

**140th Central Atlantic Region  
Regional Service Committee  
Meeting Minutes  
August 18th, 2009 – Romney, WVA**

**Open Forum – (began at 11:04 am)**

**Topics of Discussion:**

1. Announcements for the building.
2. Do any RCM's have experience or existing guidelines for setting up a Special Events Committee?
3. Regions can now nominate/accept resumes for individuals to be elected to Human Resources Board at World Services.
4. 3 Regions were contacted regarding corresponding with inmates. We received information regarding this. All 3 regions have formed separate committees to handle correspondence with inmates.
5. Is the Treasurers report sufficient? Is there any information missing or other info needed? Any feedback positive or negative?
6. Who is going to buy the new computer?
7. Regional workshop for AVCNA announced.
8. Area has sent info to web servant twice with nothing being posted on website. Who is accountable?
9. RCM was told that the phone had not been paid in 2 months. It is paid now. Trying to go to a 2 month billing cycle because we only meet every 2 months and treasurer does not want to get pre signed checks.
10. Why aren't the 139<sup>th</sup> RSC minutes on website? 138<sup>th</sup> are up and noted that they are not approved. Minutes shouldn't be posted before they are approved.
11. Tri-cities is talking about a speaker jam but there is dissention among members. Wants experience to help settle things down.

***Open Forum closed at 11:55 p.m.***

**RSC opened with the Serenity Prayer at 12:15 p.m.**

Purpose read by Jim, 12 Traditions read by Betty, 12 Concepts read by Dustin.

**Roll Call/1<sup>st</sup> Quorum - (all members below were present)**

Sherry V. – RSC Chair  
Cynthia W. – RSC Vice Chair  
Greg G. – RSC Secretary  
Don V. – Treasurer  
Greg H. – RSC Regional Delegate  
Etta S. – RSC Regional Delegate Alternate  
Jim H. – VRCC Chair  
Mike E. - Activities Chair  
Charles W. – RSC Public Relations Chair  
Shawn C. – Speaker Jam Chair  
Regional Inventory Ad Hoc Chair – Cynthia W.  
Convention Bid Ad Hoc Chair – Etta S.  
Dustin C. – Almost Heaven RCM Pro Temp  
Robert W. – Blue Ridge RCM  
Harry M. – New Dominion RCM  
David M. – Outer Limits RCM  
Norman C. – Piedmont RCM  
Patsy P. – Rappahannock RCM  
Nancy S. – Richmond RCM  
Maria J. – Roanoke Valley RCM Alternate  
Randy D. – SHeVANA RCM  
Terry H. – Tidewater RCM Alternate  
Akin S. – Tri-cities RCM

Areas not present – Appalachian, New River Valley, Peninsula and South Side.

## **Recognition of New Attendees –**

David M. – Olana RCM  
Harry M. – New Dominion RCM  
Volare C. – Shevana member  
Morgan C. – Southside member  
Heather D. – AHA member  
John D. – AHA member  
George W. – AHA member  
Kenneth F. – PA member  
Lindsay G. – AHA member  
Kisha O. – AHA member

**Establishment of Quorum** - 11 RCM's/RCM Alt.'s present, 1<sup>st</sup> Quorum met.

**Reading and Approval of Minutes** – Motion 140-1 made by Norman C. to waive reading of the 139th RSC minutes.

Seconded by Akin S. Motion passes 11 to 1.

Motion 140-2 made by Norman C. to approve 139th RSC minutes as corrected (Add motion 138-13 to 139<sup>th</sup> RSC minutes). Seconded by Robert W. Motion passes 11 to 0.

## **Trusted Servant Reports -**

### **RSC Chair Report**

Hi All

Good to be here today. This past two months I attended the subcommittees held in Fredericksburg. I'm looking forward to our Inventory in October and hope all our RCM's are encouraging everyone in our region to participate. Another note and probably our delegate team will share more on it but the 2009 Membership survey on the na.org website for everyone to fill out is so important to our Public Relations efforts. This will also be available at our world convention. This helps our PR committee to communicate better with our local committees about Narcotics Anonymous. Let's all work together to make this survey the most reflective of our fellowship

Thank you for understanding me not being here last regional. The experience of seeing a group of addicts from around the world working on the revision and getting and seeing the input from our fellowship and seeing where we could implement it in the revision and working together as an international team was such a growing and connecting experience.

Thanks to all for being here today to carry our message of recovery

In Loving Service, Sherry V - Chair, CARNA

### **RSC Vice Chair Report**

I would like to thank this body for this chance to be of service. I will take this opportunity to learn and grow in my recovery as always when I take on a new challenge in service. I was able to attend the subcommittee meetings that met on July 18. I have been in touch with the Chair on several occasions for her experience on several matters. We have agreed to work together to help this body run smoothly as possible and be available to help with anything that is requested of us. Thank you for your believe in me.

ILS, Cynthia W.

### **RSC Secretary Report**

Hello All,

I would like to thank everyone in this fellowship for believing in me and supporting me in carrying out my duties as your secretary. Today will be my last RSC as your secretary. It has been a very rewarding term and I am very thankful for all you have helped me to learn how to practice the principles of recovery, a lot! I am very hopeful for the 2 candidates that have been nominated and will provide my support to the new secretary as long as is needed. Thank you and goodnight!

ILS, Greg G.

## **RSC Treasurers Report**

Dear Family,

I still have not yet purchased or begun to use MS Money, nor have I purchased the endorsement stamp that we approved at the last RSC. The reason for this is that I think it might be appropriate to investigate another bank that might be more convenient to our entire region. I would like to have this discussed under New Business.

