

MINUTES
162nd Regional Service Conference
Central Atlantic Region
June 15th, 2013

Open Forum began: 11am

- Southside- PR problems
 - Phoneline not monitored
 - PR rack has other fellowship literature
 - Meeting lists are not up to date, and wrong in Newspaper
- Regional 2 Days
 - Swap the days for scheduling and participation
 - Trying to figure out where it should be next
 - Put schedule in policy/ or in handbook
- H&I Learning Day in New Dominion
 - Come together and have an H&I workshop even without an H&I Chair
- Policy Subcommittee Meeting via Conference call
 - All voice, or also using computer
 - How do you run the meetings
 - Money
 - We do have the funds (instead of gas money)
 - Lots of products we need to research
 - How do we notify people of how people will meet, announce at RSC
- Going to task based instead of subcommittees
 - Find a common ground instead of dissolving subcommittees
 - Consider a larger service body
 - Making it only based on need we loose the expertise in those areas, but the collaborative effort is positive
- Need more communication between subcommittee, especially H&I and PR when approaching new facilities
- Stagger Subcommittees
- Using conference calls or other methods
- Free State Literature Group asking for donations is this ok?

RSC began: 12:15pm

- 1. Serenity Prayer**
- 2. Reading of Purpose, Traditions, and Concepts**
- 3. Roll Call: Quorum = 11**

Committee Members	Roll Call
Chair	Jim
Vice Chair	Bill
Secretary	Vacant
Treasurer	Neal
Regional Delegate	Donna Lee
Regional Delegate Alt	Eddy
Regional Delegate Alt 2	Absent
VRCC Chair	Jim
H&I Chair	Lawrence
Policy Chair	Greg
Public Relations Chair	Absent
Speaker Jam Chair	Vacant
Ad-Hoc Rotation of Su	Greg

Areas	Roll call	After Lunch Roll Call
Almost Heaven	Sherry	√
Appalachian	Absent	-
Beach	Chuck	√
Blue Ridge	Peter	√
Gateway to Freedom	Rhonda	√
New Dominion	Joe	√
New River Valley	Stephan	√
Outer Limits	Absent	-
Peninsula	Jimmy	√
Piedmont	Tee	√
Rappahannock	Absent	-
Richmond	Jackie	√
Roanoke Valley	Erin	√
Shenandoah Valley	Absent	√
South Side	Absent	Gail
Tidewater	Absent	-
Tri-Cities	Absent	-

4. Recognition of new attendees

Jack Southside Alternate RCM
Travis Tidewater PR Chair

5. Approval of Minutes

Amend Elections from Nominated to Elected
Approve minutes as amended Sherry Second Peter
Passed 11-0-0

6. Trusted Servant Reports

Chair

Hello family,
I have been a little busy since our last RSC meeting. First, thanks for electing me to service as chair of our region, it is an honor.
I called Cynthia about our laptop and archive and she said to have Donna Lee call and set up a time to pick them up. I talked to Donna Lee about this and she said she would contact Cynthia about picking up our laptop.
I did a audit of our treasurer and found everything to be in order. I had the debit card and check book from our last 2 day event and mailed them back to Neal.
I am still working on our next 2 day event.
In loving service, Jim H. Chair

Questions- What is the rotation for the 2-Days?
Will be brought up in new business

Vice Chair

Good Morning.
This is my first report as Vice Chair.
I did not attend the subcommittee meetings, however I did participate in the Ad Hoc Rotation Subcommittee Conference Call.
I found this conference call very conducive to doing business and look forward to utilizing this technology in future subcommittee meetings.
ILS, Bill M.

Secretary

Vacant

Treasurer

162nd RSC Treasurer's Report
06/13/13

All the bills that I know of up to today are paid. We had a bank balance of \$17,466.71 at the 161st RSC. Since then we have deposited \$1539.51 and we have had debits totaling \$3409.96 to give us a current bank balance of \$15,596.26 Check 1121 for \$75 is outstanding. This is for the Summer Institute which I believe is in July so that check should be clearing soon. I reported at the 161st that a debit for 48.60 to NAWS for a literature purchase had not cleared and upon further investigation I figured that I must not have done the order correctly and NAWS never got it so I factored that money back in to the account.

The attempt to do a literature purchase online with the debit card spotlighted a policy violation. I am only supposed to use the debit card to specifically stated items in the policy manual and lit purchases aren't in that list. I believe that we have a motion on the floor to address that but as of now I can't order on line.

Attached is the financial statement since the 161st RSC. This report is based on the information that I was able to get online. The last activities reported were on 06/06/13.

Our YTD (2013) expenses have been \$4707.33 and our YTD income has been \$3960.83.

Our prudent reserve as determined by the formula approved by the RCMs is \$15637.00. If we subtract this from our current bank balance the difference is (-\$40.75). So we are just a tad below our prudent reserve and can't make a contribution to World at this time.

I still haven't seen the receipts or the laptop that a previous Secretary purchased. The check was for \$500 and I have heard that the laptop was around \$470. I really ought to have that receipt and we need to have the laptop here.

As a side note, I made a substantial mistake in my personal checking account and I got the notice from the bank on the evening that I wrote this report. A couple of bounced checks and some bank charges certainly rattled my confidence about keeping good records but more importantly it highlighted the need for another pair of eyes to watch the Regions money besides just the Treasurer. An honest mistake or outright stealing can both hurt the Region so some oversight certainly seems like a good idea.

