

**142nd Central Atlantic Region
Regional Service Committee
Meeting Minutes
February 20, 2010 in Roanoke Rapids, NC**

Open Forum – (began at 11:00 am)

Topics of Discussion:

1. Economic Issue – budget reduction of 27% across the board. Possibility that subcommittees will have to work under budget. It was shared that Southside’s solution to this same issue a few years back, was to cut budgets and hold donations. Mike E (Southside) will send Bill (New Dominion) email when he gets to review archives. It was also shared that Blue Ridge Special Events will dip into prudent reserve and that New Dominion is not alone in this economic issue.
2. Ability of Home Groups to have their votes sent to GSR assembly if GSR can’t get to attend. There were several very good suggestions as to how this could be done: carpooling; there are at least two ASCs that reimburse the GSR for gas; this happens once a year – ASCs can earmark a certain amount for gas for the GSR to attend; and most importantly, it’s fulfilling a commitment, we do what we do in order to get the task done.
3. CAR workshops haven’t been scheduled. Questions on when and where they will be scheduled. The RD apologized for not having that out by now and will have it out in the very near future.
4. Southside Adhoc Committee to discuss 12 Concepts Meeting and proxy voting is one of the topics.

Open Forum closed at 12:00 noon

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

Purpose read by Akin S., 12 Traditions read by David Mc., 12 Concepts read by Greg G.

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

Sherry V. – RSC Chair
Cynthia W. – RSC Vice-Chair
Sabrina Mc. – RSC Secretary
Don V. – Treasurer
Greg H. – RSC Regional Delegate
Etta S. – RSC Regional Delegate Alternate
Donna Lee P. – Regional Delegate Alternate 2
Jim H. – VRCC Chair
Mike E. - Activities Chair
Charles W. – RSC Public Relations Chair
Shawn C. – Speaker Jam Chair
Cynthia W. - Regional Inventory Ad Hoc Chair
Etta S. - Convention Bid Ad Hoc Chair

Eddie W. – Appalachian RCM and Karen M., Alt.
Robert W. – Blue Ridge RCM
Bill Mc. – New Dominion RCM and Diana T., Alt.
David Mc. – Outer Limits RCM
Marvis B. - Peninsula RCM
Norman C. – Piedmont RCM
Greg G. – Rappahannock RCM and Antoinette B., Alt.
Nancy S. – Richmond RCM
Maria J. – Roanoke Valley RCM
Randy D. – SHeVANA RCM
Kevin – South Side RCM
Akin S. – Tri-cities RCM

Areas not present – Almost Heaven; New River Valley; and Tidewater.

Recognition of New Attendees –

Dewey N. – Interested member
Kenneth – Interested member
Diana T. – New Dominion RCM Alt.
Karen M. – Appalachian RCM Alt.

Establishment of Quorum – **AM session:** 12 RCMs/RCM Alts present, 1st Quorum met.
PM session: 12 RCMs/RCM Alts present, 2nd Quorum met.

Reading and Approval of Minutes – Motion 142-1 maker: Norman C. to waive reading of the 141st RSC minutes. Second: Greg G. Motion passed
Motion 142-2 maker: Norman C. to approve 141st RSC minutes with corrections: correct last name initial from Greg H to Greg G (Rappahannock); change that Maria J was present and Alt RCM to her being absent and RCM; and clarification of motion 140-16. Second: Greg G. Motion passed

Trusted Servant Reports -

RSC Chair Report

Hi Everyone, I would like to welcome everyone to our 142nd Central Atlantic Regional Conference. Attendance at our subcommittees this cycle was truly inspiring. We had so many new members and returning members in attendance. I hope that everyone will continue to come to our regional sub-committees and to our regional conference so we all can work together in carrying our message of recovery. If this is your first regional please understand we will be going through quite a few motions due the number of abstentions from our last regional. For those motions we will be voting on them in old business and abstentions will not be polled nor will we have discussion. If you are new and have any questions please write them down so we can answer them for you. During new business please feel free to ask for clarification or if anyone has new information on a motion in new business please free share the information with

us. Our goal is always to have an informed conscience on our motions. Let's all work together today to better carry our message of recovery....ILS, Sherry V., Chair, CARNA

RSC Vice Chair Report

No report received as of this date (3/6/10)

RSC Secretary Report

Hello Family, First, I'd like to welcome you all to the Outer Limits Area and hope you enjoy your visit in our area. This location is central to lots of eateries, so take your pick when we break for lunch. There is Applebee's, Logans, Burger King, McDonalds, KFC, Hardies, Wendy's, Lone Star, Ruby Tuesday's, CiCi's Pizza, just to name a few and they are all located within walking or 3 minute driving distances. I purchased the cart for \$32.30 from Lowe's with the \$25 check given to me from the treasurer at last RSC. I am requesting \$7.30 reimbursement. Please note on the Agenda that, on a few of them, I handwritten today's date on it in place of the December date, however, for those that I didn't get a chance to, please cross out December's information and replace it with today's. I thought that would be sufficient so as to save cost of reprinting or copying. There are copies of the 141st RSC minutes for those that may not have bought theirs with them or those that don't have them. There are also copies of motions forms and flyers on the table. I want everyone to please start using my new email address for ALL RSC BUSINESS, it is: carnasecretary@charter.net. I had to get another account in order to separate my personal emails from the RSC emails. I really noticed this need, when we had a lot of communication between December and January (RSC & AVCNA). Because of certain issues during that time, I was going to print out and provide everyone with that dialog, however, as mentioned above about saving cost, I thought it unnecessary to do that and thought that for all those that was involved in the communication, they had an option of saving and printing for themselves. However, I am getting it together to print one set for the archives, which will be available for anyone to review upon request (give me time to get it together, like I said, my ladybcasper email is too full and I'm still trying to separate the two). Again, and as always, thanks for letting me serve. If you have any questions, comments, or concerns please feel free to address them with me. ILS, Sabrina Mc., CARNA Secretary

RSC Treasurers Report

Dear Family, It seems that I am still having trouble with Primus since they are calling Tim C every time I pay a bill and notifying him that we are in arrears. On 2/17 I paid a primus bill that was due on 3/1. On 2/18, I received a message from Tim C indicating that he had been called by Primus requesting payment. I am still trying to correct this problem.

Our beginning balance since the last RSC was: \$13,779.05

Total donations were: \$4,562.70

Expenses were:

| | | |
|----------------|----------------------------|-----------|
| | 141 st RSC Food | \$66.55 |
| Walmart | 141 st RSC Food | \$13.24 |
| Quality Inn | 141 st Lodging | \$1491.12 |
| Domino's Pizza | 141 st RSC Food | \$69.38 |
| Don V. | 2009 GSR Assembly Food | \$20.00 |
| Don V. | Treasurer Expenses | \$9.96 |

| | | |
|--------------------|-------------------------------|------------|
| Charles W | PR Workshop | \$250.00 |
| Sabrina Mc | Secretary Expense | \$25.00 |
| | November Subcommittee Expense | \$100.00 |
| Marriot Peabody | RD WSW | \$195.26 |
| Marriot Peabody | RDA WSW | \$195.26 |
| Etta S | RDA WSW Per Diem | \$70.00 |
| Greg H | RD WSW Per Diem | \$70.00 |
| PCMS | Answering Service | \$1,767.83 |
| Primus | Answering Service | \$223.00 |
| Lancaster Host Inn | RDA MARLCNA | \$94.35 |
| PCMS | Answering Service | \$890.26 |
| Primus | Answering Service | \$96.46 |
| Greg H | RD WSW | \$155.58 |
| Travelco | RDA-2 WSC | \$934.37 |
| Continental | RDA-2 WSC | \$267.80 |
| Red Roof Inn | RD MARLCNA | \$179.80 |
| Red Roof Inn | RDA-2 MARLCNA | \$179.80 |
| Lancaster Host Inn | RDA MARLCNA | \$94.35 |
| USPS | PO Box Rental (1 Year) | \$60.00 |
| PCMS | Answering Service | \$467.50 |
| Primus | Answering Service | \$186.82 |
| NAWS | Donation | \$469.98 |

| | |
|--------------------------|-------------|
| Total expenses: | \$9,817.58 |
| Current Balance: | \$10,168.06 |
| Current Prudent Reserve: | \$14,414.80 |
| NAWS Donation: | \$0.00 |

ILS, Don V.

RSC Regional Delegate Report

Hello Family, It's good to be at the regional once again. The busy season is upon the delegate team and we will be in full force until after the World Service Conference which will be held from April 25th through May 1st. Since the last region in October myself as well as the RDA were part of the Regional Inventory on 10/18/09, were we helped co-facilitate the Regional Planning Tool which was adapted from the Area Planning Tool. I feel that this was a productive session and look forward to the upcoming work to be done. As I reported during that session that I would be posting the notes from that session on our website. I will be continuing to convert them to word documents so they will be able to be posted on the website. I along with the RD was present for the World Wide Workshop in Peabody Massachusetts the weekend of 11/21/09. Aside from all the NA related information presented there, one of the most important things I learned was that when you use a GPS don't make the mistake of putting in shortest distance vs. fastest time, as you will definitely get the scenic route! I chose to drive because it was more cost effective than flying, bus, or train. The workshop was broken up into some large group sessions, but mostly were small groups. The sessions I participated in were: Taking Inventory & Taking Action, Communication- The Key to Carrying the Message, Leadership- Combining Principles & Personalities, Our Freedom/Our Responsibility, and Environmental Scanning at the Local Level. I will say that I was not present for any sessions that were held on Friday night due to the unforeseen lengthy trip but know that our RDA was there. I don't feel that this body wants a

