

**136th Central Atlantic Region
Regional Service Committee
Meeting Minutes
December 20th, 2008
Halifax, VA**

Open Forum – (began at 9:00 am)

Topics of Discussion:

1. Ideas for Convention Workshop
2. Where did the idea come from to have an RSC workshop? Who asked for this, the RCMs and areas or someone on this committee?
3. PR subcommittee came up with the idea to have a workshop at the AVCNA.
4. Ideas for workshop-handouts, brief summary from position holders describing duties, town hall Q &A.
5. How do we resolve mailbox issue of trying to pickup mail regularly? No resolution.
6. We want to get other areas involved in hosting convention and have the host committee originate from the RSC.

Open Forum closed at 11:20 a.m.

RSC opened with the Serenity Prayer at 11:34 a.m.

Purpose read by Greg G., 12 Traditions read by Norman C., 12 Concepts read by Beverly.

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

Burrell P. . RSC Chair
Greg G. . RSC Secretary
Don V. - Treasurer
Greg H. . RSC Regional Delegate
Etta S. . RSC Regional Delegate Alternate 2
Jim H. . VRCC Chair
Richard P. . RSC Hospitals & Institutions Chair
Cynthia W. . RSC Policy Chair
Charles W. . RSC Public Relations Chair
Shawn C. . Speaker Jam Chair
Bonnie W. . Almost Heaven RCM
Eddie W. . Appalachian RCM
Robert W. . Blue Ridge RCM
Randy C. . New Dominion RCM
Beverly A. . Peninsula RCM
Tee T. . Piedmont RCM
Pat P. . Rappahannock RCM
Paula C. . Richmond RCM
Maria J. . Roanoke Valley RCM Alt.
Meredith M. . Shenandoah Valley RCM
Jack C. . Southside RCM
Tim B. . Tidewater RCM
Audrey C. . Tricities RCM

Areas not present . New River Valley, Outer Limits

Recognition of New Attendees – Jack C. . Southside RCM, Donna Mc. . Almost Heaven RCM Alt.,
Cynthia E. . Tidewater GSR, Nancy S. . Richmond RCM Alt.

Establishment of Quorum - 13 RCMs present, 1st Quorum met.

Reading and Approval of Minutes – Motion 136-1 made by Cynthia W. to suspend reading of the 135th RSC minutes. Seconded by Bonnie W. Motion passes 13 to 0.

Motion 136-2 made by Peninsula RCM to approve 135th RSC minutes as written. Seconded by Maria J. Motion passes 12 to 0.

Trusted Servant Reports -

RSC Chair Report

Welcome to Halifax. Thanks to Activities and New Dominion area for hosting a great two-day. It was well attended and turn out was good. Thanks to the RD team for an informative workshop on the 2nd day. I was able to attend the subcommittee meetings. We are in need of officers for the region. (Activities, Vice Chair, Literature Review, Outreach Chair). Please pass the word on. Again I would like to thank you for your attendance.

In Loving Service and Unity, Burrell

RSC Vice Chair Report - Vacant

RSC Secretary Report

I am grateful that I have been and continue to be of service to this committee and this fellowship as your Secretary. I feel I have a responsibility to be honest with all of you, because I consider all of you part of my family. I have learned that without asking for help I am doomed to repeat my past and relapse. Up until 2 weeks ago I had been to about 4 meetings in 4 months, maybe a little more than that, but you get the picture. My desire to be a part of this fellowship and take part in my recovery, including service, had diminished to a point where I wasn't sure I would continue on this path. I have recently awoken from this dangerous state and have been to quite a few meetings since then, kept in contact with my sponsor and re-committed myself to my recovery.

I know that the execution of duties and responsibilities as Secretary have been negatively effected during this time and I would like you to know I acknowledge my failure and intend to re-commit myself to this committee. I assure you I will improve and be more effective from now till the end of my term. Thank you for all the support and patience you have given me since I took this position. I would also like to apologize for my irrational behavior, especially to Amanda, and hope to think before I speak from now on.

As far as my report, there is not much happening. The transition to the new Treasurer is 100% complete and Don is fulfilling all of these duties. Thanks to Don for stepping up and taking on this burden. I have given the key to the mailbox to Charles, as he has agreed to check the mail on a much more consistent basis than I have the ability to do. Don and I have discussed the possibility of having an Assistant Secretary who fills this responsibility. We talked about it being a position that a relative newcomer, in regards to years clean, could do. I will have already brought this up in open forum and we should have some direction after that.

Thanks for all the continued support!

ILS, Greg

RSC Treasurers Report- verbal Secretary did not write down balance as stated by Treasurer.

RSC Regional Delegate Report

Hello family,

It is good to be in South Boston today for our RSC. I received in the mail a NAWS contact information sheet. In this they are asking for updated information for subcommittee chair/ contact people. I will be asking the subcommittee chairs and executive committee members today for updated information. I received an email from NAWS seeking speakers for the upcoming World Convention. I forwarded this email to our regional secretary to be sent out to the regional email address. I just wanted to bring this up to

inform members who may not have received this email and let you know that I will be able to give you this information upon request. During the last region a motion was submitted to be voted on by Areas to approve travel to the upcoming World Wide Workshop in Oakland California. During the time that this motion was presented I was under the impression that this would be the only one held this year, however I was informed that there is going to be one held in Boston. An email was sent to the region relaying the above information with a suggestion that this motion be voted against because of the newer information received.

