

**Agenda 165th Regional Service Conference
Central Atlantic Region
December 21, 2013**

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

Open Forum begins: 11am

RSC begins: 12:15pm

- Vice Chair will view the online banking account and compare to the check register.

1. Serenity Prayer
2. Open Forum
 - a. PR Efforts - Discussion of what each area is doing – poster days, web site revamp, PSAs, literature racks, etc. Discussed opportunities at the regional level for the various areas to help each other (e.g. training)
 - b. Literature Drive for Africa - Discussed efforts to get used literature out to areas that can't afford the customs duties on new literature. There will be a box at the AVCNA for used literature donations, let your areas know about it. You can also submit literature to the address in the attached flyer.
 - c. Regional Report to World Services – Need input from areas by January 15th back to Donna Lee P.
 - d. Autonomy Zonal Forum is being hosted by our region on January 25th. Copy of the flyer is on the website.
 - e. Regional Phone Line – there is a considerable amount of time spent by attendants locating meetings on the spreadsheets we provide... this is adding to phone line costs. The easiest way to provide them with up-to-date information is via the various regional/area websites.
3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after lunch

Chair	Jim	Almost Heaven	Sherry	X	
Vice Chair	Bill	Appalachian	ABS		
Secretary	Brian	Beach	Chuck	X	
Treasurer	Neil	Blue Ridge	Nancy	X	
Regional Delegate	Donna Lee	Gateway to Freedom	ABS		
Regional Delegate Alternate	Eddie	New Dominion	Tanya		
Regional Delegate Alternate 2	Kim	New River Valley	ABS		
VRCC Chair	ABS	Outer Limits	ABS		
Hospitals and Institutions Chair	Chuck	Peninsula	Jimmy	X	
Policy Chair	Greg	Piedmont	Theresa	X	
Public Relations Chair	Erin	Rappahannock	Rudolph	X	
Speaker Jam Chair	OTF	Richmond	ABS		
		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).

5. Recognition of new attendees / identify members willing to mentor that they could sit next to.
Tanya K., New Dominion
6. Approval of Minutes
7. Trusted Servants Reports

Chair Report	<p>Hello family</p> <p>I attended the sub committee meeting in Roanoke in November ,and everything seems to be heading in the right direction .</p>
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	<p>I am sorry about the confusion over the ad hoc for the phone line . I don't think it was clear that we want to make sure we are getting a good service for the money we are spending .</p> <p>Meeting for next year February 15 at UVA hospital April 19&20 in Fredericksburg June 21 at UVA hospital August 16 at UVA hospital October 18&19 Petersburg December 20 TBA</p> <p>Wish everyone a Happy and safe Holiday</p> <p>In Loving Service</p> <p>Jim H</p>
Vice Chair Report	<p>Good morning,</p> <p>I am pleased to report that this is my last report of 2013. It has been a great year and I look forward to being of service to NA in 1014.</p> <p>Tim C checks the CARNA mailbox and usually gives me the mail weekly, which consists of mostly flyers from various areas within our region.. I have brought them and placed them on the table.</p> <p>Other than that, I have nothing to report.</p>
Secretary Report	<p>Good afternoon,</p> <p>Thanks for being patient with me while I get up to speed.</p> <p>ILS,</p> <p>Brian C</p>
Treasurer Report	<p>All the bills that I know of up to today are paid. We had a bank balance of \$17,856.86 at the 164th RSC. Since then we have deposited \$1386.70 of which \$66.23 was a refund from Quality Inn for overcharge during the October 2 day. We have had debits totaling \$1538.45 to give us a current bank balance of \$17,705.11 with check 1153 outstanding. Check 1153 was written to the RDA2 for \$40.00. Check 1138 was written to the UVA Hospital Auxillary at the 162nd back in June and never showed up on a statement. It was one of the checks that I stopped payment on. We should follow up on that to make sure that we have paid for our meeting space.</p> <p>Attached is the financial statement since the 164th RSC. This report is based on the information that I was able to get online. The last activities reported were on 11/27/13. The balance reported does not reflect a payment to Primus of \$73.75 or a payment to PCMS for \$301.13. Figuring all of these items in gives us an actual balance of \$17,157.77</p> <p>Our YTD (2013) expenses have been \$10,087.36 and our YTD income has been \$13,280.11.</p> <p>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 \$1,520.77. This will be sent to World.</p>

ILS,
Neal Griffin

Financial Statement 12/21/13

Opening balance (closing balance from 164 th RSC report):		\$17,856.86	
Credits:	BRANA contrib:	\$59.73	
	Almost Heaven cont	\$232.23	
	TriCities Area contrib:	\$504.79	
	Southside area contrib:	\$250.72	
	Beach area contrib:	\$208.00	
	New Vision group	\$65.00	
	Quality Inn refund	<u>\$66.23</u>	
	TOTAL:	\$1386.70	+\$1386.70
Debits:	check 1152:	\$36.81	
	check 1154:	\$40.00	
	check 1155:	\$75.00	
	check 1156:	\$75.00	
	debit card 10/14:	\$87.62	
	debit card 10/21:	\$628.83	
	debit card 10/22:	\$44.20	
	debit card: 11/04:	\$139.50	
	debit card 11/20:	\$55.56	
	debit card 11/20:	\$287.93	
	stop check s/c:	<u>\$68.00</u>	
	TOTAL	\$1538.45	-\$1538.45
<u>Closing balance:</u>			\$17,705.11

DETAILS

Ck 1152 Bill McC- Oct 2 day food debit card 11/20- PCMS
Ck 1154 RDA gas to BANA wkshp
Ck 1155 Rebos Club- 164th mtg space
Ck 1156 Wmson Rd Church- GSR wkshp
Debit card 10/14- Primus
Debit card 10/21- Quality Inn Oct 2 day rooms
Debit card 10/22- Staples (sec supplies) Debit card 10/07- PCMS
Debit card 11/04- Network Solutions (web host 1yr)
Debit card 11/20- Primus

ILS- Neal Griffin

RD Report

Hey everybody. It's great to be with you all again. Your delegate team is gearing up for many exciting opportunities to gather and disseminate the information you will need for the upcoming CAR/CAT season. That being said, nothing beats getting the information straight from the horse's mouth. The CAR is now available for your review. Just simply go to na.org/conference to get your free download or if you would like a hard copy, you can order it for \$8. The download is password protected. The user name is wsc2014 and the password is CP2014. There are also videos and power point presentations for your review as well. During this period of lengthy delegate team reports, we are going to try to avoid repetition. Each of us is taking on different sections of the CAR in our reports today.

First, I'll start with a few updates. Our 60 year diamond jubilee was the largest ever World Convention of NA with over 19,000 attending the event. In regards to the traditions book project, input and source material has been gathered at events all around the world. I am glad we will get a chance to participate in our upcoming workshop at the AVCNA in January. Please help get the word out about this workshop.

The theme of the WSC 2014 is "The ties that bind us together." The CAR this year only

contains two types of items for consideration; motions and regional proposals. Due to the complicated nature of group conscience, the World Board is recommending discontinuing the use of regional proposals in old business and will resume taking regional motions instead. The CAT or the Conference Approval Tract which contains items of new business including the budget will be available in January. It will be accessed with the same username and password. Now I will review the sections of the CAR assigned to me. I will in the interest of time, condense the information and use layman terms as well. Please see the CAR in its entirety for all of the information.

