

**Agenda 166th Regional Service Conference  
Central Atlantic Region**

**April 19, 2014** This is 167th Minutes

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

**Open Forum begins: 6:00pm**

**RSC begins: 7:15pm**

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

1. Serenity Prayer
2. Open Forum
  - a. The group conscience was to forego open forum for this RSC.
3. Reading of Purpose, Traditions, and Concepts
4. Roll Call: Quorum

roll call after break

Chair	Jim H.	Almost Heaven	Don V.	X	
Vice Chair	Bill M.	Appalachian	ABS		
Secretary	Brian C.	Beach	ABS		
Treasurer	ABS	Blue Ridge	ABS		
Regional Delegate	Donna Lee P.	Gateway to Freedom	ABS		
Regional Delegate Alternate	Eddie W.	New Dominion	Robert W.	X	
Regional Delegate Alternate 2	Kim A.	New River Valley	ABS		
VRCC Chair	Bob G.	Outer Limits	ABS		
Hospitals and Institutions Chair	Chuck K.	Peninsula	Jimmy R.	X	
Policy Chair	Greg G.	Piedmont	Theresa M	X	
Public Relations Chair	Etta F.	Rappahannock	Rudolph C.	X	
Speaker Jam Chair	Rudolph C.	Richmond	Jackie W.	X	
		Roanoke Valley	Pat W.	X	
		Shenandoah Valley	Elisa D.	X	
		South Side	Andrew D.	X	
		Tidewater	ABS		
		Tri-Cities	Toney W.	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.  
Robert W. – New Dominion  
Andrew D. – Southside  
Bob G. – Tri-Cities
6. Approval of Minutes – Mover: Elisa A. 2<sup>nd</sup>: Jackie APPROVED 7-0  
MAKE SURE WEBSERVANT GETS COPY AFTER ADDING STRAW POLL FOR HOLDING RSC AFTER THE GSR ASSEMBLY (AT BOTTOM OF MINUTES)
7. Trusted Servants Reports

Chair Report	<p>Hello family,</p> <p>Hope everyone is doing well.</p> <p>The next regional meeting we be at</p>
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	<p>The Wesley Foundation, 526 Jamestown Rd. Williamsburg, VA 23185</p> <p>The meeting on October 18<sup>th</sup> will be held at: First Presbyterian Church 1107 W. Broadway Ave. Hopewell, VA 23860</p> <p>Neal called and he is sick and not able to be here today .I have the check book and Bill will take care of the treasurer duties today. Hope everyone has a safe and happy holiday.</p> <p>In Loving Service Jim H Chair</p>
Vice Chair Report	<p>Good evening,</p> <p>I gave my report at the GSR Assembly today and I feel it went well. The Chair asked me to take responsibility for the lunch at the GSR Assembly today. I prepared the majority for the meal myself and another addict did the cooking. The result was a tasty chicken dinner at a very reasonable cost, \$218.34. I am turning in a receipt today for one \$218.34 to cover my out of pocket costs for the food and cooking supplies.</p> <p>ILS, Bill M.</p>
Secretary Report	<p>All is well.</p> <p>ILS, Brian C.</p>
Treasurer Report	<p>All the bills that I know of up to today are paid. We had a bank balance of \$13,293.43 at the 166th RSC. Since then we have deposited \$5,285.65 (\$66.00 was returned funds not spent on hosting the AZF). We have had debits totaling \$3,062.68 to give us a current bank balance of \$15,516.40. Checks 1166, 1167, 1173, and 1176 are still out and I paid Primus since the bank statement was issued. Our actual balance is \$14,777.95</p> <p>The financial statement since the 166th RSC will be sent out with the minutes. This report is based on the information that I was able to get online. The last activities reported were on 03/31/14. Our YTD (2014) expenses have been \$4,769.09 and our YTD income has been \$5,219.65. \$1200 of the debits were given to the RD team for CAR workshops and if not all of the funds are used the remainder will go back into the account. The same goes for the \$300 given to the Speaker Jam chair for a speaker jam. Our prudent reserve as determined by the formula approved by the RCMs is \$15,277.00. If we subtract this from our current actual balance the difference is -</p>