Being newly elected to the RD position, I neglected to submit a travel itinerary for the upcoming zonal forum in January. I must confess and please don't tell her this but I miss having Sherry on the delegate team as she was great at helping to coordinate the travel plans among other things. As a result I am submitting an itinerary now with a request for travel funds it is as follows: One night hotel accommodation: \$91.20 for the Days Inn in Silver Spring Md., \$35 per diem rate for one day. And gas expenses estimated at \$40. I am requesting that in order to be able to attend the upcoming zonal forum that I am issued a check in the amount of \$35 dollars for the per diem rate. As I understand we now have a Debit Card that is to be used to make reservations etc for regional travel expenses, so therefore I will not be asking for a check to cover the cost of hotel accommodations. I would like to invite any member of our region to attend this event, as it is open to any member to attend. This is a wonderful opportunity to participate in an event, which consists of regions from West Virginia, Maryland, Pennsylvania, Washington D.C., Ohio, North Carolina, Virginia and Delaware.

The Rappahannock Area has requested an Area Planning Tool workshop to be held in its area; I am unsure of the date(s) for this at this point and am awaiting further information regarding this.

I do have an area of concern to address in this report. I received a regional email a couple weeks ago informing the region that we would be having a regional workshop during the AVCNA. This was a surprise to me, as I did not realize that the region was looking to do this. I do understand that this was discussed in subcommittee(s) and this seemed to be a good idea, but my concern is that since I did not think that this was discussed during the RSC (I was informed today by several members that it was), that maybe other members of the region did not think this was agreed upon either. I was present for the open forum type discussion relating to this subject today where planning for this event took place. I understand that a motion will be submitted today addressing this issue. I just wanted to present this concern during my report so that other members of this body may have an understanding of a subject that they may not be aware of.

Today I will be submitting a proposed agenda during new business today for the upcoming GSR assembly for the upcoming April RSC.

With Love of the fellowship, Greg H. RD

RSC Regional Delegate Alternate Report - vacant

RSC Regional Delegate Alternate II Report

World Services have seen some financial challenges like the rest of us this year and expect some financial challenges ahead of us. Costs have increased for developmental literature, translations fellowship development, workshops, WSC publications, shipping, public relations and the meeting of the World Service Conference. NAWS began fully funding conference participants to the WSC in 2000. This was supported by our worldwide fellowship. At the time this was done it was thought that regions would make contributions to NAWS to offset WSC expenses but this has not been a reality. The costs increased more than \$ 100,000 from WSC 2006 to WSC 2008. It is hoped that we will discuss this at our RSC meetings. We are seeing a decrease across the board in regional contributions. To date, NAWS has not received additional contributions from regions sufficient to cover the cost of delegate funding. NAWS is looking at possibly reducing professional event attendance, reducing literature subsidies for cooperative public relations events with local communities and changing the criteria for considering requests for fellowship developmental trips and workshops. We have made great strides in public relations to help professionals view NA as a viable and credible program of recovery so they are hoping that any decrease in activity will be a temporary stop-gap measures and that increased contributions will help us achieve greater financial stability. NAWS would like to here from you as to why you think regional donations are not coming in even though the regions expenses have been offset by delegate funding. You can contact them at worldboard@na.org with your comments, suggestions and solutions. It was reported that there would be a

world wide workshop held in Oakland California FEB 27th-March 1st 2009. Upon further investigation I found that there would be another one held November 20-22nd in Boston Massachusetts. This may be a great opportunity to save funding in our travel expenses, as Boston is closer and will be less expensive to the region. It is asked that if we are a region that did not result in a split from an existing region and would like to be considered for seating at WSC 2010 that we let NAWS know by April 1st 2009. In regards to our upcoming world convention August 20-23rd in Barcelona Spain. Please pre-register. This helps with the count of attendees and helps offset the anticipated expenses. The general break down of where your money is going is as follows 45%=facility expenses, 16%=registration events (like dances and coffee houses) 12% planning and implementation, 15% program 12% Audio and Video for meetings and registration events early registration registrants in the past were allowed early entrance to merchandising. Furthermore, because of space limitations we may be required to limit access to those only with registration badges. This will guarantee you a seat in the main meetings.

It was an oversight in my last report to mention that the delegate team will be attending the Autonomy Zonal Forum January 31st 2009 at Christ Congregational Church 9525 Colesville Rd Silver Spring Maryland from 11a-5p I would like to submit a late itinerary for consideration of mileage 68.1 miles \$30 and per diem \$35 for a total request of \$65
In Loving Service Etta S.

VRCC Chair Report

Hello Family

Things are going well with the 27th AVCNA. The Vice Chair of the 27th was removed from his position by the directors at the last VRCC meeting. I am very happy that we are all working together and that the central Atlantic region is doing a workshop. We have all come along way the last couple of years.