Our beginning balance since the last RSC was: \$14,380.39

Total donations were: \$4,071.50

Expenses were:

Charles Watson	PR Start-up	\$450.00
NAWS	Regional Donation	\$1,914.84
Etta Stephenson	Zonal Forum	177.49
FREESTATE SVC CENTER	H & I Literature	50.00
Richard Price	H & I Learning Day	147.66
Gregory Gallagher	Secretary Expenses	24.35
White Oak Rescue Squad	RSC Rent	75.00
PCMS	Answering Service July-August 2009	1263.40
Primus	Phone Line June-July 2009	268.40

Total expenses: \$4371.14

Current Balance: \$14,080.75

Current Prudent Reserve: \$11858.13

NAWS Donation: \$2222.62

ILS, Don V.

## **RSC Regional Delegate Report**

Hello Family,

I would like to start off by apologizing for missing the last regional service, as I was physically sick. I am back today and feeling better. In my last report from the April regional service I relayed that our treasurer received a notice from the post office box that we had missed a mailing from World Service and it was returned. I followed up with World Services and was informed that it was a HRP form. This is standard procedure to mail these to regional services. I also received a copy of this form and have it here for anyone who wishes to review it.

I was present for the Autonomy Zonal Forum on 7-25-09 in Jenkintown PA hosted by Eastern PA region. Of note I found it interesting that other regions within our Zonal Forum are paying a substantially lower rate for their regional phone line services. I do understand that they may not be receiving the high level service that we are from our phone line, but feel that it may be worth checking into to possibly reduce our costs. From the descriptions of services received by these providers it appears that at least one of the regional phone lines are receiving a comparable level of service from their provider that we are from ours. Of note Eastern PA region has formed a new position of communication committee which is responsible for maintaining the website and to keep the meeting list information up to date. When explained, it is like the "IT" department and is separate from PI and phone line. When the regional number is called and a request is made for a meeting the phone service provider then looks at the regional website and locates a meeting. The communication committee in real time updates the meeting list. The Freestate region will be submitting two motions into the CAR this year. The Greater Philadelphia region hosted a regional during its convention and now feels that they will no longer do this as members felt that they didn't want to attend a business meeting during a convention.

Several members at the zonal forum were also present for the Florida Symposium it was generally felt that the Florida Symposium was very beneficial and could better than attending MARLCNA on non-conference years (the symposium is only held on non-conference years), this is something our region may want to investigate. The Freestate region will host the next zonal forum. I will be submitting receipts for this event and requesting reimbursement the following were my expenses for this event:

\$74.12- hotel, \$66.22- gas, \$8.15- toll, \$52.50- 1 ½ days per Diem rate

\$200.99- total expenses (of note this is \$3.50 more than my proposed itinerary passed in April).

The report I submitted to the zonal forum is as follows:

*Hello family,*

*The Central Atlantic Region currently has 15 Area's, 2 co-ops, 396 home groups, and 552 weekly meetings.*

*The following positions are open: Policy, RDA-2, Outreach chair. We currently have the following ad-hoc subcommittees: Regional Inventory, In times of Illness, Computer purchase, and Convention Bid. The regional inventory has gathered information from area's within the region and is prepared to have the region's inventory taken on the second day of our two-day region in October. The In times of Illness ad-hoc subcommittee was formed because we have not had a literature review chair for the longest*

time and now literature is being handled on a project driven basis. The In times of Illness committee hosted workshops in each of our four quadrants to gather input throughout the region, this information was then forwarded onto World. We had a computer purchase ad-hoc subcommittee because our region needs a new computer. The subcommittee was charged with finding a laptop computer for under \$500, and with this they were successful. Since the last Zonal Forum meeting the liability insurance ad-hoc subcommittee has been dissolved due to its purpose being fulfilled. The liability insurance ad-hoc subcommittee was able to gather different prices for insurance for meetings and presented this information to region. A motion was passed to have our regional convention to be hosted by our region. This may sound weird but our region (since after the 4<sup>th</sup> convention) has had a convention corporation to oversee the convention and individual areas would put in bid's to host the convention. As a result the region formed an ad-hoc committee to investigate the process and execution of the bid to be submitted by the region to host the 30<sup>th</sup> AVCNA.

We recently changed our policy to have pro's and con's given before a nomination is to be taken back to area's. Our policy used to have pro's and con's given after the nomination was taken to area's and just prior to voting. There was a motion passed at the last region in support of our Public Relations request to have an information brochure giving contact information about CARNA to be distributed during PR presentations. The Central Atlantic has had the following annual events throughout the region since the last zonal forum meeting: The 9th Tidewater Area Convention, the 4th Anniversary of The End of the Night, Feeling Our Way through II Speaker Jam, Shevana 6th Annual Speaker Jam, PACNA 19 campout, and 28th Annual BRANA campout.

And upcoming starting August 2, 2009 will be the Almost Heaven Area XXIII Convention.

With love of the fellowship,

Central Atlantic delegate team - Greg H. RD, and Etta S. RDA

I am submitting a travel itinerary for the World Wide Workshop held in Boston Massachusetts in November it is as follows:

\$178.00- hotel at \$89.00 per night, \$70- per diem rate 2 days, \$150- gas, \$40- tolls = \$438 total

I received a request from Misty of New River Valley to assist them in an APT/Area Inventory process. I will be discussing date availability with the delegate team to see when we may be able to assist them in this process. I also received an email from Chris with World services in regards to someone wanting to start an NA meeting in Pendleton county West Virginia. Of note the original email was sent from a member of AA who sees a need for local NA meetings and was asking for assistance for members who could better benefit from NA meetings and starting one/some. I found out that Pendleton borders the BRANA area, the Almost Heaven Area as well as the Mountaineer region, all of this information was sent to the AA member seeking assistance from Chris. I sent an email to the member informing him that Etta and I would be willing to assist if needed.

