

**Minutes for the 197<sup>th</sup> Regional Service Conference  
Central Atlantic Region  
June 15, 2019 Charlottesville, VA**

**Open Forum began at: 11:00      RSC began at: 12:15**

1. Serenity Prayer
2. Open Forum:
  - 1) RD Dee and Randy talked about the fact that the zone has nothing in place to finance the 2 day learning zonal weekend.
3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

Executive Body	Areas				
Chair	Bill M	P	Almost Heaven	Frank Y	P
Vice Chair	Etta F	p	Appalachian	Absent	
Secretary	Julie T	p	Beach	Joe B	P
Treasurer	Brian C	p	Blue Ridge	Nancy H	P
Regional Delegate	Dee P	p	Gateway	Wayne F	P
Regional Delegate Alternate	Randy D	p	New Dominion	Michael L	P
Regional Delegate Alternate 2	Vacant		Outer Limits	Absent	
VRCC Chair/Vice Chair	Michelle M	p	Peninsula	Absent	
Hospitals and Institutions Chair	Nancy H {PT}	p	Piedmont	David H	P
Policy Chair	Antionette B	P	Rappahannock	Absent	
Public Relations Chair	Richard S	P	Richmond	Kim M	P
Speaker Jam Chair	Absent		Roanoke Valley	Mike G	P
			Shenandoah Valley	Absent	
			Southside	Sue N	P
			Tidewater	Chris P	P
			Tri-Cities	Greg F	P

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:** VRCC vice chair Michelle M
6. **Approval of Prior Minutes:** Not approved will be revised and brought back next meeting.

## Trusted Servants Reports

**Chair Report:** June 15, 2019

Good morning family,

My work as chair over the last few months was limited to answering a few phone calls and some questions. My recovery from shoulder surgery was more difficult than I imagined and my service to this body suffered as a result. I apologize for any inconvenience.

Today's RSC is the end of my service at the Regional level, for a while at least.

My years as a servant of this body helped my recovery in a myriad of ways. I do not believe my recovery would have progressed as it has and I have this body to thank.

I have several boxes of archival Regional material that includes reports dating back to the 1980s and a box of PR material.

**Vice Chair Report:** Hello Family,

I don't have a lengthy report today. I have nothing to report since the last GSR Assembly and RSC in Fredericksburg. I was pleased with the turn out and hope that everyone learned something new. This is my last RSC as your Vice Chair. I have enjoyed doing service here and I hope that you see fit to elect me as your next chair.

In loving Service,

Etta F.

**Secretary Report:** I would like to apologize for the minutes being late. I had a really hard time with writing the report I am creating my own template that will be easier for me to manage. ILS Julie T

**Treasurer Report:** Good Afternoon,

We had \$1579.08 in income and \$4214.45 in expenses since the last RSC, resulting in a bank balance of \$14,660.42. This puts us \$631.67 over our prudent reserve, so we will be cutting a check to NAWS for that amount today.

Expenses for the two-day event totaled \$2966.26, including lodging, food, meeting space and printing costs. We were well under budget for all of these items and are well set up for our two-day event in the fall from a financial standpoint.

I have been very busy over the past six months with a new job, but things are calming down now. I hope to get more time to tackle some of the projects I've had on the back burner finished over the summer, starting with policy changes around standardized documentation of expenses and the use of expense reports for RSC members who travel. Both items will facilitate better transparency and easier auditing of the books.

Thanks for the opportunity to be of service.

**RD Report: RD Report**

June 15, 2019

**Teleconferences**

I have attended teleconferences this past 2 months for the scanning subcommittee, AZF interviews, and will be attending the webinar today with NAWS at 2 pm. We held the environmental scanning workshop here in Charlottesville on May 11 to a poor turnout. The next scanning workshop will be held on June 29<sup>th</sup> in the Stevens City.

**October 2 day event**

For the previous 3 years, the October 2 day event has been held in VA Beach in 2018, Roanoke in 2017, and Harrisonburg in 2016. I am reaching out to the RCMs in Quadrant 1 to help me secure a location for the upcoming October 2 day event. More will be revealed.

**July AZF Meeting**

The July AZF meeting is coming up next month in Philadelphia PA on the 27<sup>th</sup> and 28<sup>th</sup>. I have not booked my hotel room yet but am planning to do so this week. I am planning to split the cost of the room and parking with someone.

**Upcoming Schedule**

July 27 and 28                      Autonomy Zonal Forum in PA  
August 17<sup>th</sup>                           Regional Meeting  
October 19<sup>th</sup> and 20<sup>th</sup>   October 2 day in location to be determined

**What is a Zonal Forum?**

Zonal forums are service oriented sharing and/or business sessions that provide the means by which NA communities can communicate, cooperate, and grow with one another. Although not a part of NA's formal decision-making system, world services and zonal forums interact in many ways. Zonal forums are invited to provide reports on the floor of the World Service Conference and, when requested by the conference, may also answer specific questions or address the body. In order to improve communications, they are provided with conference participant mailings and are requested to send their minutes to world services. World services typically attend zonal forum meetings and may provide funding for some participants' attendance at zonal forums. Maintaining effective communication between the zonal forums and world services is a high priority. In order to more effectively serve the fellowship, world services and zones should develop a partnership for the planning and conducting of the worldwide workshop system, and by assisting each other in the coordination of a variety of service efforts such as professional events and fellowship development activities.

