

AGENDA
160th Regional Service Conference
Central Atlantic Region
February 16, 2013

Note: RSC will be preceded by Open Forum, not to exceed one hour.

Open Forum begins: 11am

- **Motions - Wording: sending them back to home groups vs. sending them to areas**
- **Subcommittee support - Is rotating our subcommittees working?**
- **Beach area asked how can they get support to coordinate efforts within metro area – RD team & PR may be able to help coordinate**
- **Discussion on the Saturday start time for RSC on the 2-day event.**
- **Treasurer brought up the possible need for an audit system for the treasury.**
- **Phone lines – do most of our areas have their own phone lines? Information available on the Website resources area.**

RSC begins: 12:15pm

1. Serenity Prayer
2. Reading of Purpose, Traditions, and Concepts
3. Roll Call: Quorum =9

	Roll call		roll call	156-3	rollcall after lunch
Chair	Jeff	Almost Heaven	Sherry	Y	√
Vice Chair	Jim	Appalachian	A		
Secretary	Kim	Beach	Chuck K	Y	√
Treasurer	Neil	Blue Ridge	Peter	Y	√
Regional Delegate	Donna Lee	Gateway to Freedom	Andy	Y	√
Regional Delegate Alternate	Eddy	New Dominion	Joe B	Y	√
Regional Delegate Alternate 2	OTF	New River Valley	A		
VRCC Chair	A- Joe reported	Outer Limits	Harvey	-	-
Hospitals and Institutions Chair	Lawrence	Peninsula	Jimmy	A	√
Policy Chair	Bill	Piedmont	T	Y	√
Public Relations Chair	Nancy	Rappahannock	Rudolf	Y	√
Speaker Jam Chair	A	Richmond	Jackie	A	√
		Roanoke Valley	Erin	Y	√
		Shenandoah Valley	Lisa	Y	√
		South Side	A		
		Tidewater	A		
		Tri-Cities	Fatima	Y	√

Note: Any area that missed two consecutive RSC will be referred to the Outreach Subcommittee (Project Driven).

4. Recognition of new attendees
5. Approval of Minutes - 9-0-1 Passes
6. **Trusted Servants Reports** - Hotel for 2 day is the Super 8 – put address in minutes.

Chair Report

Dear Region,

Since the past RSC , I have been busy doing business as usually. We have implemented the new method to distribute mail, Tim C. goes to the mail box weekly and mails the appropriate mail to the appropriate person. This still remains under the Chairpersons duties to arrange the distribution of the regional mail, but this method will allow the future chairperson an easier and more convenient way to handle the mail.

I mailed the last two areas their ECCNA text that had not received them yet. The mailing cost was \$16.52, I submitted the receipt for reimbursement.

I was given a donation from New Dominion Area for the amount of \$1,362.10 from their 2012 year close out.

The RSC schedule for 2013 is set. The April multi-day will be in the Southside Area, the RD team was asked submit the Agenda and a flier at this 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.

The elections for Chairperson is at next RSC, my term is up in April

I was unable to attend the Jan. subcommittee meetings; our next RSC will be on April 20, 2013 at Halifax Regional Hospital, We have reserved 10 rooms with the Super 8 in South Boston, Va.

ILS

Jeff H

Vice Chair Report

Good afternoon family

Would like to thank the Roanoke area for hosting the 31st. AVCNA was well attended and I really enjoyed the whole weekend .

Nothing else to report at this time .

Reminder that my term is up in April .

In Loving service

Jim H

Vice chair

Secretary Report – no written report

Treasurer Report

All the bills that I know of up to today are paid. We had a bank balance of \$8978.12 at the 159th RSC. Since then we have deposited \$9296.51 and we have had debits totaling \$1629.60 to give us a current bank balance of \$16,645.03. I paid Primus since this bank statement and will write a check for PCMS at this RSC. These debits aren't reflected on this statement.

Attached is the financial statement since the 159th RSC. This report is based on the information that I was able to get online. The last activities reported were on 02/04/13.

Our YTD (2013) expenses have been \$1250.54 and our YTD income has been \$0.00.

Our actual expenses for 2012 were \$19,009.82 against a budget of \$32,196.00. We were under budget by \$13,186.18. One main reason for such a big discrepancy was that the 2012 budget was put together without much coherent background information. The budget that we have now was put together without the end-of-year figures for 2012 so it also might be a bit higher than what we actually spend in 2013 but the 2014 budget will have two years of clear financial reporting to draw on so the proposed budget should be closer to actual needs.

Contributions for 2012 totaled \$22,830.39. We received \$7,176.40 from VRCC. That contribution constitutes 31% of our total income. According to my calculations and recording skills we took in \$3,820.57 more than we spent. WOO-HOO!!! You have a copy of the end-of-year figures for 2012 and we can go over those numbers if desired but I would like to put some statistics into this report so that the body can have a better understanding of how we are spending the funds entrusted to us. This might help us to see if there are any areas where we want to make adjustments so that we can better serve the needs of the Region and better carry the message. I am just going to break down the areas that have the largest share of the pie and those that have the smallest.

The phone line and answering service used 34% of the budget; GSR assembly- 8%; RSC related expenses- 16%; RD team related items- 29%; PR- .6% (less than 1%); H&I- 3%. I would like to emphasize that none of these number- be they high or low- should be construed as a reflection on any member(s) or committee(s) of this body. The body as a whole approves these expenditures. This breakdown is given solely to allow us to see how we are spending the money and if there are any areas where we would want to make adjustments. It is somewhat like a Treasurer's 4th Step.

