

**Minutes for the 193rd Regional Service Conference
Central Atlantic Region
October 21st, 2018 Virginia Beach, VA**

Open Forum began at: 10:02am RSC began at: 11:35am

- Vice Chair will view the online banking account and compare to the check register. **(no discrepancies noticed by vice chair)**

1. Serenity Prayer

2. Open Forum

- a. Issues with the phonenumber were discussed. Incorrect contact info for areas was one of the concerns. The importance of areas keeping their contact info current for the answering service was brought up. Areas were encouraged to test the service to see if it's working. The size of the search area used by the service to locate meetings was brought up. Search area seems a little restricted. General consensus seemed to be that the service is doing a lot of stuff well and some tweaking between us and them will make it even better.
- b. The work of the inventory ad-hoc committee was brought up by the chair. A large volume of questions have been generated. A lot of the questions also seemed to be more appropriate for individual addicts or areas. How to best present the questions for maximum effectiveness generated much discussion.

3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

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| Chair | Bill M | Almost Heaven | Frank Y | X |
| Vice Chair | Etta L | Appalachian | Lisa B | X |
| Secretary | Neal G | Beach | Joe B | X |
| Treasurer | Brian C | Blue Ridge | Nancy H | X |
| Regional Delegate | Kim A | Gateway | Duane F | X |
| Regional Delegate Alternate | Dee P | New Dominion | Noreen J | X |
| Regional Delegate Alternate 2 | Randy D | Outer Limits | | |
| VRCC Chair | | Peninsula | K'yon S | X |
| Hospitals and Institutions Chair | Nancy H | Piedmont | David H | |
| Policy Chair | Antionette B | Rappahannock | | |
| Public Relations Chair | vacant | Richmond | Kim M | X |
| Speaker Jam Chair | vacant | Roanoke Valley | Mike G | X |
| | | Shenandoah Valley | Elisa D | X |
| | | Southside | Sue N | X |
| | | Tidewater | Chris P | x |
| | | Tri-Cities | | |

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. RCM alternates present: Roland C from Tidewater area, Michael L from New Dominion, Danielle D from Appalachian, Sherry V from Almost Heaven. New members present: Roland C, Danielle D, Erin T from Peninsula, Heath M from Tidewater

6. Approval of Prior Minutes: Elisa D moved Seconded by Sue N **Minutes approved as presented.**

7. Trusted Servants Reports

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| <p>Chair Report</p> | <p>Since the August RSC I attended two budget meetings, the first following the August RSC and the second yesterday after the workshops. The meetings consisting of the Chair, Vice-chair, Regional subcommittee chairs, RD team, and several interested addicts resulted in the budget submitted by the treasurer today.</p> <p>Over the last two months, I also attended the subcommittee meetings via Zoom videoconference and a policy videoconference work-session.</p> <p>The Policy work-session was very productive and I apologize for not posting it on the CARNA events page. In the future, I will encourage the various subcommittees to post the details of videoconference work-sessions in advance on the events page and send notifications to the contact list.</p> <p>I enjoyed yesterday’s workshops and feel they had good attendance from the areas. I want to express my gratitude to the RD team for all their efforts on their well-organized and presented workshops.</p> <p>I also want to thank Neil for his efforts on securing these bodacious accommodations and I know from my conversations with him over the last several months that finding lodgings in our price range is a difficult and time-consuming task.</p> <p>This April 2-day meetings, the GSR Assembly and RSC, is in quadrant one. Consequently, I am forming an ad-hoc subcommittee today comprised of Quadrant One’s RCMs and the vice-chair to find suitable accommodations for the event and present two choices at the December RSC.</p> <p>Again, I want to thank Neil for his efforts.</p> <p>ILS, Bill M.</p> |
| <p>Vice Chair Report</p> | <p>There is not a whole lot to report this month except that I am working very hard to help our subcommittees become stable and productive. With the absence of a PR chair we were able to install a new PR Vice chair –Julie B and a new Webmaster Anne V. We have a potential candidate for PR chair that will attend the next subcommittee meeting. We are looking at the updates to the website and have had additional dialogue regarding working out the bugs on the phone lines. I have agreed to schedule out the next 4 rotations of the</p> |

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| | <p>subcommittee meetings so that we can get the info online asap. I have also spoken with past members of subcommittees and invited them to attend and to get involved. I am looking forward to seeing the subcommittees functioning and being productive in carrying on it's business for the Region in the coming year. There are many opportunities in our region for PR involvement and we must make sure that the need is being met. Other than that I am fully prepared to help with making sure that the proper info is online prior to our events and that the webmaster has the proper directives to upload our archives from the 2day RSC. We will have subcommittees at Poquoson next time since we wee not able to do so due to the weather next time.</p> <p>ILS</p> <p>Etta F.</p> |
| Secretary Report | Everything's fine in secretary world. |
| Treasurer Report | <p>We currently have \$13604.07 in the checking account. Including donations from the last RSC, over the past two months we had \$1130.31 in income and \$777.29 in expenses. Please see the financial statement attached to the minutes for more detail.</p> <p>I am currently working to convert the treasurer spreadsheet used by several areas in the region so that it can be used to manage the regional budget. Once this has been done, we will have a common method of maintaining the books that can be brought forward from treasurer to treasurer, and we will be able to report on actual vs. budgeted expenditures for the year for each subcommittee at every RSC.</p> <p>The proposed 2019 budget is attached to the minutes, and will be presented as a motion today for a simple up/down vote by the areas in December. Input was solicited from CARNA members and subcommittee chairs after the August RSC and yesterday to review possible changes to our budget. In addition, I did research and compared the line items in the budget to actual expenditures over the past couple of years. The net result of this is that we were able to re-allocate funds to the areas that actually needed it, most importantly freeing up more funds for accomodations for the two day events. The additional funds for rooms were required for two reasons:</p> <ul style="list-style-type: none"> • The cost of accomodations have gone up steadily over the past few years, but the line item in the budget for rooms has not increased to keep pace with inflation. • Attendees of the last several two day events complained about the quality of the accommodations and strongly requested that all future two-day events are held in better facilities. <p>Please feel free to reach out to me with any questions you might have about the proposed budget and be sure to have your areas vote on the budget prior</p> |