At the World Service Conference in April our fellowship voted in favor of zonal delegation. In light of this, we(AZF) feel it is time for our zone to progress towards becoming a body that does more to support our regions. We discussed having 2 events per year. We feel it is time to set up a couple of elected positions at the AZF in order to have increased continuity and support in planning these events. The two positions that we are currently discussing are zonal facilitator and zonal secretary. Having these two trusted servants would allow the delegates to focus completely on our discussions and allow us to better serve our Zone. Up until now the AZF has been an information gathering body but we feel our fellowship's group conscience has guided us to do more. We are bringing you this information today in order to be sure our region would support this change. The costs would be born by the 6 regions that comprise the AZF and would approximately \$250 per year.

In Loving Service, Dee P. [zikidee@yahoo.com](mailto:zikidee@yahoo.com)

### **RDA Report: RDA report for June 15, 2019**

I have been very busy since the April 2 Day event. Thanks for the opportunity to serve as the RDA. Time sure do fly when you have so much to do and try to keep up with. My brain sometimes will not shut off. By the way, my job that I have been with for 20 + years needs me to lead a crew and go to a 12-hour shift starting June 17, 2019. Right now, it will be 7am until 7pm with 2 on 2 off and weekends. This will impact my scheduling moving forward and I will do the best that I can as we go on. Communication is the key here. I have Gratitude, gratitude and more gratitude for being clean just for today. Prayers go out to our RD Dee P. who is going through a lot right now.

**Regional Planning**, we meet every Wednesday 5pm via teleconference to plan workshops that will help our Region, Areas and Groups find out how we are doing and what we can do better to carry NA lifesaving message to our communities. We have done quadrant #1 on May 11, 2019. My expenses for were \$21.00 for gas and \$8.73 per diem totaling \$29.73 for reimbursement. Quadrant #2 is scheduled for June 29, 2019 at 1275 Tasker Road Stephens City Va. Spirit Word Church beginning at 11 am until 4 pm. Lunch provided for all workshops. Quadrant #3 workshop is scheduled for July 13, 2019 at 21206 Timberlake Road Lynchburg, VA 24502 11 am until 4 pm and quadrant #4 is August 10, 2019 at Good Shepherd Lutheran Church 1489 Laskin Road Virginia Beach VA 23451 11 am until 4 pm. See Car-na.org/planning and events page for flier download.

**Regional Subcommittees**, I was unable to attend the Regional Subcommittees in May. I received from some updates as to what was discussed. I understand that Policy and H&I did not meet but Public Relations did meet.

**Autonomy Zonal Forum**, we met via teleconference on May 20, 2019 from 7 pm until 9 pm. The minutes for these meetings are publish at the AZF.org/minutes for all to view. Discussions went on about the Secretary and Facilitators positions and collecting resumes before the May 31, 2019 deadline. June 4, 2019, we conducted 2 interviews for the Facilitator position and June 9, 2019 we interviewed 2 for the Secretary position. Voting to take place July 2019. The July 2 day AZF event is fastly approaching being on July 27 28, 2019 at 1125 S. Broad Street Philadelphia PA 19147 At Circle of Hope (2<sup>nd</sup> Floor) hosted by Greater Philadelphia Region. This Region is asking all Regions to help with the cost of this 2 day by a contribution of \$110. 60. The funds are covering just Sunday Autonomy Zonal Forum meeting with lunch. All are welcome to attend. I will attach their request to my report. The next in person AZF meeting is January 25 26, 2020 hosted by Central Atlantic Region. I am currently working on a venue and submitted a request to the World Board asking for participation as this will be WSC time frame with CAR/CAT material already being out.

**October 2 Day**, the October 2 Day is the 19 20th, and Dee P. RD is working on a quadrant and venue. Most likely the agenda should be continuing with the Regional planning steps.

**AVCNA 38**, Dee has confirmed that we have a workshop space at the Convention at 12 noon. More will be revealed about the agenda for that workshop.

