

~~Agenda~~ **169th Regional Service Conference**
Central Atlantic Region
August 16, 2014

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

Open Forum begins: 11:00am

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. Discussion of the role of the regional subcommittees relative to those at the area level, with a specific discussion of how the H&I Committee operates between regional meetings. Concern was to get more participation/input during the teleconferences between regional meetings.
 - b. Discussion of inmate step working program and the need for people to not contact inmates for a year after they are released.
 - c. Discussion about the much worsening situation with Heroin addiction in Winchester.

3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

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| Chair | Jim H. | Almost Heaven | Don V. | X | |
| Vice Chair | Bill M. | Appalachian | Abs | | |
| Secretary | Brian C. | Beach | Abs | | |
| Treasurer | Neal P. | Blue Ridge | Nancy H | X | |
| Regional Delegate | Abs | 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 | Abs | Outer Limits | Abs | | |
| Hospitals and Institutions Chair | Chuck A | Peninsula | Jimmy R | X | |
| Policy Chair | Abs | Piedmont | Aaron A | X | |
| Public Relations Chair | Etta F. | Rappahannock | Rudolph C. | X | |
| Speaker Jam Chair | Rudolph C. | Richmond | Abs | | |
| | | Roanoke Valley | Abs | | |
| | | Shenandoah Valley | Elisa D. | X | |
| | | South Side | Andrew D. | X | |
| | | Tidewater | Tim B | X | |
| | | 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.
Tim B. – Tidewater
6. Approval of Prior Minutes – Mover: Elisa D. 2nd: Toney W. (Acclaimed)
Approved with change (date was wrong at top of document.)
7. Trusted Servants Reports

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| Chair Report | Hello Family, I sent the information for the October RSC to the webmaster to post on line. |
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| | <p>Since our April meeting I have been wondering if we are all here for the same reason. Our minutes are micro managed and when there is an issues its keep quiet until 15 minutes before our June RSC .Too late to do any research. The right answer to the motion according to Robert’s rules of order, was that all motions that go against policy is null and void immediately. This would have saved some time and resentments.</p> <p>Four areas from our region hosted the ECCNA that raises money to buy basic text for prisons. I attended the convention with a recovering addict .It was awesome the way they did the convention .The main speaker meeting was broadcasted live to eight prisons in the state and the way they did the clean time countdown was really moving .It was the first time this was done and could be something done all the time at the ECCNA. It was great to be a part of this and I couldn’t stop talking about for a while.</p> <p>In Loving Service Jim H.</p> |
| Vice Chair Report | <p>I chaired the last RSC and thoroughly the experience. The RSC seemed to go fine and I had no objections to my handing of the meeting. Other than that, I have nothing further to report.</p> <p>ILS, Bill M.</p> |
| Secretary Report | <p>All is well, thanks for the opportunity to serve.</p> <p>ILS, Brian C.</p> |
| Treasurer Report | <p>All the bills that I know of up to today are paid. We had a balance of \$16,548.44 at the 168th RSC. Since then we have deposited \$940.92 (\$37.00 was a correction for a math error). We have had debits totaling \$2795.53 to give us a current balance of \$14,693.83. Checks 1167, 1173, and 1176 are still out. I paid Primus and PCMS since the bank statement was issued so our actual balance doesn’t match the bank statement associated with this report.</p> <p>Our YTD (2014) expenses have been \$10,590.14 and our YTD income has been \$12,294.75. We sent a contribution to NAWS for \$1,271.44.</p> <p>The three checks that have not come through the bank yet are a bit disconcerting. Check 1167 was for \$300 and was written to NAWS to help defray the cost to the WSO for sending a representative to the AZF. I’ve contacted WSO and they don’t think that they ever got the check. Check 1173 was to the Massey Foundation and it should be coming in soon. A trusted servant put the check in their wallet and forgot to send it in. Check 1176 was written to the UVA Hospital Auxillary and was replacing a previous check that never showed up. It covers the cost of three RSC’s. these checks might have been passed around in the mail to get a second signature so I need everyone who is a signaturor to look around their house to make sure that the checks haven’t been accidently tucked away somewhere.</p> <p>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 \$-583.17. We are under the prudent reserve so no contribution will be sent to NAWS.</p> <p>ILS,</p> |