With Love of the fellowship, Greg H. RD

### **RSC Regional Delegate Alternate Report**

Hi Family, I am currently working on giving shorter and more direct reports, as it is something that we talked about at MARLCNA. We attended Autonomy Zonal Forum In Jenkinstown Pa. on July 25th and 26th. There was a lot of dialogue on the floor regarding phone lines and various info. I am attaching the copy of the notes for your pleasure. Most importantly to you however I would like to bring forth that free state is working on creation of a motion to be included in the CAR that will address the time limits on input and review of literature. I am hearing that there are other areas and regions looking at submitting a motion regarding the same issue. I think that we can expect that there will be some motion regarding this in the CAR this conference cycle. There was also information given regarding those attending the Florida service symposium. It is an information packed conference with a lot of workshops regarding info from WSC. It may be something that the delegate team may want to pursue attending to get more info on an off conference year rather than Marlcna. This is something that I would like to follow up on at a later date and discuss at length. I attended the subcommittee meetings in Fredericksburg in July and encourage you all to come out when it is in your quadrant especially as we need your input and it is a chance to participate. The World Convention In Barcelona is coming up next week and although no one to my knowledge has gotten the link to broadcast it in our region the bridge group 1-218-339-2626 access # 387870. They will have the link and you can listen in to the main speaker. The NA World Wide Workshop will be in Boston MA November 20-22 .We will stay at the Marriott Boston Peabody. I have already pre- registered as they have requested and will be submitting the itinerary at this time. Also don't forget if you have not done so to go on NA.Org and fill out the membership survey.

In loving service, Etta S.

### **RSC Regional Delegate Alternate II Report- vacant**

### **VRCC Chair Report**

Hello Family

Everything is going well with the 28<sup>th</sup> avcna at this time. The 28<sup>th</sup> is having a black tie event on October 31; please see host committee for price and tickets. We had two bids for the 29<sup>th</sup> avcna, Tidewater and Rappahannock. The 29<sup>th</sup> avcna

went too Rappahannock Area and they will be having election on AUGUST 23,2009 AT 2 PM AT White Oak Rescue 535  
White Oak Rd Fredericksburg VA 22405  
In Loving Service Jim H VRCC Chair

### **RSC Activities Chair Report**

Hello All,

As we all know I did not make the last Regional Service Conference do to a medical requirement. However all is well and I am glad to be back at this one.

The Regional rotational meetings have all been scheduled for the remainder of the year and I will be starting on the rotation for 2010. The locations and dates for the upcoming meeting are listed below and will soon be posted on the Regional website.

The October two day Regional is coming up and I am ready to start the room reservation process again. There will be a block of 10 rooms for Friday and 20 rooms for Saturday. Friday evening is for the administrative board and then first come first served. Saturday evening is for the RCMs', administrative board, and then first come first served. However, I will not assume who does and does not need a room. Therefore, October 9th is the cutoff date for room reservations. Those that do need a room and want the Region to pick up the tab need to contact me directly. My contact information will be in the minutes and at the bottom of this report. Those who want to pay for their own room can call the hotel directly at the numbers provided below.

Again I would like to express my desire to carry the Regional Service Conference to the Areas that we have not been to. In order to do so I need to update the Regional Rotational Spread Sheet with contact information for the RCMs of each Area. In going to these Areas I am also trying to rotate to the towns located within those Areas. In order to accomplish this I do need help from all the RCMs. Having stated the intentions within the Activities subcommittees I am passing around a sheet for the RCMs to fill in. In the mean time, if you know we have not been or would like to have the Central Atlantic Regional Service Conference meet in your respective Area, contact me so I may get the information and add you to the rotation.

#### **September 19th, Subcommittee meeting**

Quality Inn  
96 Baker Ln ,  
Staunton , VA , 24401

#### **October 17th-18th, 2 Day Assembly (Regional Inventory)**

Quality Inn  
Patsy Greaver  
96 Baker Ln ,  
Staunton , VA , 24401  
Phone: (540) 248-5111  
Cell: (540) 294-2842  
Fax: (540) 248-3122

#### **November 21<sup>st</sup>, Subcommittee Meeting**

Holy Name of Mary Catholic Church  
1307 Oakwood St  
Bedford, VA 24523  
(540) 586-8988

#### **December 19th, RSC Meeting**

Emmanuel Episcopal Church  
138 N Maple Ave.  
Covington, Virginia 24426  
Contact Information  
Mike E.  
[designs\\_by\\_mike@yahoo.com](mailto:designs_by_mike@yahoo.com)  
434-548-1257  
434-2283442  
ILS,  
Mike E  
Activities Chair for Central Atlantic Region

## **RSC Hospitals & Institutions Chair Report – None**

### **RSC Policy Chair Report**

Policy met on 7/18/09 in Fredericksburg, VA with Cynthia W, Sherry V, Pat P, Etta S, Carrie B and Lili D present. We were able to get a lot of work done on the motions referred to us from this body and also come up with two other motions for issues of Treasurer and Secretary Duties consistency. We are submitting these two motions today and with the suggestions for the two motions referred to us. The suggestions from us are amendments to the motions for clarity to how and where they will affect the Guidelines and they will be presented in old business. The two new motions will be heard under new business reflecting additions to the duties of treasurer and secretary. This subcommittee will meet next in quadrant 2 on September 19<sup>th</sup> place and time to be announced. I hope we will be able to elect someone to this position today. ILS, Cynthia W.

### **RSC Public Relations Chair Report**

Greetings to All!

Our professional answering service continues to provide us with reports of the service that is provided for us.

	Calls-in	Minutes Used	Average
July	465	1010	2.17 min per call

The visits and hits to the CARNA website are increasing substantially, which states to the importance of keeping it updated and accurate.