ILS, Neal Griffin

162nd RSC Treasurer's Report
Financial Statement
06/13/13

Opening balance (closing balance from 160th RSC report):		\$17,466.71
Credits :	BRANA contrib:	\$383.36
	Almost Heaven contrib:	\$14.05
	SHEVANA contrib:	\$557.37
	Southside Area contrib:	\$328.97
	RVANA contrib:	\$215.64
	TriCities area contrib:	<u>\$40.12</u>
	TOTAL:	\$1539.51
		+\$1539.51
Debits:	check 1127:	\$80.58
	check 1128:	\$126.85
	check 1129:	\$80.00
	check 1130:	\$1829.71
	check 1131:	\$40.00
	check 1132:	\$40.00
	check1133:	\$40.00
	check 1134:	\$75.00
	debit card 04/17:	\$16.99
	debit card 04/22:	\$271.87
	debit card 04/23:	\$719.35
	debit card 05/24:	<u>\$89.61</u>
	TOTAL	\$3409.96
		-\$3409.96
<u>Closing balance:</u>		\$15,596.26

DETAILS

Ck 1127 Wm. McCormick- policy manuals
 Ck 1128 Donna Lee Peters- Reg'l 2day supplies
 Ck 1129 Jeff Hankins- Reg'l 2day supplies
 Ck 1130 contribution to NAWS
 Ck 1131 Eddie Williams- RDA to area wkshp
 Ck 1132 Kim Adams- RDA2 to area wkshp Debit card 04/23- Super 8 motel
 Ck 1133 Donna Lee Peters- RD to area wkshp Debit card 05/24- Primus
 Ck 1134- Halifax Reg Hosp. reg'l mtg space
 Ck 1126- SAARA (Feb subcomms mtg space)
 Debit card 04/17- Brinkster ILS- Neal Griffin
 Debit card 04/22- Farmers Food (2day food)

Questions: We do not have a donation to NAWS. Do we wait till the next RC to donate even if we get donations today that bring us up to prudent reserve?

- o No

RD

Greetings everyone. Not much to report this month. Kim and I did a workshop in May in the Tidewater area. The workshop was on Regional and World Services. Eddie and I did a workshop on Building Strong Home Groups in Almost Heaven last week. We will be submitting gas receipts for reimbursement for these events.

WCNA 35 draws closer. Please remember that NAWS needs people attending the convention to pre-register so as to be able to plan the convention more effectively.

The traditions book discussion page is now open. Visit www.na.org/traditions to participate.

In Loving Service , Donna Lee P.

Questions- How many people are registered?

Sherry- Over 8,000 pre-registration, Need help with Volunteers, can do that online

Regional Delegate Alternate

Hello family,

Last Saturday, at the request of the Almost Heaven Area, our Regional Delegate and I traveled to Shepardstown, West VA to conduct a roundtable discussion on “Building Stronger Homegroups” following their monthly ASC meeting. Approximately 18 members participated in the workshop which was centered around the Building Stronger Homegroups Worksheet released by NAWS in February of 2007. The worksheet focuses on what the fellowship determined to be “qualities of a strong homegroup” (according to feedback they’d received from the 2006-2008 fellowship issue discussions). The qualities are separated into three general categories: “ideals” (the principles demonstrated by the group and its members), “practices” (how strong home groups operate), and “roles” (how the group interacts with NA and the community). According to the worksheet, there are six specific elements to be considered within each category. The participants broke up into four groups, and once a facilitator and recorder had been appointed within each, began to consider the elements in regards to each individual participants own home group (in essence: the areas in which their own homegroup might currently struggle). Once every participant within each group had completed the worksheet (having chosen at least one or two elements within each category), their recorder would have then tabulated the results to determine which elements received the most responses). This process is called “Identifying Areas for Group Improvement” and is the first step in the five step process offered by the worksheet. The second step is to “State the Issues” (go around and briefly discuss what needs to be improved regarding each element they’ve chosen to address). Step three is to “Brainstorm Solutions” (wherein the facilitator within each group guides their discussion by reminding participants that there are no bad ideas, focusing on ways to make progress,... and the recorder notates their discussion). The fourth step was to “Choose the Solutions” (choosing the ideas most members agreed on which would typically be done by a simple vote). Finally (step five) the group would “Make Decisions” (simple, practical actions the group can take to implement the solutions – including specifics like “who” should carry it out, and “how” it should be done.

Some groups seemed to follow the group instructions (5 step process) more closely than others, but all seemed to enjoy the experience and appreciate the process offered in the worksheet.

In Loving Service, Eddie W. (CARNA RDA)

Regional Delegate Alternate 2

Absent- Donna Lee read report

Hello family,

I don’t have much to report so this will be brief.

On May 18th Donna Lee and I attended the Tidewater Spring Speaker Jam and presented on Regional Service with Etta. The attendance was really great at Tidewater’s event and I hope we were of service.

On June 8th I had planned to attend the “Building Strong Homegroups”

Round table in West Virginia, but unfortunately my car broke down and I was unable to make it. I was in touch with Donna Lee throughout the past two months and regret that I can’t be with you all today due to a reservation I made prior to taking this commitment.

Thank you again for allowing me to serve.

In Loving Service, Kim A. (CARNA RDA2)

VRCC

Hello,

VRCC is moving forward toward making a cost friendly convention. We are working on redefining definition of Newcomer. This was sent back to groups for input. Please assist your director in doing this. For those who do not have a director sorry. Hopefully, we'll have bids for the 33rd AVCNA when we meet in July. 32nd AVCNA is moving on time (Sort of).

Hopefully everyone in this room is registered and room booked.

