

Minutes
164th Regional Service Conference
Central Atlantic Region
October 20, 2013

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

Open Forum began: 11:00am

RSC began: 12:15pm

1. Open Forum:

- **Mentoring system for people coming into Service:** Contact list of people willing to volunteer / be a resource to those in need. Suggested to have Chair assign a mentor to those who identify themselves as new. – send an attendance sheet around at each RSC for secretary to update and send out with the minutes.
- **Second pair of eyes looking at the treasurer's work:** Neil suggesting adding a line to the agenda (in the open forum area) so we would remember to do it each time.
- **Procedure for requesting delegate participation in a workshop.** – suggested to put in a motion so the gas reimbursements can be authorized.
- **Upcoming AVCNA** – we have a time slot – Donna Lee looking for ideas. She suggested presenting shortened version of the traditions book workshop so we could gather some feedback from attendees. Erin mentioned wanting to do a PR/H&I workshop.
- Volume of calls on the Phoneline trending down in Piedmont and Theresa relayed the info that they are wondering if this is only in Piedmont. Beach area and Piedmont area are both asking why the Regional Phoneline budget is so high.

2. Serenity Prayer

3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum – 9

roll call after lunch

Chair	Jim	Almost Heaven	Sherry	x	
Vice Chair	Bill	Appalachian	ABS		
Secretary	Kim- pt	Beach	Chuck		
Treasurer	Neil	Blue Ridge	Nancy	x	
Regional Delegate	Donna Lee	Gateway to Freedom	ABS		
Regional Delegate Alternate	Eddie	New Dominion	ABS		
Regional Delegate Alternate 2	Kim	New River Valley	ABS		
VRCC Chair	ABS	Outer Limits	ABS		
Hospitals and Institutions Chair	Chuck	Peninsula	ABS		
Policy Chair	Greg	Piedmont	Theresa	x	
Public Relations Chair	Erin	Rappahannock	Rudolph	x	
Speaker Jam Chair	Otf	Richmond	Jackie	x	
		Roanoke Valley	Pat	x	
		Shenandoah Valley	ABS		
		South Side	Gail	x	
		Tidewater	ABS		
		Tri-Cities	Tony	x	

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

Chair will contact Areas that have missed 2 or more consecutive RSCs: Appalachian, Gateway, New River, Outer Limits, Shenandoah Valley

5. Recognition of new attendees and point out members willing to mentor that they could sit next to.

- Brian - New Dominion
- Skip – Roanoke – RCM alt
- Pat – Roanoke new RCM
- Donna – Southside
- John – Piedmont
- Chris – new RCM alt Rappahannock

6. Approval of Minutes -

7. Trusted Servants Reports

Attached is the financial statement since the 163rd RSC. This report is based on the information that I was able to get online. The last activities reported were on 10/08/13. The balance reported does not reflect the \$68 charge or adding the three checks back in or a payment to Primus of \$87.62 on 10/14. Figuring all of these items in gives us an actual balance of \$17,701.24

Our YTD (2013) expenses have been \$9,090.32 and our YTD income has been \$11,959.64.

Our prudent reserve as determined by the formula approved by the RCMs is \$15,637.00. If we subtract this from our current bank balance the difference is \$2,064.24. This will be sent to World.

I still need the receipt for the laptop.

Don't forget to take a copy of the proposed 2014 budget with you so we can vote on it in December.

ILS,
Neal Griffin

164th RSC Treasurer's Report
Financial Statement
10/20/13

Opening balance (closing balance from 162nd RSC report): \$17,271.82

Credits :	BRANA contrib:	\$52.62	
	Almost Heaven contrib:	\$77.02	
	Piedmont contrib:	\$600.00	
	TriCities Area contrib:	\$379.24	
	Tidewater contrib.:	\$500.00	
	Southside area contrib:	\$155.34	
	RANA contrib:	\$50.00	
	Survivors group	\$70.00	
	VRCC	<u>\$1377.68</u>	
	TOTAL:	\$3261.90	+\$3261.90

Debits:	check 1145:	\$30.00	
	check 1147:	\$15.83	
	check 1148:	\$1634.82	
	check 1149:	\$191.66	
	check 1150:	\$40.00	
	check 1151:	\$50.00	
	debit card 08/17:	\$31.85	
	debit card: 09/13	\$91.46	
	debit card 09/30:	\$91.79	
	debit card 10/07:	<u>\$749.45</u>	
	TOTAL	\$2926.86	-\$2926.86

Closing balance:
\$17,606.86

NOTE: Add \$250 for checks 1137, 1138, and 1142 and our balance matches bank balance. Check 1146 voided for writing error.

DETAILS

Ck 1145 Nancy H- H&I travel
Ck 1147 Neal G- Treas copies
Ck 1148 NAWS- Reg'l donation
Ck 1149 Kim A- reimb for wkshp and AZF
Ck 1150 DonnaLee. P- RD gas for wkshp BANA
ILS- Neal Griffin

Ck 1151 Ivey Mem Church- July subcomm mtg space
Debit card 08/17- Treas supplies Debit card 10/07-
PCMS
Debit card 09/13- Primus
Debit card 09/30- Primus