Motion 5: To agree in principle to move in the direction of a service system that contains local service conferences: strategic service-oriented planning conferences as described by the characteristics below.

Characteristics of a local service conference:

Essential:

- Plan driven: annual planning assembly, sets priorities, provides input, shapes resulting project plans and budget.
- Form follows function: How services are delivered (whether by committee. Project work group or coordinator) is determined by the local service conference.
- Strategic: Administrative decisions are delegated to the local service board.
- Consensus based decision making used wherever practical.

Recommended:

- Meets quarterly

Defined by county, city, or town boundaries.

Intent: To establish a direction for the future development of service material.

If you are not familiar with Service System Project, then this motion can be very daunting to understand and also seem like its coming out of left field. I recommend that if you or your home group is interested in voting on this issue, that you research previous materials on the SSP and its background. www.na.org/servicesystem. Also it is unclear as to whether this motion will be decided by simple majority or 2/3rds vote. My understanding is that as it stands now it will be decided by simple majority but by everything I've been hearing, there is great concern about this and it is quite probable that action on the WSC floor may change this to a 2/3rd majority vote.

Motion 6: To agree in principle to move in the direction of a service system that contains local service boards: a body overseen by the local service conference that administers the work prioritized by the Local Service Committee, as described in the characteristics below:

Essential:

- Responsible to the LSC: Reports to and is overseen by the local service conference.
- Carries out the priorities of the LSC
- Meets monthly
- The local service board is responsible for putting together the agenda and facilitation the LSC meetings

Recommended:

- Consists of admin body and service coordinators

Intent: to establish a direction for the future development of service material.

There is a great deal more information available on these motions in the CAR; I just wanted to give you the opportunity to get your feet wet.

And now on to the Regional Proposals that I will be covering:

In the addendum of the CAR, the regional proposals as submitted are included in the interest of full disclosure. The motions that were similar were consolidated in the CAR. The information regarding these motions is lengthy so I'm going to give you the basics only.

Regional Proposal A1: ABCD Region, A2 ABCD Region, A3 Indiana Region, A4 Carolina Region, A5 California mid-state and Utah regions all proposed similar moratoriums on the SSP. The regional proposal that made it into the CAR is as follows.

Proposal A: To place a moratorium on the SSP. Ideas for the moratorium range from

	<p>two to four years. In order for me to fully participate in the discussions on the floor concerning this proposal, I believe it to be important for us to know how you feel regarding the particulars that may come up. Reviewing the ideas that are expressed in the original proposals will help. I think we will come up with a cheat sheet of options to use during the workshops so that we can be prepared for what may come up on the floor. I have contacted the travel agent for NAWS regarding my flight to the WSC as well as submitted my room request. We will be coordinating our flight as a team so that we can avoid paying for parking at the airport. We are now in the process of coordinating the CAR workshops to begin in February and/or March of 2014. As of now, we plan to hold the workshops in the 4 quadrants in Richmond, VA, Virginia Beach, VA, Bedford, VA, and Front Royal, VA. More will be revealed. Flyers will be available at the February RSC. There was a motion by the Richmond Area at the last RSC to have RD team participation at their inventory meeting. I contacted two people regarding that request and both stated that they had it covered and not require our assistance. Flyers are available today for the Autonomy Zonal Forum to be hosted by CARNA on January, 25th. It will be held in Hagerstown, MD. Thank you to Sherry for your willingness to coordinate this event. This is a big opportunity for us a region to get first hand information from the World Board on the CAR and the CAT. Please get the word out to maximize our participation. Flyers will be made available at the AVCNA as well. Last but not least, as of January 1st there will be price increases to literature purchases from NAWS. The Basic Text will increase in price by 5%. All other literature will increase by 10%. This is to cover expenses in shipping and production which have increased. Whew. If you like this long report, stay tuned for the report when we get back from the WSC! In Loving Service, Donna Lee P.</p> <p>GSR Assembly Agenda 2014 – 165th RSC (December 21, 2013)</p> <p>In keeping with Regional Policy the Delegate Team is submitting the following agenda for the upcoming GSR Assembly in April 2014:</p> <p>10:00 am - Regional Trusted Servant Reports (Executive Body/Subcommittee Chairs) 11:30 am – LUNCH (Provided by the Region) 12:15 pm to 4:00 pm - CAR Voting (15 min break) CAT Discussion and Misc. Group Conscience issues.</p> <p>In Loving Service, Donna Lee P. (RD) Eddie W. (RDA) Kim A. (RDA2)</p>
RDA Report	<p>Hello family,</p> <p>On October 26th the Delegate Team conducted a GSR Workshop as part of a GSR Learning Day in Virginia Beach. The Beach Area event was well attended and the workshop enjoyed strong support. Our Regional H&I Chair participated and agreed to report the results of the small group discussions to their Area Service Committee. I have a Gas receipt in the amount of \$33.50, and a food receipt from Wendy's in the amount of \$6.98 for a total of \$40.48. Since I was given \$40.00 for gas in advance at</p>

the 164th RSC I will simply submit these receipts to our Regional Treasurer and forego the reimbursement of forty-eight cents.

I also have a receipt for \$31.59 from Office Max for 300 copies of the AZF fliers which our region will be hosting in Hagerstown, MD on January 25th, 2014. The fliers are available for distribution to the RCM's today, and the remainder will be distributed at the 32nd AVCNA (which is also being held in Hagerstown).

In keeping with Regional Policy, I submit the following itinerary for attending the WSC in 2014:

Lodging (*Montrose Travel - Warner Center Marriott, Woodland Hills, CA*):

\$139 x9	\$1,251.00
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Air Fare (<i>Montrose Travel – Round Trip out of Richmond, VA</i>):	\$449.62
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Shuttle (<i>to and from LAX/Warner Center Marriott</i>): \$30 x2	\$60
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Per Diem (<i>as per our recently approved Regional budget</i>): \$55 x10	\$550
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Fuel (<i>to and from Richmond Airport</i>):	\$35
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TOTAL:	\$2,345.62
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I've received a printed copy of the Conference Agenda Report for WSC2014 from NAWS and have downloaded the digital copy as well. We would encourage each of you to download a copy for yourself to gain a better understanding of what the CAR entails. We would also ask that you suggest the same at your next ASC meeting so that the members throughout our Region are better prepared to attend and participate at one of the four CAR Workshops which will be scheduled following MARLCNA, as well as the upcoming GSR Assembly in April. As mentioned in the Delegate's report, each member of the Delegate team will briefly address a portion of the World Board Motions and Regional Proposals contained in the CAR. I will be addressing World Board Motions 3 & 4, and Regional Proposal B. For the benefit of the body I've included (*though in the interest of time will not be reading*) Motions 3 & 4, and Regional Proposal B in their entirety (*including the original Regional Proposals as contained in Addendum C, "B1" made by the ABCD Region, and "B2" made by the Northern California Region*).