	<p>\$499.05. We are under our prudent reserve.</p> <p>ILS, Neal Griffin</p>
RD Report	<p>RD Report to CARNA 4/19/2014</p> <p>Greetings everyone,</p> <p>After a long day, I will keep this brief. The CAR workshops went well and were fairly well attended. We came in under budget by \$454.77. Gas expenses for travel to the workshops are being taken care of separately. Plans for my trip to the World Service Conference are all on track and I received my per diem check from NAWS for my food expenses. I have also received the NAWS Annual Report, Conference Report, and HRP Candidate profiles which I am in the process of reviewing now so that I may be as prepared as possible for the week. We are set to fly out next Friday at around 11:30 am with the preliminary events to begin Saturday morning. I am so excited and grateful to the Central Atlantic Region for allowing me to serve in this position. I am eager to come back with all of the new information which is so important to this fellowship. We will be asking for time under old business in addition to our 10 minute report time at the June RSC. This is so will have adequate time to present as much information as possible to you about what transpired at the World Service Conference.</p> <p>I hear questions from people often about why the group conscience on WSC matters is taken only at the GSR Assembly. Several people called and were disappointed to learn they could not participate in the vote unless attending. I think it would be good to send out a survey of options to the regional fellowship. If we compare today's attendance with the number of home groups the region has, we will see there is not a great deal of participation. While I don't think we will ever have a majority of home groups participating, we could increase that participation and let our region's members take greater ownership of the process.</p> <p>George B. is going to meet me after I get back from the Conference and deliver some PR items that were left with him. I will bring them to the June RSC or meet with Etta prior to that if need be.</p> <p>In Loving Service, Donna Lee P.</p>
RDA Report	<p>Hello family,</p> <p>I'm pleased to report that Elaine at NAWS was successful in assigning me a roommate for WSC2014 (RD Dennis M. from the Northern New York Region. This effectively cuts our Regional expense (for my attending the conference) in half - to approximately \$702.36. Our continued experiment of having the RSC follow the Assembly (instead of the other way around) allows us include what transpired during the GSR Assembly in this report (as opposed to it being done at the 168th in June. The following is an accounting of the tally from the GSR Assembly:</p>

CAR 2014 Motions and Proposals		
Group: _____	Area: _____	
Groups may turn in, on a separate sheet of paper, any comments from the group's discussion that you would like your delegates to see.		
	YES	NO
<b>MOTION 1:</b> To approve the draft contained in Addendum A as (P-R28, An Introduction to NA Meetings. (p. 13 of CAR)	58	0
<b>MOTION 2:</b> To adopt the following as WSC policy: "Seating at the biennial meeting of the WSC is limited to one delegate per region." (p. 15 of CAR)	33	27
<b>MOTION 3:</b> 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." (p. 17 of CAR)	44	13
<b>MOTION 4:</b> 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. (see p. 22 of CAR for complete motion)	35	24
<b>MOTION 5:</b> 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. (see p. 22 of CAR or complete motion)	35	24
<b>MOTION 6:</b> 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 LSC, as described in the characteristics below. (see p. 23 of CAR for complete motion)	31	28
<b>THE WORLD BOARD'S EDITED REGIONAL PROPOSALS</b>		
These proposals summarize the basic ideas of the regional proposals received for the CAR and will serve as the basis for what is discussed in the WSC Old Business Discussion Session. More information can be found on page 30. The original proposals as submitted are in Addendum C, and following these 4 world board submitted proposals.		
<b>Proposal A:</b> To place a moratorium on the Service System Proposals. Ideas for the moratorium range from two to four years. (5 proposals: A1-A5) (p. 32 of CAR)	38	21
<b>Proposal B:</b> To specify the specific decision-making mechanism for anything related to the SSP. (2 proposals: B1-B2) (p. 34 of CAR)	27	24
<b>Proposal C:</b> Currently seated regions retain their seat at the WSC forever. (1 proposal: C) (p. 34 of CAR)	25	31
<b>Proposal D:</b> 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. (2 proposals: D1-D2) (p. 35 of CAR)	25	33
<b>CAT Project Plans, Budget and Seating</b>		
Approve the Fellowship Issue Discussion Project (p. 17 of CAT)	57	3
Cost: Distribution of material is covered under Publications and other line items in the NAWG Budget		
<b>Service System Project</b> (p. 19 of CAT)	30	31
Cost: \$70,000		
<b>Traditions Book Project</b> (p. 22 of CAT)	60	1
Workgroup and other related expenses \$250,000		
<b>Public Relations Project</b> (p. 24 of CAT)	53	7
This project includes writing a pamphlet for professionals about the "medicalization of addiction treatment and the NA 3 <sup>rd</sup> tradition".		
Focus Groups/Roundtables expenses: \$38,000		
<b>Approve the 2014-2016 NAWG budget</b> (begins on p. 29 of CAT)	51	5
This proposed budget reflects an anticipated net loss in the second year of the proposal, and for the cycle.		
<b>Approve proposed changes to Guide To World Services</b> (contingent upon motions in the CAR passing and other WSC business, i.e. the experiment about regional proposals.) (cover memo p. 41 of CAT)	50	9
<b>Seat any new region</b> so long as they meet the criteria as last defined in GTWS (criteria found on pp. 74-76 of CAT in GTWS section)	55	5
seating discussion begins on p 115		
<b>Seat ONLY regions that are not the result of a split with another region</b>	56	3
<b>Approve seating Dominican Republic</b> (seating Dominican Republic p. 114 of CAT)	56	3
<b>Approve seating Turkey</b> (p. 124 of CAT)	56	1
<b>Additional input requested</b>		
<b>Conference Participant Bulletin Board</b>		
In 2012 the Conference participant bulletin was updated. When it came back online, the settings had been changed and the board was hidden from the NA membership. Before this only conference participants & WB members could post, but NA members could read the board.		
Would you like for the board to be viewable to all NA members again?	58	2
To download the Conference Agenda Report "CAR" and Conference Approval Track "CAT," go to <a href="http://www.na.org/conference">www.na.org/conference</a> .		
For questions please contact: Donna Lee P. - RD: 804.747.5524 <a href="mailto:dlee@car-na.org">dlee@car-na.org</a> , Eddie W. - RDA: 684-689-2725 <a href="mailto:edw@car-na.org">edw@car-na.org</a> , Kim A. - RDA2: 860-669-5463, <a href="mailto:kab@car-na.org">kab@car-na.org</a>		