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| | Neal G. |
| RD Report | <p>I want to let the Central Atlantic Region know how much I appreciate the opportunity to have served. However I must also let you know that I cannot fulfill the remainder of my term as Regional Delegate because I no longer meet the clean time requirement. I want to thank all of you who have expressed your love and concern for me during this time.</p> <p>The position on the delegate team has been one of the most fulfilling of my life and I am truly blessed and grateful for the experience. Going to California three times for the WSC was certainly exciting but what I appreciated the most was traveling around this region helping the other trusted servants who work so hard to keep our message available to the many that so desperately want it and need it. Your welcoming smiles and hugs were always there to make me feel valued as a member of Narcotics Anonymous. The delegate team really is the best kept secret in service. I encourage you all to give it a try. I know you are in more than capable hands with Eddie and Kim. I have enjoyed working with you both as well as with Etta and Greg. You all have taught me so much. I am going to take some time to work on my personal recovery but as you all know I love this region too much to stay away for very long. I love you all and again I thank you for the opportunity to serve.</p> <p>Donna Lee P</p> |
| RDA Report | <p>Hello family,</p> <p>I would first like to once again extend an apology for my absence here at the RSC in June. Though it marks my only absence at an RSC due to a scheduling conflict (a planned vacation), I acknowledge that being absent at the first RSC to follow the World Service Conference was regrettable to say the least. I am grateful to our secretary for his service in taking on the daunting task of reading my report so that it could be included in the minutes (thank you Brian).</p> <p>On Friday July 25th Kim A. and I drove together to the Autonomy Zonal Forum in Fairmont, WV (hosted by the Mountaineer Region). All six regions that comprise the AZF were present. In the interest of time (as with the previous AZF in January) the facilitator announced we would dispense with the reading of reports and simply include them in the minutes (which can be found by going to "automyzonalforum.org"). The entire AZF focused on the development of the AZF website, and the creation/utilization of a discussion board and conference call to develop a vision/mission statement (or put simply: where we want to go – and how we plan to get there) Kim A.'s report will cover all that transpired regarding the AZF. One item her report may not cover however was a request that was made regarding the upcoming AVCNA33 in January. The Autonomy Zone Forum has asked for a workshop slot at our annual regional convention to help spread awareness about the AZF, and its function. I spoke with James S. (Program Chair for AVCNA33) about the possibility of the Autonomy Zone utilizing our regional slot that's typically set aside on Saturday morning and he was very receptive. I said that I would bring it to this body under open forum/new business to see if we might agree.</p> <p>I am submitting a single gas receipt in the amount of \$50.00, and two food receipts totaling \$22.65 for reimbursement (for a total of \$72.65).</p> <p>As some of you may know Donna Lee P. is no longer serving as our Regional Delegate. For those who were unaware, I encourage you to call her to extend your love and support, and to join with me in expressing your appreciation for her service to this</p> |

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| | <p>body over the past five plus years. I wish to express my sincere and heartfelt gratitude for the guidance and mentorship she's provided myself and Kim A. while serving this body by her side.</p> <p>Given this recent development, I believe that all Delegate team positions should be sent back to groups today for nominations at the October RSC for the following reason:</p> <p>Given that the RD position is currently vacant I believe (according to Policy) that it should be sent back to groups for nominations with myself as an automatic nominee. If there are no new nominations for RD in October, nominations would then be closed and my name would be sent back as the sole nominee for a vote in December.</p> <p>Likewise, due to an almost certainty of being elected as RD in December (vacating the RDA position), I believe that nominations for the RDA position should also be sent back to groups for nominations today (with our RDA2 Kim A. as an automatic nominee). If there are no new nominations for RDA in October, nominations would likewise be closed and her name would also be sent back as the sole nominee for a vote at the December RSC. Again, with the likelihood of Kim A. being elected RDA in December (effectively vacating the RDA2 position) I believe that RDA2 should be sent back to groups for nominations today.</p> <p>To be in keeping with our policy that states: "trusted servants should announce two RSC's prior to their positions becoming vacant"</p> <p>Regarding the upcoming two day in October:</p> <p>For at least the past three years (even further back if I'm not mistaken) the Delegate Team has accepted the task of facilitating the second day of the two day regional meetings in October. Typically by the August RSC we would have determined the agenda, worked up a flier and brought copies to be distributed here today. Gratefully (without being asked) our Regional Chair Jim H. has taken the initiative to develop the agenda for the upcoming two day. Once the agenda is finalized we will create a flyer to be posted to the regional website.</p> <p>In Loving Service, Eddie W. (RDA)</p> |
| RDA2 Report | <p>I attended the Autonomy Zonal Forum hosted by the Mountaineer Region with Eddie on July 27th, 2014. The minutes from this event are available on http://autonomyzonalforum.org. Eddie and I discussed how best to not duplicate each other's information in our reports and decided that I would report on the AZF Website Information and the decisions we made that related specifically to the website.</p> <p>We began our day with presentations from myself and Sherry V during which we each showed the members of the AZF some map ideas we had worked on for the homepage of our website. A decision was made to implement one of them and it can now be viewed on http://autonomyzonalforum.org. I will be working on a new word press website design to present in January when we meet again. We agreed that we wanted to continue with the new domain name autonomyzonalforum.org and that for the time being that domain would be hosted through webmastery.org. For total transparency, information was again relayed to the body concerning the fact that the domain is registered to the Autonomy Zonal Forum and is not in any one addict's name. The account for the hosting is likewise not in any one addict's name. The usernames and passwords are all on record with Merle S (acting secretary). We discussed which links we would like to include in the new website design and this will be discussed further during the upcoming phone conference.</p> |