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| | <p>to the December RSC.</p> <p>I met with the policy subcommittee earlier this month to discuss the motion for debit cards that has been tabled for the past few RSCs. I am suggesting this remains tabled for the following reasons:</p> <ul style="list-style-type: none"> • We are still gathering information about which debit cards would most cost effectively serve the needs of the region. • There are other tasks, such as those described above, which have a higher priority in the near term. <p>Thanks for the opportunity to be of service.</p> <p>Brian C.</p> <p>*Secretary note: Financial statement and proposed budget to be voted on at December RSC will be sent out as separate attachments</p> |
| RD Report | <p>Hey everybody,</p> <p>What a wonderful 2-day this has been! I am amazed at what nice accommodations our treasurer was able to procure! Thank you, Brian. Yesterday's workshops, <i>Attracting Members to Service</i> and <i>Carrying the NA Message and Making NA Attractive</i> were great! Thank you Dee and Randy for your awesome facilitation. At one point we had 33 members in attendance and a lot of great work was done by all.</p> <p>Dee and Randy are preparing to hold workshops in each of our four quadrants to answer questions and train RCMS on helping our Areas to complete the Regional Inventory. Our current plan is to collect input on our Inventory from all of our Areas and perhaps work on the input we get at our April GSR Assembly. More will be revealed. The survey information will be used to improve any areas we identify that we are falling short and to expand on any areas where we think we are doing a good job.</p> <p>Dee and Randy are reporting on the Conference Participant Webinar, which I was unable to participate in. Please note in their reports the information regarding our last Autonomy Zonal Forum teleconference also.</p> <p>As my term is winding down Randy, Dee and I are making sure the work we have been doing will continue. Randy has been practicing using Zoom and Dee is getting more involved at the Zone.</p> <p>I am so incredibly grateful to have been given the opportunity to serve,</p> |

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| | <p>Thank you, Kim A - RD</p> | | | | | | | | | | | | | | |
| RDA Report | <p>I have participated in several webinars since the last regional. We had the Autonomy Zonal meeting on September 17th and NAWS webinar on October 6th. I have also been involved with an ad hoc committee to come up with guidelines for the 2 positions for the Autonomy Zone. The committee has been working on guidelines and requirements for a Zonal Facilitator and Zonal Secretary. Our next web meeting is scheduled for October 29th.</p> <p>Freestate Region hosted the webinar for the Autonomy Zonal meeting. The discussion centered on the upcoming January Autonomy Zonal Meeting. The Freestate Region has approved their RD team to fund the entire 2-day event. Also discussed was how to fund future zonal functions. At the upcoming zonal event, there will be a Hypnotist on Saturday evening following the workshop which will include panel discussions on PR, H&I, Phonenumber and a speed sharing session which will be informative and fun. Additional information will be forthcoming as we finalize the plans.</p> <p>Get involved in writing some literature!!! Submit your entry for a spiritual principle a day meditation book. Please inform your areas/groups that anyone can write a meditation on a spiritual principle for possible inclusion in the book. Your input is greatly needed and wanted. Please email you writing to naws.org or to me and I will make sure that it gets to the right people. Or you can go online at na.org/meditationbook and there is a place that you can write and submit online on: Acceptance, Love, Surrender, Unity.</p> <p>Itinerary for MARCLNA 2019</p> <table data-bbox="597 1268 1403 1694"> <tr> <td>Room Rate</td> <td>\$105.45 per night including tax x 2 nights =</td> </tr> <tr> <td></td> <td>\$210.90</td> </tr> <tr> <td>Registrations</td> <td>20.00</td> </tr> <tr> <td></td> <td>30.00</td> </tr> <tr> <td>Per Diem</td> <td>35.00 x 3 days</td> </tr> <tr> <td></td> <td>105.00</td> </tr> <tr> <td>Gas</td> <td></td> </tr> </table> | Room Rate | \$105.45 per night including tax x 2 nights = | | \$210.90 | Registrations | 20.00 | | 30.00 | Per Diem | 35.00 x 3 days | | 105.00 | Gas | |
| Room Rate | \$105.45 per night including tax x 2 nights = | | | | | | | | | | | | | | |
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| | 40.00 |
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| | Total for MARCLNA |
| | \$385.90 |
| | Ternary for Autonomy Zonal Forum |
| | Hotel Room Rate \$ 99.00 per night x 2 nights |
| | 198.00 |
| | Per Diem 35.00 per day x 3 days |
| | 105.00 |
| | Gas |
| | 40.00 |
| | _____ |
| | \$343.00 |
| | I am also including the guidelines and qualifications that we have come up with so far for the Zonal Facilitator and Secretary. If anyone has any ideas or suggestions to add to this, please send your response to me at my email address included at the end of the report. |
| | Guidelines for Facilitator for Autonomy Zonal Meeting |
| | Facilitator |
| | Qualifications: |
| | <ol style="list-style-type: none"> 1. 8 years continuous clean time. 2. Previous service experience in NA at the area, regional, and/or zonal level. 3. Experience and ability to facilitate a meeting. 4. Knowledge of webinar technology, and the ability to conduct electronic meetings. 5. Position is a two-year term coinciding with the cycle, with a maximum of two consecutive terms. |

Responsibilities:

1. Is the single point of accountability and primary contact for the Autonomy Zonal Forum (AZF).
2. Facilitate all meetings of the AZF.
3. Set the agenda in writing and make it available to all participants one month before the AZF meeting.
4. The Zonal Facilitator will request participation from NAWS as needed
5. Ensures a project leader for any projects is agreed on and selected by delegates.