The Peninsula area was awarded the 28th AVCNA, and elections were held on December 13, 2008. And they are going to have election for sub committee on January 4, 2009.

At 1 P. M. at Jefferson Ave. & J. Clyde Morrison Blvd.

I wish every one a happy and safe HOLIDAYS.

In Loving Service

Jim H

VRCC Chair

Report from VRCC/RSC joint meeting to be given in February by RSC Chair at the RSC meeting.

RSC Activities Chair Report

Good morning, Welcome to Southside! Thanks to Southside area for hosting us. Thanks for your welcome and your service.

We are still working on our meetings for sub-committees in AHA for January 17th and Regional in Tidewater on Feb. 21st (still in progress).

This is my final RSC as acting Activities Chair. Thank you for allowing me to be of service to this body. I have truly been privileged to serve to Central Atlantic Region.

I am so proud to be a member of Narcotics Anonymous and this Region. I am grateful for the opportunity to meet so many new friends and become reacquainted with some old ones. Aside . I am not bailing . I am going to communicate locations of January and February as previously described and am eager to assist our new Activities Subcommittee Chair, if one is elected or appointed today.

I look forward to many opportunities to serve here and remain committed to our PR subcommittee. Thank you again.

In Fellowship, Amanda H.

RSC Hospitals & Institutions Chair Report

H & I Report for the Central Atlantic Regional Service Committee Dec. 20th, 2008 Hello Family, I would like to start with an apology for my absence at the last meeting. I have health related issues that came first, and prevented my being there. As you may know the learning day scheduled for November was not held. The area chosen went through an H & I chair change and could not muster the support needed to hold the

meeting in terms of getting the proper people invited, facilities etc. The money was returned to the region chair at the last sub committee meeting. We ask that any area requesting future region sponsored learning day, do so with the commitment to have things in place at the time of request as far as a plan that their area could follow with or without a H & I chair in place. We had two inmate presentations approved in Sept. The one for the Brunswick Women's facility not held do to the facilities lack of commitment getting us in. We have no plans on continuing our efforts with that institution. The library will be used with our next presentation. We did have a successful presentation at VA's newest facility Green Rock Correctional Center. They were very eager to have us and will do every thing to get a meeting going. This is the first level three facility we've been allowed into and are hope full that it will lead the way for entry into higher security facilities. We will be starting our permanent meeting places in each quadrant, with the March sub-committee meetings. The places and schedules will be announced at the next regional with the hope that your knowing exactly where and when they are held for at least the next year, you could better provide support. Our last Subcommittee meeting was held with 6 people in attendance. Only 2 areas were represented. We cannot know your needs with this type of support. While it should be the different areas H & I chair's responsibility to attend each regional sub- committee, it more than likely is not do to cost and time to travel or whatever. However we're sure that your H & I chairs could be held responsible to get a report in with updated H & I meetings, and any and all needs that might be. Please bring this up in your next area meetings so that we as a committee can be more effective. These reports can be sent email to richapri4@mac.com, or regular mail at 1325 Old Garth Road Charlottesville VA. 22901. Hamish B. from the Piedmont area has filled the secretary's position. Thanks to him for his support. The vice chair is still open with a great need to be filled as my time as chair is running short. It would be great to help someone learn the position before I am gone.

Thank you for letting me serve the region, Richard P.

RSC Literature Review Chair Report- vacant

***Meeting Adjourned for lunch at 1 pm.
Meeting Re-adjourned at 2 pm with Serenity Prayer
2nd Quorum had 12 RCM's present.***

RSC Policy Chair Report

Hello family, this subcommittee met on November 15, 2008 in Richmond with Cynthia W, Sherry V, Don V, Burrell P and Jeff H present. We recommend withdrawing Motion 133-3 (Group conscience votes) if no objection from floor. We had a long discussion a long discussion on Motion 134-9 (Literature Review Subcommittee Project driven) and decided we would like more time to work on this at the next committee meeting in January and will also discuss Motion 135-3 (Nomination Pros and Cons) at this meeting also. We made a decision on where to place Handicap Accessibility Motion and Flier Requirements Motion in Guidelines under Additional Guidelines section. Thanks for your continued support.

ILS, Cynthia W.

RSC Public Relations Chair Report

Greetings to All!

Since we last met in Oct., join me in welcoming Julie W. as our newly elected Web servant and Pat. P. as our subcommittee's secretary. They were voted in at our subcommittee meeting held in Richmond on November 17th.

At that meeting, we received the results of three web hosting companies that could help us overcome some of the difficulties we mentioned at the last meeting like live editing and slow file transfer protocols. Of the three, Network Solutions offers three cost levels with an annual agreement: (1) Standard Web Hosting at \$119.50 per year; (2) Advanced Web Hosting at \$159.50 per year; and (3) PRO Web Hosting at \$349.50 per year with unlimited disk space, unlimited e-mail boxes and unlimited FTP accounts in addition to the standard features. Our Web servant would probably be better suited to handle any technical questions. We are reaching out to all Area Web servants to join our website working group through the email account

carnaweb@yahogroups.com. The hope is to continue to get a group consensus and to attract members who have already skills to help maintain the website since our website did receive some 5,321 hits in October and 4,448 hits in November. So far in 2008, we have had some 50,747 visits to our website compared to 39,430 for all of 2007.