Category	Expense	For	Proposed 2014 Budget	Bi-monthly funding
A Automatic, approved 100% on receipt	Phoneline	800 & Answering Services	\$8,500.00	\$1,417.00
	Mailbox	PO Box	\$76.00	\$13.00
	Website	Host & Domain Expenses	\$150.00	\$25.00
	Service Charges	Bank Service Charges	\$36.00	\$6.00
B RSC primary operations	Conferences	RSC Meeting Expenses: rent, food & beverage, AV equipment rental, & office supplies	\$750.00	\$125.00
	Executive	Correspondence & report preparation & distribution expenses for RSC Chair and Vice Chair	\$300.00	\$50.00
	RD Team	Correspondence & report preparation & distribution expenses for RD Team	\$100.00	\$17.00
	Secretary	Secretary expenses associated with preparation & distribution of RSC minutes, reports, correspondence, and related office supplies	\$250.00	\$42.00
	Treasurer	Treasurer expenses associated with preparation & distribution of reports, correspondence, and related office supplies	\$120.00	\$20.00
	GSR Assembly	Expenses associated with meeting space rent, refreshments, food & beverage, & office supplies	\$1,500.00	\$250.00
	*CAR Workshops	RSC pre-approved line item expenses associated with holding 4 multi-area workshops	\$1,200.00	\$200.00
	***Zonal Forum	Expenses associated with holding Zonal Forum approximately every 3 years	\$400.00	\$67.00
	Zonal Support	CARNA's portion of zonal expenses- i.e. web domain	\$3.00	\$0.50
C Travel, including up to \$35.00 per diem Except for C1 & C2	*WSC/RDA	Expenses associated with RDA attendance of bi-yearly WSC with \$55 per diem	\$2,000.00	\$167.00
	*WSC/RDA-2	Expenses associated with RDA-2 attendance of bi-yearly WSC with \$55 per diem	\$2,000.00	\$167.00
	MARLCNA/RD	Expenses associated with RD attendance of yearly MARLCNA	\$400.00	\$67.00
	MARLCNA/RDA	Expenses associated with RDA attendance of yearly MARLCNA	\$400.00	\$67.00
	MARLCNA/RDA-2	Expenses associated with RDA-2 attendance of yearly MARLCNA	\$400.00	\$67.00
	AZF/RD	Expenses associated with RD attendance of Autonomy Zonal Forum	\$300.00	\$50.00
	AZF/RDA	Expenses associated with RDA attendance of Autonomy Zonal Forum	\$300.00	\$50.00
	AZF/RDA-2	Expenses associated with RDA-2 attendance of Autonomy Zonal Forum	\$300.00	\$50.00
	*WSW/RD (odd years)	Expenses associated with RD attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00	\$50.00
	*WSW/RDA (odd years)	Expenses associated with RDA attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00	\$50.00

	*WSW/RDA-2 (odd years)	Expenses associated with RDA-2 attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00	\$50.00
D Subcommittee operations	Policy	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, literature, and guideline printing	\$300.00	\$50.00
	Project Driven	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$150.00	\$25.00
	Speakerjam	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$120.00	\$20.00
	Public Relations	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$300.00	\$50.00
	Hospitals & Institutions	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$300.00	\$50.00
E RSC secondary operations	Hospitals & Institutions	Expenses associated with subcommittee travel, inmate literature purchases, correction facility library literature purchases, and H&I presentations, and events or workshops.	\$1,200.00	\$200.00
	Speakerjams	RSC line-item approved expenses associated holding speakerjams in March & September each year including travel (\$500.00/jam)	\$1,000.00	\$167.00
	Overnight RSC	Overnight RSC expenses including overnight lodging, and food & beverage services (\$1500.00/overnight))	\$3,000.00	\$500.00
	RD Team**	Travel expenses associated with RSC approved RD team attendance at Area events when requested by the Areas	\$600.00	\$100.00
	Project Driven**	RSC approved expenses associated with communicating and/or visiting with isolated groups & interested ASC's including gas and long distance phone calls	\$0.00	\$0.00
	Equipment repair/maintenance/replacement	Repair, replacement, and maintenance of RSC laptop, projector, etc.	\$500.00	\$84.00
	Public Relations	Expenses associated with Professional conference & community event registrations, paid radio spots, professional contact data base production, annual PR mailing, printed materials for reports, training, presentations, and travel	\$2,000.00	\$334.00
F	Discretionary, expenses not included in budget	\$300 maximum	\$0.00	\$0.00
			\$30,755.00	\$4,647.50

* means bi-annual expense

** these lines were created for 2013 budget

*** this line item is once every three years and 2014 is our year to host line B9 was added to help support the Zone

RD Report –

Regional Delegate Report – 164th RSC (October 20, 2013)

Hey everybody,

It's great to be here again. I've really enjoyed this two day regional. Most especially the participation and enthusiasm expressed by everyone in attendance. The workshops on "Supporting Our Vision", how regional subcommittees can better serve the areas, and "How to be an Effective and Valued RCM" provided much useful information for participants to carry home with them. Eddie is going to provide that information to you in his report so that you'll be able to access it through the minutes. Thank you to Nancy and Bill for putting the information together for us.

During the 2012-2014 conference cycle the traditions book project is focused on gathering input and ideas. NAWS posted workshop materials, a discussion board and an online questionnaire on the project page at www.na.org/traditions. NAWS states that they continue to receive a moderate stream of input based on those first workshop materials. The input and materials that have been sent so far will help shape the future of the project. To collect more personal experiences related to each tradition we have created new materials for the standard 90 minute workshop to focus on a single tradition per workshop. NAWS is excited to try out a "mini" workshop profile for quick and easy discussion for after a recovery or service committee meeting, informally among a group of NA friends at a sponsorship gathering or anywhere. NAWS encourages us to keep input coming; together, we can create a great new piece of literature on the twelve traditions! It would be great if we had an ad-hoc literature review subcommittee to get us on the ball with participation in this project.

I regretfully was not able to participate in the last Autonomy Zonal conference call last weekend. Kim will include in her report what took place on that call.

Our plan for the upcoming CAR season is to have the workshops mapped out so that flyers may be available at our December RSC. We will need your help in finding locations to hold these meetings. Central Atlantic Region is hosting the next Autonomy Zonal Forum in January 2014. As it is a Conference Agenda Report year, that will be the focus of our meeting that day. Based upon the conscience of the AZF I have requested World Board participation at this event. More will be revealed as to whether World Board members will be able to attend. I have put in a motion to contribute \$300 to NAWS to help with the travel costs that would be incurred with the World Board Members travel. We are considering having the AZF in the August Heaven Area in Hagerstown, MD.