**Conference Participant Webinar**, the next webinar is Saturday June 15, 2019 at 2 pm – 3:30 pm. This meeting is focused on building consensus on what effective and sustainable mean in relation to the World Service Conference. **10 August 2019 5 October 2019 7 December 2019**

#### **Deadlines**

Regional motion deadline

1 August 2019

Regional motions ready for the CAR 31 August 2019 Deadline for all candidate submissions to the HRP's nomination process 30 September 2019 English Conference Agenda Report available 26 November 2019 Translated Conference Agenda Reports available 26 December 2019 Conference Approval Track material available 15 February 2020 Deadline for regional material to be submitted for inclusion in the Conference Report 15 February 2020 Amendments to CAR and CAT motions deadline 16 April 2020 World Service Conference 2020 26 April - 2 May 2020 In gratitude I serve to give back what has given to me, such a great life,, Randy D. RDA



Greetings! We've just posted the first batch of drafts for the Spiritual Principle a Day Book Project. Between now and **1 September 2019**, we encourage you to *review* all or part of what we've put together and give us your *input*. You'll find everything you need to participate in review and input (R&I) at [www.na.org/spad](http://www.na.org/spad) --the Spiritual Principle a Day (SPAD) Book Project landing page, including:

R&I drafts to download: 12 entries on each of four spiritual principles

- unity
- acceptance
- surrender
- love
- Two versions of a form you can use to submit your input
  - An online version, which can be completed from any connected device (Please enter your input via this online form if you can ☑)
  - A form that you can download and print
- Background on the project, information about how we used material from the Fellowship to develop these entries, and tools for creating more material
- Your input will shape our revisions and provide direction for the remaining entries in the development pipeline. Together with the advance material that's being generated by NA communities around the world, your input will help us create a book that truly reflects our Fellowship-wide experience, strength, and hope.
- Thanks, in advance, for participating in the R&I process. **The deadline for input on this first batch of R&I is 1 September 2019.**
- Please feel free to send your questions, concerns, or other comments about the R&I process to [worldboard@na.org](mailto:worldboard@na.org).
- In service,
- Your World Board
- In gratitude I serve to give back what has given to me, such a great life, Randy D. RDA

**VRCC Chair:** Hello Family,

All is well at the VRCC. The 38th AVCNA is still in its planning stages. The AVCNA will be held at the double tree in Virginia Beach with workshops and main speaker meetings to be held at the convention center. All executive and subcommittee chair positions have been filled. Convention information, flyers, and registration can be found on our website [avcna.org](http://avcna.org).

Attached to my report you will find the vrcc spreadsheet calculating prudent reserve. Our policy states that money in excess of prudent reserve shall be dispensed 60% newcomer packets and 40% RSC donation. The spreadsheet shows that we have been below our prudent reserve since the 33rd avcna, hence the reason there has been no donation to the region.

I sent an email to the regional vice chair mailbox on May 16 asking for concerns from the region regarding the vrcc and documentation that the region may want to see. If the body wants to ask any of these questions or concerns I would be happy to answer what I can.

The SHEVANA area has won the bid for the 39th AVCNA and host elections for that will be held in August.

At this time the Vrcc needs help. We currently have 5-8 areas sending directors to the VRCC meetings. Our executive body is absent a secretary and policy chair.

Thank you for allowing me to serve

Michelle M-VRCC Vice Chair No employee or agent is authorized to conclude any binding agreement on behalf of the Virginia Regional Convention Corporation with another party by email without express written confirmation by the chairperson of the corporation

**RDA2: Open position**

**H&I Chair Report: No Report**

**Policy Subcommittee Report:** Policy Report Policy was unable to attend the subcommittee meeting due to work. Currently Policy has addressed motions 195-2 Scheduling the subcommittees was to be sent back to groups from what I have come to understand they did not include Pros & Cons this motion will be revisited today Motion 182-

3 Debit card RD Teamistobetabledpermanently(195th) the only thing left for Policy currently is with the disposal of equipment gathering the old equipment then making a decision on how to proceed which can be discussed at the subcommittee meeting for further exchange of ideas. In regards to gas receipts & mileage the IRS Standard mileage rate will be used under charity (non-profit) which translates to 14 cents per mile. I am grateful to be of service.

In Loving Service Antoinette B Policy Chair

**Public Relations Report:** We have gotten verbal confirmation from several areas that they would like to explore a multi-tenant Wordpress site. We are still working on the new site design, but are nearing the Go Live phase.

We want to submit a motion to acquire more flexible hosting for the current and future webservices.

We received a request from Cindy Blanton from the NCACI about the ability for someone to chair a meeting at the conference 6-7pm on Monday or Tuesday next month. I acquired all PR materials from the previous PR chair. The regional PR committee has no-one that can make this event.

I will try to do a better job of keeping better notes in the future. I lead the meeting from my car while attending our 40th year anniversary event we had at the same time, as I was working on archiving this all day speaker meeting simultaneously.

<https://car-na.slack.com/>

In loving Service Richard S

**Speaker Jam Report:** The speaker jam subcommittee had a subcommittee meeting on Wednesday May 15th. I spoke to Ann the web servant and we are going to create a speaker jam page and am in the process My of putting together a draft on what we want on the page. At the next Regional subcommittee meeting I will be requesting a check for our budget of 600.00. The next subcommittee meeting is June 17th at 830. In loving service currently filled. All commitments have been met. Our ENC sub-committee (emergent needs committee) is planning a New Year's Eve dance. We have a spades tournament set for July 6th @ 8pm @ the Greek Orthodox Church off Laskin Rd. in VA Beach. I have tickets and they are only \$5 bucks!!! We are also planning a walk/run for some time in September.

