to fulfill the additional commitments of Human Resource Panel membership.
- A working knowledge of the Twelve Steps, Traditions, and Concepts.

Cleantime Requirement

All Human Resource Panel members must have a minimum of eight (8) years clean.

The WSC Co-facilitators

The WSC Co-facilitators are two (2) individuals elected by a simple majority of the World Service Conference. The purpose of the WSC Co-facilitators is to preside over the business meeting of the World Service Conference. WSC Co-facilitators must have a minimum of eight (8) years cleantime. The term is two (2) conference cycles. WSC Co-facilitators may not serve two full consecutive terms. WSC Co-facilitators are accountable to the World Service Conference.

The duties of the WSC Co-facilitators are to:

- Preside over the business meeting of the World Service Conference.
- Communicate with the World Board as necessary in order to be prepared for the conference meeting.

The qualifications for the WSC Co-facilitators are:

1. A demonstrated ability to preside over business meetings.
2. A working knowledge of WSC conference policies and procedures.
3. A working knowledge of *Robert's Rules of Order* and general parliamentary procedure.
4. Demonstrated organizational skills.
5. Holding no other World Services positions or responsibilities at the time of assuming the Co-facilitator's duties.
6. A working knowledge of the Twelve Steps, Traditions, and Concepts of Narcotics Anonymous.

Motion to change the order of the day – Greg G, 2nd Greg H 12-0-0 - Motion Passes

159-3 —

Friendly amendment to include entire resume – Etta will compile and email to secretary.

Made by Greg G - RANA, 2nd by Greg H – Appalachian

Description/Background:

At the 158th RSC a motion to recommend Etta to interview for a Co-Facilitator position at World Service.

During discussion it was recommended to split the motion into 2 motions. 158-6 was tabled till today.

Intent: To support our former RD, RDA, RDAII in her desire to serve as a Co-Facilitator at the WSC.

Motion: To delegate to the RD team to complete and submit a Potential Candidate Submission Form for Etta F. This recommendation will be on behalf of the Central Atlantic Region. This will be a for a position as WSC Co-Facilitator.

Greg G – RANA RCM requests that this motion be sent back to home groups.

Etta's Qualifications: Served as RD, RDA & RDAII for 6 years. She has attended 3 WSC's. She has served this region in the above capacity and has a record of outstanding service not only to the Central Atlantic Region but also to the Rappahannock Area of NA.

Pros:

1. We have within our region a qualified member to who can contribute to the guidance for NA and we'd like to put them forward.
2. Etta's service record is documented in the Regional Minutes of the past 6 years in the form of her reports. If any member wants to know about her they can go to CAR-NA.org and read the minutes.

Cons:

1. During discussion of the motion for RBZ process Etta appeared to express, in her frustration with discussion about this process, to step back from this process. *

2. A lot of the home group members don't know them so they can't make an informed vote. Chair closed discussion.. Greg H. appealed in an effort to give Etta an opportunity to redress
**Etta Responded that she did not step back, but was concerned by the process. She would be willing to submit her resume and that would take a bit of time because it would be very lengthy.*

Motion 159-3 Tabled to Areas till the 160th RSC

159-4

At the 158th RSC a motion to recommend Sherry V to interview for a Human Resource Panel position at World Service. During discussion it was recommended to split the motion into 2 separate motions. 158-6 was tabled till today.

Intent: To support our former RD, RDA, RDAII, Chair & Vice Chair in her desire to serve on a Human Resource Panel at World Service.

Motion: To delegate to the RD team to complete and submit a Potential Candidate Submission Form for Sherry V. This recommendation will be on behalf of the Central Atlantic Region. This will be a for a position on the Human Resource Panel.

Greg G – RANA RCM requests that this motion be sent back to home groups.

Sherry's Qualifications: Served as RD, RDA & RDAII for 6 years. Served as Chair for CARNA for 2 years and Vice Chair for 2 years. She has served this region in the above capacity and has a record of outstanding service not only to the Central Atlantic Region but also to the Almost Heaven Area of NA.

