

**137th Central Atlantic Region
Regional Service Committee
Meeting Minutes
February 21st, 2009
Portsmouth VA**

Open Forum – (began at 10:09 am)

Topics of Discussion:

1. Presentation from the Circle of Sisters . Women's Convention of NA
2. Information given on Regional Inventory
3. Concerns that there is no Outreach Chair. Slot was removed on subcommittee schedule.
4. Is the GSR Assembly on the same weekend as the CPRCNA convention?

Open Forum closed at 11:00 a.m.

RSC opened with the Serenity Prayer at 11:17 a.m.

RSC Chair, Burrell P., yields to the new Vice Chair, Sherry V., to conduct meeting.

Purpose read by Cynthia W., 12 Traditions read by Pat P., 12 Concepts read by Norman C.

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

Burrell P. . RSC Chair
Sherry V. . Vice Chair
Greg G. . RSC Secretary
Don V. - Treasurer
Greg H. . RSC Regional Delegate
Etta S. . RSC Regional Delegate Alternate
Jim H. . VRCC Chair
Mike E. . Activities Chair
Cynthia W. . RSC Policy Chair
Charles W. . RSC Public Relations Chair
Shawn C. . Speaker Jam Chair
Donna Mc. . Almost Heaven RCM
Eddie W. . Appalachian RCM
Robert W. . Blue Ridge RCM
Mark C. . New Dominion RCM
Ann S. . Peninsula RCM Alt.
Norman C. . Piedmont RCM
Pat P. . Rappahannock RCM
Nancy S. . Richmond RCM Alt.
Mike G. . Roanoke Valley RCM
Mark W. . Tidewater RCM
Akin S. . Tri-cities RCM

Areas not present . New River Valley, Outer Limits, Shenandoah Valley, and South Side.

Recognition of New Attendees – Mark C., New Dominion RCM; Akin S., Tri-Cities RCM; Tony, BRANA.

Establishment of Quorum - 11 RCMs/RCM Alt.s present, 1st Quorum met.

Reading and Approval of Minutes – Motion 137-1 made by Cynthia W. to suspend reading of the 136th RSC minutes. Seconded by Norman C. Motion passes 11 to 0.

Motion 137-2 made by Cynthia W. to approve 136th RSC minutes as written. Seconded by Patsy P.
Motion passes 11 to 0.

Trusted Servant Reports -

RSC Chair Report

Welcome to the Tidewater Area. Special thanks to all who worked and coordinated the effort for us to be here today. Welcome to all who are here for 137th conference. A hearty thanks goes out to the South Side Area for hosting the 136th RSC on Dec. 20th in Halifax VA. I did not attend our subcommittee meetings this past month. I was able to attend our workshop at the 27th AVCNA. A thanks goes out to all our members who participated and also who attended, to make this a successful endeavor. Hopefully we may continue this effort of unity and getting the word out about the region. A thanks goes out to the Public Relations subcommittee for taking the lead in coordinating this opportunity. Thanks to the SHeVANA Area and the VRCC for hosting a wonderful and very successful 27th AVCNA. We really appreciate your efforts. Again I would like to challenge us to pass the word out that all of our subcommittees need committed and working members for each of them. Please be a committee of one and continue this effort. Folks, my time as chair is quickly winding down. Thanks!

ILS, Burrell

RSC Vice Chair Report

RSC Secretary Report

What's Up? All is well in the secretary's office of the Central Atlantic Region of Narcotics Anonymous. I will remind everyone of the upcoming holiday on April 22nd, Secretaries Day. Please see me for the address to ship all of your presents to. Thank you in advance for your cooperation.

On a more serious note, minutes were done in 3 ½ weeks for the 136th RSC, 1½ week's over the 2-week deadline stated in the guidelines and rules of order. The holidays were a busy time for all, including me. I am confident I can make it under the allotted time this cycle.

I have made multiple attempts to make updates to the RSC contact list. Most RCM's have responded and I appreciate your assistance in helping me keep an updated list. It is important to have this information, as everyone looks to me to get in touch with all of you in regards to planning upcoming RSC functions in your area. There are still a few areas I have not heard from, if I could ask that all of you look over the contact list attached to the attendance sheet and put a check mark next to your area if the information is correct. If there are corrections to be made, please make those notes on the back. Thank you for your cooperation.

The last thing I would like to report is I have not mailed hard copies of the RSC minutes to the PO Boxes in 2 RSC's. I have not heard from anyone regarding this. I feel that in this digital age that emailing of the minutes is sufficient and we should save trees and not mail the minutes to the PO Boxes. I will be submitting a motion today addressing this issue and a change of the current guidelines and rules of order.

ILS, Greg

RSC Treasurers Report

Hello Family,

As always, it is a pleasure and honor to serve. The last two months have been very eventful with regard to the treasury and changes to our procedures.

We have received the approved Visa check card and it has already proven very useful. Since I am having some trouble getting our mail in a prompt fashion, I have been able to contact our phone line and answering service providers and pay them with the Visa check card immediately and on time, even without the current invoice in hand.

We also have on-line bill pay available for use if needed. It was used prior to receiving the check card.

Now for the financial status:

Current bank balance	\$16,067.04
Donations on hand 2/20/09	<u>700.09</u>
Total available funds	\$16,767.13

Expenses paid since last RSC:

Check #	Date	Payee	For	Amount
2650	12/20/08	Greg Harris	MARLCNA Registration & Per Diem	\$102.50
2651	12/20/08	Greg Harris	Zonal Forum Per Diem	\$35.00
2649	12/20/08	Halifax Regional Health System	Rent 136th RSC	\$100.00
Ck Card	12/26/09	Primus	Phone Line October 2008	\$119.78
Ck Card	12/26/09	Primus	Phone Line November 2008	\$105.03
On-Line	12/30/08	PCMS	Answering Service December 2008	\$467.50
Ck Card	12/31/08	Network Solutions	Web Host	\$119.50
Ck Card	2/11/09	PCMS	Answering Service January 2009	\$1,051.71
Ck Card	2/12/09	Primus	Phone Line January 2009	\$119.54
Ck Card	2/17/09	Red Roof Inn	MARLCNA Room RD	\$126.52

Total \$2347.08

Prudent Reserve 3/1/09	\$14,759.17
World Donation	\$2007.96

I have included two handouts with my report. The first is a 4-page table showing budgets and expenses for the fiscal year of July 1, 2008 through June 30, 2009. The second is a 1-page complete list of all expenses incurred for that same period. I will explain these handouts and answer any questions.

At the last RSC, our H&I Chair indicated that he had been informed that there should have been no need to draw from the 2008-2009 budget in order to pay an expense for the 2007-2008 year. However, this was voted on and approved. I did some research and discovered that the money was available in the H&I 2007-2008 budget. Also, the check written was returned, un-cashed. I need some direction as to whether anything needs to be done to correct the error.

OK, so much for the good news. I have experienced a great deal of frustration in preparing these reports. We have evolved over the years into an accounting and budgeting practice that includes the following:

- Yearly 12-month budgets submitted by subcommittees and trusted servants each October for approval each December
- Yearly 24-month budget submitted by treasurer each April for approval each June
- A bi-monthly budget cycle that begins on the 1st of each odd numbered month
- A bi-monthly funding of the above budget cycle
- A bi-monthly Regional meeting cycle that meets on the 3rd Saturday of each even numbered month.

If this seems confusing to you, welcome to my world. I think the time has arrived to revise our practices into a format that puts all efforts on the same schedule and reduces the need for separate budgets from the same body. I hope to further discuss possible changes during new business.

In Loving Service, Don V.

Check #	Date	Payee	For	Amount
2631	7/25/08	Kwick Kopy	Rubber Stamp, 1/2 PR, 1/2 H&I	\$75.60
	7/31/08	Service Charge	Bank Fees	\$5.00
	8/31/09	Service Charge	Bank Fees	\$5.00
2623	8/13/08	Greg Gallagher	Copies/Postage 133 June RSC	\$53.37
2632	8/14/08	Primus	Phone Line May & June 2008	\$270.91
2634	8/14/08	PCMS	Answering Service July & August 2008	\$1,265.01
2636	8/16/08	Greg Gallagher	Copies for 133 June RSC	\$52.20
2637	8/16/08	Free State	H&I literature	\$559.57
2640	8/16/08	Greg Gallagher	Gas for mail retrieval	\$84.00
2641	9/9/08	Comfort Inn	Deposit October RSC	\$250.00
2638	8/16/08	Tandy Wood	Speaker Jam Taping	\$250.00
2633	9/13/08	Primus	Phone Line July 2008	\$196.75
2642	10/13/09	Comfort Inn	Conference & Hotel rooms October RSC	\$2,083.83
2635	10/14/08	PCMS	Answering Service September 2008	\$627.00
2644	10/14/08	PCMS	Answering Service October 2008	\$530.53
2643	10/14/08	Primus	Phone Line August 2008	\$144.53
2647	10/18/09	Papa Johns Pizza	APT Workshop	\$120.00
2645	10/18/08	Greg Gallagher	Copies for 135 October RSC	\$50.53
2648	11/15/08	Downtown YMCA	Subcommittee Rent	\$100.00
On-Line	11/24/08	Primus	Phone Line September 2008	\$136.14
On-Line	11/25/08	PCMS	Answering Service November 2008	\$615.18
	11/28/08	Service Charge	Bank Fees	\$5.00
2650	12/20/08	Greg Harris	MARLCNA Registration & Per Diem	\$102.50
2651	12/20/08	Greg Harris	Zonal Forum Per Diem	\$35.00
2649	12/20/08	Halifax Regional Health System	Rent 136th RSC	\$100.00
Ck Card	12/26/09	Primus	Phone Line October 2008	\$119.78
Ck Card	12/26/09	Primus	Phone Line November 2008	\$105.03
On-Line	12/30/08	PCMS	Answering Service December 2008	\$467.50
Ck Card	12/31/08	Network Solutions	Web Host	\$119.50
Ck Card	2/11/09	PCMS	Answering Service January 2009	\$1,051.71
Ck Card	2/12/09	Primus	Phone Line January 2009	\$119.54
Ck Card	2/17/09	Red Roof Inn	MARLCNA Room RD	\$126.52