Further discussions concerned how we will implement the goals we came up with in 2013 after our Zonal Inventory. We decided we will need a vision and mission statement and that it would be useful to gather our ideas together on a discussion board on our website and then discuss these ideas during a conference call October 20th at 9:30 pm. We made the decision that it would be useful to have this discussion board password protected and on August 1st it went live. The usernames and passwords for all the conference participants and interested members were generated and sent out.

The AZF is continuing our forward momentum and becoming increasingly involved with seeking out opportunities for mentorship throughout our zone and the sharing of information directly impacting our fellowship.

Merle (EPARNA) agreed to assist Steve (FREESTATE) in a workshop at the Free State Convention. Zoe (GREATER PHILLY) asked for a volunteer to help her do a workshop at the Greater Philly convention August 22nd – August 24th, 2014. We do anticipate being able to participate in more events throughout our zone in the future. You can contact the AZF to request zonal delegate participation in your upcoming events by visiting www.autonomyzonalforum.com and clicking on the contact link or by contacting any of the Delegates directly.

The next Zonal Forum will take place in the Chesapeake and Potomac Region on January 31, 2015. More information will be posted on the AZF website as it becomes available.

Another decision the body made was to have a website calendar which I was able to put up on the website on August 3, 2014. We chose to implement a Google Calendar, which is very easy to update and maintain as well as being extremely user friendly. In regards to my duties as our Region's Web Servant to NAWs I emailed a request to each RCM asking you to either confirm your website meeting information is accurate or to send me a copy of your most current meeting list. I do want to thank Robert from New Dominion for his lone response. I feel there is no point in me cross checking the information available on each of your websites with what World Services has without knowing that your website information is current. I am open to some clear direction from this body on how I should proceed.

I would like to take this opportunity to emphasize the importance of every group updating world services with their meeting information. World Services has two forms for us to use with regards to making sure that addicts trying to find a meeting are given accurate information. I am including three links in this report and cannot stress enough the importance of making sure all of our groups receive this information. Have you ever been on vacation and tried to find a meeting and ended up having a local phone line or the World Services Meeting App send you to a building in a seedy part of town where the only addicts you could find were using ones? We might want to consider putting these forms on our area websites and or on our regional website.

Link to World Services online registration and group update forms:

- <http://www.na.org/?ID=updateforms-ngp-form>

Links to downloadable forms:

- http://southsidena.org/wso_group_update_form.pdf
- http://southsidena.org/wso_group_registration_form.pdf

Eddie and I were able to carpool to the AZF. I drove up to Lynchburg and picked up Eddie there. Neil handled the hotel expenses and I am sure the totals were duly