Motion 3: To adopt the following as WSC policy: "The World Service Conference does not automatically fund attendance of delegates. Delegates from regions that are unable to fully fund themselves may request funding from the World Board."

Intent: To have NA World Services no longer bear the sole responsibility for funding delegate attendance at the WSC.

Financial Impact: The cost of funding 115 delegates for ten days, including travel, hotel, and meals, is slightly less than \$200,000. We estimate the expense to

NAWS for those regions that are unable to fully fund themselves would be much less than half of what is currently spent. The remaining expense would transfer from NAWS to the regions that are able to fund their delegates.

**NAWS has funded delegate attendance for the past 6 conferences (since 2002) and can simply no longer afford to do so. For more information please read "Funding of Delegates to WSC" on page 16*

Motion 4: To agree in principle to move in the direction of a service system that contains group support forums: discussion-oriented gatherings focused on the needs of the group, as described by the characteristics below.

Characteristics of a GSF:

Essential:

Discussion-oriented

Group-focused: Focused on the needs of the group; decisions related to area business are not made here. Some limited functions like finding volunteers for H&I panels, planning picnics, etc., may take place.

Training-oriented: This is a venue ideal for orienting new members, holding workshops, and training trusted servants.

Open to all: All interested members, not just group representatives, are encouraged to attend.

Recommended:

Neighborhood-sized: The original Service System Proposals see group support forums as significantly smaller than local service conferences or area service committees. There would be several for each LSC. However, we have found through field testing that some communities prefer to bring all of the groups and interested members together for one community-wide group support forum.

Meets monthly: Again, the original Service System Proposals suggest monthly meetings of the group support forum, but in field testing many communities adopted a different meeting schedule. Some had group support forums meeting eight times a year in months when there was no quarterly local service conference. Others alternated GSF and LSC meetings, with each meeting six times a year.

Intent: To establish a direction for the future development of service material.

**It would appear to me that the phrases "agreements in principle" and "move in the direction of" or "establish a direction for" are cuddly speak for "begin to implement" (particularly when it comes to finding a "direction" for the development of future service related material). For more information please read "Service System" on pages 18-21.*

Proposal B: To specify the specific decision-making mechanism for anything related to the SSP. (2 proposals – B1-B2)

Summary of and Challenges with the Original Proposals: One of the proposals asks that the SSP Proposal in its entirety be brought to the WSC floor "for the first time" for a two-thirds majority vote. The other proposal directs what will be placed in the 2014 CAR. It is impossible to implement either of these as written. Motions passed at the World Service Conference take affect at the close of the conference. A motion that wishes to affect what will be in the 2014 *Conference Agenda Report* would have needed to be presented at the 2012 Conference. There is no way that a motion made in the 2014 CAR could

result in adding material to that CAR. The idea about all SSP proposals and transition plans being the 2014 CAR was, in fact, proposed to WSC 2012. When straw polled, the conference was strongly opposed to a proposal "That any decisions regarding the SSP be included in the 2014 CAR and require 2/3 vote to pass."

WB Response: We have already made the commitment to put decisions about the Service System Proposals in the CAR; the transition plans are simply a project plan about how to help discuss and implement what the WSC decides. The Service System project has been adopted by the WSC three times—twice by unanimous consent—and specific motions, resolutions, and straw polls have been offered in the last two *Conference Agenda Reports*. We would not be able to offer anything about this project "for the first time," because the conference has already approved the project and agreed in principle to the ideas within the proposals.

**ABCD and Northern California are each basically seeking some form of irrefutable closure regarding the SSP (either shut it down or move ahead) and the World Board's response seems fairly self explanatory (to basically dismiss both as being "out of order")*

	<p><u>for lack of a better phrase. I believe, however that the intent of WB Motion #4 speaks to both by seeking a vote of confidence to move forward.</u></p> <p>ACTUAL REGIONAL PROPOSALS AS CONTAINED IN ADDENDUM C:</p> <p>Proposal B1: <i>ABCD Region:</i> To put up the SSP proposal for the first time for a vote on the floor of the 2014 WSC to determine whether a 2/3 majority of participants wish to put an end to it.</p> <p>Intent: This would allow groups to voice whether we wish to dismantle our current service structure and replace it with the theory referred to as the SSP. A true group conscience is a fully informed one and the informed conscience may not support the continued efforts of the SSP and should be given the opportunity to say so.</p> <p>Regional Rationale: Our current structure does not prohibit the structure from implementing any aspects of the SSP, such as the GSU/GSF, the LSU/LSF if the local bodies choose to. Our unity does not equal uniformity and the SSP's uniformity does not consider or provide for the diverse nature of our fellowship. "Given the results of the field test to date, it should come as little surprise that we are again talking about more of an evolution of the material and ideas, than a revolution or abrupt upheaval." A WSC vote to change our service structure requires a 2/3 majority vote. This would give a clear indication of the voice of the fellowship whereupon the WSC event will fulfill its role of providing a place where the global fellowship's groups can move forward unified by the final authority for NA services which currently rests with the groups.</p> <p>Proposal B2: <i>Northern California Region:</i> To place in the 2014 CAR for fellowship vote to move forward with the SSP or transition plan.</p> <p>Intent: To provide and allow for a full discussion a, clear and decisive opportunity for the fellowship to voice support or non-support for the SSP, and allowing the fellowship to vote whether or not to move forward with the SSP or transition plan.</p> <p>Regional Rationale: None.</p> <p>In Loving Service, Eddie W. (RDA)</p>
RDA2 Report	<p>Hello Family,</p> <p>I apologize in advance for this very long report. There is a lot going on in our Fellowship right now and volumes of information to cover.</p> <p>Regional Report Deadline: February 15, 2014</p> <p>Earlier this month we sent out an email to all the RCMs asking for your area information so we can complete our Regional Report to NAWS. Please get us that information by any means necessary ASAP. The form can be found on-line at www.na.org/conference.</p> <p>Autonomy Zonal Forum: January 25, 2014</p> <p>Our Region will host The AZF in Hagerstown , MD from 11-5pm. The flyer is available on the AZF website at: http://www.autonomyzone.org. The agenda for that event will be available soon. We will have World Board Participation as we go over the CAR.</p> <p>Mid-Atlantic Regional Learning Conference XXX (MARLCNA): February 7- 9, 2014 Regional Workshops, CAR, & Meetings -- registration prices go up from \$15.00 to \$25.00 on January 12, so be sure to get your registrations sent in soon: http://www.marlcna.org</p>

CONFERENCE AGENDA REPORT (CAR):

VOTING: There has been some discussion on the voting procedure for motions 4,5, 6 and whether or not they should require a simple or a 2/3rds majority.

A short breakdown of Motions 1& 2 and Proposals C&D:

Motion 1: *To approve the draft contained in Addendum A as IP #29, An Introduction to NA Meetings.*

This IP has been available since 2008 as a Service Pamphlet. The goal of this motion is to make this pamphlet more accessible to the fellowship. It was originally intended for professionals as an introduction to our meetings. The submitted draft we need to vote on contains a few changes to the original Service Pamphlet. These changes are a result of input sent to NAWS from our fellowship.

