

158th Central Atlantic Region
Regional Service Conference
Meeting Minutes
October 2012
Valley Mission
1513 West Beverley St.
Staunton, VA 24401

Open Forum began at 10:10am with Serenity Prayer

Topics of Discussion

Basic Text Donation

Why change website from CAR-NA.org

Notices from Brinkster

Metro meeting list

Is phone line being updated

Open Forum closed at 11am

158th RSC opened with Serenity Prayer at 11:15am, Purpose, 12 Traditions, 12 Concepts were read

Roll Call/1st Quorum (all members below were present)

Chair-Jeff H, Vice Chair-Jim H, Secretary-Absent, Treasurer-Neal G, Regional Delegate-Etta F, Regional Delegate Alt-Donna Lee P, Regional Delegate Alt 2-Eddie W, VRCC Chair-Jimmy B, Policy Chair-Bill M, Hospitals and Institutions Chair-Lawrence E, Public Relations Chair-Nancy S, Speaker Jam Chair Pro Tem-Antoinette B, Almost Heaven-Sherry V, Appalachian-Greg H, Beach-Lance G, BRANA-Peter P, Gateway to Freedom-Absent, NDANA-Joe B, NRVANA-Stephen W, Outer Limits-Absent, Peninsula-Absent, Piedmont-Tee T, RANA-Greg G, Richmond-Absent, RVANA-Erin C, SHEVANA-Elisa D, Southside-Kim A, Tidewater-Absent, Tri-Cities-Absent

Areas not present for 2 RSC: Outer Limits, Peninsula, Richmond, and Tri-Cities

Recognition of New Attendees: None

Establishment of Quorum 10 RCM/RCM Alts present at 1st roll call

Approval of minutes

Motion 158-1 Mover: Greg H Appalachian 2nd: Greg G RANA

To waive to reading of minutes.

Intent: to continue with the flow of business. Passed 9-0-0

Motion 158-2 Mover: Greg H Appalachian 2nd: Peter P BRANA

To approve the 157th minutes.

Intent: to continue with the flow of business. Passed 10-0-0

Trusted Servants Reports

Chair Report:

Dear Region,

Since the past RSC, I have been busy doing business as usually. I have picked the mail up regularly and brought it here today to distribute. I have implemented a new way to distribute the mail. Tim C is willing to check the regional p.o.box weekly. Each time he receives mail he will immediately mail it to the appropriate person. This system will allow us to continue to use our p.o.box no matter where our officers live. Tim is willing to do indefinitely. I attended the subcommittee meetings in Sept. I sat in part of H&I and part of Policy. H&I is still in need of support and officers. PR is now in need of support also. Hopefully tomorrow in the round table discussions the subcommittees with get some new support.

We received the Basic Text donation from the proceeds of the 16th ECCNC. They were delivered to my address because UPS won't deliver to a p.o.box. I received 3 1/2 cases or 98 books. I have them here today and need a motion to decide what the region would like to do with them. I've attached a letter and a financial report from the ECCNA to this report.

Over the past few weeks I have been working to make final arrangements for this weekend. I want to thank James and the BRANA Area for stepping up to help setting up, providing lunch, etc. I also, want to thank Bill for his effort with the USFA/USSC presentation. The RD team has also helped organize and willing to facilitate Sunday's agenda. We are under budget thanks to BRANA for providing lunch.

I will not be able to attend the Nov. subcommittee meetings. Our next RSC will be on Dec 15th 2012 at UVA

conference room.
ILS, Jeff H

Vice Chair Report: No report received

Secretary Report: Absent

Treasurer Report:

All the bills that I know of up to today are paid. We had a bank balance of \$5733.12 at the 157th RSC. Since then we have deposited \$2917.84 and we have had debits totaling \$1585.43 to give us a current bank balance of \$7065.53. I have paid Primus \$167.37 since this bank statement so our actual balance is \$6898.16 Attached is the financial statement since the 157th RSC. This report is based on the information that I was able to get online. The last activities reported were on 09/25.

Our YTD expenses have been \$15,754.79 and our YTD income has been \$8622.98.

I have copies of the proposed 2013 budget and we'll go over that later.

I would like to thank Jim for chairing the budget meeting in August. I would also like to thank everyone else who participated in budget meeting. The only point of business that wasn't discussed at that meeting was a proposal to change Line B3- Executive from \$100 to \$300. The purpose of the proposed change is to cover the cost of having an addict mail all correspondences coming into the PO Box to the appropriate recipients as soon as they come in. An addict has agreed to take on this responsibility. This would get the bills to me in a timely manner as well as all correspondences for the subcommittees. This wasn't discussed at the business meeting because the option didn't exist at that time. Someone had the idea after the budget meeting. This idea should have been forwarded to the RCMs sometime around September 24.