Monthly updates have been provided consistently to our Phone line provider. Their report states the following activity:

October 2008	November 2008
471 calls	325 calls
846 minutes	630 minutes
1.79 minutes per call	1.93 minutes per call

However, it was interesting when asked if they had any Spanish speaking operators who could respond to callers in Spanish, their reply was they would be willing to acquire some, but it would cost an additional \$.85 per minute.

The Adhoc Committee for developing our Public Relations Subcommittee's policies submitted their final draft to us for review. Today, we bring it forward for your review. We thank all of the members who have worked so diligently over the past months in helping us to bring this forward.

At the last CARNA RSC, suggestions were made to give the Jim, VRCC, our request to have the Region included at the regional conventions. Since that time, we have received an invitation and time slot for the AVCNA XXVII. We are scheduled from 8:30am . 9:45am on Saturday, January 10th for a discussion about the RSC and its services. Contact was made to the Program Chair, Shelby J. at the TACNA IX to request a time for our involvement at their Area's convention. Shelby's response was that they have formatted their program for discussions of various service works and have already chosen topics and speakers to that end. However, she would articulate our request at their next meeting on December 7th and get back to us. We have not received a call back. We will try again for next year.

Thanks again to all who serve and help in our PI. Efforts.

In Fellowship,

Charles W.

804-301-8380

Email: Chazz6@verizon.net or pi@car-na.org

RSC Outreach Chair Report- vacant

RSC Speaker Jam Report

We held our fall speaker jam on the second day of the last regional. The bid for the Spring Speaker Jam was finalized and the Rappahannock Area will be hosting the next speaker jam on March 21st, 2009. Flyers are available today; please take them back to your areas. We are going to attempt to meet in the Fredericksburg area in the next couple of weeks to finalize topics. Then at the following Regional subcommittee meeting in January, in the Almost Heaven Area, we will be compiling a list of possible speakers. Once again I ask all RCM's to submit any possible speakers from their area. Once again this subcommittee would like to have a fair representation from all areas from across the region.

ILS Shawn C.

Ad Hoc Committee-Regional Inventory

Hello family, this committee met on November 15, 2008 in Richmond with Cynthia W, Sherry V, Don V, Burrell P and Amanda H present. We discussed and decided to write a cover letter to go along with a sample Regional Inventory to go to all email addresses, RCMs, areas and officers of this committee for input on what needs to be discussed and looked at by this RSC during our inventory. We have a copy of the letter and sample inventory to be presented here today for the okay to go out by all sources to be able to get as much input as possible from all members of this Region. We want to send this out with each member here to get input so that we can put it together and hopefully have the inventory at the two in October is what we discussed I believe can find my notes.

ILS, Cindy

Ad Hoc Committee-Liability Insurance

At this time we have no firm numbers on what the cost of covering the regional meetings will be. All reports have not come in to give a final tally at this time. Some of the agents who we have been working with have not gotten back to us with quotes as of yet. I have received as call with a referral of an agent in the BRANA area that will add to the list of getting quotes from. Each committee member has been asked to get 1-3 quotes and email the info back to me to compile the report. The goal is to have some concrete numbers by our next conference.

In loving service, Etta S.

Area Reports -

Almost Heaven RCM Report

We currently have 39 meetings that consist of 29 home groups. There is an average number of 9 GSRs with one co-op rep who carries the vote of 11 home groups.

The following positions are open; Vice Chair, Newsletter, RCM, RCM-Alternate, Literature Chair, and Special Events.

Our Special Events Committee is going to be having a New Year's Eve dance at Shepherd College in Shepherdstown, WV. There will also be the first meeting of 2009 held right after the dance starting at 12:15.

The Co-Op will be having a spaghetti dinner on January 24, 2009 in Cumberland, Md.

There was no H&I report given at area, however, I do know that H&I has a chair and is functioning.

PI didn't give a report and didn't hold a committee last month. PI is struggling a little bit in our area right now.

We do not have a donation for the Region at this time. We just got a new treasure so hopefully we will be able to mail a check before the next Region. The next Area Service will be held on January 3, 2009.

In Loving Service, Bonnie W.

Appalachian RCM Report

~ There are 12 groups currently meeting in the Appalachian Area.

~ There were 5 GSRs present at our last ASC on December 7th, 2008.

~ There are 4 trusted service positions open: Co-Treasurer, VRCC Alternate, Public Information Chair, and RCM Alternate.

~ There were two trusted servants elected at our November ASC (that of Ornette M. as Area Vice Chair, and Sheila A. as Phone Line subcommittee Chair) but no new nominations for the remaining positions.

~ Save Ten, Lose One+group which meets on Monday from 7-8 pm in AltaVista joined the Appalachian Area in November and the War is Over+group which previously met only on Saturday from 12-1pm as added a Wednesday meeting to their schedule from 10-11am.