- Clarify that what happens in meetings is just one part of NA's approach to recovery.
- Expand expressed focus in opening paragraphs from those attending their first meeting ever to newcomers in general.
- Address concepts such as anonymity and primary purpose.
- When possible, use terminology and phrases from the Basic Text and other existing NA literature, rather than new language, to convey ideas.
- Offer more to underscore the "spiritual, not religious" aspect of our program (again, using existing terminology/quotes from literature).
- Clarify that there are a variety of meeting types, and practices may vary (e.g., children in meetings, smoking policies, common needs meetings).

Motion 2: *To adopt the following as WSC policy: "Seating at the biennial meeting of the WSC is limited to one delegate per region."*

This motion is based on three related but different issues:

- The desire for more equitable global representation,
- The size of the WSC and the difficulty in evolving discussions in this large of a group.
- The cost to the Fellowship for the biennial meeting.

In accordance with the fellowship's desire to make the Conference as equitable, effective, affordable, and meaningful as it can be, this motion is proposing that alternate delegates no longer be seated at the WSC.

Adoption of this motion would leave the size of the WSC at 115 currently seated regions and 18 World—133BoparticipantsrdMembers. We presently have 209 seated participants so this change would be to a reduction in size of more than a third.

Proposal C: *Currently seated regions retain their seat at the WSC forever.*

There is currently no policy pertaining to WSC seating and the World Board felt that

the idea should perhaps be reintroduced when the Conference is at the point of deciding on seating policy

Proposal D: Ideas to evaluate or reduce WSC costs either by creating a workgroup to look into conference costs or by eliminating World Board travel to the WSC. (this is a combination of the original proposals D1-D2, which you can find in addendum C.)

There were originally two proposals related to conference cost:

- one to create a workgroup to look into WSC costs
- another to eliminate World Board travel, except for the WB chair, to the WSC

The challenges with these proposals are

- NA World Services operates with a two-year strategic plan and budget. During the 2014–2016 cycle the projects the board is recommending are a Traditions book and service system.
- The Idea to create a workgroup would have to be committed to the WB to bring a project plan and budget to WSC 2016.
- Workgroups cost an average of \$250,000 per cycle
- The World Board feels their attendance is necessary and meeting virtually is not a replacement for face-to-face meetings.

You may download your own copy of the CAR by accessing the following link: <http://na.org/conference>"

- User"Name:"wsc2014"
- Password:"CP2014"

From this link you can also access a short video, which reviews the information in this year's CAR

You may have heard that there were several Regional proposals, which were left out of the CAR. Please look on page 38 for 4 proposals, which World Services has included instead of the actual proposals that were submitted. These four proposals (A, B, C, D) summarize the basic ideas of the 10 submitted regional proposals. Addendum C contains the 10 actual proposals that were submitted. Several regions may be working on a new motion to develop a policy for the World Board to follow when handling Regional Motions (It is my understanding this is the last time we will be using the term "proposals".

WORLD SERVICE CONFERENCE (WSC):

For the love of service, I visit various Service type Forums and FB groups. While I do not feel it would be wise to report on any discussions involving opinions or conjecture, one item, which came to light recently is noteworthy. The RD for the Carolina Region informed the WSC FB group that the Carolina Region has voted to send a new motion to be heard during New Business on the conference floor. This new motion will be asking our RDs to vote on suspending the work being done on the SSP (Service System Project) by NAWS until after the 2016 WSC. I only mention this because Donna Lee may end up needing to vote our conscience on this issue on the WSC floor.

WSC FORUM:

I wrote to the World Board when denied access to the NA WSC Forum set up by NAWS. The response I received indicated at the last WSC our RDs voted to limit participation in the WSC on-line Forum to RDs and RDAs. Do we want to discuss this? As your RDA2 I feel not being allowed to utilize this resource does our Region a disservice. It would very much help me to be able to view conversations on the issues before our fellowship. I do not necessarily feel I would need to “have a voice” on this forum. I do believe I should be allowed to “sit in” on conversations, the same way I will be “sitting in” on the WSC during my RDA2 commitment. If our conscience is that this region would like me to be able to utilize this NA Delegate Resource, I would ask that we entertain a motion to this end.

NAWS NEWS:

<http://www.na.org/nawsnews>

Service System Project: NAWS continues to post tools and updates about the Service System Project on-line as they are available:

www.na.org/servicesystem.

The ever-evolving Roll of our Zones: NAWS wants to know what you think about reducing the number of zones in the US from 8 to 6. They are considering input on how many zones would be most effective within the US . Email the World Board with your ideas: worldboard@na.org.

Traditions Book Project: NAWS has been receiving input from the results of fellowship workshops using the first session profile they created for this project. To begin gathering input specifically targeted to each tradition, they have created new workshops—one standard 90-minute profile, along with a shorter 20 -minute workshop for group use. We can find materials online and submit input through the project webpage at www.na.org/traditions.

Please check the August NAWS NEWS for more information:

- On-line Webinars.
- Shipping and literature price increases scheduled for January 2014
- On-line contribution portal: contribute financially through our portal at www.na.org/contribute

WSC – RDA2 funds request

Flight (\$553.83 if booked through NAWS travel agency) \$ 553.83

Baggage fee \$ 25.00

Hotel (\$78.04/night x 9) \$ 702.36

	<p>Shuttle (\$30 / each way) \$ 60.00</p> <p>Per Diem (\$55.00 / day) \$ 550.00</p> <p>Fuel (\$50.00 – roundtrip / airport) \$ 50.00</p> <p>TOTAL \$1941.19</p> <p>In Loving, Grateful Service,</p> <p>Kim A RDA2</p>
VRCC Report	Not Present
H&I Chair Report	<p>The CARNA H&I, PR and Policy Subcommittees held our last meeting in Quadrant 3, Roanoke, VA on November 16th. There were 3 local members present and 5 participants. I have attached the minutes from this meeting for your information.</p> <ol style="list-style-type: none"> 1. We hold regularly scheduled meetings every other month and follow the quadrant rotation as prescribed in the subject service handbook. We have secured and accounted for the CARNA H&I literature inventory. (20) Intro Guide, (2) Step Working Guides, (2) It Works How and Why and (2) Just For Today books were delivered to Fluvanna Correctional Facility. I am now receiving the letters from inmates and have also acquired the letter of response that has been used by this sub-committee in the past. We decided to come up with a more sustainable system for this effort at our next sub-committee meeting in January. 2. We sent out an email request to all Regional Committee Members to send updated information to on H&I commitments within their areas. The response was not fruitless and the previous CARNA H&I Chair was able to forward information gathered during his tenure. The list is attached for your information. Please review this list and forward all corrections, additions, subtractions to the H&I CARNA Chair via email. 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. We did get a request from an inmate at the Orange County Regional Jail for a meeting starter packet. 4. We held a second training for Quadrant 3 in Roanoke, VA on November 16th. The next scheduled training will be in The Gateway to Freedom Area on February 22, details will be placed on the CARNA website and announced at the 166th CARNA meeting. Please inform members of your areas that trainings/workshops will be done in conjunction with the regional sub-committee rotation schedule. The next rotation calls for quadrant 4 to be serviced. We will offer trainings at the request of Areas, however in the spirit of unity we feel it is better to involve as many areas within a quadrant as possible when performing trainings. Not only will members benefit from regional resources, but sharing information and resources among neighboring areas helps support our primary purpose more effectively. 5. On November 7, 2013 I attended my first webinar with the WSC H&I work