Category	Name	Maximum Amount	Funding						Total Expenses YTD	Total Yearly Budget
			7/1/08	9/1/08	11/1/08	1/1/09	3/1/09	5/1/09		
A	Phone line Budget		\$1,575.00	\$1,575.00	\$1,575.00	\$1,575.00	\$1,575.00	\$1,575.00	\$5,378.70	
	Incurring Expense			\$1,606.29	\$1,518.48	\$2,253.93				
	Account Total	\$1,575.00	\$1,575.00	\$1,575.00	\$1,575.00	\$1,575.00	\$1,575.00	\$1,575.00	\$1,575.00	
	Mailbox Budget		\$12.00	\$12.00	\$12.00	\$12.00	\$12.00	\$12.00	\$0.00	
	Incurring Expenses									
	Account Total	\$72.00	\$36.00	\$48.00	\$60.00	\$72.00	\$72.00	\$72.00	\$72.00	
	Website Budget		\$14.00	\$14.00	\$14.00	\$14.00	\$14.00	\$14.00		

Incurring Expenses						\$119.50			\$119.50	
Account Total	\$84.00	\$28.00	\$42.00	\$56.00	-\$49.50	-\$35.50	-\$21.50			\$84.00
Bank Service Charges Budget		\$6.00	\$6.00	\$6.00	\$6.00	\$6.00	\$6.00	\$6.00		
Incurring Expenses		\$5.00	\$5.00		\$5.00				\$10.00	
Account Total	\$6.00	\$1.00	\$1.00	\$6.00	\$1.00	\$6.00	\$6.00			\$36.00
Category Total		\$1,640.00	\$1,666.00	\$1,697.00	\$1,598.50	\$1,617.50	\$1,631.50		\$5,508.20	\$9,642.00

B	Conference Budget		\$400.00	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00		
	Incurring Expenses			\$400.00	\$100.00				\$500.00	
	Account Total	\$400.00	\$400.00	\$0.00	\$300.00	\$400.00	\$400.00	\$400.00		\$2,400.00
	Executive Expense Budget		\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00		
	Incurring Expenses								\$0.00	
	Account Total	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00		\$300.00
	Secretary Expense Budget		\$60.00	\$60.00	\$60.00	\$60.00	\$60.00	\$60.00		
	Incurring Expenses			\$50.53					\$50.53	
	Account Total	\$60.00	\$60.00	\$9.47	\$60.00	\$60.00	\$60.00	\$60.00		\$360.00
	Treasurer Expense Budget		\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00		
	Incurring Expenses								\$0.00	
	Account Total	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00		\$120.00
	GSR Assembly Budget		\$200.00	\$200.00	\$200.00	\$200.00	\$0.00	\$200.00		
	Incurring Expenses								\$0.00	
	Account Total	\$1,000.00	\$400.00	\$600.00	\$800.00	\$1,000.00	\$1,000.00	\$200.00		\$1,000.00
	CAR Workshops Budget		\$100.00	\$100.00	\$100.00	\$100.00	\$100.00	\$100.00		
	Incurring Expenses								\$0.00	
	Account Total	\$1,200.00	\$800.00	\$900.00	\$1,000.00	\$1,100.00	\$1,200.00	\$100.00		\$1,200.00
	Zonal Forum Budget		\$100.00	\$100.00	\$100.00	\$0.00	\$0.00	\$0.00		
	Incurring Expenses								\$0.00	
	Account Total	\$300.00	\$100.00	\$200.00	\$300.00	\$300.00	\$0.00	\$0.00		\$300.00
	Category Total		\$1,830.00	\$1,779.47	\$2,530.00	\$2,930.00	\$2,730.00	\$830.00	\$550.53	\$5,680.00

C Travel	WSC/RDA Travel Budget		\$150.00	\$150.00	\$150.00	\$150.00	\$150.00	\$150.00		
	Incurring Expenses								\$0.00	
	Account Total	\$1,800.00	\$1,050.00	\$1,200.00	\$1,350.00	\$1,500.00	\$1,650.00	\$1,800.00		\$1,800.00
	WSC/RDA2 Travel Budget		\$150.00	\$150.00	\$150.00	\$150.00	\$150.00	\$150.00		
	Incurring Expenses								\$0.00	
	Account Total	\$1,800.00	\$1,050.00	\$1,200.00	\$1,350.00	\$1,500.00	\$1,650.00	\$1,800.00		\$1,800.00
	MARLCNA/RD Travel Budget		\$55.00	\$55.00	\$55.00	\$50.00	\$55.00	\$55.00		
	Incurring Expenses					\$229.02			\$229.02	
	Account Total	\$325.00	\$165.00	\$220.00	\$275.00	\$95.98	\$55.00	\$110.00		\$325.00

MARLCNA/RDA Travel Budget		\$55.00	\$55.00	\$55.00	\$50.00	\$55.00	\$55.00		
Incurring Expenses								\$0.00	
Account Total	\$325.00	\$165.00	\$220.00	\$275.00	\$325.00	\$55.00	\$110.00		\$325.00
MARLCNA/RDA2 Travel Budget		\$55.00	\$55.00	\$55.00	\$50.00	\$55.00	\$55.00		
Incurring Expenses								\$0.00	
Account Total	\$325.00	\$165.00	\$220.00	\$275.00	\$325.00	\$55.00	\$110.00		\$325.00
AZF/RD Travel Budget		\$0.00	\$70.00	\$70.00	\$60.00	\$70.00	\$70.00		
Incurring Expenses					\$35.00			\$35.00	
Account Total	\$200.00	\$0.00	\$70.00	\$140.00	\$165.00	\$200.00	\$200.00		\$200.00
AZF/RDA Travel Budget		\$0.00	\$70.00	\$70.00	\$60.00	\$70.00	\$70.00		
Incurring Expenses								\$0.00	
Account Total	\$200.00	\$0.00	\$70.00	\$140.00	\$200.00	\$70.00	\$140.00		\$200.00
AZF/RDA2 Travel Budget		\$0.00	\$70.00	\$70.00	\$60.00	\$70.00	\$70.00		
Incurring Expenses								\$0.00	
Account Total	\$200.00	\$0.00	\$70.00	\$140.00	\$200.00	\$70.00	\$140.00		\$200.00
WSW/RD Travel Budget		\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00		
Incurring Expenses								\$0.00	
Account Total	\$600.00	\$50.00	\$100.00	\$150.00	\$200.00	\$250.00	\$300.00		\$600.00
WSW/RDA Travel Budget		\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00		
Incurring Expenses								\$0.00	
Account Total	\$600.00	\$50.00	\$100.00	\$150.00	\$200.00	\$250.00	\$300.00		\$600.00
WSW/RDA2 Travel Budget		\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00		
Incurring Expenses								\$0.00	
Account Total	\$600.00	\$50.00	\$100.00	\$150.00	\$200.00	\$250.00	\$300.00		\$600.00
Category Total		\$2,745.00	\$3,570.00	\$4,395.00	\$4,910.98	\$4,555.00	\$5,310.00	\$264.02	\$6,975.00

D Meeting Space	Policy Expense Budget		\$30.00	\$30.00	\$30.00	\$30.00	\$30.00	\$30.00		
	Incurring Expenses				\$16.67				\$16.67	
	Account Total	\$180.00	\$60.00	\$90.00	\$103.33	\$133.33	\$163.33	\$180.00		\$180.00
	Activities Budget		\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00		
	Incurring Expenses				\$16.67				\$16.67	
	Account Total	\$20.00	\$20.00	\$20.00	\$3.33	\$20.00	\$20.00	\$20.00		\$120.00
	Speaker jam Budget		\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00		
	Incurring Expenses				\$16.67				\$16.67	
	Account Total	\$20.00	\$20.00	\$20.00	\$3.33	\$20.00	\$20.00	\$20.00		\$120.00
	PR Budget		\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00		
	Incurring Expenses				\$16.67				\$16.67	
	Account Total	\$20.00	\$20.00	\$20.00	\$3.33	\$20.00	\$20.00	\$20.00		\$120.00
H&I Budget		\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00			
Incurring Expenses				\$16.67				\$16.67		