~ Our Special Events subcommittee has scheduled an event for January 1st from 12-7pm at St Andrew Presbyterian Church in Lynchburg. A Day of Recovery, Renewal and Rejuvenation+will include games, food, and a sign up sheet for step study meetings throughout the day. Our Phone line subcommittee held its first business meeting in nearly four months on Thursday November 20th and experienced fair support.

~ Since our last RSC I have had the opportunity to learn more regarding the duties and responsibilities of our Activities Chair position. I am grateful to Don V. for the nomination at our last RSC and to Amada H. for the opportunity to be of assistance, but most important to William W., in the Southside area, in helping to secure a location for this RSC. I have realized, however, that at this time I am unable and in fact ultimately unwilling to serve the body as its Activities Chair.

~ Our next Area Service Committee meeting will be held on Sunday January 4th at 2:00pm in downtown Lynchburg at the corner of Twelfth and Church Streets.

“ We have no Regional donation today as I neglected to remind our treasurer to provide a check for this RSC. Our Area Policy states that after paying our bills and establishing our prudent reserve, thirty percent should be donated to the RSC via the RCM. As a result of my oversight, our February donation will undoubtedly be somewhat larger than normal.
In loving Service (Eddie W.)

Blue Ridge RCM Report

Dear Regional Members:

The Blue Ridge Area of Narcotics Anonymous now has nine home groups in the Area. We had seven attending GSRs at the last Area Meeting. Our current Area trusted service positions that are open are: Vice Chair and Outreach Chair. We had a new Treasurer and a VRCC Delegate elected at our last Area Meeting.

The latest **group news** within the Blue Ridge Area is as follows:

- *A Chance for Gratitude Group* reported all meetings covered, 7th Tradition %ent+donations being paid in literature form to two institutions, and they are building a bi-laws sub-committee
- The *Change or Die Group* reported the struggle with few women attending the weekly Women’s Meeting
- The *Courage to Change Group* reported all meetings covered, a brand new policy is in the beginning stage, and there was a new member mentioning the desire for more Hispanic outreach
- The *Find a New Way to Live Group* reported a new home group member, a successful outing/carpool trip to support a sister NA Meeting, and they will be hosting a Holiday Gathering on December 22
- The *It Can Be Done Group* reported their 7th Tradition donations are being sent down to Area, Region and World (80%, 10% and 10% respectively), the new fiscal year for trusted servant election time is January through December, and they will be adding the *We Do Recover* reading to their format
- The *Just For Today Group* reported all meetings covered and all is well
- The *Step By Step Group* reported good regular meeting attendance with 16 addicts average attendance

The latest **Subcommittee news** within the Blue Ridge Area is as follows:

- The Policy Committee continues to work with an %ad hoc+committee to clean up BRANA Policy
- The Literature Chair attended the last ASC with an impressive stock of readily available NA Literature
- The Web Servant Committee reported all is well
- The BRANA Campout Inc. Committee continues reaching out to Area Members, hoping to explain clearly its goals as a service structure, and to attract more NA Members to be a part of that service. Also, the artwork for the 2008 Campout logo was recently completed and submitted to Area.
- The Special Events Committee announced the following:
 - 1) The *Gratitude In Action* Spaghetti Dinner and Dance in Harrisonburg, November 22 was a success
 - 2) The *Go Take A Hike* Fall Foliage and Fellowship at Humpback Rock, October 19 was a success
 - 3) Near future plans include another Home group Jam / Talent Show (more will be revealed)
- The Outreach Committee reported meetings taken into Linville Diversion Center need supportō there has been one addict attending as the panel recently.

To conclude, the Blue Ridge Area of Narcotics Anonymous has its next Area Service Committee Meeting Thursday January 8th, 2009 at 6:30 PM. This report includes a copy of the latest BRANA Area meeting list. I have also e-mailed this report to our Regional Secretary. The Blue Ridge Area of Narcotics Anonymous has a donation to the Central Atlantic Region of Narcotics Anonymous in the amount of \$35.27 (Thirty-Five Dollars and 27 cents).

In Loving Service, Robert W- BRANA RCM

New Dominion RCM Report

Hello Everyone,

I hope this finds you all well. Things are going well in the New Dominion Area. We had several changes in the trusted servant positions. Dawn W. was elected Area Chair, Brad M. was elected Area Vice Chair, Kate G. was elected Area Treasurer, Jerry V. was elected Public Relations Chair and William H. was elected Newsletter Chair.

Literature Chair position is now open, though our former Literature Chair Arnold S. will act pro-temp for the time being.

Our Public Relations Subcommittee has approved 4 PSAs, which were presented to WRIR 97.3 Radio Station, which is a non-profit station serving the Richmond area. The PSAs were recorded by members of the New Dominion Area using a format and several scripts already in use in the New England Area.

We voted on the Regional Motions and the results were:

Motion 135-1: Passed 16-2-1

Motion 135-5: Failed 0-17-2

Motion 135-6: Failed 3-15-1

We also voted to temporarily move our ASC to the third Sunday in January instead of our usual second Sunday so members wouldn't have to rush from the 27th AVCNA in Chantilly in order to make it.