ILS, Neal G

Opening balance (closing balance from 157th RSC report): \$5733.12

| | | | | |
|---------|---|--------------------------|------------------|------------|
| Credits | : | Gateway contribution: | \$249.80 | |
| | | Shevana contribution: | \$209.23 | |
| | | Southside contrib: | \$185.78 | |
| | | Almost Heaven contrib: | \$349.03 | |
| | | Beach Area contribution: | \$500.00 | |
| | | New River Area contrib: | \$60.00 | |
| | | Peninsula Area contrib.: | \$284.00 | |
| | | Piedmont Area contrib: | <u>\$1080.00</u> | |
| | | TOTAL: | \$2917.84 | +\$2917.84 |

| | | | |
|---------------|-------------------|-----------------|------------|
| Seven debits: | check 1096: | \$25.00 | |
| | check 1097: | \$150.00 | |
| | check 1098: | \$90.20 | |
| | check 1099: | \$119.78 | |
| | check 1100: | \$41.60 | |
| | check 1101: | \$25.00 | |
| | check 1102: | \$50.00 | |
| | debit card 08/20: | \$31.50 | |
| | debit card 08/28: | \$208.80 | |
| | debit card 09/04: | \$83.80 | |
| | debit card 09/06: | <u>\$759.75</u> | |
| | TOTAL | \$1585.43 | -\$1585.43 |

Closing balance: \$7065.53

DETAILS

Ck 1096 Lynchburg SAARA Ctr- July subcommittees

Ck 1097 UVA Auxillary- 156th, 157th mtg space

Ck 1098 Eddie Williams- RDA2 to AZF

Ck 1099 Donna Lee Peters- RDA to AZF

Ck 1100 Etta Fleet- RD to AZF.

Ck 1101 Hinton Ave UMC- budget mtg space

Ck 1102 Churchland Baptist Church- Sept subcomms

Debit card 08/20- Staples (flyers for Oct 2 day)

Debit card 08/28- Free State Ser Ctr (H&I lit)

Debit card 09/04- Primus

Debit card 09/06- PCMS

Regional Delegate Report:

Hi Family,

This is my last report to you as your Regional Delegate and I must say that it is bittersweet. I thank you all for your confidences during these past 6 yrs and I can say that I have learned, a lot, worked hard and met a lot of wonderful members along the way. I am happy that we are a region that sees the value in delegate teams and for that reason; I know that your strong representation shall continue with those who will soon represent you. They are enthusiastic and capable. I plan on continuing to serve this wonderful fellowship by helping my home area with fellowship development and strategic planning for our continued growth, attending our zonal forum and carrying our message wherever I go. I will hopefully return to the region but need a little break for now.

There is a lot of rotation right now of Delegates, fellowship wide as we usher in new blood with new ideas. The WSLD (western service learning day) met in Denver recently and discussed the SSP (service system project) and CBDM (consensus based decision making. The buzz on the discussion boards and websites is that it was a great success. I am encouraging this region to be proactive and utilize some of the SSP in you own areas to see how it works for you. For those who are using it please send emails to the WB (world board) of how it's working for you. There seems to be a few areas that are work shopping the current service system which is good if there is no knowledge of what it is but we really need to focus on what we just passed to see if this actually works. We did a lot of work to get all the information to this region and I am encouraging a progressive approach that may prove to help us in our primary purpose. We won't know until you try. We will never know what to implement if we don't use what we have agreed upon.

Please know that our Zonal is progressively looking at possible changes to better serve our Regions as we try to better see how the Zones could be more affective within the new service system. Please spend some time asking questions about and researching how we function vs. how other zones function so you may have some input.

Our Human Resource Panel would like us to focus on the RBZ (regions, world board, zones) recommendation process. We can recommend candidates for World Board, Co-facilitator and the HRP. This is not a nomination but rather a recommendation. The RBZ process foregoes the HRP's initial screening and ensures that the candidate will receive an interview. The announcement for this is out a full 6 months earlier than previous cycles. You may read more about the process in the recent NAW'S NEWS and I have attached a form to this report.

If you have not ordered you copy of Living Clean it is now available for order at \$8.75 and a limited number of the commemorative edition release in December for \$30. There is a mobile friendly version of na.org with a mobile app for smart phones that has info for finding a meeting and Just for Today. The unenhanced Basic text, It Works and sponsorship are available for \$8.90 on electronic publication. Webinar services are being provided for Regional Service Offices, and Step writing Committees please see NAW's News for info. WCNA 35 will be in Philadelphia PA August 29- Sept 1 2013, Look for early registration info soon. Just a reminder to you that we have never finished addressing the regional Inventory and its implementation. I believe that it needs to be finished at some point.