In Loving Service,  
Eddie W. (RDA)

RDA2 Report

The CAR Workshops went well. Attendance was down from 2012 with an approximate total of 55 attendees. The breakdown follows: 20 from Richmond, @20 from Norfolk, 15 from Staunton and 10 from Bedford.

Our regional conscience was held today at the GSR Assembly and each GSR in attendance compiled the tally of votes and will be able to bring back our region's conscience to their home groups.

I am excitedly looking forward to having the opportunity to attend my first WSC at the end of the month. I am grateful for the mentorship I have received from Donna Lee and Eddy. They've done an awesome job answering my questions and showing me the ropes. I have gotten so much out of all the workshops I have been able to attend and participate in. I feel competent to be a useful member of the RD team as we head to the Conference. I am grateful to have this opportunity to attend my first WSC and feel especially blessed because I am aware that if Motion 3 passes, this may be the last time we get to send our RDA2.

I'm asking for a check today for \$837.00. Please see the breakdown below.

CAR Workshops: \$137.00 (gas)

- 2-23-14 Richmond - 260 miles - (\$40.00)
- 3-16-14 Norfolk - 380 miles - (\$60.00)
- 3-23-14 Staunton - 125 miles (met Eddie in Amherst) - (\$22.00)
- 3-30-14 Bedford - 106 miles - (\$17.00)

	<p>Total For WSC: <span style="float: right;">\$700.00</span></p> <ul style="list-style-type: none"> <li>• Per Diem - 10 days @ \$55.00/day - \$550.00</li> <li>• Baggage Check - \$25.00 each way = \$50.00</li> <li>• Gas to get to Richmond for the flight - \$40.00</li> <li>• Shuttle from WSC hotel to LAX - \$60.00</li> </ul> <p>The Next Zonal Forum will take place in the Mountaineer Region on July 26, 2014.</p> <p>Thank you again for the opportunity to serve, Kim A RDA2</p>
VRCC Report	<p>We held our last bi-monthly meeting on March 16, 2014 in Charlottesville. I was elected Chair, Chris S. from Roanoke Area was elected Vice-Chair and Erin T. from Piedmont Area was re-elected as Secretary.</p> <p>We discussed the 32<sup>nd</sup> AVCNA held in Hagerstown, MD. This was the first time the AVCNA was held out of the state of Virginia and hosted by two areas. We had 704 registered, of that 73 were new comer packets, 349 on site registrations and 282 pre-registrations. All had a great time and the convention was a success for Almost Heaven and SHEVANNA Areas.</p> <p>We will not receive the final financial statement for the convention until our 990 tax return is filed in June 2014. Our fiscal year runs from 3/1/13 until 2/28/14. It looks as if the AVCNA lost about \$6,000 but our primary purpose was filled and we will still continue to have conventions.</p> <p>We look forward to our continued work with the Appalachian Area on the 33<sup>rd</sup> AVCNA, which will be held in Lynchburg on January 9-11, 2015. The location of the event is the Holiday Inn Lynchburg, with the 3 main speaker meetings being held at the James River Conference Center.</p> <p>The next VRCC meeting will be on May 4<sup>th</sup> in Lynchburg at the Holiday Inn. We will be accepting bids for the 34<sup>th</sup> AVCNA.</p> <p>Please get involved and make sure your area has a VRCC Director.</p> <p>In Loving Service, Bobby G. VRCC Chair</p>
H&I Chair Report	<p>Hello all,</p> <p>The CARNA H&amp;I, PR and Policy Subcommittees held our last meeting in Quadrant 1, Ladysmith, VA on March 15th. There were 6 participants. I have attached the minutes from this meeting for your information.</p> <ul style="list-style-type: none"> <li>• Bullet 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&amp;I literature inventory. I have received no letters from inmates in the past 3 months.</li> <li>• Bullet 2 – We have gathered and continue to gather information on existing commitments within the region. We are also working on a list of potential commitments.</li> <li>• 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</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <li>• Bullet 4 – Southside Area has requested a learning day and I will be following up with them to schedule a date. 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.</li> <li>• Bullet 5 – The last NAWS webinar was held on February 19th. I have attached the minutes for your information.</li> <li>• Bullet 6 – Refer to bullet 3</li> <li>• Bullet 7 – RCMS, please include information on H&amp;I within your areas in your monthly reports.</li> <li>• Also please inform your areas of the phone in option for attendance to regional sub-committee meetings.</li> <li>• Bullet 8 – A policy will be submitted at the 168th RSC. Conference calls to talk about this effort will be held weekly on Thursday nights from 7 p.m. to 8 p.m. Please use (712) 432-1500, access code 114976# to join in.</li> </ul> <p>In closing, please inform your area members of the opportunities to serve at the regional H&amp;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 on May 17th at 418 North Center Street Cumberland, Maryland 21502, from 11:00 a.m. to 3 p.m. I will not be in attendance as I will be away on business.</p> <p>I have also attached the CARNA H&amp;I annual report for your information. For specific place details see PR Chair and the CARNA Website.</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 March 15th. Please feel free to contact me with any questions or suggestions.</p> <p>Gratefully,</p> <p>Chuck K.  (757) 469-9365  <a href="mailto:chuck.norvakellens@gmail.com">chuck.norvakellens@gmail.com</a></p>
Policy Subcommittee	<p>Dear RSC,</p> <p>The Policy Subcommittee met March 15 in Ladysmith at Wrights Chapel Church at 11 am. There were 5 people in attendance. The first issue that was discussed was the length of reports at the February RSC. It was brought to my attention that some reports exceeded the 10 minute time limit stated on page 6 in Section V, line 2 of the</p>