Month	Unique visitors	Number of visits	Pages	Hits	Bandwidth
Jan 2009	0	0	0	0	0
Feb 2009	0	0	0	0	0
Mar 2009	148	176	933	2759	19.20 MB
Apr 2009	506	721	1655	6461	54.16 MB
May 2009	653	839	1965	8940	73.84 MB
Jun 2009	578	762	1872	6645	114.58 MB
Jul 2009	866	1206	2605	10513	95.88 MB

Concerns have been brought forward about having events listed accurately and in a timely fashion. The Subcommittee is discussing suggestions that may entail having the events listed on one page only versus the two since it requires three times as much work to keep both pages updated, accurate and linked to flyers as well. Our Web servant is focusing on getting a form on line where members can add their event to the calendar themselves. We are also considering setting-up reason time frames for receipt of the submitted event, as well as, a reasonable time frame to ensure posting to the website. For example, we may request that all submissions be received at least two-three weeks prior to the event allowing us two-three weeks to post on the website. We invite any suggestions that you may have so we can discuss them at our next PR Subcommittee meeting in September. We would like to bring forward our recommendations in changes to this Region in October. Until such time please submit all events to the CARNA Web servant

Changes in meeting times and locations are being reported monthly to the carrier of our toll-free number, 1-800-777-1515. Since we do not always know who is responsible for keeping up with the changes in the Areas, the workbook is also being sent to each Area's website address. The hope is that the Area's Web servant will make sure that the appropriate person receives the information, as well as, the RCMs seated here today. Please keep in mind that even if your Area chooses to publish meeting schedules quarterly, we need changes in meeting times and locations monthly.

The members of the CARNA PR Subcommittee are so very thankful for all of the suggestions and participation given to us about the set-up and staffing the exhibitor's booth at the Virginia Summer Institute for Addictive Studies in Williamsburg from July 20-22<sup>nd</sup>. Each team of members reported the same thing, "the professionals attending the conference were so thankful to receive an one-piece information brochure that clearly stated where we exits in cities, counties, states and how to get in touch with us through websites and help line numbers." They all agreed on how helpful this will be to them when referring their clients to where they can find us. Some 780 information brochures were given out in those three days. There is concern about the individual Area's meeting schedules that we provided at the conference. We printed and displayed 25 meeting schedules of each Area in our Region. It was a simple task to download and print each Area's

meeting schedule on an 8 ½ x 11 inch, two-sided sheet of paper when the option was given for a printable version. It became more tedious and expensive when we had to print each day of the week. We encourage all Areas to consider having a printable version of a PDF. It will fit on a single sheet of paper, especially, when everyone is talking about going green.

We have already agreed to participate in events that we were invited to participate in during the month of September for the National Recovery Month – Unity Fest 2009, Recovery Festival, Rubicon Health Fair and of course our own PR Subcommittee meeting on the third Saturday. So forgive us if we will not be able to entertain any other invitations for September, but we will try to seek out others who have experience, strength and hope that you seek to help out.

The CARNA PR Subcommittee will be meeting in Sept. 19<sup>th</sup> at the Quality Inn in Staunton, VA.

Thanks again to all who serve and help in our PR efforts.

In Fellowship, Charles W., 804-301-8380, Email: [Chazz6@comcast.net](mailto:Chazz6@comcast.net) or [pi@car-na.org](mailto:pi@car-na.org)

### **RSC Outreach Chair Report**

We met on 7/18/09 in Fredericksburg, VA with Cynthia W, Sherry V, Pat P and Etta S. present. Prior to the meeting, I sent out an email to my contacts in the two areas that have missed RSC for two consecutive meetings. Beverly A. informed me that Peninsula has no RCM at this time. I was given contact information for the Southside RCM from Mike E. I contacted Jack C before the subcommittee meeting with no reply (I figured out I called the wrong number) and was finally able to reach him last night. He told me that he planned to be here today. The Southside area has been through some hard times and is now starting to heal from them. So lets all be there to support them and show them some love. We are submitting a motion today asking that this committee be project driven.

ILS, Cynthia W.

### **RSC Speaker Jam Report**

Hello family,

We held our last meeting in Staunton, VA on May 19, 2009. The Blue Ridge Area will be hosting the September 12<sup>th</sup> speaker jam. Thus we will be meeting in that area until the speaker jam is held. We selected 8 topics and already have half of the speakers for the next event. Our next subcommittee meeting will be held Friday June 25, 2009 at the Shoney's in Harrisonburg, VA. RCM's please take flyers back to your areas and an e-mail of topics and flyers will be out soon. As always we are looking for speakers please feel free to contact me by phone or e-mail. We will meet next Thursday, August 20<sup>th</sup> at the Shoney's in Harrisonburg VA at 6 pm. The next meeting after that will be on September 19<sup>th</sup> in Staunton VA.

ILS, Shawn C.

### **Ad Hoc Committee-Regional Inventory**

We met on 7/18/09 in Fredericksburg, VA with Cynthia W, Sherry V, Pat P, and Etta S. present. We were able to put some steps into place for the inventory at the two day in October. I took suggestions from those present to average out the answers from the three inventory handouts we received back and come up with the issues we need to discuss at the inventory. We will perform a mock inventory at the next meeting in September to prepare for the real one in October. I appreciate all the help and experience I am receiving from heading up this committee. Please show up to lend your support.

ILS, Cynthia W.

### **Ad Hoc Committee – Convention Bid**

This Ad-hoc committee did not meet with the last sub-committees however Norman did go to the VRCC meeting and has copies of the bid package. He has been instructed to take out the verbage bidding area and substitute region. There are more questions to be asked and we should have the info by next RSC. We will meet September 19th in Staunton with the subcommittees.

In loving service, Etta S

***Break for lunch at 1:30m, Re-adjourned at 2:30 pm.***

***Quorum met with 10 out of 15 RCM's present.***

## Area Reports -

### Almost Heaven RCM Report

Almost Heaven Area Report: Almost Heaven Area has 32 home groups, with 12 of them from co-op. Weekly we have a total of 47 NA meetings. And at a monthly level Almost Heaven Area has a total of 188 NA meetings sharing the life saving message of recovery per month.