Account Total	\$20.00	\$20.00	\$20.00	\$3.33	\$20.00	\$20.00	\$20.00		\$120.00
Outreach Budget		\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00		
Incurring Expenses				\$16.67				\$16.67	
Account Total	\$20.00	\$20.00	\$20.00	\$3.33	\$20.00	\$20.00	\$20.00		\$120.00
Literature Review Budget		\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00		
Incurring Expenses								\$0.00	
Account Total	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00		\$120.00
Category Total		\$180.00	\$210.00	\$140.00	\$253.33	\$283.33	\$300.00	\$100.00	\$900.00

E	H&I Expense Budget		\$300.00	\$300.00	\$300.00	\$300.00	\$300.00	\$300.00		
	Incurring Expenses		\$37.80	\$559.57					\$597.37	
	Account Total	\$1,800.00	\$370.71	\$111.14	\$411.14	\$711.14	\$1,011.14	\$1,311.14		\$1,800.00
	Speaker jam Expense Budget		\$167.00	\$166.00	\$167.00	\$167.00	\$166.00	\$167.00		
	Incurring Expenses			\$250.00					\$250.00	
	Account Total	\$500.00	\$334.00	\$250.00	\$417.00	\$500.00	\$500.00	\$500.00		\$500.00
	Overnight RSC Budget		\$500.00	\$500.00	\$500.00	\$500.00	\$500.00	\$500.00		
	Incurring Expenses			\$1,933.83					\$1,933.83	
	Account Total	\$1,500.00	\$1,000.00	-\$433.83	\$500.00	\$1,000.00	\$1,500.00	\$500.00		\$1,500.00
	Outreach Expense Budget		\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00		
	Incurring Expenses								\$0.00	
	Account Total	\$300.00	\$144.83	\$194.83	\$244.83	\$294.83	\$300.00	\$300.00		\$300.00
	PR Expense Budget		\$285.00	\$285.00	\$285.00	\$285.00	\$285.00	\$285.00		
	Incurring Expenses		\$37.80						\$37.80	
	Account Total	\$1,810.00	\$572.20	\$857.20	\$1,142.20	\$1,427.20	\$1,712.20	\$1,810.00		\$1,810.00
	PR Startup Budget		\$550.00	\$550.00	\$550.00	\$550.00	\$550.00	\$550.00		
	Incurring Expenses								\$0.00	
	Account Total	\$550.00	\$550.00	\$550.00	\$550.00	\$550.00	\$550.00	\$550.00		\$550.00
	Category Total		\$2,971.74	\$1,529.34	\$3,265.17	\$4,483.17	\$5,573.34	\$4,971.14	\$2,819.00	\$6,460.00

Bi-Monthly Prudent Reserve **\$14,759.1** **\$13,042.6**
\$9,366.74 **\$8,754.81** **\$12,027.17** **\$14,175.98** **7** **4**

RSC Regional Delegate Report

Hello family,

It has been a busy time since the last regional service. The delegate team has been to The Autonomy Zonal Forum which was held in Silver Spring Md. on 1/31/09, and MARLCNA in Lancaster PA during the weekend of 2/14/09. There was a good amount of information shared in both of these events. The delegate team was present for the workshop at the AVCNA and participated.

Zonal Forum:

-General discussion/ reports from all areas present which include Greater Philly, Freestate, Eastern PA, Chesapeake and Potomac, Mountaineer, and of course Central Atlantic. During this time discussion included the various ways the above mentioned regions host Area Planning Tool workshops.

After the lunch break discussion took place on Issue discussion topics including:
Building Communication:

Discussion points as follows:

- It was discussed that several (not all) regions have had contact from World Board (WB) members to open the line of communication. As the communication barriers are from all levels of service and as a result the WB has implemented a protocol to have a WB member contact a regional delegate with the hopes that all delegates would have a point of reference with the WB.
- On the regional/Area level there was discussion around the communication breakdown from the region to the areas. Some of the feedback stated that there was a lack of interested members from the Area and the Region and one delegate reported that they make an attempt to go to every Area and attend at least one Area service to have members of the region have a point of reference and to answer any questions that members of an area may have.

Our Freedom Our Responsibility

- 1) How do I exercise my sense of responsibility in NA?

Discussion points as follows:

- I show up for things like these events, attend home group on regular (consistent) basis.
- Showing up, not feeling entitled that I have been here this long that I no longer have to come to meetings for example. Make sure that I share a clear message of recovery even when things are going bad.
- It's my responsibility to make sure there is an atmosphere of recovery at service meetings. Take the time to explain situations which may be a bit and dry+too more experienced members to the newer members.
- When I have a commitment I show up on time, do what I'm supposed to do, and stay for the duration.

- 2) How can we help inspire others to become willing to share that responsibility?

Discussion points as follows:

- I encourage sponsees to get involved with services i.e. If you want what I have then this is how I got what I have.
- Talk about my service work, and how it keeps me clean to a point that people refer them to this person when asked if you want to know about i.e. Service go talk to this member.
- When I have a commitment I show up on time, do what I'm supposed to do, and stay for the duration. Early in my recovery I heard people that get involved in service, stay clean+, that got me interested in service. Lead by example not by mouth, when you do that people will see that.
- I share in meetings my service efforts, as a result people talked to me about service after the fact, and I got them involved.
- I bring members along with me to my committee meetings.

There will be a NA Zone-Wide Workshop hosted by the Northeast Zonal Forum held in Middle Village New York on June 27th. This is a free event and there are fliers present for distribution.

MARLCNA:

There was roundtable discussion on Issue Discussion Topics on Our Freedom Our responsibility where we broke into small discussion to gather feedback on the question: How can we help inspire others to become willing to share in a sense of responsibility for NA services? Small groups discussed this question and then all the small groups spoke to the larger group the most important way of doing this to the large group.

After break there was discussion on the Issue Discussion Topic of Building Communication after this was work shopped in small groups then again strong points were discussed in the large group setting. There was much feedback presented on both of these discussions and if desired I could give these points to any interested member.

There was discussion about Living Clean The Journey Continues, which was a literature project, adopted at the 2008 Conference. There is a workgroup for this project consisting of 11 members. It is expected that in April of 2011 a review draft of this piece of literature will be presented. Visit <http://www.na.org/conference/LC/index.htm> for information regarding this project. Members are encouraged to submit their experiences for possible inclusion into this literature. Again if interested in either submitting stories or just to find out more information regarding this reference the above-mentioned link.

The NA homepage is going to be changing very soon, you can test the beta site by going to www.na.org and there is a link on the top of the page, which will redirect you to the beta test site.

The In Times of Illness review and input draft was distributed on 2/15/09. You can view this material by going to <http://www.na.org/conference/ITOI/index.htm>. I am hoping that the region would consider putting a committee together to workshop this information to forward onto world services for our input. I believe there is limited time for input for this, which would be 90days. I would need to confirm this for certain.

My travel expenses are as follows:

Zonal Travel:

- \$79.72 for hotel
- \$26.51 for gas
- \$35 per diem (already received payment for this)
- \$141.23 total expenses
- \$106.23 requested reimbursement today

MARLCNA Travel:

- \$25 for registration fee (already received payment for this)
- \$44.23 for gas
- \$126.52for hotel (paid for at registration)
- \$77.50 for per diem (2 days already paid/unsure of how this figure was given, but since I was unable to arrive until late Friday night it appears that it would be good to only request 1 day and a half in the amount of \$52.50 where I would need to reduce my request of reimbursement of funds by \$25)
- \$273.25 total expenses
- \$19.23 requested reimbursement today.

I will provide receipts to our treasurer today.