	<p>regional policy. I was asked to remind all trusted servants of this bylaw and asked to inform the Chair that it is their responsibility to monitor the length of reports. The second topic discussed was the decision to hold this regional meeting as a one day event and not an overnight event as stated on page 8 in Section VIII, line 8 of our regional policy. Although a poll was taken at the end of the last RSC to hold this meeting tonight as opposed to tomorrow, regardless of the Easter holiday, it is still in clear violation of our policy. I should have spoken up at the time but failed to do so. It cannot be altered at this point obviously but the policy subcommittee felt it necessary to mention. I have done a poor job recognizing policy violations during the RSC meeting and will strive to gain a more thorough understanding of our guidelines so I can help guide of business affairs in real time instead of after the fact.</p> <p>Motion 166-3 from the last RSC, regarding having the June RSC in Williamsburg, is in direct conflict of our Regional Policy. P. 18, Section XVI, line 4 states :CARNA RSC meetings will be held in Charlottesville or the surrounding suburbs except in October or April....” I would ask this be addressed in New Business.</p> <p>The next policy subcommittee meeting will be Ft. Recovery 418 N Center St. Cumberland, MD 21502 starting at 11 am on May 17th. The conference call number is (712) 432-1500. The access code is 608126#.</p> <p>ILS,</p> <p>Greg G.</p>
Public Relations	<p>Hi family,</p> <p>The PR Sub-committee met in Ladysmith, Virginia on March 15th. There was small attendance but we spent the time wisely. We did not resume webinars this month as planned but we will resume in June to further the work that we are doing on the website. The summer institute is something that we have traditionally been a part of for several years now and it is slated to be held in Williamsburg Va. again July 14-15 2014 at the Holiday Inn Patriot, 3032 Richmond Road, Williamsburg, VA 23185 (757) 565-2600 Early Registration is May 1. I will need \$475 to register it has been budgeted. I will be attending the multi- state PR event in Beltsville Md. May 10th. I am still in need of PR supplies (table skirt; try fold any literature racks etc.)</p> <p>Annually, we have talked about better meeting locators. We began talking about BMLT have decided to use location the way that NAWs does. The phone line work has been on keeping the information accurate and up to date. We have talked about using zip codes and updating spreadsheets. We are striving for better organization of information. The website continues to evolve as we have narrowed down our focus as to what we want. It has to carry the message.</p> <ol style="list-style-type: none"> <li>1. Provide meeting information</li> <li>2. Events Calendar</li> <li>3. Service resources</li> <li>4. Redirect professionals,</li> <li>5. Blogging to increase information.</li> </ol> <p>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. The focus this year will be on mentorship and training. I look forward to working toward progression of good PR practice in our region. We</p>

