

**Agenda 174<sup>th</sup> Regional Service Conference  
Central Atlantic Region  
August 15, 2015 - 1215 Lee Street, Charlottesville, VA**

**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. Etta looking for the form for the World Board Nomination. Oct 31 deadline for Nomination for World Board Position.
  - b. October 2 -day - RD Team is interested in workshopping the Role of Zones - perhaps we could do round table discussions addressing issues brought up by local attendees
  - c. AVCNA workshop from Region - Chair suggested it be a PR workshop. - perhaps traditions workbook
  - d. AVCNA time slot - Chair received request from AVCNA - Jimmy B... discussed having H&I PR use the time slot, RD team may request another time slot for AZF.
3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

Chair	Bill M.	Almost Heaven	Sherry V.	X
Vice Chair	Open	Appalachian	Sam S.	X
Secretary	Abs.	Beach	Abs.	
Treasurer	Jim H.	Blue Ridge	George S.	X
Regional Delegate	Eddie W.	New Dominion	Abs.	
Regional Delegate Alternate	Kim A.	Peninsula	Abs.	
Regional Delegate Alternate 2	Open	Piedmont	Lawrence E.	X
VRCC Chair	Abs.	Rappahannock	Antoinette B.	X
Hospitals and Institutions Chair	Chuck K.	Richmond	Nancy S.	X
Policy Chair	Open	Roanoke Valley	Abs.	
Public Relations Chair	Etta F.	Shenandoah Valley	Alisa D.	X
Speaker Jam Chair	Rudolph C.	Southside	Andrew D.	X
		Tidewater	Abs.	
		Tri-Cities	Abs	

**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.  
Diane - visiting from Gateway, Kenper - visiting from BRANA
6. Approval of Prior Minutes – (approved as amended)
7. Trusted Servants Reports

Chair Report	This is my first RSC as Chair and I am actually a little nervous, but, this, too, will pass. I sent the forms to the hospital to reserve the conference rooms for next year. We are not at the top of the hospital food chain and our meeting is subject to get bumped if the hospital needs the room. I was contacted by the AVCNA and asked if the Region wanted a time slot at the convention. I told him yes and we will discuss how the region will utilize this opportunity in New Business today. I do not have a finalized and we will discuss this further in new business today as well.
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	ILS Bill M.
Vice Chair Report	Open.
Secretary Report	Abs.
Treasurer Report	<p>I would really like to have been there today but my wife's granddaughter's first birthday is today so family takes precedence.</p> <p>All the bills that I know of up to today are paid. We had a balance of \$16,028.10 at the 173rd RSC. Since then we have deposited \$2472.29. We have had debits totaling \$1973.56 to give us a current balance of \$16,526.83. This report does not reflect a deposit of \$19.75 that I made on the 9th.</p> <p>Our prudent reserve as determined by the formula approved by the RCMs is \$15,355.00. If we subtract this from our current actual balance the difference is 1171.83. This difference will be sent to NAWS.</p> <p>Our YTD income has been \$11,709.34 and our YTD expenses have been \$8753.51. I feel that I have done a fair job of getting the budget process a little more streamlined and I feel that the new Treasurer will probably be able to incorporate more technology and streamline the process even more.</p> <p>I have thoroughly enjoyed the opportunity to serve in this capacity and I thank the fellowship for the European vacation I mean trust that you have placed in me. NA gave me the gift of freedom from a life of horror, gave me a new life, and continues to unfold unbelievable gifts in my life. To serve such a fellowship in any capacity is truly an honor.</p> <p>ILS, Neal Griffin</p>
RD Report	<p>Hello everyone,</p> <p>On July 20th my wife and I welcomed our son, Perry Alexander into the world. Since that day we have been captivated. For Carrie and I he has brought new meaning to the phrase "old dreams awaken, new possibilities arise". We are so grateful to this fellowship, and the life that our ongoing recovery affords us.</p> <p>NAWS (more information on these and other items can be found at <a href="http://www.na.org/?ID=news">http://www.na.org/?ID=news</a>)</p> <ul style="list-style-type: none"> <li>• Membership Survey: Just a reminder to fill out the membership survey online at <a href="http://www.na.org/?ID=2015-survey">http://www.na.org/?ID=2015-survey</a> if you haven't already done so. The data from the survey helps us to demonstrate that we are a viable and respected recovery community resource and to offer hope to others that they, too, can recover. The deadline for the survey is 4 October 2015.</li> <li>• Traditions Project: The last chapters of the Traditions Book project have been released for review and input. The deadline for input on Traditions 7-10 is August 31. The deadline for input on Traditions 11 &amp; 12 is September 30. You can access them at</li> </ul>

[www.na.org/traditions](http://www.na.org/traditions). Don't wait until you have input on all of the material to send us your thoughts. The sooner we receive your input, the more time we have to incorporate your ideas into the revisions.

- **Planning Our Future:** The workgroup has focused on developing the Role of Zones workshop, which is in-tended to help zones think about what is important to them and what they do well. The workshop material is available at [www.na.org/idt](http://www.na.org/idt). The workgroup has also had brainstorming sessions about 'our' WSC future, but is nowhere near a recommendation; they are simply discussing ideas. The overarching question is: "How can we improve our processes so that members and groups feel a connection to and a part of worldwide NA?" Please share your thoughts with us at [worldboard@na.org](mailto:worldboard@na.org).