	<p>group. There were members from all over the world present. We discussed training, communication with prisons and mentoring newer members. Anyone can attend these webinars and participate. Go to the following link and request to be included. These webinars seem to be a great forum for information exchange. The WSC H&I Work group is looking for support with the next unity day in Rio de Janeiro. This could be a good opportunity for us to establish new contacts with facilities.</p> <ol style="list-style-type: none"> 6. Refer to bullet 3 7. An email was sent to all Area contacts requesting information about their H&I sub-committee chairs. We are asking RCM's for information regarding H&I area chairs. Also please inform your areas of the phone in option for attendance to regional sub-committee meetings. 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. <p>In closing, please inform your area members of the opportunities to serve at the regional H&I level. We need help responding to letters to inmates, developing and starting the WSR project and working on better ways to communicate with regional, state and federal agencies.</p> <p>Our next meeting will be held at The Good Shepherd Church, 1489 Laskin Road, Virginia Beach, VA 23451 on January 11th, 2014 from 12-6 p.m. The first hour will be a joint meeting of all sub-committees and the remaining time will be split amongst the sub-committees and training for Quadrant 4. We will also have an information booth set up on Saturday at the AVNCA, please stop by and say hi!</p> <p>To attend this meeting via conference call: Conference Dial-in Number: (712) 432-1500 Participant Access Code: 114976#</p> <p>This may change as we are developing a web meeting and phone in option combined. Details will be provided to the CARNA Web servant prior to January 11th. Please feel free to contact me with any questions or suggestions.</p> <p>Gratefully,</p> <p>Chuck K. (757) 469-9365 chuck.norvakellens@gmail.com</p>
Policy Subcommittee	<p>Dear RSC,</p> <p>The Policy subcommittee had no motions committed to it for this last cycle. Due to lack of desire, I did not hold a meeting in Roanoke as mentioned in my report at the 164th RSC. It seemed pointless to drive 4 hours one way to hold an hour meeting that no one would be present for due to being held simultaneously with PR and/or H&I. I will quote our previous Policy Chair. "It seemed pointless to drive across the state to have a meeting with myself to talk about nothing". I sent an email to get some feedback from RCM's but it turned into an email argument, which wasn't my intention, so I just dropped it.</p> <p>Moving into 2014, the Policy Subcommittee will be providing new and updated versions of the CARNA Guidelines and Rules of Order. There is currently \$300 in my budget for subcommittee expenses. I will be requesting \$150 for the printing and manufacturing of the new G&RO. I have spoken with Bill M., our illustrious Vice</p>

	<p>Chair, and he said we can create the same format and bound policy book that you currently are using. They will be available at the next RSC in February. In the interest of saving money, I will ask that everyone turn in your old policy so we can just update certain pages. The entire second half of the policy will not change. Please turn those into me at the end of this RSC. Print your name and position on the front and I will give you back the same one in February.</p> <p>The subcommittee rotation calls for the meeting to be in Quadrant 4 in January. The meeting will be on January 11th from 12 to 2. The meeting will be held at the Good Sheppard Church, 1489 Laskin Rd. VA Beach VA 23451. The conference call in number is 712-432-1500. The Access code is 608123#.</p> <p>I do want it to be known that the current format and binding of the Guidelines and Rules of order is much more expensive than \$150. Bill is graciously donating the use of a commercial copier and binding machine through his employer. The expense is for the raw materials; paper and binders. If we were to take these to Kinkos, the expense would be much greater. Thank you Bill!</p> <p>I ask all RCM's to please fill out the Area Policy Chair roster that will be passed around. This is an attempt to try to involve all policy chairs in our regional policy meetings. If we utilize the conference call method, I may be able to encourage participation. If we could get the policy chairs in this region to participate, the knowledge and experience would be of great benefit to this service body.</p> <p>ILS,</p> <p>Greg G.</p>
Public Relations	<p>Hello Family,</p> <p>The Public Relations Subcommittee met in Roanoke, VA in November. Several members were present either in person or on the phone, thank you for your support. We had some technical issues with the conference call, but since have had 2 successful webinar meetings and hope to incorporate this into the regular meeting. I believe we have most of the technical issues out of the way and should be able to build support and transition to doing more and more work through this medium.</p> <p>We had a joint meeting with H&I initially and discussed the logistics of helping to stream a meeting into jails and prisons around the region in coordination with the ECCNA convention. There seemed to be support for the idea, and we discussed putting together information for area H&I sub-committees to help facilitate this in facilities we already hold presentations in. Chuck and I will be focusing on building contacts with state and federal officials, he will discuss this more in his report. We also discussed the possibility of having an H&I/PR retreat weekend to help us with training and providing services to the areas and to build unity. I would be good to know if there is interest throughout the region to support this as it would be a large undertaking.</p> <p>During the PR meeting we discussed some issues that areas were having with building support and dealing with facilities and members who are not reporting back to a service body. We would like to thank Etta who was elected as our Public Relations Subcommittee Vice Chair.</p> <p>We discussed the phone-line operations and Aaron volunteered to do research on the phone-line over the next few months. His inquiry has revealed some interesting things including the way we update our information with the phone-line as obsolete. The phone-line company expressed that it would be easier and reduce our call time if we could simply provide them with our web address. Further if a service was available to sort locations by zip code would facilitate their services. We currently receive approximately 250 per month for meeting locations the average call time is 2.5 minutes. We also receive up to 8 calls asking for other services such as rides and to talk to another addict. We will consider this new information in our next meeting about the website to incorporate this into our design discussion. I will</p>

	<p>include more detailed information for the call volume and cost per call each month in my reports in the future.</p> <p>Our first webinar was goal was to answer the question “How can the website carry the message to the addict who still suffers?” As a result of this discussion we came up with 5 goals for the website.</p> <ol style="list-style-type: none"> 1. Provide meeting information 2. Events Calendar 3. Service Resources 4. Redirect Professionals 5. Blogger – to increase communication with areas <p>As we move forward we will keep these goals in mind while considering the services we provide through the CAR-NA.org website. We have also had much discussion about the front page map and going to another type of software such as word press or droople to enable more people to update the website on a regular basis. We would like to gather group conscience from the RCMs on what type of website the areas would like, if they would like to see a complete redesign or simply some updates and if the goals we developed address their needs. Another thing we would like RCM input on is if the areas would like the option to have an area page through the regional website that they can update. RCMs and areas are encouraged to participate in the webinars for the discussion of what types of things you would like to see our website do. We will continue to have webinar meetings in relation to the website every other Wednesday at 9pm. The link for the webinars is https://join.me/CARNA_PublicRelations, times will be posted on the regional website.</p> <p>I also plan on adding a Webinar to begin collecting information for alternate phoneline services over the upcoming month. Unfortunately, there was some confusion by me on the request of the body to get price quotes from other phoneline services and we will work on this before the next regional.</p> <p>I have contacted the AVCNA host committee to ask if we may have a regional information booth. The idea was well received and hopefully you will see a PR and H&I presence at the regional convention where we will talk to members about the types of things we do and services we offer to the areas.</p> <p>The next meeting will be in quadrant 4 on January 11th. We also plan on having a joint PR H&I team workshop for quadrant 4 on January 11th. We also have played with the idea that over the next year we will transition to having more meetings online and to rotate throughout the region quarterly where we will maximize the use of regional funds for travel by providing workshops the same day.</p> <p>ILS, Erin (540) 761-2063</p>
Speaker Jam	N/A