	<p>are currently experiencing website problems due to the Heart wire virus it is redirecting to an air Jordan site we are currently looking at how to make the correction. Our next subcommittee meeting will be in Cumberland Maryland May 17th.</p> <p>In loving service, Etta F.</p>
Speaker Jam	<p>Dear RSC,</p> <p>Good Evening. The "CARNA Regional Service Speaker Jam" was good success. We started of the Jam with the Serenity prayer. We than read who is an addict, what is the Narcotics Anonymous Program, How it Works, and 12 traditions. The average attendance was 45 +.</p> <p>There were no bids submitted therefore I'm trying to resolve the problem by speaking with prior chairs to see what should I do: if no bid is submitted I will choose I struggling area within our region by way closed ballet.</p> <p>I have also provided receipts of purchase. \$150.00 went for rent, \$60.40 went to purchase coffee, spoons, cups, creamer, napkins, 2-1 pint mixers to hold sugar, sugar, Splenda, and a tote to store materials that is meant to be transferable to next Regional Speaker Jam Chair, and last a \$33.00 receipt for gas. This left \$56.60 that will be submitted back to Region.</p> <p>In speaking with former Chairs of the regional speaker jam; I'm to help with topics and speakers. I was also informed that if there is no bids given then as the chair I can still host an event in a struggling area whether a bid is submitted or not. Therefore, I'm down to two different areas: Peninsula and New River Valley. If one of these two areas, which ever area is interested, could solidify a location the third Saturday in September and notify me by June's regional, it would greatly appreciated.</p> <p>In Loving Service, Rudolph C.</p>

8. Area Reports

Almost Heaven	<p>I am pleased to be able to represent my area, at least for this meeting, at our RSC. Recovery and Service are both alive and well in the Almost Heaven Area. Some of the highlights of our ASC and LSU meetings over the last 2 months are:</p> <ol style="list-style-type: none"> <li>1. We are still hopeful for a Multi-Area Learning Day. Our area has approved our portion of the funding.</li> <li>2. A "Fellowship of Love Dance" will be held on 4/26/2014 from 8-12pm.</li> <li>3. An existing home group, "Miracles Do Happen," has joined the Almost Heaven Area.</li> <li>4. A scheduling conflict has again occurred between one home group, who for the fourth year, has scheduled a Speaker Jam at the meeting place of another home group in conflict with the meeting time of the resident home group. Responsibility for the error was acknowledged at ASC and promises were made to correct the error in the future.</li> </ol>
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	<p>5. The "Surrender To Win" home group will be holding their 4th annual Speaker Jam on 4/26/2014 at Destiny Church from 2-7 pm.</p> <p>6. Our LSU is meeting monthly and coordinating services in our area. H&amp;I is currently supporting 4 meetings in 2 facilities and an H&amp;I orientation was held on 3/22/14. PR has purchased a table spread for upcoming PR events. A "GSR Orientation Guide" has been written and is being currently amended per ASC request.</p> <p>7. Open ASC Trusted Servant Positions are RCM, RCM-ALT, Vice-Chair, and VRCC Representative.</p> <p>We have donations for the region totaling \$204.91. However, I forgot to put the checks in my laptop case prior to leaving this morning. All I can promise is that the RSC will receive our donation no later than the next RSC. Our area policy prohibits us from mailing the checks. I will investigate the possibility of a direct deposit.</p> <p>In Loving Service, Don V.</p>
Appalachian	ABS
Beach	ABS
Blue Ridge	ABS
Gateway to Freedom	ABS
New Dominion	<p>Thank You for the opportunity to serve as the new RCM, things are well in the new dominion area.</p> <ul style="list-style-type: none"> <li>• We have 39 active meetings going</li> <li>• All is well with public relations. They are working on setting up the new phone line service that will cut costs by more than 80%</li> <li>• H&amp;I met to continue our review and rewriting of their new policy. They will be meeting early again next month at 1:00 PM continue rewriting their policy.</li> <li>• A new budget was finally passed last area that better matches actual expenditures.</li> </ul> <p>ILS, Robert W</p>
New River Valley	ABS
Outer Limits	ABS
Peninsula	<p>Hello family we had our last area meeting on April 5, 2014 with 17 GSR's in attendance. We voted in Teresa F as Pro-tempt treasurer because of illness to our treasurer. Our H &amp; I committee currently has 10 open commitments. They are in need of help. Matthew County Correctional Facility is asking for an H &amp; I meeting to come to their facility but there was discussion of a closer area going because of distance in travel, more will be revealed. Our policy sub-committee has established guidelines on how to conduct a budget and annual review to be submitted to area for approval. We were reminded that all sub-committee chairs are required to attend the annual and quarterly reviews. Our public relations sub-committee will have a booth at the ECCNA in June and is also having a poster drive. The tentative date is April 26, 2014 at 12; 30 pm all who is interested in helping out should meet at the K mart on mercury Blvd. Public relations are also asking for help from our region at their next learning day in the spring to give some training on the regional helpline. We do have six positions</p>

