

**Agenda 171st Regional Service Conference
Central Atlantic Region
December 20, 2014 - , 1700 University Ave., Charlottesville, VA 22902**

Note: RSC will be preceded by Open Forum, not to exceed one hour.

Open Forum begins: 11:00am

RSC begins: 12:15pm

- Vice Chair will view the online banking account and compare to the check register.

1. Serenity Prayer
2. Open Forum
 - a. Discussed possibility of doing a workshop during the next GSR Assembly to review the traditions that are currently being reviewed for the Traditions book (should be traditions 2-7)
 - b. Discussed how to distribute the books contributed to CARNA by the ECCNA – will be handled by the H&I Subcommittee during their next meeting.
 - c. Discussion of Traditions workshop being hosted by Region 4.
 - d. Discussion of what to do when you see someone distributing older versions of Basic Text online.
 - e. Discussed purchase by CARNA of a conference room phone for H&I subcommittee meetings.
 - f. New products from NAWS, including 2015 JFT Calendar.
 - g. Discussion of why/whether we include names and initials in the minutes.
 - h. Discussion of subcommittee chairs missing occasional RSC to attend events that further the purpose of their subcommittee (e.g. TACNA)
3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

Chair	Jim H.	Almost Heaven	Don V.	X
Vice Chair	Bill M.	Beach	Ted L.	
Secretary	Brian C.	Blue Ridge	George S.	X
Treasurer	Neal G.	New Dominion	Stephanie H.	
Regional Delegate	Open	Peninsula	Jimmy W.	X
Regional Delegate Alternate	Eddie W.	Piedmont	Aaron A.	X
Regional Delegate Alternate 2	Kim A.	Rappahannock	Rudolph C.	X
VRCC Chair	Abs	Richmond	Nancy S.	X
Hospitals and Institutions Chair	Chuck K.	Roanoke Valley	Abs	
Policy Chair	Open	Shenandoah Valley	Elisa D.	X
Public Relations Chair	Etta F.	Southside	Andrew D	X
Speaker Jam Chair	Rudolph C.	Tidewater	Abs.	
		Tri-Cities	Toney W.	X

Note: Any area that missed two consecutive RSC will be referred to the Outreach Subcommittee (Project Driven).

5. Recognition of new attendees / identify members willing to mentor that they could sit next to.
6. Approval of Prior Minutes – Mover: Bill M. 2nd: Jimmy W. (approved as amended)
7. Trusted Servants Reports

Chair Report	Hello Family After our last meeting I was in contact with Greg to inform him about what happen at
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	<p>region. After having a conversation with Greg, I asked him if he would still help us with policy and he said yes. Greg was lead person at the policy meeting and will have a report for us today.</p> <p>Thanks to all my brothers and sisters who came out to Tri Cities two day. I saw a lot of fellowshipping and love for each other over the weekend. Good job everyone.</p> <p>On February 21, June 20 and August 15 we will be at UVA. April 18 & 19 will be in Cumberland Maryland. Saturday meeting will be at the Friendship Haven Church, 248 Williams St. 21502. Still working with 2 hotels for Saturday night stay. Have made contact with Outer Limits and working to confirm meeting location.</p> <p>Neal called and said he was running a little late, but would be here today by 2.</p> <p>My term as chair is up in April, so we will be taking nomination in February.</p> <p>Hope everyone has a safe and Happy Holiday.</p> <p>In Loving Service Jim H</p>
Vice Chair Report	<p>Hello Family,</p> <p>Since the last RSC I attended the Policy subcommittee by telephone. The meeting went well but I had quite a bit of trouble hearing members who physically attended the meeting. I believe the subcommittees are discussing a solution and want to express my support for additional technology to facilitate attending subcommittees in this manner.</p> <p>Last RSC, per policy, we removed the chair of the Policy subcommittee because he missed two RSCs. I believe the wording of this particular guideline is entirely too restrictive insomuch as it prohibits the RCM's from taking extenuating circumstances into consideration. Therefore, I am submitting a motion today to change the wording of this policy guideline so that the RCMs have a choice in the decision and not be forced into a course of action.</p> <p>ILS, Bill M.</p>
Secretary Report	<p>All is well, thanks for the opportunity to be of service.</p> <p>ILS, Brian C.</p>
Treasurer Report	<p>All the bills that I know of up to today are paid. We had a balance of \$14,797.09 at the 170th RSC. Since then we have deposited \$2333.14. We have had debits totaling \$2028.82 to give us a current balance of \$15,101.41. Check 1167 is still out. The one missing check was for \$300 and was sent to NAWS; or it was supposed to have been sent to NAWS. That check was written back in February. I will probably just add it back in at the end of the year.</p> <p>Our prudent reserve as determined by the formula approved by the RCMs is</p>