With Love of the fellowship, Greg H. RD

RSC Regional Delegate Alternate Report

Hi family, there has been a lot going on since we have last met. I attended AVCNA 1/10-12 2009 in Chantilly and participated in our first regional workshop and later shared on the Concepts of Service in a workshop there. It is my hope that this will be the first of many chances for us a body to reach our region at our convention and share what we do and how you can get involved. On 1/31/2009 The Autonomy Zonal Forum met in Silver Spring Maryland. Representation from Greater PA, Eparna, Free State, C&P and the Central Atlantic Region were there. A few Items of interest that were discussed were that Pa is experiencing lower donations within the region and are looking into ways to correct that. They are in the process of getting a new phone line system and will let us know how that is going next time. They are also using Quick books as their regional accounting system as they think it is more widely understood and will help with transitions. Free state reported that their last convention went well and all there debts have been paid off and they will be donating to the zone. They now have a new web administrator and have links to each of their areas on their site. Their phone line is answered 24 hrs a day by volunteers. PR is putting info in the penny savers and city busses right now. They are re . doing their meeting lists to be more geographically inclined and their service center is charging a 3 dollar surcharge now on each order to handle increased shipping costs. EPARNA has added a new area called Twin Rivers and they have had a new hotline number since December and are improving their website. There is a new communications subcommittee that has been born out of PR that will be responsible for their meeting lists etc. Their Webmaster is using and excels spreadsheet that is linked so that when he makes changes it automatically updates to world at the same time. They welcome any events that we would like to post. We can send it to EPARNA.org. Mountaineer reports their convention being May 8th -10th in Ripley West Virginia. This is a small retreat style convention. C&P region reports that they are banning special interest meetings at their convention. There was concern in our open forum session that the timeline of 90 days is too short for literature review. On Thursday February 5th I traveled to Richmond VA to do an APT workshop with their APT ad-hoc committee. They had been very proactive and had much info to share. We did this in workshop and Q&A style to them through the process and had eager participation. Clearly this is usually done by the delegate team however work and travel constraints would not allow us to travel together and we agreed that sometimes we could best serve an area by splitting up to make sure the info gets out in a timely manner. MARLCNA was attended February 13-15th in Lancaster PA. It was very informational and not only well attended but was facilitated by Craig and Frannie and a special worker. It was told to us that they usually travel in a 6-

member team but are cutting costs. We were focusing on The IDT's Leadership, Communication and Our Freedom Our responsibility. We used the roundtable approach. One of the things we talked about in the communication topic was that there is a breakdown of communication often times from the RCM's to GSR's. It was discussed that we need to have clear, concise, shorter reports. One suggestion was to make bullets and touch on the main topics. The review and input drafts on self-support pamphlets Keeping It & Giving It Away and revisions to In Times Of Illness are out for fellowship review until May 30 the 2009. You may access the info and provide feedback at <http://www.na.org/conference> the username and password is WSC2010. Right now if you access the NA.org website there is a beta test going on as we are about to have a more user friendly website. It should be a lot easier to navigate than the last version. The Living Clean Project is something that I encourage all to participate in. There is a survey at <http://www.na.org/conference/LC/index.htm>. or you can send an email to Living Clean@na.org you can also join the discussion boards on www.na.org Chapter 6 the Journey Continues will have topics in it such as service, complacency and how to reenergize ourselves in recovery, the black hole, stages of recovery anniversary blues, The Change at 5 a new awakening, the change at 10 a new surrender, the change at 20 a new perspective. Also there will be, Am I well yet? Surviving our emotions, Post convention depression/blues, Loss, Adjusting to lack of drama and when members leave. Please take the time to get involved. I have some information on effective leadership that I would and strong foundational teams that I am willing to share in person by phone or email so please feel free to contact me. In loving Service, Etta S.

RSC Regional Delegate Alternate II Report- vacant

VRCC Chair Report

Hi Family

I would like to say thanks for a job well done by the Shenandoah area. In hosting the 27th avcna convention. Things went very well and every one seem to enjoy them. All bills for the 27th have been paid.

The 28th avcna host committee was confirmed at the Friday night meeting. The contract for hotel for 28th was approved and signed; all information is on the web site at avcna.org. I am looking forward to working with the Peninsula area on putting this convention on.

The next VRCC meeting is March 15 2009 at the region ten center.

The joint meeting with the VRCC and region met four different times and at this time I am passing the informant on to both bodies, not as a motion but with the resolution we came up with and let both body's decide what the next step is, a lot of work and time went into this.

At the VRCC meeting in March we will be holding election for treasurer, vice treasurer, policy chair and web site chair.

I am making a motion today that the central Atlantic region hosts the 30th avcna intent to bring all area together to host the region convention.

In Loving Service, Jim H-VRCC Chair

VRCC/RSC Joint Meeting Minutes:

VRCC/RSC Joint Meeting March 1, 2008

Meeting opened 10:20 am with the serenity prayer

Members in attendance: Burrell P. Regional Chair, Jim H. VRCC chair, Ron VRCC vice chair, Don V. former RSC chair, Sherry V. RD

Minutes read by Jeff H.

Discussion for today:

1. Direction of the VRCC in correlation to the name change of the Region
2. What is the purpose of this meeting

Discussion on who and what are we as a group? More discussion on obtaining advise from a corporation lawyer.

It was brought up as to whether or not we should discuss the name change at this time.

Definition of Committee and subcommittees was brought up.
Revisited the discussion on electing the Corporation chair on the RSC Floor.
Brought out that the Corporation shows accountability to the Region but there is nothing in the policy in Corporation or Region.
We voted to change our groups resolution for our Joint VRCC/RSC
We the joint trusted servants of the bodies of the VRCC and the Region of Virginians, resolve that the VRCC become a subcommittee or committee of the RSC while preserving and maintaining the autonomy of the VRCC.
We did not at this time housekeep from the original resolution to reflect the name change of our region to the Central Atlantic Region.
We talk about actually getting something in writing and we decided at lunch we would start with an existing template submitted by one of our members and get around a table and move from there. As a result we are submitting two motions.
One for the Region's Guidelines and one for the Corporation's guidelines. They are attached.
Meeting closed approximate 2:30 p.m.
ILS, Sherry V. for Vicky B.

RSC Activities Chair Report

Dear Family,

Activities sub-committee met in Hagerstown, MD on January 17th, 2009. The meeting opened in the usual fashion with the Serenity Prayer and reading of the 12 Traditions and Concepts.

There were 10 people present for the meeting. Myself, as chair for the sub-committee. Sherry V., Vice Chair for the region, Don V., treasurer for the region, H&I Chair, Richard P., Policy Chair, Cynthia W., and 5 interested others. Brittney R. of Southside was nominated and voted in as the Secretary for the Act. Sub-committee.

I have lost my notebook from the meeting, which has my notes. A few things that I recall being discussed were. 1. This regional meeting and complications with TACNA convention. 2. Keeping the sub-committees meeting together with the exception of H&I. 3. March sub-committee meeting being moved to the 2nd or 4th Saturday of March due to Regional Speaker Jam.

I have been working on trying to get the rotations scheduled a year in advance. Though I have not gotten a schedule for a complete year, I have made great progress. Thus far the schedule is as follows:

*March sub-committee/confirmed
Emmanuel Episcopal Church
138 N. Maple Ave
Covington, VA 24426

*138th April RSC
Working with Burrell

*May sub-committee/not confirmed
Macon, NC

*139 June RSC/confirmed
White Oak Rescue
535 White Oak Rd.
Fredericksburg, VA 22405

*July sub-committee/confirmed
White Oak Rescue
535 White Oak Rd.
Fredericksburg, VA 22405

*139 August RSC, Keyser/Romney/not confirmed
Working with Don V.

*September sub-committee/Weyers Cave/not confirmed
Working with Allan

*141st October RSC/Weyers Cave/not confirmed
Working with Allan

*November sub-committee/not confirmed
Working with Jim (VRCC Chair)

*142nd December RSC/confirmed
Emmanuel Episcopal Church
138 N, Maple Ave
Covington, VA 24426

Any and all those that have assisted in trying to get the rotation schedule set, Thank You. I am currently making a new Excel spreadsheet of the rotation.
ILS, Mike E. . CARNA Act. Chair

RSC Hospitals & Institutions Chair Report

Thank you for allowing me to be of service. I want to start by apologizing for not attending this meeting. I hope this report serves to inform you of what we have done. While I am not there to answer questions, you may call any time. I may not always answer but I do call back. 434-227-0434. The regional H&I subcommittee met on the 17th of Jan. It started with a few and turned out to be a total 13 people in attendance. That is big for our meeting due largely to the other subcommittee supporting each other. There were however some a few area H&I chairs present. I thank those who attended. It's good to actually see that there are people this committee serves. (No sarcasm intended). Thanks to all who attended. Discussed was the lack of area H&I reports, and attendance by H&I chairs. As far as chairs attending it can only be a suggestion by us, as it is by world in the H&I hand book under Area H&I chair responsibilities. We are requesting that RCM+S make a motion in their areas to make this a part of their guidelines. The attendance of all chairs benefits all. It gives a better pool of experience to share, struggling areas can learn what other areas did to over come, this subcommittee would know exactly where our efforts could be focused and the region would grow stronger in knowing one another. I can't, we can. It was suggested that we make the report form on thicker paper so they stand out. The hope is that if they stand out chairs will remember to get it filled out. I have not done this yet but am attaching a form that comes from the WCA H&I handbook, so that it will be in the minutes. RCM+S please let your chairs know that the form is in the minutes and request that they fill out and send in said report before subcommittee meetings. This year's budget was also brought up. When H&I last requested a library for the prisons, we were told that we had to request a advance from our next disbursement of our budget. As was brought up in the last RSC, the committee and myself thought that we had did that, not needing to which in turn gave us little to work with this past quarter. The regional treasurer, who attended the subcommittee meeting informed us that he looked into it and it appeared that we did have the money and that it should not have come from this quarters budget. The committee voted to make a motion to get the money back into our budget. Said motion is attached to this report. Our committee has received 3 letters from inmates, which were forwarded or given to the proper people to deal with. Our info chair Norman has and does deal with all mail from the prisons. Our presentation chair Jeff H. deals with the requests for H&I meetings that come from this mail. If it seems slow, it is. Dealing with administrations in prisons is not always a speedy thing. Thanks to Norman and Jeff for their efforts. The newly elected chair for the Rappahannock Area Gena P. requested info on the region sponsored H&I learning days. After taking the info to her struggling area, has requested the region to help. H&I Learning Day

April 11, 2009

12:00pm to 6:00pm

Place: White Oaks Rescue

535 White Oak Road

Fredericksburg, Va 22405

I have not received the info yet, but the Maryland area has also request a learning day on May 9th.