Jimmy B VRCC Chair

Questions- Is there talk to change in the way the donation to region? Yes but there are no current motions.

Hospitals & Institutions

Writing Steps for Recovery & H&I Sub-Committee Meetings Minutes

Chesapeake, Virginia

May 18, 2013

The WSR and H&I Sub-Committees met in Chesapeake, Virginia on Saturday May 18, 2013. The three standing Sub-Committee chairs were present, PR, Policy and myself.

Two other recovering addicts were also there. No others were present.

This meeting was the last of my tenure as H&I chair. Without any of the sub-committee members who have attended over the months, we talked of programs and projects currently in motion.

The WSR program has ground to a halt and the program is leaderless. Until someone steps up, this very valuable program (in my opinion) will simply sit. We talked of our impressions that word of programs, such as WSR, isn't finding its way back to the home group members.

The only current H&I project going on is a literature purchase for the Maryland Corrections Training Center. The treasurer and I tried to place the order on our meeting day but when it was all keyed in the treasurer caught that policy forbids using the debit card for literature. I have brought the printed order to this meeting and have submitted it to the treasurer to have a check written today. I will mail the literature order to World Services on Monday.

I, too, took part in the proof-of-concept conference call. It worked well for me and I feel it's an easy-to-use method for travel-free meeting attendance.

I'd like to share something on a personal level. When I had 3 days clean an NA meeting was brought into 5-East, the lock-up, psych ward where I was. I learned about NA, learned that there was this thing called recovery and learned that I was an addict. That meeting changed my life. The meeting stopped some years ago—I don't know why. The Piedmont Area NA Sub-Committee and I have worked with the 5-East staff and have reestablished this meeting. We start again on June 20 and I am grateful to be part of the team going in that day.

I have submitted a request for reimbursement for travel expenses in the amount of \$46.40.

This is my last RSC as the H&I chair. I am glad for this opportunity to serve and am grateful to many who helped me find my way.

In loving service,

Lawrence E.

Policy Subcommittee

Dear RSC,

The Policy subcommittee met May 18th in Chesapeake VA. There were 6 members present. Me, RSC Chair, Treasurer, possible future PR Chair, H&I Chair and the RANA PR Chair. We had 2 motions referred to our subcommittee. Motion 160-3, regarding Ad Hoc Chair and Policy Chair reports, was discussed and it was reworded to simplify to clarify what chair reports should include. This motion has been submitted to the RSC secretary with a suggested amendment attached. We also recommend based on Section IV, line 14 that this is clerical and doesn't change the intent. We recommend this be voted on today and not sent to home groups/areas.

Motion 161-02 was referred as well. This motion was concerning adding the Beach area to CARNA Guidelines and Rules of Order. We determined that this was a clerical change and does not need to go back to groups and or areas. We recommend voting on this motion in Old Business.

As a result of the discussion concerning the above motion, we are submitting a new motion regarding the addition of new areas to our policy. That was submitted and will be presented in New Business.

The Policy Subcommittee will be meeting via Conference call on July 10, 2013 at 7pm. The phone number to call in is (712) 432-1500. The access code is 608126#. RCM's please share this information with your GSR's and especially those of you who have policy chairs and/or subcommittees.
ILS, Greg G. CARNA RSC Policy Chair

Questions - You said the motion could be voted on here how does that work?

-It is a clerical change that does not change the intent, we will discuss it in old business

- Policy SC next meeting via Conference Call
 - July 10, 2013 7pm 712-432-1500 access code 608-126#

Public Relations

Nancy- Absent

Speaker Jam

Vacant

Adhoc – “Subcommittee Rotation”

Dear RSC,

The Ad Hoc subcommittee met May 18th in Chesapeake VA. There were 6 members present. Me, RSC Chair, Treasurer, possible future PR Chair, H&I Chair and the RANA PR Chair. There was some fantastic discussion regarding the use of web meetings and conference calls. We determined that subcommittee participation sucks and sucks bad. We decided that a combination of rotation with conference calling could be extremely effective. We also all agreed that something needs to be done because what we are doing is not working. We set up a follow up meeting and the Ad Hoc subcommittee met via conference call on Wednesday June 5 at 7 pm. There were four people on the call and it lasted about 2 hours. It was actually pretty awesome and we communicated a lot of great information with one another. The sound was crisp and clear. There was no issue with back ground noise. There was no issue with us interrupting one another. It was about as flawless as could be.

We utilized freeconferencecall.com. It is very simple to set up with no charge for this service. After your initial sign up, which takes about 5 minutes, you are issued a number to call and access code. We recommend subcommittees start to utilize this service and any other service they feel productive.

We have to evolve as a service body, to better effectively provide services to our Region. This type of communication can, in our opinion, and will generate greater participation.

We also feel this Ad Hoc has served its intent and we recommend that it be dissolved.

ILS, Greg G. CARNA Ad Hoc Chair – Subcommittee Rotation

7. Area Reports

Almost Heaven

Hi Everyone

We would like to thank Donna lee and Eddie of the Delegate team for coming to our area service to facilitate the round table session. Our GSR's was given a choice of this cycles issue discussion topics of Collaboration, group conscience, supporting our vision and third tradition or older ones....

Building strong home groups

Who's missing from our meetings? And Public Image

They chose Building Strong home groups. I personally heard members say..."I'm going to take this back to my home group" during the brainstorming session. Again many thanks.

The Almost Heaven area convention 27 is moving along. Because of the close proximity to the World Convention we have reserved two less buildings this year. I have fliers here today and hope that everyone will join us in our celebration of recovery and Vision without Limits.