- **World Service Position Nominations:** In order to be considered for nomination to the World Board or HRP or as a WSC Co-facilitator at WSC 2016, please submit a World Pool Information Form or update your form if you have submitted in the past by August 31. The deadline for regions, the World Board, and zones to submit candidates to the HRP for consideration for nomination to the World Board, HRP, or as WSC Co-facilitator at WSC 2016 (RBZ candidates) is October 31. For more information on serving at the world level: <http://www.na.org/?ID=HRP-info>

- **Service System Web Meetings:** We hope to schedule two web meetings related to the service system project ideas in August: an introductory web meeting that will consist of a presentation followed by Q&A, and a web meeting for those who are implementing ideas or thinking of implementing ideas related to the project. This second web meeting will function primarily as a chance for members of those communities to talk to each other about what is working and what they would like input on. If the meeting for implementers seems helpful, we could schedule them regularly. We also would like to schedule a web meeting for folks serving in rural communities soon. If you are interested in participating in any of these web meetings, please email [servicesystem@na.org](mailto:servicesystem@na.org) and let us know which interest you.

- **Conference Agenda Report:** The English-language Conference Agenda Report will be published by November 25, and the translated versions of the CAR will be published by December 24.

- **Financials:** We continue to encourage members to participate in the work of NA World Services by contributing financially through our portal at [www.na.org/contribute](http://www.na.org/contribute).

OCTOBER TWO DAY (October 17-18, 100 North College Drive, Franklin VA 23581)

- At the June RSC this body neglected to discuss the agenda of the upcoming two day event in October. If afforded a portion of the agenda the Delegate Team would like to facilitate the IDT Workshop entitled "Role of Zones". The session profile for this workshop would require approximately 90 minutes to complete.

	<p>In loving service,</p> <p>Eddie W. (RD)</p>
RDA Report	<p>Thank you for continuing to allow me to serve as your Alternate Regional Delegate. I attended the Autonomy Zonal Forum on July 25th, 2015 in Eastern Pennsylvania and am seeking reimbursement for \$175.46. 105.46 in fuel and \$70.00 Per Diem. I used my EZ Pass for all the tolls, but didn't see a statement yet so those charges will not be submitted for reimbursement today. You may recall I asked to be able to go over budget at our last meeting because I was going to need to be gone two nights. I ended up only needing to spend one night in a hotel because I was able to spend Saturday night at a friend's house. Consequently I spent less than \$100.00 on lodging. The AZF was hosted by Eastern PA Region this time and we held our meeting in Jenkintown, PA. There were 9 representatives present from our 6 regions and there were 6 interested others present.</p> <p>We voted to accept the Mission and Vision Statements. They are now available on the AZF website (<a href="http://www.autonomyzonalforum.org">www.autonomyzonalforum.org</a>).</p> <p>We discussed holding an event July 29 &amp; 30th in the Greater Philadelphia Region in conjunction with our July 2016 meeting. After much discussion, we reached a consensus that the biggest need within our zone which we might be able to address is with Public Relations. More will be revealed after our upcoming phone conference with regard to this event, but it will tentatively be a 2-day event with a PR presentation on Friday evening and a Speaker Jam following our regular meeting from 8-1pm on Saturday.</p> <p>We finalized our new Secretary guidelines, but ran out of time before we could decide on whether or not this should be a fully funded position.</p> <p>We have two phone conferences scheduled for Sept 14 and October 9th at 9:30 pm. If you would like to join us on that call, please let us know and we will add you to the email list so you can receive the conference call details. Our Regional H&amp;I Chair graciously shared CARNA's uberconference info with us so that we can utilize this regional resource.</p> <p>Eddy and I received a request from Steve R at NAWs regarding a request from a treatment professional in our region who would like to have a presentation at their facility. Eddy forwarded this request on to our Regional H&amp;I Chair.</p> <p>I would like to thank the Web Servant for handling my request to add some information regarding the Traditions Book Project to the Lit Review section of our website and for updating the outdated link to the AZF. Also, I noticed some design updates to the website that I think are really nice. I just wanted to take a moment to bring this up and encourage our members to check out the events page, in particular. It's great! Regrettably, I still couldn't locate the budget on our website. Even though we have a new one coming soon, it would have been useful as we were all trying to come up with our new budgets.</p> <p>Again, Thank you for allowing me to serve,</p>

	Kim A RDA
RDA2 Report	Open.
VRCC Report	Abs.
H&I Chair Report	<p>Our meeting was held in Culpepper, VA on July 18th. 3 members were present.</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&amp;I literature inventory. I have received no letters from inmates in the past 2 months.</p> <p>Bullet 2 – The goal of the sub committee over the next year is to gain accurate and up to date information on the H&amp;I commitments with in our region. This information is helpful with PR efforts and communicating our abilities to serve addicts with professionals. We would ask all RCM’s to update the subcommittee via their RCM reports per CARNA policy at each CARNA Meeting.</p> <p>Bullet 3 – No new efforts under this responsibility</p> <p>Bullet 4 – We are currently working on a learning day with Southside Area in October 3, 2015. See regional website for details. We had a literature request from a Regional Jail in Roanoke, VA. The Roanoke Area Chair filled this request and if more is need the body will support.</p> <p>Bullet 5 – An email was sent out asking when the next NAWS H&amp;I workshop should be. I entered my vote and am awaiting the set</p> <p>Bullet 6 – Refer to bullet 3</p> <p>Bullet 7 – RCMS, please include information on H&amp;I within your areas in your monthly reports. I did notice in the last RSC minutes that RCMS are adding this information in reports. Thanks for the help and please continue. Also please inform your areas of the phone in option for attendance to regional sub-committee meetings.</p> <p>Bullet 8 – There are 3 positions open for the Inmate Step Writing project; Chair, Vice Chair and Secretary. Please share this with your areas and point interested members to <a href="http://www.car-na.org/h&amp;i">www.car-na.org/h&amp;i</a> for details and the current ISW policy. Also, the live stream meeting effort is still in need of support.</p> <p>The live stream meeting is currently not meeting due to lack of participation. The policy for this effort has been attached to regional policy. To call in dial: (855) 265-2285 or by computer at <a href="http://www.uberconference.com/hicarna">www.uberconference.com/hicarna</a></p> <p>Please forward request to be a part of this effort to <a href="mailto:hi@car-na.org">hi@car-na.org</a>.</p> <p>This was in the last report but I have kept it to provide information to all involved with the website development.</p> <p>We have requested the following for the new web site. We hope to use the new site to better inform the region. The following is a summary of these requests. Please ask your H&amp;I chairs if they would like any other information on the web site concerning H&amp;I.</p> <p style="padding-left: 40px;">Main Page:  CARNA H&amp;I Purpose  CARNA H&amp;I Subcommittee meeting information  Conference call number and access code  Web service link  CARNA H&amp;I Subcommittee contact information  Current news and information concerning CARNA H&amp;I  CARNA H&amp;I Blog</p>