Thank you for the opportunity to serve,
Donna Lee (CARNA RD)

RDA Report –

Regional Delegate Alternate Report – 164th RSC (October 20, 2013)

Hello family,

It's good to be back after my absence at the 163rd RSC in August due to illness (my third double ear infection in my right ear for which I am still currently being treated). I regret to report that I failed to participate on either of the Autonomy Zonal Forum's conference calls on August 11th and October 13th.

According to the latest NAWS Update, World Services is requesting participation in the 2013 Membership Survey. The survey has been conducted regularly since 1996 and has been made available online since 2009. In 2011 17,492 members completed the survey. You may ask, "why complete the survey?" Completing the survey has an indirect tie to carrying the message to the still suffering addict. Treatment, correctional and health care professionals have many community resources for addicts, and this survey gives information about NA which may help professionals refer addicts to Narcotics Anonymous. Please take the time to complete the membership survey and encourage your friends to do the same. Go to www.na.org/?ID=2013-survey to participate.

We feel this has been a successful two day regional. We had great attendance for the workshops. The topics we discussed were "How to be an Effective and Valued RCM", how the subcommittees at the Regional level can better serve the areas, as well as the IDT "Supporting Our Vision" (a seventh tradition workshop). Thanks to the efforts of Nancy S. and Bill M. we have some information regarding this particular workshop shop reflecting what was shared by those who participated.

In response to the first large group discussion question (read question), participants cited their individual experiences and how they relate to each of the four tenants of the Vision for NA Service. In response to the second large group discussion question (read question), participants offered specific suggestions including: (read highlighted suggestions). In response to the first small group discussion question (read question), responses included (read highlighted responses). In response to the second small group discussion question (read question) responses included (read responses highlighted).

1. Which aspects of service described in A Vision for NA Service helped us to find NA?
 - Our vision is that one day:
 - Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life;
 - Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service;
 - service bodies worldwide work together in a spirit of unity and cooperation to support the groups in carrying our message of recovery;
 - Narcotics Anonymous has universal recognition and respect as a viable program of recovery.

2. How can we help A Vision for NA Service become a greater reality and help others find NA?
 - **By being a beacon of hope within my community.**
 - Trying to give others a piece of me by being transparent
 - **Commitment to NA service**
 - I share that nothing was ever successful in keeping me clean until NA became my way of living.
 - Showing that up until 6/6/06, I could never stop and thought I'd die using. If you think you'll never stop, well, I thought the same thing. I learned not to believe everything I think. I got clean and so can anyone willing to do the things other recovering addicts do. It worked for us, it can work for you.
 - **To encourage others to be of service out of gratitude and love of the fellowship. I lead by example by being there for the new comer.**

3. How do we do a better job of reporting our service success to our home groups?
 - More announcements made with enthusiasm
 - **I think that an Email blast to RCM's and others that sign up for current information and updates to the CARNA web site.**
 - Thorough and effective communication:
 - i. bring back subcommittee successes from Regional
 - ii. bring workshops and Area successes brought to the Region
 - More workshops
 - **Keep commitments**
 - Designate a meeting to let people know what is going on at different levels
 - Have groups subscribe to get hard copies of the NA way
 - **Hand-outs of information in NAWS News**
 - **Have the RCM give copies of their report to the GSR's to minimize confusion**

4. How can we talk about self-support, which involves more than putting money in the basket to cover rent?
 - In our area many Home Groups use 7th Tradition money for things other than rent such as cakes for calibrations, balloons, and cards. Some think this is breaking the 7th Tradition.
 - **We can be mindful of buildings asking for expensive rents, leaving little for literature rack.**
 - **Give out time. Work a deal to trade Home group member's labor for rent for the meeting space.**
 - H&I service commitment
 - Making sure

In Loving Service, Eddie W. (CARNA RDA)

Regional Delegate Alternate 2 Report –

I attended the October 19th 2 day event and rather than report on something that has already been reported on by my fellow Delegate Team members, I will just say that I found the entire day to be very informative and motivating.

I also attended the October 13 Conference call for the Autonomy Zonal Forum. As we last reported the AZF is moving forward with becoming more involved with addressing our zone's needs for mentorship and the sharing of information directly impacting our fellowship.

We invite the region to share their thoughts with us on what they would like to see us accomplish. Ideas for the possible roles for our NA Zones being discussed by the NAWS Board are:

- **Fellowship development**
- **Leadership development**
- **Planning**
- **Part of a fund-flow system**
- **Exchange of best practices**
- **Point of connection—unity link**

- **Communication link**

Prior to this year our zone met twice a year with the intended purpose of exchanging information. Donna Lee provided all of the RD Teams with information regarding what the other NA zone's goals are. The goals of some of the NA Zones include some of the above bulleted points. We will be looking at all the different ways other zones are able to be of service at our next AZF in January and discussing concrete ideas for expanding our own purpose.

I learned in September that I hold the position as Web Servant to NAWS as part of my RDA2 duties and responsibilities so I registered myself on the NAWS website and am moving in a general forward direction with acquiring the information I will need in order to verify the accuracy of the information NAWS has on the meetings within our region.