In Loving Service and a ton of gratitude, Etta F

Regional Delegate Alternate Report:

Greetings everyone. I look forward to this weekend of events. It is good to see you all again. There are many things of note going on at world. Living Clean, the Journey Continues is available this October in soft and hard cover for \$8.75. There is an unenhanced version of the Basic Text now available at a cost of \$8.90. Sponsorship and It Works are in the works for e publication. They will be on sale on amazon and iTunes with links on our site. If you have not yet had the chance, check out the work to our new site. It's awesome and very easy to navigate. We also now have a free mobile friendly version the website. There will be a free smart phone app for finding a meeting and receiving the Just for Today reading. There will be an eblast to those who receive the JFT reading when they are available. NAW'S is actively soliciting communities who want to test any components of the proposed service system to help frame the transition plan for 2014. If your community is

interested, please contact worldboard@na.org. Updates will be posted online as they are available on www.na.org/servicesystem. Info on other projects for this cycle on the traditions book plan and a review of An Intro to NA Meetings will be posted after the board meets in October. At WCNA 35 we will celebrate our 60 yr anniversary. Early registration packages will be available in late 2012. Visit www.na.org/wcna for updates. I have a \$40 reimbursement check where I was reimbursed too much money last RSC. Eddie and I will be putting in a motion for travel expenses to help New River Valley with their Area Inventory.

In Loving Service, Donna Lee P.

Regional Delegate Alternate II Report:

Hello family,

There are a number of exciting developments from NAWS:

Electronic Publications

First, the e-versions of the Sixth Edition Basic Text, *It Works: How and Why*, and *Sponsorship* are available for sale! The price for ePubs are priced at least 20% less than the paper versions, and they are available from Amazon for Kindle, <http://tinyurl.com/clolqzl>, and iBooks on the Apple iOS platform through the iTunes store. Making our texts available through Amazon and iBooks is one of the easiest ways to ensure that NA literature is as widely available as possible and compatible with most e-readers and does not constitute an endorsement of or affiliation with Amazon or iBooks.

Living Clean & JFT

We also have the commemorative, hand-numbered edition of *Just for Today* available for sale. This is to recognize over two million paper copies of this book. They began taking orders for *Living Clean* Friday, 28 September, and will ship the following week. More information about all of these new products can be found in the September Product Update at

http://www.na.org/admin/include/spaw2/uploads/pdf/catalogs/Product_NewsFlash_Sept12.pdf

Website

We have also launched our mobile website. Log on to www.na.org from your mobile device and the site should automatically resolve to m.na.org. Pretty neat. We're excited about our great leap forward into the information age and the ways technology is helping to make NA more accessible. Along those lines, we are getting ready to launch the map-based version of our online meeting locator in early October. It contains a mapping function and should help addicts find NA meetings all over the world. However, the meeting locator is only as good as the information we have in our database. Please help us by making sure your community's meeting information is accurate. For more information about updating meeting information, see our website:

<http://www.na.org/?ID=updates>.

Issue Discussion Topics

We have three important topics to discuss this cycle. The current profiles, PowerPoints, and handouts for Collaboration, Group Conscience, and Supporting our Vision are now posted at www.na.org/IDT. Please help us by not only having these discussions, but also letting us know what you have to say about them by sending us feedback from your discussions and workshops.

Service System

Help is needed on a local level with the Service System Project. As you may know, we are in the third cycle of a project devoted to taking a fresh look at our service system and proposing ideas for reorganizing and revitalizing our services worldwide. During the next phase of the project we will be field testing the proposals approved at the last conference in local communities that volunteer to help. After announcing the field test in *NAWS News* (http://www.na.org/admin/include/spaw2/uploads/pdf/nawsnews/en/2012Aug_nn_en.pdf), a number of NA communities let us know they were interested, and we are getting ready to send them some more specific information about the field test. If your region or area is interested in being included please write to worldboard@na.org, and we'll send you more information. (For more information about the Service System Project see the project webpage: www.na.org/servicesystem.)

NA Way Magazine

Publication is scheduled for late October/early November so that registration information for WCNA 35 can be included.

WCNA

We're just finalizing some key details for WCNA 35 in Philadelphia. Stay tuned for more information very soon at www.na.org/wcna. You can also find links to purchase previous WCNA merchandise there. Hope to see you all in the City of Brotherly Love, 29 August through 1 September 2013!

In Loving Service, Eddie W

VRCC Chair Report:

31st AVCNA is on schedule in Roanoke VA.

Deadline for \$20 registration is rapidly approaching.

Raffle will be drawn next Saturday.

The contract for the 32nd AVCNA was signed and they are in need of a Vice Chair.

All other positions are full and functioning.

There are still several areas in the region without Directors. Therefore those areas have no input. We are not totally representing the region. You can fix this. We are still in need of a Vice Treasurer.

I have a check for \$2200 for the region.

If you have any questions ask your Director. That's why you have one. If you don't have one ask me until you have one.

ILS, Jimmy B

Hospitals and Institutions Chair Report:

Our H&I subcommittee held a meeting on September 15 in Chesapeake, VA. Hearty thanks to Neal G. for arranging the very adequate meeting space and for closing down two major bridges on the same day.

Six people from 4 areas attended.

We received a request for meetings from the Coffeewood Correctional Center in Mitchells, Virginia. I forwarded the request to the Piedmont H&I Chair. He and I will meet to talk about it in the very near future.

The sub-committee agreed to amend the functions of the H&I subcommittee guidelines to include: Provide step work guidance to institutionalized addicts by qualified members of Narcotics Anonymous.