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| | <p>noted in his report. The total mileage for this trip was right about 750 miles. I am submitting receipts in the amount of \$25.93 (fuel) and \$24.68 food = \$50.61</p> <p>In Loving Service, Kim A. (CARNA RDA2)</p> |
| VRCC Report | Abs. |
| H&I Chair Report | <p>Hello all,</p> <p>I would first like to thank the body for its patience as my personal and professional commitments have taken priority this summer. I was unable to attend the last meeting of CARNA because of professional obligations. I was also unable to attend the last Subcommittee meetings because of personal commitments that could not be compromised.</p> <p>The CARNA H&I Subcommittee, led by Nancy H. in my absence (report attached), met on Saturday, July 19, 2014 at the CP Jones Memorial Library, 406 W Riverside St, Covington, VA. There were 7 trusted servants in attendance and we had no call ins for the teleconference. The meeting was opened with the reading of the 12 traditions and concepts followed by the Serenity Prayer.</p> <p>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&I literature inventory. I have received no letters from inmates in the past 3 months.</p> <p>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.</p> <p>Bullet 3 – We were approached via the WSC about contacting Indian Creek Correctional Facility about the possibility of serving their inmates. Tidewater Area H&I has been contacted and we are waiting to hear from the facility.</p> <p>Bullet 4 – We were asked by Southside Area to hold a training day. We will work to satisfy this request by the next Regional Conference</p> <p>Bullet 5 – We attend the NAWS H&I web conferences on a quarterly basis and remain apprised of upcoming events and training within the NA community. The biggest effort from NAWS H&I/PR is to reach out to as many facilities as possible for the 2015 unity day in Rio de Janeiro, Brazil.</p> <p>Bullet 6 – Refer to bullet 3</p> <p>Bullet 7 – RCMS, please include information on H&I within your areas in your monthly reports.</p> <p>Also please inform your areas of the phone in option for attendance to regional sub-committee meetings.</p> <p>Bullet 8 – The Subcommittee has been trying to work on this effort for over 3 years. It was decided at the March Subcommittee meeting held in Lady Smith, VA that we would hold regularly scheduled teleconferences to make progress on this effort. Through these teleconferences we have finalized a policy, begun organizing a roll out package and developed a plan to reach out to areas. These teleconferences were made available to anyone that wished to attend and communicated through CARNA Meetings and the CARNA H&I contact lists. I do understand some members had scheduling conflicts and are unable to attend. The work that has been completed was</p> |

done in the spirit of accountability to the CARNA H&I Subcommittee policy that was in place prior to my nomination. This H&I Subcommittee policy states that we are to have an Inmate Step Writing effort.

It is clear that resources at CARNA are strained, while the resources at the CARNA Subcommittee level are strained even further. The H&I subcommittee decided, in my absence, that the committee does not have the resources to support the ISW effort. The Subcommittee decided, based on this, that a new service commitment was not practical at this time. I believe this can be cleared up with my presence at the next Subcommittee meeting and sharing the work that has been completed by the ISW work group up to this point.

[Further, this effort and the challenges it presents, brings to surface some valid cultural issues within the region. This Subcommittee needs direction from the RCMs of this body as to what services their areas require of the region. Do the RCMs want the region to provide tangible service directly to addicts or do the RCMs want the regional Subcommittees to serve as primarily trainers and/or facilitators for their service efforts? It is my understanding that the Subcommittee cannot decide what services it will or will not provide. The Subcommittee serves at the pleasure of the body and is here to fulfill all requests from the body. I would like clarification on this from the body.] – Asked in open forum and clarified by members present.

In Open Forum today the members present stated that regional sub committees should both provide services to addicts that are not being served by Areas and support areas in their service efforts. Also, the current Vice Chair of CARNA clarified that Subcommittees have the autonomy to write their own policy and provide services as that body seems fit.

Upcoming service opportunities for this body include:

Working with institutions to live stream meetings into facilities that cannot attend regular meetings and don't currently have H&I commitments

Work with facilities to offer upcoming Unity Day Meeting at the next WCNA in Rio De Janeiro Brazil, June 2015

Work with Indian Creek Correctional Facility for support of existing NA commitment

Work with Almost Heaven Area on correspondence and possible one time meeting at a Federal facility that borders with Gateway to Freedom Area

At the next subcommittee meeting we will review the ISW policy, ISW roll out package and suggested training effort for presentation at the two day regional in Hopewell, VA.

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 ISW project and working on better ways to communicate with regional, state and federal agencies.

will be provided for Quadrant 4.

For specific place details see the CARNA Website.

To attend this meeting via conference call:

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

Participant Access Code: 114976#

Details will be provided to the CARNA Web servant prior to March 15th.

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

My address has changed and has been forwarded to the P.O. Box maintainer for regional correspondence.

Gratefully,
Chuck K.