lengthy breakdown of all the information that was received from this workshop at this time, but I want you guys to know that the information/tools that was received from the workshop will be incorporated by way of Roundtable sessions and/or car workshop sessions. The following is a listing of my expenses: \$120.95- gas, \$34.45- tolls, \$195.26- hotel, and \$70 per diem with a total of \$420.66. I have been reimbursed for these expenses and receipts were given to the treasurer. Myself and our RDA-2 were present for the Autonomy Zonal Forum which was held in Baltimore on 1/30/10, due to another snow storm we arrived late, as travel on I-95 was quite slow in the hefty snowfall. We were however able to take part in the discussion about the CAR motions as well as CAT information. I did not get a hotel room so my expenses were less than they would have originally been. My expenses were as follows: \$42.69 for gas and \$35 per diem rate for a total of \$77.69. The delegate team was all present for MARLCNA from 2/12/10-2/14/10. Due to me having to work the day of the 12th I did not arrive until around 12:30 am so I was not able to attend the opening workshop. I did sit through the whole session on Saturday and have been able to get information from World Board and NAWS staff to be incorporated in the CAR workshops which will be soon forthcoming. My expenses are as follows: \$70 per diem, \$98.14 for gas, \$25 for registration and \$179.80 for hotel. The hotel has already been paid by the regional Debit card, and I will be requesting reimbursement in the amount of \$193.14 for gas, per diem, and registration. I need to let this body know that I have not been expedient in setting up the CAR workshops in a timely fashion. This responsibility or lack there of has solely been mine, as the other members of the delegate team have been constantly encouraging me to secure the dates and locations and I have not. I apologize to this body and to the other members of the delegate team for failing to secure these dates and locations up to this point. I do have a listing of dates and potential locations; however I need assistance from members of some areas to secure a location. I will be talking to these members today and will have this information made available to the region as soon as I have it. Also fliers will be made and sent to the regional website. I was contacted by Eric from NAWS with a request from a counselor at a community college on 10/27/09 only days after she emailed him. The request was for IP's for a woman's center. Eric informed me that they (NAWS) would be willing to assist with this request; I informed him that we would not need assistance. I emailed the lady from the college within a week of me getting the email from Eric informing her that her request had been made and that I would be locating people to honor her request. I emailed Charles who in turn responded to my email within four days. Thanks Charles! However when I responded to Charles I thought that the situation had been handled as I also spoke to the local area regarding this. Anyway to make a long story short, for a variety of reasons the local committee was unable to honor her request in a timely fashion and I took it upon myself to send pamphlets to her in January. I have been told that maybe I shouldn't have done that, and I understand the logic behind that; however I did not want an "outsider" to get a bad impression of NA. The point of me saying all of this is not to belabor the point of the time it took to honor her request, but to speak again of the open communication line that I have experienced from NAWS to myself up to the local areas. Living Clean the Journey continues project is still looking for stories from the fellowship, although the first two sections are no longer open for new stories, the last section of Moving Beyond Social Acceptability and the Journey Continues are not yet closed to new written material being submitted. This can be done online at www.na.org . One thing else that I would like to encourage this body to do is to download, print, buy, borrow, or just review the CAR and CAT they both are available free online at www.na.org . Although we have said that you need a username and password, when I downloaded them to my computer there was not a

prompt for a username and password, but if for some reason this changes; the username and password are both WSC2010. I hope that as many members of the region review and come familiar with this material before the GSR assembly so that this region may have a well informed conscience when directing the delegate team how to vote at the conference!! I look forward to meeting with you all in the upcoming months!! With Love of the Fellowship, Greg H. RD

RSC Regional Delegate Alternate Report

Hi Family, a lot has transpired since we have last had the opportunity to meet. It is good to be back at the RSC. I have a lot of information that I must deliver to you today and I have had to go back and summarize a lot of it so that this report does not become book length. November 20-22nd I traveled to Peabody Massachusetts to attend the Work Wide Workshop. I am delivering the Sessions Schedule to our Webmaster to post online so that you may view it. This workshop is open to any member of NA and I highly encourage attendance if you have the chance to attend on. Many RCM's and GSR's were in attendance with the delegates and World Board members that were there. On Friday at 6pm we had a NAW's update. The update consisted of information about the past WCNA in Barcelona Spain calling it our most diverse convention yet. There was discussion on financial contributions still being down and the cuts in the amount of people they are sending out to workshops and fellowship development opportunities in order to stay within the budget. One of the other things addressed is that they are sending board members closet to the event to cut travel costs. A wonderful slide show was shown regarding the various countries that we are now in and there was talk about translation efforts now being handled by the countries that need the translations done. At 9pm we had a session on Facilitation 101. It is the goal to use interactive workshop formats and there is a great need for skilled facilitators. This session covered the basics of facilitating interactive NA workshops. One of the key skills that were talked about was that listening was a key action for a good facilitator and their job was to encourage discussion while remaining focused on the issue yet staying on time. The facilitator is to remain objective and guide the group towards consensus. We were reminded that there is no substitute for preparation. It is important to know the topic and what you are hoping to achieve. Some other Key Techniques are Questioning- we must make sure that all are participating, encouraging those that are shy without making them feel uncomfortable, getting to the root of an issue, asking for more details and exploration of positive and negative experiences. Organizing- group common thoughts and ideas together, avoid repetition but don't lose details, combine ideas to build solutions and don't lose ideas that are off topic use the 'parking lot' (the parking lot is that post it note that you put an good idea on that was off topic) Connecting-focus on the positive aspects of what can be accomplished, rephrase ideas so they relate to the issue we are discussing, encourage participants to use the ideas shared to find solutions or to reach goals and stress how important it is to involve ourselves in these discussions and how we are part of the solution today. We had the chance to workshop this in small group discussion. We were given a topic per table and an out come with some key points to consider. The workshop situation for us was- 30 members with clean time from 6 months to 10 years are attending an Area Learning Day. There are no other sessions running at the same time. The topic was atmosphere of recovery the question that we were given was "What are some things the group can do to create and maintain and atmosphere of recovery? (Example change the room set up, acknowledge newcomers in some way-with phone lists or introductions etc.) We were given a large post it and 10 minutes for the group to write as many ideas as we could brainstorm. When each table was finished we prioritize the info by vote. And those ideas that did not take high priority were saved for further

discussions. Because we have a delegate team we are able to bring back the information on the whole workshop. Saturday's workshops were split into 3 workshops a piece with Greg going to the workshops that I did not attend. This way you all are getting the info on all the workshops that they had. I attended the Living Clean Project Session on Saturday and am very excited about what this piece of literature will bring to our fellowship. We have had a lot of recovery literature written but this will be a book length project with various chapters capturing how we are living on this recovery journey. Each chapter is dedicated to a different phase in recovery. We were given an update on how the project is going and encouraged to be a part of the project by sending material in by mail or completing a piece online. We broke up into large groups and were given a chapter topic and signed a release form so that if chosen out material could be added to the book. Each table was given 30 minutes to write on the topic. We then had a chance to go around each table and read to our group what we had written. Each table was then to select one person from the group to read their piece before the room. There were some very powerful pieces that had been created in that short time. One member shared about losing every member of her family within a 5 year period of time and yet stayed clean. Another shared about aging in recovery and the various challenges it brings from several operations and one new disease being discovered. I don't think that there was a dry eye in the room as one member shared about losing a child in recovery and the support that she had found in the rooms regarding that issue. If the book is anything like the writing that occurred in that workshop, I am sure that the fellowship is in for a great piece of literature. I highly encourage everyone to be a part of this project because this is something that everyone can participate in. The next workshop was communicating with Drug Courts. It was an eye-opener for me to attend this workshop as I come from a small area in which we have a good number of people who attend our meetings from drug court but it is not a problem. It was discussed that some areas are being so flooded that they are changing their meeting lists to say drug court welcomed. Some of the complaints are that these are people who use up a lot of our resources and literature and do not contribute to the 7th tradition and rarely stay. There was a lot of experience in the workshop and many solutions were discussed. We were encouraged to have our PR subcommittees cultivate a relationship with the drug court professionals letting know about us and what we do and don't do. Helping them to understand that we don't report attendance nor offer counseling is a necessity in some areas. It was explained that we could invite these professionals to learning days or arrange for a panel or a meeting to be held at the courthouse. Also, creating newcomer workshops so that these potential members know what to expect and understand meeting etiquette. The information regarding this material came from the public relations handbook chapter 6 Addenda. Also, a lot of information and experience can be found on our na.org website on the http site where workshops and information from other areas and regions are posted. If you have created a workshop or packet that may be useful, you are encouraged to put it on the site to help others.

The next workshop that I attended was being an effective GSR/RCM. They are both important links in the flow of information. We talked about the positions as described in the GLS but talked about own experiences and where communication breakdowns occur. One of the most important things discussed was mentoring and having alternates in place learning the position so there is an easy transition. When someone comes into the position without spending time as an alternate they have a longer learning curve in effectively serving in the position. I had the chance to share about our GSR assembly and what we do here in CARNA. Some regions have this and others don't. We also talked about areas having GSR orientation packets and trainings before or after their ASC, workshops and learning days to help them understand what is expected of them.

Many said that they would put their info on the site for review.

Sunday's closing workshop was on environmental scanning. This was in regards to being able to evaluate our environment. The importance of this exercise was to help us tailor out information to the demographic that we serve. If we have 90% young people we need to create a workshop or learning day that will keep their interest. Looking at whether or not we are either urban or rural and meeting the needs of our community is important. We then summarized the weekend ending with a clean time countdown giving away a basic texts to the newcomers and closing with the serenity prayer. I did not attend the Autonomy Zonal Forum because my daughter (who has cancer) had an emergency operation that Friday night and I needed to be on tap for her care that Saturday. I would be too far away to get to her in Richmond in case of an emergency if I had gone to Baltimore. This has been a 7 yr ordeal and from time to time emergencies and operations occur and I have to be with her or at least in close proximity to get to her. Marlana was great! We had a lot of participation due to it being a Conference year. WSC 2010's theme is Our Vision Our future. The CAR and The CAT are both out for review both can be found on line in our site at www.na.org/conference it is free online or \$8 for the CAR and \$10 for the CAT that includes shipping and handling. There are 14 board motions and 10 regional motions this conference year. The CAT includes the strategic plan with project plans and the NAWs budget. It also comes with the cover memo and new business motions. Seated and non seated regions are encouraged to fill out their regional report that has been extended from February 15th to March the 1st. They will be published in the Conference report. Regional and Alternates travel should be booked for hotel and flights by March 15th. Recovery and service literature this cycle will be self support (2 pieces) and In Times of Illness. The approval drafts are in the CAR. CAR Addenda D and E contain the pieces these drafts are intended to replace. Three chapters of the Living Clean Project will be released April 1. The review process will be from April 1-June 30. You can share your experience on anything in the outline on line. In the NA literature Development Process, there are several CAR motions that deal with this. In the CAR there is an essay that discusses our literatures history, concerns and goals. Discussions not motions will better help us to decide where to go from here. Please send your Delegate team with ideas for discussion. The Service System Project 2008-2010 is a two cycle project The current CAR has one motion " A Vision for NA Service" The revised Vision is one that can be embraced by the entire service system. We know that our service system is broken and must be strengthened from the group level down. The CAR essay gives background on efforts to develop models for improved services. There is a proposed amendment moratorium on seating no new regions rather than those just from splits. The NA WAY magazine is still talking about reducing expenses. The CAT includes proposed action to no longer automatically send paper copies to groups but will continue to offer individuals paper copies. By the way you are welcomed to donate to defray costs or change to the e-zine.