	<p>\$15,277.00. If we subtract this from our current actual balance the difference is \$-175.59. We are under the prudent reserve so no contribution will be sent to NAWS.</p> <p>ILS, Neal G.</p>																						
RD Report	Open																						
RDA Report	<p>Hello family,</p> <p>As mentioned in my report at the October RSC, Kim and I will facilitate a workshop presentation from 9am-10:30am on January 10th, 2015 at the 33rd AVCNA entitled "Autonomy Zonal Forum – Who We Are/What We Do". The presentation will focus on its participating regions, how it's meeting rotates, how it currently functions, how the role of zonal forums may be changing In the years to come, the website that's currently being developed, its current focus (utilizing conference call technology to reduce costs, developing its mission and vision statement). The intention is to introduce its existence to those who've likely never heard about the AZF, and then open the floor for feedback as to what services AZF might provide in the future, in the changing landscape of NA service.</p> <p>The Chesapeake & Potomac Region will be hosting the Autonomy Zonal Forum in Washington, DC on Saturday, January 31, 2015 from 11am – 5pm at Saint Francis de Sales Catholic Church, 2015 Rhode Island Ave., N.E. Washington, D.C. 20018. The following is an update regarding the related costs for each of us which we'll need to get today:</p> <table data-bbox="597 972 906 1129"> <tr> <td>Hotel</td> <td>\$106.48</td> </tr> <tr> <td>Per Diem</td> <td>\$35</td> </tr> <tr> <td>Gas Advance</td> <td>\$40</td> </tr> <tr> <td colspan="2">-----</td> </tr> <tr> <td>Total</td> <td>\$181.48</td> </tr> </table> <p>On February 6-8th, 2015 Kim and I will be attending the Mid Atlantic Regional Learning Conference of Narcotics Anonymous (MARLCNA) in Lancaster, PA. The following is an update regarding the related costs for each of us which we'll need to get today:</p> <table data-bbox="597 1329 906 1518"> <tr> <td>Hotel</td> <td>\$197.58</td> </tr> <tr> <td>Per Diem</td> <td>\$70</td> </tr> <tr> <td>Gas Advance</td> <td>\$40</td> </tr> <tr> <td>Registration</td> <td>\$20</td> </tr> <tr> <td colspan="2">-----</td> </tr> <tr> <td>Total</td> <td>\$327.58</td> </tr> </table> <p>I was unable to attend the Service Matters Workshop hosted by the Piedmont Area in Petersburg on Saturday November 29th due to an oversight in scheduling. Thankfully Kim was able to honor the commitment and has more information in her report regarding what was shared. I am returning the \$40 gas advance I received at the October RSC to attend this event, and humbly apologize to this body and the</p>	Hotel	\$106.48	Per Diem	\$35	Gas Advance	\$40	-----		Total	\$181.48	Hotel	\$197.58	Per Diem	\$70	Gas Advance	\$40	Registration	\$20	-----		Total	\$327.58
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	<p>Piedmont Area for my absence.</p> <p>Thank you for the opportunity to be of service.</p> <p>Eddie W. (RDA)</p>
RDA2 Report	<p>Good Afternoon Fellow Central Atlantic Region Members,</p> <p>Firstly I would like to report on our Region's Zonal Forum activities. The AZF is continuing our forward momentum and becoming increasingly involved with seeking out opportunities for mentorship throughout our zone and the sharing of information directly impacting our fellowship. To that end Eddie and I will be presenting an AZF workshop at 9 AM on Saturday at the AVCNA in Lynchburg. We will discuss the role of the Autonomy Zone moving forward. Our topic will be what is the AZF and we will also be discussing the future of the World Service Conference and the Traditions Project.</p> <p>The next Zonal Forum will take place in the Chesapeake and Potomac Region on January 31, 2015. The flyer is posted on the AZF website (www.autonomyzonalforum.org). Please be sure to check out the calendar on the website if you are interested in other AZF events.</p> <p>Since last we met Eddie and I participated in 2 teleconferenced meetings where we developed the AZF's new Mission and Vision Statement. At our January meeting we will vote on those two statements and then they will be viewable from our website.</p> <p>I was happy to be able to attend and participate in the Service Matters Workshop hosted by the Tri-Cities Area in Petersburg on Thanksgiving Weekend. Big kudos to them! I loved learning that they hold this workshop every year right before their area elections. Mentorship above and beyond!! As the RDA2, I was able to present some information on the AZF and also shared my experience in service to this region.</p> <p>I have been working on a new website design for the AZF and will be presenting that design in January for a vote. Our intention with developing a new design is to make the site easier to maintain and to give it more flexibility than the previous CMS site allowed us.</p> <p>We would welcome some discussions on a couple of things in the upcoming months. Please begin discussing the following questions within your areas.</p> <ul style="list-style-type: none"> • What would your area/this region like to see from our zone? • How does your area/this region feel about zonal seating at the conference? <p>Work has begun on the new traditions book. You can find all of the details at www.na.org/traditions. You can provide input and find details on how to workshop the traditions at your group/area. The first deadline is a little over a month away. The prologue and first tradition are available for review and input and that deadline is January 31, 2015.</p> <p>The World Convention will be held in Rio de Janeiro, Brazil June 11-14, 2015. World</p>

	<p>has not been able to finalize the details as the hotels and facilities have been busy hosting the World Cup. Details should be released soon and can be found at www.na.org/wcna.</p> <p>The continuance of the Service System was approved at WSC. Tools are available at www.na.org/servicesystem for any areas wanting to start forming LSC's or GSU's. More tools and methods to communicate with other service bodies will be developed during this conference cycle.</p> <p>Please continue to emphasize the importance of every group within your area's need to be updating world services with their meeting information. World Services has two forms for us to use with regards to making sure that addicts trying to find a meeting are given accurate information. I am including three links in this report and cannot stress enough the importance of making sure all of our groups receive this information. Have you ever been on vacation and tried to find a meeting and ended up having a local phone line or the World Services Meeting App send you to a building in a seedy part of town where the only addicts you could find were using ones?</p> <p>We might want to consider putting these forms on our area websites and or on our regional website.</p> <p>Link to World Services online registration and group update forms:</p> <ul style="list-style-type: none"> • http://www.na.org/?ID=updateforms-ngp-form <p>Links to downloadable forms:</p> <ul style="list-style-type: none"> • http://southsidena.org/wso_group_update_form.pdf • http://southsidena.org/wso_group_registration_form.pdf <p>In closing I want to express my gratitude for your faith and trust in me in allowing me to serve these past two years as your RDA2. This commitment has been a tremendous gift to my recovery. I have learned so much about service, commitment, humility, faith and trust.... Thank you Central Atlantic Region... Thank you!</p> <p>In Loving Grateful Service, Kim A. (CARNA RDA2)</p>
VRCC Report	Absent
H&I Chair Report	<p>Hello all, The CARNA H&I Subcommittee met on Saturday, November 15th in Colonial Beach, VA.</p> <p>Bullet 1 – We hold regularly scheduled meetings every other month and follow the quadrant rotation as prescribed in the subject service handbook. We have secured and accounted for the CARNA H&I literature inventory. I have received no letters from inmates in the past 2 months.</p> <p>Bullet 2 – The goal of the subcommittee over the next year is to gain accurate and up to date information on the H&I commitments with in our region. This information is helpful with PR efforts and communicating our abilities to serve addicts with professionals. We would ask all RCM's to update the subcommittee via their RCM reports per CARNA policy at each CARNA Meeting.</p>