Both of these requests will be discussed in the next H&I subcommittee meeting. However these are region-sponsored events and because of the dates, we need to make the motions this RSC to get funding from the region. As always any monies not used will be returned. I will remind you now that the last learning day the region funded didn't happen and the full \$300.00 was returned. This money does not come from the H&I budget, so we request that you vote yes for the motions as both areas are struggling and need these learning days.

The March H&I subcommittee meeting has been changed to the second week due to the speaker jam being on the third weekend. Here is the info, RCM please encourage your area H&I chairs to attend, or at least get a report in before. March 14 2009 from 2:30 - 4:30 at the following location:

St. Paul's Episcopal Church, 605 Clay St. Lynchburg, VA 24504. Please pass this information on to your area H&I subcommittees. We are looking to build our subcommittee's membership. If there are any questions please feel free to contact me 804-512-6222.

I can be reached by email, or phone for any H&I related issues. Richard P. 434-227-0434, richapri4@mac.com. Thank you all for your support. Have a great day.

In Loving Service, Richard P. H&I subcommittee chair.

RSC Literature Review Chair Report- vacant

RSC Policy Chair Report

Hello family,

Policy Subcommittee met on January 17, 2009 in Hagerstown, MD at 3:50 with Mike E, Don V, Sherry V, Jennifer D, Yolanda B, Brittany R, Richard P, and Cynthia W. present. We discussed several topics and came up with some recommendations for this body.

Old Business:

1. Motion 132-8 Handicap Accessibility Passed at 133rd RSC where to place in Policy (Recommend under Section VII Additional Guidelines Page 8 to be #9) Placed in Guidelines
2. Motion 132-9 Flier Requirements Passed at 133rd RSC where to place in Policy (Recommend under Section VII Additional Guidelines Page 8 to be #10) Placed in Guidelines
3. Motion 133-3 Group Conscience Votes Motion withdrawn at 136th

New Business:

1. Motion 134-9 Literature Review Subcommittee Project Driven Impact Statement to go back to groups Policy recommends
Motion: To disband Literature Review Subcommittee due to lack of fulfillment of Chair position and the lack of consistent need for literature review.
Intent: Lack of consistent need.
Motion: To add on page 9 in Guidelines under Chair Duties
N. Responsible to establish an Ad Hoc Committee to fulfill any duties not covered by Standing Subcommittee purposes.
Intent: To handle activities not covered in Subcommittee purposes.
2. Motion 135-3 Nomination Pros and Cons
Motion: To move on page 8, #3 under Elections to #4 under Nominations and add:

On return of nominee to floor, nominee will be given opportunity to provide any rebuttal to cons (Pros and cons and rebuttal will be included in minutes.) or withdraw nomination (Pros and cons restriction from minutes.).

Renumber both sections as needed.

Intent: To give information prior to elections to groups.

3. Motion: To reschedule day of Regional Speaker Jam to the 2nd Saturday of March and September.

Intent: To allow consistency for Subcommittee meeting schedule.

Rent for Facility for today's meeting Mover: Sherry V. 2nd: Mike E. Passed 7-0

Motion: To have Policy to follow Activities meeting schedule for the next year. Intent: For continued consistency. Mover: Don V. 2nd: Sherry V. Passed 5-1

Next meeting Date and Time and Quadrant Location

Quadrant 3 Roanoke Area in March

Close meeting with Serenity Prayer at 5:17pm

We will be presenting 3 motions today to handle the recommendation made by the subcommittee. I would like to thank all who continue to show to help this committee take care of business referred to us from this body. Thanks for allowing me to continue to serve this body in this position.

ILS, Cindy W.

RSC Public Relations Chair Report

Greetings to All!

Thanks to everyone who was able to attend the CARNA RSC information session that we had at the AVCNA XXVII in Chantilly, VA. On Saturday, January 10th for a discussion about the RSC and its services. We honored our commitment that was scheduled from 8:30am - 9:45am. Since we were tasked with coordinating this event, we did provide a copy of the agenda, timeline for the agenda and the Events Data Sheet at the PR Subcommittee meeting in Hagerstown, MD to be archived into the PR records. It is my understanding that discussions are being taken about a possible motion to have a time slot provided in the VRCC Bylaws to allow the RSC to participate at the Regional Convention each year. Much was learned from this experience through the spirit of unity. We look forward to providing this event next year.

Since we last met in December 20, 2008, we have moved forward with the approval of the motion passed by CARNA RSC to acquire a new web hosting company. The company is Network Solutions and the plan is the Advanced Web Hosting, which was quoted at a cost of \$159.50 per year. Our Web servant has been working toward switching us over to the newly web hosting company. Most recently, she emailed us with instructions on how to link and configure our personal email accounts to the respected trusted servant email accounts listed on the website.

Our Phone line activity has been:

For the month of December:		For the month of January:	
Calls in	324	Calls in	520
Minutes Used	638	Minutes Used	838
Average	1.96 mins per call	Average	1.61 mins per call

After the regional phone service provider was updated on 3 January 2009, we became more concerned that we had not heard from some Areas in a while about their changes to meeting times and locations. We know that the operators from the help line, 1-800-777-1515 can only give out information about our meeting times and locations based on the most accurate information that we have given them. Therefore, we had the CARNA PR's Phone line Coordinator track the changes reported to us from March 2008 through December 31, 2008. That report identified four areas that had not provided us with any updates during that time - Roanoke Valley Area, Southside Area, Outer Limits Area, and the Tidewater Area. Since our meeting in Hagerstown on Jan. 17th, we have reached out to them to ensure they are aware of our findings

and how to inform us of changes in their meeting times. Because we are aware of changes in trusted servants, in addition to, sending the workbook out to the fifty-one email addresses that we have, an Area Phone line Coordinator can now contact our Phone line Coordinator through the Public Relations page on the website. On the right-hand side of the page one will see Help line Corrections - For additions or corrections to the Central Atlantic Region Help line (800-777-1515), contact: phonelineupdate@car-na.org.

We will be joining the New River Valley Area of Narcotics Anonymous in their Service Work Learning Day on Saturday, February 28, 2009 at 10am in Blacksburg, VA to discuss the PR services that we provide the Areas and groups on behalf of CARNA. We invite other Areas in Quadrant 3, Appalachian Area, New River Valley Area, Roanoke Valley Area, and Southside Area to join us in support of their service work-learning day. The details of the event are listed on the website.

Thanks again to all who serve and help in our PR. efforts. In Fellowship, Charles W., 804-301-8380, Email: pr_chair@car-na.org

RSC Outreach Chair Report- vacant

RSC Speaker Jam Report

Hello all-

The last speaker jam subcommittee was held January 17th in Hagerstown, MD. Topics were selected and times for each topic were slotted. We have been working since then to place speakers into these slots. Currently we have six out of sixteen speakers confirmed. We were scheduled to meet in Fredericksburg, VA on February 6th but I had to cancel due to a personal emergency. We will be meeting for a final time on March 6th in Fredericksburg at 8pm before the next speaker jam on March 21st. Flyers are available today for this event.

I am requesting a couple of checks today out of our already approved budget. The first is for \$100.00 to pay for the rent of the building where we are hosting the event. The next is to cover the cost of the recorder for the event. The cost is 240.00 however we will need two checks- one for 200.00 made out to Tandy Wood and the second for 40.00 made out to me due to the fact that I made his hotel reservation on my personal credit card. Also I am submitting two receipts totaling 32.70 for copies that have been previously made. This totals 372.70 out of our \$500 budget. The remaining 127.30 will be used to purchase supplies for the lunch to be served at this event.

As always anyone with any type of contact info for possible speakers please feel free to pass it on. Also as of today there has been no area expressing interest in hosting the fall speaker jam, which will be held on Sept 19th.

ILS, Shawn C.

Ad Hoc Committee-Regional Inventory – Do Not have Report

Ad Hoc Committee-Liability Insurance

I'd like to report that we have all the numbers that I would like to report today however. I still have 2 quotes out as the agents have not been very timely in getting back with me and I have to admit due to my schedule I have not been bugging them enough! This committee was given a directive to get quotes and either call or email the info back to me. Also if there were additional questions to call. I have received no information from anyone on this committee except for Amanda. So the only quotes to reports are hers and mine. James River will be approximately \$5000 for the year for the region. Aztec will be \$5968 for the year. Both quotes include the special events riders. I talked with an agent that does liability insurance and he said that the reason its taking time to get the info back is that this is a surplus lines insurance product because it is a specialty insurance and takes a bit longer to research but he thinks that I can get it for less. I have contacted the companies suggested in our bulletin for quotes and they gave me referral agents in Virginia that seemed perplexed about what I was asking for but after some discussion and subsequent phone calls I

should have those quotes back as early as next week. At this time I think that it is safe to think that the total will be between 4500- 5000 per yr to insure the region. I will be happy to let you know about the other quotes there are 3 more that I have asked for. If anyone who joined this committee would like to follow thorough and get their quotes to me it would be very much appreciated.
ILS, Etta S.