Our SOTS (serenity on the shore) is planning our next camp out in October. The camp out is planned for the 4th thru 6th.

ILS,

Joe B.

**Almost Heaven:** Greetings from Almost Heaven Area. Our area is doing well. We continue to have great support from the GSR'S attending Area. Our attendance was 13 groups present in May and 15 for June. We have the following positions open. 1) RCMA, 2) VRCC director 3) We need contacts for Eastern Regional Jail and female contacts for Washington County Detention Center In our Local Service Unit (LSU) **Public Relations task group** has been very busy contacting the public. 4/18/19 the Literature track was updated at the Charlestown Juvenile Court. 4/27/19 Opioid Epidemic workshop with the Honorable David Trone was attended by over 200 community and various agencies, it was well received. 4/27/19 National DEA Drug Take Shepherdstown we had a table. 6/8/19 the PR task group and members from our area did a walk in Hagerstown, MD carrying our NA banner, waving to cars people waving back and honking horns. We walked about three mile and handed out over 120 meeting list. This was done for the last day of our global PR week with the theme We are all PR. 6/21/19 The Blue Ridge Summer Symposium in Martinsburg we will be on a panel and it is being held at the Blue Ridge Community and Technology College. 6/29/19 Up with hope Down with dope Hagerstown planning and an event table 12pm-5pm. There are several more this summer with plans to put up our event table. Our Local Service Unit (LSU) **H&I task group** is hanging on we sure can use some help. We still have no point of contact for ERJ and have no one going into the jail. We are in need of female contacts for WCDC but have between 6-8 residents attending the Male side.

Our Area is hosting a Spiritual Breakfast on 6/29/19 in Charlestown, WV. Where our Wednesday night meeting It's a brand new day meets. Our Almost Heaven Area Convention #33 being held Aug 22,23,24<sup>th</sup> in Front Royal VA is doing well. Fliers can be downloaded from our regional website or the AHA website: <https://almostheavenareana.org>. We are looking forward to another great convention this year. Hope to see you there. We are sorry about the later date, but be assured we will be back on schedule for the first weekend in August for 2020.

Another thing, we have a high school group on site renting Rector and Peter's lodges the same weekend we are there.. They have the Lower Campfire Circle Friday night so we have the **Upper Campfire Circle for our marathon meetings** behind Congressman Lodge that evening, but we have the Lower Campfire Circle available to use for Saturday and Sunday. Last, but not least we are having a great comedian for Saturday night. We are offering for persons who pre-register a **\$5.00 discount** so the cost will be \$10.00 and \$15.00 at the door. He is a great one-man recovery show. For those who pre-register and want comedian tickets just write in on your registration form and include the amount in your total pre-registration cost. See you soon!!!! Almost Heaven Area Convention XXXIII Committee

Our Policy committee is working in clarifying some aspects of our policy. Our literature committee is doing well with literature always available at area and our current chair has accepted nomination for another term.

Next Area is 7/13/19 @ 400 W Stevens St., Martinsburg, WV.....ILS Frank Y

### **Appalachian: Absent**

**Beach:** Hello all!!! Beach Area met this month with 15 GSR's in attendance. The only open position is VRCC Director.

Our H&I is currently serving 2 facilities, Pathways Detox Center and Virginia Beach Detox Center. We do 2 meetings a week at Pathways and 4 meetings a week at Virginia Beach Detox. All chair and co-chair positions are currently filled. All commitments have been met. Our ENC sub-committee (emergent needs committee) is planning a New Year's Eve dance. We have a spades tournament set for July 6th @ 8pm @ the Greek Orthodox Church off Laskin Rd. in VA Beach. I have tickets and they are only \$5 bucks!!! We are also planning a walk/run for sometime in September.

Our SOTS (serenity on the shore) is planning our next camp out in October. The camp out is planned for the 4th thru 6th.

ILS,  
Joe B.

### **Blue Ridge: Absent**

**Gateway to freedom:** Gateway To Freedom Area

Good afternoon Family! The Gateway To Freedom Area still holds 15 meetings weekly with 13 Homegroups. There were 7 GSR's present for Area Service in May and 8 in June. Open trusted servant positions are: Vice-Chair, Policy Chair, PR Chair, RCM, RCM-alt and Vice-Treasurer. Big Dave C. was nominated and acclimated to the Literature Chair position in May.

In group news, the Tradition Five group is celebrating their 10 year anniversary today at 6pm. The Steppin in Springfield group is hosting a River Float/Picnic on Sat. Aug. 3rd. This event is free. There are flyers with more information on the counter.