There was discussion about eating meetings before or after regular meeting and some felt they aren't "NA" and are an outside issue, and that groups should never be in competition with each other and the fairness of groups announcing food prior to the regular meeting and those that may not do this practice. GSRs were to take it back to their home groups and see what the groups think. The discussion was around whether or not the announcement should be in the minutes not if a group can hold them. Of course a group is autonomous. Though it was felt by some this affects NA as a whole and the 7th tradition.

The H&I Orientation packet was remade to include the pages which were missing. Our orientation packet includes Board Trustee Bulletins regard H&I and Drug Replacement Therapies (DRT's) like methadone. We are waiting for feedback from the groups to schedule another orientation.

We are excited about being one of the hosts for our regional

We have been having discussions regarding the practices of the VRCC since we now have a director regarding motions that affect our regional convention as a whole not the upcoming convention being voted on immediately and not allowing the directors the ability to bring back the motion and have discussion in the area. This is ongoing in the VRCC. Also there was discussion at the VRCC about doing away with the policy that the chair has to attend the region and give a report.

In Loving Service, Sherry V. RCM Almost Heaven Area

Appalachian

Absent

Beach

BANA is running smoothly. We have 14 participating home groups and all service positions are filled.

The request from the Virginia Beach Women's City Jail Drug Block for an H & I meeting is being investigated.

This years Serenity On the Shore Campout will be held at a new venue, Holiday Travel Park, on the last weekend in September. This is a full service RV/Camping park that can accommodate more participants.

No donations at this time.

For more info concerning beach events and news go to:

www.viriniabeachna.org

ILS, Chuck K

Blue Ridge

Hello NA Family of the Central Atlantic Region:

The Blue Ridge Area of Narcotics Anonymous is helping their member home Groups carry the message. We continue to mature as a functioning body within the spirit of our group conscience. The attention paid to the 12 Traditions and to being loving and caring in our interactions is putting the old joke of "area circus" in the past. There remains strong passion in home Group and individual concerns which reflects our member's values and convictions but there is also healthy humility and open-mindedness; there is greater personal recognition of the "other". We continue to incorporate a decision process which is akin to consensus based; "Are there any objections to the proposal?" is the query invoked prior to any call for a vote. We still harken back to Roberts Rules but it is less necessary in a cooperative, trusting atmosphere and those rules sound archaic, obscure and elitist to GSRs who prefer simple clarity and understanding to rules of decorum.

The focus of our Area energy has shifted some from Outreach – combined PR and H&I – to activities for members through Special Events. Due to the initiative of some members we have had more activities which have being well attended and appreciated by members; a local Speaker Jam and a picnic outing at a local lake. This hasn't been without growing pains: funding such events by charging attendees for food was objected to strenuously by home Groups who knew a culture where events were funded by Area who had received monies from members through the Groups 7th Tradition collections. Those supporting charging for participation at the event stated how it would be good to have events be self-sustaining which would afford more events and was more fair to those who didn't attend and perhaps wanted 7th Tradition to go towards Literature or other more conventional means of carrying the message. A "free-will" offering at the events was the compromise solution. Another result of this conflict was that a member has risen to serve as trusted servant in the position of Special Events chair.

Our Outreach has not withered with our increased social activities and is continuing with service to our incarcerated brothers and sisters at the Middle River Jail and Harrisonburg Men's Diversion Center. We are also in the second stage of our informational letter campaign; our first focus had been the health and justice institutions. We are now contacting high schools and colleges with information regarding NA and offering to provide literature and presentation to students and faculty in related fields.

This is the 32nd year of the BRANA Campout at Natural Chimneys Campground in Mt Solon, VA on July 19-21, 2013. There are many activities planned for NA members and their guests (lots of fun for kids in particular but the planning committee understands how slow all of us in recovery are at growing up so many activities for the more senior "kids" as well). I'm submitting a flier for the minutes along with a few magnets on the table. Also, you may find all the details online at www.BRANA.org

BRANA continues to be blessed by the generosity of its members and we have a donation of \$212.59.

Below is the action taken by BRANA members on Regional matters that I'll submit during Old Business today. There was strong dismay over a nomination being presented without the nominee's qualifications for the position of Secretary. Members felt nominee was OK to accept Pro-temp assignment but NOT to be listed as nominee. I explained that the election could well take place and the intent was to have Area members informed. It was clearly pointed out that the intention was NOT met; the GSRs felt completely UN-informed.

Area Action on Regional business

Motions

Motion 160-02 Vice Treasurer Duties and Qualifications ----- **BRANA groups vote YEA**

Motion 161-01 To change the CARNA G&RO Section IX, 4A (Treasurer's Duties)...
----- **BRANA groups vote YEA**

Elections & Nominations

Home Groups voted on the following CARNA nominations...

SECRETARY - Angel Pro-Temp ----- **BRANA ABSTAINED – NO INFO !**

PR Chair - Erin – Nominations closed ----- **BRANA Groups vote YEA** -

TREASURER - Neil – ----- **BRANA Groups vote YEA**

Chair – Jim, (currently Vice-Chair) - **YES**

Vice-Chair – Bill (currently Policy Chair) - **YES**

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

This is my last RSC as RCM for BRANA. I regret that I was not of better service to my Area or the Central Atlantic Region during my term. I am so grateful for the opportunity that this position provided me. I am indebted to all who worked with me here at CARNA for the patience, guidance, inspiration and, most cherished, fellowship which all have extended to me. Thank you.