	<p>open in our area and they are our Area Chair, Vice Chair, RCM Alternate, VRCC, VRCC Alternate and a chairperson for an Ad Hoc committee that is being formed for the audit of our area books. We have a new meeting in our area and would like to welcome "Upper Room Solutions" to our area. It meets on Friday at 7:30 pm at 5800 Mooretown Rd Williamsburg, Va 23188 and for more information please contact Chris B (757) 561-8921 or Jane B (757) 871-5279 or Henry H (757) 532-8814.</p> <p>In Loving Service, Jimmy R</p>
Piedmont	<p>Things are going well in the Piedmont Area. Area Service met Sunday April 6th with 13 GSRs present. We have 18 Home groups with 28 meetings per week in the Piedmont Area. There is a new meeting, Friday Night Live, which meets Fridays 7-8 pm in Orange, Virginia.</p> <p>The Annual Mardi Gras Party on March 1st was well attended and a big success and will likely become an annual event. The PR Chair also announced that PAACNA, the annual campout, will be moved from June to September this year. It will be held Sept 12-14 at Little Country Campground in Louisa County. This is a large facility with tent camping, RV camping, and cabin rentals available.</p> <p>H&amp;I is functioning well, serving 5 facilities in the Area with 8 H&amp;I meetings per week. The PR chair reported that the position of literature rack coordinator has been filled. However, the PR subcommittee is still in need of support to fill other positions. Financially, the Piedmont Area is doing much better, mainly due to more awareness on the part of GSRs to order just needed literature rather than stockpiling large quantities. The Treasurer reported that we will be able to donate \$200.00 to Region this month.</p> <p>ILS, Theresa M.</p>
Rappahannock	<p>Dear RSC,</p> <p>I and Stephanie would like to thank God first and our area for allowing us to serve. Our ASC meets the first Sunday of the month at 4:00p.m. at Fairview Baptist Church, 900 Charlotte Street, Fredericksburg, Va. We currently have 19 home groups and 32 meetings weekly.</p> <p>On March 15, 2014 the RCM team hosted a small CAR &amp; CAT workshop at the Thurman-Brisben Center to provide this information to our GSR's that weren't able to attend one within our Region.</p> <p>There are a few events going on within our area: Man-up is hosting a Mother's day speaker's Jam at 302 Colonial Street, Falmouth Baptist Church from 12-6 on May 10th; activities is hosting "A NEW WAY OF LIFE: a Spiritual Path on May 17th at Falmouth Baptist Church from 12-8 followed by a dance at 308 Hanover Street, Fredericksburg, VA., from 9-1 with \$5 donation to dance (suggested); In it to win it is hosting their annual 'Spring Fling' on May 12th from 4:30-8:30p.m. Lastly, our Area voted on motion 165-3 and it passed at our ASC in April. Also tonight, "Thanks you for your service and pizza. Keep coming back!" Fairview Baptist Church, 900 Charlotte Street, Fredericksburg from 10:00 p.m.- until.</p> <p>I personally would like to apologize for not having more information to give to this body.</p> <p>There will be another meeting starting on May 5, 2014 @ 5:00-6:15 at Bragg Hill</p>

	<p>Family Life Center, 400 Bragg Hill Dr., Fredericksburg, VA. the name of that home group is 'Rush Hour Group' (subject for revision).</p> <p>In Loving Service, Rudolph C. &amp; Stephanie B.</p>
Richmond	<p>The Richmond area is slowly moving along. We have one new meeting on Friday at 12:00 midnight and Saturday 12:30-1:30AM. Bringing the total number of meetings to 43. We are struggling in the area of trusted servants on the Area level. We have need of a VRCC and Alt Director, a Vice Chair, Area Treasurer Public Relations subcommittee chair, print shop chair. We have elected an Alt Regional Director who will be present at our next Region. Even with the lack of trusted servants we average 15-20 GSRs at area. Because our Secretary was not at area and we did not have minutes, some of our area business was not able to be addressed. Not getting area minutes on time has been somewhat of a problem also. We have elected a new chair and we recognize our problems and are working very hard to get into the solutions. We have no donation today.</p> <p>ILS, Jackie W.</p>
Roanoke Valley	<p>Hello Family, Roanoke Valley of NA is continuing to carry the message of recovery. We have 34 meetings a week with 28 home groups. Last Area Service we had 9 voting GSRs in attendance. We discussed the website and a decision will be made at our next Area Service meeting. I attended the C.A.R. workshop in Bedford and found it to be very educational. The directors did a great job though the turnout was poor due to the death of Shawn W., a longtime home group member. The "Together We Care" home group of Bedford will truly miss him. The RVANA Events/Activities Subcommittee will be hosting a Speaker Jam/Dance, food, fun and fellowship on April 26<sup>th</sup> at MCC 12-8PM, Speaker Jam and Dance from 8-12PM.</p> <p>At last area I did my best to inform the GSRs importance of their vote and all at the ASC, the content of the motions which were voted on today.</p> <p>The 33<sup>rd</sup> AVCNA pre-convention fundraising subcommittee will be holding an event at St. Andrews on Timberlake Rd. May 24<sup>th</sup> from 2-11PM. It will consist of a Speaker Jam, food, fun and fellowship. All are encouraged to attend.</p> <p>Apr. 23<sup>rd</sup> in Stewart's Draft there will be a new meeting from 11:30 to 12:30. For more info, contact Rhonda at (540) 519-9425.</p> <p>At last Area Service two subcommittee chairs resigned, H&amp;I and PR. Kelly S. is filling in as contact info related to H&amp;I. Lauren R. Was proptemp in the PR position. Both have no experience in these positions at the chair level and might be asking for guidance from the region.</p> <p>I have a new phone number, (540) 353-2433</p> <p>In grateful service, Pat W. Skip N.</p>
Shenandoah Valley	<p>Hello Family, It is good to be back. I attended the CAR workshop held in Staunton, VA. along with several members from the Shevana Area. It was very informative and many questions</p>

were answered and clarified. The workshop enabled me to answer questions at our ASC.