	<p>Bullet 3 – We have been asked by Indian Creek Facility in Chesapeake, VA to help with NA efforts in the re-entry program. The PR subcommittee is working to contact the facility to see what exactly they need. A motion was made at our last subcommittee meeting to hold a one-time presentation at Coffee Wood Correctional Center not to exceed \$250.00 in total expenses. The subcommittee had concerns about redundancy of efforts and crossing regional boundaries of service with C&PRNA. It is unclear as to what area currently serves this facility or would serve this facility so the subcommittee decided to contact C&PRNA before moving forward with this motion.</p> <p>Bullet 4 – We have made a couple of attempts to contact Southside Area to provide H&I training. We were also recently contacted by New Dominion Area about supporting a learning day they are having by reaching out to NAWS H&I members to share at their event. We have reached out to NAWS and are awaiting their response.</p> <p>Bullet 5 – The chair attended a webinar held by NAWS on November 12, 2012. The minutes are attached. The Unity Day for the upcoming WCNA has been scheduled for Sunday June 14th 1 p.m. – 2 p.m. Brazil Time, which is the same as east coast standard time. The firm time and call in information will be supplied in January.</p> <p>Bullet 6 – Refer to bullet 3</p> <p>Bullet 7 – RCMS, please include information on H&I within your areas in your monthly reports.</p> <p>Also please inform your areas of the phone in option for attendance to regional subcommittee meetings.</p> <p>Bullet 8 – The policy for the ISW Project has been approved and should be added to the CARNA Policy as an attachment to the H&I Policy. This policy is attached to this report for RCMs to share with their areas. We are now entering the implementation phase of this effort. There are 3 positions that need to be filled to support this effort. Nominations for the following positions are open and will be taken by the subcommittee at the next meeting in January. The positions are: ISW Chair, ISW Vice Chair and ISW Coordinating Secretary. Please see attached policy for duties and responsibilities for this position. We will vote on nominations at the subcommittee meeting in March 2015.</p> <p>We have started a live stream or teleconference meeting that meets weekly and holds a meeting using the same service as the subcommittee meeting teleconference: www.uberconference.com/chucknorvakellens, Call in 716-293-8704, access code 10672. We will be meeting again on January 7th and hold a meeting discussion Step 9. Please forward request to be a part of this effort to hi@car-na.org. The subcommittee is working on a policy for this effort. The subcommittee approved upgrading to the paid teleconference service to use for this effort and the subcommittee efforts. A new account will be set up for CARNA H&I. We have also requested that these recordings be made available to the region via the new website. The web servant and web site committee have state that this will be possible. If you would like these recordings or if your area H&I committees want these recordings we can forward them to you as web links.</p> <p>We have requested the following for the new web site. We hope to use the new site to better inform the region. The following is a summary of these requests. Please ask your H&I chairs if they would like any other information on the web site concerning H&I.</p> <p>Main Page: CARNA H&I Purpose CARNA H&I Subcommittee meeting information Conference call number and access code Web service link</p>
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	<p>CARNA H&I Subcommittee contact information Current news and information concerning CARNA H&I CARNA H&I Blog Data entry for the following: New or changed H&I commitments in areas Users can put in email information to be included on H&I emails and info Link to NAWS H&I NAWS webinar minutes Current Subcommittee minutes WCNA Unity Day Information For Professionals section: Services available – Live Stream meeting, ISW and Local Area H&I service support Want to show the types of facilities served throughout the region i.e. – 20 prisons, 10 Mental Health facilities, 10 Jails, etc. Sub pages: Live Stream Page Statement of Purpose: “...To share the life saving message of Narcotics Anonymous with fellow addicts who cannot attend our regularly scheduled meetings...to share the atmosphere we experience in our regular meetings. Links to live stream meetings Live Stream meeting schedule and call in or computer link information Live Stream meeting format for download (for live stream meeting chairs) Data input for volunteers interested in chairing a live stream meeting Another email input and grouping for those interested in CARNA live stream meetings ISW Page ISW Statement of purpose: ““The primary purpose of this committee is to provide written Narcotics Anonymous step guidance and correspondence to incarcerated addicts desiring recovery.” ISW Policy ISW email contacts: Chair, vice chair, coordinating secretary ISW Volunteer agreement form for download Data input and grouping for emails of those interested in ISW service Upcoming service opportunities for this body include:</p> <ul style="list-style-type: none"> • Working with institutions to live stream meetings into facilities that cannot attend regular meetings and don't currently have H&I commitments • Work with facilities to offer upcoming Unity Day Meeting at the next WCNA in Rio De Janeiro Brazil, June 2015 • Work with Indian Creek Correctional Facility for support of existing NA commitment • Work with Almost Heaven Area on correspondence and possible one time meeting at a Federal facility that borders with Gateway to Freedom Area <p>At the next subcommittee meeting we will take nominations for the positions outlined above to support the ISW effort. In closing, please inform your area members of the opportunities to serve at the regional H&I level. We need help responding to letters to inmates, developing and starting the ISW project and working on better ways to communicate with regional,</p>
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	<p>state and federal agencies. For specific place details see the CARNA Website. To attend this meeting via conference call (We are changing to a new service, uberconference): Conference Dial-in Number:</p> <p style="text-align: center;">By phone: 716-293-8704, access code 10672 By computer www.uberconference.com/chuck.norvakellens</p> <p>Details on the exact location of the next subcommittee meeting will be provided to the CARNA Web servant prior to January 18th in quadrant 2.</p> <p>Please feel free to contact me with any questions or suggestions. I would like to also make a small personal reflection on the work of this subcommittee over the past year. We started the year with the loss of one of our friends in service. While the pain of this loss has lessened, the impact it had will never cease to serve a reminder that while we gather to help the sick and suffering addict, we are here as well to serve each other. This subcommittee has accomplished quite a bit through the past year by engaging a range of perspectives. Sometimes in conflict and yet always founded in our common goal to serve the addict that still suffers. I am learning more than I bargained for as chair of this subcommittee and I am often humbled by the experience. I want to thank you all for helping me become a better member of NA. And in remembrance of our friend Erin, can we have a moment of silence to remember why we serve, and most importantly to always be mindful that service starts with our love and respect for each other.</p> <p>Gratefully, Chuck K. (757) 469-9365 chuck.norvakellens@gmail.com</p>
Policy Subcommittee	<p>Dear RSC Members,</p> <p>I want to apologize to everyone for missing the last two RSC meetings. There are no excuses so I won't give you any. It wasn't my intention to be removed. My term would have been done in April and I will continue to serve on the policy subcommittee until then. If this committee wanted to appoint me pro-tem until then I would be willing to serve. The new policy needs to be updated, printed and distributed in February. The logical decision would be to let me do this with Bill, but I will defer to the committee's decision.</p> <p>The policy subcommittee met on Nov. 15, 2014 in Colonial Beach, VA. There were eight members present. There were no motions committed to the policy subcommittee, so we talked about the rotation of the two day RSC. We didn't write a motion, in fact we threw out one we had started writing in September because it was convoluted and unnecessary. We will work on a simpler motion in January. There were a couple ideas for motions mentioned but nothing was finalized. One was regarding missing two RSC meetings and being removed. (I didn't bring that up, by the way.) The idea discussed was the lack of consequences for not following policy. Again, no motions were created. I was asked to write a motion stating RSC Chair is to refer to rotation sheet for scheduling two day RSC meetings. I am to present that</p>