Secretary

Qualifications:

1. Eight (8) years continuous clean time
2. Previous service experience as a Secretary and a Treasurer of a committee or subcommittee in Narcotics Anonymous at the Area, Regional, or Zonal level.
3. Access to Internet email and skilled with operating MS Word.
4. Position is a two-year term coinciding with the cycle, with a maximum of two consecutive terms.

Responsibilities:

1. Will record accurate minutes using the template provided
2. Will provide an accurate summary of the discussions of the meeting as well as the final outcomes of such discussions.
3. Will include all written submissions to the meeting such as reports, pros and cons, proposals
4. Will maintain and update the AZF contact list
5. Distribution of the minutes requires the secretary to:
 - a. Send to every person on our contact list an electronic version

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| | <p>of the</p> <p>minutes within two weeks following the meeting/teleconference.</p> <p>b. If requested will mail hard copy to anyone who provides a self –</p> <p>addressed stamped envelope and requests hard copy be sent.</p> <p>6. Will send an approved copy of the minutes to NAWS (FSTeam@na.org) within two weeks following the AZF meeting in</p> <p>which the minutes are approved.</p> <p>7. Will send an approved copy to the Web servant for posting on the website and for archival purposes within two weeks following the AZF meeting in which the minutes are approved.</p> <p>8. The Secretary will maintain and update AZF guidelines.</p> <p>Elections</p> <p>1. Nominations will be accepted between July 1st thru November 30th in the off conference year.</p> <p>2. Elections will be held at the January AZF meeting within the off conference year.</p> <p>ILS,</p> <p>Dee P.</p> <p>410-916-8545 or email at zikidee@yahoo.com</p> |
| RDA2 Report | <p>I attended the World Convention #37 in Orlando Fla. Had a great time. Learned a lot, attended World Board Forums, workshops, speaker meetings, danced, met new members and helped when I could. I am so grateful for NA.</p> <p>Regional Subcommittee Meeting for September 2018. I was able to attend the subcommittees meeting via Zoom Teleconference. Policy made great progress with the motions referred to them. Public Relations were discussed along with the</p> |

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| | <p>Phoneline and Webmaster. H&I or ISW was not present.</p> <p>Autonomy Zonal Forum met on September 17, 2018 via Zoom Teleconference with more discussion on the Zonal 2-day event in January 2019. Discussed the 2 new positions requested for the AZF; facilitator and secretary. We would like to know the CAR thoughts about the positions. If you would like to read minutes</p> <p>Conference Participant Webinar was Saturday October 6, 2018 and I was able to join the Webinar. The discussion dealt with the needs of our Global Fellowship. Small groups were form and I ended up in #6. The mind map (derived from 5 planning our future sessions) was discussed and the group was tasked to prioritize the 4 categories, vision and purpose, oversight/ legal responsibilities, community building and global coordination/ sharing best practices.</p> <p>Regional 2 Day Event happened on Saturday October 20, 2018 facilitated by the Delegate team and the Inmate Step Writing Chair. Attendance was 33 members at the height and averaged 25. Colleen presented the ISW presentation, Dee P. facilitated Carrying the Message and Making NA Attractive. Kim A. did a recap of what happened at the 2018 WSC. Randy D. facilitated Attracting Members to Service. If you are reading this report and was not able to attend this workshop you can get this information through the NA.org /IDT or email the Delegate Team from the CAR-Na.org website to get help. The WSC 2018 tally is under the Delegate page. I would like to report that we made progress in the direction of our accommodations being better, much better. The results of the workshops will be sent to NA World Services and pictures of the results from the workshops will be attached to the 193rd minutes.</p> <p>Itinerary for MARLCNA 2019; \$210.00 for room, registration \$30.00, per diem \$105.00, gas \$40.00 = \$385.00.</p> <p>Itinerary for AZF in January 2019; Room \$198.00 for 2 nights, per diem \$105, gas \$40.00, = \$343.00.</p> <p>Thank you Kim A. for your mentorship and vote of confidence as this was your last 2day workshop for the Central Atlantic Region.</p> <p style="text-align: right;">Grateful addict will not use again.</p> <p>Grateful to Serve. Randy D. RDA2</p> |
| VRCC Report | |
| H&I Chair Report | <p>The H&I subcommittee met on September 15, 2018 via Zoom only due to weather conditions in Poquoson, VA from the hurricane coming up the coast. I was unable to attend because I have no internet service at home. I also, would like to apologize for falling off the radar and not fulfilling my obligations. I had been overwhelmed with life showing up. That being said, this report will be short.</p> |