For all interested parties here today, on the back table are Almost Heaven Areas meeting lists, our newest newsletter, and a flyer on how to submit any submissions for the next newsletter.

All open positions:

**Secretary:** Open

**Treasurer:** Open, Thaddeus M. nominated (8/09) (pro-tem)

**RCM:** Open Dustin C. (serving pro-tem for this month only)

**RCM Alt:** Open

**Convention:** Thaddeus M. nominated (6/09) (pro-tem)

**H&I:** Open, LaRue N. nominated (8/09) (pro-tem)

**PR:** Open, Sherry R. nominated (8/09) (pro-tem)

Outreach: Open

**Policy:** Open Belita B. (serving pro-tem for next month)

**Special Events:** Open Karen C. nominated (7/09) (pro-tem)

**Ad-Hoc Service Workshop:** Sherron C. (pro-tem)

AHACNA XXIII that was held on July 31<sup>st</sup>, August 1<sup>st</sup> and 2<sup>nd</sup>. In Front Royal, Va. at the beautiful 4H Center. It was a huge success. It was 3 days filled with workshops, great inspirational speakers, and tons of addicts. What fun!!!! We would like to take this time to Thank all who attended.

Almost Heaven Area unfortunately will be abstaining from any or all votes today, due to the fact our area sec. didn't send out minutes for the month of July. We apologize for any inconvenience.

Our Regional Donation is \$680.89, which was mailed out this week. Our next area service will be held on September 5<sup>th</sup> in Shepherdstown, WV at 1:30 p.m.

Also our Co-Op is oozing with recovery spirit. The co-op is going strong carrying the NA message. They continue to put on events like a NA prom, skating party, dances, meetings in institutions and jails, and supplying information about NA at drug fairs, etc. And Co-op special events are pleased and proud to be able to serve this body of trusted servants lunch today.

### Appalachian RCM Report

Unfortunately, our recently elected RCM Alternate Christine B. had to step down from the position due to a recent family emergency. We are grateful to Christine for her service and look forward to a time when she might again be able to serve. In the meantime our thoughts and prayers go out to her and her family during this difficult time. Unfortunately I myself am unable to attend today's RSC, as I am currently en route to attend the World Convention of Narcotics Anonymous in Barcelona, Spain. Words cannot express the excitement that I feel for the opportunity to gather with so many others (from every corner of the globe) to celebrate the recovery we share. I could never repay Narcotics Anonymous for the life that I live today, and I am extremely grateful to the members here today, whose guidance and encouragement has made this experience possible. I look forward to seeing all of you at the 141<sup>st</sup> RSC!

- There are 10 groups currently meeting in the Appalachian Area.

- There were 8 GSR's present at our last ASC on August 2<sup>nd</sup>, 2009.

- There are currently 6 trusted service positions open at the Area level. These include: Co-Treasurer, VRCC Rep, VRCC Alternate, RCM Alternate, Public Information Chair, and Policy Chair. Our Literature Chair & Phone line Chair positions were filled, while our Policy Chair and RCM Alternate positions became open.

- On Saturday August 8<sup>th</sup> the Appalachian Area hosted the Regional H&I Learning Day from 10-6 at the Lodge of the Fishermen on Boonsboro Road. Unfortunately our Regional H&I Chair Richard P. was unable to attend due to health reasons. Our Area H&I Chair Stuart S. reached out to myself and our Area Chair Jim H. for support. With the help of several other H&I members within the Area, the Learning Day took place as scheduled. Although the event was sparsely attended, we are grateful to all those who showed up to participate.

- As of our August ASC, our Special Events, H&I, Phone line and Literature subcommittees are continuing to experience moderate to fair support. Our Special Events subcommittee is in the process of scheduling an event for the month of October, but due to the limited funds available within our Area, they are uncertain of the specifics at this time.

- Our Area Treasurer John B. announced at our August ASC that we have finally managed to re-establish our prudent reserve. Unfortunately, in keeping with our Area's policy, we are still unable to make a Regional donation at this time.

In loving Service, Eddie W.

### **Blue Ridge RCM Report**

We have 10 home groups and 8 attended last area. Harrisonburg area has started a bilingual NA group called "Clean Machine". They requested a starter kit and will meet Monday afternoon. BRANA campout was a success!! Please send feedback and suggestions via email to improve next years experience. Donating \$240.50 to Region. Trusted servant vacancies are Chair, Vice Chair, and Policy Chair. Vincent L was voted in as Special Events Chair. James was voted in as Outreach Chair, Geoff was voted in as Literature Chair, Melissa was voted in as Secretary and Dave was voted in as VRCC Director.

ILS, BRANA RCM and RCMA

### **New Dominion RCM Report**

Hello Family,

The New Dominion Area has 29 home groups. At this month ASC there were 15 GSR's in attendance. Brad M. was elected as Chair; therefore Vice Chair is now open. Secretary is also open. A motion to start an Outreach Subcommittee was taken back to home groups and passed. This Outreach subcommittee will help struggling groups and new groups where needed. H&I continues to do well, carrying 14 meetings into 13 facilities. They are always in need of speakers to carry the message and get involved. NDANA Special Events plus Share plus South of the James home groups are having a volleyball/kickball fun day on Sept. 19<sup>th</sup>, 9 am – 2 pm, \$5 all ages, no one turned away. Proceeds support our New Years Eve event and AVCNA newcomer packages. It will be held at Harry G. Daniel field, 6600 White Pine Rd., Chesterfield VA 23237. NDANA is hosting Unity Fest 2009. Saturday September 26, 11am – 5 pm, Shelter #1, Forrest Hill Park, 4001 Forest Hill Ave., Richmond VA 23225. Food, fun and fellowship. Our ASC meets on the 2<sup>nd</sup> Sunday of the month at Hatcher Memorial Church at 2300 Dumbarton Rd.