Data entry for the following:  
 New or changed H&I commitments in areas  
 Users can put in email information to be included on H&I emails and info  
 Link to NAWS H&I  
 NAWS webinar minutes  
 Current Subcommittee minutes  
 WCNA Unity Day Information  
 For Professionals section:  
 Services available – Live Stream meeting, ISW and Local Area H&I service support  
 Want to show the types of facilities served throughout the region  
 i.e. – 20 prisons, 10 Mental Health facilities, 10 Jails, etc.  
 Sub pages:  
 Live Stream Page  
 Statement of Purpose:  
 “...To share the life saving message of Narcotics Anonymous with fellow addicts who cannot attend our regularly scheduled meetings...to share the atmosphere we experience in our regular meetings.  
 Links to live stream meetings  
 Live Stream meeting schedule and call in or computer link information  
 Live Stream meeting format for download (for live stream meeting chairs)  
 Data input for volunteers interested in chairing a live stream meeting  
 Another email input and grouping for those interested in CARNA live stream meetings  
 ISW Page  
 ISW Statement of purpose:  
 “The primary purpose of this committee is to provide written Narcotics Anonymous step guidance and correspondence to incarcerated addicts desiring recovery.”

ISW Policy  
 ISW email contacts:  
 Chair, vice chair, coordinating secretary  
 ISW Volunteer agreement form for download  
 Data input and grouping for emails of those interested in ISW service  
 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 Almost Heaven Area on correspondence and possible one time meeting at a Federal facility that borders with Gateway to Freedom Area  
 Help with the upcoming service day in Southside Area learning day.

At the next subcommittee meeting we will take nominations for the positions outlined above to support the ISW effort.  
 Also I have books for the Outer Banks Area, Almost Heaven Area and Gateway to Freedom Area. I will give these to the RCM’s of Tidewater, Almost Heaven, and Gateway to Freedom today.  
 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.

For specific place details see the CARNA Website.  
To attend this meeting via conference call (We are changing to a new service, uberconference):  
Conference Dial-in Number:  
By phone: (855) 265-2285  
By computer: [www.uberconference.com/hicarna](http://www.uberconference.com/hicarna)

Please check the [car-na.org](http://car-na.org) for details on the next Sub-committee meeting. The meeting will be held in conjunction with the Gateway to Freedom Area's Camp Jam on September 19th.

Please feel free to contact me with any questions or suggestions.  
In closing I will give a brief synopsis of my experience throughout the region over the last 2 years. I want to capture and share what I have experienced. The most common challenge amongst H&I bodies throughout the region pertains to member participation, or the lack there of. Underlying this is a host reasons, two of the most prevalent being lack of rotation with H&I commitments and inability to drum up support. Another opportunity for growth in our region is in cooperation between Area H&I sub-committees to better resource service commitments. These are not new to any of us with service experience but am regretful to inform this that even with effort of various committed members throughout the region these issues remain high in the "blocks" that keep us from growing our service efforts. These are complex issues and can often create exhaustion within our service bodies. Yet, when we take a chance, stay committed and work together the results can be extraordinary.  
I would like to share 2 successful experiences in this area. Recently Tidewater Area and Beach Area worked together and continue to do so to split the H&I efforts in Norfolk and Virginia Beach, VA. This has not only created unity in these areas but also enabled them to increase their commitments and allow Tidewater to take on a commitment at St. Brides Penitentiary. I believe this facility has a large re-entry program through which many of our incarcerated members are funneled through prior to release. These two areas have also worked together to establish contact with a local detox and rehabilitation facility to help serve their clients. The presentation was so successful that the professionals expressed a desire to have us give input on their treatment programs.  
The second is in an email I received outlining a long and determined effort to carry meetings into a youth facility. I will read the email and attach for the body.

SHEVANA Area H&I subcommittee

Jan. 31, 2015

Hello Family,  
At the request of the Regional H&I Chair I am going to give a brief outline/time line of our most recent panel presentation, which took place on January 28, 2015.

On September 5, 2014 I (the SHEVANA H&I chair) was forwarded an email received by the SHEVANA area chair. The email was from the Oak Unit Clinical Counselor at Timber Ridge School, the Oak Unit being the substance abuse unit. The school is a residential "last stop" program for boys ages 10 to 21 most of which have been placed there as a last resort. The request was for help to "start an AA/NA meeting on our campus for our students." The email also

specifically asked that she be put in touch with the H&I "person."  
On October 6, 2014 it was presented to the H&I subcommittee and it was decided that a response email be drafted and sent.

*October 7, 2014*

*Eileen M. Mulcahy MSW, LCSW  
Oak Unit Clinical Counselor  
Timber Ridge School  
PO Box 3160  
Winchester, VA 22604*

*Dear Eileen Mulcahy,*

*Thank you for your email requesting a Narcotics Anonymous meeting for your facility. I apologize for the slow response. The SHEVANA H&I subcommittee meets only once each month and all requests must be brought before the committee for consideration.*

*We would be happy to arrange a time at which we could more fully discuss the Narcotics Anonymous program and what H&I can offer to Timber Ridge School, as well as precisely what your needs are. Please contact me by phone (301-964-7572) or email (mswigfield@gmail.com) to set up an appointment.*

*Thank you for your interest in the Narcotics Anonymous Program.*

*Sincerely,*

*Michael Wigfield  
Trusted Servant, Chairman  
Shenandoah Valley Area H&I Subcommittee*

A response was quickly received agreeing to set up a meeting and a time and date was agreed to by phone.