ILS,

Neal Griffin

Financial Statement

02/14/13

Opening balance (closing balance from 157th RSC report): \$8978.12

Credits :	New Dominion contrib:	\$1797.00	
	Almost Heaven contrib:	\$161.41	
	Outer Limits Area contrib:	\$107.30	
	RANA contrib:	\$80.00	
	New Vision Grp contrib:	\$30.00	
	VRCC:	\$4976.40	
	Returned cash:	\$26.61	
	Beach Area contrib.:	\$1714.17	
	BRANA contrib:	\$200.00	
	Southside contrib.:	<u>\$203.62</u>	
	TOTAL:	\$9296.51	+\$9296.51

Debits:	check 1109:	\$75.00	
	check 1110:	\$43.65	
	check 1111:	\$75.00	
	check 1112:	\$50.00	
	check 1113:	\$15.00	
	check 1114:	\$220.00	
	check1115:	\$220.00	
	debit card 12/19:	\$40.00	
	debit card 01/08:	\$80.41	
	debit card 01/08:	\$375.38	
	debit card 01/09:	\$197.58	
	debit card 01/09:	\$197.58	
	debit card 01/22:	<u>\$40.00</u>	
	TOTAL	\$1629.60	<u>-\$1629.60</u>

Closing balance: \$16,645.03

DETAILS

Ck 1109 Market St UMC- subcomm's mtg space
Ck 1110 Lawrence Elliott- H&I subcomm mtg in Winchester
Ck 1111 UVA Hospital Aux- 159th mtg space
Ck 1112 Ivey Memorial UMC- November subcomm's mtg space
Ck 1113 Eddie Williams- RD wkshop flyers for AVCNA
Ck 1114 Donna Lee Peters- 4 days per diem and \$40 gas for MARLCNA and AZF
Ck 1115 Eddie Williams- 4 days per diem and \$40 gas for MARLCNA and AZF
Debit card 12/19- Brinkster
Debit card 01/08- Primus
Debit card 01/08- PCMS
Debit card 01/09- Lancaster Host Inn (MARLCNA RDA)
Debit card 01/09- Lancaster Host Inn (MARLCNA RDA2)
Debit card 01/22- Brinkster

ILS,

Neal Griffin

RDA Report

Greetings everyone. I attended the Autonomy Zonal Forum on January 26th. On the agenda for the day was a Zonal inventory. The Zone is currently an information gathering session and a chance for our RDS to meet outside of the WSC. There is much discussion in NA about the roles of zones and what can be gained through relationships between NAWS and the zones. We decided an inventory was the best place to start. We currently provide a service during CAR years providing a workshop to go over the CAR and CAT material, usually with World Board participation. We also did a workshop on CBDM. We discussed what other services we may provide. We looked at some of the policies and practices of some of the other US zones. We looked at what we could be doing and came up with several ideas. Add learning days and workshops, improve communications with NAWS and other zones as well as between our regions, reduce redundancy of services, and work with communication outside of NA with federal agencies, criminal justice and national, regional, local mental health. We prioritized several goals. 1. Learning/Training. 2. AZF website. 3. Hub for communication: between regions, other zones, NAWS, H&I/PR, multiregional. There were lots of ideas on how to improve the website and the web servants are going to bring back a mock version to review at the next zonal. There were several ideas on how to utilize more training in our zone, use ½ of our meetings, having one other event per year, having events at conventions. Such workshops could include IDTS, Traditions Workbook, and Train the Trainer events, also inviting other zones to participate. We will finish the inventory at our next AZF meeting in July.

I attended MARLCNA on Feb. 8th-10th. We had the NAWS update on Friday night. The upcoming conference focus is going to be the SSP, traditions book framework, intro to na meetings ip, and the idts which are Group Conscience, Supporting our Vision, and Collaboration. NA is now in 76 languages, published in 42. The medical researcher that was studying NA found that while we are half as religious we are twice as spiritual which is important because that is something the medical community doesn't understand about NA works. E publications are not available on the website and are available on Amazon and I Tunes because it is not cost effective or practical to have on our website due to the manpower needed to maintain such a service. With the SSP the transition plan will be presented in 2014, 2 main focuses, ongoing discussion topics, areas that the board plans to talk about this cycle and field testing, putting the proposals into place. One ongoing discussion is of particular interest to us: how do we deal with geographic exceptions large and small. Also seating criteria, role of zones, lit distribution and fund flow, RSOS and service offices and how do they fit in the new system, incorporated bodies and conventions, border communities, ethnic language culture considerations. Also some splits occurred because a groups needs were not being met so if reunification is desired, we need to make sure those needs are being met. There is a small group of 9 communities all in the US due to financial reasons plus a broad range of field testers. Tools are available on website for GSUS, LSUS and facilitation tools, input is needed, and results shape a transition plan and strengthen the proposals. Sherry V did an excellent presentation on Almost Heaven and their use of the LSU and project driven delivery of services. Shelley from Baltimore discussed their testing of GSUS and LSUS. GSUS in three neighborhoods and only 1 LSU meeting, which was aided in their facilitation by World Services. They have a local service board meeting later in Feb where they will discuss project plans to present to the groups in March. Passaic co NJ has been experimenting with CBDM since Feb 2011. They are experimenting with GSUS. They were using the one track model but are thinking now that is not working well so they are going to transition into the two track model. They have a mentorship web page. Baltimore and Passaic Co still have ASCS and are just field testing. Almost Heaven is using a modified model of the LSU adapted to their needs.