	<p>motion at the next subcommittee meeting for discussion. The next meeting will e in Almost Heaven (Quad 2.) The last two subcommittee meetings in Quadrant 2 were in Cumberland, MD & Winchester before that. Meeting location to be announced. It will be on January 18th. Requesting check for \$25 to Bill for food. Neil, did check get sent for subcommittee meeting in November?</p> <p>ILS,</p> <p>Greg G.</p>
Public Relations	<p>Hi Family,</p> <p>The PR subcommittee met 11/15/14 in Colonial Beach Va. We thank those members who showed such great hospitality to us with a beautiful lunch and beverages.</p> <p>Old Business: It was asked whether ROVNA has been disbanded yet. We are not renewing as we had discussed and it will eventually expire. The next question was whether we could get higher placement on the searches. We can for a fee and it is being researched now. We could ad more key words to make that happen.</p> <p>Phone lines- No challenges at this time and updates are being made as received. Website- There was a conference call on October 23rd to further work on the website. I could not attend as I was in the hospital but suggested that they continue as planned.</p> <p>These are the things that have been completed:</p> <ul style="list-style-type: none"> • A production site for testing has been created at rack space (free) • Joomla has been installed and configured (free) • Joomla is an award-winning content management system (CMS), which enables you to build Web sites and powerful online applications. Many aspects, including its ease-of-use and extensibility, have made Joomla the most popular Web site software available. Best of all, Joomla is an open source solution that is freely available to everyone. A content management system is software that keeps track of every piece of content on your Web site, much like your local public library keeps track of books and stores them. Content can be simple text, photos, and music, video, documents, or just about anything you can think of. A major advantage of using a CMS is that it requires almost no technical skill or knowledge to manage. Since the CMS manages all your content, you don't have to. • Installed calendar function (free) • Content from existed site has been copied • Installed and tested three different design templates for layout <p>Plans Phase 1</p> <ul style="list-style-type: none"> • Install and configure bmlt (basic meeting layout template) to be used for meeting search database. Information will be imported from NAWs database. • Complete template selection and configuration • Complete calendar function • Create a form page allowing for event submission • Copy everything to existing site