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| | <p>The meeting in July was less than favorable because we had trouble getting connected to Zoom. Overall there has been little change in either the H&I commitments or the Inmate Step Writing (ISW) Program. We still have some areas who are unable to fulfill their H&I commitments because of the lack of trusted servants. This means that some areas have had to cut back on the number of times they take meetings in to a facility or that they either had to stop taking them in all together or that they can't start any new commitments.</p> <p>Coleen C. will be giving a presentation on ISW at the 2-Day meeting on October 20th. The information will be uploaded to the car-na.org website under the service information tab.</p> <p>The next H&I subcommittee meeting will be held on November 17, 2018 at the Poquoson Baptist Church, 283 Wythe Creek Road, Poquoson, VA. 23662 from 10-2:30pm.</p> <p>NA Luv and Hugz, Nancy H.</p> |
| Policy Subcommittee | <p>Policy Subcommittee held on September 15 via Zoom conference the following motions were discussed 182-3 Members of Delegate team will be provided with money for pre-approved travel expenses.</p> <p>The current method does not allow for speed necessary for purchasing airline tickets, booking hotel reservation or fuel expenses. The decision was to table this motion the treasurer will review receipts to give us an accurate base to move forward the treasurer will expand on this in his report.</p> <p>185-2 has been crafted and ready for approval the revision is as follows:</p> <p style="text-align: right;">Motion 185-2: Background: Currently our guidelines are silent as to who is responsible for scheduling subcommittee meeting locations and how far in advance they should be scheduled. Intent: To establish a single point of accountability to ensure that subcommittee meetings are scheduled sufficiently in advance to allow time for them to be publicized. Motion:</p> |

Change Section XVI: SERVICE DISTRICTS, #5

From:

Subcommittees, except for the Speaker Jam Subcommittee, will rotate their meetings throughout the four quadrants.

To:

Subcommittees, except for the Speaker Jam Subcommittee, will rotate their meetings throughout the four quadrants. The venue for the meeting shall be consistent for at least one two-year World Service Conference cycle. Such locations must have Wi-Fi suitable for videoconferencing and must be handicap accessible. New venues must be announced ninety days in advance of the subcommittee meeting.

Add to Section IX: OFFICERS DUTIES/QUALIFICATIONS 2A. VICE-CHAIR DUTIES,

10. Work with the RCM's in the various quadrants to secure a meeting space within their quadrant for the subcommittee meetings.

Mover: Norman C. Second: Mark

S. Disposition: Referred to Policy. In policy at 192nd.

The Motion regarding Mileage reimbursement the decision was to use IRS Standard Mileage to calculate mileage that could be used two fold turn in the receipts and be reimbursed or to calculate advance fund distribution Policy will have the language crafted and ready for the December RSC.

In Regards to what to do with equipment that we need to dispose of we still need to find out what we have in order for the Vice-Chair to be able to fulfill the responsibility of the decision of what to do with the equipment.

The glossary terms will add to the back of the next printing of the Central Atlantic Region Guidelines as requested by the RCM's.

In Closing during the Budget Meeting change to the Budget which could

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| | <p>possible change current Policy was discussed which was to possible change line item that RDA team will attend MARLCNA on a Conference year the Treasurer will expand in his report. We also discussed how to deal with those that confirm rooms and do not show up after confirming which is currently costing the Region Money. Options that were reviewed either their Area will be responsible or we will put them on a list.</p> <p>In Loving Service</p> <p>Antoinette B.</p> |
| Public Relations | <p>IT'S STILL AN ONGOING PROCESS OF TRYING TO UPGRADE THE NAMES OF ADDICTS WHO WILL RECEIVVE CALLS OR TEXTS FROM THE ANSWERING SERVICE TO TALK TO SUFFERING ADDICTS I'M GOING TO SEND THE SPREADSHEET OUT IN THE NEXT COUPLE OF DAYS. IF I SENT YOU ONE TODAY DISREGUARD IT. WE JUST STREAMLINE THAT PROCESS BY MAKING A NEW PHONELINE SPREADSHEET WITH JUST THE NAMES OF ADDICTS, NAMES ONLY NO MEETING LIST AND WILL SEND IT OUT TO ALL AREAS WHO WE HAVEN'T GOT THE INFORMATION FROM PLUS ALL AREAS, SO THEY CAN SEE THE NEW SPREEDSHEET.</p> <p>ILS</p> <p>TEDDIE</p> <p>PR HELPER</p> |
| Speaker Jam | |
| AVCNA Time Slot Ad-Hoc | |