On Oct. 15, 2014 I went alone, after enquiring with a few H&I members none of which were available to accompany me at the agreed upon time and date, (a transgression and learning experience) I was however sure to inform them that I was a trusted servant and that I would normally have another member with me, to meet with the Unit Supervisor and the Director of Clinical and Community Based Services. During this meeting many of the resources in the H&I Handbook and NAWS website were made use of.

page 120- Information to be exchanged during presentation, with this I was also able to gather information about the facility and the requirements/restrictions that they may have.

page 30 -DO's and Don'ts for H&I work in treatment facilities

The difference between AA and NA, the 12 Steps and the 12 Traditions, with particular emphasis on not having opinions on outside issues and that we do not affiliate with any entity, with help from the frequently asked questions found under the PR section of the NAWS website.

Information about NA IP and the 2013 membership Survey

All of which I tried to present professionally in a bound agenda format. A few White books were also left for the staff and students.

The meeting ended with a few questions directed at my personal recovery which I answered briefly and only in regards to my experience after joining NA.

No using or war stories

I actually found that with all of the available information that it was quite easy

to present a great deal of information while keeping my personality out of the meeting. I was however extremely surprised how very little that professionals that deal exclusively with addictions knew about recovery in a 12 step program and how confused/misinformed they were with the information that they had. At the conclusion of the meeting they requested that we bring weekly H&I meetings to their facility. To which I had to inform them that due to the limited amount of volunteers we currently have and other commitments that we fulfill bi monthly or monthly meetings may be more realistic. I explained how import we felt it was to be certain that we could honor any commit we made and how in the long run it would be detrimental to the students and our credibility if we promised more than could be delivered. I assured them that I would take all of the information that I had gathered back to the subcommittee for consideration and inform them of our availability. A follow-up email was sent to thank them for taking the time to meet.

On Nov. 3, 2014 I presented all of the information that exchanged along with their request for meetings to the rest of the subcommittee. It was asked that I contacted the facility to get a detailed list of barrier crimes and restrictions that would exclude a person from volunteering and whether female volunteers were acceptable.

Nov. 11 I emailed concerning these 2 questions and immediately received a response that indicated that females would be allowable nad that she would get the other information to me asap

Nov 13 I received a very lengthy list of barrier crimes (several pages worth) and responded that I would pass the information along.

Dec. 1 I passed the list of barrier crimes along and we discussed as a committee the what we could realistically offer with the volunteers available, it was decided that we would not send females to a all male facility per the H&I handbook further limiting the list of people able t meet all of the requirements. It was decided that we could not offer even monthly meetings but instead a Panel Presentation would be offered.

Dec. 3 the following was sent (we had become somewhat informal by this point)

*Hello Eileen,*

*The Shevana H&I Subcommittee met on Dec. 1st and after a great deal of discussion and consideration it was unfortunately decided that we would not be able to support monthly meetings at your facility with the current number of volunteers. This was a difficult decision for us, we all would like to meet every request that we receive and the opportunity to share the NA message with young men very much appealed to us but it is also extremely important that we are sure we can honor commitments before accepting them, it would do damage to our reputation and credibility if we fell short.*

*We would, however, like to offer a panel presentation. This would be more of a lecture style presentation that would include a few of our members to introduce the basics of Narcotics Anonymous followed by a question and answer period similar to the meeting that we had. We could possibly offer this a couple times a year to address as many of your students as possible and we do have volunteers we believe would qualify if background checks were needed for this type of setting as well.*

*In addition we would like to offer some NA approved literature to have on hand and provide information on starting a NA meeting on site that would*

	<p><i>not be affiliated we Timber Ridge but available to the students if that would be of interest. This could be a closed meeting available to only your students or open to the public as you see fit.</i></p> <p>Dec. 12 they accepted our offer and several more emails started to narrow down a time a date</p> <p>Jan. 5 The subcommittee decided on the last Weds of Jan. at 6:30 pm Between Jan 5th and Jan 28th several more emails were exchanged confirming time and date</p> <p>Jan 28 WE HELD A PANEL PRESENTATION with 11 boys and 4 staff members present. We were met with a great deal of enthusiasm from the staff person that I had been communicating with and made to feel very welcome with snacks and drinks provided for us. This became a sort of hybrid info presentation and H&amp;I meeting to try to best serve all that were attending. At the conclusion of the presentation we answered questions and information was exchanged. The staff was very interested in getting the students to regular NA meetings and to planned Area special events. I believe that I can speak for all of us that we left feeling something very special had just happened. Several thank you emails were also received the next day and included a request to revisit the facility as soon as we are able as "it has really energized the boys."</p> <p>So that is up to present. On Monday I will take this request to the subcommittee and "more will be revealed."</p> <p>In Loving Service Mike W</p> <p>We are growing, learning and loving. Thank you for your trust and support. ILS, Chuck K.</p>
Policy Subcommittee	Open.
Public Relations	<p>Addressing a Member request:</p> <p><i>"I would like to request that the web servant add the budget to the website somewhere... perhaps where the outdated "Delegates" button is. While looking through the website for the budget, I noticed that we have a lit review button and wondered if we could get some info put in there regarding the Traditions Book Project that our fellowship is currently working on? I also noticed the link to the AZFwebsite is an old link that no longer works. Could that please be updated) would like to request that the web servant add the budget to the website somewhere... perhaps where the outdated "Delegates" button is. While looking through the website for the budget, I noticed that we have a lit review button and wondered if we could get some info put in there regarding the Traditions Book Project that our fellowship is currently working on? I also noticed the link to the AZFwebsite is an old link that no longer works. Could that please be updated? (<a href="http://www.car-na.org/Literature.htm">http://www.car-na.org/Literature.htm</a>)"</i></p> <p>The PR subcommittee was confused as whether this was for the current or upcoming budget. This is a matter that needs to be discussed by the Region and voted on to see</p>

if this is something more than one person would like to see. It is already included in the minutes. The Delegates have not updated any new information and we are requesting that information be sent to fill that slot. The links requested will be updated shortly.