	<p>Phase 2</p> <ul style="list-style-type: none"> • H&I pages • Add PR project management function • Obtain requests for features and content from other subcommittees and admin board <p>Phase 3</p> <ul style="list-style-type: none"> • Obtain requests and ideas for functions and content from RCM's and areas. • H& I collaboration- A call has been made to Indian Creek however the contact was out for several days and has not returned my call yet. Will follow up if I have not heard from her by months end. <p>We will be contacting TACNA to see if we can get workshop space at their convention.</p> <p>In Loving Service, Etta F.</p>
Speaker Jam	<p>Good Morning RSC. I would like to thank God and you guys for believing in me enough to hold this position. Since our last RSC I have gotten some assistance from Sam D., who is now the VC for this subcommittee. She and I have communicated via text or FB messaging. After our last RSC we got together and discussed adding some more clarity to the by-laws. Therefore we will be submitting that for new business. Addendum 1; pg.5; #7</p> <p>Add: Regional Speaker Jam duties</p> <ol style="list-style-type: none"> 1. Help with topics and Speakers 2. Subcommittee will offer a bid when there isn't a bid given. To keep with accordance with our policy. 3. To host and facilitate the Speaker jam. <p>The intent: Is to clearly define our duties.</p> <p>We have also been communicating with the Southside area RCM and the speaker jam chair on different themes and to assist them with any questions or concerns they may have before bringing it before their committee. Their area has decided to host the next Regional Speaker Jam on March 14, 2015 at Southside Regional Hospital at 2204 Wilborn Avenue, South Boston, VA. 24592, from 12-8 and our theme will be 'The War Is over yet the battles of have just begun.' To bring clarity to the idea of that theme let me explain: The war we are talking about once you get clean are jails, institutions, degradation, shame, fear, and death. While do however stop those wars it's a battle to adapt a new way of life through living and learning spiritual principles, those are the day to day battles.</p> <p>I have asked my good friend to assist with the imagery, design, and cost for 30 t-shirts. I have that proposal and we are in agreement, as a subcommittee, to purchase and sale these at the speaker jam. The total cost is 300.11. The check can be payable to High Peak Sportswear. We are so stoked about this speaker jam. I went and purchased some flyers to be passed out throughout NA. I will be emailing our webmaster so this event can be up and noticeable to this region and others in NA.</p> <p>In closing, I will be leaving region today at 2:45 and have communicated this with the chair so hopefully I can answer any questions this body has. I truly apologize for missing the last subcommittee meeting and we have discussed that also and our 2015 resolution is to be present via conference call.</p> <p>In loving service,</p>

	Rudolph C.- Regional Speaker Jam Chair
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8. Area Reports

<p>Almost Heaven</p>	<p>Almost Heaven Area currently has 22 home groups and is experiencing very good attendance at our ASC meetings.</p> <p>Highlights since our last RSC are:</p> <ol style="list-style-type: none"> 1. We are currently supporting 2 H&I commitments, one at Eastern Regional Jail and another at Washington County in Hagerstown. Both facilities have a male meeting and a female meeting. 2. Our area will be holding our annual New Year's Dance and First Meeting of the Year in Hagerstown this year at the Martin Luther King Center Gymnasium. 3. Our LSU is still working on a 2015 budget for the area. 4. Our area has voted to request that Motion 170-2 be ruled "out of order" due to a typographical error in the 170th RSC minutes which rendered the motion senseless. 5. We will be conducting a Round Table discussion of the Third Tradition after our ASC meeting on 1/3/15. <p>We have a donation for the region in the amount of \$61.99.</p> <p>In Loving Service, Don V.</p>
<p>Beach</p>	<p>Hello Trusted Servants,</p> <p>As the recently nominated, and presented with the honor of representing our Beach Area Narcotics Anonymous Fellowship, I look forward to serving our area and contributing to our Region as asked. A little about myself before my short report. I have served on many areas of service since 1987 and regional trusted service positions since 1988. I, however step aside around 2000 to allow newer members to serve the fellowship. I also relocated to the Outer Banks of NC to fish. So, I am here again, brand new with all the changes to the structure of service. And look forward to learning from my peers and mentors as to current projects and visions for our Region and Fellowship. Now a brief report of the Beach Area.</p> <p>The Beach Area of Narcotics Anonymous meets the 1st Saturday of every month. We currently have 17 groups in our area. With 13 represented at Area Service. There were nominations in October for all Area Service positions. The elections took place at the November Area Service committee meeting. Most positions were filled with the alternates who had served the previous year.</p> <p>The subcommittee positions are filled as well as SOTS, our yearly successful campout/mini-convention.</p> <p>H & I as is always the case is asking for experienced members to go into the jails and institutions in our area. The subcommittee is also exploring using Skype to carry the message to addicts in institutions which present a security challenge.</p> <p>PI presented a plan for billboards which was discussed, but laws in place make it very difficult to have any billboards in the city limits.</p> <p>Emergent Needs has been tasked (Sunday Sanity Home group motion) with organizing an event in January for a "What is NA Service" workshop. That has been delayed until</p>

	<p>February until experienced members can be approached to speak for this event. The Outer Banks sub-area is in need of support and I wish to bring this to BANA and CARNA. Having lived there for 7 years I have first-hand experience with their needs. Which is not of a monetary nature, but of fellow addicts sharing and sponsoring members there.</p> <p>ILS, Ted L.</p>
Blue Ridge	<ul style="list-style-type: none"> • ASC meeting held at Mission in Staunton on 12/11/14, 9 of 13 groups present. • Following positions were elected. <ul style="list-style-type: none"> ○ Chair – Mike G. ○ RCM – George S. ○ Policy – Mike C. • Pro Tem Positions: <ul style="list-style-type: none"> ○ Treasurer – Laura H. ○ Vice Chair – Zan N. ○ Outreach – Nancy H. • Note: current secretary, Flo S., resigning in February, all other positions are <u>open</u>, except Literature (Rhonda R.) • Ad-Hoc committee for area inventory was formed with Josh S. as chair. • No regional donation, still below prudent reserve. • Potential Area split deferred pending Area Inventory. • All motions and nominations from Region were approved. • H&I commitments <ul style="list-style-type: none"> ○ Augusta Regional Prison ○ Middle River Jail ○ Men's <p>ILS, George S.</p>
New Dominion	<p>All is well in the New Dominion Area and I apologize for not being here today. It has been an honor and a privilege to serve the region as my term is up next month. We currently have 40 active meetings going</p> <p>All is well with H & I. I regret to inform the RSC we had another volunteer lose their volunteer status. H and I is discussing having our learning day and have decided to ask if someone from WSO H & I would be willing to help. We voted in Brian S. as Vice Chair, Mike L. as Secretary, and Joe F. as Literature chair. Also, voted Sarah W. as co-facilitator for Henrico East women's jail. WE voted to donate 15 basic text's to Pamunkey Regional jail. They has reached out and asked for 30. .</p> <p>All is well with PR! They have sent out their first batch of postcards to various treatment centers, drug court judges, CSRs, etc... We are now looking into sending out another mailing to the methadone clinics in the area. Unfortunately, Jerzy J will be moving in December and needs to resign his position as PR chair. Will P. is our new PR chair.</p> <p>ILS, Robert W</p>