8. Area Reports

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| Almost Heaven | <p>Our area is carrying our fifth tradition and the trusted servants are interested in learning about our service structure.</p> <p>We have 23 homegroups and 8 were in attendance September and 12 in October and on average 15 members and 7 newcomers. Our area currently has four open positions: vice-chair, RCM alt, VRCC director, convention chair.</p> <p>H&I recently had 5 new people approved for the Eastern Region jail. Our commitments for Washington County Detention Center and ERJ are being filled however we do need more women members. H&I are currently working with the Berkley Medical Center to bring a meeting in and our orientation was held August 10, 2018.</p> <p>PR has our meeting list updates sent to the printer and the webpage is completed. We will be updating the lit rack in Charles Town Juvenile Court and the Bethany House</p> |
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| | <p>this month. Our literature committee has recently bought a new stamp for the literature.</p> <p>The PR Task Group has been contacted by a member of another region for possible assistance for one of our state prisons. The y are trying to collaborate for a PR presentation and any other services we canprovide.</p> <p>10-5-18 PR had a table set up at the Hagerstown College at a performance of “How to be a Respectable Junkie”. PR was honored tp participate in a talk about our fellowship and to answer any questions.</p> <p>11-8-18 PR is trying to set up a table at the Washington County Fine Arts, hosted by Washington Goes Purple and Revitalization of Hagerstown.</p> <p>11-19-18 Next PR task Group meeting at the Daily Grind 778 Foxcroft Avenue Martinsburg, WV</p> <p>Our area has no concerns at this time and are blessed to donate \$30.65 for September and \$182.36 for October to Region and \$30.64 and \$142.35 to NAWS.</p> <p>ILS, Frank Y</p> |
| Appalachian | <p>The Appalachian area’s P.O is located at 3214 Appalachian area of NA Lynchburg Va. 24501. In our area there are 7/8 home groups in our area, mostly all group GSR’S attends the ASC meeting. There are currently a few positions open in our area, the secretary position, the PR chair, the Vrcc alternate, the Policy chair, and other Special events positions are currently unfilled. We recently elected a RCM Alternate. Ms. Danielle D. Welcome her. The groups in our area, is carrying the message of hope, and opening the doors regularly. We’re in the process of conducting an area service inventory to figure out a better way to attract the new comers to be of service. Our area as most area’s is meeting regularly, opening the doors, carrying the message to the new comers, praying for our old timers to the best of our ability, we recently had an ad-hoc committee in place to put on a special events event which was a success. Our next area service meeting will be held at the West Lynchburg church located at 3031 Memorial Ave. On November fourth at 3:30 pm.</p> <p>P.S we have a donation of \$215.36, in loving service Lisa B RCM.</p> <p>In loving Service Lisa B RCM.</p> |
| Beach | No report was sent to the secretary |
| Blue Ridge | Hello from the BRANA area. The BRANA ASC meeting was held on |

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| | <p>October 14th at 4pm at the Verona UMC in Verona, VA. The meeting was opened with a moment of silence followed by the Serenity Prayer, the 12 Traditions, the 12 Concepts, the definition of the ASC and the Unity Prayer. There were 5 out of the 13 home groups represented. Business was conducted as usual. There was nothing to report in open forum. The GSR reports were given by those attending. Overall most of the home groups are doing well. The Oak Ridge Gratitude group which is newly formed needs support as well as a new GSR because the current one is moving. The ASC Trusted Servants reports basically showed no change with the exception of James H. is stepping down as treasurer pro-tem and this is his last month. The H&I subcommittee which falls under Outreach in our area, continues to cover their commitments but with the same handful of people. Those commitments are Middle River Regional Jail (male and female sides), Western State Hospital, and Augusta Correctional Center. Each of those have one meeting a week. The Special Events committee will be hosting a Halloween Dance on November 3rd at Main St UMC, Waynesboro, VA. There will also be a Thanksgiving Marathon on November 24th with the location to be announced later. The Holiday Event will be coming up in December and more will be revealed about it later.</p> <p>The mailing address has changed for the BRANA area. It is now PO Box 289, Verona, VA 24482.</p> <p>After no further business, the meeting was adjourned with the Serenity Prayer.</p> <p>The next BRANA ASC will be held on November 11th at 4pm at the Verona UMC, Verona, VA 24482.</p> <p>NA Luv and Hugz, Nancy H.</p> |
| Gateway to Freedom | <p>Good afternoon family! I attended both ASC's for my Area since our last Regional meeting. There were 6 homegroups represented in September and 7 in October. We currently have 15 homegroups Carrying 16 meetings weekly.</p> <p>Open Area trusted servant positions are as follows: Vice-Chair, Literature Chair, H&I Chair, PR Chair, Policy Chair, Special Events Chair, Camp Jam Chair, RCM, RCM-alt. and Outreach Chair. Larry S. was nominated for Camp Jam V Chair and the position is being sent back to homegroups for new nominations.</p> |

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| | <p>Our Literature Chair, Mike M., recently moved to another Area and is now filling the position pro-tem. Linda K. has fulfilled her one year commitment as H&I Chair and has stepped down. John G. has stepped up to fill that position pro-tem. Kim G. was nominated for Special Events Chair and is serving that position pro-tem as well. Duane F. (myself) was voted in as Area Chair in October (last week). I have served the RCM position for 2 years now and have to step down. Area policy dictates that I can not serve more than 2 consecutive terms in one position nor can I hold 2 Area service positions simultaneously. I will, however, continue to represent the Gateway To Freedom Area until a new RCM can be voted in.</p> <p>H&I is struggling for help right now. At this point in time, we are no longer carrying a meeting into the Joseph S. Massie Unit, nor are we servicing the Allegheny County Detention Center. Our only current commitments are the Potomac Highlands Regional Jail in Augusta, WV in which we still carry both a mens' and a women's meeting biweekly.</p> <p>We hosted our 4th annual Camp Jam Convention/Campout on Sep. 20-22. Despite some minor mistakes and setbacks, the event was a success. We had good weather, good food, and great speakers. Many newcomers' were profoundly touched by the experience as well as were some of our more experienced members. This event has generated some new interest and willingness to help with the next event, Camp Jam V.</p> <p>Our Treasurer was absent for the last ASC so we have no donation for Region this month. The next ASC will be Sat. Nov. 10th at Friendship Haven Church - 22 Mechanic St., Cumberland, MD 21502. As always, I am grateful for the opportunity to serve and grow in this fellowship.</p> <p>In loving service,</p> <p>Duane F. - RCM pro-tem</p> |
| New Dominion | <p>Report to RSC From New Dominion ASC held 20/14/18.</p> <p>New Dominion has 54 homegroups with 64 meetings. At ASC 21 areas were voting and 16 were reporting. For H&I we are serving 8 facilities with 31 meetings a month.</p> <p>We have a donation to Region today of \$4396.31.</p> <p>On October 13 we had a unity day event with Richmond area. We had inside</p> |