At MARLCNA, we also did round table discussions on the 3rd tradition and the traditions book project. Some people were questioning why we were doing the 3rd tradition. Arnie from the world board fielded questions and explained that with the rise of Drug Replacement therapy we need to be prepared on how to navigate the influx of members on long term DRTS and this round table was to begin a discussion that could be helpful. There were lots of great ideas when it came to the traditions book.

We have planned the Agenda for the GSR assembly and have fliers available today. We will do a workshop on CDBM as that was stated on this floor as something you would be interested in having. We are also going to do the IDT Group Conscience. I hope you all can attend.

Hopefully in April we will have a schedule of IDT workshops around the quadrants. I believe we did add off year workshops to our budget. I will be asking for help from RCMS to locate meeting locations around the quadrants and will try my best to take these workshops to places that haven't had workshops in a while.

I am returning \$15 that wasn't used for AZF/MARLCNA.

In Loving Service,

Donna Lee P.

Regional Delegate Alternate Report

Hello family,

On Saturday January 12th Donna Lee and I presented "NA Around the World (Our Global Fellowship)" at the 31st AVCNA in Roanoke VA. The presentation began with an audio clip of Jimmy K expressing his vision for the fellowship then segued to a movie released at

WCNA 34 showcasing members, events, trusted servants and various service bodies throughout the fellowship & around the world. We played the power point we'd produced for the Region following WSC2012 which included our tour of the world service office, our description of the World Floor, and the various other elements at the WSC. We shared the results of the 2011 Membership Survey, and then showed a half a dozen or so Public Service Announcements produced by Regions and Areas around the world. Our presentation also included a 7 minute video produced by the Iran Region which was released at WSC2012, as well as two brief testimonials from members in Cuba and China. We closed with a video produced by NAWS of the Regional participants at WSC2012 and a second video released at WCNA 34. I personally felt the presentation was moving, and greatly appreciated by all who attended.

Unfortunately, I was unable to attend the Autonomy Zonal Forum hosted by the Freestate Region on January 26th, 2013 due to illness (a double ear infection in my right ear). I did receive a copy of the minutes from Merle S. of the Eastern Pennsylvania Region and can make them available to anyone interested in what transpired.

On Friday February 8th, 2013 Donna Lee and I attended the Mid-Atlantic Regional Learning Conference of Narcotics Anonymous (MARLCNA) in Lancaster PA. The Friday night presentation consisted of a general update from Narcotics Anonymous World Services (NAWS). Two world board members were responsible for facilitating, but a total of 6 were in attendance (those attending on "their own dime"). Additionally, at least two members of NAWS Staff helped to facilitate and answer questions. Items of note included: updates regarding WCNA 35 available at na.org, update regarding the number of weekly meetings around the world (61,800), number of languages spoken in NA (76), number of languages in which literature is now published (42 – based on IP #1). NA meeting growth continues to rise while NAWS income continues to fall (9% comes from contributions – 91% comes from literature sales). The reduction in income has resulted in a 10% reduction in NAWS staff, less participation at workshops/PR events, and other general cost saving measures across the board. Current Issue Discussion Topics (IDT's) include: "Collaboration", "Group Conscience" and "Supporting our Vision". Session profiles and information is available online (www.na.org/IDT). In addition to the IDT's NAWS is asking for input regarding the Traditions Book (www.na.org/traditions), Intro to NA Meetings (www.na.org/intro), and Service System Tools (www.na.org/servicesystem). Saturday morning consisted of several round tables (small group discussions) regarding the Third Tradition, and the Traditions Book). Questions included "What gets in my way of practicing the Third Tradition as an individual member?", "What get's in the way of practicing the principles of the Third Tradition within a meeting (home group) setting?", "Share a personal learning experience you've had related to the principles in our 12 traditions". This segued into "How can a piece of literature help recreate the learning experiences we have with the traditions?", "What should a Traditions book look like?". The remainder of the afternoon centered around a Service System update, the highlight of which were reports from three areas in particular who've begun to experiment with various aspects of the SSP (various forms of the Group Support and/or Local Services units). Those to report included The Almost Heaven Area, the Baltimore Area, and the Passaic Area. Although Baltimore had only recently begun to experiment, each Area genuinely seemed to have found value in approaching their challenges from a different angle. Overall it seemed their approach was to "eat the chicken and spit out the bones" (to focus on the particular elements that might best address the needs within their community) as opposed to implementing wholesale systemic changes to their local service structure.

*Finally (regarding expenses related to MARLCNA which I attended, and the Autonomy Zonal Forum which I was unable to attend): Given the situation I'll need to get with our Treasurer to find out exactly what was dispersed for gas/per diem related to my attending each of these events. I should be returning \$75.00 for the AZF (\$40.00 in gas and \$35.00 per diem)... but my total MARLCNA gas expense of \$83.87(\$43.87 over the \$40.00 I received), and registration fee of 25.00 (which we'd failed to request in advance, but for which I have a receipt) need to be considered. I'll get with Neal to determine the exact figures.

In Loving Service, Eddie W. (CARNA RDA)

VRCC Report

To all Regionaires, the 31st AVCNA was a success. I ask that for all here that don't have a director, get one so you will have some input. Our annual retreat will be the 3rd weekend in May in Winchester, VA. We have positions becoming open as you directors are announcing in your areas. There is no need to call our secretary and inform her of my absence today. The executive body is informed of all I do and don't do.