To that end, an ad hoc committee was created to drive the completion and implementation of the Writing Steps for Recovery program. Mary C. was elected chair but has had to step down. The ad hoc committee will go out of business when the WSR program is running on its own with a staff of its own operating under authority of a WSR committee.

Tomorrow morning there will be a 45 minute presentation on the WSR project. We will look at its history, current development and our vision for its future.

On September 29th we gave a presentation at the Lunenburg Correctional Facility in Victoria, Virginia. Nine recovering addicts from around the region were there to meet the 28 attending inmates and to share their experience, strength and hope. The region also donated more than \$300 of literature to the facility for the inmate library. We also distributed a number of IPs and the Introduction to NA booklet to all inmates.

No letters from inmates recently.

The position of vice-chair is still vacant. RCMs, please take this position back to your area and home groups for nominations.

The next subcommittee meeting will be November 17, 2012 in at the Ivey Memorial Methodist Church, 17120 Jefferson Davis Highway, Colonial Heights, Virginia from 11:00 a.m. until 3:00 p.m. All are welcome. RCMs, please take this meeting announcement to your areas, especially your H&I chairs and volunteers. There is a flyer on the CARNA website. Feel free to print and distribute. I brought some copies with me.

In loving service, Lawrence E.

Policy Chair Report:

The Policy Subcommittee met in Chesapeake in September and discussed motions 157-7 and 157-8, as well as the responsibilities and duties for a proposed new position for a Vice Treasurer.

The motion maker, Lawrence E, proposed several changes to the motions which were considered and implemented in the motions. However, after discussing the motions with those in attendance at the subcommittee meeting that day as well as several other addicts over the last few months, it is the opinion of the Policy subcommittee that both of these motions do not uphold our 11th concept of responsible management of NA funds. It is the opinion of the Policy subcommittee that requiring receipts is not, as described in the original motion, a "nuisance procedure." Furthermore, it is our opinion that our 4th and 5th Concepts referring to leadership qualities and responsibility necessitate our service bodies to hold our trusted servants accountable to our members and require them to furnish documentation for the reimbursement of funds.

The Policy subcommittee also worked on the qualifications and duties for a proposed position of vice Treasurer. It is the opinion of the executive committee that a vice-treasurer will aid in a seamless transfer of the duties of the treasurer. We made good progress on this task; however, we decided to see what other regions and areas have done with a similar position and we will take up this task again at our next meeting. ILS, Bill M.

Public Relations Chair Report:

At the subcommittee meeting in September it was decided to oppose the changing of the Regional website address. The region can vote to change the address but the subcommittee has the following problems with the change:

1. Change for the sake of change is not needed.
2. The current website address makes it clear that it is NA.
3. Three website address changes in a short time is one address to many.

The phone line coordinator position is still vacant and Vice Chair is acting in this position.

Per our policy: Meeting schedules should be brought to the Regional. Please give me a copy.

For the love of service, Nancy S

Speaker Jam Pro Tem Chair Report: No Report received

Area Reports:

Almost Heaven RCM Report:

Our 26th Area Convention was a success due to the dedication and hard work of all of our committee members. We would like to thank everyone who helped to make our convention a success. Our finances were not good. As a result we pull about 5 years of our financial reports and went through them with a fine tooth comb looking for trends. In our analysis we discovered several things. 1. Our attendance was approximately the same but our members staying on site was down. So we will be looking into downsizing the number of buildings we reserve. 2. When we actually check the cost per person for a package we discovered we have been undercharging. We have adjusted this for next year. The third trend we saw was in members purchase of merchandise. Members are not purchasing as much merchandise. With this information and the World Convention being three weeks post our convention the amount of merchandise available for sale will be severely reduced.

We have some members who are interested in putting on a special event – a speaker jam/dance October 27 from 9 AM to 11 PM at the Bedington Volunteer Fire Hall on Bedington Station Road, Martinsburg, WV. We have a point of contact for this task. The planning group met on September 12 at 6:00 PM before Keep it Simple. They requested that suggestions for speakers be brought to this meeting. They formatted an itemized projected budget to present to the LSU, and came up with topics for the speakers. We are excited that members are willing to organize this event. We have begun planning for our New Year's Eve Dance. We are speaking with Shevana's Special Events committee about coming together and having a dance together. In the spirit of unity and in anticipation of the road ahead with them for 32nd AVCNA, we are looking forward to working together.

We held our quarterly H&I Orientation on September 22. Any addict in our area who wants to help carry meetings into hospitals and/or institutions must attend our area orientation first. We currently have two commitments and have been approached about taking on a third and we need addicts in our area to carry the message in this way.

The Eastern Regional Jail in WV and Washington County Detention Center in MD commitments are up and running and functioning well. We discussed literature for these commitments, both to hand out to inmates in attendance and to leave for them to pick up. We were looking for a point of contact for the H&I commitments. Each facility has a male and female coordinator, and it was brought up that it would be more efficient if one addict was the go between, rather than hearing reports from all four at the LSU. Bob S is the point of contact to the LSU for our 4 H&I Commitments (male and female at ERJ and Washington County).