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| | <p>and outside games, BBQ'd burgers and hot dogs and fried fish. We had 2 speakers (one from each area.) Everyone had a good time and there was talk of doing this again. The pre-convention fundraising committee had a Bingo Game as part of this event for our last formal fundraising activity.</p> <p>We elected a Camp-Out chair: Mike M. Next month Vice-Chair is up for election.</p> <p>In loving service, Noreen J and Michael L.</p> |
| Outer Limits | |
| Peninsula | |
| Piedmont | <p>A. Groups: The Piedmont Area currently has 22 active Meetings in 14 Home Groups.</p> <p>B. ASC Attendance: At Octobers' ASC Meeting there were 12 HGs in attendance.</p> <p>C. Open Positions: RCM-2</p> <p>D. Elected: Vice-treasurer</p> <p>E. Group News: none</p> <p>F. Area News: An ad-hoc committee was set-up to address issues around the language of our policy, which has unclear requirements for service positions and still contains positions requirements that no longer make sense, such as the secretary being in charge of keeping a stock of stationary. We will expect a report from this committee in November.</p> <p>G. Subcommittee news:</p> <p style="padding-left: 40px;">a. <u>H and I-</u></p> <p style="padding-left: 80px;">i. We continue to have 5 H&I meetings in 4 facilities held in the Piedmont area, they are listed below</p> <p style="padding-left: 120px;">1. Men's ACRJ- 2/wk</p> <p style="padding-left: 120px;">2. Women's ACRJ – 1/wk</p> <p style="padding-left: 120px;">3. Boxwood- 1/wk</p> <p style="padding-left: 120px;">4. 5East-Uva. Medical Center-Wk.</p> <p style="padding-left: 80px;">ii. Other facilities:</p> <p style="padding-left: 120px;">1. Wellness Recovery Center- currently on hold due to facility closing and re-opening</p> <p style="padding-left: 120px;">2. Morris Creek – New rehab facility, letting PR in but havent gotten back to us about H&I</p> <p style="padding-left: 120px;">3. Fluvanna- on hold indefinitely due to a member feeling that he was assaulted by an inmate</p> <p style="padding-left: 40px;">b. <u>Public relations</u></p> <p style="padding-left: 80px;">i. We continuing to stock IPs in the respective facilities:</p> <p style="padding-left: 120px;">1. UVA Medical Center,</p> <p style="padding-left: 120px;">2. The health department</p> <p style="padding-left: 120px;">3. The Charlottesville Free Clinic.</p> <p style="padding-left: 80px;">The Website is also being updated when needed. Along</p> |

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| | <p style="text-align: center;">with our Meeting Lists.</p> <p style="text-align: center;">As discussed in Open Forum, our meeting list has been updated with the BMLT, CAR-NA website, and Teddy's spreadsheet</p> <p>c. <u>Special Events</u></p> <p>The Piedmont Area will be having a Halloween party. The theme is The Masks Must Go. There will be treats, dinner, a raffle, a costume contest for the kids, and a speaker.</p> <p style="text-align: center;">It will be on Saturday, October 27th from 6-10pm</p> <p style="text-align: center;">Dinner at 6</p> <p style="text-align: center;">Costume party 7:30</p> <p style="text-align: center;">Speaker 8:15</p> <p style="text-align: center;">Address: Church of Our Saviour 1165 Rio Road East Charlottesville, VA. 2290</p> <p>H. Area Concerns: none currently</p> <p>I. Brief Summary: All is well</p> <p>J. Next ASC meeting: November 4, 2018</p> <p>ILS, David H.</p> <p><u>Motions/Business</u></p> <p>None to report</p> <p><u>Next Area Service is May 5th at Church on Our Savior</u></p> <p>At 4:00pm.</p> <p>ILS, David H.</p> |
| Rappahannock | |

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| Richmond | <p>How many groups in my area: 33 Home Groups and 37 Meetings</p> <p>How many GSR's attended last ASC: 24 in September and 20 in October</p> <p>Area trusted service positions open: Policy Chair, VRCC Director, and Vice VRCC Director</p> <p>Area trusted servants elected: Hydia H. was elected as ASC Treasurer</p> <p>Group news: None</p> <p>Area news: We are creating an AD-HOC committee for IDT workshop we are currently looking for a place to meet.</p> <p>Subcommittee news: H&I takes a meeting to RBHA for men and one for women, they also go to Richmond City Jail for males and New Kent Jail also for males.</p> <p>Area Concerns: None</p> <p>Area Special Events Calendar: Richmond and New Dominion collaborated for a Unity Day event and there is talk about possibly having a New Years Eve dance together.</p> <p>Brief Summary: We have a \$500.00 donation. We are going to collaborate with New Dominion to go over the Inventory in hopes of continuing to build unity between the two areas.</p> <p>Next ASC meeting: Next ASC Meeting is Sunday Nov. 11, 2018 4PM at 3121 Moss Side Avenue, Richmond VA 23222</p> <p>Meeting schedules are on the counter.</p> <p>Area Contact Information: Richmond Area Service, PO Box 26249, Richmond, VA 23260 www.rvana.org</p> <p>In Loving Service Kim M.</p> |
| Roanoke Valley | <p>Hello Family. I am glad to be back at the RSC as the newly elected RCM for the Roanoke Valley Area of NA. The Area is doing well overall, and the message of recovery is being carried in our meetings. We currently have 25 meetings in the area. As an Area, we are discussing ways to make participation in the ASC</p> |