In Loving Service, Kim A. (CARNA RDA2)

VRCC Report – ABS

H&I Chair Report -

Central Atlantic Region of Narcotics Anonymous
Hospitals and Institutions Chair Report
October 20, 2013
163rd CARNA

Hello all,

The CARNA H&I, PR and Policy Subcommittees held our last meeting in Quadrant 2, Winchester, VA on September 21st. There were 12 local members present and 4 participants via the phone conference option. The meeting was very successful and we were able to address quite a few topics I have attached the meeting minutes to this report for your review. Nancy H. was nominated and elected to the position of Secretary for the committee. I have decided that my reports to this body will cover the responsibilities of this subcommittee as outlined in the Central Atlantic Region of Narcotics Anonymous Regional Service Committee Handbook. How this subcommittee is meeting these responsibilities is as follows:

Bullet 1 – We hold regularly scheduled meetings every other month and follow the quadrant rotation as prescribed in the subject service handbook. We are working to secure the CARNA H&I literature inventory. 20 Introductory Guides and 38 Reaching Out pamphlets were taken to the Deep Meadows Correctional Center in the New Dominion Area in September. There has been a lapse in responding to letters to inmates of over 6 months. We have no committed members currently on the committee capable of following up on these letters. We are working on rectifying this issue.

Bullet 2 – We have defined this as a high priority for the subcommittee over the next year. We are coming up with ways to generate an accurate list of facilities serviced by local H&I within the region so that we can efficiently deliver H&I. We hope this list and resource material that can be generated as a result will help us plan and implement our H&I efforts in a more effective way.

Bullet 3 – We have no plans at this time to set up a panel presentation for any facility. We will look at this on an as needed basis. It is our hope to work on changing our approach to one-time presentations and use these as vehicles to help participants in these types of facilities start their own NA meetings.

Bullet 4 – We held our first training last night, October 19, 2013 for the Roanoke Valley Area. We have also decided that we will be doing training days at the same time as our business meetings. This will reduce travel time and ensure that each quadrant is offered a training day once a year. We currently have requests from Gateway to Freedom Area, Piedmont Area and SHVANA for training days. We are coordinating with representatives from each area to fulfill these requests.

Bullet 5 – I contacted the WSC H&I Work Group. I have contacted NAWS and been added to the reoccurring webinar participation. I will be attending my first webinar on November 7, 2013

Bullet 6 – Refer to bullet 3

Bullet 7 – In yesterdays round table some interesting ideas were presented to help with creating contact lists for Area level servants of H&I and to create a list of facilities serviced by CARNA. We hope to come up with some creative solutions to organize efforts throughout the region. We hope to support the unity throughout the region flourish and help areas deliver the life saving message of NA in efficient and practical ways.

Bullet 8 – The WSR project was discussed in detail. We have made no progress on this effort and I am trying to get up to speed with were things were left. There was a considerable amount of work done on policies and approaches for this effort and the subcommittee is interested in pursuing it further. To facilitate this we need willing participants to lead this effort. Please share with your areas about the WSR project and let them know about the CARNA H&I Subcommittee meetings.

We also came away from our subcommittee meeting with an attitude of cooperation with the PR subcommittee. We decided to do training days together and work together in all efforts that require both sub-committees expertise.

The PR Chair and myself had a meeting in which we outlined the following goals for both of our subcommittees for the following year:

1. Training/mentoring

2. Establish solid contact with state agencies

3. Establish solid contact with areas within region

4. Define us as a regional resource to include:

- What Literature and hard resources for areas
- Provide resources on website
- Regional H&I facilities list
- Panel meetings into facilities that cannot get out to meetings
- Audio stream meetings into prisons / training for inmate meetings
- H&I / PR Training
- Maintain contact with WSC H&I and PR work groups
- WSR

5. Get it right campaign, including website accuracy, phone line accuracy

The ECCNA was also represented at the subcommittee meeting and suggested that there will be many opportunities to work together and using the convention as a vehicle to increase awareness of NA throughout the regions correctional system. We think this is a good opportunity to create new communications and possible establish new commitments throughout the region to carry the message.

As you can see our efforts will be focused on organization and training for the next year. We hope to create a system within the subcommittee that increases our ability to reach addicts who need to hear our message and can't based on their circumstance. We see many opportunities through this subcommittee to enhance the unity within our region and more efficiently manage our resources. It is also our goal to create a system that can be easily turned over from one trusted servant to another.

I want to thank the body for the opportunity to serve in this position. It is already proving to be an extremely humbling position. I hope and pray that my strengths can help CARNA H&I practice the 5th tradition.

Our next meeting will be held in Roanoke, VA on November 16, 2013
at Gainsboro Branch Library, 15 Patton Ave NW Roanoke, VA 24106.

To attend this meeting via conference call:
Conference Dial-in Number: (712) 432-1500
Participant Access Code: 114976#

Please feel free to contact me with any questions or suggestions.

Gratefully,

Chuck K.
(757) 469-9365
chuck.norvakellens@gmail.com

Policy Subcommittee Report -

Policy Report for 164th RSC

Dear RSC,

The Policy subcommittee met on September 21, 2013 at 3 pm in Winchester VA. There were 12 people present (applause please). We discussed motion 163-2 which was to create a standing position in the Central Atlantic Region as a representative to the East Coast Convention Committee. We spend ½ the meeting coming up with requirements and responsibilities. It was then brought up that West Virginia was not a recognized state at the ECCNA and therefore would not be responsible for us to provide a director to a convention board that doesn't represent out entire region. The feeling was unanimous to recommend not creating this position. Since that meeting it has come to my attention that West Virginia was added to the list of states. I am unclear as to why West Virginia was added so suddenly but am concerned that this body does not seem to accountable to the fellowship of NA as a whole and only accountable to people who participate. I don't know if that is a correct perspective so will, as always, follow the direction of the body that I serve. So please provide direction if you would like the policy committee to continue next month in creating the requirements and duties for this position.

Our next meeting will be in Roanoke on November 16 at 11 am at 15 Patton Ave NW Roanoke VA. You can join the meeting via conference call by dialing 712-432-1500 and enter access code 114976#.

ILS,
Greg G.