The Inmate Step Writing Task Group met. Some members attended the webinar put on by NAWS. We were given the opportunity to receive experience, strength, and hope in this arena, and to share some of our own ideas. An email was set up for our task group, and guidelines and a format for an orientation are being formed. At our next meeting we realized we had lost some interested member in our efforts to create guidelines. We

discussed this situation at Area and LSU and all were in agreement that a couple of members would create a draft for Orientation and policy and submit to the LSU.

We have been approached by our local hospitalGateway... to bring in a meeting. Two addicts will be going in to put on a PR presentation and to find out exactly what they have in mind.

We are still on the lookout for inaccurate meeting information on the internet. We have asked all members if they hear of any inaccurate meeting times/days/locations, etc. online, to contact two members to deal with this situation.

Our quarterly meeting list has been updated.

At our last area we discussed having round table discussions on the IDT's current and past. A commitment was made by the GSR's to be in attendance and hopefully this will start a training and mentoring session at our area similar to what is discussed in the ssp for the GSU. More will be revealed... We also agreed to contact NAWS to make available members to discuss our modifications of part of the SSP.

Donation: \$197.17

ILS, Sherry V. RCM

Appalachian RCM Report:

Hello Family,

The Appalachian Area last met on 10/7/12 at the Safe Haven Recovery Club in Lynchburg. Presently there are 11 home-groups with 28 weekly meetings held in Altavista, Appomattox, Bedford and Lynchburg; at the last ASC there were 6 group representatives in attendance.

Presently the following positions are open: Vice Chair, VRCC director and alternate, RCM alternate, and PR chair. A motion to change policy regarding prudent reserve was brought forth to be voted on at the next ASC. This motion basically was intended to address the fact that the area is presently (and has been) operating within the prudent reserve; and states that Special Events will not host an event while the area is operating within prudent reserve. Discussion about this motion was held and ideas such as looking at prudent reserve amount as it may be higher than actually needed especially since the area has been utilizing the regional helpline instead of paying a monthly pager fee (which was taking place when the current prudent reserve was set). Regional motions/nominations were voted on and I am prepared to bring the area's conscience to this body today. Of concern regarding the regional motions, out of 6 groups present only 4 voted on the above mentioned and I will be discussing this during the next area open forum to attempt to bridge this gap.

With Love of the Fellowship, Greg H

Beach RCM Report:

CARNA,

SOTS V Campout was a great success, thanks to great weather holding out until Sunday morning. We thank all who came out and supported. The Beach area is still going well with consistent group representation of over 90%. We currently have 15 active groups. We opened nominations for next years' service positions. It looks like there will be no problem filling all the open commitments.

ILS, Lance G

Blue Ridge RCM Report:

Hello NA Family of the Central Atlantic Region:

The Blue Ridge Area of Narcotics Anonymous continues working to serve the home groups in our Area and to carry the NA message to the community at large. We now number 14 home groups in BRANA with the recent return of the meetings from Lexington & Buena Vista who have combined to form the KEEP IT SIMPLE Group. These groups host 30 meetings up and down the Shenandoah Valley so that anywhere from Mt Jackson (North) to Buena Vista (South) an addict seeking recovery can find a meeting every day of the week. The message also goes beyond the walls of jails and institutions due to the committed efforts of individuals organized by our Outreach committee. BRANA chairs 4 jail meetings, 2 at Middle River Regional (one each at the women's and men's facility), 1 at Harrisonburg Men's Diversion Center and 1 at the Shenandoah Juvenile Detention Facility. Home Groups also take several open meetings into the New Hope Detox Center which sadly will be closing its doors on the last hope for many suffering addicts next spring; this is due to funding cuts.

As an AREA we are striving to develop greater unity and a common understanding of NA, service, the 12 Traditions and Concepts through information and Group Conscious. BRANA now provides copies of Guide to Local Service to home groups and trusted servants. We have a healthy attendance at our monthly ASC and members are striving to find ways in which we might fill our service positions most effectively. We have elected for a new Chair, Alan B., Vice- Chair, William H., and Literature Chair, James H. We still have openings for Policy, Special Events, VRCC Rep. and will soon need a new Treasurer as George S. term ends in January. Financial strength is still anemic as is our greater community's economy but the principles of generosity and prudence are being strengthened. Regrettably, we have no donation to make to Region at this time.

We have tried to encourage local participation in this weekend's 2 day Regional event but I fear that as RCM I am failing to convey the enthusiasm that I feel for the activities available. Outreach has mustered members to participate in a Chili Cook-Off Sunday at noon which hopefully will fire us up with spicy food as well as the informative workshops will stimulate our fellowship and recovery.