<p>Peninsula</p>	<p>Greetings from the Peninsula Area!</p> <p>There will be a marathon New Year's Eve speaker jam at A Gift Called Life home group from 9PM to 6AM December 31, 2014. We have 56 home groups and our area is strong in unity, but not getting financial support from a lot of home groups. We also have an ad-hoc committee doing treasurer audit report for last year. Beverly A. was nominated for Area Chair.</p> <p>Current Trusted Servant Openings:</p> <ul style="list-style-type: none"> - VRCC - Vice Treasurer - Literature Chair - RCM Alt - Literature Vice Chair <p>ILS, Jimmy W.</p>
<p>Piedmont</p>	<p>Hello from the Piedmont Area of Narcotics Anonymous,</p> <p>Our Area Service Committee meeting took place December 7th. There are currently 16 Active Home Groups in our area service committee. Subcommittee meetings for PR & H&I took place earlier the same day.</p> <p>Area positions that are open include: Vice-Treasurer, RCM II, VRCC Director, VRCC Alternate</p> <p>We have one meeting that has closed its doors. This meeting was on the outskirts of our area and was not able to support itself in this location, but we have added one other meeting and two meetings will be changed to earlier times.</p> <p>We will be holding our annual holiday party here at SPMC tonight from 6-9pm.</p> <p>Our H&I commitments are going well and we are making attempts to bring more meetings to the Fluvanna Women's Correctional Facility. We are serving Boxwood, Wellness center, Albemarle County Regional Jail, and 5 east in the UVA hospital with weekly meetings. We have struggled, however, to keep coordinators for each of these commitments and our H&I chair has been shouldering many coordination responsibilities.</p> <p>We had a poster day last month and 75 posters were placed in locations around the UVA campus and throughout the Charlottesville central business district. This event was apparently successful as most of the tabs with contact info were removed within a couple of weeks, but we did not see an increase in calls making it through to the end of the phone line chain, We assume this is because most people are looking for info and meeting locations.</p> <p>We voted at home groups and brought our group conscience to the Area and I humbly deliver those intentions today.</p> <p>ILS Aaron A.</p>

Rappahannock	<p>The Rappahannock is grateful to be present and in service. There are currently 20 groups with 37 meetings. Groups have been showing up to ASC on Oct. (13), Nov (16) and Dec. (15.) The vacant positions are as follows: Treasurer II, VRCC Director and Outreach. Corey C. has been voted in as Literature Subcommittee, Antoinette B., RCM II.</p> <p>The groups have voted in the Budget for 2015. They have made clarifications to the bylaws. The Policy subcommittee clarified Article 12 in regards to what constitutes the formation of a new home group. They added to Article 7 subsection medical reason for removal of officers. Activities Fall Festival went well with attendance, food, fun and fellowship. Activity subcommittee will be having a marathon meeting for the Christmas holidays held on the 25th; start time and location will be on the flyer. H&I commitments are at the following facilities:</p> <ul style="list-style-type: none"> - Sunshine Lady House (first four Mondays of each month @ 7PM) – need support with people coming in to share their experience, strength and hope - Boxwood Treatment Center in Culpepper, VA (1st Thursday, 1st and 3rd Saturday, 3rd & 4th Sunday @ 8PM) - CRCC in Bowling Green, VA (first four Wednesdays of each month) - H&I has also been given commitment for the Men’s’ Diversion in Stafford every Thursday (time and start date to be determined) <p>Rappahannock is growing steadily, we are experiencing the pains of growing along with the beauty of change. We still need to observe more of our spiritual principles in regards to new people in service position knowing they are not going to get it all at once yet holding them accountable. Just for Today we are recovering the NA Way.</p> <p>ILS, Rudolph C. RCM I Antoinette B. RCM II</p>
Richmond	<p>Good Afternoon, I’ve missed y’all. The Richmond area is hanging in there. Meetings are going well. One new meeting opened in November.</p> <p>Our area service has moved two times in recent months. We met at our new venue last Sunday, a lovely church in the north side of the city on Mars Side area. About 10 groups were absent.</p> <p>I was given meeting schedules to bring here last Sunday, but forgot to bring out of my car, sorry.</p> <p>As with any area, we also are having some unfavorable issues at times on the area floor.</p> <p>Our last RCM has not been at area in a few area meetings.</p> <p>We are not making a donation today due to lack of funds.</p> <p>Our subcommittees, outreach, policy, H&I and PI subcommittees are functioning well.</p> <p>In Loving Service, Nancy S.</p>
Roanoke Valley	Absent.
Shenandoah Valley	<p>Hello Regional Family,</p> <p>The Shevana Area of NA continues to carry the message to the suffering addict. Currently Shevana has 17 active Home Groups with 25 meetings weekly. Area Service met on November 10th and December 8th Grace Community Church, 2333 Roosevelt Blvd. in Winchester. Quorum was met each time and business commenced as usual.</p>