The public relations committee met on July 18, 2015 at the Culpeper Regional Hospital, 501 Sunset Lane in Culpeper, VA 22701.

After opening of meeting the following items were discussed.

- A Member asked if there are qualifications for being a contact person for our answering service. Areas of discussion were:
  1. It's an area position so areas would set guidelines.
  2. Should there be guidelines to help areas with this task?
- NAWS database
  1. Showed members the NAWS database
  2. Importance of an Area web servant to NAWS
  3. Possible segue to regional website and answering service for meeting info
- Virginia Summer Institute
  1. Discussed lack of members to help with booth
  2. Discussed sign-up sheet starting in January prior to event

We have today to pass out to RCM's a printout of their area's meetings on the NAWS database to check to see if accurate. Please let us know if we can help you correct this.

VSIA's was a success this year giving out literature fir the very first time. I have received a thank you letter from them and their request that we attend again next year. It was manned by members from the Peninsula area since it was held at The Woodlands Hotel & Suites  
105 Visitors Center Drive  
Williamsburg, VA 23185 this is a new location.

We were invited to attend and participate in multi- region health fair and PR conference on July 25th in Elizabeth NJ. I attended and all presenters presented information from "A Resource in the Community". I shared on using social media and Public service announcements. There were 3 regions in attendance and was well attended. CARNA, Northeast NJ, and NENJAC participated.  
PR has been invited to attend a Recovery Month event Thursday September 10th at 5246 Oaklawn Blvd Hopewell VA 23860 at Destination Church movie theater. They planned on having someone from D19, Narcotics Anonymous, Alcoholics Anonymous, McShin Foundation, Families 4 Recovery, Al-Anon, SAARA Center, and Nar-Anon set up informational tables in the lobby and be on hand to answer questions along with us. The event would be open to all D19 consumers as well as the public. Anyone interested in helping me on our booth please let me know. It will be from 6-9 pm.

I will request a check for 50 dollars for Culpeper Regional Hospital for the meeting space. The next subcommittee meetings will be in Quadrant 2 on the 3rd Saturday in September. Location Keyser W. V

In Loving Service,  
Etta F.

<p>Speaker Jam</p>	<p>Dear RSC,</p> <p>I would like to thank each of you, especially Etta F., for keeping me more effective in my commitment.</p> <p>We only had one bid submitted at our last RSC from the Peninsula area; therefore, they have been selected to host the Central Atlantic Regional Speaker Jam. They would be hosting it on September 12, 2015 @ Hilton Christian Church 100 James River Drive, Newport News, Virginia 23601 and starting from 10:00-6:00p.m. They're seeking a speaker from each area that hasn't really haven't shared within our region. For more information contact (757) 303-4533, Ray D. They will be needing the region pay \$100 for the kitchen and the gym. I will be submitting this request, as well as, \$50 for gas.</p> <p>As your chair of this subcommittee have been having some concerns. One of which is the late bids being submitted to myself to good give the proper time and posting to our website. With that being said I'm asking all RCM's to please be more mindful and to take the request to your area now so that you can discuss the possible need to host the next speaker jam in March 2016. The bids need to be submitted no later than our October 2-day. Next, my term will be up in December therefore I'm announcing the position open with the acknowledgement that I'm willing to hold this position another 2 years, if permitted.</p> <p>In closing, if reelected I would really like to focus my attention on policy and procedures that I failed to do this term because I was without a committee.</p> <p>In loving service Rudolph C.</p>
<p>Traditions Ad-Hoc</p>	<p>All workshops for the Traditions Workbook in Regional Quadrants were held as scheduled, Quads 1 &amp; 2 held on July 18th and Quads 3 &amp; 4 on July 11th. From Quadrant 2 I have receipts for \$69.81 and am returning \$5.19 from the line item budget of \$75.00.</p> <p>ILS, Elisa D., Ad-Hoc Chair</p>