**Break for lunch at 1 pm, Re-adjourned at 2:30 pm.
2nd Quorum is 11 out of 15 RCM's present.**

Area Reports -

Almost Heaven RCM Report

The Almost Heaven Area Service Committee met on Saturday February 7, 2009 in Shepherdstown WV. Our area meets the first Sunday of every month.

There are thirty-three groups in the Almost Heaven area. Currently, we have four area positions open. They are RCM Alternate, Newsletter, Outreach, and Public Information. Most of the groups in our area are doing well. There are some groups who could use support.

During this ASC we announced the request from the AVCNA for areas to hold fundraisers to help support the AVCNA. Our special events chair has agreed to talk about this within committee. She was provided with Teddys phone number.

The Almost Heaven area convention is July 31st through August 2nd, 2009. It will be held at the Northern Virginia 4-H Educational Center at 600 4-H Center Dr. Front Royal VA 22630. We hope to see all of you there! Register early if you need an air-conditioned room. They go fast.

The Almost Heaven Area has a donation to the CARNA region of \$698.86.
ILS, Donna Mc.

Appalachian RCM Report

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

~ There were 7 GSRs present at our last ASC on February 1st, 2009.

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

~ Our Special Events subcommittee has scheduled its second annual Area Speaker Jam entitled "Feeling Our Way Through It" for May 16th from 10am-9pm at the Holiday Inn Select, 601 Main Street, Lynchburg Virginia, 24504. The event will include Workshops throughout the day, a cookout, followed by a main speaker and finally a dance. There will be a registration fee of \$15.00 per person and early registration is encouraged as limited seating is available. Our Phone line subcommittee held its third consecutive monthly business meeting and is experiencing moderate support. At our February ASC our Phone line Subcommittee Chair Sheila B. announced they are looking into the possibility of replacing the current pager system with a cell phone and should have an updated report regarding the various options at our March ASC.

~ When voting on the Regional motion sent back to groups at the 136th RSC only two groups in the Appalachian Area participated resulting in a tie. I was instructed by our Area Chair to "vote my conscience" as a trusted servant and (after asking the body for clarification and confirmation) agreed to do so. Prior to writing this report I decided to consult our Area Policy and found that it states (under the Duties and Responsibilities of the Chair position) that our Area Chair "votes only in the case of a tie". Despite my discovery I feel it's important to follow the area's decision and vote my conscience as instructed. I will be voting in favor of Motion 136-1 and will be sure to bring my discovery (regarding our how to proceed in the event of a tie) to the body's attention at our next ASC.

~ Our next Area Service Committee meeting will be held on Sunday March 1st at 2:00pm in downtown Lynchburg at the corner of Twelfth and Church Streets.

~ I have two checks today for our regional donation. The first in the amount of \$334.44, which was due at the 136th RSC, and the second in the amount of \$399.59 for the current cycle.

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 trusted service positions that are open are: Vice Chair, Special Events Chair and Outreach Chair. We've had no nominations or volunteers for these vacancies.

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

A Chance for Gratitude Group has a new GSR, announced a member's twenty-year anniversary coming soon, and donated \$143 to the BRANA Area

The Change or Die Group has welcomed three new NA members during the past two months, and reported that the weekly Women's Meeting is getting a little better attendance

The *Courage to Change Group* continues to attract new NA members to its Group Conscience Meetings, and the home group has added anniversary cards and a cake to be given during the monthly anniversary meetings

The *Find a New Way to Live Group* reported fifty-one members attending their January Anniversary Meeting, eight new home group members during the last two months, and they reported that a field trip recently to support an NA Meeting in need of support went very well

The *It Can Be Done Group* reported a new Literature Rack process to implement standardization for their different meeting locations, they are working on new meeting formats, and have included reading the *We Do Recover* NA reading at their NA Meetings

The *Just For Today Group* reported having five home group members, two members attending their February Home Group Conscience, but they welcomed thirty people supporting their January Anniversary Meeting and forty-one people supporting their February Anniversary Meeting. The *Just For Today Group* has also been asking for help from the Area with support for a local Detox Facility

The *Never Alone Group* reported that average meeting size is three to seven members, but is continuing to open the doors

The *Step By Step Group* reported very few changes

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

The Policy Committee is still working toward a solution with the current policy

The Literature Committee continues providing local groups with the NA Literature that we need

The Web Servant Committee reported nearly nothing

The BRANA Campout Inc. Committee will have its first sub-committee meeting on Saturday February 28th, 2009. The purpose of this meeting is to attract service commitments to the BRANA Campout service positions. A copy of the latest flyer for this sub-committee meeting is attached to this report, and a copy of the BRANA Campout Inc. Committee report to the BRANA Area is attached to this report. This report will be read to this service body immediately following the RCM report, today.

The Special Events Committee has announced the upcoming event:

1. The **2nd Annual Home group Jam** / Saturday March 14, 2009. For this event, home groups are invited to prepare and present a skit, song, cheer or whatever you wish to let your family spirit shine. There will be a speaker meeting, the home group presentations, followed by a dance (a flyer is attached to this report).

The latest **Area concerns** within the Blue Ridge Area include:

A new NA home group may be starting up in the Shenandoah geography. More will be revealed.

The BRANA Treasurer is working toward perhaps a proposal to lower the Area's prudent reserve. More will be revealed.

To conclude, the Blue Ridge Area of Narcotics Anonymous has its next Area Service Committee Meeting Thursday March 12, 2009. This report includes a copy of the latest BRANA meeting list. I have e-mailed this report and attachments to our Regional Secretary. Today, the Blue Ridge Area of Narcotics Anonymous is donating \$156.33 to the Central Atlantic Region of Narcotics Anonymous. In Loving Service,
Robert W
BRANA RCM

New Dominion RCM Report

All is well. We have 30 meetings on schedule with 15 voting GSRs . 5 voting GSRs at ASC. We have the following positions open: VRCC Director, VRCC Alt., and Policy. No new meetings added this month. Our subcommittees are going strong. Groups and subcommittees are busy planning events for the year. The Hope Fiends group is hosting its 7th annual campout may 1-3 at James River State Park. We are looking forward to a busy and productive year as we continue to grow and carry the message of NA to addicts in our area.
Our donation of \$1,138.43 was mailed to the CAR PO Box on 2/17/09. Next ASC is on March 8th . Sunday. ILS Mark C

New River Valley RCM Report – no report

Outer Limits RCM Report –no report

Peninsula RCM Report

Peninsula area is doing well and we are excited about hosting the 28th AVCNA. We have asked all home groups and areas to Hi Everyone, The put on a fundraiser to raise money for the 29th AVCNA. Anyone interested in being a part of the 28th AVCAN pleas call individual host chair below.

Motion 136-8 from the region passed with 15 in favor and 0 against.

28th AVCNA Executive Committee:
Chair . Teddie . 757-503-0528 . teddie_a@verizon.net
Vice Chair . Sharon P . 757- 593-7777 . vicechair28avcna@yahoo.com
Treasurer . W Lawrence- 757-884-9355 . keepcoming@vreizon.net
Secretary . Michelle W. 757-754-5130 . secretary28avcna@yahoo.com
Vice Treasurer . Sherry A. 757-737-5627

28th AVCNA Host committee meets the 4th Sunday @ 2:00.
➤ Additional Needs Sub-Committee Chair: James G. 757-652-1708
2nd Saturday @ 1:00 additionalneeds28avcna@verizon.net
➤ Arts & Graphics Sub-Committee Chair Drew O. 703-967-1075
2nd Sunday @ 2:00 riverboatowens@gmail.com
➤ Convention Information Sub-Committee Chair Telzia H 757-310-9801
2nd Sunday @ 1:00 hopeagain7@aol.com
➤ Entertainment Sub-Committee Chair Beverly A .757-753-6868
4th Saturday @1:00 bybea212@yahoo.com
➤ Hospitality Sub-Committee Chair Patti R. 757-218-9072
2nd Sunday @ 2:00 girls8082@yahoo.com
➤ Merchandise Sub-Committee Chair Cynthia D. 757-927-5329
2nd Sunday @ 2:00 msgp43@yahoo.com
➤ Pre-Convention Sub-Committee Chair Lavern B. 757-573-3693
2nd Saturday @ 3:00 bais.laverne@yahoo.com
➤ Program Sub-Committee Chair Rhonda S. 757-543-8709
4th Saturday @ 2:00 rstevens@accessaids.org