The board members are trying to establish communication links with the RD's on a one – on- one basis .They are having mixed success so far but expect an increase closer to the conference. Service and Development Workshops- we are continuing to interact worldwide with extensive participation in regional and zonal events. The NAW participation request from can be found at na.org. Financial State- we are still feeling the economic downturn, costs were cut but lit sales and contributions were down the first 6 months of the fiscal year. We are in the 1st phase of an emergency action plan that involves reductions. The CAR and the annual report have more info on this and the proposed budget found in the CAT is very conservative, with adjustments in costs. Still however, last year we were able to ship \$700,000 in free/subsidized literature in

support of our primary purpose. World Convention WCNA 33 in Barcelona Spain saw over 5500 member from over 65 countries the most diverse WCNA to date! WCNA 34 will be in San Diego in 2011 and WCNA 35 in Philadelphia in 2013. In the CAT there is a proposal to change the support committee to a board workgroup, the change will allow better accountability and more support from neighboring NA communities.

HRP- Thanks everyone who participated in being considered for nomination. The conference report will identify the list of nominations and include further discussion of the process. I am including with this report today the WSC 2010 Summary Sheet of motions and other Issues to be discussed. I am also submitting my itinerary for WSC for approval in April and will pass on the information to our treasurer to order the approved display boards to be used at our workshops. I am looking forward to our upcoming CAR workshops and assure you that all information and PowerPoint's are ready to go as soon as I get the schedule. The agenda for the GSR has also been prepared and presentation for that is ready to go for that as well. I look forward to seeing my entire old friend and meeting new ones as we come to serve you in our region. In loving service.... Etta S.

RSC Regional Delegate Alternate II Report

Hello everyone. I would first like to start by thank the region for the opportunity to serve during such an exciting time in Narcotics Anonymous. I have enjoyed being back in the middle where I belong. I attended the subcommittee meetings in November. I was able to get a good idea on what our goals and plans are as a region. I appreciate the opportunity to organize and chair the workshop hosted by the Region at the AVCNA. Attendance was up from last year and it truly turned out well. I would like to thank Charles and Sherry for helping to put together our display table which was available to the workshop attendees. Thanks to all of the speakers. You did a tremendous job in sharing your experience in an informative and entertaining way. I also was able to attend the Autonomy Zonal Forum on Jan. 30th. Greg and I were able to conserve on gas reimbursement by meeting in Fredericksburg and sharing the ride to Baltimore in the snow storm. It was a sometimes scary but always fun trip that broadened my vocabulary in new and exciting ways. The weather did cause us to be late to the event; however we were allowed to read our report after the break. Ron from the World Board was there to field questions from the floor regarding a variety of issues from the CAR and the CAT. In regards to motions in general there was much discussion on their effectiveness in helping NA to meet our goals while allowing the service structure to fully participate in the process. When the World Board chooses to recommend not to adopt a motion, it was expressed that not always an opposition to the intent of the motion, but rather how it would affect policy in inflexible and counterproductive ways. At our next Zonal Forum in July we have added to the Agenda discussion on presenting ideas to the service structure in ways other than in motion form. I think that is a topic that we can carry to our areas for input. We discussed utilizing our time slot to meet as a zone at the WSC as an opportunity to learn by observing other zones during their meetings. We decided on a compromise on meeting then deciding that if there is no pressing business for us to discuss at that time, then branching out to go to meetings of the others zones. There were many concerns voiced regarding the motions and plans from the CAR and the CAT which I will allude to later in this report and will be thoroughly discussed in the upcoming CAR workshops. I hope that we can summon our greatest degree of excitement and enthusiasm in attracting our members to these events. I feel that the Zonal Forum prepared me for understanding the information that was shared at MARLCNA.

VRCC Chair Report

Good afternoon family, I would like the peninsula area for hosting the 28th avcna; they did a very outstanding job in coming together to host a convention. About 830 were register and about 150 newcomer package were giving out. Overall things went very well over the weekend. There was one problem that we had to deal with and that was to identify a member of NA, when they made charges to someone else room and the hotel handle it. The 29th is going along very well at this time. The next VRCC meeting is March 21st and we will be doing election that day for chair, vice chair and secretary. So this is my last meeting here as chair of the VRCC but will be at region in April with the new chair. In Loving Service, Jim H. VRCC Chair

RSC Activities Chair Report

Hello Central Atlantic Regional Service Body, First and foremost, I feel two apologies are in order. First, I received a phone call from an individual who attended the October RSC that stated they felt my behavior during the October RSC was out of order. I could not agree more. I did in fact make some statements that were less than desirable during a couple debates on the Regional floor. I do want to apologize to everyone on this floor for my behavior, comments, and gestures as they were inappropriate. Second, the Subcommittee Chairs and the Administrative Board, I feel, owe Tidewater Area, Tidewater Alt. RCM, and the RCMs of this Region a letter of apology. None of the Subcommittee Chairs, Vice Chairperson of the Region, or Chairperson of the Region showed up for the Regional Subcommittee meetings. There is an obligation to the Region Service Conference and the Regional Subcommittees long before there is an obligation to the VRCC. The RCMs spoke and the Regional Administrative Board and Subcommittee Chairs here again ignored their voice. This lack of responsibility did cost the Region \$160.00, which is a total disregard for **Concept 11** How many times does the Regional Officers ignore the voices that have put us into place without being held accountable? I am truly ashamed of being a member of this Regional Board. At some point the RCMs need to do an inventory of the people in place and demand accountability. As long as the Regional Administrative Board and its Officers are not held accountable this Regional Board will continue to ignore the voices of the people who put us in place and do only what they want.

From rewriting motions to avoid the voice of the Areas, to supporting an organization that does not support our Traditions, accepting money from an outside organizations, lending the NA name to an outside organizations, allowing an organization to turn away addicts from “Regional Convention”, and all in all doing anything that they want without being held neither responsible nor accountable, this Regional Board has truly become a non-functional. The people in position have exercised a self will in conducting the flow of our business. The Administrative board is supposed to serve, not dictate, govern, or control. Personalities are supposed to be suspended not extended. Our personalities and opinions are not just the spoken word. It is much more than a verbal expression. The tone in which we speak, the grunts and signs at another’s comments or questions, body language and the look upon our faces are just a few of the ways we express our opinions and show our personalities.

(Chair interrupted report due to not being focused on activities but more of a venting report. Point of order was called and RCMs voted on letting the Activities Chair continue his report. The vote was unanimous for him to continue with report as it pertained to Regional Activities. As Activities Chair continued in the same fashion without report of any upcoming information

regarding Regional Activities, his report was interrupted again and voted on by RCMs, unanimously, to discontinue with his report.)

*This is the continuation of his report: I have brought several people with me to different Regional meetings, subcommittee meetings, and Assemblies. I do this in hope to find someone who may become interested in serving on this floor. I will quote several people and their responses when I asked "Are you interested in being nominated for a Regional position?"

One said:

"No. There seems to be too many personalities involved and that leads to disagreements. The politicking is getting in the way of the message and the purpose is lost during the actual meeting"

Another said:

"No not anymore. I was interested until I actually attended one. The way the Regional Chairperson conducted herself during that meeting has made service work look anything but attractive. She made me feel like I was less than and that she was superior or greater than. I did not feel like I could address that for fear of being made to feel stupid because of my inexperience on the Regional level. I did not come to NA to let someone treat me like my inexperience is a bad thing and that I will be shut down if I have questions or comments!!"

Another said:

"I would rather see our Area move its support to a different Region. But, I will admit I have a reason to be angry with how I was treated at the AVCNA. I thought the only requirement for anything involving NA is a desire not to use. Being how it is a "Regional Convention", I feel the Region should be held accountable. If we continue to support them then we are condoning the violations and lack of practicing the 12 Traditions. They are supposed to be in place to serve the Areas; I can not see where they are productively serving the Areas."

I did poll all RCMs pertaining to the December RSC and requested it be posted to the web. Prior to polling all the RCMs I had a phone conversation with the chairperson who stated "I will not make the decision to cancel or not until 11pm." I informed her some of the RCMs would be in bed or at work before then and on the road to go to Covington before 6 am. Those RCMs would not get the information prior to getting on the road. We spoke of calling the RCMs and polling them on rather we would cancel the RSC in December for inclement weather or not, and if we did we would then start dialogue on rather to reschedule or pick back up in February. I did volunteer to call because I was not working. I was also in touch with the Secretary to make sure the contact list I have for the RCMs was the most current list. Along with the email requesting the results be posted to the web, I attached a spreadsheet for all to view. If I had to do it all over again, I would do things the exact same way. I did in fact talk to all but 1 RCM and below is a copy of the email I sent to everyone on the Regional Contact List.....

"The Administrative Board does not have the right or power to decide if we do or do not have a Regional meeting tomorrow. This decision is up to the RCM's that we serve. I have called each Area and asked the RCMs what they want to do. Below is what the count came out to be....you can also see the attachment....

There are 15 Areas with our Region. One (1) Area does not have an RCM and twelve (12) other Areas are saying to cancel the Regional meeting. One (1) says it does not matter and one (1) Area I have not heard back from.

The Regional meeting is canceled due to the fact we will not be close to meeting quorum in order to conduct any business.

If Julie or Sherri either one could please post this to the website ASAP I and all others would greatly appreciate it.”