8. Area Reports

<p>Almost Heaven</p>	<p>Greetings all from the Almost Heaven Area</p> <p>Our convention was a great success. We don't have our final figures yet but did pencil in the 1st weekend in August 2016. Thanks to all who attended and continue to support our convention.</p> <p>Our H&amp;I efforts are struggling especially with getting women to consistently go into our facilities. We are asking our GSR's to announce this need.</p> <p>Our PR Task group is meeting monthly and has sent letters to the up and coming drug court members in two counties introducing ourselves and expressing our willingness to meet with them. We have members taking our meeting list into various facilities. We just got an order approved that will put pamphlet racks into four hospitals and one mental health facility. The order included books for our exhibit table and presentations. We also are setting up 211 in Maryland and once up and going work move on to West Virginia and Pennsylvania. We will check on Virginia in our part of the state also.</p>
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	<p>We are checking into Channel 10 in Hagerstown MD. This is a public announcement station to put our 800 # on it and perhaps our meeting. We are checking the local newspaper. In the past some of them have posted our meetings under public announcements. We are updating our NAWS database to have it accurate.</p> <p>We have been contacted by one of our hospitals to talk with them. This is a hospital we held a presentation in about two years ago. We will follow up with them to see what their needs may be and whether or not we can help.</p> <p>We have a donation for \$2047.12. This includes monies that had over a year ago had been earmarked to fulfill some tasks. But at this time we have been able to support them. So we are passing it on. We also sent a donation to NAWS.</p> <p>ILS, Sherry V. RCM protem</p>
Appalachian	<p>Hello RSC Family,</p> <p>We have eight groups in our Area. At our last ASC meeting, there were eight GSR's present. Open positions area are as follows: Chair, Vice-chair, Treasurer, Co-treasurer, RCM alt, Policy, and PR. There were no new elections. Two groups have closed their meetings due to lack of participation. Our area's special events subcommittee has the ongoing step study workshops that are bi-weekly and they are going well. Special events is hoping to plan a speaker jam with a dance and/or talent show. H&amp;I continues to uphold its commitments at The Courtland Center as well as the Hands Up Lodge. Hopefully, soon, more will step up in our vacant area positions. We have a donation, today, of \$318.00. I hope this report serves this body well.</p> <p>In Loving Service, Sam S.</p>
Beach	Abs.
Blue Ridge	<ol style="list-style-type: none"> <li>1. Donation to Region: \$95.78</li> <li>2. Passed Regional Motions 172-3 and 173-5</li> <li>3. Passed Area Motion 2015-3-1, moving monthly Area ASC meetings to 4PM, second Sunday at a central location.</li> <li>4. Failed Area Motion 2015-7-1, to change the Area name.</li> <li>5. Approved 2015 Budget, reducing prudent reserve.</li> <li>6. Passed Area Motion to require all motions to be presented with 10 printed copies!</li> </ol> <p>ILS, George S., BRANA RCM</p>
New Dominion	Abs.
Peninsula	Abs.
Piedmont	No written report.
Rappahannock	Good afternoon. RANA has 19 home groups, we had a meeting close, "First Step Forward," and another one could meet the same fate, "Rush Hour (Wed. 5:30PM.)

	<p>Ten GSRs were present, at August RSC. Open positions: are Outreach, VRCC and H&amp;I Chair. Newly elected: Greg G. Chair, John L. Vice Chair and Laughlin R. RCM II; please welcome them. Julie C. will be celebrating seven years at Experience, Strength and Hope tonight at 7PM. Activities will be hosting RANA Week Oct 30, 2015. Location and time are unavailable but will update as soon as I receive more info. Overall RANA is in transition with growth and change. Area of concern: need to see more of our service body in meetings, "We Do Recover." Next ASC will be held 4PM Sept 6<sup>th</sup> at Fairview Baptist.</p> <p>ILS, Antoinette B.</p>
Richmond	<p>The last two months at ASC our attendance was low. New GSRs present were inexperienced and had not come to the 3:30PM Outreach Chair's information session. Our secretary had been in the hospital, was not present and the minutes had not been mailed. We have three sets of minutes tabled. Our H&amp;I committee needs more members, as does our Policy subcommittee.</p> <p>Our donation to the region is \$1,000 – with pleasure.</p> <p>The Special Events committee held it's free event last weekend. It was well attended and reported it was a lot of fun.</p> <p>41 regular meetings a week.</p> <p>ILS, Nancy S.</p>
Roanoke Valley	Abs.
Shenandoah Valley	<p>The ShevaNA Area continues to carry the message of freedom from addiction to those suffering in the Shenandoah Valley. The ShevaNA Area has 19 Home Groups with 26 meetings weekly. The ShevaNA ASC meet on the 2nd Monday of each month at Grace Community Church, 2333 Roosevelt Blvd. Winchester, VA 22601. Our ASC met on July 13th and August 10th with 15 GSR's/Alts at each meeting. Quorum was met and area business was conducted per policy. Open positions at ShevaNA area are Out-Reach Chair, RCM alt and Treasurer. Next ASC is scheduled for September 14th.</p> <p>Open positions at ShevaNA area are Out-Reach Chair, RCM alt and Treasurer.</p> <p>Two Home-Groups have changed location of their meetings. War Is Over group of NA will now meet at St. Mary's Episcopal Parish Hall, 15 Barnett St. Berryville, VA 22611. On September 8th Solution Seekers group of NA will start meeting at St. Paul's on the Hill, 1527 Senseny Rd. Winchester, VA 22601. Website is being updated.</p> <p>The H&amp;I subcommittee continue to take 1-2 meetings a month into the Northwestern Regional Adult Detention Center, men side &amp; 2 meetings a month to the women side, 1 meeting a month at the Juvenile Detention Center and 1 meeting each month to the Timber Ridge School for adolescent boys &amp; 4 meetings a month at Behavioral Health at the Winchester Medical Center. The subcommittee is currently negotiating an orientation day/time for NA members to attend at the RSW Regional Jail in Front Royal to begin having NA meetings at the facility.</p> <p>Out-Reach subcommittee continue to attend a meeting each month in the area who require additional support. Out-Reach also is mentoring new GSR's and any GSR's/Alt who request it. Public Relations subcommittee continues to work at keeping our website current and up to date. Our Literature subcommittee continues to facilitate a smooth disbursement of literature to all home groups in the Area. The Literature</p>