ILS, Peter P BRANA RCM

Gateway to Freedom

Good Afternoon Family-

The Gateway to Freedom Area is currently holding 19 meetings per week. This includes a new meeting "Steppin in Springfield: at the Springfield Assembly of Good Church in Springfield WV.

We have an upcoming special event. One June 22nd a kickball tournament to be held at Gene Mason Sports Complex, Ouffutt St. Cumberland, MD starting at 2:00pm.

We have several positions open for nomination at the area level Chair, Vice Chair, Secretary, Policy, and RCM.

Our H&I subcommittee is hoping to hold a workshop or learning day. The H&I Chair has asked that I communicate on his behalf that he would like some input or guidance from the Regional H&I Subcommittee. Larry S. is the current H&I Chair. His # is 304-303-0370. Any help would be appreciated.

This will be my last Region as my term as RCM is ending in July. It has been a great experience and thank you for welcoming and allowing me to serve.

I am forwarding today a donation from the Gateway to Freedom Area in the amount of \$319.94.
In Loving Service, Rhonda P.

New Dominion

All is well in New Dominion Area of Narcotics Anonymous. We have 52 meetings a week. We have all positions filled at the area level. All motions from the 161st were passed at ASC last week. We have sent a bus full of addicts from New Dominion to vote for the ECCNA to come to Williamsburg next year. South of the James Annual Softball Tournament changed to June 29th.

ILS, Joe B.

New River Valley

Hello Family!

My name is Stephen, I am the RCM for the NRV area. I regret to inform you that we have had our Saturday meeting in Blacksburg shut down due to lack of participation and trusted servants to open the meeting. We have 2 events coming up, my home group in Floyd is putting on a summer dance next Saturday June 2nd at the June Bug Center - 251 Parkway Ln, Floyd, VA 24091 beginning @ 6:00pm - Speaker @ 7:00pm.

The NRV area is having its annual summer campout June 28, 29, 30, 2013 at Camp AltaMons, 2842 Crockett Springs Rd Shawsville, VA 24162.

We will be voting on motions this RSC and are donating 30 dollars to the region. Thank you for allowing me to serve!

ILS, Stephen W

Outer Limits

Absent

Peninsula

Hi Family,

We bring greetings from the Peninsula. We are alive and well and are getting excited about the World Convention in Philadelphia. Our activities committee still has room on the bus trip to the World Convention Philadelphia. The cost is \$100.00 round trip and there is approximately 23 seats left. Our H&I subcommittee is still caring the message into the hospitals and institutions and have recently voted new Chairperson Glenn N. Our policy subcommittee meet in May but didn't meet quorum and is asking for support on the subcommittee. Public Relations subcommittee meet and are planning a poster drive. They are contacting World Service to find out how to obtain poster and the cost if there is one. Volunteers are being asked to place posters through the area. The purpose of this drive is to further carry the NA message to the still sick and suffering addict. The ECCNA bid committee put presented a mock presentation to the area. The purpose was to get feedback and any suggestions. There will be a groups of addicts from our area making the day trip to ECCNA 17 to help show support to bring ECCNA 18 to Virginia. If you are making the day trip to ECCNA 17, you're asked to wear the fundraising to T-shirts to show support and last but not least, we bring a donation of \$1,015.12.

In Loving Service, Jimmy R

Piedmont

Hello family,

Things remain well in the Piedmont Area. There are currently 28 meeting per week with 18 Home Groups. The PASC meeting was held Sunday June 2 with 10/16 GSRs attending. Quorum was met. All Area trusted Servant Positions are filled with the exception of VRCC Director and Alternate VRCC Director. Our VRCC Director's term expired in May, so the Piedmont Area is currently not represented in the VRCC. The Piedmont Area remains committed to H&I Service. We are currently carrying 2 meetings per week for the men at the Albemarle/Charlottesville Regional Jail, and 1 meeting weekly for the women. There is also one H&I meeting weekly at the Boxwood treatment center in Culpeper, and 1 meeting weekly at the Wellness Center at Martha Jefferson Hospital in Charlottesville. Lawrence E. has initiated contact with UVa Hospital about starting a new H&I meeting on 5 East. The H&I subcommittee will be sending a letter and trying to meet with the faculty coordinators to determine the details.

It is not too late to plan for PACNA, June 21-23 at Camp Albemarle. Price is \$45 for camping, parking, all meals included and all events for the weekend. \$32 all inclusive for 1 overnight, and \$27 for 1 day. These prices are suggestions, so any addict who cannot afford to pay is welcome to pay what they can - nobody will be turned away. All registration will be handled on site. There is indoor lodging and tent camping available, first come first serve, with plenty of room for outdoor camping. For info/map visit www.campalbemarleva.org or contact Cate V. 434-760-0665 or Megan L. 434-249-8896 for more details.

The next Area Service will meet Sunday July 7th at 4pm at the Hinton Ave. United Methodist Church. There is no donation this month Due to expenses related to the upcoming campout. Traditionally, our Area makes a larger donation at the RSC following the campout (August).

ILS, Theresa M.

Rappahannock

Absent - Report Emailed Not read on RSC Floor

Dear RSC,

Good Morning from the Rappahannock Area of Narcotics Anonymous, sorry I couldn't be present with you guys but my son is graduating High School this morning; also our new RCM Alt. couldn't attend this RSC due her also being promoted on her job for Store Manager. 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 Thursday night Candlelight meeting has changed their time to 9:00pm until 10:00pm. The Man-up to the Flat book group is hosting a speaker jam entitled "House Rules: The Ties that Bind," at 302 Colonia Avenue, Fredericksburg, Va. 22405 from 11:00-10:00pm. We are also purchasing T-shirts to be sold at the event for \$15, they are not for sale today so please do not try to purchase any please and thank you. Our Area is also having a Bonfire on August 10, 2013 time, place and flyers will be out soon.