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| | <p>attractive to our members. Of the 25 meetings being held, on average, about half of the groups are represented at the ASC each month. We are working to fill the Vice Treasurer, Policy Subcommittee Chair, Alt RCM, Alt VRCC Rep, Public Relations Subcommittee Chair Positions. Our H&I Subcommittee is locations, conducting H&I meetings at Salem Veterans Affairs Hospital, Blue Ridge Detox facility in Salem. The Activities Subcommittee will host a Fall Fun Day in conjunction with the Stay Together or Die Alone Speaker Jam that is being hosted by the Pain Stops Here Homegroup on Sat Oct 27, 2018 from 1:00pm – 8:00pm at St, Mark’s Luthean Church, 1008 Franklin Rd, SW, Roanoke, VA. Our next ASC will be held on November 12th at Williamson Road Church of the Brethren 3110 Pioneer Road NW, Roanoke, VA.</p> <p>ILS,</p> <p>Mike G (RCM RVANA)</p> |
| Shenandoah Valley | <p>All is well in the Shevana Area. There are 27 meetings weekly with 21 Home Groups. Area Service met Monday Sept 10th with 14 GSR’s/Alt present out of 16 active home groups. ASC also met on Oct. 8th with 16 GSR’s/ALT present. Quorum was met each time & business was conducted per policy.</p> <p>At the Sept. ASC mtg. I handed out copies of the Regional Inventory Questions to all the GSR’s present & encouraged them to take them back to their homegroups, make copies, ask me questions and complete them to the best of their abilities. At the Oct. ASC I attempted to further explain the process & reasoning of the Inventory Questions and that the RD Team would be condensing the questions. I also explained that in the upcoming months the RD team would visit each quadrant to hold workshops to further address the Inventory Questions.</p> <p>The Shevana Chair sent out electronic copies of the questions to all ASC members. I visited several mtgs this last week in an attempt to pick up completed copies of the questionnaires and gave what I was able to obtain to Randy D.</p> <p>The Out-Reach Committee continues to visit inactive & struggling meetings to help in anyway they can. The newcomers meeting held on Fri & Sat nights at 10:30pm (Just for Tonight) was able to locate a new meeting space central to walking distance from local Oxford Houses and Treatment Centers. I am impressed to say their GSR and several home group members were able to do this with little input from ASC, but we did attend meetings with them to provide support and explain the 7th Tradition to prospective location vendors.</p> <p>Special Events Sponsor-Sponsee Breakfast was a successful event held Sept. 22nd. At Market St. UMC church. Their next event is the annual Womanless Beauty Pageant which has been a hit with NA members in Shevana Area the last two years. It will be held on Nov. 10th at Market St. UMC. Doors will open at 5pm. A crown & sash will be awarded to MISS-TER Shenandoah Valley, sash for 1st & 2nd Runner up & Ribbons for Best Legs, People’s Choice & Miss-ter Congeniality.</p> |

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| | <p>Special Events annual Home Group Chili Cook-Off will be held Sunday, Nov. 18th prior to the 7pm NOANDA mtg. It will start around 5pm. Taste testing will begin promptly at 5:30 with voting shortly after. There will be 1st, 2nd & 3rd place trophies awarded. Free Chili will be offered to all who attend the NOANDA Mtg.</p> <p>The annual Holiday Dinner for the Shevana Special Events will be held Dec. 22nd at Marker St. UMC. Linda A. has agreed to chair this event. This is a free & family event, but Special Events encourages NA members to bring a dish or dessert to share. A gentleman from the North Pole will make his annual visit, so we encourage members to bring their children. More will be revealed.</p> <p>Flyers for all the events are up on the shevana.org website & will be added to the CARNA.org website. There are also flyers on the back table to anyone who would like to take one.</p> <p>H&I continues to take 4 meetings monthly to Winchester Behavioral Health & 2-3 meetings into Juvenile Dentation Facility. There are 2 meetings held monthly in the Northwester Regional Jail, one to the women's side & one to the men's side. In the Rappahannock, Shenandoah, Warren Regional Jail there continues to be 1 meeting to the men's facility. H&I continue to work on obtaining an orientation for the women's side.</p> <p>An Ad Hoc Committee was formed with Melissa E. as chair to facilitate updating and correcting the Shevana Guidelines. Archer C. was elected Parliamentarian at the Sept. ASC Meeting.</p> <p>Open positions at ASC are VRCC alt, Special Events Chair & RCM alt. The next meeting of ASC will be held on Nov. 12, 2018 at Grace Community Church, Roosevelt Blvd. Winchester, VA.</p> <p>ILS Elisa D. RCM Shevana Area</p> |
| Southside | <p>October RCM Report for Southside Area</p> <p>Hello family, . Last ASC was Oct. 7. Positions open are vice treasurer and activities and vice chair because our chair will be resigning because of medical issues. Our new H&I is Helen. H&I is again taking meetings weekly to mental health and the women's jail.</p> <p>We are having another phone orientation in the near future to increase those able to take area phone and answer help line. This will take place Nov. 10th at Ascension Lutheran Church 2-4 P.M. We will have our 3rd chili cook-off on Oct. 27 at Ascension Lutheran Church. We also have a group celebrating a 33 year anniversary on Nov. 3. (Solutions with Serenity).</p> <p>Donation to region is \$23.75. We bought extra literature for National Night Out and H and I 's new chair person restocked the jail and mental health. We have 19 home groups, out of 35 meetings and only 11 GSR were present this</p> |