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| | (757) 469-9365 chuck.norvakellens@gmail.com |
| Policy Subcommittee | Abs |
| Public Relations | <p>Hello Family,</p> <p>The PR subcommittee has been active since the last meeting. We met July 19th at 406 W. Riverside St at the CP Jones Memorial Library in Covington Va. with 9 attending. We discussed participation in the then upcoming Virginia Summer Institutes in Williamsburg and collecting the supplies and getting volunteers for the event. The event went well and I'd like to thank those who volunteered for shifts and entire days on our booth to make this a success. Those that participated were Burrell P, Lovely H, Lawrence, Travis, Teddy A. Betsey G and Kim A. delegating these shifts will prove helpful as we have experienced members in that area willing to help and so we only paid for one hotel room for an overnight stay. 100 resource sheets were made and distributed during the 3 days.</p> <p>I have emailed the receipt to the treasurer for our banners. There was some one from drug court that set up a NA meeting one night there and we were able to dialogue with them and ended up chairing it to insure a clear NA message. We discussed getting back to our website design and are no longer having issues at this time with the website. We were unable to address getting higher placement on the board at this meeting because the webmaster was out on World service travel and so we will address this next time.</p> <p>There are no issues with the phone lines and we are returning to update sheets to get proper updates but feel free to email us if there are updates between or changes to be made.</p> <p>The GSR Assembly check was stuck in the tellers box and it is reported that it should be deposited by now.</p> <p>We have some interest and am trying to take a grassroots approach to having a multi area learning day in the fall. We will work on dates and place at the next meeting. I am submitting gas receipts for Williamsburg 41.99 and Covington 39.36 for a total of 81.35. I was given \$300 for the banner order and it cost \$132 I am giving back the \$168.</p> <p>I have not secured placement for the next meeting but should have this info next week. We will be in quadrant 4. Southside. Please see the website.</p> <p>In loving service , Etta F.</p> |
| Speaker Jam | <p>Dear RSC,</p> <p>I first would like to thank you for allowing me to serve as your Regional Speaker Jam Chair. I have been waiting for the Peninsula Area to contact me in regards to hosting our Regional speaker jam in September but they were reluctant to do so. I have been talking to members in the Lynchburg area and they are willing to host a speaker jam/fundraising event for the upcoming AVCNA. I understand this is last minute but I am still attempting to uphold my responsibilities according to our by-laws. We would host the speaker jam from 4-7 pm, provide coffee, and pay for rent. In my travels I would need gas and a one night stay at nearby hotel.</p> |

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| | <p>The fundraising event will be held at St. Andrew Presbyterian Church, 21206 Timberlake Rd. Lynchburg VA 24502, on October 4, 2014. The reason it's not in September is because of the event being held that weekend. The cost of the event is a donation of \$75.00. There is hotel 5.1 miles away, Kirkley Hotel and Conference Center, 2900 Candler's Mountain Road 98.00, \$70.00 for gas, and \$25.00 for supplies replenishing. I will be placing a motion in for \$280.00.</p> <p>I would like to host a RSJ(regional speaker jam) subcommittee meeting to visit by-laws for this position that can be placed into policy that are more clear and understanding. We need some area within our region to submit a bid in October, please.</p> <p>In Loving Service, Rudolph C.</p> |
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8. Area Reports

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| Almost Heaven | <p>It is good to be back at the RSC serving NA. Our AHA RCM-Alt sends his regrets for his absence due to a prior commitment.</p> <p>Our ASC is well attended by our home groups and there is always much discussion on Area and Regional topics. Highlights since our last RSC are:</p> <ol style="list-style-type: none"> 1. Our LSU is meeting monthly, providing meeting lists, supporting two H&I commitments, providing PR services as needed, and final preparation of a GSR Orientation Guide. We are having some problems with members' commitments to the H&I facilities. 2. We held our 28th annual Almost Heaven Area Convention in Front Royal, VA on August 1st through the 3rd. It was well attended and seemed to be enjoyed by all attendees. Thanks to all who supported and helped. 3. There has been much discussion regarding the absence of our regional trusted servants during the last RSC. There was a great deal more concern than even I expected. Many suggestions were brought forward including: censure of the absent trusted servants, removal of all from their positions, declaration of the ineligibility the current RD team members to be nominated for the next position in progression, and creation of guidelines that would require RD team attendance with specific consequences for failure to do so. It is the expectation of my area that this topic will be addressed in earnest at this RSC. <p>We have donations for the region totaling \$168.82.</p> <p>In Loving Service, Don V.</p> |
| Appalachian | Abs |
| Beach | Abs |
| Blue Ridge | Hello from the Blue Ridge Area of NA. The last ASC Meeting was held on August 14, 2014 at 6:30pm at the Valley Mission in Staunton, VA. 7 out of the 11 home groups |