In the month of May there were 11 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 Junes ASC. The motions passed. There is now a regularly scheduled GSR Orientation, conducted by the Greg G., 2 hours before each ASC meeting. There are a few new people voted into positions: Greg G. stepped down as RCM and was nominated as our Treasurer, Rudolph C. stepped down as RCM Alt. and was nominated and voted in as the RCM, and Teresa S. was nominated and voted in as RCM Alt. Unfortunately, I wasn't at Junes ASC due to illness yet myself and Teresa S. have decided that since our ASC minutes usually doesn't come out until after the RSC that we will not report minutes from the month that we attend the RSC except any motions that needed to be voted on and brought back. Therefore in August we will be bringing in June and July's.

In Loving Service, Rudolph C. (RCM) and Teresa S. (RCM Alt.)

Richmond

The Richmond Area is doing ok. We have 36 groups with 42 meetings, We average 14-20 GSRs at area. We are still working on some workable solution to place in policy concerning theft of NA funds in our area. There was a lot of discussion weather to follow through with legal action as stated in the signed contract between the area and the person doing the theft because she had not lived up to her end of the contract. After the vote ended in a tie, and the chair breaking the tie vote, it went back to the ad-hoc committee. We still need a VRCC Director and an Alternate VRCC Director. We had nominations for Vice Secretary. No nominations for Area Secretary. All other positions are filled. We have no donation to Region. Our next ASC will be July 14, 2013.

ILS Jackie W.

jasmineroberson1@yahoo.com

Roanoke Valley

Hey Family,

The Roanoke Valley Area would like to welcome the Together We Care Home Group in Bedford to our area. The Roanoke Valley now has 36 meetings and 22 home groups.

Our Area Service Committee is still struggling to attract trusted servants. Our elections for all positions were last July and many positions have yet to be filled. Our Vice Chair relapsed and has stepped down. I was unable to be at our last ASC so the recently elected Policy Chair chaired the meeting. Unfortunately, the area did not vote on the regional motions in the confusion and has forgot about the donation.

We currently have the following positions open: Chair, Vice Chair, PR Chair, Literature Chair, Vice Treasurer. Although there is no one officially holding the PR position our website and meeting lists continue to be updated. All positions will turnover and elections will be in July, hopefully we will be able to generate interest. There is increased interest as attendance at area has increased greatly, however the lack of experience leads to very low productivity.

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

Shenandoah Valley

Absent

South Side

Hello Family,

The Southside Area of NA is doing well. We added two more home groups to our area. One "A New Beginnings" from Martinsville asked for re-instatement after a long period of not participating. The second group is newly formed and from Martinsville also. They are "Steps To Freedom" and meet several times a week. Both groups are on the meeting list online.

We are currently experiencing problems with PR in our area. We do not have a PR chair at his time and some of our responsibilities are not being filled. Racks are not being filled and the meeting list that the newspapers publish is not being updated. Questioned was asked if the groups still want a public relations subcommittee. GSRs are asked to take this back to their home groups and discuss to see if anyone is willing to become the chair of the Public Relations Committee. It was discussed that the area is giving it 3 months to see if anyone is willing to take the position. In three months if position has not been filled a motion will be submitted to disband the subcommittee. We not only need a chair, but we need people in the area that are willing to serve on the PR committee.

We have a donation of \$157.90.

We have a total of 14 home groups with 10 participating in area service this month. In May we had 8 present at ASC.

Our only available position unfilled is Public Relations Chair.

We are planning an event on July 13, 2013 from 12pm-9pm in the Leggit Auditorium at Halifax Regional Hospital in South Boston, VA. Our regional delegates have agreed to come and speak on fund flow. The event will be called "Support Our Vision" and we have 5 workshops on different topics. We are going to have card games, "a CLEANO" (a form of Bingo) and food after the workshops. We will be selling BBQ plates to raise money to donate to WSC. We also plan to auction various NA items donated by members.

The "Stick and Stay" group in Danville has added a new Sunday night meeting at 1035 Main St. it will be a literature study.

H&I has asked GSRs to pass a sign up sheet for the Dan River Prison. They have a speaker meeting on Monday nights and that is a committed meeting from H&I. Mildred O. H&I chair will be holding a meeting July 7th before ASC to discuss how things are going with meetings taken in and what we can do to improve and better carry the message.

Our webmaster brought several items to our attention. One was the cost of printing our meeting lists. Apparently a worker was giving us a bigger discount than the owner. It was decided according to our traditions to pay what the owner felt fair. She also brought back the information about our racks being used for other purposes than our literature. We discussed the negative effect that would result from empty racks and racks filled with other things. When we do not fulfill the primary purpose as instructed by our traditions and concepts, we do not send a message that we have found a new way to live.

She has investigating new costs for printing our new policy and will be getting them done this month, they will be given to all GSRs and executive board members.

A New Beginning Group of Halifax is having their 10th Anniversary picnic on August 3rd in Leggit Auditorium at Halifax Regional Hospital. We will be BBQing and having a special panel to answer random questions from members. It will be from 1pm-??? Covered dishes are welcome.

Once again I am grateful for another opportunity to serve Narcotics Anonymous which saves my life on a daily basis.