Also the New Dominion Area Special Events Subcommittee invites you all to our annual New Year's Eve Dance December 31, 2008 at the Marquee, 3015 Cutshaw Ave. Richmond Va. The doors open around 5:00 p.m., there will be food, speaker, fellowship and music. The event goes on till about 1:00 a.m.

Wishing all of you happiness, joy and the very best in the upcoming year with much love from the New Dominion Area,
Randy C.

New River Valley RCM Report – no report

Outer Limits RCM Report –no report

Peninsula RCM Report

Hi Everyone,

The Peninsula area is doing ok and excited about recovery. On Nov. 16th the VRCC voted the Peninsula Area to host the 28th AVCNA. On Dec. 13th the exec committee was elected. Teddie A. the chair, Sharon P. vice chair, Chris G. the secretary (in which she later resigned) and W. Lawrence Treasurer. The chair will be communicating with the policy chair of the VRCC as to the procedure to re-elect another Secretary. On Jan. 4th the host committee chairs were elected. More will be revealed.

H&I have 11 commitments and 2 pending and 21 panel members. They had a workshop on Dec. 7th at 1 pm. They are doing ok.

Phone line/PI will be planning a learning day the weekend of January 16th.

Literature Subcommittee put in a motion that the area raises the price of literature to generate more money to the area. At current, the area has not been able to send money to the Region because we are barely paying our monthly bills. The motion went back to home groups for a vote but the discussion went very well.

We will be putting a motion in to ask the Region for \$175.00 to print new Policy manuals.

Our area has no activities planned for the month of December.

Currently we have 2 positions open, VRCC Alt. and Policy Chair. An addict named Stephanie was voted in as Treasurer. As of February my position as RCM will be up.
ILS, Beverly A.

Piedmont RCM Report

Hello Family,

All is well in the Piedmont Area. We currently have 28 meetings with 17 home groups. Our H&I subcommittee continues to grow strong. They are adding a new meeting at the Wellness Center on Friday night. Our PR subcommittee has recently held a successful flier day and has started running public service announcements on the local radio stations. Our Halloween party was a great success. Our area is supporting the New Year's event at the Marquee in Richmond. We are having a spiritual brunch on New Year's Day from 1 to 5. Fliers are on the table.

Our area is currently graced with trusted servants willing to be of service. All positions are currently filled except for Alternate RCM. This has gone back to home groups for the first time. Our new Vice Chair is Max B. Our new Literature Chair is Joey M. Our new VRCC director is Kermit O. Our new VRCC Alternate Director is Hamish B.

Our RCM position after my term will be changed from a 2 year term to a one year term and we have created an Ad Hoc Committee to examine our distribution of our literature to the groups. More will be revealed. Our next area service is Jan. 4th, 2009 at 4 pm at Wesley Foundation in Charlottesville. ILS, Tee T.

Rappahannock RCM Report

Hi Everyone

The Rappahannock Area of NA held our Area Service meeting Sunday December 7th, 2008 at 5 pm at the St. George Episcopal Church. 10 GSR's were present. We have 20 group meetings in our area.

Sharing Session:

Would we be interested in hosting the AVCNA convention? We were to take back to groups to determine the conscience of the groups and bring back to December area meeting. 5 agreed and 5 disagreed. Area Chair has to break tie. He said he was going to research as to what the task entails and bring his decision back to the next area meeting in January.

Old Business:

Gena P. was elected as pro temp RCM Alternate. She was also elected H&I Alternate Chair. At the next area meeting the chair resigned and Gena P. became H&I Chair.

Motion 135-1 was passed.

Motion 135-5 and 135-6 disregard.

Donation to Region is \$40.00.

Open Positions are Literature Vice Chair, Outreach Alternate, Alternate H&I Chair, Alternate PR Chair, Newsletter Chair, Policy Chair, Vice Policy Chair, Alternate RCM

Merry Christmas, Happy New Year

In Loving Service, Patsy P.

RCM for Rappahannock Area of Narcotics Anonymous (RANA)

Richmond RCM Report

Hi Family,

It is good to be back at the RSC. The Richmond Area of NA is doing well and the message of recovery continues to progress. I apologize for not attending the last RSC. I think Nancy S., our Alternate RCM, for attending. I attended our Area Service Committee meeting on Nov. 9th, 2008. 25 home groups were present, 20 voting, 5 reporting. Peninsula Area requested a letter of support from the Richmond Area. Richmond Area wrote a letter of support (verbal support) to the Peninsula Area for their bid for the 2010 CAR NA Convention. We are doing this because we feel that they, the Peninsula Area, are capable of putting on a successful Convention. This letter of support was voted on and passed on the Area floor, RASCNA, Oct. 12, 2008. Special Events will put on their last fundraiser dance for 2008 tonight. Special Events has put on a series of dances to help our Area get back on our feet financially. Richmond Area will be prepared to give a donation to the Region at the 137th CAR RSC meeting. As I mentioned in my last report we will resume donations in 2009. We have pulled together to bring our finances back up.

Public Relations Subcommittee will be conducting a workshop on Monday Dec. 22, 2008 from 6 pm to 8 pm at Boulevard United Methodist Church Basement, 321 N. Boulevard in Richmond VA. This is a phone line volunteer workshop.