Public Relations -

Hello Family,

Five Narcotics Anonymous members were able to attend the Summer Institute of Addiction Studies (VSIAS) this year. We set up a public relations table in their vendor room where many treatment centers also had tables.

We purchased 100 PR folders which were stuffed with the Membership Survey, Information About NA, NA a Resource in Your Community as well as a Central Atlantic Region Rack Card which had information about the services that CARNA provides with information on how to contact us. We handed out 78 of these folders and interacted on average 1-3 minutes with each professional. Professionals from treatment centers, psychiatric centers, juvenile detention centers and drug courts were in attendance. Even professionals who were in our fellowship or another 12-step fellowship were very interested in statistical information about our fellowship and our presence worldwide. They were also happy to hear about the public relations services we can provide. We were invited to attend 3 more events in August and September and expect to receive more requests. I have begun compiling a database of events we may be interested in attending in the future.

An example of how we were able to carry the message to suffering addicts through these interactions came from a professional at a psychiatric center. He currently sends many of his clients who also have addiction problems to a faith-based program where they actually asked them to leave because they were taking their psychiatric medications. We were able to show him our "In Times of Illness" booklet that addresses psychiatric illness. When we let him know that we know we are not doctors and we accept anyone who has the desire not to use he was truly grateful. He told us he was happy to finally have somewhere he would feel comfortable sending his clients.

After participating in the event we would like to invest in PR materials such as banners to increase our attraction. We were grateful to help in reaching our vision of service for Narcotics Anonymous to have recognition and respect as a viable program of recovery.

I will be turning in receipts for \$126.86 for lodging for two nights, \$64.85 in gas, and \$361.62 for literature. Total expenditure for this event \$552.33

We had excellent attendance at the subcommittees. We discussed issues with the phone line and how it is run. This is clearly an issue that needs to be resolved as it comes up again and again. I have been in touch with George who has been updating the spreadsheet we send to the phone line. I have also been making weekly phone calls asking for meeting information in different areas to ensure accuracy and service. Each test call I have made has been successfully completed. This will be a priority as we move forward and I will ensure I have a more complete report for the sub-committee meetings in November. I will be turning in receipts for \$39.96 for gas.

We discussed the BMLT app as proposed by the Tidewater area. Many members expressed enthusiasm about the ability to have a searchable meeting list, map and gps function on the website. We also discussed the app and map functions that World Services offers which function similarly to the BMLT app. A group conscience was reached that we should focus on using the services provided to us by NAWS rather than develop our own database. I am exploring whether we can embed the NAWS meeting locator into our regional website. We talked about continuing the previous chair's "Get it Right" initiative. The next step in the "Get it Right" initiative will be to make a flyer/web campaign describing to home groups and areas how to update their information with NAWS and CARNA.

I was asked to attend a PR Learning day in the Tidewater area and to talk about what CARNA PR does. The event was very informative and I met with the PR committee and webmaster from the C&P region as well as the webmaster from the Richmond Metro website. I learned much more about the BMLT app and website flow. I also learned about how C&P and Tidewater host their phone lines. This was an invaluable day where I gathered a lot of information that should help our PR efforts. I was also able to provide information to those attending about regional PR services.

During the past few subcommittee meetings we have discussed our goals for the next two years. The first priority of the PR committee will be to focus on direct services such as providing training. Working together with the H&I committee, we plan on holding trainings in the Areas when we have our subcommittee meetings. As part of the "Get It Right" campaign, ensuring accountability with the phone line will also be a priority. As I receive feedback from members, it is clear that the website can also be used to provide more information to members, discussed at the workshops yesterday including email blasts when new events/information is posted. I will be turning in a receipt for \$28.72 for gas.

As a joint effort PR and H&I held our fist team training in Roanoke last night. I look forward to receiving feedback about this training and ways that we can improve it as we bring it to other Areas around the Region. Including the possibility of providing training at the AVCNA in January or any other Area Conventions as requested.

We have several opportunities for people to be of service on the Public Relations committee. We will be having nominations/elections for Vice Chair and Secretary at the upcoming meeting in November.

**Our next meeting will be in Roanoke at 15 Patton Ave on November 16 from 10-1 pm .
You can join the meeting via conference call by dialing 712-432-1500 and enter access code 114976#.**

Flyers are attached. Any ideas, concerns, please get in touch with me or better yet bring you and a friend to the committee meeting!

ILS,
Erin
(540) 761-2063

Speaker Jam Report - OTF

9. Area Reports

Almost Heaven –

Almost Heaven RCM report to Region-October 2013

Good Morning Everyone

Our VRCC rep reported to us that all is on track except for Merchandise. We are in need of a Merchandise chair for our Regional Convention the AVCNA. Hope to see everyone in January in Hagerstown, MD

Our groups decided to have trainings sessions quarterly for ½ of our Area Service Meeting. The first one will be for our January ASC starting at 3:30 until 5:30. The “*Atmosphere of Recovery*” Issue Discussion Topic was chosen by the GSR as the topic for our round table session. Other topics were brought forth by the Groups and efforts to integrate these topics into the various existing session profiles will be attempted. A facilitator and trainee will do the session with the trainee facilitating the next one with a trainee and so forth.

A request made at the regional subcommittee of the PR&HI regional Team was discussed on the floor. Some of our members remembered this discussion a while back at our LSU during our Inmate Step writing task info and this particular facility since a member has been taking a speaker meeting in on their own. During the discussion several members stated they had had contact with the facility showing a need for PR presentation and a single point of accountability established. Recently information on Inmate step writing from a member on the NAWS ISW Webinar was acquired. This was presented at this past LSU and hopefully we will be able to establish our guidelines and orientation for this service. At that time to have a PR presentation with the facility with help from our Regional PR team would be welcomed.

A discussion on how to increase attendance of our Local Service Unit LSU was tabled and will be on our agenda at next area so that more GSR are present for the discussion as it was late and many GSRs had already left.