Pros

1. She has faithfully served this Body and Region for many years and will probably do a good job.
2. I have served with Sherry V since 1996 and have seen her willingness to serve and not walk away when confronted and the ability to see her commitment to the end.

Cons

1. While I respect Sherry she tends to present information in an argumentative manner that leads to halts in business.
2. It has seemed to me Sherry has trouble fulfilling commitments in a timely manner. (i.e. the website updates) Lately she seems overcommitted already. *Sherry Responded: You are the only one who has said anything about the website updates not being quick enough and that's because you have a grudge against me from when you submitted a contract for your company to take over the website.*
3. For the RBZ Recommendation Process Etta & Sherry – Most Homegroup members are not familiar with the candidates.

Motion 159-4 Tabled to Areas till the 160th RSC

159-9 – Budget Roll Call Vote

Motion Passes 10-0-2 (I'm sorry I didn't get the roll call votes – Jeff has them and will send them to you)

Bill presented his research on the appeal process. An appeal can only be made immediately after a decision is made.

New Business

Nominations and Elections:

RD – Donna Lee -- 9-0-1 Passed

RDA – Eddy 9-0-1 - Passed

RDA2 – Kim A nominated – motion to close nominations 8-0-1 (sorry I didn't get who that motion was made by or seconded by or what the intent was.)

Qualifications:

21 years clean, 23 years previous service experience – RCM, Area Secretary, Area Treasurer, Convention Arts & Graphics Chair, Convention Programming, 2 year Reaching Out Magazine commitment through World Services, Home Group Chair, Secretary, Treasurer, GSR, Coffee Maker, Door Greeter, 18 yrs with various commitments within the Writing Steps For Recovery Behind the Walls Subcommittee in CT, has a Sponsor who has a sponsor..., PR Chair and member for many years. Fulfilled all commitments and has plenty of time to devote to service commitments. Willingness and Desire to humbly serve.

Pros:

1. Kim works hard to give attention to personality issues or character defects which might interfere with her ability to serve. This is an admirable asset which would be a contribution to our fellowship.

Cons:

1. Kim states she is available. That NA is like her profession... she has missed 2 subcommittee meetings because she was out of town with her husband. *Kim responded: I did not have a commitment at those subcommittee meetings and therefore my attendance was not required.*
2. Kim submitted a contract for Website Services. *Kim responded that she did not submit a contract. When the Regional Webservant Commitment was vacant she volunteered for it and also stated in a proposal how she felt she could best serve this region by utilizing her professional Website Skills and Web Server. She does not make a profit off NA. She believes in NA's 7th tradition of self support so when she hosts a website in her service to NA, she only charges what her costs are. She does not make money on NA.*

Nomination for Kim A as RDA II Tabled to Areas till the 160th RSC

Secretary – OTF again Kim willing to fill in February unless Cindy can come

Commitments to be elected in April: Chair, Vice Chair, Policy all OTF

Planning for Workshop at AVCNA – Donna Lee tasked with the project

Flyers available for 32nd AVCNA will be held in MD and is being hosted by 2 of our areas in 2014

Motion 159-5

Made by Lance G – Beach Second: Jimmy R – Peninsula

Motion: To submit a letter of support for the ECCNA from the region.

Intent: to show that the region supports the areas that are co-sponsoring the bid committee for the 2014 ECCNA.

Motion 159-5 Tabled to Areas till the 160th RSC

Donna Lee – brought letter from Dickenson County Facility asking for a starter kit to start a new group within their facility. Letter will be given to PR to handle.

Neil – looking for receipt for @ \$500.00 for laptop from secretary. Will contact Secretary

Return to Zonal Forum Questions with last 7 minutes answered 2 or 3 more questions

Announcements:

Next RSC -160th RSC will be held on Saturday, February 16, 2012 with Open Forum at 11am and RSC at 12:15 at UVA Main Hospital 1215 Lee St. Charlottesville, VA -- Parking available in the Lee St. Parking Garage - Cross the street from the Garage, go into main entrance, meeting space is just to the left of the Cafeteria.

159th RSC closed at 4:59 pm with Serenity Prayer.

Thanks for allowing me to serve. ILS, Kim A and Cynthia W