The Outreach Subcommittee of the Richmond Area is having a workshop to orientate our GSRs and trusted servants and the RASCNA on the 2008 guidelines and procedures, How to Conduct Business on the Area Floor. This will be held Saturday Dec. 27th at the Fan Free Clinic at 1010 N. Thompson St. in Richmond VA from 2:30 pm till 6:30 pm. This will be followed by an Open House.

The Ad Hoc Committee will meet today to plan for an Area Inventory at the beginning of the Year.

The Richmond Area conducts an Open House during the holidays so that newcomers and recovering addicts will have a safe environment to hang out during the holiday season. Recovering addicts volunteer to host these open houses in their homes. Happy and safe holidays to all of you! Our next Area Service is Jan. 4th, 2008.

ILS, Paula C.

Roanoke Valley RCM Report

Hello Family,

All of our ASC positions are filled except Policy Chair. We have 33 meetings, 25 home groups, with 17 of them in attendance at ASC. Group donations are down. Our website was added to PI committee for single point of accountability. We have several meetings that have been moved. Our next Area meets Dec. 28th. We will be having a marathon meeting starting at 10 pm on Christmas Eve until 6 pm Christmas day. We will also be hosting a New Years Eve dance and games starting New Years Eve at 6 pm until midnight. The marathon meeting goes on thru 6 pm on New Years Day. Donation to Region is \$250.42. In Loving Service, Maria J. . Alt. RCM

Shenandoah Valley RCM Report

Hello Family,

The Shenandoah Valley Area of Narcotics Anonymous has 19 home groups, 18 of which are currently active. Our last Area Service meeting was held on Monday, December 8, 2008. There are currently three (3) open positions in our area. The open positions include: Public Information (PI) Chair, Treasurer and Literature Chair. There is no group news to report to the region at the present time. Our area had a New York City Holiday Bus Trip scheduled for December 13, 2008, but it was cancelled due to low-ticket sales. The last upcoming special event for 2008 is a Sponsor-Sponsee Breakfast at Market Street United Methodist Church, at 10:00 a.m. followed by a Speaker meeting at 11:00 a.m., suggested donation is \$8.00. All sub-committees are highly active. There are no regional concerns at the present time. The 27th AVCNA is right around the corner and will be held January 9-11, 2009. The convention is being held at the Westfield Marriott in Chantilly, Virginia. We are still looking for people with a year or more clean to chair the workshops at the convention and people to help with the registration desk during the convention. If you would like more information on the 27th AVCNA today please see James B. or myself. SheVANA continues to stay focused on furthering our fellowships primary purpose of carrying the message to the still suffering addict. The next ASC meeting will be held on Monday, January 12, 2009 @ 6:30 p.m. We have a donation to the region in the amount of \$186.58 that we are contributing today. Happy Holidays!

In Loving Service, Meredith M. - heelsgirl11@yahoo.com

Southside RCM Report

Dear Region,

This is my first Region in many, many years. We are glad you are in our area for this meeting. We have great attendance at almost every meeting, which by the way, we have 12 groups. We are going to have Christmas and New Years Eve meetings. We are trying to get Greenrock prison set up by January.

In Service, Jack C.

Tidewater RCM Report

Greetings to all,

First, I would like to wish everyone a merry Christmas and happy new year. The Tidewater Area met last, on Sunday December 14th, 2008. We currently have 122 meetings weekly with 86 Home groups, we had 42 GSR's at our Dec. ASC. Trusted service positions currently open are assistant secretary, and Alt VRCC. The former VRCC has been removed from service by the GSR's and Billy T has moved from ALT VRCC to VRCC. As all are aware these days money is getting tighter, and it reflects in our donation, we are currently right on our prudent reserve.

Tacna fundraising will be holding a dance JAN. 31st, at Pen 24 Inc. 12 step club 1920 E. Pembroke Ave. in Hampton, VA, the next Tacna committee meeting is on Jan 25th at St. Paul's united Methodist Church 437 W. Providence Rd. Chesapeake, VA Business at hand will be elections for incoming Tacna X committee, and on Feb. 20th - 22nd Tacna IX at the waterside Marriot in Downtown Norfolk, VA anyone needing rooms please register soon they are going fast. Serenity on the shore campout committee held their last meeting on Sun. Dec. 7th at the VA Beach psych. Center with elections for the incoming committee being the business at hand Lance G was elected the new Chair. No date set in stone for next year's event but it will be in Oct.

Special events is putting on two events at Norview United Methodist in Norfolk VA the first being a marathon meeting going from 12noon to 12midnight Dec.25th and the second being a marathon going from 4pm Dec. 31st to 4pm Jan. 1

The next ASC is Sun. Jan. 11th at 2pm at Norview United Methodist in Norfolk, VA thanks for allowing me to serve

Tim B Tidewater Alt RCM

Tri-Cities RCM Report

Greetings,

I greet each of you in the spirit of love and unity. The Tri-Cities area continues to have 10 home groups. A group of our members are currently gathering information on the need of another home group in our quest to continue to carry the message. At our last area service committee meeting, which was held on Dec 7th, 7 home groups were represented. Elections were held on December 1st for service positions in our area for the upcoming year. Our new Area Chair will be Billy D, Vice Chair, Donna, Secretary, Darnella B, current treasurer will continue in her duties, Sharon D, RCM, Audrey C, Alternate RCM, Akin S.