In Loving Service, Harry M.

### **New River Valley RCM Report – No Report**

### **Outer Limits RCM Report**

Dear Family,

My name is David and I am the newly elected RCM for the OLANA Area, so this is my first Regional meeting and I am happy to serve. Our last area meeting was on August 2<sup>nd</sup>, 2009. There were 3 GSR's in attendance. We have 5 home groups in our Area. Our Pig Pickin' has been scheduled for Oct. 31<sup>st</sup>, 2009 in Zuni VA. All other information will be provided by email at a later date. This is a fundraiser for the 28<sup>th</sup> AVCNA. I have brought a donation of \$252.93 from our Area.

In Loving Service, David M. – OLANA RCM

### **Peninsula RCM Report – no report**

### **Piedmont RCM Report**

Greetings from the Piedmont Area.

- A. There are currently 17 home groups carrying 28 meetings each week;
- B. There were 17 GSR's present at the most recent Area Service Committee meeting;
- C. There are currently no open trusted servant positions;
- D. The Piedmont Area elects the following trusted servant positions: Chair, Vice-Chair, Secretary, Treasurer, RCM, RCM 2, VRCC Director, Alternate VRCC Director and chairs of the Public Relations, Hospitals & Institutions, Literature and Special Events sub-committees;
- E. In group news, a new home group, Got Recovery, began holding meetings this month;
- F. In area news, the Piedmont Area will be holding a workshop on August 16, 2009 to gather input on the review draft of the outline and chapters one and two of the proposed new book, *Living Clean: The Journey Continues*. It is the Piedmont Area's hope to conduct a workshop each time additional chapters are released for fellowship input;
- G. In sub-committee news, the H&I sub-committee is moving forward with its efforts to begin carrying the message to Buckingham and Dillwyn Correctional Centers; volunteers are currently being oriented and fingerprinted in the hope that they can begin carrying actual meetings to the two facilities within the next month or two. Also, the Literature Sub-Committee is planning to produce a newsletter for the Piedmont Area;
- H. There are no area concerns at this time;

- I. The Special Events Sub-Committee will be holding an end of summer picnic on August 30<sup>th</sup> at Chris Green Lake, which is just north of Charlottesville. The Sub-Committee also plans to hold a pot luck dinner fundraiser for the AVCNA on either September 19<sup>th</sup> or 26<sup>th</sup>. Once a date has been finally selected information will be posted on the Piedmont Area's website and sent to the webmaster for CARNA's website to be posted there;
  - J. The Piedmont Area continues to be focused on our fellowship's primary purpose of carrying the message to the still sick and suffering addict;
  - K. The next Piedmont Area Service Committee meeting is scheduled for Sunday, September 13, 2009 at 4 p.m. and will be held at the Wesley Foundation.
- ILS, Norman C.

#### **Rappahannock RCM Report-Did not email report**

#### **Richmond RCM Report**

Our Special Events committee has been having regular fund raising events that have been making minimum profits. Elections will be held in October for new Special Events Chair. We have elections in September for RCM, Alternate RCM, Newsletter and Outreach Chair. In October elections will be held for Literature and Public Relations Chair. In September we will work on the Inventory form. This month we did not receive prudent reserve so I have no donation today. Thanks to the Regional Public Relations Subcommittee for your willingness to help with a request for a health fair at the Treatment Center in Richmond.

Nancy S. – Alternate RCM

#### **Roanoke Valley RCM Report**

Hello Family,

The Roanoke Valley Area of Narcotics Anonymous is doing well and the message of recovery is being carried. Our ASC last met on July 26, 2009 in Salem VA. As usual, the ASC was well attended by GSR's, Administrative members, and several non-voting interested members of the fellowship. Our groups are doing well. We currently have 27 home groups and 41 meetings each week. Our area is currently in the process of electing trusted servants to our ASC Administrative and Subcommittee Chair/Vice Chair positions.

The RVANA is very excited about participating in the Regional Inventory. We are currently conducting an area inventory to better prepare us for participation in the Regional inventory. We would greatly appreciate any suggestions or shared experience from those that have conducted an area inventory in preparation for the regional inventory.

In addition to our July ASC, the area formed a JAC committee to audit the area treasurer and the area's financial status. Our area has struggled with filling the Treasurer's position and having the Treasurer showing up to the ASC on a consistent basis. The result of the JAC committee's audit of the area treasurer position indicated that the finances are in order for the most part. There was a slight discrepancy of about \$100.00 but we attributed it to be simply a bookkeeping error that may have occurred some time ago. Currently, we are re operating slightly below prudent reserve, so we have no donation to the RSC at this time.

Our next ASC will be held on August 30, 2009 at 2 pm at the Salem Presbyterian Church, 40 E. Main St., Salem VA 24153.

We have 8 H&I meetings a week. Our H&I and PR subcommittees would like to have a learning day in November and would like help from the regional H&I and PR subcommittees.

In loving Service, Maria J. – RVANA RCM Alternate

#### **Shenandoah Valley RCM Report**

The Shevana ASC held their monthly service meeting on August 10, 2009 at the Jim Barnett Park (Joist Hite Room). Shevana has a total of 18 home groups in the area and 12 were present to make quorum. The Shevana ASC meets the second Monday of every month beginning at 6:30 pm and ends no later than 9 pm. The last two meetings ended before 8 pm, with all the business taken care of.

We do not have a donation to give to the region at this service meeting.

We have a nomination for the Secretary position that has gone back to groups. The Newsletter and RCM Alt. positions are still vacant with no nominees.

Our Special Events Committee has a tubing trip coming up on August 22, 2009. We have flyers here. Please check our website for other events. Our website received about 900 hits last month. Our subcommittees are doing well.

The area audit ad hoc committee did a wonderful job and turned in their report. All accounts, receipts, etc. were in order.