	<p>Chair at our July ASC meeting gave all in attendance an in-service how to order literature on our iPhone and Android phone.</p> <p>VRCC chair &amp; alternate continue to participate in the progress of the 34th AVCNA Convention to be held in Richmond Jan. 8-10, 2016, hosted by the New Dominion Area.</p> <p>Our Newsletter subcommittee continue to publish each month an informative and entertaining newsletter with articles on the Steps, Traditions and Concepts of NA all written by recovering addicts. If anyone is interested in submitting an article or artwork, you may do so ShevaNA Newsletter, P.O. Box 2436, Winchester, VA 22604 or at newsletter@shevana.org</p> <p>Special Events subcommittee continue to bring creative and innovative events to addicts throughout the area and to show the newcomer that it is possible to have fun and stay clean while a member of Narcotics Anonymous. Speaker Jam XII was held July 11th and was well attended. The theme was NA Rocks and all Speakers were outstanding in sharing the message of recovery. The annual Sponsor-Sponsee Breakfast will be held on September 12th at Market St. Methodist Church with breakfast starting at 10am. There are several events in the planning stage, A Paint-Ball event, a Home-Group Chili cook-off in November, and in December a Day Trip to New York City. More will be revealed. Lastly the Shevana Area is in the process of an audit of all monetary accounts by an Ad-Hoc Chair and committee, therefore I do not have a donation to Region this month.</p> <p>ILS, Elisa D., RCM</p>
Southside	<p>Greetings, RSC,</p> <p>The Southside Area currently serves 16 home groups and has 40 meetings per week. Our area made the decision at our meeting in July that we would move our area meeting to a central location. Previously we had been rotating between three different locations. Home groups voted to move our meeting to Danville, VA each month. We are hoping that this will help increase participation but more will be revealed on that.</p> <p>We are still struggling to have much participation in our sub committees. H&amp;I is planning an event and are hoping to have it at some point in October. They were hoping to plan this event with the help of the activities committee but our activities chair was removed from office due to lack of attendance per area policy. This will not stop the event from happening as the H&amp;I chair has been working hard to get this event together. The tentative date is October 3rd but this has not been confirmed at this time.</p> <p>We have a donation of \$165.93 this month. As always I am grateful to be allowed to serve in this position.</p> <p>ILS, Andrew D.</p>
Tidewater	Abs.
Tri-Cities	Abs.

9. All New Business Motions turned in before lunch

10. Quorum achieved with 9 voting RCMs

11. **Elections & Nominations**

- **Vice-Chair** – (nominations opened at 172nd) – No nominations, back to areas.
- **Policy Chair** – (nominations opened at the 170th) – No nominations, back to areas.
- **RDA2** – Nancy S - nominated by Richmond area - accepted, voted in by Acclamation  
 Qualifications: 30 years clean, was RDA2 then RDA previously, has served in many positions in Narcotics Anonymous, including two terms as RCM for the Richmond area.  
 Pro: Nancy S. has been a great mentor to me at Regional level and I believe she will continue to do so. She is an asset to NA. I hope she continues at the Regional level and someday be at other positions in the CAR.  
 Pro: She has been consistent in her commitment to service.  
 Con: Rotation of trusted servants. We should work to bring (in) new members to serve the body.  
 Con: Based on past service, there seems to be a learning curve when it comes to the technological demands of the position.

12. Old Business:

- a. **MOTION 172-3 Amend RDA2 Responsibilities (Approved 8-0-0)**  
**Mover:** Public Relations Subcommittee 2<sup>nd</sup>: Jimmy W. (Peninsula RCM)  
**Description/Background:** The RDA2 position has had the responsibility of Webservant to NAWS but the updates have not been consistent. PR is creating one spreadsheet to do phone line website and the NAWS database could receive it.  
**Intent:** To centralize this function in the PR Subcommittee so that the process does not have to be duplicated.  
**Motion:** To remove 8A #6 RDA2 Duties (i.e. “Holds the position of Webservant to NAWS. [135<sup>th</sup>]) and place it in the Public Relations duties for consistency.

Almost Heaven	Yes
Appalachian	Yes
Blue Ridge	Yes
Piedmont	Yes
Rappahannock	Yes
Richmond	Yes
Shenandoah Valley	Yes
Southside	Yes

- b. **MOTION 173-5 Two Day Events – Lodging Expense Policy Change (Approved 7-0-1)**  
**Mover:** Bill M. (Vice Chair) 2<sup>nd</sup> Maria C. (Tidewater RCM)  
**Description/Background:** Our region has flipped the days of the RSC on our spring and fall two day event. However, our policy guide does not allow for rooms on Friday to allow for those who need to travel long distances the night before.  
**Intent:** To allow funds to be allocated for overnight accommodations for those traveling long distances.  
**Motion:** To make the following changes to the Central Atlantic G&RO
- i. Change Section 8.8.A from: “CARNA will provide lodging following the RSC for those required by the CARNA G&RO or those requested by the RSC to attend the April or October overnight event.”  
 To: “CARNA will provide lodging for those required by the CARNA G&RO or those requested to attend the April or October overnight event.”
  - ii. Change Section 8.8.B from: “The RSC may utilize any remaining funds budgeted for lodging to furnish rooms following the RSC for GSRs and other CARNA members interested in attending the April or October overnight event.”

To: "The RSC may utilize any remaining funds budgeted for lodging to furnish rooms for GSRs and other CARNA members interested in attending the April or October overnight event."

Almost Heaven	Abs
Appalachian	Yes
Blue Ridge	Yes
Piedmont	Yes
Rappahannock	Yes
Richmond	Yes
Shenandoah Valley	Yes
Southside	Yes

13. New Business:

**a. MOTION 174-1 Upcoming Speaker Jam expenses (Approved - within budget)**

**Mover:** Rudolph C. (Speaker Jam Chair) 2<sup>nd</sup> Sam S. (Appalachian RCM)

**Motion:** Request \$150 – 1) to Hilton Christian Church in the amount of \$100 and 2) Gas for Chair \$50.

**Intent:** to uphold our responsibilities

**b. MOTION 174-2 Reimburse Expenses for Traditions Workbook Meeting (Approved - within budget)**

**Mover:** Lawrence E.. (Piedmont RCM) 2<sup>nd</sup> Sherry V. (AHA RCM)

**Motion:** To reimburse Aaron A. \$52.59 for copying in connection with Traditions Book Review Meeting

**Intent:** That the RSC be fully self-supporting.

**c. MOTION 174-3 Reimburse Expenses for AZF (Approved 8-0-0)**

**Mover:** Kim A. (RDA) 2<sup>nd</sup> Sam S.. (Appalachian RCM)

**Motion:** To reimburse Kim A. for expenses of AZF in the amount of \$175.46. She can email verification from bank statement to show fuel expenses, if required. (\$70 Per Diem, \$105.46 Fuel)