H&I carries a men's and a women's meeting biweekly into the Potomac Highlands Regional Jail in Augusta, WV; and also one meeting weekly into the Joseph S. Massie Unit, an addictions treatment facility in Cumberland, MD.

Special Events held a Fellowship Bowling day on May 11. The event could have been better supported but those who showed up had a great time. They are planning a Sponsorship Luncheon to be held on Sun. June 30, 1-5pm at Fort Recovery - 418 N. Centre St., Cumberland, MD 21502. There will be a guest speaker. Flyers are on the table.

Planning for our Camp Jam V Convention is still on track. This is our 5th annual Campout Convention to be held Sep. 20-22, 2019. We have speakers from 5 different States so far including Ohio and Florida. The address is: Camp Minco 4-H Park - 64 Camp Minco Lane, Keyser, WV 26726. There are registration flyers available on the counter.

Our next ASC will be at 10 am on Sat. July 13, 2019 at Friendship Haven Church - 22 Mechanic St., Cumberland, MD 21502. We have a donation of \$115.99 today. Thank you for allowing me to serve. In loving service, Duane F. - GTFA Chair/RCM

**New Dominion:** Hello family,

We have 62 Homegroups.

Of those 62 we had 40 GSRs at area.

We have no open positions and filled our VRCC alt position.

We have 39 H&I meetings in 9 Facilities.

Today is the PANDA camp out.

Our special events is planning a pool party on August 30th, from 7pm-11pm at Lock Braemar pool in chesterfield.

The 40th anniversary event was a huge success. We plan to continue this type of event with Richmond and Tri-cities.

The 40th anniversary had \$371.59 left at the event, which was split between the three areas totaling \$123.86 per area.

We are still planning the RSC learning day with Richmond and now the RSC Pr chair. More details to follow next RSC.

Our next ASC will be July 14th at Hatcher Church in Henrico.

I plan to put in a motion from my area regarding our regions phone line.

In loving service,

Michael L

**Outer Limits:** Absent

**Peninsula:** Absent

**Piedmont:** 197<sup>th</sup> RSC – June 2019 Piedmont Area RCM report

Groups: The Piedmont Area currently has 27 weekly meetings in 17 Home Groups.

ASC Attendance: At the May ASC Meeting there were 14/17 GSRs in attendance and quorum was met.

Open Positions: VRCC alternate remains open. A Policy revision was passed that created two new positions, Literature Vice-Chair and Alternate Secretary and these positions are currently open.

Elected: No elections Group News: No new group news Area News: Donations: World: Next scheduled donation in July Region: Next donation scheduled to coincide with the August RSC Subcommittee news:Handl

We now have 6 H&I meetings in 5 facilities held in the Piedmont area, they are listed below

Men's ACRJ- 2/wk Women's ACRJ – 1/wk Boxwood- 1/wk5East-Uva. Medical Center- 1/wk.

A weekly meeting was added two months that serves three facilities the Wellness Recovery Center, the Mohr Center, and the Morris Creek Women's Center. Public relations1. We continuing to stock IPs in the respective facilities: 1. Region 10 Downtown2. Region 10 Old Lynchburg Rd.3. Piedmont House4. JMRL Downtown5. PVCC

6. Wellness Center 7. UVA 5 East 8. UVA Heath System ID Clinic 9. Church of our Saviour 10. St. Paul's Memorial Church11. Mohr Center on E. Market St.2. PR is looking into putting literature into Martha Jefferson Hospital 3. The Website is also being updated when needed. Itis getting an average of 84 new hits per month in May. Special Events

The PANDA campout is happening as we speak (during the June RSC)

Fourth of July Pool Party on July 13<sup>th</sup>. Fireworks and a cookout. Details on CAR-NA.org

Area Concerns:

The cost of various phone line solutions relative to their value.

The Area was very interested in the new website and looks forward to seeing it. They were also interested in exploring the possibility to moving to a regional sub-domain hosting system.

Brief Summary: All is well in the Piedmont Next ASC meeting:July 7, 2019 ILS, David H. and Chris P.

**Rappahannock:** Absent

**Richmond:** Good Afternoon Family,

**A) How many groups in my Area;**

May 32 and June 32 Home Groups

**B) How many GSR's attended the last 2 ASC's:**

May 25 and June 27 GSR's attended Area

**C) Area trusted service position/s open:**

Alt RCM and Assistant Secretary

**D) Area trusted service positions elected:**

None

**E) Group News:**

None

**F) Area News:**

My Area wants me to continue in the capacity of RCM. An Ad-Hoc committee has been formed to host a Richmond Area Convention in either 2020 or 2021.