The Regional Chairperson called me after I sent this email and stated “You need to stop being so angry!” I replied with a question asking “What do you mean I need to stop being so angry?” She went on to tell me that the tone of my email was angry. As I went to reply I was not yelled at but screamed and cursed at to the point I hung up on her and have yet to speak to her by phone since. I had company that day that heard the screaming and was shocked when I said **“That was the Regional Chairperson pissed that I made the statement “If Julie or Sherri either one could please post this to the website ASAP I and all others would greatly appreciate it” In my email.”**

In October there was a motion to move our Regional Subcommittee meeting in January due to the VRCCs event happening the same weekend. This motion never made it to a vote. At the Subcommittee meeting in November this motion was discussed again. I let everyone know that I fully disagreed to making the same motion again in December. I also disagreed because of the travel one would incur if we rescheduled and informed everyone the facility we would be using for the Subcommittee Meetings is only 30-35 minutes from the VRCCs event. A Regional Subcommittee Chair might have missed a workshop. But they would not miss an entire day of the event. I felt it was out of order. However, I was willing to do as the “committee” seen fit. This motion never hit the Regional floor due to Decembers RSC being canceled. However, the Chairperson tried to get a vote on that motion without going through the proper procedures. Our Regional Guidelines and Rules of Order clearly define how a motion is to be handled. It is on page 6 **Section IV: Voting / Motions number 6 (A-E) and on page 7 number (12)**. A motion that does not hit the Regional floor is not a motion.

After receiving the email about the motion I called the RCMs and polled them one more time. Here again I emailed the results with an attached spreadsheet. The majority of the RCMs had the same thing to say. And I quote “The motion never hit the RSC floor and therefore we continue with what we have always done. To discuss this as it is a motion is out of order because our Policy addresses how motions are to be handled.”

I recently send out an email asking for people experience on websites and advertisements. Southside had designed a website through a free web hosting site called Tripod. Other Areas have also created websites through Tripod. The problem is across the top of the page were advertisements and banners for other 12 step programs, literature, and memorabilia. There was also banners and advertisement for some religious organizations and treatment centers. Southside as a whole felt several issues needed to be addressed before we could advertise or post a link to our website. Mainly the problems Southside has concerns with are endorsing, showing affiliation, and being self supporting. When our RCM was given a vote of confidence to get Southside connected with the Regions helpline he misunderstood the motion and thought we were to get connected through the website. It was a simple mistake that anyone of us could have made. A link was added to the Regional webpage to Southside’s webpage. When this was brought to my attention I tried to get it addressed. I contacted the Regional Chair through text messaging asking her to remove the link because Southside has not approved the site and will not approve until the issues mentioned above are taken care of. I was told to contact the PR Chairperson. Ten minutes later I spoke with Charles and asked him to get the link removed and asked that the PDF be put back up. His response was “I will call Sherri and have her remove the link but we may need to get another PDF.” My question is “Why can we not get things posted in a timely manner and why must we go through others in order to end up right where we started.? Is it a personalities over principals, is it resentment based decisions, or is it just to be difficult?

Etta S. is the only person who had an engagement to the VRCC who is also a subcommittee Chair. The rest of the subcommittee chairs just choose not to show up, changed the schedule to meet where they wanted, or refuse to obligate their position duties in lieu of supporting the VRCC. In light of what happened in January and after reading the Regional Guidelines and Rules of Order I will only schedule the Activities Subcommittee meeting in March. According to the policy the Regional Activities Subcommittee is **not** responsible for scheduling the rest of the subcommittee meetings (**Page 10 Section XV: Service Districts C, the region and its subcommittees will rotate their meetings throughout the four quadrants.**). A single point of accountability lies with each subcommittee Chairperson and when they are not available it is the responsibility of the Regional Chair and or Vice Chair to fill their duties. This is also in our policy (**Page 9 Section IX: Officers Duties / Qualifications 1A. Chair Duties H, and Page 10 2A. Vice Chair Duties A**) Therefore the Activities will be meeting at 10:00am in Farmville on March 20th, 2010 at **Farmville Presbyterian Church, 200 W. 3rd St. - Farmville, VA 23901**. Please see the other chairs for their schedule.

During this weekend I was in touch with several people throughout the Region. I was asked (and here again I quote) “Why are people from the hosting committee or the VRCC going into workshops asking for name badges and for those who did not have one they was told they could not be in the workshop.?” I once spoke at Almost Heavens Convention on Traditions. I spoke on all the “violations” happening with the VRCC and Central Atlantic Region. A young lady spoke after me who said “we can not violate Traditions, we can only not uphold or apply Traditions.” I disagree, the dictionary defines “Violate” as “BREAK, DISREGARD”. When we know the Traditions are not being applied and we continue to ignore it, which is blatant DISREARG which is to Violate.

The VRCC is an Outside Corporation that was formed over 20 years ago for reasons that do not exists today. Just to allow them to conduct our so called Regional Convention the way they do is not within our 12 Traditions. It truly sickens my heart to think about all the addicts that been affected by the way the VRCC conducts the so called Regional event. To charge children meant the money that is generated at this event is also from non-addicts. To accept money from a non-addict means we are not fully self supporting through our own contributions (Tradition 7). So as we continue to accept the money from the VRCC, they have a right to tell us how our convention will be handled, THEIR WAY. This has been going on for several years. For several years addicts have been getting turned away from different aspects of the VRCCs event due to being indigent. To turn them away first means it can not be an NA event and means that Tradition 3 does not apply when discussing the VRCC and their “Celebration of recovery”. The Region has continuously turned their head and refuse to hold the VRCC accountable. To allow the VRCC to use the NA name and symbol means Tradition 6 is of no use to our Region, for money, property, and prestige HAS DEVIRTED US FROM OUR PRIMARY PURPOSE. The last time I brought this to the table the RD at the time called me “anally retentive”, she still conducts herself this way today. To defend and turn a def ear to the more than obvious “VIOLATIONS” affects other groups and NA as a whole. That would be Tradition 4. The Areas formed the Region, the Region Serves the Areas, and the Areas can put a stop to and disburse of the VRCC and put the “Convention” back in the hands of the addicts that put them in place to begin with. It is not like WE are ignorant to the violations, WE just try to find a dope fiend way to justify allowing it to continue. It is not the fault of the VRCC, it is

our fault the convention is handled the way it is. WE have allowed it to happen for years. Only WE can change it.

How many people have their policy with them today? Those that have a policy please turn to page **12 under 5A Regional Delegate Duties D**, the last thing referenced is the CAR workshop. It states the RD is to **“organize , schedule, coordinates and attends WSC Conference Agenda Report (CAR) workshops throughout CARNA geographical Area (119). Page 13 6A Regional Delegate- Alternate Duties B, Has all the same responsibilities as the Regional Delegate, also page 13 7A Regional Delegate-Alternate 2 B, has all the same responsibilities as the Regional Delegate-Alternate. Now turn to Addendum 1 Subcommittee’s Creation and Purpose 2008, under 4 Regional Activities Page 3, Purpose of Subcommittee: 3 Schedule and plan the CAR Workshop every two years (mid- February- mid.- April). According to our policy there are four people responsible for scheduling the CAR Workshop. This means we have no clarity in the policy as far as the CAR Workshops are concerned. This is a spit in the face of Concepts 3, 5, and 8. Therefore, I will leave the GSR Assembly to the RDs to take of.**

The Basic Text states.” True spiritual principles are never in conflict.” WE believe in a loving God as our ultimate authority and as the source of spiritual principles. By definition, something that is universally correct can not be true sometimes and false at other times. One aspect of God is harmony, and there can be no disharmony or contradiction between principles that are spiritually centered or "God centered". Actions that are spiritually correct can not violate any spiritual principle; when our actions violate any spiritual principles, they are not spiritually correct. We utilize this basic truth as a guide for appropriate action and decision making in Narcotics Anonymous.

Narcotics Anonymous is based on spiritual principles. There are basic spiritual truths that are universally correct; they are not dependent on time, place, personality, or circumstance. "Our program is a set of principles, written so simply that we can follow them in our daily lives." There are many spiritual principles expressed in our literature; honesty, open-mindedness, and willingness are the most basic and make change and growth possible for us. The active application of spiritual principles is the basis of recovery from the disease of addiction. **"There is one thing more than anything else that will defeat us in our recovery that is an attitude of indifference or intolerance towards spiritual principles."** This fact is also true for our service structure.

Concept 2 States “The final responsibility and authority for NA services rest with the NA groups.”. What this tells me is that the groups have the right and responsibility to hold the Central Atlantic Region of Narcotics Anonymous accountable for the lack of Spiritual Principles with in the Regional Service Body Administrative Board , the VRCC, and officers that the groups put into position. We put them into place, we must hold all people accountable for all actions, and remove offices if that is what is needed to bring “true spiritual principles” back to the service structure. It is the duty of every individual member of Narcotics Anonymous under the Central Atlantic Region umbrella.

Finally, I want to say that this is only my report. PLEASE DO NOT TAKE MY WORD for all the information in this report. I implore all RCMs to take this information to your respected Areas and read the literature for yourself. For we can not make any informed decision about anything without all the information and our OWN understanding of the NA literature. Out of respect for the Area and members within, I am announcing that at the close of the GSR Assembly I will be stepping down. My spirit is anything but at

peace with this Regional Administrative Board and I refuse to continue to support any service body without God based decisions. ILS, Mike E

RSC Hospitals & Institutions Chair Report

Regional Chair Sherry V. presiding. Eddie W. Secretary Quad 3, Bedford, VA

- Meeting opened with a moment of silence followed by the serenity prayer.

- Read the twelve concepts.

REPORTS:

-Roanoke Valley H&I: H&I in the Roanoke Valley is doing well. The message is being carried to 8 facilities. Each facility has a Panel Leader being responsible for getting speakers or having a literature study. All positions in the H&I Subcommittee are filled. The Subcommittee meets the 1st Sunday of each month at 1:00 pm at St. Elizabeth Episcopal Church. Contacts have been made to possibly include two other facilities. In Loving Service, Kenny C. (Roanoke Valley H&I Chair)

-Appalachian Area H&I: Dear Region, The Appalachian Area now has a commitment at the Hands Up Lodge (a homeless shelter). This is our one commitment and we are having a tough time getting members accepted into the Camp 9 Prison (a 90 day jail). I do have some recent applications I need to submit. At our past business meeting we fulfilled all officer positions inside our own subcommittee. At the Regional H& I Learning Day on August 8th no one from the Region made it out to the event. Our Area held it together and it went well. ILS, Stuart H. (Appalachian Area H&I Chair)

Piedmont Area H&I: Piedmont Area is doing well. We recently began carrying the message twice a month each to Buckingham and Dillwyn Correctional Centers. ILS, Norman C. (Piedmont Area H&I Chair)

-Regional H&I Subcommittee Bi-Monthly Report: Since our last meeting I have done the following:

1) Responded to four inmate letters; and 2) Forwarded one inmate letter that was mistakenly forwarded to us from the Connecticut Region to the Volunteer Region. I also spent \$10.70 for postage to mail my responses. The \$10.70 includes the cost to purchase a book of stamps to be used to respond to additional letters. I will be submitting the receipt for this expense to the Central Atlantic Region's treasurer for reimbursement. Finally, I was elected to this position in January 2008. Consistent with the 2nd Tradition of NA, and the principle of rotation, I will be resigning this position as of January 2010. I will bring the box containing the literature sent to inmates and the CAR's (Central Atlantic Region's) return address stamp to the next subcommittee meeting to turn over to the person elected to take my place. I will also be happy to turn over my files and to assist my successor. Thank you for allowing me to be of service to this subcommittee. I look forward to continuing to be of service in new ways. ILS, Norman C.