We voted on the recent CARNA motion I'll carry those results in the Regional vote during old business:

Regional Motion 157-4 Motion PASSED (6-1-1) BRANA votes AYE on Motion 157-4

ILS, Peter P

Gateway to Freedom RCM Report:

Hi Family,

The Gateway to Freedom Area is doing well and we currently have 21 meetings per week. We elected a new PR chair during our last ASC and I have a list of contacts we would like to forward to the Regional helpline for the addict who still suffers.

We have two upcoming special events planned:

A Masquerade Ball is planned for 10/27/2012 from 9-12 at 418 N Center Street, Cumberland MD 21502

The 2nd Annual Chili Cook-off is planned for 11/17/2012 from 12-4 at 418 N Center Street, Cumberland MD 21502.

I have brought fliers for both events for anyone interested.

Due to a miscalculation, regrettably we are unable to forward a donation to Region this month. Our treasurer is in the process of a full reconciliation and we hope to forward our donation at next Region.

Current open position is Literature chair. It is open for nomination and is being filled pro-temp by the previous chair.

Thank you for allowing me to serve.

ILS, Rhonda P

New Dominion RCM Report:

All is well in NDANA. This is my first RSC so bear with me. The information I have is that our area voted in favor of motion 157-4 and we also took a group conscience to support the 18th ECC in June of 2014. We have 2 major upcoming events. The NDANA Halloween Party is on October 26th at McLean's Restaurant and the Hope Fiends annual Brunswick Stew and Bonfire meeting will be held at a Jeff H house. We have an opening for Literature Chair and RCM. We have no donation.

ILS, Joe B

New River Valley RCM Report:

Hello again to my extended family,

I am happy to once again represent the New River Valley Area of NA. I won't be able to carry our vote this RSC as we weren't able to have an Area this month due to lack of quorum. I am here to let you know we are still hanging in there, although we are getting ready lose a meeting and are struggling as an area due to lack of support. This will take us down to 9 groups. Most of our positions are open. We will be having an area inventory event to address this issue to be held November 3rd at New Horizons Church, in Radford VA from 11 am to 5 pm. I would like to thank Eddie, Donna Lee and the regions support and help in making this event happen. Please see attached flyer or look at CAR-NA website under the events page. Free chili cook off will be provided along with other free refreshments. I welcome any advice my fellow regional members may have for me. We have no donations to Region this RSC. There are still a few dedicated members in our area, and we will get through this, with God's will.

ILS, Stephen W

Outer Limits RCM Report: Absent

Peninsula RCM Report: Absent

Piedmont RCM Report:

All is well in the Piedmont Area. The Piedmont area currently has 20 groups, with 30 meetings, and 13 out of the 15 GSR's on roll call in attendance at our last area service on October 7, 2012. We currently only have one position open at the area level and that is Vice Chair. We have elected Brian K as the vice treasurer, Cate V. as the special events chair, and Dean N. as the alt. VRCC director. Our area will be having a Halloween Party on Saturday October 27, 2012 at the Haven from 7:30 to 11:30. This is a family friendly event with costume contest, kid's activities, food, and much, much more. Our next ASC will be on 11/4/12 at 4 pm at Hinton Ave. Methodist Church.

ILS, Tee T

Rappahannock RCM Report: No Report received

Richmond RCM Report: Absent

Roanoke Valley RCM Report: No Report received

Shenandoah Valley RCM Report:

The Shenandoah Valley ASC met on Monday, October 8, 2012 with 15 GSRs present out of 19. We have 19 home groups with 25 meetings weekly. We continue to need a Newsletter Chair. A trusted servant has stepped up to Chair Special Events and her qualifications are being sent to all home groups. An H&I Chair has been elected. The Area also elected a VRCC Director.

The Shenandoah Valley area is co-hosting with the Almost Heaven area to put on the 32nd AVCNA convention to be held in Hagerstown, MD January 17, 18, 19, 2014. We continue to need a Merchandise Chair and Pre Convention Chair. All other subcommittee chair positions are filled and meeting monthly. More will be revealed. Special Events is in the mist of planning a Sponsor Sponsee breakfast in November. Flyers to be up on website soon. Also our annual Holiday Dinner is planned for December 15, 2012 at Market St. UMC.

Next ASC will be held November 12, 2012 at Grace Community Church in Winchester at 6:30pm. Donation to Region is \$579.11.

ILS, Elisa D

Southside RCM Report:

Southside Area is continuing to carry the message to the addict who still suffers. Our ASC last met on October 7th. All is well. There are several commitments OTF. These commitments are RCM, RCM Alternate and Secretary.

We now have 11 Home Groups and 37 meetings.

At our last ASC we created a policy that should allow us to better practice consistent fund flow. Our regional donation this month is \$130.78 and our area treasurer mailed that check to the regional post office box in Chesterfield on Oct. 19, 2012.

Southside Area put on a very successful Celebration of World Unity Day on September 1, 2012. In the interest of area unity we are working on holding quarterly speaker jams. At our last ASC there was some interest in perhaps putting in a bid for the next Regional Speaker Jam and Southside would like to know the proper procedure for doing that. Our Area Vice Chair said he would be contacting the Regional Chair for that information.