➤ Registration Committee Chair Debra R. 757-344-4812
 2nd Sunday @2:00 stray402006@yahoo.com
 All AVCNA committees will meet at Warwick Church of Christ at 10 Matoka Lane,
 Newport News, VA 23606 (J. Clyde Morris Blvd & Jefferson Avenue).
 H&I-has 11 Commitments and 21 panel members we are still in need of male members to go to Hampton
 and Newport News Jails. They are planning a workshop for March 1st 2009 at 1:30 pm at the Riverside
 Behavioral Center in Hampton.
 Phone Line/Public Information-will be planning a Learning Day in April, More will be revealed and
 flyers at March Area Service.
 Special Events-On March 13th they are planning a Dance %Keep Coming Back+More will be
 revealed at March 7th Area.
 Literature Report- No information.
 We have put into our area minutes that home groups should be bringing their home group
 donations to the area or sending them to regional. Our next area will meet on March 7th, 2009.
 Peninsula Area positions that are open are:
 VRCC Alternate VRCC Director (ended in February)
 Policy Chair Chair (ended in February)
 Vice Treasurer RCM (ended in February)
 ILS, Ann S. Peninsula Area RCM Alternate

Piedmont RCM Report

Greetings from the Piedmont Area,
 There are currently 17 home groups holding 28 meetings. There were approximately 12 GSRs at the last
 ASC meeting. There are currently no open trusted servant positions. The Piedmont Area elects a Chair,
 Vice Chair, Secretary, Treasurer, RCM, RCM Alt., VRCC Rep., VRCC Alt., and chairs for the PR, H&I,
 Literature and Special Events subcommittees. The Piedmont Area now has a women's needs meeting and
 a gay and lesbian friendly meeting. The %Choose Recovery+home group will be hosting a speaker jam in
 the fall. The Piedmont Area is currently reviewing its literature procurement and distribution policies.
 Special Events has begun planning PACNA 19, which will be held June 5-7, 2009 at the Misty Mountain
 camp ground in Greenwood VA. This year's slogan is %nip for NA with a Burning Desire+. A t-shirt design
 is being determined this weekend and should be available at the next RSC. Flyers for PACNA 19 are on
 the table. The H&I subcommittee is in the process of determining whether to add a commitment at the
 Buckingham Correctional Center. There are no area concerns at this time. Other than PACNA, no other
 special events are currently scheduled. The Piedmont Area is currently focused on our fellowships primary
 purpose of carrying the message to the still sick and suffering addict. The next Piedmont ASC meeting is
 scheduled for Sunday March 1st at 4 pm at the Wesley Foundation.
 In Loving Service, Norman C.

Rappahannock RCM Report

Hello Everyone
 The Rappahannock Area Service met second Sunday at 5:00pm in room 102 at the St. George Episcopal
 Church in Fredericksburg, VA. We have 20 meetings in our area with 9 GSRs present at the last Area
 meeting.
Area Trusted Servant Positions Open:
 Alt H & I Chairperson
 Alt PR Chairperson
 Alt RCM
 Alt Outreach Chairperson
Area Trusted Servant Elected
 Literature Chair . Patricia
 Alt. Literature Chair . Tessie B
 Newsletter Editor reelected . Tish G
Group News
 There's a total of 17 years clean time for the month of March

Roy B. . March 1st - 1 year
George . March 15th - 7 years
Thomas W. . March 26th . 9 years
Tracy W. . March 26th . 1 year

Subcommittee News

H & I Subcommittee had two meetings, one January 19, 2009 and the second one February 8, 2009 at this meeting we elected officer and began planning for the Learning Day.

The third H & I meeting will be held March 1, 2009 at 3:30pm, PR will also meet at the same time to assist with planning the Learning Day which will be held April 11, 2009; 12:00pm to 6:00pm @ White Oaks Rescue Squad, 535 White oak Road, Fredericksburg, VA 22401.

Our Activities Subcommittee meets every Friday after the 7:00pm meeting. The Activities Subcommittee is having a camp out in May 9, 2009. We are also hosting the Regional Speaker Jam, March 21, 2009.

We appointed an Ad Hoc Committee to correct the grammatical error in our Guideline & Rules of Orders. Our second meeting is tomorrow, 2/22/2009.

Fliers are on the table for the Learning Day.

Motion to go back to Home Group

Motion 136-8 - passed

No donations at this time, since yours truly forget to ask for the donation.

Our next Area Meeting will be held March 1, 2009, 5:00pm, Room 102 at the St George's Episcopal Church on Princess Anne Street.

In Loving Service, Pat P. - RCM for Rappahannock Area of Narcotics Anonymous (RANA)

Richmond RCM Report

Richmond area well attended. New area Chair and Vice Chair . Kenny & Shaletto respectively. I'd send a list of new officers and contacts to our Secretary of Region. All positions are filled except Alt. VRCC Rep. The Richmond area is again making donations to our region. I received a check for \$1,400.00 +.

Unfortunately I changed my purse and don't have it with me. I'd talk to Don, our treasurer, and make whatever arrangements to get it to him or in the account. Please forgive me.

Our Special Events committee has been planning and putting on events that have not been well attended.

There fore money has been lost. Our area policy is %the area replaces the seed money if there is a financial loss+. This has been done. An Ad Hoc Area Inventory committee has been formed. All other subcommittees are functioning ok. Newsletter and meeting schedules are on the table.

For the Love of Service, Nancy S. . Alt. RCM

Roanoke Valley RCM Report

Hello Family,

The Roanoke Valley Area of NA continues to carry the message of recovery. Our meetings are doing well. We have 25 home groups with a total of 33 meetings weekly. Groups 7th Tradition donations are down, so we have no donation to RSC today. Our area is in the process of selecting a policy chair. Pat S. was appointed Policy Chair Pro Temp. All other Area positions are currently filled, except PI. A motion was made at our last ASC to require that all subcommittee chairs attend at least 2 regional subcommittee meetings during the year. The intent is to foster unity within our Region and to get the most updated information from our Regional Subcommittee Chairs. The motion was sent back to groups for vote. Our next ASC will be held on Sunday Feb. 22 at @ pm in Salem VA.

ILS, Mike G.

Shenandoah Valley RCM Report

Hello Family from the Shenandoah Valley. Our area is doing well so far this year. We currently have 14 active home groups. 13 of the 14 active groups were represented at our last ASC meeting, which was held February 9, 2009. At our last ASC we elected the following trusted servant positions: ASC Chair, Vice Chair, Treasurer, RCM, H&I Chair, Newsletter chair and Policy chair. All of these positions have been filled. We also have nominations to take back to home groups this month for the following positions: RCM alternate, VRCC Director, Literature Chair, Outreach Chair, PI Chair and Special Events Chair. These

nominations will be voted on at the ASC in March. The only position that currently does not have any nominations is the ASC Secretary. We had a lot of new faces show up to our last ASC and step up to accept nominations. It is nice to see so many different people becoming involved. Service work is critical to an addict's recovery.

Our Area most recently held the Heart of NA dance+that also included a speaker meeting and a live auction on Valentine's Day. Attendance was low but the event still went on. Our Area's upcoming special events include the following: Chili Cook off on March 17, 2009 at 6:00 p.m. at John Mann Church before the Eyes to the Sky Meeting; Bowling Tournament at North side Lanes in Winchester, VA on March 28, 2009 from Noon until 4:00 p.m.; and Skyline Paintball, 363 Radio Station Road, Strasburg, VA . cost is \$25 per person and this includes gun, goggles, air and 100 paintballs . date is TBD. We will also be holding a Speaker Jam on July 11, 2009.

The 27th AVCNA which was held January 9-11, 2009 in Chantilly, Virginia was a huge success. Thank you to all those that came out to help and to serve. Your attendance and participation was greatly appreciated by the SheVANA area.

There are no major regional concerns at this time. SheVANA continues to stay focused on furthering our fellowships primary purpose of carrying the message to the still suffering addict. We are submitting a donation today in the amount of \$16.51 to the Treasurer. The next ASC meeting will be held on Monday, March 9, 2009 at 6:30 p.m.

Thank you for allowing me to serve.

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

Southside RCM Report-no report

Tidewater RCM Report

Hey Family,

lqn Mark W. Tidewater area now has 122 meetings every week that are represented by 91 home groups, and the Outer Banks Co-op is doing just fine. We had 42 GSR's at our monthly Area Service Committee meeting on February 8th. All trusted servant positions are filled except for that of Vice Chair, which was recently vacated. TACNA IX is being held at the Marriott in downtown Norfolk this weekend. It seems to be very well attended. The Serenity on the Shore campout is coming up again and I have brought pre-registration forms for RCM's to carry back to their areas. That's all for now.

In loving service, Mark W.

Tri-Cities RCM Report

Greetings to the Region,

I am grateful to the Tri-cities Area of NA for trusting me to serve as the RCM. Our area meets on the 1st Sunday of each month. We currently have 11 home groups. 7 GSR's attended our last area. Our H&I subcommittee currently serves one prison facility. Our PI subcommittee currently supports the NA help line and unified meeting list. These tools have been vital in helping to carry the message to addicts. PI also maintains a list of professionals as we share information with them that assist in letting addicts know that we exist. We are developing a mobile bulletin board, PSA's and we look forward to hosting a learning day as well as a phone line workshop following New Dominions upcoming-hosted phone line workshop. We are in need of a VRCC Rep. All other positions are filled. No donations at this time. Our area voted yes to 136-8. In Loving Service, Akin S.