	<p>All positions at ASC are filled. In the spirit of rotation all positions will be up for election/re-election. All subcommittees have chairpersons in place and meet on a monthly basis. H&I is struggling to fulfill commitments to current facilities which include Northwestern Regional Facility (the women’s and men’s side), Juvenile Detention and Behavioral Health. Recently the Chair of H&I found it necessary to write letters to a treatment facility for young men and the new jail in Front Royal explaining that at this time H & I would be unable to take meetings into their facilities. Shevana is actively recruiting addicts to join H & I.</p> <p>On December 13th Special Events held its annual Holiday Dinner with lots of food and fellowship. There were two guest speakers who shared their experience, strength & hope. There was also a surprise visitor from the North Pole who entertained the young children and some of us too. Special Events will be hosting marathon meeting starting Christmas Eve at 9pm ending Christmas Day at 7pm at John Mann United Methodist Church on Cork St. Winchester. On January 25th there will be a snow tubing trip to White Tail resort in Mercersburg, Pennsylvania. There are flyers available. I also have copies of the Shevana Newsletter and the Shevana Area is proud to say that NAWS has asked our Newsletter chair if they can reprint articles from our newsletter in the NAWS newsletter.</p> <p>The only concern that was discussed at the last ASC was the nominations for RD & RDA. I was asked for individual qualifications for those who were nominated. As I neglected to ask for these I was only able to give GSR’s copies of the duties and what qualifications were necessary for these positions. While I reiterated that those running fully met the qualifications it was pointed out to me people at the home group level and others at Area were not familiar with the individuals nominated and they would have gotten to know them better with their personal NA information, i.e. clean time, has a sponsor who has a sponsor, has a working knowledge of the steps, traditions and concepts and history of service work. I also located in the guidelines the section relevant to this issue.</p> <p>Section VI: NOMINATIONS OF OFFICERS</p> <ol style="list-style-type: none"> 1. Positions coming open will be announced and nominations will be opened and accepted two conferences prior to the elections. All nominees must be present. RCM’s will go back to the Areas for nominations. (139th) <p>In the event of an unexpected/early resignation of an RSC trusted servant, the Chair will send a letter to the Areas requesting that nominations be presented at the next Conference.</p> <ol style="list-style-type: none"> 2. One RSC prior to the position coming open, all nominees must be present. The Chair shall read Duties and Qualifications. If one or more persons are nominated, nominations will be closed. Verbal and written qualifications will be given. Pros and cons will be accepted. (139th) <p>I apologize to my Area and to the RSC for not pursuing this issue further while attending the 170th RSC in order for all Home Group members in my Area to make informed decisions when voting. At this time we are below prudent reserve and do not have a donation this RSC.</p> <p>ILS, Elisa D. RCM</p>
Southside	We are currently serving 16 home groups with 40 meeting per week. We have a new home group that joined our area. The name of the home group is steps to recovery

	<p>and meets on Mondays at 12:00 p.m. This meeting is located at 12:00 pm at the Labyrinth Wellness Center 3825 US 29, Danville, VA 24541.</p> <p>At our November ASC we had some discussion on how to get more people involved in subcommittees. We are having our subcommittee meetings an hour before we have ASC and there are very few people showing up. We talked about have a learning day to maybe help get more people involved and understanding what subcommittees do. We are currently holding elections for all of our service positions and we have had some people nominated for these positions.</p> <p>We are also currently revisiting our term length for the RCM. The policy states it is currently a one year six month commitment (six months as mentor). We are looking to change it to a two year six month commitment (six months as mentor) and will vote on this at the next ASC.</p> <p>We are still in the process of planning for the Regional Speaker Jam to be held at Halifax Regional Hospital in South Boston, VA on March 21, 2015. We are looking forward to this event and hope that it is a great success.</p> <p>Our next ASC will be held on January 4th at 2 p.m.</p> <p>In loving service, Andrew D.</p>
Tidewater	Absent.
Tri-Cities	<p>HELLO AND HAPPY HOLIDAYS TO EVERYONE HERE FROM THE TRI-CITIES AREA. BEFORE I GIVE MY REPORT, I WOULD LIKE TO INTRODUCE OUR NEW RCM (LEWIS B 804-479-5168). MY TWO YEAR COMMITMENT HAS COME TO AN END (NOW DON'T START THAT CRYING). IT HAS BEEN MY GREATEST PLEASURE TO BE AT THE TABLE WITH YOU ALL. I APPRECIATE THE GUIDANCE THAT YOU ALL GAVE TO ME AND THE MANY QUESTIONS THAT WERE ANSWERED. I LOOK FORWARD TO SEEING YOU ALL AROUND AS I CONTINUE ON MY JOURNEY.</p> <p>OUR AREA SENDS THEIR THANKS TO THE REGIONAL DELEGATE (KIM) WHO EXCEPTED THE INVITATION TO OUR 'SERVICE MATTERS' WORKSHOP ON 11-29-14. HER INPUT WAS WELCOMED AND ENLIGHTNING.</p> <p>AREA SERVICE MEETS EVERY 1ST SUNDAY OF THE MONTH AT 125 E WESTOVER AVE IN COLONIAL HEIGHTS, VA AT 2:00 PM. ELECTIONS WERE HELD AND MOST POSITIONS WERE FILLED. WE STILL HAVE 13 HOME GROUPS , ALL WITH VARYING FORMATS TO FIT THE NEEDS OF THE OUR AREA.</p> <p>THE H & I SUBCOMMITTEE MEETS AT THE SAME LOCATION THE FIRST SUNDAY OF THE MONTH AT 1:00PM (AN HOUR PRIOR TO ASC). THE CHAIR PRESENTED THE CONCEPT OF HAVING H&I GIVE A PRESENTATION AT THE HOME GROUP LEVEL AT THEIR CONVENIOUS AS ITS BEEN CHALLENGING TO GET VOLUNTEERS TO STEP UP. THIS WAS GIVEN TO THE GSR'S TO TAKE BACK TO THE GROUPS. BOTH OF OUR COMMITMENTS (RUBICON HOPE AND RIVERSIDE REGIONAL JAIL) WERE ATTENDED WITH THE PANEL MEMBERS BRINGING IN SPEAKERS.</p> <p>SPECIAL EVENTS HOSTED THEIR ANNUAL 'ATTITUDE OF GRATITUDE' EVENT ON 11-22-14. WE HAD SPEAKERS, PLENTY OF FOOD AND FELLOWSHIP. WE WERE GRATEFUL TO HAVE BLUE RIDGE IN THE HOUSE.</p> <p>OPEN POSITIONS AT AREA ARE: VRCC DIRECTOR</p>