ILS, Gail F. RCM Southside Area

Tidewater

Absent

Tri-Cities

Absent

Lunch Break

8. Quorum established - 12

9. All New Business Motions turned in

10.Old Business

160-2

Mover: Bill M Policy Subcommittee Second: Tee T Piedmont Area

Description/Background (Optional):

In the past, the abrupt transfer of the Treasurer responsibilities has caused some confusion with the new treasurer as they became acquainted with the region's bookkeeping methods.

Intent:

To train and mentor a trusted servant to become an automatic nominee for the Treasurer position and assist the treasurer at the annual budget meeting, the audit of accounts and the bookkeeping duties as necessary.

Motion:

To amend the CARNA Guidelines and Rules of Order, Section IX: OFFICERS DUTIES/QUALIFICATIONS, following

4B. TREASURER QUALIFICATIONS

1. To include:

5A. VICE TREASURER DUTIES

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

5B. VICE TREASURER QUALIFICATIONS

1. Knowledge and or willingness to develop 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. 5 years clean time
4. 1 year Area and/or Regional experience
5. Willingness and desire to serve and transition to Treasurer position and the end of the Treasurer's term
6. 2 year term, 4 year commitment.
7. Time and resources needed to be an active participant

2. Renumber the remaining in Section IX accordingly.

Almost Heaven	Y	Piedmont	Y
Appalachian	-	Rappahannock	-
Beach	Y	Richmond	Y
Blue Ridge	Y	Roanoke Valley	A
Gateway to Freedom	Y	Shenandoah Valley	-
New Dominion	Y	South Side	Y
New River Valley	Y	Tidewater	-
Outer Limits	-	Tri-Cities	-
Peninsula	Y		

Passed 10-1-0

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. Reports on motion committed to subcommittee including a summary of discussion.

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. Reports on motion committed to subcommittee including a summary of discussion.

Clerical- Passed 9-2-0

160-6

Mover: Donna Lee RD 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: *In February the 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*

Ad-Hoc Subcommittee Dissolved

161-01

Mover: Bill M Policy Chair Second: Sherry V Almost Heaven

Description/Background:

The WSC website allows Credit/Debit card payments and donations; however, our CARNA G&RO does not allow for the treasurer to make donations of this type.

Intent: To allow the Treasurer to use the Debit/Visa Card to make the Region’s donation electronically to NAWS and pay expenses pre-approved by the RSC body.

Motion:

To change the CARNA G&RO Section IX, 4A (Treasurer’s Duties, 13A to include:

- iii: Make Regional Donations electronically to the NAWS website
- iiii: Expenses or payments individually pre-approved by the RSC by a majority vote. (ex: Literature purchases, Electronic Hardware, Software, Equipment Maintenance & Repair, etc.)

Pros:

1. “Use of Debit card for the stated purposes facilitates the Treasurer performing his duties more efficiently and potentially can reduce costs.” - Peter K, BRANA RCM
2. “It will make donations to NAWS more readily available to NAWS.” - Donna Lee

Almost Heaven	Y	Piedmont	Y
Appalachian	-	Rappahannock	-
Beach	Y	Richmond	Ab
Blue Ridge	Y	Roanoke Valley	Ab
Gateway to Freedom	Y	Shenandoah Valley	-
New Dominion	Y	South Side	Y
New River Valley	Y	Tidewater	-
Outer Limits	-	Tri-Cities	-
Peninsula	Y		

Passed 9-0-2

Motion 161-02

Mover: Kim A, RDA2 Second: Gail F, Southside RCM

Description/Background: New Policy Printing is missing Beach Area on Page 18

Intent: Accuracy

Motion: Add the Beach Area to page 18, Section XVI(D)

Clerical -Passed 11-0-0

Elections & Nominations

Secretary

Nominations Open

- None
- Please take back

Hospitals and Institutions

- Nominations Open
- Peter- Declined
- Please take back
- Nancy Pro-Temp

Public Relations

- Erin C. Elected

Treasurer

- Nominations Closed
- Vote on Neil
- Qualified – *I have 13 years clean, never been accused of a financial crime, I have a sponsor, and I am currently the treasurer of the region.* - Neal

Pro:

1. Neal has served as treasurer in the past. The budget process became much more understandable. Neal would be an excellent roll model and teacher for a new Vice Treasurer. As far as the body is aware he has not been convicted of any misappropriation of CAR-NA funds. Neal has gotten us back a refund on funds that were overcharged. – Nancy S
2. Neal did a good job as treasurer and would be good to mentor a vice treasurer. – Jim H

Cons: None

Speaker Jam Chair

Nominations Open

- None
- Please Take back

11.New Business

162-01

Mover: Joe New Dominion

Second: Chuck BANA

Description/Background:

Intent: To provide areas with H&I support

Motion: For the Central Atlantic Region to host a regional H&I learning day.
Financial impact not to exceed \$400.

Discussion: Normally would this need to be a motion if there was a standing subcommittee?

- No this would not, but we currently don't have a chair

Passed 9-0-2 Ad-Hoc Subcommittee Created -Donna Lee Chair

Discussion Topic

Initiated by: Jim Chair

Topic: Change the regional 2-Day so that the two-day events hold the regional event on Sunday. Make scheduling and food easier. Hopefully this will also increase participation.

Discussion:

- Great idea
- It is no where in policy that we have to have region on the third Saturday of the month, the chair can change it

- May have to make a clerical change in the part of policy where it says hotels are provided “following” RSC

Straw Poll 12-0-0

Motion 162-02

Mover: Travis Tidewater

Second: Chuck BANA

Description/Background: When addicts go from area to area it is difficult to know where the meetings are located without a GPS and meeting list.