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| | <p>were represented so quorum was met and business was conducted as usual. The open forum discussion was concerning the fact that we are working on updating the policy manual with the proposed changes and corrections be taken back to the home groups to be reviewed. There will be workshops in the following months after it is completed.</p> <p>The GSR's reported that overall the meeting attendance has remained basically steady. There have been some dips in attendance and in the 7th tradition funds because of summer vacations, etc. The Triumph Over Tragedy home group changed its newly formed group's day and time. It was meeting on Tues at 11:30am at the Calvary UMC in Stuarts Draft. The place is the same but it is now on Thurs at 11:00am. The H&I commitments are still being filled. We have a men and lady's group at the Middle River Regional Jail, a meeting at the Men's Diversion Center in Harrisonburg, and a meeting at the Augusta Correctional Center in Craigs ville, VA. All of these commitments are done weekly. We have 2 people who have been cleared for MMRJ and are awaiting orientation. Of course, we are still in need of volunteers at MMRJ especially the women. We have 3 open positions at this time and they are Literature Chair, Vice Chair, and VRCC Rep. There were nominations for the Literature Chair and Vice Chair which are Rhonda R and Beverly C respectively. The only event we have coming up in the near future is the annual "Jump in the Lake" sponsored by the Find a New Way to Live home group on August 24th beginning at 1:00pm. The address is 136 Lofton Lake Lane, Raphine, VA. I brought fliers to distribute and there is one attached to this report. There will be a Speaker Jam/Chili Cook Off on November 1st sponsored by the Triumph over Tragedy home group and it will be in Lexington, VA. More will be revealed about that in the coming months.</p> <p>We have no contribution to CARNA today. Our mailing address is BRANA, PO Box 623, Harrisonburg, VA 22803. Our next ASC will meet on Sept 11, 2014 at 6:30pm at the First Presbyterian Church, 17 N Court Square, Harrisonburg, VA 22802. Thanks for allowing me to serve.</p> <p>NA Luv and Hugs, Nancy H.</p> |
| Gateway to Freedom | Abs |
| New Dominion | <p>All is well in the New Dominion Area We currently have 40 active meetings going Public Relations is on a roll in the NDA. The new hotline service is live! We are planning on holding a phone line workshop in the near future. There have been a LOT of changes that have been made that we need to go over. Also we have passed around a draft of the postcard that we will be sending out to our local CSBs, treatment centers and drug court judges. We are currently working out pricing details for the mailing campaign. Richard S. also just started building an android app for an even easier way to search for meetings in the metro.</p> <p>Hospitals and Institutions currently has 13 commitments actively going WE had 7 new comers attend the H and I meeting. We have completed our policy re vamp and passed a motion to have an orientation/ workshop in January 2015. Date and time will be determined later. As always we really need co-facilitators and Facilitators at Henrico Men's East and Women's. VCCW General Population is suspended. . Special Events committee will be holding the "Recovery Games" on Sept. 6th. We are</p> |

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| | <p>also planning a Halloween Party. Input and participation is needed. New Year's updates- Building Booked, DJ Booked, and Blues Band Booked! We are considering speakers now and decorations and discussing the menu. This may sound like we are planning this too soon but the amount of work involved is tremendous. Anyone can come for the speaker, only people with wristbands will be admitted.</p> <p>34TH AVCNA HOST COMMITTEE- VRCC Directors approved the Mariott Hotel in Beautiful downtown Richmond after continued negotiations showed that the hotel could handle at least 1100 addicts on Saturday night. Already we are cutting cost. Elections for the 34th AVCNA will be held on August 23rd at 1pm at Hatcher Memorial Baptist Church</p> <p>We have a new RCM alt. Stephanie H. She however could not make it today as she had a work commitment</p> <p>We have \$6863.13 in the bank account and are on track to be able to make our annual donation to region and world at the end of the year.</p> <p>Thank You for the opportunity to serve, Robert W.</p> |
| New River Valley | Abs |
| Outer Limits | Abs |
| Peninsula | <p>Hello family the peninsula area is alive and well. We are presently operating under our prudent reserve so there is no donation today. We do have a new meeting in the Williamsburg Area name "Solution to the Institution", they meet on Wednesday 7:30 pm at Eastern State Hospital in Williamsburg, VA 23188 in building 1 on the first floor Ralph T. is the contact person his number is (757) 696-7573. We also have had contacts from the Virginia Peninsula Regional Jail about bringing a meeting there as well as interest from the VA hospital in Hampton about a meeting being brought there. We do have several open positions in our area and they are as follow; Alternate RCM, Vice Treasurer, VRCC and VRCC Alternate. The Home group "Nature of Recovery will be having their 32nd Annual picnic on Saturday August 23, 2014 at Waller Mill park located at 901 Airport Rd Williamsburg, VA 23185 at shelter 2 from 12:00pm to 6:00pm a speaker meeting will start at 2:00 pm come out and enjoy food, fun and fellowship. Unfortunately family this is my last RSC as my commitment has come to an end it has been fun serving on the regional level and getting to meet some wonderful people along the way so I say thank you for letting me serve.</p> <p>In Loving Service, Jimmy R</p> |
| Piedmont | No written report. |
| Rappahannock | <p>Good Afternoon RSC,</p> <p>Good Afternoon family. I would like to start by saying thank you for allowing me to serve. There isn't much to report from our Area this month; yet, there is a concern that was brought up on the floor that we would like clarity on. Our H&I subcommittee is planning to take a meeting on Saturday's at the Boxwood Treatment Facility which is out of our area but the areas that were or are slated to provide those services aren't fulfilling the obligation, is it wrong for us to do that or not?</p> |