Our H&I commitments are being carried out but trouble with reporting from the panel leader from one facility is an ongoing issue. More will be revealed.

Positions open:

- **RCM:** Open for Nominations
- **RCM ALT.:** Open for Nominations
- **POLICY:** Open for Nominations - Jennifer D. Nominated
- **CONVENTION CHAIR:** open for nominations

Positions recently filled are:

- **VICE CHAIR:** Open for Nominations
- **TREASURER:** Open for Nominations
- **SECRETARY:** Open for Nominations

Our convention committee reported that our convention didn't lose any money this year and will be held the first weekend in August. Hope to see you all there.

The Autonomy Zonal is to be hosted in our region in January. After discussion on our area floor, the groups would like to request the zonal forum be hosted in our area with members willing to find location and fix the lunch. Please let us know the status of this request.

We have a donation of \$232.23

This is my last Regional as RCM. It's been a pleasure and honor to serve with all of you.

ILS, Sherry V. RCM pro tem Almost Heaven Area.

Appalachian – ABS

Beach –

163rd Central Atlantic Region of Narcotics Anonymous

Beach Area Regional Committee Member Report

October 20, 2013

Hi CARNA,

The Beach Area of Narcotics Anonymous continues to grow as we now have 15 home groups. Out of these home groups we had 14 GSRs at the last ASC. We are currently going through annual trusted servant rotation. All ASC position were opened for nominations in September and elections will be held at the next ASC.

All of our groups are doing well. At the last ASC's open forum portion home groups discussed how to get members with experience to help mentor and teach newer groups and newer members about service in NA. The discussion sparked some ideas for groups and created new relationships between groups and members.

One area of concern for our area is that we hold funds beyond our established prudent reserve. We are working to rectify this and to ensure funds are managed responsibly.

Our area will be hosting "The Role of a GSR" workshop on October 26th, 2013 at Wave of Recovery's annual picnic. The event will be at Virginia Beach Christian Church 2225 Rose Hall Dr. Virginia Beach 23454.

We are still working with Virginia Beach City Jails to take an H&I commitment into the women and men's block of the Drug blocks within the jail. We met with the head of Mental Health Services of the jail and several of the counselors responsible for inmates of the jail. The response was incredibly positive and the next step is to get approval from our Cities Sherriff to enter the jail with an H&I meeting/presentation. Mental Health Services is requesting 1 meeting/presentation per week on weekends and they wanted at least 2 members from NA at each meeting. We have many willing and experienced members to fulfill this request and are working to set up a service structure to facilitate this need. We only have one other facility within Virginia Beach that would benefit from and H&I presentation/meeting, which is currently being serviced by the Tidewater Area. We are deciding how to handle this commitment and potential new commitments and which service structure will work most efficiently.

As one of the sponsoring areas of the ECCNA in next June we will be holding fundraisers throughout the coming months for this convention.

The Beach Area of NA expressed concern about the phone line expense. Several members thought it was too expensive and that the information housed on the Phone line is not accurate. They asked that I obtain detailed justification for this expense from CARNA.

We have a donation of \$208.00 to CARNA.

Gratefully,

Chuck K.

www.virginiabeachna.org

Blue Ridge Area –

**BRANA RCM Report
October 19, 2013**

Hello from the BRANA area of NA. The BRANA ASC met last on October 10, 2013 at the Reformation Lutheran Church in New Market. There were 9 out of the 12 home groups represented at the meeting. Quorum was met and business was conducted as usual. In summary, the meetings are all being well attended and BRANA now has 25 meetings per week in the area. The Chance for Gratitude group has added 2 extra meetings so their attendance has picked up tremendously. The Find A New Way To Live Group has begun collecting donations for their Christmas event and more will be revealed later. The H&I commitments are being fulfilled and we have 2 women who are waiting approval to carry the message into the MRRJ. The Men's Diversion Center in Harrisonburg could use more support. The H&I subcommittee will present an overview of NA to the JMU professionals, i.e. Substance Abuse Counselors on November 6th from 4-6:30pm at James Madison University campus.

The nominations and elections for this ASC meeting were as follows; Peter P. was elected to the Policy Chair position. William H. was nominated and elected to the Chair position. George S. was nominated and elected to the RCM Alt position but he will not begin until December. The open positions we have now are VRCC Rep and Vice Chair.

The Just for Today, Triumph over Tragedy and Step by Step home groups combined held its second Speaker Jam and Chili Cook Off on Sunday, Oct 13th at the Valley Mission. It went well with 3 speakers and fun was had by all.

I have a donation of \$59.73 to the Central Atlantic Region of NA today. Our next ASC meeting will be held on November 14, 2013 at 6:30pm at Reformation Lutheran Church in New Market. The mailing address for the BRANA area is PO Box 623, Harrisonburg, VA 22803.

NA Luv and Hugs,
Nancy H.

Gateway To Freedom – ABS

New Dominion – ABS

New River Valley – ABS

Outer Limits – ABS

Peninsula – ABS

Piedmont –

October 20, 2013 Piedmont Area RCM Report

Things continue to go well in the Piedmont Area. Our last Area Service met on October 6th. There are 18 Home Groups with 28 meetings weekly. The newest home group, Workin' The Steps, meets Thursday 6:30-8 and started three weeks ago. The format is a bit unusual in that the first half is silent individual Stepwork and the second half open discussion. I did discuss with the addict who started this meeting about how they might accommodate newcomers who were relatively unfamiliar with N.A. and had not started stepwork with a sponsor. He told me that they would direct the Newcomer to appropriate I.P.'s during the silent portion of the meeting, but that so far no newcomers had attending this meeting. I do plan on initiating a dialogue at our next Area Service on ways that this meeting may achieve their focus of Stepworking, while also insuring that the Primary Purpose of NA is not neglected.