Yours Truly,
Jimmy B

Hospitals & Institutions Report

Dear Family,

The last H&I sub-committee meeting was held on January 19. I was not able to attend but Nancy H. was willing to step up and facilitate the meeting. Sadly, no one showed up.

I had plans to go to AVCNA but my Mom's death prevented that. There were plans to hand out information sheets and to gather names and email addresses of those willing to be a part of the Writing Steps for Recovery program. In my absence Mike P. stepped up, made flyers, handed them out at the registration desk and placed some on tables around the convention area. Sadly there was almost no interest. I don't believe Mike got even a single email address.

A few months ago, at the request of several sub-committee members, a ad-hoc chair was created to oversee the continued development of the WSR program and to work toward its implementation. Sadly, the ad-hoc chair resigned after not-quite 2 months. A recovering addict from the Rappahannock Area agreed to step up. Sadly, I was not able to

reach her after several attempts to contact her by phone and by email.

So, we stand nowhere on the WSR project. There is no one leading it and not nearly enough interest to fill the positions needed to run the program. I'm afraid I don't have any suggestions.

Moving on, I received a letter from an inmate at the Central Virginia Correctional Unit in Chesterfield, VA. She writes, in part:

several other females and I want to attend the NA Tuesday night meeting that a volunteer was bringing in. There have been no meetings for 6 weeks.

It's unclear whether our volunteer is not coming to the facility or whether the facility has cancelled the meeting. I'm forwarding this to the New Dominion RCM to take back to that area. Once I know more about what's going on I will write back to the inmate.

I asked the treasurer to purchase 6 Just for Today meditation books for the Fluvanna Women's Prison. A weekly meeting is being carried by a volunteer in the Piedmont Area, but it is not an official H&I meeting. They should have the books by now.

I am inquiring about reviving a meeting at the Psych ward at the UVA Hospital, just 4 floors above use. When I had 3 days clean three recovering addicts brought an NA meeting and that was the start of my recovery. I don't know why the meeting stopped and I'm going to do what I can to start it again.

Our next Hospitals & Institutions sub-committee meeting will be on March 16th. SAARA center in Lynchburg.

FYI: My term ends in August

In loving service,

Lawrence E.

Policy Subcommittee Report

Chair: Bill M

The Policy subcommittee met in Winchester on January 19th and five addicts attended from the BRANNA, Shenandoah Valley, and Almost Heaven Areas.

The main order of business was proofreading the CARNA Guidelines and Rules of Order for errors. Our goal was to find and correct formatting and spelling errors prior to publishing the updated policy guide for 2013. Section IV: VOTING / MOTIONS, line 14, of G & RO allows for clerical changes to the policy handbook "without those changes first being sent back to areas."

During the course of our task, we discovered, what we thought, is a problem regarding the reporting of the subcommittee budget process. Although the policy guide requires the subcommittees to submit a line item budget, section IX. Sub-sections 8A.3 and 9A.1.G, the G & RO does not require the subcommittee chairs to include their subcommittee's line item budget in their report at the following RSC. Furthermore, looking back through the minutes from the last several years the subcommittees did not include those budgets in their report.

As we saw it, this creates two problems.

1. The following year the new subcommittee chair does not know what the previous year's line items are and cannot determine if there was either too little or too much money for a particular line item.
2. The failure to report these subcommittee budgets results in a lack of transparency into the regions budgetary process.

In addition to the budget issues, we also believe the G & RO does not adequately address the subcommittee's reporting requirements for motions submitted to the subcommittees during the RSC. Currently, the policy handbook requires the subcommittee chair to merely "Report on motions submitted to committee"; however, there is no requirement for a recommendation regarding the motion or about the discussions as to how the subcommittee reached that decision.

Therefore, the Policy subcommittee will present two motions today. The first, addressing the budget transparency issue and another, dealing with motions referred to the subcommittees.

The Policy subcommittee discussed and decided to delay publishing of the 2013 edition of the policy guide until today's vote on motion 156-3. We felt this is an important motion and want to include it in the upcoming 2013 edition of the CARNA G & RO. Regardless of the outcome of today's vote; the Policy subcommittee will distribute the 2013 edition of the policy handbook at the April RSC.

Lastly, at the end of today's RSC, my term as chair of the policy subcommittee will end. I want to say that serving in this capacity was both a tremendous learning experience and an honor. I will admit that at times, I was stubborn, self-righteous, and took the decisions of this body personal. However, upon reflection, I discovered those were opportunities to learn humility, acceptance, and faith.

Thank you all and I look forward to serving this body in the future.

ILS,

Bill M.

Public Relations

Hi Family,

I was ill last month for the PR Subcommittee meeting and arranged for Bill to call or e-mail me during the meeting to go over the agenda the vice chair had prepared, but Bill forgot to call me.

I have not spoken with anyone from the area who had contacted Donna Lee about help starting a meeting.

I've been talking about putting together some training workshops to be presented around the region in the different quadrants.

Thank you for the opportunity to serve.

Nancy S

PR Chair

804-247-1400

PS: Summer Institute for Addictions Registration is \$75.00. Could we have a check? We have the website for events updated at this time except for BRANA. BRANA would you send us a PDF flyer of your campout as the webmaster could not open it.