**Intent** To be financially responsible.

**d. MOTION 174-4 RBZ Nomination (Referred to RD Team)**

**Mover:** Nancy S. (Richmond RCM) 2<sup>nd</sup> Antoinette B. (Rappahannock RCM)

**Motion:** To nominate/recommend Etta F. as a World Board Member

**Intent:** To fulfill an open position on World Board

**e. Topic:** AVCNA timeslot

**Recommended:** Chuck recommended having an ADHOC to put together to discuss feasibility of using speakers from around the world via Skype.

**Con:** AVCNA might need the topic/programming info for their program

**Action Decided:** Chair appointed an ADHOC with Etta/PR spearheading the committee to find out about our WIFI accessibility etc. Chuck will assist and strongly suggested lots of support from other subcommittee/executive committee Members.

**f. Topic:** Etta also wants to do Traditions workbook Workshop

**Recommended:** Because the approval draft/form will be ready in November, consensus was reached to add the Traditions workshop to our time slot at the AVCNA Convention.

**g. Topic:** Agenda for October Two Day

**Recommended:** RD Team was going to do a presentation on the role of Zones in the morning; for the afternoon agenda, a topic of "What Can We Do was decided, with a roundtable format.

1. Next RSC will be held October 18<sup>th</sup> at Paul D. Camp Workforce Center, 100 North College Dr., Franklin, VA 23851

2. Announce Location and Time of next Subcommittee Meetings
3. Close with Serenity Prayer and Announcements

**REGIONAL CONTACT LIST**

<b>NAME</b>	<b>EMAIL ADDRESS</b>	<b>AREA/POSITION</b>	<b>PHONE</b>
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CHUCK K	<a href="mailto:chuck.norvakellens@gmail.com">chuck.norvakellens@gmail.com</a>	BEACH	757-469-9365
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UPDATED 06/20/15			

173<sup>rd</sup> RSC Treasurer's Report  
 Financial Statement  
 06/19/15

Opening balance (closing balance from 170 <sup>th</sup> RSC report):		\$16028.10
Credits :	NRVANA contrib:	\$20.00
	Outer Limits contrib:	\$435.49
	Richmond contrib:	\$500.00
	Shevana contrib:	\$499.58
	Southside contrib:	\$451.92
	TriCities contrib:	\$129.68
	Misc groups contrib:	\$35.62
	Spkr Jam contrib.:	<u>\$400.00</u>
	TOTAL:	\$2472.29
		+\$2472.29

Debit:	Ck 1215:	\$673.10	
	Ck 1216:	\$182.74	
	Ck 1217:	\$105.00	
	Ck 1218:	\$75.00	
	Ck 1219:	\$170.94	
	debit card 06/16:	\$23.75	
	debit card 07/01:	\$1.99	
	debit card 0716:	\$23.71	
	debit card 07/27:	\$92.87	
	debit card 07/29:	\$1.99	
	debit card 08/09:	\$77.14	
	debit card 08/10:	<u>\$545.33</u>	
	TOTAL	\$1973.56	<u>-\$1973.56</u>
<u>Closing balance:</u>			\$16526.83

DETAILS

- Ck 1215- NAWS contribution
- Ck1216- Chuck Kellen H&I supplies
- Ck1217- Rudolph Carey (Spkr Jam)
- Ck 1218- Trinity Meth Ch (May subcom mtg)
- Ck 1219- Elisa Dove- Trad wkshp supplies
- Debit card 06/16- UberConference (H&I)
- Debit card 07/01- Network Solutions
- Debit card 07/16- UberConference
- Debit card 07/27- Candlewood Suites- RDA rm for AZF
- Debit card 07/29- Network Solutions
- Debit card 08/09- Primus
- Debit card 08/10- PCMS

ILS: Neal Griffin

CARNA H&I Subcommittee Meeting  
July 18, 2015

The H&I Subcommittee along with the PR Subcommittee met on July 18<sup>th</sup> at Culpeper Regional Hospital. There were 3 members present. I sat in as the H&I chair in Chuck K. absence. Unfortunately, I had not attended the May meeting nor were there any members present at the May meeting. Due to those 2 issues.....the last minutes I had to work with were the March minutes. With all that being said, I only had one topic to be discussed. Chuck K. had forwarded me an email dated June 28<sup>th</sup> from a facility in Roanoke asking for literature to put in their library. In short, the inmates had been asking for BT, It Works How and Why and the jail could not purchase these due to the lack of funding. The email asked if there was another way to obtain the literature. I contacted Pat W. who is the H&I Chair in the Roanoke Valley area. He was out of town and could not give me any information at that time. I was able to speak with him this week. As it stands at this time....Pat W. had already disbursed literature to them and apparently the email request and Pat getting the literature to them must have crossed. If there is another for literature for that facility, the H&I Committee of the Roanoke Valley area has funds in their budget to provide them. If anything changes, Pat W. will let us know.

NA Luv and Hugz,  
Nancy H.

**Central Atlantic Region of  
Narcotics Anonymous  
Regional Speaker Jam**



**FOOD FUN AND FELLOWSHIP**

**September 12<sup>TH</sup> 2015**

**10:00am - 6:00 pm**

**Hilton Christian Church**

**100 James River Drive**

**Newport News VA 23601**

**Contact: Ray D. (757)303-4533**