**G) Subcommittee News:**

None

**H) Area Concerns:**

None

**I) Area Special Events Calendar:**

Saturday July 27,2019 Free Event at Byrd Park, Shield Lake Shelter Noon – 6PM

Saturday August 10, 2019 The Summer All-White Gala, Fellowship Hall at Hatcher Memorial Baptist Church 2300 Dumbarton Rd, Rich VA 23228  
I will ensure the flyers go on the Richmond and Regional websites

**J) Brief Summary:**

Richmond is donating \$500.00 today

**K) Next ASC Meeting:**

Sunday July 14, 2019 4PM, 3121 Moss Side Avenue Rich VA 23222

**L) Total of H & I commitments and facilities being served by Richmond Area:**

4 meetings a week

Henrico East New Kent Jail for Males

Richmond City Jail for Males

RBHA for Females

RBHA for Males

**M) Area Contact Information:**

Richmond Area Service PO Box 26249 Richmond VA 23260 [www.rvana.org](http://www.rvana.org) ILS  
Kim M.

**Roanoke** : Valle Hello Family. The Roanoke Valley Area is doing well, and the message of recovery is being carried in our meetings. We currently have 25 groups conducting a total of 28 meetings per week in the area. Attendance has picked up at the ASC meeting. More than half of the groups are represented at the ASC each month. The Area will be accepting nominations for all Area Service positions at July's ASC, with elections being held at the August ASC. We have active H&I meetings at Salem Veterans Affairs Hospital, Blue Ridge Detox facility in Salem, VA and Catawba Hospital in Roanoke, VA. The Activities Subcommittee will host a 2019 Annual July 4 th Picnic at Smith Park, 1611 Wiley Drive, Roanoke, VA 24016. I am happy to report that I received a text from the answering service yesterday in regards to someone wanting to speak with a recovering addict from NA. The text read: FRANKLIN N/A N/A BARRY(Ph NumberXXX-XXX-XXXX) WANTS TO SPEAK TO A MEMBER. I called the individual back and we talked about the basics of NA and the differences between our fellowship and A.A. He was new to recovery, and had previously attended an NA meeting. He had a meeting list, and already had plans to attend a meeting being held in Bedford on Sunday. We talked for about 10 minutes, and we both found it very rewarding. We exchanged phone numbers and made plans to keep in touch. I invited him to attend my homegroup so that we can actually meet in person. Our next Area Service will be held on July 13 th at the Williamson Road Church of the Brethren, 3110 Pioneer Road NW, Roanoke, VA. Our Area is again below our established prudent reserve, so we have no donations to the Region today. ILS, Mike G RCM, RVANA

## **Shenandoah Valley: Absent**

**Southside:** Hello Family area events: we are having a picnic in July for solutions with serenity and August 31 starts celebrating at 10:30-11:30 brunch meeting anniversary celebration and then from 2-7 unity day celebration at Edmonds park in south Boston. We have 20 homegroups and 11 participated in area in June. Area positions are chair but we have 2 members running for the position. Vice chair secretary and vice treasurer are also open. The mailing address to area is SANA PO box 10293 ,Denville VA 24541. ASC is held at trinity united Baptist church 409 Arnett blvd Danville VA Our H&I commitments continues to be southside Virginia mental health 382 Taylor road. Danville VA 24541. Contact person is Avery Dix Monday 6:30 and 7:30 at Danville adult correction center at 1100 south Boston rd. on Tuesday 6-7pm. Our area will have their workshop for the environmental scan in July 13 in Lynchburg from 11-4pm. We have a nice meeting its not a good day to relapse union church @ 810 main st. Danville VA. We are donating \$310.48. I appreciate the opportunity to serve. I appreciate the opportunity to serve. ILS Sue N.

## **Tidewater: RCM Tidewater**

The Tidewater Area has 66 home groups including meetings in the Outer Banks and Elizabeth City. Some of these meetings meet daily, but they don't all come to area. We average about 28-30 groups at area service.

Our last area had 32 home groups in attendance, one from North Carolina. We have had nominations for all officers and sub committees we have openings for: assistant secretary, special events, vice chair, and policy. We have new area chair Patsy P., new RCM Roland C., new PR Matt, and new VRCC Chris P. Positions change in July.

There will be two upcoming events in our area. First, the "All White Affair" fundraiser for the TACNA Convention. \$10.00 for advanced tickets, \$12.00 tickets at the door. Dress in all white clothing, dress to impress or casual, at Wesley Grace Memorial Church at 288 E Little Creek Road in Norfolk, VA from 8 pm – 12 am on Saturday July 27th 2019.

Second, Tidewater + Beach Area will have a fundraiser for AVCNA "Beach Fest" on August 18th from 11 am – 4 pm at 3820 S Sandpiper Road in Virginia Beach, VA 23456 (Sandbridge) Little Island Park, Shelter 4. All you can eat hot dogs and hamburgers with sides \$10.00 or \$20.00 for all you can eat crabs, burgers, and hot dogs.

H+I has 10 commitments, we had H+I Learning Day in Chesapeake, VA. It was well attended, we picked up six new volunteers for the next H+I subcommittee. We lost one commitment at Norfolk City Jail. They got new person and he went with church program. We picked up treatment center Safe Harbor Facility in Portsmouth and may soon have Homeless for City of VA Beach.