Also RCMs would you send the webmaster your area, phone number & e-mail address. Please keep this updated. Thanks

7. Area Reports

Almost Heaven

The LSU has been working on our new annual budget. There are still some things that will have to be tweaked in order to compensate for a new vrcc director expenses and for the expense of the Friday night two day when needed. This will have to be deducted from monies above prudent reserve as is available.

Our H&I Commitment are doing well. We are in need of a coordinator since our current coordinators time was up.

We will be doing a pi presentation in the local hospital psychiatric administration on Monday to see how we can partner with them in carrying our message.

Several months ago the groups agreed up the rcm sending an email to naws to be a part of the Service System Project evaluation. They were at that time looking for areas/regions that were doing more closely following all the steps. We of course are not at this time. But we were contacted and asked to share at Marlona about how we got started our benefits and challenges. It was a great opportunity for our area to be a part of sharing what we are doing.

We have 2 checks one for \$56.95 and one for \$114.74 for a total donation of \$171.69.

ILS

Sherry V

RCM Almost Heaven Area

Central Atlantic Region

Beach

CARNA,

The beach area is running refreshingly smooth. Group participation is high and our service efforts at the local level are increasing.

Our website is complete and published. The domain name is: www.virginiabeachna.org.

The annual Serenity on the Shore camp out, now in its 5th year, will be held the last weekend of September and has been relocated to Holiday travel park.

We are currently working on giving basic texts to various public entities in the city of Virginia beach.

We are holding a "History of NA workshop" in May; date, time and location will be shared at the next RSC. Judith C. Can be contacted for more detailed information.

This is a workshop given by two members of NA that have researched our history and travel the country giving power point presentations on the subject. The workshop will consist of 3, 2 hour sessions. One on "A history of NA", one on "A history of the basic text" and the last session will be a speaker/panel discussion. Members of the panel will include a WSC board member from 1981-1986, Dr. Bohan, and members that helped bring NA to the Hampton roads area.

We have no donation at this time.

ILS,

Chuck K

Blue Ridge Area

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 wherever we can. We held our February ASC just this last Thursday and participation was strong from the regularly attending Groups but we still have about 3 Home Groups who we rarely if ever see. We hear from those that occasionally attend those meetings that they are continuing to carry the NA message. There are new GSRs representing the Groups that do make a regular appearance – several of them new to service at Area level - and their enthusiasm and ideas are refreshing. We have a new Treasurer and there were some bumps in transferring the old books to the current year. Some funds seemed to appear out of nowhere and it left us wanting to “do something” with it; create a special events fund or forward it to the Region and World per our policy. However, we determined that we needed to

establish an accurate accounting before we could act at all so we postponed voting on the budget and suspended temporarily any action on the apparent windfall. Consequently BRANA has no contribution to make to CARNA for this RSC. This experience highlighted how unfamiliar many of us are with the Policy of our ASC and the practices suggested by the Guide to Local Service. Some of this is a learning curve for our newer members and yet it is also indicative of how we seasoned members avoid learning the process through lack of attention or study. We did act on the Regional motions and I will present our positions at Old Business of today's RSC.

Our Outreach continues its work in H&I at local jails and hospitals. It is now doing more in PR through the local schools, health services and the judiciary following a letter writing campaign in which we tried make NA available to people working in those fields. Response has been spotty but enough to keep us busy and engaged with a larger community which appears to be the foundation of a positive network. One of the coming events will be a panel forum for professors and students at James Madison University.

We have pro temp appointments for Policy and Treasurer. We had elected a Special Events Chair who chose to back out for another three months due to personal reasons. We are looking for a new Secretary now along with a rep for VRCC.

Area Action on Regional business

Motions

Motion 156-3: *–Amend the CARNA Guidelines and Rules of Order...* PASSED

Motion 159-3: *To delegate to the RD team to complete...* Etta F PASSED

Motion 159-4: *To delegate to the RD team to complete...* Sherry V PASSED

Motion 159-5: *To submit a letter of support for the ECCNA* PASSED

Elections & Nominations

RDA2 – *Kim A nominated; sole nomination. Do Groups support the nominee?* PASSED

---There were no persons to offer as nominees for Regional positions

ILS,

Peter P,

BRANA RCM

The Virginia NA Campout



July 19 - 21, 2013
Natural Chimneys Campground
Mount Solon, VA

- \$30 per person online
- \$35 at the event
- \$5 for day visitors
- Children free

Register Online
<http://branacampout.org>

Contact: campout@brana.org

No Vendors

No Fireworks

No Weapons

BRANA Campout Inc. is not affiliated with and does not endorse Natural Chimneys Campground



Gateway To Freedom – no report submitted

New Dominion

All is well in NDANA. We voted to pass all motions that were sent back to the area, including our support for the East Coast Convention. We elected Brian M. as our new treasurer, Tom B as our new secretary and Dale C as our literature chair. We also elected Evan B as our RCM Alt. All area positions are now filled. There are no special events going on this month, but our New Years party was a huge success. We made \$200.00 for the area and had over 100 addicts and non-addicts in attendance. Jeff H has brought our donation.