8. Area Reports

Almost Heaven	<p>Good Morning Everyone</p> <p>Our VRCC rep reported to us that all is on track for the AVCNA We now have a merchandise chair. Our members are excited to be a part for the first time in hosting our Regional Convention. Our director also reported about funds being used to partially fund rooms for certain VRCC members and Host committee members. Not having the ability to discuss this motion at our area and it being voted on without</p>
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group conscience didn't go over well in our Area. We've been told on the regional floor that if an area wants a voice we need a director by the VRCC chair. We were told "Trust your Trusted Servant by our VRCC director and that is in the concepts but not before early concepts speak of accountability to the groups. Hope to see everyone in January in Hagerstown, MD for our Regional Convention.

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.

We still have on the table to work with and coordinate a H&I/PR presentation with a facility in our area. I'm keeping this in our report so it doesn't get lost.

A discussion on how to increase attendance of our Local Service Unit LSU was revisited and a discussion on establishing it on Saturday's before Area. When revisiting it there was a change about only holding it on Saturday's so discussion about a consistent rotation amongst the home groups is being explored.

Our H&I commitments are struggling at one of our locations. We are communicating better with the coordinator and hope to get more members involved in H&I. We are holding our H&I orientation the first weekend in February. We hold it on an as need basis.

We plan on a new years eve dance and first meeting of the new year and one of our home group is offering a safe place for 3 days with meetings, movies and games available.

We are looking forward to the Autonomy Zonal Forum in our area. We have a meeting planned next Friday to meal plan.

Our AHA convention is off to a slow start but the committee met last Sunday and we have a vice chair, Merchandise Chair and a suggested nomination for Chair. We are a little behind on our timeline but feel confident about catching up.

Our PR team is still working on getting what we need for a PR presentation table with the groups approving funding for a table skirt this past Area.

Positions open

v RCM: Open for Nominations

v RCM ALT.: Open for Nominations

CONVENTION CHAIR: open for nominations

We have a donation of \$227.15

ILS

Sherry V.

RCM pro tem Almost Heaven Area.

Appalachian	Not present.
Beach	<p>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 15 GSRs at the last ASC. We are currently going through annual trusted servant rotation. All ASC positions have been filled excluding the Vice Treasurer position. Chair – Ron K., Vice Chair – Margie, Secretary – Akiko, Treasurer – Sean M., VRCC Director – Ian, RCM –Dave C., ENC Chair – Geoff L. Two of our home groups have had to seek new locations due to changes in facilities needs. At the last ASC’s open forum portion home groups discussed the possibilities with the city for public information and one member asked about public service announcements. Several members expressed an interest and I directed them to the regional PI chair for more information. Other discussions concerned dealing with disruptive behavior in meetings where several members shared experience, strength and hope on the subject. The Emergent Needs Committee has been tasked with developing a plan for the flow of 7th tradition money through BANA. The committee chair said they would have a report by the February ASC. 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 held our first H&I Orientation/Training in preparation for carrying an H&I meeting/presentation into the VBCJ. Turnout was good with 18 members present and a good diversity of experience. We are now waiting on approval form the Captain of VBCJ to enter the facility. Once the Captain approves this we will then go through background checks, a jail orientation and then will be prepared to enter the jail. As one of the sponsoring areas of the ECCNA in next June we will be holding a lasagna dinner fundraiser, 5 p.m. February 8th at The Good Shepherd Church, 1489 Laskin Road, Virginia Beach, VA 23451.</p> <p>Gratefully, Chuck K.</p>
Blue Ridge	<p>Hello from the BRANA area. Our last ASC was held on December 12, 2013 with six of the twelve home groups represented and business was conducted as usual. Again, the meetings are overall being well attended with the average of 15-20 people in each meeting. The Just For Today group and the It Can Be Done group have changed their format by adding a speaker to the last Sunday of the month and the last Friday of the month respectively. The H&I Commitments are being fulfilled with two more women being cleared for the MRRJ in Staunton. The H&I committee also just picked up another commitment which is at Augusta Correctional Center. We are now in the process of getting people cleared to take the meeting there.</p> <p>The only positions we have open at this time are the Vice Chair and the VRCC Rep. The BRANA Campout planning committee has begun meeting for the BRANA 33 Campout. The target for updating the BRANA Campout Bylaws is January of 2014. More will be revealed about the upcoming meetings.</p> <p>In the BRANA the following are the events coming up for the holidays:</p> <ul style="list-style-type: none"> • Find a new Way to Live Group...Christmas event Location: Main St UMC, 601 Main St, Waynesboro, VA When: 6:30 pm, Monday December 23, 2013 Details: Addict with the least amount of clean time receives a Basic Text • Together We Can and Just for Today groups...New Years Eve event Location: Valley Mission, 1513 W Beverly St, Staunton, VA When: 8 pm -2 am Tuesday December 31, 2013

	<ul style="list-style-type: none"> • Speaker Jam and Chicken Soup Cook Off ...Keep it Simple Location: Robert E Lee Presbyterian Church, Lexington, VA When: February 22, 2014 More will be revealed as to the time <p>Today we have a donation of \$339.10 to the Central Atlantic Region. Our next ASC meeting will be held on Jan 9, 2014 at the Valley Mission in Staunton at 6:30 pm.</p> <p>NA Luv and Hugs, Nancy H.</p>
Gateway to Freedom	Not present.
New Dominion	<p>Hello, I'm Tanya K, the new RSC for the New Dominion area. We are submitted a bid letter & motion to host the Regional Speaker Jam on March 22, 2014.</p> <p>Currently, all our area positions are filled and we average about 30 GSR's attending ASC out of 36 area meetings.</p> <p>Our Special Events subcommittee is having our annual New Year's Eve event, info below. We hope to see you there!</p> <p>NEW YEARS EVE EVENT: When: Tue, December 31, 6pm – Wed, January 1, 2014, 1am Where: 4103 Monument Ave, Richmond Va (map) Description: Food fun fellowship. \$25 at the door</p> <p>ILS, Tanya K.</p>
New River Valley	Not present.
Outer Limits	Not present.
Peninsula	<p>Hello family the Peninsula area is doing live and well. Our Chili Cook-off since our meeting was a success as well as our poster day event. Our Public Relations committee visited approximately 26 stores only 3 declined to let us put up a poster. Our support of the ECCNA is moving along the next meeting will be December 28, 2013 at the Wesleyan Center located at 526 Jamestown Road, Williamsburg, VA 23188. The sub-committees will meet from 11:00AM to 4:00PM, please come join us if you can. We have several positions open in our area and they are RCM Alternate, Vice Treasurer, VRCC, VRCC Alternate, and we do have a new Literature Chair Keith B. We do have two new meetings in our area and we'd like to welcome to our area "A Proven Program" that meets in Williamsburg, VA on Tuesday nights at 7:00PM at 8201 Croaker Rd. York River Baptist Church; we also have "A New Way of Life," that also meets on Tuesday nights located at 9208 George Washington Memorial Highway, Gloucester, VA – please come out and support.</p> <p>ILS, Jimmy R.</p>
Piedmont	<p>Our numbers in the Piedmont Area remain strong with 18 Home Groups and 28 meeting per week. Unfortunately, today's report will not provide the most up to date information on the status of our Area, as the planned December 8th Area Service was cancelled due to inclement weather. Because of the advancing holidays, the Chair decided not to reschedule for the following Sunday. PR and H&I Subcommittee meetings were also cancelled.</p>