This is my last meeting as RCM. I am going to new position chair VRCC for Tidewater.

In Loving Service,

Chris P.

## **Tri-Cities: Hello family,**

I am glad to be attending today's meeting. We have added two groups: KISS and Freedom to Live. That brings us to 17 in total. Things have been fairly quiet for our area business meetings with only a few policy changes. We have a donation of \$190.64. Our H & I subcommittee continues to carry the message of hope to Riverside Regional Jail 4 times a month, for the women, men and coed at Pre-release center. We have no activities scheduled at this time.

We also helped in the 40 year Anniversary of NA in the metro Richmond area. It was a success with over 600 people in attendance, great speakers with lots of history and remembering the ones who have passed on "Clean"! We also purchased 52 basic texts which were given to newcomers. This event was funded by the home groups and all leftover monies were split equally amongst the 3 areas: Richmond, New Dominion and Tri-Cities. We are thinking of making this a 5-year reoccurring event. ILS, Greg F

All New Business Motions turned in before lunch:

### **ELECTIONS & NOMINATIONS:**

- 1) Etta F was nominated regional chair
- 2) Vice treasurer: Open (open since 173<sup>rd</sup>) no nominees at 197. H&I open Vice chair open
- 3) RDA2 became open 195<sup>th</sup>. Teddy A nominated at 195<sup>th</sup> by Brian C. Teddy's qualifications: 29 years clean; Tidewater area H&I and Literature chair, TACNA 1 Additional Needs sub-committee, Regional H&I vicechair and chair, Regional vice-chair and chair, Regional Speaker Jam, VRCC director, AVCNA 38 chair, member Regional phonline, has a home group, has a sponsor, has a working knowledge of the 12 steps and the 12 traditions and is working on knowledge of the 12concepts.

**PRO:** He has been doing service his whole time clean 29years He is a meeting maker and he is retired he has a lot of time to be of service. **Con:** We need a person in this position that has effective communication skills. Sometimes I have a hard tie following what he is saying.

**Rebuttal:** I am working on my people skills how to talk and listen I am working on change.

- 2) Sherry D was nominated by almost heaven homegroup at 196<sup>th</sup> Sherry's  
Clean Date: September 6, 1986  
Sponsor: Yes, she has 34 years clean and works steps and is an active member  
Homegroup: Yes, New Hope Group, Tuesday Nights, Martinsburg, WV  
Steps: Have worked all 12 steps with a sponsor and repeating  
Sponsorship: I sponsor addicts

#### Service History

Group: Tuesday Night Martinsburg, WV

- Coffee Maker
- Ash tray cleaner
- Group Service Representative (GSR)
- Greeter
- Treasurer (current position)
- 1 of 2 Key holders (current position)

#### Area: One-year Positions

- Area Chair
- Area Vice Chair
- Area Treasurer 2016&2017
- Area Secretary
- Regional Committee Member (RCM)-pro tem current
- Alternate Regional Committee Member (Alt. RCM)
- Chair Public Information
- Area Public Relations Task Group Facilitator rolled off Jan 2019
- Area Convention Chair

- Area Convention Vice Chair
- Area Convention Secretary
- Convention Treasurer-2016&2017
- o Convention Program Sub-Committee Chair
- o Convention Registration Sub-Committee Chair -2018
- o Convention Public Information and Arts Graphics Sub-Committee Chair
- o Convention Merchandise Sub-Committee Chair
- Area Convention Duties and Responsibilities- Current

#### Region: Two Year Positions

- Region Phone Line Chair in the 1980's
- Region Chair-2009-2011
- Region Vice Chair- 2008-2009
- Regional Delegate (RD)-2006
- Alternate Regional Delegate (Alt. RD)-2005
- Alternate Regional Delegate Alternate 2 (RDA2)-2003
- Regional Webmaster
- VRCC BOD
- AVCNA32 Hospitality Chair- 2014

#### Zone

- Zonal Secretary
- Zonal Web servant
- Delegate Participate
- Facilitated inventory
- Facilitated Task group for the qualifications and Responsibilities for Facilitator and Secretary-2019

#### World

- Workgroup for Revision of In Times of Illness-2008-2010 member
- Workgroup for the WCNA 35-2012-2013-Pre-Reg Chair
- Human Resource Panel-2014-2018 Look at our process and if/how we could improve, and also most important task was to bring forth to our delegates the best candidates.

Skills: Computer, typing about 70 wpm, MS office, power point-creation and utilization, excel-spread sheet creation and utilization, MS word. Facilitated round tables. Participated in strategic planning in Human Resource Panel.