ILS, Randy D. – RCM Shevana



**Motion 138-11****Mover:** Don V. 2<sup>nd</sup>: Donna Mc.**Motion:** To change policy to create a budget year for the region beginning on January 1 and ending on December 31. To change the duties of Treasurer to reflect submission of yearly budget in October. To change subcommittee duties to reflect submission of subcommittee budgets to Treasurer in August.**Intent:** To coordinate the entire process for establishing the CAR budget.**Motion referred to Policy to report back at 139<sup>th</sup> RSC. Motion was not covered at the 139<sup>th</sup> RSC and has been brought back to the floor at the 140<sup>th</sup> RSC. The policy Subcommittee offered the following amended motion. After lengthy discussion and some secondary amendments that were all accepted by motion mover the following motion is to go back to home groups for a vote.****New Motion:**

To change Guidelines on page 11 under Treasurer Duties:

Change from:

(F) Will submit a 2 year projected budget, running from July 1 to June 30, regardless of the treasurer's term of office, with a suggested prudent reserve annually at the December RSC.

Change to:

(F) Will submit a yearly projected budget, running from January 1 and ending on December 31 regardless of the Treasurers term of office, with a line item bi-monthly funding and maximum account levels at the October RSC.

**AND**

To change guidelines on page 14 under Policy Subcommittee duties and standing Subcommittee Chair Duties:

Change from:

(C) Submits budget for upcoming year to the treasurer at or before the October RSC.

Change to:

(C) Submits line item budget for upcoming year to the Treasurer at or before the August RSC.

**Intent:** Clarity and consistency.**Pros:** Keeps the Treasurer and RSC budgets all on one calendar vs. 3 calendars as the process currently is.

Keep it simple stupid. This will greatly simplify our budget process by eliminating the need for areas to vote on two separate budgets six months apart. These two votes are confusing and there currently is no mechanism in place to automatically adjust the existing budget.

**Cons:** Confusing.**New Motion 138-11 to go back to home groups.****Nominations and Elections –see your local RCM for qualifications and duties****Outreach Chair** – No nominations.**RDA2** – No nominations.**Policy Chair** – No nominations.**Secretary** – **Motion 140-3** made by Pat and 2<sup>nd</sup> by Norman to close nominations. Passes 11 to 0.

Sabrina elected by a majority vote in a closed ballot.

**New Business –****Motion 140-4****Mover:** Norman C. 2<sup>nd</sup>: Akin S.**Motion:** To have the H&I subcommittee meet on the same date and in the same location as all other regional subcommittees.**Amendment:** To change “the H&I subcommittee” to “all subcommittees” and remove “as all other regional subcommittees.”Amendment offered by Don V. and 2<sup>nd</sup> by Robert W. Amendment accepted by motion mover. Amendment passes 8-1-1.**New Motion:** To have all subcommittees meet on the same date and in the same location.**Motion passes with 9 in favor and 2 against.****Motion 140-5****Mover:** Patsy P. 2<sup>nd</sup>: Robert W.**Motion:** To put a line item into our budget for coffee etc. for our regional/subcommittee meetings.**Intent:** To make sure we have coffee available for our meetings.**Motion ruled out of order by chair because we have no point of contact on who will be accountable.**

**Motion 140-6**

**Mover:** Norman C. 2<sup>nd</sup>: Robert W.  
**Motion:** To form an ad hoc subcommittee to prepare workshops to review portions of the new NA book "Living Clean: The Journey Continues" as they are released.  
**Intent:** To be ready to review portions of the book as they are released for review.  
**Motion ruled out of order by chair because chair has ability to form ad hoc committees.**

*Chair forms ad hoc subcommittee for Literature Review to schedule and put on workshops to review the new NA book "Living Clean: The Journey Continues". Norman C. appointed Chair and Nancy volunteers to assist.*

**Motion 140-7**

**Mover:** Policy Subcommittee 2<sup>nd</sup>: Akin S.  
**Motion:** To change guidelines on page 11 under Treasurer duties:  
Change from:  
(B) Prepares simplified and comprehensibly written financial report quarterly and annually.  
Change to:  
(B) Prepares simplified and comprehensibly written financial reports for each RSC and annually at the GSR Assembly.  
**No pros or cons offered.**  
**Motion 140-7 to go back to home groups.**

**Motion 140-8**

**Mover:** Policy Subcommittee 2<sup>nd</sup>: Akin S.  
**Motion:** To add in guidelines on page 11 under Secretary duties.  
(J) Submits written reports to each RSC Conference and an annual written report at the GSR Assembly.  
**Intent:** To have consistency for duties of each officer and clarity in policy.  
**No pros and cons offered.**  
**Motion 140-8 to go back to home groups.**

**Motion 140-9**

**Mover:** Cynthia W. 2<sup>nd</sup>: Akin S.  
**Motion:** To make Outreach Subcommittee project driven.  
**Intent:** To have in place on an as need basis.  
**Motion referred to Policy by Chair for impact statement. Report back to the 141<sup>st</sup> RSC.**

**Motion 140-10**

**Motion:** Greg H. 2<sup>nd</sup>: Robert W.  
**Motion:** To have the following itinerary approved - \$178 (hotel), \$70 (per diem, 2 days), \$150 (estimated gas), \$40 (estimated tolls), \$438 total estimated expenses.  
**Intent:** To allow the Regional delegate to attend the upcoming World Wide Workshop and to adhere to the 7<sup>th</sup> Tradition while doing so.  
**No pros or cons offered.**  
**Motion 140-10 to go back to home groups.**

**Motion 140-11**

**Mover:** Etta S. 2<sup>nd</sup>: Akin S.  
**Motion:** To approve the RDA's attendance at the World Wide Workshop in Boston on November 20-22. The itinerary is as follows: \$178(hotel), \$70 (per diem for 2 days), \$100 (gas), \$40(tolls) - \$388 total expenses.  
**Intent:** To allow the RDA to fulfill her service commitment to obtain all necessary info at the World Wide Workshop and adhere to our 7<sup>th</sup> Tradition.  
**No pros or cons offered.**  
**Motion 140-11 to go back to home groups.**