	<p>Area Service was held November 2nd. In that meeting, the Treasurer reported that our balance had been below prudent reserve for months, and at the current rate prudent reserve monies would be gone by mid-2014. He voiced that we should reconsider our 2014 budget, especially for such items as literature and special events. He noted that a couple of year ago there was a failed motion to have each Home Group pay for their own literature orders. He suggested that we re-think that motion. Members of the PR Subcommittee once again voiced concern about the Regional Phone line. They requested that the phone line service provide information on call frequency and types of information requested by callers. They thought possibly a specific monthly report from the phone line service be provided. A motion was passed at the Piedmont Area Service that this request be submitted in motion form to the RSC. I do not have a motion to submit today, however. I had planned to attend the PR subcommittee meeting in December to work with them on formulating a coherent motion and to help better understand their intent. However, as mentioned above, that meeting was cancelled due to bad weather.</p> <p>H&I reported that there is a new H&I meeting Tuesdays at the Fluvanna Women's Correctional Facility.</p> <p>VRCC, VRCC alternate and PR Vice Chair positions are open.</p> <p>There will be a New Year's event at Immanuel Lutheran Church, 2416 Jefferson Park Ave in Charlottesville December 31st from 9 pm to 1 am. There will be meetings at 9 pm and midnight, with pot luck food and fellowship between the meetings.</p> <p>The next Area Service will be held Sunday January 5th at 4 pm.</p> <p>ILS, Theresa M.</p>
Rappahannock	<p>Dear RSC,</p> <p>Good Morning, I would like to say thank you for allowing me to experience serving Narcotics Anonymous and my Area.</p> <p>In the Rappahannock Area, we currently have 29 meetings weekly and 19 active home groups. Recently, we had to remove the RCM II due to his relapse.</p> <p>During our 1st Quorum Call we had 13 GSR's present. Activities reported that they are hosting a Marathon meeting on Christmas Day from noon-9:00pm at 810 Princess Anne Street, Fredericksburg, Virginia (a cover dish affair). H&I reported that they're awaiting a response from Kitty Davis at Haynesville Corrections so they can know who the paperwork needs to go to for volunteers; so, that they can start taking meetings there on Monday nights. PR reports that they met for the first time this season and was represented by 9 members. They have already created and sent out mail to Snowden and other surrounding facilities, plans on sending PSA's to radio stations, billboards, and posters locally, and during their first year they will be also having informational workshops, and train trainers. Lastly, Policy reported that they meet the 4th Monday of every month at Wegman's. The following home group on Saturday morning temporarily lost their meeting place at the Thurman-Brisben Center for the Christmas season, they use the meeting space to store gifts for clients, no space has been solidified yet the Sunday night has a temporary place at 2371 Carl D. Silver Pkwy, Fredericksburg, Virginia 22401 ball room 1.</p> <p>These are the following anniversaries: Matt S. 10 yrs. 12/28 and Margaret D. 3yrs. 12/20 at "Who Wants to Live", from noon-1:00pm; Stephanie B. 3yrs. 1/06/14 at "In It to Win It" from 7:00-8:30pm; Kenny F. 5yrs. 1/09, Joseph (celebrated already) 2yrs. 12/06, and Karen 1yr. 1/16 at "Man Up to the Flat book group" from 7:00-8:30pm; Ralph P. 23 yrs at "New Beginnings" from 7:00-8:30pm; and Antoinette B. 32yrs. 1/25 and Randall D. 9yrs. 1/04 at "Experience, Strength, and Hope" from 7:00-8:30pm.</p> <p>Second Quorum started and there were 16 groups present. In 2nd Quorum, the RSC budget, Motion 164-3 was voted on: Abstained-9, For-5, and Against-0(Abstained). There were other area motions voted on such as Motion 11/13-9 "that there be a 10 minute break during area before 2nd Quorum call,"- Passes, and also Motion 11/13-</p>

	<p>11, "2014 proposed budget, needs to go back to groups for re-vote; there was an abstention on the floor due to Activites budget. In our open sharing portion the following topics were discussed: GSR Orientation, Conference Agenda Report, Area Budget/Activities Budget, and New Meeting Lists (which I have out on the table). Lastly, I pulled our CAR and will bring up in our ASC on Sunday, January 5, 2014 of getting copies for each GSR in our Area. I have been reading it myself and discussing it with more experienced members for clear and simple clarification. I plan on attending the CAR workshops. Also, in March, I plan to hold at least two a small workshop on a Saturday for GSR's who couldn't attend the CAR workshops.</p> <p>In closing, we host our ASC the first Sunday of the month at 900 Charlotte Street, Fredericksburg, Va. From 4:00-6:00pm. There has been a 'black cloud' over our area and we lost several addicts during these holiday seasons to the disease of addiction luckily though some were able to make it back! It's very sad to see those that either celebrated a year or our coming up on two years fall to the disease. Our literature says, 'money, property, and prestige will divert us from our primary purpose.' I thank God for the predecessors He placed in my life and didn't 'sugar coat it' with me by not hurting my feelings so they could save my ass! Some of us in my Area are too busy trying too fellowship instead of working the NA program with our sponsee's. Our literature says, "the solutions are in the steps."</p> <p>In loving service, Rudolph C.- RCM</p>
Richmond	Not present.
Roanoke Valley	<p>RCM Pat W. – 540.520.7783 Alt RCM Skip N. – 540.266.7783</p> <p>Roanoke Valley currently has 26 home groups with 34 meetings a week, including the addition of a new literature study meeting. Last area service meeting we had poor attendance due to bad weather (4-6 GSRs). H&I is doing well due to the workshops put on by Regional H&I. PR is still struggling with few to none at the meetings. PR is having a poster drive this month which is well received, distributing them at regular meetings. We will have a marathon meeting throughout the holidays. The next event will be held on Dec 31st at Thrasher Gym; from 9PM-2AM there will also be a dance/fashion show. We have no donation this month due to the fact that we have not met our prudent reserve.</p>
Shenandoah Valley	Not present.
Southside	<p>Hello Family,</p> <p>The Southside Area of NA is doing well. We currently have fifteen active groups in our area, with nine being present at last area service.</p> <p>We have resolved our problem with the phone line and it is being properly maintained again. Public Relations is in the process of planning another poster hanging day.</p> <p>All of our positions are open and will be seated at our January Area Service. We have nominations for almost all the positions. I will not be RCM next time as my Mother's health is failing and she requires more care. I am appreciative of the opportunity to serve at region. I want to thank all of you for your kindness and help in learning the</p>