	<p>OUR MAILING ADDRESS: TCANA, P.O. BOX 947, COLONIAL HEIGHTS, VA 23834 OUR WEB ADDRESS: TRICITIESAREAOFNA.ORG</p> <p>WE BRING A DONATION OF \$498.45 FROM NOVEMBER AND \$ 120.23 (WHICH IS BEING MAILED) FROM DECEMBER TOTALLING \$618.68.</p> <p>IN LOVING SERVICE, TONEY W</p>
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9. All New Business Motions turned in before lunch

10. Quorum achieved with 9 voting RCM

11. **Elections & Nominations**

- **Chair** - (nominations open in February)
- **Vice-Chair** – (nominations open in February)
- **Policy Chair** – position has been vacated, Greg G. will pro-tem (nominations opened at the 170th)
- **Vice Treasurer** – no nominations (nominations opened at the 163rd)
- **Regional Delegate** – Eddie W. voted in
- **Regional Delegate Alternate** – Kim A. voted in
- **RDA2** – (nominations opened at the 170th)

12.

13. Old Business:

a. **Vote on 2015 Proposed Budget (Passes 6-1-2)**

Almost Heaven	Yes
Blue Ridge	Yes
Peninsula	Abstain
Piedmont	Yes
Rappahannock	Yes
Richmond	Abstain
Shenandoah Valley	No
Southside	Yes
Tri-Cities	Yes

b. **MOTION 170-1 Post Marked Up Changes to Bylaws to CARNA Website (5-1-3 BACK TO GROUPS)**

Mover: Chuck K. (H& Chair) **2nd:** Rudolph C. (Rappahannock Area)

Description: The Bylaws (CAR Guidelines and Rules of Order) are posted and printed every February with the previous year’s changes. During the year, changes are made and tracked by the policy subcommittee to add each January. A real-time update is needed on our website so everyone can have the most current policy.

Intent: To have the most current policy available to entire fellowship through our website.

Change to Policy: Add to Section IX, sub-article 9A (Policy Chair Duties), line 5. “Sends updated version of CARNA Guidelines and Rules of Order to Webmaster with all changes from previous RSC marked as follows: revisions in red and deletions struck-through.”

- i. **Pro:** Will reduce work for policy at the end of the year and reduce chance of error (Chuck K., H&I Chair)
- ii. **Pro:** Ensures we will have a current version of policy even in the absence of Policy Chair (Norman C., Alt-RCM SHEVANA)

- iii. **Con:** It will unduly burden the Webservant.(Kim A., RDA2)
- iv. **Con:** Unduly burden the Policy Chair with tasks following the RSC (Bill M., Vice-Chair)

Almost Heaven	Abstain – Didn't vote on motion
Blue Ridge	Yes
Peninsula	Abstain – Didn't have minutes
Piedmont	Yes
Rappahannock	Yes
Richmond	Abstain – Had no information
Shenandoah Valley	No
Southside	Yes
Tri-Cities	Yes

14. New Business:

a. **MOTION 171-1 Amend RD/RDA/RD2 Responsibilities (BACK TO GROUPS)**

Motion: To amend the Central Atlantic Regional Guidelines and Rules of Order by inserting duty # 11 for the Regional Delegate on page 13, Section IX, paragraph 6A. All subsequent duties shall be re-numbered accordingly.

11. Provides a verbal report and answers questions from the RSC floor on the information presented at the WSC at the first RSC following the WSC.

Intent: To more clearly define the responsibilities of the RD and desires of the Areas and RCM's. To allow a more informed and timely dissemination of information from the WSC.

- i. **Con:** Motion is out of order due to redundancy (Neal G., Treasurer)
- ii. **Con:** Sets a bad precedent. This would lead to policy changes for all RSC Officer duties allowing the body to state where and when. It is already stated in the policy.

b. **MOTION 171-2 Amend Speaker Jam Chair Responsibilities (Tabled)**

Mover: Rudolph C. (Regional Speaker Jam Chair) **2nd:** Nancy H. (BRANA)

Motion: Add to Addendum 1; pg. 5, #7: Add Category, Regional Speaker Jam Duties:

- a) Help with topics and speakers
- b) Subcommittee will offer a bid when there isn't a bid given to keep with accordance with our policy.
- c) To host and facilitate the speaker jam.

Intent: to clearly define our duties/ responsibilities

c. **MOTION 171-3 Involuntary Removal of Subcommittee Chair (Tabled and Referred to Policy)**

Mover: Bill M. (Vice Chair) **2nd:** Andrew D. (Southside)

Background: At the 169th RSC our Region removed our Policy subcommittee chair because he missed two consecutive Regional Service Conferences. Although this is an infrequent occurrence our regional Committee Members should have a choice in this action.

Intent: To allow the regional committee members the choice of whether or not to remove a subcommittee chair and not be force into action.

Motion: To change Section X, Removal of officers, #2 Involuntary, line A:

"At the end of the second consecutive conference missed," to

"May be removed at the end of the 2nd consecutive conference missed.

d. **FUNDS REQUEST**

Description: To purchase 30 t-shirts from High Peak Sportswear in the amount of \$300 (quote attached to minutes)

Intent: To purchase T-shirts to sell at the Speaker Jam on March 14, 2015.

1. Next RSC will be held on February 21, 2015 at UVA Hospital, 1215 Lee Street, Charlottesville, VA.
2. Announce Location and Time of next Subcommittee Meetings
3. Close with Serenity Prayer and Announcements