(end of reports)

- Karen M. announced that she had been in contact with "Ana G." from the Connecticut Region who had shared their experience regarding "Writing Steps of Recovery (a Regional Subcommittee to correspond with inmates currently serving time in institutions). Karen went on to express her willingness to serve on any subcommittee created to provide that service within our Region. Norman C., Sherry V. and Donna P. shared their experience as to how such a subcommittee might be formed (that it would not actually be a part of H&I but that a separate subcommittee could be formed to serve the need). Several members noted the fact that there are several Regional Subcommittees in which the Chair position is currently vacant (including H&I)

and that it may be difficult to form a new Regional Subcommittee while existing positions are not being filled.

- Karen M. inquired as to the Duties/Qualifications/Requirements to serve in the Regional H&I Subcommittee Chair position. Karen M. stated her willingness & qualifications. Chair asked if the Subcommittee would support her nomination to serve as Regional H&I Subcommittee Chair. The majority of the subcommittee expressed their support. Karen M. stated that she would consider the nomination and would attend the 142nd RSC should she decide to accept.

- Chair inquired as to old/new business (there was none). Motion to close (passed unanimously).

RSC Ad Hoc Literature Review Chair Report

To: Central Atlantic Region Service Committee

From: Norman C., Chair Ad-Hoc Literature Review Sub-Committee

Re: Bi-Monthly Report

Date: February 20, 2009

Since the last RSC, the Ad-Hoc Literature Review Sub-Committee has met twice, on November 21, 2009 and January 16, 2010. We have also been informed that the next 3 chapters of *Living Clean: The Journey Continues* will be released for a 90 day fellowship review and input period on April 1, 2010. Accordingly, the sub-committee has decided on the following:

1. There will be 4 workshops, one in each quadrant. These workshops will take place either the first two weekends in May or the first two weekends in June;
2. A point of contact for each quadrant has been appointed and is tasked with having the date and time of that quadrant's workshop finalized by the time of the sub-committees next meeting, which will be on March 20, 2010 in Farmville, VA;
3. Eddie W. has agreed to produce flyers containing the information on all 4 workshops in time for them to be distributed at the GSR Assembly in April and to be posted on the Region's website;
4. That the sub-committee would bring a motion at the next Regional for funds sufficient to hold the 4 workshops. Anticipated costs are the costs of renting a facility, producing flyers, providing coffee, providing 40 copies, 10 for each workshop, of the literature to be reviewed and 4 copies of the review session profile so that each facilitator will have a copy. Accordingly, I will be bringing such a motion at today's regional;

At the next Regional, I expect to be able to give specific time, date and location information for each of the 4 quadrant workshops. I want to express my appreciation to the other members of the sub-committee. Thank you for allowing me to be of service. ILS, Norman C.

RSC Policy Chair Report

Regional Chair Sherry V. presiding Eddie W. Secretary Quadrant 3-Bedford, VA

Meeting opened with a moment of silence followed by the serenity prayer.

Read the twelve concepts. Discussion began regarding motion 141-15 (referred to the Policy Subcommittee at the 141st RSC for review and impact). 141-15 Mover Etta S. 2nd Greg G For the delegate team to attend the Florida Symposium during off conference years.

Intent: to be better informed during off conference years when not attending MARLCNA.

Chair referred to Policy to report back at the 142nd RSC.

Policy Subcommittee recommends the following revision to the RSC Guidelines & Rules of Order on page 12, 5A (“Regional Delegate Duties”), letter “D”

To change from: Attends biennial World Service Conference (WSC) Meeting, California, usually end of April; attends annual Mid-Atlantic Regional Conference of NA (MARLCNA) Lancaster, PA, usually second week in February. Attends Zonal Forum Meetings (twice per year), locations vary from throughout the Autonomy Zone geographic range (also organizes and chairs Zonal Forum when it is hosted by Central Atlantic Region); organize, schedule, coordinates and attends WSC Conference Agenda Report (CAR) Workshops throughout CARNA geographical area. (119th). To change to: Attends biennial World Service Conference (WSC) Meeting, California, usually end of April; attends Mid-Atlantic Regional Learning Conference of NA (MARLCNA) Lancaster, PA, usually second week in February in World Service Conference years. Attends Florida Symposium in “off” conference years. Attends Zonal Forum Meetings (twice per year), locations vary from throughout the Autonomy Zone geographic range (also organizes and chairs Zonal Forum when it is hosted by Central Atlantic Region); organize, schedule, coordinates and attends WSC Conference Agenda Report (CAR) Workshops throughout CARNA geographical area. (119th)

- Overview of revisions:

Removed "annual". Added “Learning”. Changed "Conference" to "Convenference". Added "in World Service Conference years". Added "Attends Florida Symposium in off conference years".

- Motion was made to accept the revisions (passed unanimously).

- The Policy Subcommittee is unable to recommend adoption or rejection of this motion until the Delegate Team can determine its financial impact. Motion to close (passed unanimously)

RSC Public Relations Chair Report

Greetings to All! Because of concerns expressed by some of our phonline volunteers in receiving calls from faraway places, we have made some changes to the information used by the operators at the Professional Answering Service. First, we were able to identify and provide them with the Area codes for each city, town, and county where each meeting is located throughout the region. Secondly, we changed the questions that the operator asked the caller so they could better redirect the calls closest to the location of the caller. We will be monitoring these changes and would appreciate feedback from our phonline volunteers.

After the PR Subcommittee met, we were able to carry-out the very first Quadrant #3 Public Relations Workshop in Bedford, Virginia on Saturday, November 21st from 3-6pm. Thanks to all members who assisted us in making this a reality. A special thanks to the RCMs from those four Areas for their support by helping us in identifying the PR needs of their Areas and getting new members to PR work to come out and discuss with us their needs. We discussed the following topics with the 32 members in attendance:

- Studying the new Public Relations Handbook
- CARNA PR Services
- Preparing for Presentations
- Maintaining Helplines
- Dissemination of NA Information
- Sharing NA Events

Since there were so many new members to PR work, their greatest requests were “how to” carryout these tasks. Therefore, we spent time walking them through many of these functions including providing them with templates that they can customize for use within their Areas. This included:

- Letters to professionals from the Public Relations Handbook
- A presentation to professionals
- A training booklet for phonline volunteers
- Sample NA Wallet Cards (Group Readings and Recovery is Possible)
- A walk-thru of the Region's Phonline Workbook and Update Sheets to ensure accurate monthly updates to our toll-free number
- Posting events on the CARNA website
- Sample posters
- Suggestions for event flyers
- Sample display for presentations at health fairs and conferences
- Usage and importance of stamping all NA approved literature before distribution

We realized there was so much information to share with these new members, we provided them with hard copies, as well as, burned these templates and the PowerPoint presentations upon a CD. This will allow them to customize and print copies for their own Area training workshops. We closed the workshop with a version of NA Jeopardy with food, fun and fellowship. Comments received were "they felt more comfortable and confident in doing PR work." For example, since that time, we have received many updates to meeting changes from those four Areas as a result of the workshop. We spent \$226.82 of the \$250 given to us for the workshop. A detailed expense report has been forwarded to the Treasurer.

We have already started forwarding surveys to other Area PR Subcommittee members so we can determine which public relations topics and issues they wish to discuss at future quadrant PR workshops. It's our hope to have another Quadrant PR workshop when we visit quadrant #1 on March 20th. We hope the RCMs from quadrant #1 will support our efforts by encouraging the PR members from their Areas to attend.

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

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

RSC Outreach Chair Report

RSC Speaker Jam Report

The speakerjam subcommittee last met on January 30, 2010 in Charlottesville, VA. Everything is pretty much set for the next speakerjam which will be March 13, 2010 in Charlottesville. The steps will be the topics and we have 16 confirmed speakers, 12 of which have worked all twelve steps. Please don't be afraid to attend as recovery is not contagious. We will be submitting motions for checks to pay for the rental of the Wesley Foundation Hall, the recorder, Tandy Wood, and the rest of the budget will be requested to purchase coffee, cups creamer, sugar etc. The Piedmont area is purchasing/supplying all the food.

I have met with an adhoc committee twice from the Shevana area which will be submitting a bid for the fall speakerjam which will be held September 11, 2010. My commitment as speakerjam ends in June so I guess it needs to go out to all home groups that the position is open for nominations. In Loving Service Shawn C

Ad Hoc Committee-Regional Inventory

Regional Chair Sherry V. presiding Eddie W. – Minutes Taker

- Meeting opened with a moment of silence followed by the serenity prayer.
- Read the twelve concepts.

- Discussed what was achieved at the two day regional meeting in Staunton in October. The Area Planning Tool was used to cover the following topics (facilitated by Regional Delegate Greg H. and Regional Delegate Alternate Etta S.):
 - How well does the Region function in maintaining a full compliment of trusted servants with no open positions?
 - How well has the Region fostered the willingness of the local fellowship to volunteer for service positions?
 - How fully does the Region create an environment where the conscience of the body guides the decisions and direction of the Region?
- Cynthia W. (currently serving as Chair of this Ad Hoc Subcommittee) was unable to attend. Cynthia will announce when the Regional Inventory implementation part is to be completed once the scheduling can be determined (possibly at the location/date of the next Regional Subcommittee Meetings in January). Motion to close (passed unanimously).