The Shevana Area currently has 17 active Home Groups with 25 meetings weekly. The Area has several treatment facilities that utilize all our meetings.

Shenandoah Valley Area Service (Shevana) meets the 2nd Monday of each month at Grace Community Church, 2333 Roosevelt Blvd, Winchester, VA. We met on April 14, 2014 with 13 GSR's in attendance and quorum was met. All positions at the Area level are filled with the exception of our Secretary who insists that she is "temporary". She has been performing secretarial duties for Area for 8 months. We are also in need of an RCM alternate and an addict has expressed an interest in this position. I hope to bring him with me to the next RSC meeting in June. The next ASC meeting will be held May12, 2014.

All subcommittees have chairs and are meeting on a monthly basis.

1) **H&I** meet on the 1st Monday of the month at 7pm and are taking meetings into the men's and women's side of the jail. They also take meetings into the Juvenile Detention Center and into Behavioral Health.

2) **P.R.** meets the 4th Sunday of the month at 3pm. Our PR chair is doing a fantastic job keeping the website up to date with current meeting lists and events for Shevana, Regional and neighboring Areas.

3) Shevana Area is fortunate to have a new, very enthusiastic **Newsletter Chair**. They meet the 2nd Saturday of each month at 5pm. I had several copies from the past few months but GSR's seem to have taken all my copies. You can view copies on our website <http://www.shevana.org/>

4) **Outreach** has a core committee that visits and gives support to struggling meetings each month as needed. They meet the 1st Sunday of each month at 1pm.

5) Our new **Policy Chair** met with her small committee and worked on revising and clarifying existing guidelines, where the last revision had taken place in 2012. They also revised the appendix of Amendments with all passed motions that created a change in policy. At our last ASC meeting, a motion that was sent back to Home Groups, was passed that will help ensure there will be no further lapses in ASC guidelines being updated. They meet on the 1st Sunday of each month at 12pm.

6) **Literature Chair** is ever hardworking providing all Home Groups and recovering addicts with all necessary literature, key tags, and medallions on an as needed basis. They meet on the 3rd Tuesday of the month at 8:30pm.

7. **Special Events** has all positions filled and meets on the 1st Sunday of each month at 10:30am each month. Currently there is a timeline in place with events planned for the rest of the year.

Special Events sponsored an **NA March Madness** with free NCAA Basketball Tournament brackets, with the winner receiving a copy of "Living Clean" and have the benefit of bragging rights. On Monday April 7th all participants met at a local restaurant and viewed the Final Game for the NCAA Championship. Great fellowship was had by all.

**Upcoming Events:**

Shevana Area is sponsoring an **H&I Learning Day**, Saturday April 26, from 1pm-6pm. at Market St. Methodist Church. There will be a guest speaker and a barbecue dinner will be served.

Special Events is sponsoring their annual **NA Apple Cafe**, starting Friday May 2nd at