Old Business –

Motion 134-9

Mover: Randy C.

Seconded: Tee T.

Motion: To have Policy look into making the Literature Review Subcommittee a project driven body.

Intent: To deal with the continuous inability to fill position.

Motion Sent to Policy. Reported back at the 137th. It was decided that the intent of the motion has been fulfilled and the Policy Subcommittee has submitted a motion to be presented under New Business.

Motion 135-3

Mover: Greg H. 2nd: Bonnie W.

Motion: To change CARNA policy so that when accepting nominations for Regional positions, pros and cons be given prior to the nomination going back to Areas instead of after they go to Areas, just prior to voting.

Intent: To better inform the Areas with any information about a nominee, which could impact the Areas vote on any given nomination.

Send to Policy to report back at 137th RSC. Policy Subcommittee has re-written the motion and submitted it as an amendment. Motion mover accepts amendment, and new motion is as follows.

This is to go back to Home Groups.

Motion 135-3 Amended

Mover: To move on page 8, #3 under elections to #4 under nominations and add:
On return of nominee to floor, nominee will be given opportunity to provide any re-buttle to cons (Pros and cons and re-buttle will be included in minutes.) or withdraw nominations (pros and cons restricted from minutes.)

Re-number both sections as needed.

Intent: To give information prior to elections to groups.

Pros: 1. It gives the Areas all of the information needed to make an informed decision on nominee's suitability for election to an RSC position.

2. This motion would allow RCMs to know potential information regarding a nominee for a position before the nomination goes back to groups, which would impact a vote for or against a nominee. As the policy states now, pros and cons are only presented after nominations have come back from areas. This process does not allow for RCMs to present potential information to areas prior to voting.

Cons: 1. Questions to address problems are already allowed. Any problems or questions can be answered by the nominee then. Only the pros and cons need be included and the nominee should not have another chance to rebut.

2. If person drops out because due to a con, it should still be in the minutes.

Amended Motion 135-3 to go Back to Home Groups

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 went back to groups. Results of vote:

AH-Y, APP-Y, BR-Y, ND-Y, Pen-Y, Ped-Y, Rapp-Y, Rich-Y, RV-Y, Tdwtr-Abstain, Tri-Y

Motion passes 10 to 0 to 1.

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

Literature Review Chair . No nominations.

Outreach Chair . No nominations.

RDA2 – No nominations.

Chairperson - Burrell P. nominated by Nancy S. Burrell respectfully declines. Sherry V. is automatic nominee. Clean date is 9-6-86. Is a sponsor, has a sponsor, and has had a home group for 22 years. Has a working knowledge of the 12 steps, 12 traditions, and 12 concepts. 5 ½ years on Delegate Team, Regional Phone Line. Served as Chair, Vice Chair, Treasurer of Area. Served on Regional Convention Committee. Working on world level on the In Time Of Illness workshop.

*Break at 3:35 pm. Re-Adjourned at 3:57 pm.
Re-establish quorum. 11 of 15 RCM's present. Quorum established. 8 votes required for a 2/3 vote.*

New Business –

Motion 137-1 and 137-2: reading and approval of 136th minutes with no corrections.

Motion 137-3

Mover: Bill M. 2nd: Mark C.
Motion: To add into regional policy that: Regional officers have no vote in regional subcommittees.
Intent: To adhere to our second Tradition, by allowing regional subcommittees function to be determined by the members of the subcommittee, not governed by regional officers.
Motion to table indefinitely made by Robert W. and seconded by Pat P.
8 in favor, 3 against to table motion indefinitely.

Motion 137-4

Mover: H&I 2nd: Norman C.
Motion: For the Region to budget \$300 for a learning day in the Rappahannock Area.
Intent: To build a stronger H&I service in this area by bringing information to addicts and institutions.
Motion passes 10 to 0 to 1.

Motion 137-5

Mover: H&I 2nd: Norman C.
Motion: To correct this years H&I budget.
Intent: To put back the monies advanced last year when it was not needed to be advanced.
Motion tabled by Vice Chair to table till the 138th RSC to have RSC Treasurer clarify if budget is correct as is or incorrect.

Motion 137-6

Mover: H&I 2nd: Norman C.
Motion: For the Region to budget \$300 for a learning day in the Maryland Area.
Intent: To build a stronger H&I service in this area by bringing information to addicts and institutions.
Motion passes 8 to 1 to 2.

Motion 137-7

Mover: Policy 2nd: Mark C.
Motion: To disband Literature Review Subcommittee due to lack of fulfillment of Chair position and the lack of consistent need for literature review.
Intent: Lack of consistent need.
No pros or cons given.
Motion to go back to Home Groups.

Motion 137-8

Mover: Policy 2nd: Mark C.
Motion: To add on page 9 in Guidelines under Chair duties N. Responsible to establish an Ad Hoc Committee to fulfill any duties not covered by standing subcommittee purposes.
Intent: To handle activities not covered in subcommittee purposes.
No pros and cons given.
Motion to go back to Home Groups.

Motion 137-9

Mover: Policy 2nd: Mark C.

Motion: To reschedule day of Regional Speaker Jam to the 2nd Saturday of March and September.

Intent: To allow consistency for subcommittee meeting schedule.

Pros: 1. To simplify and allow consistency for subcommittee scheduling.

No cons given.

Motion to go back to Home Groups.

Motion 137-10

Mover: Greg G. 2nd: Norman C.

Motion: To change guideline and rules of order under Section IX: Officers Duties/Qualifications, sub article 3A, Secretaries Duties, line (I) which currently reads %Minutes shall be sent to the area {ASC} mailing addresses and the addresses of RCM\$, RCM Alternates, Officers and attendees+TO %Minutes shall be emailed to all RCM\$, RCM Alternates, RSC Officers, Area Chairs and RSC Attendees unless otherwise requested to have hard copies mailed to a physical address.

Intent: To save money, to save time, to save trees.

Pros: Cost effective.

Motion to go back to Home Groups.

Motion 137-11

Mover: Greg G. 2nd: Norman C.

Motion: To have the Region purchase Microsoft Money for use by the RSC Treasurer.

Intent: Better financial accounting system.

Chair rules motion is out of order because motion is already passed. Secretary will provide reference to old motion passed on 12-17-05.

Secretary found reference in the 118th RSC folder to a motion regarding buying MS Office, McAfee Antivirus, Adobe Acrobat, and MS Money. Motion was tabled till next RSC (119th) and it looks like a Software Ad-Hoc Committee was formed. They reported back to the 119th "We could not agree on anyone software at this time and suggest we drop the discussion at this time".

Motion 137-12

Mover: Greg G. 2nd: Norman C.

Motion: To have the Region purchase a new laptop computer for secretary not to exceed \$500.00.

Intent: To have a functioning PC for future secretary to be elected in August.

Pros: 1. To perform the duty of Secretary, functioning equipment is needed. This computer was purchased 6 years ago and does not work properly.
2. To replace broken equipment

Cons: 1. Are we setting a precedent to purchase laptops for the entire administrative body as needed?

2. Premature purchase.

Motion to go back to Nome Groups.

Motion 137-13

Mover: Jim H. 2nd: Eddie W.
Motion: For the Central Atlantic Region to host the 30th AVCNA.
Intent: To bring all areas together to host the regional convention
Pros: 1. To future the relationship between the region and VRCC, to work together.
2. Unity
Cons: 1. We don't have a structure to host a convention.
Amendment: To add the phrase ~~to bid~~. Made by Norman and accepted by Jim H.
Amended Motion: For the Central Atlantic Region to bid to host the 30th AVCNA.
Motion to go back to Home Groups.

Motion 137-14

Mover: Shawn C. 2nd: Ann S.
Motion: To receive a check payable to Shawn Crawford for \$72.70.
Intent: To reimburse for copies of flyers and hotel room for person recording the event which has been paid by credit card by Shawn Crawford.
Motion passes 11 to 0.

Motion 137-15

Mover: Shawn C. 2nd: Ann S.
Motion: To receive a check payable to Tandywood for \$200.00
Intent: To pay for recording of event.
Motion passes 11 to 0.

Motion 137-16

Mover: Shawn C. 2nd: Ann S.
Motion: To receive a check payable to White Oak Rescue for \$100.00
Intent: To pay facility to host March Speaker jam.
Motion passes 11 to 0.

Motion 137-17

Mover: Cynthia W. 2nd: Norman C.
Motion: Authorize spending up to \$300.00 to hold 4 workshops to gather input on proposed revised In Times of Illness I.P.
Intent: Collect Regional conscience on changed literature.
Motion passes 11 to 0.

Additional New Business –

1. Does the RSC create an Ad-Hoc Committee to participate in the revision of the ~~to~~ Times of Illness+ pamphlet? Consensus is YES. Cynthia W. volunteers to chair the ad-hoc committee. She will send to Julie to post on web site.
2. Anyone need info on Treasurer's handouts? Is subcommittee's rent paid? Not since June.
3. Can Richmond send donation check to Don's house? Yes

Motion to close made by Ann and 2nd by Julie. Motion passes.

RSC Closed at 5:30 pm.