Ad Hoc Committee – Convention Bid

Regional Chair Sherry V. presiding Eddie W. Minute Taker Quadrant 3-Bedford, VA Meeting opened with a moment of silence followed by the serenity prayer.

Read the twelve concepts. Discussion began regarding the previously approved motion for the "Central Atlantic Region to bid to host the 30th AVCNA" Acting Chair Sherry V. stated that several ad hoc subcommittee members were currently investigating various locations and that the information gathered would be submitted to the Region so that a location could be determined. Norman C. suggested that it should be the ad hoc subcommittee itself who should decide location (not the Region). Discussion regarding the bidding guidelines ensued, with several members referring to the VRCC's requirements for bid submission (see "Bidding Guidelines"). Norman C. raised the concern that the "requirements" repeatedly refer to the word "area" (not "region") regarding the six requirements which must be met. Roanoke Valley Area RCM Maria J. stated that she would request that their Area's VRCC Rep inquire about the issue at the VRCC meeting in Charlottesville on Sunday November 22nd. Jim H. stated that Teddie A. of the Tidewater Area, Etta S. of the Rappahannock Area, Sherry V. of the Almost Heaven Area, that he himself (of the Appalachian Area) were the subcommittee members who had agreed to research pricing for various facilities within their respective quadrants. Jim H. also responded to several of the questions/concerns raised earlier by Norman C. regarding the "requirements" (that the word "area" would be synonymous with "region", etc...). Jim H. went on to reiterate the fact that the motion for the Region to bid to host the 30th AVCNA was approved by the groups and would have to be recognized/respected/interpreted accordingly by the VRCC. Motion to close (passed unanimously).

Break for lunch at 2:45pm, Re-convened at 3:35 pm. Quorum met with 12 RCMs present.

Area Reports -

Almost Heaven RCM Report

Absent – no report

Appalachian RCM Report

Hello family,

- There are 10 groups currently meeting in the Appalachian Area.
- There were 6 GSR's present at our last ASC on February 7th, 2010.
- There are currently 5 trusted service positions open at the Area level. These include: Treasurer, Co-Treasurer, VRCC Rep, VRCC Alternate, and Policy

Chair. Our Vice Chair position was filled by Debbie C. at our January ASC, and our RCM Alternate position was filled by Karen M. in February. Our outgoing Treasurer John B. and outgoing Policy Chair Floyd A. continue to serve in those positions as we wait for nominations.

- *Outcome of Regional Motions sent back to groups at the 141st RSC*: 138-11: YES, 139-6: YES, 140-7: YES, 140-8: YES, 140-9: YES, 140-18: YES
- 140-21: YES, 140-17: YES

• A motion to re-name our Public Information subcommittee to “Public Relations” passed unanimously. The body also voted to combine the Public Relations subcommittee with Phone Line Subcommittee. Shawn W. (our previous Phone Line Chair) is now serving the Public Relations subcommittee as Phone Line Coordinator. Our H&I subcommittee has two commitments: a Sunday night presentation at the Hands Up Lodge on 5th Street in downtown Lynchburg and most recently, a Friday night presentation at the Camp Nine Facility in Rustburg beginning March 5th.

- Our Special Events subcommittee held event on New Year’s Day consisting of food, fun and fellowship at St. Andrew Presbyterian Church in Lynchburg which was well attended. Currently there are no new events scheduled.
- As part of my participation in the Regional Ad-Hoc Literature Review subcommittee I have agreed to schedule and facilitate a Literature Review Workshop in Quadrant Three (location and date to be determined prior to the upcoming Regional Subcommittee meetings in March). My chief criteria for determining a location will be the geographic center of our Quadrant (consisting of the Appalachian Area, Southside Area, Roanoke Valley Area and New River Valley Area). I will be contacting members of the “Together We Care” group which meets at the Holy Name of Mary Catholic Church in Bedford, Va. in the hope arrangements can be made at that facility (likely at the end of April or early May).
- I have a Regional Donation today in the amount of \$78.08.

In loving Service, Eddie W.

Blue Ridge RCM Report

Dear Regional Members: BRANA now has twelve Home Groups in the Area. We had ten GSRs attend the last Area Service Meeting. Our current trusted service positions vacant are: Vice Chair and Special Events Chair. Naturally, there have been many changes within our individual Home Groups. Persistently, however, we continue to carry the Narcotics Anonymous Message into most of our Area’s Meetings. Our web-site (www.brana.org) continues to attract more hits, and the BRANA Campout Planning Committee continues to prepare for the July 2010 BRANA Campout. This coming July’s campout theme is “We Do Recover”. ILS, Robert W RCM

New Dominion RCM Report

The New Dominion Area supports 32 groups weekly and our Hospitals and Institutions subcommittee continues to take an additional 14 meetings into 12 facilities. The feeling around the area, which has been expressed from GSR’s and visiting addicts at our Area conferences, is that, in general, meeting attendance is slipping. The rumor is that some addicts are seeking recovery in another Fellowship. The current economic recession is taking its toll on our area and our monthly donations are consistently lower than in previous years. NDNA is struggling to meet its current monthly budget requirement. Our 7th Tradition must come in over \$993.83 per month in order to maintain current operating budgets. Last year there were only three months where we came in above this amount. NDNA is faced with an approximate monthly budget reduction of 27%. This, as you might expect, is forcing our area to require our subcommittees to trim the fat from their budgets. As you might expect this, is an arduous process and is progressing slowly. The Treasurer scheduled budget round-table conference for February 28th between the

subcommittees and NDNA Treasurer to address this budget shortfall. Unfortunately, the reality of the situation is that there is not enough money collected each month to fund the current subcommittee budgets and if they are unable to decide how to trim their budgets themselves, reality will prevail and the money will run out. The GSR's and Subcommittees are naturally concerned about our Area and believe Inventory may aid us in addressing some of the issues we face. We would like some direction and suggestions from CARNA regarding this matter. Additionally, Primus contacted Tim C., AGAIN, regarding a delinquent bill. There are 2 issues we believe that must be resolved regarding this matter. First, the bill should be paid on time. Second, Tim C., who has not been treasurer of the Region for over 2 years, must be removed as a point of contact. Tim is naturally concerned about the delinquent bill but believes that contacting him instead of the current treasurer is a disservice to this body and is placing unnecessary stress on him personally. RSC Representative: Bill M.

New River Valley RCM Report

Absent – no report

Outer Limits RCM Report

Hi family, We have 5 home groups with all present at the Feb. 7 ASC meeting. We meet the first Sunday of the month at 727 N. Main St., Emporia, VA. This is the Southern Virginia Regional Medical Center and starts at 2:00pm. Our meetings carry the message to 70+ recovering addicts. We have two H&I commitments and are trying to add a third. Our fourth annual Valentines dance was a huge success in bringing addicts together for fun and fellowship. Nominations were received for the positions of Chair, Vice Chair, Secretary, Treasurer, Literature, Alt. Literature, VRCC Rep and a H&I Chair. These positions should be filled by March ASC. Prior to these nominations our Area was in danger of closing. Thanks to a higher power for which I am grateful for, we should be in operation for another year. I have bought a donation of \$48.60 to the region. Motions voted on are as follows: 138-11 passed; 139-6 failed; 140-7 passed; 140-8 passed; 140-10 passed; 40-11 passed; 140-16 passed; 140-18 passed; and 141-17 abstained due to no quorum at ASC in December and suspension of business due to Treasurer audit in Jan. ILS, David M.

Peninsula RCM Report – New RCM, verbal report given. No written report received as of 3/6/10.

Piedmont RCM Report

Greetings from the Piedmont Area.

- A. There are currently 17 home groups carrying 28 meetings each week;
- B. Due to a snowstorm, there were only 9 GSR's present at the most recent Area Service Committee meeting;
- C. There are currently three open trusted servant positions, Chair of the Literature Subcommittee, RCM-2 and alternate VRCC Director;
- D. The Piedmont Area elects the following trusted servant positions: Chair, Vice-Chair, Secretary, Treasurer, RCM, RCM 2, VRCC Director, Alternate VRCC Director and chairs of the Public Relations, Hospitals & Institutions, Literature and Special Events sub-committees;
- E. There is currently no group news to report;

- F. In area news, the Piedmont Area is excited to be hosting the Spring 2010 Regional Speaker Jam on March 13th, which will take place at the Wesley Foundation, 1908 Lewis Mountain Road, Charlottesville, from 10 am to 6 pm. In addition, the area was able this month to make donations of approximately \$250 to both the Central Atlantic Region and NAWS;
 - G. In sub-committee news, the Literature Sub-Committee briefly published an area newsletter. Unfortunately, due to lack of interest, publication was discontinued;
 - H. The Piedmont Area has the following concerns at this time: 1) Finding a way for home groups to vote on the Conference Agenda Report motions by absentee ballot; and 2) The lack of information concerning when and where the Conference Agenda Report Workshops will take place;
 - I. In addition to planning the Regional Speaker Jam, the Special Events Sub-Committee has also begun planning for PACNA XX, which will take place on the weekend of June 11. I should have more information concerning this event, including the location, theme and flyers at the next RSC meeting. In addition, Special Events will be beginning a capture the flag home group event in March designed to increase attendance at struggling meetings and increase home group cohesion;
 - J. The Piedmont Area continues to be focused on our fellowship's primary purpose of carrying the message to the still sick and suffering addict;
 - K. The next Piedmont Area Service Committee meeting is scheduled for Sunday, March 7, 2010 at 4 p.m. at the Wesley Foundation.
- ILS, Norman C.