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| | <p>month.</p> <p>In Loving Service Sue N.</p> |
| Tidewater | <p>Our area is doing well. We still have problems with a lot of new people in most of our service positions. We have 80 groups but only 35 show up at Area on a regular basis. We had only 32 last Area. We need to fill 2 positions: VRCC and Treasurer. Our current Treasurer is staying until a new one can be found.</p> <p>H+I is going strong. We just had a learning day, about 35 addicts attended, and we picked up five new volunteers. We now have twelve H+I Commitments, including two prisons and three jails.</p> <p>Last Saturday night the Special Events Committee hosted a Not-So-Scary Halloween Party. It was a fun night with dancing and several meetings. Food was served. Our Area convention TACNA is having a fundraiser Speaker Jam on December 8th from noon to 8:00 pm at St. Paul's United Methodist Church, 437 Providence Road, Chesapeake, VA. And TACNA XVII will be held March 1-3, 2019 at the Marriott in Downtown Norfolk, VA.</p> <p>We are now on track with quarterly donations to the Region. The next Area will be held on November 11th.</p> <p>In Loving Service, Chris P.</p> |
| Tri-Cities | |

9. All New Business Motions turned in before lunch

10. **Elections & Nominations**

Vice treasurer: Open (open since 173rd) no nominees at 191st. No nominees at 192nd. No nominees at 193rd

Speaker Jam chair: Open Open longer than two RSCs as of 185th no nominees at 191st. No nominees at 192nd.

Erin T from Peninsula nominated by Kim A (193rd) for Speaker Jam chair. Approved by acclamation. Erin's qualifications: 15 years and 10 months clean; 2 years secretary of Bull Run Area; served as chair for programming for AVCNA in Appalachian Area; working knowledge of 12 steps and 12 traditions; have a sponsor who has a sponsor, have sponsees.

RD position became open for nomination at 192nd. RDA is an automatic nominee. Current RD's term ends in December. No further nomination at 193rd. Nominations closed at 193rd.

Public Relations position became open at 192nd. Current chair had to step down due to personal/family issues. Nominations needed. No nominees presented at 193rd.

11. Old Business:

- a. **Motion 185-2:** Background: Currently our guidelines are silent as to who is responsible for scheduling subcommittee meeting locations and how far in advance they should be scheduled.
Intent: To establish a single point of accountability to ensure that subcommittee meetings are scheduled sufficiently in advance to allow time for them to be publicized.
Motion: Add Section 10 A 7 to read “Schedules subcommittee meeting locations at least 3 months in advance. Such locations must have WiFi or similar technology available for use at the subcommittee meeting.”
Mover: Norman C. Second: Mark S. **Disposition: Referred to Policy. In policy at 192nd. Policy change presented at 193rd and sent back to areas. 2 Pros from the floor: 1) consistency 2) accountability. 1 con from the floor: adds more duties to the vice chair.**
- b. **Motion 189-2:** Provide bank cards to the Delegate team which access budgeted funds. The Treasurer would transfer funds into the account(s) associated with the card and the trusted servant would be able to spend budgeted funds and provide receipts for expenditures as stipulated in policy. **Intent:** to help the Regional treasurer and the delegate team be accountable and responsible and to help them better fulfill their duties. **Disposition:** Referred to policy. **Still in Policy. In Policy at 192nd. Still tabled at 193rd**
- c. Policy chair said that she will look into how to address the idea of reimbursing for mileage as opposed to gas receipts. (187th). Still doing research as of 189th and the 190th. (191st) (192) (193rd)
- d. Policy chair crafting policy to help keep track of the whereabouts of Regional tangible property and how to appropriately dispose of such when necessary. (189th) (190th)(191st)(192)
- e. Is there going to be a workshop in the Beach area presented by H&I and ISW? **192nd: possibly will be done at October 2 day. (This was done on Saturday at the October 2 day)**
- f. Any updates from the inventory ad-hoc? **RD team will do workshops in every quadrant to disseminate the Regional Inventory questions and other related information to the fellowship in preparation for a presentation at the April 2019 2 day event. Still being fleshed out as of 193rd.**

12. New Business:

- a. **Motion 193-1:** Submission of Budget for 2019. Sent to groups for review. Budget sent out as attachment.
- b. **Motion 193-2:** From RDA2 (Randy D) requesting funds for MARLCNA. \$385.90 This is an approved budget line item and the motion is presented merely for transparency.
- c. **Motion 193-3:** From RDA2. Requesting funds for Autonomy Zonal Forum (AZF) in January. \$343.00. Approved budget line item. Presented for transparency.
- d. **Motion 193-4:** From RDA. Request for funds to attend MARLCNA. \$385.90. Approved budget line item. Presented for transparency.
- e. **Motion 193-5:** From RDA. Request for funds for AZF. \$343.00. approved budget line item. Presented for transparency.

13. Next RSC will be held on: December 15th Charlottesville, VA

14. Announce Location and Time of next Subcommittee Meetings: Nov 17th. Poquoson Baptist Church 283 Wythe Creek Rd Poquoson, VA 23662 10- 2:30 **To attend via Zoom conferencing see CAR-NA website for Zoom log on info.**

15. Close with Serenity Prayer and Announcements