In Loving Service,
Joe B

Outer Limits – no report submitted

Peninsula

The Peninsula is alive and well. There was a question presented to NAWS as to the peninsula area being a non-profit and we don't meet the qualifications. The dance we held on January 18 was a success and we raised \$266.00. Our total area funds was \$1207.90. The total group donations was \$631.74. Our area representative, Teddy A for the 18th ECCNA Bid Committee reports that total of \$1223.49 for fundraisers. Our area is planning a one-day trip to the 17th ECCNA in Hagerstown, MD and more will be revealed on that. We have been paying for an old number 757-875-9314 for 10 months. We cancelled the professional answering service we failed to cancel the Verizon account, also the 800-775-1515 will be put in 411 service next month. A PI Presentation on March 15th will be presented to the ADAP Prevention and Treatment Program. The homegroup *11th Hour* has folded due to no support.

In loving service,
Jimmy R

Piedmont RSC report

Hello Family,

All is well and running smoothly in the Piedmont Area. At the last ASC we filled the last vacant position at the area level. Joe B. Was elected Vice Chair. We currently have 18 home groups with 28 meetings. Today after regional we are holding a Valentine's Day Potluck dance from 5 to 8 at St. Paul's Memorial Church. There is a \$5 suggested donation. Our area is gearing up for PACNA 23. It will be held 6/21/13-6/23/13 at Camp Albemarle. One price of \$45 covers meals, registration, parking, and camping. We also will have a one night rate and a Saturday day rate. The website is www.campalbemarle.org. They don't take reservations, so it is a first come first serve for campsites and indoor lodging. The theme for PACNA 22 is Spirit of Love. Flyers are on the table. Please take them back to your groups. The next ASC will be on 3/3/13 at the Hinton Ave Methodist Church at 4PM.

ILS,
Tee

Rappahannock Area

Dear RSC,

Good Morning from the Rappahannock Area of Narcotics Anonymous. We have 18 home groups in our Area with 29 meetings weekly. There are a few home groups that are still struggling with only a couple home group members, yet keep the doors open for the still suffering addict. The Saturday night meeting, Experience, Strength, and hope has finally solidified a home at 2100 Airport Avenue, Fredericksburg, Va. and on February 9, 2013 had a 'Welcome Home' eating meeting. The In It to Win It meeting that meets every Monday night at 7pm is hosting their 3rd annual Spring Fling on April 29th.

In the month of January there were 14 GSR's representing their home groups at the beginning of the ASC. Regional motions were sent back to groups to be voted on and brought back to February's ASC. All of the motions passed. There is now a regularly scheduled GSR Orientation, conducted by the RCM team, 2 hours before each ASC meeting. Two trusted servants were voted in, Secretary II is Matthew R and Assistant Literature Chair is Jonathan C. There is currently one position open and that's Policy Chair. Activities is organizing a Speaker Jam to be held on March 9, 2013 at 302 Colonial Street Falmouth Baptist Church from 11-8. The topic is 'Restoring Fractured Personalities.' We still have a few t-shirts for sale at \$10.00 (you can see me, Rudolph C if you are interested).

Februarys ASC was held on Super Bowl Sunday at 2pm. Greg G. conducted the first GSR orientation and it was very successful. All Region motions were brought back to the ASC and all motions passed. We are still in the process of approving a budget

for our Area so we are currently operating under the guidelines of last year's budget. The only upcoming Activities events that are in process is a bon fire during the 4th of July holiday. Time, place, and agenda to be determined.

In loving service,
Greg G.(RCM) & Rudolph C.(RCM II)

Richmond

Hello family, The Richmond area is moving along. We have good attendance at ASC. We have been in financial difficulty because of NA theft. Although we had the two (2) signatures on a check in place the area treasurer was able to make cash withdrawals and write counter checks with only one signature. The area formed an ADHOC committee to look into how this was done, to inventory the funds that were taken, as well as how to avoid other such incidents. The NA bullets on theft of NA funds was used by the ADHOC committee as a guideline. We have since then visited the banking institution and are in the process of getting a new banking institution that can best serve our area. We also have a notarized contract from the past treasurer to pay back the \$4000.00 taken. If any payment is missed, the area can prosecute. We have some home groups of the area that are planning workshops around bullets from the world on theft of NA funds and disruptive behavior in the meeting. We have lost meetings because of disruptive behavior in meetings. All our trusted servant positions are filled except Alt VRCC Director. All our sub-committees have Chairs. No donation to the Region.

ILS, Jackie W
Richmond, VA
804-737-0571
jasmineroberson1@yahoo.com

Roanoke Valley

Hey Family,

The Roanoke Valley Area has 34 meetings and 21 home groups. We would like to thank everyone for supporting the AVCNA in Roanoke.

Our Area Service Committee is still struggling. 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 we do not have anyone serving in these positions pro-temp. We did however have increased attendance by GSRs this past month with 16 of 21 attending.

We did not have area service in January because it was the same weekend as the AVCNA and the ASC in February was quite busy. GSRs were not happy we ran out of key tags and literature. During open forum a member of a local recovery club came and spoke about the club. Our new activities chair has been unable to find a facility to hold the dance planned for February. Our annual area inventory has not been completed it is supposed to be completed in January.

We held a Literature Workshop based on the Traditions Book Project information world services provided. We will be holding a Literature Workshop the 3rd Monday of the month for the next 3 months to work on this project.

There will be a Speaker Jam in Roanoke on April 6th from Noon-8pm at Williamson Road Church of the Brethren 3110 Pioneer Road, Roanoke, VA 24012 the theme is "The Journey Continues." Food, Fun and Fellowship for more info please visit www.roanokena.org or call Daryl M. 540-397-2380.

No donation at this time.