	<p>8:15pm ending Saturday May 3rd at 6pm. Located at the Old Towne Club House, 301 Loudon St. Winchester. This will enable all addicts to have a safe place to "hang out" during our town's annual Apple Blossom Festival. There will be meetings every 4 hrs. around the clock, food, music, TV, fellowship, and discussions on how to get through Apple Blossom clean. Home Groups are signing up for 1-2 hours to ensure there is a continuity of an addict being present for the 24 hr. period.</p> <p>Planning has begun for <b>Shevana's annual picnic</b> to be held Saturday June 14th and the <b>Shevana Speaker Jam XI</b> to be held Saturday July 12th.</p> <p>Last but not least is Shevana Area donation to Central Atlantic Region of NA in the amount of \$448.35.</p> <p>In Loving Service, Elisa D. RCM</p>
Southside	<p>Hello Family,</p> <p>I am the new RCM for the Southside Area of Narcotics Anonymous. I am looking forward to the opportunity to serve the fellowship that saves my life on a daily basis. All is well with the Southside Area. We currently have 15 home groups and 40 meeting per week. At our last ASC we had 11 GSR's attending. We are still attempting to fill all of our service positions at the area level. This month we did elect a new Secretary for the area.</p> <p>We will be having a Bowling Fun Day on May 10 starting at 1:30. This event will be located at Riverside Lanes in Danville, VA.</p> <p>In Loving Service, Andrew D.</p>
Tidewater	ABS
Tri-Cities	<p>GOOD EVENING MY REGIONAL FAMILY,</p> <p>AS ALWAYS, IT'S GOOD SEEING YOU ALL AGAIN. WE WISH YOU ALL A HAPPY EASTER IF YOU CELEBRATE. ALL IS WELL IN THE TRICITIES AREA WITH NEWCOMERS ON THE INCREASE BUT AS FOR ALL THE NEWCOMERS THAT ARRIVE, THERE IS ALWAYS SEVERAL THAT GO BACK OUT. WE ASK THAT YOU KEEP THEM IN YOUR PRAYERS AS WE WILL DO THE SAME FOR YOU.</p> <p>WE STILL HAVE TWELVE (12) HOME GROUPS IN OUR AREA AND FOR THE LAST TWO AREA SERVICE MEETINGS, QUORUM WAS MET AND BUSINESS WENT AS USUAL. I'VE ATTACHED A CONTACT LIST IN THIS REPORT OF OUR SUBCOMMITTEE MEMBERS NAMES, NUMBERS AND EMAIL ADDRESSES.</p> <p>WE ARE HAPPY TO REPROT THAT OUR NEW AREA TREASURER (GWEN W.) CELEBRATED HER 19<sup>TH</sup> YEAR IN RECOVERY THIS MORNING AT 'WAKE UP CALL TO RECOVERY.' ALSO SINCE I WON'T BE SEEING MOST OF YOU UNTIL WE MEET AGAIN IN JUNE – I WILL BE CELEBRATING MY 8<sup>TH</sup> YEAR IN RECOVERY ON MAY THE 28<sup>TH</sup> AT MID DAY HOPE - @ 12:00 NOON TILL 1:00 PM, 110 NO UNION ST, PETERSBURG VA 23803. THERE ARE LOTS OF OTHER ANNIVERSARIES APPROACHING – SO IF YOU GET A CHANCE PLEASE CHECK OUT OUR WEBSITE (<a href="http://www.tricitiesareaofna.org">www.tricitiesareaofna.org</a>) WHICH WE'VE FOUND TO BE VERY USER FRIENDLY.</p> <p>OUR SPECIAL EVENTS SUBCOMMITTEE IS HAVING A FUNDRAISER FOR THE ECCNA CONVENTION WHICH WILL BE A SPRING DANCE ON MAY 10, 2014 FROM 9PM TO 1AM AT 17120 JEFFERSON DAVIS HWY, COLONIAL HEIGHTS, VA 23834 (IVEY</p>

	<p>MEMORIAL METHODIST CHURCH). SO IF ANYONE IS GOING TO BE IN OUR AREA COME ON OUT AND ENJOY SOME FOOD, FUN, FELLOWSHIPING AN A RAFFLE. SUGGESTED DONATION IS \$10.00 WHICH WOULD ENCLUDE A SPAGHETTI DINNER. FOR MORE INFO CONTACT THE SPECIAL EVENTS CHAIR TIM B 804-892-5712. SPECIAL EVENTS MEETS EVERY 1<sup>ST</sup> AND 3<sup>RD</sup> WEDNESDAY. OUR LAST OPEN POSITION WAS VRCC ALT WHICH WAS FILLED BY AUDREY C AT LAST ASC. OUR VOTE ON MOTION 165-3 WAS YES/PASSED. OUR MAILING ADDRESS IS P.O. BOX 947. COLONIAL HEIGHTS, VA 23834 AND LASTLY WE ARE HAPPY TO BE BRINGING A DONATION OF \$235.09.</p> <p>IN LOVING SERVICE - TONEY W – TRI-CITIES AREA RCM</p>
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## Elections & Nominations

- **Vice Treasurer** – no nominations (nominations opened at the 163<sup>rd</sup>)– Send to Areas for Nominations
- **Public Relations** - no nominations (nominations opened at the 167<sup>th</sup>)

9. All New Business Motions turned in before lunch

10. Quorum established with 9 voting RCMs

11. Old Business:

a. **MOTION 165-3 CARNA Representative to ECCNA – (FAILED – 6-4)**

**Mover:** Bill M. (Vice Chair) **2<sup>nd</sup>:** 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). **This representative would serve as a liaison between CARNA and ECCNA. (Added 2/15)**

**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 textx 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.

12. New Business:

- a. **MOTION 166-3 was ruled out of order.** The Chair entertained a straw poll for moving the next RSC to June 14 in Charlottesville, but it was decided we will hold our next Regional Service the 3<sup>rd</sup> weekend in June in Charlottesville.
- b. There was a discussion of the situation in Rosehill, VA (brought up in the PR Subcommittee report) and what the region might be willing to do to help. It was determined that PR should order materials out of their

operational budget to support this addict's attempt to start a group.

1. Next RSC will be held in Charlottesville on the 21<sup>st</sup> of June.
2. Announce Location and Time of next Subcommittee Meetings
3. Close with Serenity Prayer and Announcements