**Pro** 1. She gives clear info

2 Very Knowledgeable

**Cons** 1. Goes out of order disrupt regional floor.

2 Had position already new blood diversity in this position.

#### **Rebuttal to Con**-Sherry

Has not held the position for 16 years. World Conference is discussing several transitions. Information about the

transition is limited to delegates. So learning process is still needed but having some information and understanding of the information would be beneficial since much information will be coming forward and needed to be disseminated by all the delegate team and I feel some experience would be beneficial. World Services Human Relations Panel doesn't consider service experience past 20 years due to our fellowship changing.

### **Old Business:**

#### Section VIII: ADDITIONAL GUIDELINES

1. RSC will pay for transportation, lodging and per diem for the RDA and RDA2 to attend the bi-annual WSC, and for per diem for the RD to attend. RSC will pay for transportation, lodging and per diem for the RD, RDA and RDA2 to attend Zonal forums and pre-approved workshops.

A. RSC approved driving expenses, based on mileage, may be paid in advance or reimbursed per official US Government website for IRS Standard Mileage Rate for charitable or non-profit organizations for distances calculated with GPS mapping software.

2. The Conference shall have a smoking and a non-smoking section on the Conference floor if permitted. Smoking is prohibited except during open forum and breaks.

3. The Region shall have a post office box where all Regional correspondences shall be sent. All bills that are paid 100% automatically may be sent directly to the Treasurer.

4. In the event that both the RD, RD-Alternate cannot attend the WSC, the Chair will arrange a phone conference for the RCM's to select by phone conference an assistant for the RD-Alt. 2. This guideline is to be used only as an emergency measure when the CAR cannot meet.

5. Any unbudgeted expenditures over \$300 must be sent to the groups for approval.

6. Receipts are required for all reimbursements by RSC except prepaid driving expenses per section 1. A. above.

7. The RSC will meet as a single-day event in the months of February, June, August, and December. (160 th )

Motion 195-2: For any Regional Event/Workshop being held in all four quadrants of the Region (ie CAR, CAT, strategic planning) that the RCMs of the particular quadrant be included in the decision making as to which area will host the event. If more than one area is interested in hosting the event and has a location that meets the required criteria for meeting space, ie WiFi, etc, that a ballot drawing be performed at the Regional Service Conference. Intent: To allow the RCM to have a voice as to what area hosts regional events for unity and inclusion and to honor the 12th tradition and eliminate possible principle over personalities perception. Mover: Sherry V Second: Kim M Referred to policy

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#### Section VIII: ADDITIONAL GUIDELINES

Add:

11. For any Regional Event/Workshop being held in all four quadrants of the Region (ie CAR, CAT, strategic planning) that the RCMs of the particular quadrant

be included in the decision making as to which area will host the event. If more than one area is interested in hosting the event and has a location that meets the required criteria for meeting space, ie WiFi, etc, that a ballot drawing be performed at the Regional Service Conference.

Change:

#### 6A. REGIONAL DELEGATE DUTIES

From:

15. Schedules and plans the CAR Workshop every two years (mid-February to mid-April. (152nd) To: 15. Coordinates the scheduling with the RCMs in the hosting quadrants as much as possible, and plans the CAR Workshop every two years (mid-February to mid- April. (152nd)

#### **New Business:**

1) 197- 1 **Mover:** Michael L 2nd Dee N **Intent:** To continue with RSC without approving the minutes while the secretary makes amendments **Motion:** To proceed with regional and allow the secretary to make amendments to the minutes so they can be approved at August RSC.

2) 197- 2 **Mover** New Dominion area 2nd Greg F **Intent:** To better use 7th tradition money and better serve the suffering addict. By providing more modern direct and inexpensive service like the metro Richmond area uses **Motion:** Public relation subcommittee have the regional phonenumber investigating alternative phonenumber services **Disposition:** Passed

3) 197-3 **Mover** Delegate Team 2<sup>nd</sup> Duane F **Intent:** autonomy zonal forum host for 2020 January 25<sup>th</sup> 26 Central Atlantic Regions team to host every 3 years as a day event with workshops, presentations food and entertainment to further carry our message and mentorship **Motion:** To add \$600.00 for our budget for hosting the autonomy zonal form on January 25<sup>th</sup> 26 2020 Saturday 25<sup>th</sup> will be for workshops /presentations and entertainment. Sunday would be for autonomy zonal forum. The funds would cover cost of conference room 70 people food and entertainment any funds not used would be returned to region.

4) 197-5 **Mover:** Randy D RDA 2<sup>nd</sup> Sue N **Intent:** To fulfill my duties as RDA **Motion:** To reimburse Randy D RDA for travel and per diem for May 11<sup>th</sup> 2019 planning workshop help at UVA hospital in Charlottesville VA \$29.73

5) 197-6 **Mover:** PR chair 2<sup>nd</sup> Kim M **Intent:** To carry the message. **Motion:** The regional PR ask the Peninsula area for support manning the table at the summer institute.

Next RSC will be held on: August 17<sup>th</sup> 2019

Announce location and time of next subcommittee meetings: UVA hospital Charlottesville VA

Close with the Serenity Prayer and Announcements.