In Loving Service,
Erin C.
rcm@roanokena.org
(540)761-2063

Tri-Cities

Good afternoon Region Committee,

First I would like to apologize to the committee for missing the last regional mtg, we were confused about which weekend of the month the meeting was. I am new to Regional circuit and grateful and excited to be a part of this committee serving the Tri-Cities Area. Our area has a Treasurer position open, We have now added a Literature subcommittee to our area and we are working on filling the positions on the committee as we speak.

We would like to request a motion be put in for the Regional Delegate/Alt to attend and support our GSR/GSR Alt learning day on February 23, 2013 from 12-9 pm at the Ivey Memorial Methodist Church, Chester Va.

We have 12 homegroups in our area and we have present anywhere from 9-12 homegroups that participate in area in a month and we seem to always make our quorum.

Unfortunately have not made our prudent reserve since around August 2012, therefore, we have no donation for the Region.

ILS,
Fatima H/Tony W.
Regional/Regional Alt

Southside Area

The Southside Area of NA is doing well. We have a second group using "The Journey Continues" as their meeting format. We have several new GSR's participating in area. All our positions are filled at the present moment except PR chair. Policy chair and Secretary will go out to the fellowship next month.

Several home groups participated in a policy review workshop on two Saturdays last month. Most of the work of redoing our policy was done by Mary Kay B. our policy chair and her committee. We were making suggestions to go back to area. We will meet one more time this month before submitting the policy to the home groups.

We have a tradition workshop scheduled for March 23rd, in the Leggett auditorium at Halifax Regional Hospital. We will use the power point program provided by world. We will break for pizza and then have two speakers. It will start at 11am.

We are also putting together a suggestion box on our website so members can anonymously submit suggestions to improve groups, area or meetings. This is also where we will have a place to suggest activities.

Just a reminder that our April Regional two-day event will be held at the Halifax Regional Hospital in South Boston.

This is my first time as RCM and I am grateful for another opportunity to serve Narcotics Anonymous which saves my life on a daily basis.

Our donation this month is \$269.91.

In Loving Service,

Gail. F

Southside Area RCM

8. Lunch Break – reconvened and quorum established
9. All New Business Motions turned in

**MOTION MADE TO CHANGE THE ORDER OF THE DAY TO ENTERTAIN MOTION 160-1 12-0-1
PASSED**

10. Old Business:

Motion 156-3: 2 Day RSC – 2/3 majority roll call vote **PASSED**

Motion 159-3: To delegate to the RD team to complete... Etta F **closed ballot simple majority PASSED**

Motion 159-4: To delegate to the RD team to complete...Sherry V **closed ballot simple majority PASSED**

Motion 159-5: To submit a letter of support for the ECCNA **PASSED 10-0-1**

Elections & Nominations

RDA2 – PASSED – Kim A Acclimated

Secretary – no nominations, no volunteers - OTF

CHAIR - Jim nominated - Jim accepted nomination and qualified – **motion to close nominations: 11-0-0** Back to areas to be voted on at the 161st

Qualifications: Clean date 2/24/1991- Have a sponsor, who has a sponsor. Work and practice the steps, traditions and concepts of NA. Have served all positions at the home group, served at the area level as GSR, vice chair and chair a couple of times. Served for 12 years at the VRCC as director, vice treasurer, treasurer and chair. Also as vice chair of Region. I attend NA meetings on a regular basis.

VICE CHAIR - Bill nominated – Bill accepted nomination and qualified – **motion to close nominations: 11-0-0** Back to areas to be voted on at the 161th

Qualifications: I have a sponsor, over 6 years clean, I was a GSR, I was RCM, I was Policy Chair for Region. I am working the steps, I am familiar with the Traditions and Concepts.

POLICY - Nominations remain open. Any Nominations brought to 161st will be voted on at the 161st

- *NOMINATIONS FOR THE FOLLOWING POSITIONS ARE BEING SOUGHT. BRING BACK TO THE 161ST AND THE 162ND*

H&I to be elected at the 162nd
PR to be elected at the 162nd
Treasurer to be elected at the 162nd

11. New Business

MOTION MADE BEFORE BREAK:

160-1 MOTION TO HAVE RCM'S DECIDE WHAT TIME THE RSC WILL MEET IN APRIL -

Straw poll taken:

all in favor of starting at 11am: 10

all in favor of starting at 10am: 2

We will start at 11 AM

160-2. Vice Treasurer Duties and Qualifications - Practiced CBDM in development of Vice Treasurer Position duties and qualifications.

VICE TREASURER DUTIES

1. Oversees the Treasurers reconciliation of the bank statement and records every two months
2. Attends all Regional Service Committee meetings
3. Verifies for accuracy all financial transactions and the reconciliation of the bank statements of the previous two months activity following the RSC
4. Submits written report to each RSC detailing the findings of all activities following the last RSC
5. Attends the annual budget meeting
6. Assists Treasurer and Vice-Chair with the audit of the accounts at the end of the Treasurers term
7. Works closely with the Treasurer and assists as necessary
8. Becomes automatic nominee for Treasurer position when it becomes open and does not need to be nominated

Comment: Delete

Comment: Straw poll – 16-4 in favor of keeping this item

Comment: Change to co-facilitates

Comment: Add: at the August RSC

Comment: Delete

Comment: Delete

VICE TREASURER QUALIFICATIONS

1. Skills in bookkeeping or accounting
2. A solid foundation of experience with the Twelve Steps, Twelve Traditions and Twelve Concepts of Narcotics Anonymous and willingness to answer questions asked by the Conference body
3. 6 years clean time
4. 1 year Area and/or Regional Treasurer experience
4. Willingness and desire to serve and transition to Treasurer position and the end of the Treasurer's term
5. 2-year term
6. Time and resources needed to be an active participant

Comment: Change to Knowledge &/or willingness to develop skills

Comment: Change to 5

Comment: Remove Treasurer

Comment: Add /4 year term

Comment: Correct numbering

REFERRED TO POLICY - Policy Chair will return next month with a motion that includes the input as reflected in comments above:

160-3.