Regional Motion 157-4 Motion passed 7-0-2

Southside has voted to send me as a nominee for the RD2 position.

ILS, Kim A

Tidewater RCM Report: Absent

Tri-Cities RCM Report: Absent

Break for lunch @ 1:05
Reconvened @ 2:05

Old Business

Motion 157-2 Sent back to Policy
Motion 157-4 Passed 8-2-2 Roll Call vote: AHA nay, Appalachian yes, Beach yes, BRANA yes, NDANA yes, NRVANA abstain, Piedmont yes, RANA yes, RVANA abstain, SHEVANA yes and Southside yes
Motion 157-6 PR decided against move on referred back
Motion 157-7 Ruled out of order
Motion 157-8 Ruled out of order

Nominations and Elections

Speaker Jam Chair: Antoinette B elected
Regional Delegate: Donna Lee
Regional Delegate Alternate: Eddie W
Motion to close nominations for RD and RDA. Passed no info
Secretary: Take back to groups for nominations
Regional Delegate Alternate II: Kim A accepted nomination

New Business

Motions were renumbered because the two about motions are 158 1 and 2.
Motion 158-3 Mover: Donna Lee P 2nd: Greg H Appalachian
Description/Background
The delegate has already been preapproved for travel to MARLCNA and Autonomy Zonal Forum. That being said, we are still responsible to turn in our projected expenses 2 RSCs prior to these events. Our itinerary is as follows.
Intent:
To be accountable to RDA, RDA2 duties.
Motion:
RDA
AZF Hotel \$125 Gas \$80 Per diem \$35 Total \$240
MARLCNA Hotel \$225 Gas \$105 Per diem \$70 Total \$400
RDA2
AZF Hotel \$125 Gas \$80 Per diem \$35 Total \$240
MARLCNA Hotel \$225 Gas \$105 Per diem \$70 Total \$400
Passed unanimous

Motion 158-4 Mover: Greg H Appalachian 2nd: Rudolph C RNA
Intent:
To distribute the texts throughout the jails and prisons throughout our Region.
Motion:
To disperse the donation from ECCNA (98 Basics Texts) 5 to each area with the remain 13 texts to regional H&I. Passed unanimous

Motion 158-5 Mover: Jim H 2nd: Greg G RANA
Intent:
For they requested it in their report.
Motion:
To nominated a member of our region to serve on the advisory board for the ECCNA.
Erin appointed Pro Tem

Motion 158-6 Mover: Etta 2nd: AHA RCM
Description/Background

RBZ

Intent:

To involve the Region in the RBZ (Regional Board Zonal) process.

Motion:

To recommend Etta F for co-facilitator and Sherry V for HRP using the RBZ process.

Tabled to 159th

Motion 158-7 Mover: Stephen W NRVANA 2nd: Greg H Appalachian

Intent:

To be fully self-supporting.

Motion:

To Provide \$40 each for travel expenses to Eddie RDA2 and Donna Lee RDA to New River Valley for help with their area inventory which they requested. Passed 11 in favor

Motion 158-8 Mover: Etta F 2nd: Greg G RANA

Description/Background:

As we move toward trying parts of the SSP we will not know how well the parts work until we utilize it.

Intent:

To progressively start to use consensus based decision making on our regional floor in order to secure a true regional conscious and eventually phase out Roberts Rules of order.

Motion:

To transition into using consensus based decision making during regional business at the RSC.

Chair Ruled out of Order Donna Lee Ad Hoc Chair

Treasurer sent Budget back to get approval from areas. Budgets 2012 and 2013 will be attached.

Planning for Next RSC

159th Region Service Conference on December 15, 2012 at UVA Main Hospital 1215 Lee Street Charlottesville, VA, 11:00 pm Open Forum 12:15 - 6:00 pm RSC. Parking available in the Lee St. Parking Garage, go into main entrance, meeting space is just left of the Cafeteria.

158th RSC closed with Serenity Prayer.