**Motion 140-12****Mover:** Greg H. 2<sup>nd</sup>: Robert W.**Motion:** To reimburse travel expenses to the Regional Delegate to the Autonomy Zonal Forum, which was held in Jenkintown PA in July. The following is a list of expenses: \$74.12 (hotel), \$66.22(gas) \$8.15(tolls) \$52.50 (per diem at 1.5 days). \$200.99 total expenses, which were \$3.50 more than proposed itinerary, passed in April.**Intent:** To adhere with the 7<sup>th</sup> Tradition.**Motion passes with 11 in favor and 0 against.****Motion 140-13****Mover:** Shawn C. 2<sup>nd</sup>: Robert W.**Motion:** To receive a check for \$200.00 payable to Tandywood for the recording of the September 12<sup>th</sup>, 2009 speaker jam. Money is out of approved budget. Will provide a receipt at the 141<sup>st</sup> RSC.**Intent:** To record and maintain archives of regional speaker jam event.**Motion passes with unanimous consent.****Motion 140-14****Mover:** Shawn C. 2<sup>nd</sup>: Robert W.**Motion:** To receive a check for \$300, payable to Shawn Crawford, to purchase food, coffee, etc. for the September 12<sup>th</sup> speaker jam. Money is out of already approved budget. Receipts and any left over money will be turned in at the 141<sup>st</sup> RSC.**Intent:** To provide lunch at the September 12<sup>th</sup>, 2009 speaker jam.**Motion passes with unanimous consent.****Motion 140-15****Mover:** Tidewater Area 2<sup>nd</sup>: Robert W,**Motion:** To request region to act on the feasibility study for insurance for all.**Intent:** To defer to the better price of the region to provide insurance for facilities we all use.**Motion made by Norman and 2<sup>nd</sup> by Pat to table motion until the 141<sup>st</sup> RSC for clarification from Tidewater Area.****Motion to table motion 140-15 passes with 10 in favor and 1 against.****Motion 140-16****Mover:** Don V. 2<sup>nd</sup>: Dustin C.**Motion:** To amend current budget to increase the maximum expense for World Wide Workshop attendance by the RD, RDA, and RDA2 from \$200 to \$600 each.**Intent:** This motion is a result of an error on the part of the Treasurer. This would bring our current budget to the level of previous year's budget for these items only. This motion does NOT increase out bi-monthly funding.**No pros or cons offered.****Motion 140-16 to go back to home groups.****Motion 140-17****Mover:** Cynthia W. 2<sup>nd</sup>: Patsy P.**Motion:** To provide \$20 to pay rent for Inventory Ad Hoc Committee to meet on September 19 in Staunton VA.**Intent:** To be fully self supporting,**Motion passes with unanimous consent.****Motion 140-18****Mover:** Shawn C, 2<sup>nd</sup>: Dustin C.**Motion:** To make a change in policy under section XV Service Districts, letter C:

Currently reads: The region and its subcommittees will rotate their meetings throughout the four quadrants.

Change to: The region and its subcommittees, except for the Speaker Jam Subcommittee, will rotate their meetings throughout the four quadrants.

**Intent:** To allow the speaker jam subcommittee to meet in the area hosting the next event, maximizing participation.**No pros or cons offered.****Motion 140-18 to go back to home groups.**

**Motion 140-19**

**Mover:** Etta S. 2<sup>nd</sup>: Akin S.  
**Motion:** To receive \$20 for convention ad hoc subcommittee for rent on September 19<sup>th</sup>.  
**Intent:** To uphold 7<sup>th</sup> Tradition.  
**Motion passes with unanimous consent.**

**Motion 140-20**

**Mover:** Sabrina Mc. 2<sup>nd</sup>: David M.  
**Motion:** To be given a check for secretarial budget to purchase ink and supplies, \$65.  
**Intent:** To be equipped with needed material to carry out new duties.  
**Motion passes with unanimous consent.**

**Motion 140-21**

**Mover:** Etta S. 2<sup>nd</sup>: Akin S.  
**Motion:** To include in policy that the delegate team attend the World Wide Workshops as part of their duties.  
**Intent:** To collect information to better inform our region about information released for our knowledge.  
**Motion referred to Policy by Chair for impact statement and placement in policy. Report back to 141<sup>st</sup> RSC.**

**Additional New Business -**

H&I Subcommittee – No one showed up to the Regional H&I learning day in Appalachian Area. There are concerns with H&I Chairs performance. Motions 134-2 and 134-12 were investigated and discussed regarding the location of H&I Subcommittee meetings.

**Motion 134-2**

**Mover:** H&I Seconded: Hunter  
**Motion:** To allow the H&I subcommittee to centralize its subcommittee's meeting for a 12 month trial basis starting in October 2008.  
**Intent:** To define (centralize) as one place central location in the region or one central location in each quadrant to rotate.  
 To stabilize and strengthen the subcommittee, fill our open positions and encourage regular membership.  
 To establish which better serves our region, rotation or centralization.  
**Sent to Policy to report back to 135<sup>th</sup> RSC.**

**Motion 134-12**

**Mover:** Richard P. Seconded: Tee T.  
**Motion:** To allow H&I and any subcommittee to participate, on a trial basis for 1 year beginning 10/08 to centralize it's meetings within each quadrant.  
**Intent:** To have one place to meet in each quad. So that every one in said quad. Would know where it's held, and better promote participation. Offering consistency and furthering effective communication.  
**Motion passes 5 to 1 to 3.**

*140<sup>th</sup> RSC closed at 5:35 pm with Serenity Prayer.*