MOVER: Bill - Policy

SECOND: Tee T, Piedmont Area

Description/Background (Optional):

While reviewing the Region's policy handbook, the Policy subcommittee discovered that the various subcommittee chairs were not required to include the discussions regarding their decisions on motions referred to the subcommittee by the RSC.

Intent:

To provide clarity and direction to the subcommittee chairs regarding their duties and reporting responsibilities.

Motion: Change Section IX: OFFICERS DUTIES

9A. STANDING AND ADHOC SUBCOMMITTEE CHAIR DUTIES (other than Policy Chair) (117th)

From:

- 1. Compiles a report for every RSC consisting of:
 - C. Reports on motion committed to subcommittee.

To:

- 1. Compiles a report for every RSC consisting of:
 - C. Discussions and recommendations on motions submitted to the subcommittee by the RSC.

8A. POLICY CHAIR DUTIES

From:

- 1. Compiles a report consisting of activities since the last RSC:
 - C. Report on motions submitted to committee

To:

- 1. Compiles a report consisting of activities since the last RSC:
 - C. Recommendations discussions on motions submitted to the Policy subcommittee

TABLED to policy till 161st 9-2-0

160-4- MOVER: Bill - Policy SECOND: Tee T, Piedmont Area

Description/Background (Optional):

While reviewing the Region’s policy handbook, the Policy subcommittee discovered that the various subcommittee chairs were not including their line item budgets in their reports. As a result, the Region’s budget process may appear secretive to the Areas and Groups.

Intent:
_To provide clarity and direction to the subcommittee chairs regarding their duties and reporting responsibilities, and provide transparency into the region’s subcommittee budgeting process for the Areas and Groups.

Motion:

Change: Section IX: OFFICERS DUTIES/ 9A. STANDING AND ADHOC SUBCOMMITTEE CHAIR DUTIES (other than Policy Chair)

From:

- G. Submits line item budget for upcoming year to the Treasurer at or before the August RSC. (142nd) Instruct all subcommittees to include in their yearly budgets all estimated expenses including possible workshops and events. (139th)

To:

- G. Submits line item budget for upcoming year to the Treasurer at or before the August RSC, which is included in the Subcommittee report at the October RSC. Instruct all subcommittees to include in their yearly budgets all estimated expenses including possible workshops and events. (139th)

Change: Section IX: OFFICERS DUTIES/ 8A.POLICY CHAIR DUTIES

From:

- 3. Submits line item budget for upcoming year to the Treasurer at or before the August RSC. (142nd) Instruct all subcommittees to include in their yearly budgets all estimated expenses including possible workshops and events.

To:

- Submits line item budget for upcoming year to the Treasurer at or before the August RSC, which is included in the Subcommittee report at the October RSC. Instruct all subcommittees to include in their yearly budgets all estimated expenses including possible workshops and events.

Discussion consisted of what the purpose of this motion is and whether or not it was a good idea to create what might be seen as redundancy. **TABLED indefinitely**

160-5: MOVER FATIMA H Tri-cities SECOND Chuck K, beach area

Intent: To have the RD team assist us in our GSR/GSR Alt Learning Day

Motion: To have the RD Team attend and present on Feb 23 at GSR/ALT Learning Day

\$40/RDA -- \$40/RDA2 if attending -- \$10/RD

PASSES 12-0-0

160-6: Mover: Donna Lee SECOND: Greg G RANA

Background: WE have been rotating subcommittees for some time. It is quite possible that having a central location may foster greater support for subcommittees.

Intent: to discuss what would be best to foster support for subcommittees

Proposal: To discuss the benefits of rotation vs having a subcommittee meeting in a central location.

discussion: PR spoke on whether or not the support garnered by rotating to different quadrants was actually translating into real “help/support”. Erin spoke about centralizing each subcommittee to one of the quadrants for a full year.

Stability might be maintained and rotation would still be happening. Chuck agreed that consistency was crucial. Sherry: are our subcommittees obsolete. Greg: Lack of participation could just be a result of poor attraction. Peter also brought up the point of how do we fairly distribute the load... without rotation it's too far for people.

End result: Chair formed Adhoc committee to meet at the subcommittee meeting 1:00-3:00 - 3rd Saturday in March in Lynchburg to look into what we can do electronically - Greg G appointed AdHOC Chair

Kim appointed pro tem secretary

Bill appointed pro tem policy

Neil inquired about making a check out for World

Donna Lee's discussion regarding the line item for non-CAR/off-year workshops for the rd team which seems to have been left out of the budget

Rooms@car-na.org - Bill will be the contact

12. Announce Location and Time of next RSC – April GSR ASSEMBLY Halifax Regional Hospital South Boston, VA
11:00 April 20, 2013
13. Close with Serenity Prayer and Announcements