Thanks for allowing me to serve. ILS, Cynthia W. Secretary

Central Atlantic Region
Proposed January 1 to December 31, 2013 Budget

| Category | Expense | For | 2012 budget | Proposed 2013 Budget | Bi-monthly funding |
|--|---------------------------------|---|---|----------------------|--------------------|
| A Automatic, approved 100% on receipt | Phoneline | 800 & Answering Services | \$9,450.00 | \$8,500.00 | \$1,417.00 |
| | Mailbox | PO Box | \$60.00 | \$76.00 | \$13.00 |
| | Website | Host & Domain Expenses | \$150.00 | \$150.00 | \$25.00 |
| | Service Charges | Bank Service Charges | \$36.00 | \$36.00 | \$6.00 |
| B RSC primary operations | Conferences | RSC Meeting Expenses: rent, food & beverage, AV equipment rental, & office supplies | \$1,000.00 | \$750.00 | \$125.00 |
| | Executive | Correspondence & report preparation & distribution expenses for RSC Chair and Vice Chair | \$100.00 | \$300.00 | \$50.00 |
| | RD Team | Correspondence & report preparation & distribution expenses for RD Team | \$100.00 | \$100.00 | \$17.00 |
| | Secretary | Secretary expenses associated with preparation & distribution of RSC minutes, reports, correspondence, and related office supplies | \$250.00 | \$250.00 | \$42.00 |
| | Treasurer | Treasurer expenses associated with preparation & distribution of reports, correspondence, and related office supplies | \$120.00 | \$120.00 | \$20.00 |
| | GSR Assembly | Expenses associated with meeting space rent, refreshments, food & beverage, & office supplies | \$1,500.00 | \$1,500.00 | \$250.00 |
| | *CAR Workshops | RSC pre-approved line item expenses associated with holding 4 multi-area workshops | \$800.00 | \$1,200.00 | \$200.00 |
| | ***Zonal Forum | Expenses associated with holding Zonal Forum approximately every 3 years | \$300.00 | \$0.00 | \$0.00 |
| C Travel, including up to \$35.00/day per diem | *WSC/RDA | Expenses associated with RDA attendance of bi-yearly WSC with \$55 per diem | \$2,500.00 | \$2,000.00 | \$167.00 |
| | *WSC/RDA-2 | Expenses associated with RDA-2 attendance of bi-yearly WSC with \$55 per diem | \$2,500.00 | \$2,000.00 | \$167.00 |
| | MARLCNA/RD | Expenses associated with RD attendance of yearly MARLCNA | \$400.00 | \$400.00 | \$67.00 |
| | MARLCNA/RDA | Expenses associated with RDA attendance of yearly MARLCNA | \$400.00 | \$400.00 | \$67.00 |
| | MARLCNA/RDA-2 | Expenses associated with RDA-2 attendance of yearly MARLCNA | \$400.00 | \$400.00 | \$67.00 |
| | AZF/RD | Expenses associated with RD attendance of Autonomy Zonal Forum | \$550.00 | \$300.00 | \$50.00 |
| | AZF/RDA | Expenses associated with RDA attendance of Autonomy Zonal Forum | \$550.00 | \$300.00 | \$50.00 |
| | AZF/RDA-2 | Expenses associated with RDA-2 attendance of Autonomy Zonal Forum | \$550.00 | \$300.00 | \$50.00 |
| | *WSW/RD (odd years) | Expenses associated with RD attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences) | \$600.00 | \$600.00 | \$50.00 |
| | *WSW/RDA (odd years) | Expenses associated with RDA attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences) | \$600.00 | \$600.00 | \$50.00 |
| | *WSW/RDA-2 (odd years) | Expenses associated with RDA-2 attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences) | \$600.00 | \$600.00 | \$50.00 |
| | D Subcommittee operations | Policy | Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, literature, and guideline printing | \$250.00 | \$300.00 |
| Project Driven | | Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature | \$150.00 | \$150.00 | \$25.00 |
| Speakerjam | | Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature | \$120.00 | \$120.00 | \$20.00 |

Central Atlantic Region
Proposed January 1 to December 31, 2013 Budget

| | | | | | |
|--------------------------|--|--|-------------|-------------|------------|
| | Public Relations | Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature | \$250.00 | \$300.00 | \$50.00 |
| | Hospitals & Institutions | Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature | \$150.00 | \$300.00 | \$50.00 |
| E | Hospitals & Institutions | Expenses associated with subcommittee travel, inmate literature purchases, correction facility library literature purchases, and H&I presentations, and events or workshops. | \$1,450.00 | \$1,200.00 | \$200.00 |
| RSC secondary operations | Speakerjams | RSC line-item approved expenses associated holding speakerjams in March & September each year including travel (\$500.00/jam) | \$1,000.00 | \$1,000.00 | \$167.00 |
| | Overnight RSC | Overnight RSC expenses including overnight lodging, and food & beverage services (\$1500.00/overnight) | \$3,000.00 | \$3,000.00 | \$500.00 |
| | RD Team** | Travel expenses associated with RSC approved RD team attendance at Area events when requested by the Areas | \$0.00 | \$600.00 | \$100.00 |
| | Project Driven** | RSC approved expenses associated with communicating and/or visiting with isolated groups & interested ASC's including gas and long distance phone calls | \$0.00 | \$0.00 | \$0.00 |
| | Equipment repair/maintenance /replacement | Repair, replacement, and maintenance of RSC laptop, projector, etc. | \$500.00 | \$500.00 | \$84.00 |
| | Public Relations | Expenses associated with Professional conference & community event registrations, paid radio spots, professional contact data base production, annual PR mailing, printed materials for reports, training, presentations, and travel | \$1,810.00 | \$2,000.00 | \$334.00 |
| F | Discretionary, expenses not included in budget | \$300 maximum | \$0.00 | \$0.00 | \$0.00 |
| | | | \$32,196.00 | \$30,352.00 | \$4,580.00 |

* means bi-annual expense

** these lines were created for 2013 budget

*** this line item is once every three years