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| | <p>We are currently providing 37 meetings weekly and have 20 home groups. There has been a new meeting added to our meeting list called 'Rush Hour Group' that meets Monday-Friday from 5 p.m-6:15 pm with rotating formats at 11720 Main Street building 104. Also the Saturday night, Experience, Strength, and Hope group meets there also. The 10 a.m. meeting on Saturday's at the Thurman-Brisben Center has changed their name and format to 1st Step Forward. I have been appointed and volunteered to hold the Literature Chair position Pro-temp since our literature chair moved to South Carolina in June. It has been tough trying to get things in order but it's been coming along. We have changed who we purchase our orders which should cut down on our 'lack of supply' to our groups.</p> <p>We have a few upcoming anniversaries August 30th John T. will be celebrating 22 years at the Experience, Strength, and Hope group at 6:30 and I will be celebrating 7 years also there on October 11th(my actual clean date is September 15th).</p> <p>If I have missed anything from our area please excuse me.</p> <p>In loving service Rudolph C.</p> |
| Richmond | Abs |
| Roanoke Valley | <p>HELLO FAMILY</p> <p>I am grateful to inform the regional service committee that the Roanoke Valley area website is up and running. THANKS TO LAUREN R. the P.R. hair and all her hard work. Lauren is still working the kinks out of it, you may reach us at roanokena.com.</p> <p>September is a busy month for the Roanoke Valley NA.</p> <p>Sept.1st Labor Day cookout & potluck will be held at Fallon Park 1-5 this is being supported by some of the home groups of the valley.2 dollar suggested donation and will include an H&I and P.R. presentation food fun an fellowship. Bring a covered dish if possible</p> <p>sept.6th the GRATEFULL HEADS home group is celebrating it 35yr anniversary 5-7 hot wings and food</p> <p>Sept 27th talent show fish fry and dance St Marks Lutheran church 3-10 put on by the activities sub-committee.</p> <p>I regret to inform you of my decision to step down from the position of RCM for Roanoke Valley.</p> <p>I have made a choice to take on the H&I chair position which I was already pro-temp chair.</p> <p>I thank the regional body for all your patience and tolerance with me during my tutorial as RCM. You have me so much and have so much to learn in my recovery process. Please welcome Pat S.as Roanoke Valley new RCM I know he will do a great job.</p> <p>THANKS FOR THE FAITH IN ME PAT W.</p> |
| Shenandoah Valley | <p>SheVANA Area Service Committee met on August 11, 2014 with 9 GSR's/alternatives in attendance. Quorum was met. SheVANA currently has 17 active Home groups with 25 meetings weekly. All positions at the area level are filled. All subcommittees have chairpersons & meet on a monthly basis.</p> <p>Special Events Speaker Jam held on July 12th was a success and I would like to</p> |

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| | <p>personally thank all speakers from the region who came out to support us. Special Events will be hosting its annual Sponsor-Sponsee Breakfast on Saturday September 20th at Market St. Methodist Church located 131 S. Cameron St. Winchester, VA. Breakfast will be served at 10am with a Speaker at 11am. Also on October 12th Special Events is hosting a "Paintball Day being held in Strasburg, VA. \$30 person for a 2-hr. session. A \$10 deposit and signed waiver is due by Oct 5th. I have flyers for both events. I also have copies of our Newsletter for June and July.</p> <p>Lastly I have a donation from the SheVANA area for \$368.74.</p> <p>ILS, Elisa D. RCM</p> |
| Southside | <p>Hello Family,</p> <p>The last Southside area ASC was held on August 3, 2014. We currently have 15 home groups and 40 meetings per week.</p> <p>On July 26 our area held an event to help raise funds for the AVCNA. This fundraiser was a great success and we were glad to help.</p> <p>At this time we as an area are still struggling filling all of our service positions but we have seen increased attendance at our monthly meeting. Our activities sub-committee is currently planning an event on Halloween but at this time we don't have a time or location.</p> <p>In Loving Service, Andrew D.</p> |
| Tidewater | <p>Hello RSC family,</p> <p>We had our last area meeting on August 10th 2014. We have 36 active home groups in the Tidewater Area, 26 GSRs showed up at ASC. The Tidewater ASC had quite a few vacancies and all are now filled except the Assistant Literature Chair. H&I is having a learning day OCT.20th 2014 more information to come. We have a new meeting on Mondays from 6pm to 7pm called No Labor No Reward at New Mt. Zion AME Church Fellowship Hall 113 Seekel St. Norfolk Va.23505 contact Welton W. (757)-201-1118 for more information. The Tidewater ASC is doing well at this time more to report at the next RSC.</p> <p>In loving service,</p> <p>Tim B. Tidewater RCM</p> |
| Tri-Cities | <p>GOOD MORNING TO ALL THE RCM'S, RCM ALT'S AND COMMITTEE MEMBERS AND EVERYONE ELSE WHOS PRESENT.</p> <p>I BRING GREETING FROM THE TCANA AREA AS WELL AS A THANK YOU TO OUR REGIONAL SECRETARY FOR READING MY REPORT IN MY ABSENCE. ALL IS WELL IN THE TRICITIES AREA WITH NEW COMERS CONTINUALLY ARRIVING LOOKING FOR HOPE. WE FEEL TRULY BLESSED WHEN SOMEONE NEW WALKS INTO THE ROOMS. H&I MEETS EVERY 1ST SUNDY AT 125 E WESTOVER AVE, COLONIAL HEIGHTS, VA 1PM</p> <p>THIS SUBCOMMITTEE CONTINUALLY CARRIES THE MESSAGE TO THEIR TWO</p> |