	<p>“ropes”.</p> <p>We are hosting a Marathon meeting and dance on New Years eve. I have brought fliers and it is posted on the web site.</p> <p>I have completed the questionnaire for the delegates to the best of my ability. I realize I have so much to still learn.</p> <p>Our area has decided to abstain from voting on budget as home groups did not bring back their home groups vote.</p> <p>ILS, Gail F. RCM Southside Area</p>
Tidewater	Not present.
Tri-Cities	<p>Hello Again Regional Family. This month (December 2013) will be my last month as the Alternate RCM for the Tri-Cities Area. January 2014 begins the 2nd half of my two year commitment which places me in the position as the RCM. We had elections at the last area service meeting (12-01-13). We have a new chairperson who is now Maria C., Vice Chair will be Andre R., RCM Alt will be Lewis B., the H&I Chair will be Matthew F. The Treasurer and Secretary positions, as well as VRCC Alt are still open at this time.</p> <p>Our last Special Events event was the ‘Attitude of Gratitude’ which consisted of speakers, food, fun and fellowshiping on November the 23rd. The next planned event will be a New Year’s Eve Dance.</p> <p>We still have 12 groups in the Tri-Cities area and quorum was met with two GSRs absent. The Mid-Day Hope group has added a Friday night meeting which is a women’s meeting with the location being the same (110 N. Union Street, Downtown Petersburg, From 7:00-8:30PM.</p> <p>Our mailing address and web address are still the same, but location of area service has changed to 135 W. Old Street, Petersburg 23803, in the activities room.</p> <p>Our H&I commitments are Riverside Regional Jail and Rubicon treatment center located on the grounds of SVTC.</p> <p>There is no donation from our area for this meeting.</p>

9. Lunch Break/Time to be announced

10. All New Business Motions turned in

11. Old Business:

- DISCUSS SPEAKER JAM AND ITS PURPOSE (FROM 163RD)

Elections & Nominations

- **Speaker Jam Chair** – Rudolph C. was approved by acclamation.
Qualifications: I am an addict named Rudolph C. My clean date is Sept. 15, 2007 so I have a little over six years clean. I have been in service since I was 5 months clean. I have served as a GSR, PR for two years, Program Chair for AVCNA 29, and served on the RSC as an RCM for the Rappahannock Area of NA. I have a sponsor who has a sponsor, and who has a sponsor. As a sponsorship family, we study the step, tradition and concept according to the month. I have a willingness to serve and help carry the message of HOPE to those that are sick/suffering inside and outside the rooms of Narcotics Anonymous.
- **H&I** –Chuck K. was approved by acclamation.

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

12. All New Business Motions turned in before lunch

13. Establish Quorum

14. Old Business:

- a. **MOTION 164-3 Regional Budget - Mover: Neil (Treasurer)**

Approved by: Almost Heaven, Beach, Blue Ridge, Peninsula, Roanoke Valley and Tri-Cities
Abstaining: Piedmont, Rappahannock and South Side

15. New Business:

- a. **MOTION 165-1 (Ruled out of order)**

- b. **MOTION 165-2 Africa Literature Project / Add to Website – Approved (10-0-0)**

Mover: Etta F. (Rappahannock) **2nd:** Rudolph C. (Rappahannock)

Description: Literature distribution has stopped in Africa due to them not being able to afford the pricing to release it from customs. Our Project depreciates the cost by sending used literature which is reaching addicts there.

Intent: To further our primary purpose of carrying the message to the addict who still suffers by putting literature in their hands for their recovery.

Motion: To announce on the website the Literature for Africa project and to put its announcement that a box will be available at our regional convention for donation of used literature.

- c. **MOTION 165-3 CARNA Representative to ECCNA – BACK TO AREAS**

Mover: Bill M. (Vice Chair) **2nd:** Rudolph C. (Rappahannock)

Description: The East Coast Convention of Narcotics Anonymous (ECCNA) requested that Central Atlantic Region of Narcotics Anonymous (CARNA) participate as one of the 29 directors of the ECCNA Advisory Board (AB).

Intent: To nominate a representative of CARNA to the ECCNA Advisory Board to fulfill NA's 5th and 9th Traditions of carrying the message from a Service body to the addicts they serve.

Motion:

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

A. Add:

11. Upon the election of the Vice Chair, CARNA will send an email to the ECCNA Advisory Board nominating the new Vice Chair as the Director representing CARNA on the ECCNA Advisory Board, and the current CARNA ECCNA Advisory Board Director will nominate the new Vice Chair as Director to that body at the next Regular Advisory Board meeting.

2. Section **2A. VICE-CHAIR DUTIES**

A. Amend

4. Submits written reports to each RSC Conference and an annual written report at the GSR.

To the following (in bold text):

4. Submits written reports to each RSC Conference and an annual written report at the GSR Assembly **that includes relevant information of the Vice-Chairs participation and interaction with the Areas, subcommittees, audits, over-night events and items discussed at the ECCAN Advisory Board meetings**

B. Add

10. Willing to accept CARNA's nomination for a 2-year term and serve on the Advisory Board of the ECCNA.

Financial Impact: There is no financial impact to the Region or any individual serving as CARNA's representative serving as Director to the ECCNA Advisory Board. According to the BYLAWS of the ECCNA, INC., Article 6.07, DIRECTORS' MEETING, item a) "Place of Meetings: Regular meetings of the AB will be held via Internet or conference calling."

Although the ECCNA holds an annual meeting at the convention itself on the final day, there is no mention in the ECCNA by laws of mandatory attendance. Therefore, if CARNA's director wishes to attend the meeting at the annual ECCNA convention, it is solely at their discretion and at their expense.

Pro: Will foster unity with other regions that participate in the ECCNA having the Vice-Chair do this position. Will foster continuity and accountability with the duties assigned.

Pro: If we as a region receive the benefit of cases of basic text for men and women in prison in our region, we should be participating in the work that makes their gift to us possible

Con: A regional committee member should not be required to serve an outside entity.

Con: That if new duties are added to an existing regional position it should be one to gather information about our own regional convention – not another outside entity.

d. **MOTION 165-4 Money Matter / Policy – No need for vote, within budget**

Mover: Greg G. (Policy Chair) **2nd:** Jimmy R. (Peninsula)

Intent: To fulfill the Policy Subcommittee's Responsibilities

Motion: To provide Policy Chair \$150.00 of \$300.00 yearly budget to produce 2014 updated CARNA Guidelines & Rules of Order. These funds will come out of 2013 budget, not 2014 budget.

1. Announce Next RSC – Saturday, February 15, 2014 – at 1215 Lee St Charlottesville VA with open Forum starting at 11am and RSC beginning at 12:15.
2. Announce Location and Time of next Subcommittee Meetings
3. Close with Serenity Prayer and Announcements