Rappahannock RCM Report

It is great to be back here with all of you. I know we have a lot to get to and we will spend the next 4 months trying to catch back up so I will try to make this as brief as I can, but the Rappahannock Area of Narcotics Anonymous is exploding. It is a very exciting and busy time and we have seen attendance increase dramatically in our recovery meetings as well as our service meetings. Our Area Service Committee did not meet in February because of the weather. We were able to obtain the votes on the motions under Old Business that would have been cast in December. Our ASC positions are completely occupied except for Outreach Chair and Newsletter Chair. The Ad hoc subcommittee has finished the daunting task of putting together a proposed budget for the ASC and it is currently with home groups to vote on. We are all very excited at the possibility of having an actual budget for the very first time in the Rappahannock Area. It is just a starting point but we hope to continually improve it as we learn and grow. The bylaws Ad Hoc subcommittee has reformed to finish revising our bylaws and they are making great progress. We hope to have this done by the summer. The newly formed PR subcommittee has been meeting four times a month with great participation of 8 to 12 regular members. They have started on some very basic, but important work such as a regularly updated meeting list. They are very heavy into the PR handbook and taking it slow, learning to crawl before they walk. They have strong leadership and we believe they will do an excellent job in the years to come. Our newly formed H&I Subcommittee has also been meeting four times a month and they are taking the time to familiarize themselves with the H&I Handbook, write bylaws and fill all necessary positions. They are also taking a field trip to the Tidewater area tomorrow to see how an established H&I Subcommittee operate and what they can learn to help themselves. They are going to any lengths to be trusted servants. We are blown away at the willingness to learn and

the desire of so many members to ask for help, spiritual principles flying all over the place. Yay us! The Activities subcommittee has a speaker jam scheduled for March 27th at the White Rescue Squad in Fredericksburg VA. Please visit CAR-NA.org for info and a printable flier. They are planning our annual campout for the summer also. GSR's have been provided a copy of the CAR Report and they are preparing to attend the CAR workshop and also the GSR Assembly. There have been a lot of inquiries as to when these will take place and I have been unable to provide this information. It has been frustrating to be informing the GSR's of their responsibility regarding the WSC motions and what they need to do to have their groups voice heard, only to tell them when they ask, I don't know. As I am writing this report I imagine this will have already been covered in the RD Team report. There is no donation at this time as we are trying to finalize our budget. If passed the Rappahannock Area will be making a \$400 annual donation to the region. It will be split into 4 donations made quarterly. This is always subject to change, but that is what it will be for the time being. We will see how it turns out. All ASC funds have been suspended since November and a motion is pending to remove that suspension upon the approval of the 2010 budget. We have also changed bank accounts because we realized that a pay pal account was attached to our bank account and was on our web site as a way for people to pay for t-shirts. We found this to be in violation of our traditions and concepts and just plain silly as anyone with the password could transfer all the money out of our account. I am not sure if this is appropriate to report at this meeting and to this body but I am going to do it anyway because it is 11:43 pm and I have to go to sleep. If I am not to include this in my report for the next 10 months will someone let me know in a loving and caring way? ☺ Preparation for the 29th AVCNA has begun and we have all executive positions filled as well as 8 of the 9 subcommittee chair positions filled. Participation is minimal at this point but we are all hopeful that people will step up. We don't have an approved slogan yet but we will be submitting one to the VRCC next month....drum role please....."Breaking the Chains". Pre-registration fliers have been handed out to each RCM and we would ask that you take them back to your ASC meetings and distribute to GSR's. Thanks! We have experienced a tremendous amount of growth in the last 6 months and many things are happening. What I can tell you is we make our mistakes but the willingness and dedication of our members is inspiring and motivating. With pain comes growth but know this ...The Rappahannock Area of Narcotics Anonymous is alive and well and thriving. We are small but we are mighty! ILS, Greg and Antoinette

Richmond RCM Report

In Richmond Area we have 46 home groups and 56 meetings a week. This coming week we will have an audit. Due to inclement weather, several events were postponed. Jan 2nd – the mask must come dance was held - \$1,222.40 returned to area. Activity planned for March 6th, Throw Back Dance; March 26 – March Madness Even planned. Carol P was elected as chair of area; Bobby D elected vice chair; and Francine E elected as H&I chair. Since last region, three home groups have celebrated anniversaries. Richmond Public Relations subcommittee now puts out the meeting schedule in English and Spanish. As I hope you recall, the Richmond Area is hosting the Circle of Sisters of NA XIV Convention. The Circle of Sisters Breakfast is taking place right now, until 3pm @ the Deer Run Recreation Center, this was rescheduled from Dec. 19th due to weather. Folks in the area have been slow to step to the plate for service work. Our new secretary quit, we need one and an asst. We need a treasurer and vice treasurer, and we need a VRCC rep as well. Our donations are way down. No money was collected over prudent reserve.

For the love of Service, Nancy S. Note: please mail my minutes – as I don't have a working printer.

Roanoke Valley RCM Report

The Roanoke Valley is doing well carrying the message. We have 37 meetings, 29 home groups. A new text study meeting was started on Tuesday nights at 6pm. It is getting lots of support. We have 2 positions open; Activities and unfortunately, Alt RCM. Teresa stepped down. Due to the weather, area met but it was scarcely attended. I, myself, was not there. Therefore, we have no donation to region that I know of. My area has decided to mail the check to the regional PO Box. H&I is doing well in our area as well. We have 8 H&I meetings including Roanoke City Jail. Mike G was voted in as our new PR subcommittee chair. Speaker Jam snow date, March 27 at MCC, 8th and Jamison. The Regional PR subcommittee came to Bedford for their subcommittee meeting. While there, they put on a PR workshop for quadrant #3. They bought lots of info and we ended with NA Jeopardy followed by a nice meal and fellowship. We want to thank the PR subcommittee for bringing all this good info to us. It was well attended. In attendance were PR, and H&I chairs along with RCM from this quadrant. Our H&I subcommittee would like the Central Atlantic Region to help put on a learning day sometime in May if possible. Next ASC meets on Feb 28th. ILS, Maria J, RCM

Shenandoah Valley RCM Report

The Shevana ASC has held four meetings since our 141st RSC meeting back on October 17th 2009. This Area continues to strive towards our primary purpose with 19 home groups and an average of 14 Home Groups being represented at ASC. We do 25 meetings per week. Our Area Service meeting is still averaging about an hour and forty five minutes to conduct business. We are getting newcomers to attend and help out. We meet the second Monday of the month in the Jim Barnett Park in Winchester Va. at 6:30 pm. (Joist Hite Room) Our Treasure mailed our last donation of \$100.00 into the RSC. We will mail the next donation in on Monday February 22, 2010. Shevana continues to grow as we have added the position of VRCC Alt. We have also added another Home Group called the Grass is Greener Group that meets in Strasburg Va. on Friday nights at 7:00 pm at 193 W. Washington St. Strasburg, Va. 22657. Here is the tally from the Regional Motions that were sent to Home Groups back in October; Motions: # 138-11 Pass; # 139-6 Pass; # 140-7 Pass; # 140-8 Pass; # 140-9 Pass; # 140-18 Pass; # 140-21 Pass; and # 141-17 Pass.

Shevana held annual elections at the January and February meetings. New trusted servants take positions in March. Open positions are Policy, H&I, VRCC Director, VRCC Alt. and Treasure. We do have a nominee for the Treasure. H&I are struggling with a lot of commitments and very few trusted servants. We are putting on a learning day in May in Winchester Va. to try and get some help. P&I have changed their name to PR= Public Relations. They are getting ready to print new meeting list and help H&I with their Learning Day. Outreach is doing a wonderful attending struggling meetings and group updates. Special Events is growing well and with the weather being as it has been we are grateful for there efforts. They are sponsoring a Sponsor- Sponsee brunch on Saturday February 27th, 2010 beginning at 1:00pm with speakers to follow. Literature is on the ball and purchased our Home Groups the CAR and working on getting the CAT reports. Or Policy committee just revised an updated version of our policy. We now have a Newsletter. We are exited about that. I bought a few copies here. We have an Ad Hoc committee to host the Regional Speaker Jam in September of 2010. We voted to

put in a bid at the next March Speaker Jam committee meeting with support from Brana Area. For anyone that needs my contact info, it is Randy D. 540-327-3335 e-mail is der12296@comcast.net. The Shevana website is www.shevana.org. ILS Randy D., RCM

Southside RCM Report

Hello Family, It's good to back at Region once again! Southside is growing, but we still finding it hard to get Trusted Servants on Home Group and Area levels. Due to the recent weather we did not have our December ASC. We resumed business January 17 in South Boston. In November we voted on the motions sent by our Region. We also discussed on having our ASC moved to the first Sunday of the month. The intent is to help in preparing for our Regional votes. We also discussed our Phone Line, and how ineffective it has been for years. The area gave the board a vote of confidence on whether to join in with the Regional Phone number. It was discussed and now we are connected to the regional Help Line. This is to ensure that if an addict reaches out they can get help. We are still working on our web page. It has not been voted on and there is discussion on the banners that pops up using tripod. Hopefully by our next Regional meeting we will have a link. Our open positions are as followed; Public Relations Chair, Public Information, and H&I, Alt-RCM and Alt-Treasure. Our next ASC will be held February 21 in Martinsville. ILS, Kevin Y. (Southside)

Tidewater RCM Report

Absent – no report

Tri-Cities RCM Report

Greetings to the Central Atlantic 142nd Regional Service Conference from the Tri-Cities Area Narcotics Anonymous. Our area service committee met at 2pm on Sunday February 7th 2010 at Poplar Springs Hospital in Petersburg, VA. There were 11 GSR's in attendance. We have 12 homegroups at this time. All service positions are filled at this time with the exception of area secretary and VRCC Alt. Area Vice Chair faithfully services the secretary position. Our H&I subcommittee carries the message to a regional jail facility and one treatment center. Public Relations Committee supports the unified meeting list and phonenumber and has two new members. We are looking forward to hosting an upcoming regional subcommittee as needed and or scheduled and ask for guidance on effective means to facilitate. In Loving Service, Akin S.

Old Business –

Motion 138-11

Mover: Don V. 2nd: Donna Mc.

Motion: To change policy to create a budget year for the region beginning on January 1 and ending on December 31. To change the duties of Treasurer to reflect submission of yearly budget in October. To change subcommittee duties to reflect submission of subcommittee budgets to Treasurer in August.

Intent: To coordinate the entire process for establishing the CAR budget.

Motion referred to Policy to report back at 139th RSC. Motion was not covered at the 139th RSC and has been brought back to the floor at the 140th RSC. The policy Subcommittee offered the following amended motion. After lengthy discussion and some secondary

amendments that were all accepted by motion mover the following motion is to go back to home groups for a vote.

New Motion:

To change Guidelines on page 11 under Treasurer Duties:

Change from:

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

Change to:

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

AND

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

Change from:

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

Change to:

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

Intent: Clarity and consistency.