Subcommittees continue to have regular meetings. Our Annual Attitude for Gratitude event was a success. This event is held yearly and provides free food as well as fellowship with one another in our area.

Our area is thriving and we are continuing to be an integral part of the Tri Cities community.

Area donation is \$379.69 and will be mailed to the region's post office box. Our next area service committee will be held on Sunday, January 4th at 2pm and will be held at Poplar Springs Hospital.

Wishing each of you and your families a wonderful holiday season and prosperous 2009.

Respectfully Submitted, Audrey C.

Break at 3:30 pm and Re-adjourned at 3:45 pm

3rd quorum taken before Old Business and there were 13 voting members present.

Old Business –

Motion 135-1 - Abstentions polled – no abstentions.

AH-Y, App-Y, BR –Y, ND-Y, Penn-Y, Pdmnt-Y, Rapp-Y, Rich-N, RV-Y, SV-Y, SS-Y, TW-Y, Tri-N
Motion passes 11 to 2.

Motion 135-5 – Motion mover request to withdraw motion. Request denied, motion has been moved and seconded and voted on. Motion cannot be withdrawn at this time. Vote must be taken.

Abstentions polled, 2 abstentions; Richmond & Rappahannock. AH-N, App-N, BR-N, ND-N, Pen-N, Pdmnt-N, RV-Y, SV-N, SS-N, TW-N, Tri-N.
Motion fails 1 to 10.

Motion 135-6 – Abstentions polled, 2 abstentions – Richmond & Rappahannock. AH-N, App-N, BR-N, ND-N, Pen-N, Pdmnt-N, RV-Y, SV-N, SS-N, TW-N, Tri-N.

Motion fails 1 to 10.

Motion 133-3 – This motion was sent back to Policy Subcommittee for clarification. Motion mover (Policy Subcommittee) request for motion to be withdrawn. No objections. Motion has been withdrawn.

Nominations and Elections –see your local RCM for qualifications and duties

Literature Review Chair . William nominated by Mike E. William respectfully declines.

Activities Chair . Eddie W. declines nomination. Jack C. nominates Mike E. Mike E. accepts and is elected through acclamation.

Vice Chair . Sherry V. nominated by Bonnie W. Sherry accepts and is elected through acclamation.

Outreach Chair . No nominations.

RDA . Etta S. is only nominee. Election for Etta S. is 13 in favor, 0 against. Etta S. is unanimously elected.

RDA2 – Norman nominates Amanda H. Amanda H. accepts nomination.

Qualifications for Mike E. who was nominated for Activities Chair:

7 years clean, Have a sponsor and I am a sponsor, Knowledge of 12, 12, 12, Rules of Order and guidelines, have 4 years regional service, have 6 years area service, have resources and time to fill responsibilities.

Qualifications for Amanda H. who was nominated for RDA2:

22 years clean, group secretary, treasurer, gsr; area chair, vice chair, acting secretary, sub-committee chair and 2 AVCNA sub chairs; RSC PR, acting Activities. I have a sponsor committed to NA who sponsors and I sponsor women in NA and have a working knowledge of our 12 steps, 12 traditions, and 12 concepts. I love NA and gratefully serve.

Break at 4:30 pm. Re-Adjourned at 4:45 pm.

Re-establish quorum. 12 of 15 RCM's present. Quorum established.

New Business –

GSR Assembly agenda was read and asked to be included in minutes

Proposed agenda for the 2009 GSR assembly. (Tentative)

11am: Open assembly

-Subcommittees Annual Reports:

-Activities

-Hospitals and Institutions

-Literature Review

-Outreach

-Policy

Motion 136-7

Mover: Greg H. 2nd: Tee T.

Motion: To provide the RD with funds in the amount of \$35. This amount is for the per diem rate for 1 day, for travel to the Autonomy Zonal Forum held in Silver Spring MD on Jan. 31, 2009. Other expenditures are as follows: \$91.20 . hotel, \$40 . estimated gas expenditures.

Intent: To allow RD to attend this event as it is a requirement of this position.

Motion passes. 10 in favor, 0 against.

Motion 136-8

Mover: Don V. 2nd: Beverly A.

Motion: To increase Category A: Automatic/Website budget from a maximum of \$84.00 (\$12.00 bi-monthly) to a maximum of \$294.00 (\$37.80 bi-monthly).

Intent: To allow the RSC to properly fund the support of the CARNA website with the use of a more capable web hosting company and purchase of our domain name.

Pros: To accurately take care of Website expenses.

Concept # 8.

Cons: None given.

Motion to go back to home groups.

Motion 136-9

Mover: Cynthia W. 2nd: Beverly A.

Motion: To approve the cover letter and sample inventory sheet to be sent out to all members, areas, RCMs and officers in the Region for their input.

Intent: To be all-inclusive for input on inventory.

Motion passes 10 to 0.

136th RSC closed with Serenity prayer at 5:45 pm.