As this time, the positions of VRCC and alternate VRCC remain open. Many other positions, including Chair, Vice Chair, Secretary and Treasurer were immediately filled when these Trusted Servant 1 year terms became vacant. Erica N. is the new RCM Alternate, and I am the new RCM after having spent the previous year as alternate.

At the September Area meeting, the PR Chair approached me with the news that our phone line volume has been down in the past several months. For instance, there had only been two calls in that month. He asked me to inquire of the Region PR Chair if this decreased phone volume was a Regional Trend. He wondered if most people interested in NA were now obtaining information and meeting times On Line rather than calling the hotline. He also expressed a concern about the several thousand dollars in annual budgetary expenses that go toward the phone line, and asked if there was information available detailing why this service was so expensive. He requested that I open a discussion about whether, in the age of digital media, some of this money would be better spent on other Outreach options.

Our annual Halloween party will be held Saturday November 2nd from 7-11 at The Haven in Charlottesville. The event will be Pot Luck, and will include dancing and a costume contest.

The next area service will meet Sunday November 3rd.

ILS,
Theresa M.

Rappahannock Area –

Dear RSC,

Good Morning, I would like to say that I and Chris R. would like to say we thank you for allowing us to experience serving Narcotics Anonymous and our Area.

We are here on behalf of the Rappahannock Area of Narcotics Anonymous. Currently, we have an event being held today by the In It To Win It home group entitled "Unity Day" on at Kenmore Park from 1:00-6:00pm. Currently we don't have any contributions to give.

In the RANA area, we currently have 27 meetings weekly and 17 active home groups. In the last two months we went from having 7 open positions on our area level to having all of them filled except for Treasure II and Outreach positions.

According to our By-laws our Treasurer, Greg G. has been hosting our Budget meeting weekly through the month of October so that in the upcoming year we may have a functioning budget. In which is held every Wednesday night at Wegman's from 7:00-9:00pm. There has been a considerable amount of experienced members as well as newcomers attending to get an understanding of how NA service works.

Due to our Secretary I and II stepping down, our September minutes are being amended by our new Secretary team Kelly S. and Kevin S. Also, the RCM team submitted a motion to have the minutes put out 10 days after area so that we would be able to carry a more accurate account of our Area needs, celebrations, and business. New positions are: Etta F. PR Chair, Brandon H. Policy Chair, Kemper B. Vice Chair, John H&I chair, and as mentioned above Kelly and Kevin S. have teamed up to be our Areas Secretaries. Also our H&I team have been going into Sunshine Lady House which is going good and are planning on re-entering at the Rappahannock Regional Jail soon! Also, Etta F. chair of PR will be meeting with Probation and Parole in District 16 in the very near future!

In closing, we host our ASC the first Sunday of the month at 900 Charlotte Street, Fredericksburg, Va. From 4:00-6:00pm. Things are overall going well and I and Chris R. will continue to serve our Area to the best of our ability.

In loving service,
RCM team

Richmond –

Greetings,

The Richmond Area is struggling. We have 36 meetings listed on our meeting schedule with 15 -20 GSRs regularly attending area. About 1/3 of these 36 groups have one to two or no trusted servants. The donations from these groups averages \$700.00-\$750.00 per month, which is presently less than our monthly expenses. We are now having an Area Inventory to try and rectify this situation. We will be having a meeting Nov. 2, 2013 to develop a plan of action. The meeting will be held at Boulevard United Methodist Church, 319 N. Boulevard, Richmond VA. We are asking if the Regional Delegate or the alternate could attend this meeting. We also planned a GSR Workshop for Nov. 9th, but because of our area's finances it had to be cancelled.

We have had two meeting changes. The meeting *Living Clean – Journey Continues* has moved from 319 N Blvd at 5:30 pm to 503 Lombardy St. at St John's Christian Church from 6:00-7:30 pm. Also the Positive Thinking meeting has moved from the Henrico Mental Health Bldg. to 501 W Nine Mile Rd from 6:30 to 7:30 pm.

Our H&I commitments (Rubicom Women & Men, Richmond City Jail and Henrico Jail - men and women) are met at this point. This sub-committee needs support as each committee has only one facilitator. Present positions that are open are VRCC Director, ALT VRCC Director, and Assistant Secretary. We are now accepting nomination for Policy Chair, Outreach Chair, RCM and Alt RCM. The only event coming up is a Fall Fashion Show and Dance. Nov 9, 2013 at the Robinson Theater Community Arts Center, 2903 Q Street, Richmond VA from 6-10. Tickets are \$15.00 in advance and \$18.00 at the door. *Shot of Hope* will celebrate its 28th Anniversary October 31. Our next area is Nov 10, 2013 3:00 pm at 319 N Blvd, Richmond, VA. Due to our finances we have no donation to the region.

ILS, Jackie W
RCM Richmond

Roanoke Valley –

RVANA

Pro-Tem RCM: Pat W – 540-520-7783, patricwelch@hotmail.com

Alt RCM: Skip N – 540-494-4726, kampir@msn.com

Area Service positions are slowly being filled by trusted servants. Last area service positions filled last meeting were PR chair, PR VC, Policy Chair, Vice Treasurer, Alt RCM. I am Pro Tem RCM and will commit to this position as soon as my move is over with and life settles down. We currently have two positions still open VRCC Director and VRCC ALT. We have 21 Homegroups with 33 weekly

meetings. GSRs present at Last Area Service meeting were 16. There will be a costume dance event October 26th at Thrasher Gym - Fun, Food & Fellowship. Time: 8-12 pm.

In Loving Service,
Pat W Pro-Tem RCM

PS: thanks for the workshop yesterday it was very helpful for me to perform my duties as an RCM.