Pros: Keeps the Treasurer and RSC budgets all on one calendar vs. 3 calendars as the process currently is. Keep it simple stupid. This will greatly simplify our budget process by eliminating the need for areas to vote on two separate budgets six months apart. These two votes are confusing and there currently is no mechanism in place to automatically adjust the existing budget.

Passed: 11-for; 0-against; and 0-abstain

Motion 139-6

Mover: Nancy S. 2nd: Harry M.

Motion: To waive the qualifications that 2 years as a member of CARNA member term because there is a question regarding clarity of policy.

Intent: That a member who is qualified and willing may be elected.

Motion sent to Policy by acting Chair for clarity and recommendation to be given at the 140th RSC.

At the 140th RSC the Policy Subcommittee came back with the following amended motion, which was accepted by motion maker and becomes the new motion 139-6.

Amendment made to replace old motion with new motion made by policy subcommittee and seconded by Harry.

New Motion: To change Guidelines on page 14 under Policy Chair Qualifications (B):

Change from:

(B) 2 years Central Atlantic Region, Regional Service Committee term.

Change to:

(B) 2 years regional and/or area Policy experience.

Intent: For consistency of qualifications of trusted servants on Regional level.

Pros: To serve as an attraction for a person with area policy experience to come and serve.

Puts consistency in our policy qualifications as currently written.

Cons: This motion will allow a trusted servant who has never attended or been exposed to the RSC and who may have never even seen the RSC policy to be qualified for the position at the regional level. There should be some requirement of regional experience for this position.

Passed: 9-for; 2-against; and 0-abstain

Motion 140-7

Mover: Policy Subcommittee 2nd: Akin S.

Motion: To change guidelines on page 11 under Treasurer duties:

Change from:

(B) Prepares simplified and comprehensibly written financial report quarterly and annually.

Change to:

(B) Prepares simplified and comprehensibly written financial reports for each RSC and annually at the GSR Assembly.

No pros or cons offered.

Passed: 11-for; 0-against; and 0-abstain

Motion 140-8

Mover: Policy Subcommittee 2nd: Akin S.

Motion: To add in guidelines on page 11 under Secretary duties.

(J) Submits written reports to each RSC Conference and an annual written report at the GSR Assembly.

Intent: To have consistency for duties of each officer and clarity in policy.

No pros and cons offered.

Passed: 10-for; 0-against; 1-abstain

Motion 140-9

Mover: Cynthia W. 2nd: Akin S.

Motion: To make Outreach Subcommittee project driven.

Intent: To have in place on an as need basis.

Motion referred to Policy by Chair for impact statement. Report back to the 141st RSC.

Pros & Cons

Con: by Greg G – It could possibly slow down response time in responding to a specific need.

Pro: Will improve response time by allowing RSC Chair & body to appoint either an individual or Ad Hoc Committee depending on the need. If an individual is appointed, no committee meeting would be necessary and if an Ad Hoc is formed, it would meet at the same time that a standing committee would have to meet.

Impact Statement from Policy

The impact of making Outreach project driven will be minimal which includes: 1) saving Region money; 2) saving time of holding meetings and reporting at RSC; 3) having individual situations addressed as needed at RSC; 4) address need of Ad Hoc Committee or a point of accountability at that time; and 5) reduce responsibility of Chair or Vice Chair holding meeting in absence of elected Chair.

Passed: 9-for; 1-against; and 2-abstain

Motion 140-18

Mover: Shawn C, 2nd: Dustin C.

Motion: To make a change in policy under section XV Service Districts, letter C: Currently reads: The region and its subcommittees will rotate their meetings throughout the four quadrants.

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

Intent: To allow the speaker jam subcommittee to meet in the area hosting the next event, maximizing participation.

No pros or cons offered.

Passed: 11-for; 0-against; and 0-abstain

Motion 140-21

Mover: Etta S. 2nd: Akin S.

Motion: To include in policy that the delegate team attend the World Wide Workshops as part of their duties.

Intent: To collect information to better inform our region about information released for our knowledge.

Motion referred to Policy by Chair for impact statement and placement in policy. Report back to 141st RSC.

Pros & Cons:

Pro: To have in writing “policy by practice.”

Impact Statement from Policy

Amendment to Policy

To add on page 12 under Regional Delegate Duties D: To allow the delegate team to attend in non conference year the nearest World Wide Workshop.

Intent: To collect information to better inform our region about information released for our knowledge.

Passed: 10-for; 0-against; and 2-abstained

Motion 141-15

Mover: Etta S. 2nd: Greg G., RANA RCM

Motion: For the Delegate Team to attend the Florida Service Symposium on off conference years instead of MARLCNA. This Symposium offers World Board participation,

had a suggestion that she had to check into and will bring in paperwork after her research. It was left with the understanding that there needs to be a long standing solution to the mail issue.

VRCC Financial Report: It was asked, when can we expect an report, and it was indicated by Jim, hopefully at the March meeting.

It was suggested by the chair to continue business until 6:30 and the Activities Chair checked with hotel as to how long we could overstay. We were allowed to stay until 6:30. RCMs voted and it passed with 10 agreeing to stay.

Break @ 5:30-5:50 reopened with Serenity Prayer

We continued with Don reading of the money motions that were budgeted totaling \$1577.92 and one motion covered those payments: 12 for; 0 against; and 0 abstain.

Mike E. addressed subcommittee and who is responsible. He wanted to submit his schedule as he has spoke with the subcommittee chairs and worked it out. There was indication to motion 132-10, June 25, 2008 at the 133rd RSC, motion to assign accountability. This will be addressed at the 143rd RSC.

New Business –

Motion 142-1

Mover: Norman C. – Piedmont, RCM 2nd: Greg G. – RCM, RANA
Motion: Waive reading of minutes.
Intent: To save time

Motion passes with 9 in favor; 2 against and 1 abstain.

Motion 142-2

Mover: Norman C – Piedmont, RCM 2nd: Greg G. – RCM, RANA.
Motion: Approve 140th RSC minutes with corrections: fix Greg H. (Rapp) to Greg G.; Maria J was indicated as being present and the Alt. RCM, she was absent and she is the RCM; and clarification of motion 140-16.
Intent: To save time.

Motion passes with 11 in favor; 0 against; and 1 abstain.

Motion 142-3

Mover: Norman C. – Piedmont, RCM 2nd: Eddie W. – RCM, Appalachian
Motion: To 141-15 to 143rd RSC for delegate team to get financial impact.
Intent: To have full information.

(See old business)

Motion 142-4

Mover: Greg G. – RCM, RANA 2nd: Norman C – Piedmont, RCM
Motion: To table 141-18 to the 143rd RSC to allow AD Hoc to obtain proper information.
Intent: To have all information to make a proper decision..

(See old business)

Motion 142-5

Mover: CARNA PR Chair . 2nd: Tri-Cities RCM, Akin S.

Motion: To request \$125 to cover cost associated with hosting a CARNA quadrant PR workshop on March 20, 2010.

Intent: To continue information sharing discussions with area Public Relations/Public Information subcommittee members for the purpose of assisting all member with PR service work.

Motion passes with unanimous consent.

Motion 142-6

Mover: Shawn C. 2nd: Nancy S.

Motion: To receive a check for \$200.00, payable to Tandy Wood, to pay for recording of March, 2010 speaker jam. Money is out of already approved budget.

Intent: To continue to maintain archives of each speaker jam and close to allow addicts that can't attend to hear the message carried that day.

Motion passes with unanimous consent.

Motion 142-7

Mover: Shawn C. 2nd: Nancy S.

Motion: To receive a check payable to Shawn Crawford for \$300.00, the remaining amount budgeted for the March Speaker Jam.

Intent: To pay for use of Wesley Foundation, coffee, cups, tea, condiments, etc. as well as to replenish the literature, IPs, etc, available at each speaker jam. Receipts and any left over funds will be bought to the next RSC in April, 2010.

Motion passes with unanimous consent.

Motion 142-8

Mover: Mike E. 2nd: BRANA RCM

Motion: To have Don V. (treasurer) send a check for \$100 to "Quality Catering & The Gallery"

Intent: To secure the facility hosting our 143rd RSC and GSR assembly.

Motion passes with unanimous consent.

Motion 142-9

Mover: Akin S. 2nd: Robert W.

Motion: To pay all budgeted items totaling \$1539.96.

Intent: To be responsible for our debts.

Motion passes with unanimous consent.

Motion 142-10

Mover: Greg H. 2nd: Robert W.

Motion: To reimburse the RD Travel expenses to MARLCNA Feb. 12-14, 2010 of note the amount requested is \$37.96 more than the itinerary which was passed in October, which equaled \$47.94 over budget.

Intent: To comply with the 7th tradition.

Motion passes with unanimous consent.

Motion 142-11

Mover: Norman C., Piedmont RCM 2nd: Eddie W. Appalachian RCM

Motion: To provide the literature Ad-Hoc subcommittee a budget of \$300 to hold 4 workshops, one in each quadrant, to review the next 3 chapters of the proposed new book "Living Clean: The Journey Continues."

Intent:

Motion passes with 11 in favor; 0 against; and 1 abstain.

Motion 142-12

Mover: Etta S. 2nd: Marvis B.

Motion: To allow RDA to attend the WSC Apr. 24-May 1, 2010. Flight & Hotel \$1,196.46; \$35 per diem x 9 days = \$315; shuttle \$100 = \$1611.46

Intent: To accept the itinerary to allow the RDA to fulfill her service commitment to carry our voice to the WSC.

Motion passes with unanimous consent.

Motion 142-13

Mover: Donna Lee P. 2nd: Eddie W. Appalachian RCM

Motion: To approve itinerary for RDA2 to attend WSC April 2010; \$1202 Airfare & hotel; \$58 Super shuttle; \$350 @ \$35 per day for 10 days per diem; \$25 baggage check for a total of \$1,635

Intent: To allow the RDA2 to fulfill her duties

Motion passes with unanimous consent.

At end of all money motions, which was 6:30pm, the extended time for continueing business, it was unanimous to hold or withdrawn any motions that was not addressed.

142nd RSC closed at 6:30 pm with Third Step Prayer.

Next RSC to be held @ Quality Catering & Gallery in Martinsville, VA on April 17, 2010 and OPEN FORUM STARTS AT 11AM. GSR Assembly held April 18, 2010 in Martinsville @ Quality Catering & Gallery.

Thanks for allowing me to serve,
Sabrina Mc.
CARNA Secretary