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| | <p>COMMITMENTS WHICH ARE RIVERSIDE REGIONAL JAIL AND RUBICON HOPE. THEY WERE TRULY PLEASED TO SEE SEVEN (7) OF THE CLIENTS FROM RUBICAN HOPE AT THE ECCNA. WE ARE STILL IN NEED OF INTERESTED VOLUNTEERS TO CARRY THE MESSAGE TO RIVERSIDE.</p> <p>AREA SERVICE MEETS EVERY 1ST SUNDY AT 125 E WESTOVER AVE, COL HGHTS, VA 2PM</p> <p>FOR THE LAST TWO MONTHS THE ASC WAS WELL ATTENDED AND QUORUM WAS MET. WE STILL HAVE TWELVE HOME GROUPS. WE HAD AN ABUNDANCE OF ANNIVERSARIES SINCE I LAST ATTENDED RCM. OUR UPCOMING ANNIVERSARIES CAN BE VIEWED ON OUR WEBSITE WHICH IS: TRICITIESAREAOFNA.ORG. THE MAILING ADDRESS IS: P.O. BOX 947, COLONIAL HEIGHTS, VA 23834.</p> <p>PI SUBCOMMITTEE HAS ADVISED THAT WE NOW HAVE A NEW PHONE SERVICE WHICH IS TITLED 'FREEDOM VOICE'. THERE ARE A FEW KINKS BUT THEY ARE BEING WORKED OUT PER OUR PI CHAIR PERSIB JACOB T.</p> <p>SPECIAL EVENTS SUBCOMMITTEE IS HOSTING A SPEAKER JAM/DANCE ON AUGUST 23RD AND FLYERS HAVE BEEN PLACED ON YOUR DISPLAY TABLE. THERE IS NO DONATION THIS VISIT</p> <p>IN LOVING SERVICE. TONEY W 804-895-1609 AND LEWIS B (ALT RCM)</p> |
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Elections & Nominations

- **Vice Treasurer** – no nominations (nominations opened at the 163rd)– Send to Areas for Nominations
- **Ad-Hoc Traditions Workbook Review Chair** – no nominations (nominations opened at the 168th) – Send to Areas for Nominations
- **Regional Delegate** – (nominations opened at the 169th) – Send to Areas for Nominations
- **Regional Delegate Alternate** - (nominations opened at the 169th) – Send to Areas for Nominations

9. All New Business Motions turned in before lunch

10. Quorum achieved with 10 voting RCMs

11. Old Business:

a. None.

12. New Business:

a. **MOTION 169-1 Reimburse RDAs for expenses in excess of budget (PASSED 10-0-0)**

Mover: Eddie W. (RDA, Appalachian) **2nd:** Elisa D. (RCM Shevana)

Description: To reimburse our RDA \$72.65 and our RDA2 \$50.71 for the gas and food expenses they incurred attending the Autonomy Zonal Forum in Fairmont, WV in July.

Intent: To support our Delegate Team for the expenses they've incurred in the fulfillment of their duties.

1. Next RSC will be held on October 18th at First Presbyterian Church, 1107 W. Broadway Ave., Hopewell, VA 2386
2. Announce Location and Time of next Subcommittee Meetings
3. Close with Serenity Prayer and Announcements