Intent: To have a Smartphone app that will sync the areas meeting list, so while traveling one can find the closest meeting in reference to date and location.

Motion: To join the data base of a free program made by NA members and used by 17 other regions known as “BMLT” in JavaScript.

Discussion:

- Basic Meeting List Tool Box is a Smartphone ap that will sync with area meeting list
- Would be awesome to have this tool
- Should go to PR- PR can look into different programs and the feasibility of the committee carrying it out.
- Should go back to groups- we shouldn't just refer everything to subcommittees home groups need to know what region does.
- How does the site work? Do we have to write code?
 - Yes you have to put in some html source code

Referred to Public Relations Subcommittee

12. Announce Location and Time of next RSC

- August 17th here 11:00 open forum
- Budget meeting August 17th
 - Subcommittee Budgets need to be presented in August subcommittee reports

13. Close with Serenity Prayer and Announcements

Regional Announcements

- Policy Subcommittee next meeting via Conference Call
 - July 10, 2013 7:00pm
 - Conference Call Number: 712-432-1500
 - Access Code: 608-126#
- H& I Workshop Donna Lee appointed ad-hoc chair for the event. If you would like to help or know anyone with experience please have them email Donna Lee at rd@car-na.org
- Subcommittee Budgets due at August RSC
- **August 29 – September 1**
 - 35TH WORLD CONVENTION OF NARCOTICS ANONYMOUS (WCNA 35) Philadelphia needs volunteers can sign up at na.org

Area Activities Announcements

June 21-23, 2013

PACNA PIEDMONT AREA CAMPOUT

Speakers, Workshops, and Fellowshiping
Volleyball, Frizbee, Swimming, Horse-shoes

Camping, parking and meals plus all events, all weekend: \$45.00
One Day's Camping overnight : \$32.00 Just one day without camping: \$27.00

Camp Albemarle www.campalbemarleva.org
Just off Free Union Rd. (1675 4-H Way, C'ville)
Indoor lodging available but no reservations
First come first serve, plenty of room for outdoor camping for more info/map/etc.

More Info: Cate V. (434) 760.0665 or Megan L. (434) 249.8896

[PACNA Flyer](#)

June 22nd, 2013 2:00pm

Kickball Tournament hosted by Gateway to Freedom

Gene Mason Sports Complex
Ouffutt St. Cumberland, MD

June 22, 2013 6:00pm

FLOYD SUMMER DANCE

Hosted by the Together We Can group of Narcotics Anonymous
BBQ Buffet at 6:00, Speaker at 7:00, Dance from 8:00 to 11:00

\$5.00 per addict, kids free, no addict will be turned away due to lack of funds
Donations to the buffet would be greatly appreciated, bring a dish or dessert

JUNE BUG CENTER
251 PARKWAY LANE SOUTH
FLOYD, VA 24162

Directions: From Interstate 81: exit 114 south (Rt 8 to Floyd) 22 miles To Floyd. Go through THE stoplight
(intersection of 221) Proceed 6/10 of a mile, The June bug Center is on the left.

[Printable Flier](#)

June 29, 2013 South of the James Annual Softball Tournament changed to June 29th.

June 28-30, 2013

NRVANA CAMP RETREAT

Food, Fellowship, and Fun!
Registrations: \$10.00 per day/per tent - No addict turned away
Event Info: Joanne S 540.695.0008, Mike E 540.250.3825, Marcia 919.801.0744

Camp Alta Mons
2842 Crockett Springs Rd
Shawsville, VA 24162

[NRVANA Campout Flyer](#)

July 13th, 2013 11:00am-1:00am

12 Steps & 12 Traditions Speaker Jam Banquet and Dance

A Journey Through Our Experience

Hosted by Tidewater Area

Starts: 11am

Lunch: noon-2pm

Banquet: 7:30

Dance: 9pm-1am

\$10 at the door

Emmanuel Episcopal Church

5181 Singleton Way

VA Beach, VA 23462

Contact: Thomas M. 757-637-5539

July 13th, 2013 12pm-9pm

Southside Area hosts "Support Our Vision"

5 workshops

Card Games, food, and auction

Halifax Regional Hospital

South Boston, VA

July 19 - 21, 2013

BRANA BLUE RIDGE AREA CAMPOUT

Register online at: <http://branacampout.org>

\$30 per person online/\$35 at the event

\$5 for day visitors/Children free

Natural Chimneys

Mount Solon, VA

[BRANA Flyer](#)

Saturday, July 27th 2013 11:00am – 10:00pm

Speaker Jam Fredericksburg

Man-Up to the Flatbook Group presents

The Ties that Bind Us, House Rules

FOOD, FUN, AND FELLOWSHIP!

302 Colonial Ave

Fredericksburg, VA 22405

[Speaker Jam Flyer](#)

August 2- 4, 2013

ALMOST HEAVEN CONVENTION XXVII

Vision without Limits

4H Educational Center

600 4H Center Dr.

Front Royal, VA

[Almost Heaven Convention Flyer](#)

September 27th- 29th

SERENITY ON THE SHORE CAMPOUT

Register Online: <http://www.sotscampout.org/>

Holiday Travel Park
1075 General Booth Blvd
Virginia Beach VA 23451

More info: Helene T 973-454-1136 Phil S 757-771-6763 Robert D 757-343-3423

[SOTS Flyer](#)

January 17-19, 2014

AVCNA XXXII

Clarion Hotel / Hager Hall Conference & Event Center
901 Dual Highway
Hagerstown, MD. 21740

[AVCNA XXXII Flyer](#)