Shenandoah Valley – ABS

Southside Area –

SOUTHSIDE AREA REPORT
PO BOX 2164 DANVILLE VA
HELP LINE 434-709-4016
MARTINSVILLE 276-262-4467
MEETING INFORMATION 800-777-1515

October 20, 2013

Hello Family,

The Southside Area of NA is doing well. We currently have fifteen active groups in our area, with eleven being present at last area service.

We will be holding elections in January for the following positions: chair, vice-chair, treasurer, co-treasurer, secretary, alternate RCM, and literature chair. Jack C. resigned as alternate RCM for family reasons.

We had some difficulty with our phone line. The person carrying it used up all the minutes on personal calls and let the phone be turned off. Our PR chair found out and retrieved the phone. The person who used up the minutes replaced part of the minutes used and the phone is being manned again. The person owes for 900 minutes and he has agreed to replace them. We realized the importance of training people before giving them the phone.

We have made plans to have an area New Years Eve event in Danville. More will be revealed.

We have a donation of \$250.72.

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

ILS,
Gail F. RCM Southside Area

Tidewater – ABS

Tri-Cities –

Good morning my regional family. Glad to see everyone again. The Tri-Cities Area is doing well as report the last time we met in Charlottesville, VA.

Our Upcoming events are:

- Attitude of Gratitude on 11/23/13 from 12pm to 7pm (Gratitude Food and Fellowship) at 17120 Jefferson Davis HWY, Chester, VA – For more info contact our special events chair.
- Learning Day Workshop on 12/07/13 from noon-4pm (workshops, food, fellowship and fun). This event will be held at the same address of 17120 Jefferson Davis HWY, Chester, VA.

Flyers are available.

Our Area still has 12 Homegroups and at last Area Service Meeting Quorum was met and business went on as usual. We still have some vacancies of RCM, Policy Chair and VRCC Alt.

H&I commitments are: Rubicon Treatment Center, Riverside Regional Jail. H&I Chair: Kenny Y 443-604-8131

Lastly – our donation is \$504.79.

Web address: <http://www.tricitieareaofna.org>

Next ASC: Nov 3rd, 2013

In loving Service,
Toney W. (RCM alt)

10. Chair suspended order of the day to do elections

Elections & Nominations

Secretary – Brian C – (New Dominion) nominated – Bill read Qualifications & Duties – Brian Accepted & Qualified – Vote of Confidence

H&I –Chuck nominated at the 163rd Nominations still open for 164th.–

Motion to close nominations made by: Jackie, 2nd by: Rudy – no objections. Nominations closed

Speaker Jam Chair – Rudolph nominated by Jim - asked for time to research the position. We will revisit in Dec – Send to Areas for Nominations

Vice Treasurer – no nominations (nominations opened at the 163rd)– Send to Areas for Nominations

11. All New Business Motions turned in

Lunch Break 45 minutes: 2:00-2:45

12. quorum established - roll call after lunch = 8

13. Old Business:

Motion 162-02 (smartphone app BMLT) Referred to PR at the 162nd

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: see minutes from 162nd.

Consensus from PR felt it is not a good idea... still exploring option of embedding into region's website.

Motion 163-02 *Motion had been referred to Policy to gather more information and was due back at the 164th*

Mover: Bill M **AREA:**

2nd: Nancy H **AREA:**

Motion: For the Central Atlantic Region of Narcotics Anonymous to create a standing position to its Regional Service Committee. The position would be called East Coast Convention of Narcotics Anonymous Representative, (ECCNA Rep).

Intent: For CARNA to fill 1 of the 23 Regional Director positions on the ECCNA Advisory Board (AB). ECCNA Rep would attend monthly AB conference call meetings, have a vote in AB business, and report to the CARNA bi-monthly RSCs. Motion should be referred to the Policy Committee to develop requirements and duties. This is an addition to the CARNA Policy and will need to go back to Areas for approval.

Ruled Out of Order per: page 16 Section XI

14. New Business

Itinerary for the RD Team:

AZF

Hotel	\$135.00	x 3
RD, RDA, RDA2 Per diem	\$35.00	x 3
Gas & Tolls	<u>\$130.00</u>	<u>x 3</u>
	\$295.00	x 3

MARLCNA

Hotel	\$200.00	x 3
RD, RDA, RDA2 Per diem	\$105.00	x 3
Gas & Tolls	<u>\$95.00</u>	<u>x 3</u>
	\$295.00	x 3

MOTION 164-1

Mover: Donna Lee P, RD

2nd Sherry V RCM pro tem AHA

MOTION: to contribute \$300 to NAWs one time in the event of World Board Participation at the Autonomy Zonal Forum in January

INTENT: To be fully Self Supporting.

MOTION PASSES 6-0-2

MOTION 164-2

Mover: Chuck K Area: BANA

2nd Nancy H

Description/Background

ECCNA has donated 84 Basic Texts to CARNA. These Basic Texts are for donation to Correctional Facilities within the Region

INTENT: 5th Tradition

MOTION: Distribute Basic Text received from ECCNA as follows:

4 Basic Texts to each Area of CARNA for a total of 68 Basic Texts.

Donate the remainder to the CARNA H&I subcommittee for a total of 16 Basic Texts.

MOTION PASSES 7-0-1

MOTION 164-3 Regional Budget

Mover: Neil - Treasurer

For any questions on specific line items (see Treasurer report) please refer to respective subcommittees

- Subcommittees meetings -

Roanoke, VA on November 16, 2013 at Gainsboro Branch Library, 15 Patton Ave NW Roanoke, VA 24106.

To attend this meeting via conference call:

Conference Dial-in Number: (712) 432-1500

Participant Access Code: 114976#

15. Next RSC – Saturday – December 21, 2013 – 11 AM - Charlottesville – location to be announced

16. Close with Serenity Prayer and Announcements

Motion to close made by Kim 2nd by Sherry at 3:50