

**143rd Central Atlantic Region
Regional Service Committee
Meeting Minutes
April 17, 2010 in Martinsville, VA**

Open Forum – (began at 10:15 am)

Topics of Discussion:

1. Why donation to World Service so low? Treasurer stated we gave every penny we had over prudent reserve. Donations low to WS because donations to RSC were low. (There was back and forth, general conversation for ½ hour on this one topic.)
2. Help BRANA with better communication link with literature? It was stated, if something particular you want workshops on, contact the Delegate team and they'll be glad to get with your area. As RCM duties, get pertinent info from World Services to groups, groups to WS and share in area. NAWS News has info that would keep you informed. Website – technologies - workshops.
3. Communication with response to email in bulk. Being told that it foster the atmosphere of recovery. Starting on the floor we need to listen to who is speaking without side conversations (another topic with about 15 minutes of general conversation and good suggestions)
4. Any area missing from floor will be referred to Outreach – what does that mean? It was stated that Outreach is project driven right now and that when areas do not send an RCM for two (2) consecutive RSCs, someone will be appointed a point of contact to find out what is going on.

Open Forum closed at 11:10am

RSC opened with the Serenity Prayer at 11:30 a.m.

Purpose read by Lawrence E., 12 Traditions read by Norman C., 12 Concepts read by Mike G.

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

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

Etta S. - Convention Bid Ad Hoc Chair
Etta S. – Liability Insurance Ad Hoc Chair
Norman C. – Literature Ad Hoc Chair
Eddie W. – Appalachian RCM and Karen M., Alt.
Robert W. – Blue Ridge RCM
Stephen W. – New River Valley RCM (newly elected)
David Mc. – Outer Limits RCM
Marvis B. - Peninsula RCM
Norman C. – Piedmont RCM and Lawrence E (newly elected RCM Alt.)
Nancy S. – Richmond RCM
Report submitted by Area Member (Mike G.) – Roanoke Valley
Randy D. – SHeVANA RCM
Kevin – South Side RCM

Areas not present – Almost Heaven; New Dominion; Rappahannock; Tidewater; and Tri-Cities. Rappahannock RCM relocated, and Alt. was on way with RDA, but was called into work. Points of contact was appointed to get in touch with Almost Heaven and Tidewater areas.

Recognition of New Attendees –

Lawrence E. – new RCM Alt for Piedmont
Patrick S. – GSR, Rappahannock
Trish R. – GSR, Almost Heaven
Kenny F. – GSR, Rappahannock
Kim C. – new VRCC Chair
Stephen W. – new RCM for New River Valley

Establishment of Quorum – **AM session:** 9 RCMs/RCM Alts present, 1st Quorum met.
PM session: 9 RCMs/RCM Alts present, 2nd Quorum met.

Reading and Approval of Minutes – Motion 143-1 maker: Norman C. to waive reading of the 142nd RSC minutes. Second: David M. Motion passed
Motion 143-2 maker: Norman C. to approve 142nd RSC minutes with corrections: correct attendance to indicate Norman as Literature Ad Hoc Chair, present; Etta S as Insurance Ad Hoc Chair, present; and change last sentence in Open Forum to read per request of BRANA RCM by email (see motion section). Second: David M. Motion passed

Trusted Servant Reports -

Chair Report

I would like to welcome everyone to the 143rd Central Atlantic Regional Conference. It's always an exciting time during our 2-day regional. It's a wonderful opportunity to fellowship, learn and do service in our fellowship. At this time I would quickly like to point out a few duties of the chair person to possibly clarify any misunderstanding:

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(M) Responsible for arranging and conducting emergency phone conference calls as needed.

I did not delegate this responsibility to anyone and when there appeared to be a misunderstanding sent an email stating this. So I continued to do as directed by our groups via our guidelines and poll the rcms regarding the cancellation of the December 2009 RSC.

9A. STANDING AND ADHOC SUBCOMMITTEE CHAIR DUTIES (other than Policy Chair) (117th)

(A) Compiles a report for every RSC consisting of:

- 1) Activities since last conference.
- 2) Recommendations.
- 3) Reports on motion committed to subcommittee.
- 4) Itemized expenses.
- 5) Plans including itemized projected expenses of upcoming events.

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(H) Is ultimately responsible to see that all duties and responsibilities of RSC officers are carried out to completion. In the absence of any officer or officer's action, the Chair sees that the duties and responsibilities are carried out.

I am submitting with my chair's report the Activities Subcommittee minutes not reported on at the 142nd. This also included the following motion:

- Donna Lee P. made a motion (seconded by Norman C.) that the Activities Subcommittee make a motion at the 142nd RSC to reschedule the Regional Subcommittee Meetings in January to the fourth weekend. Intent: To ensure that those participating in the Regional Subcommittee Meetings be able to attend the Regional Convention.

* Motion Passed (8 in favor, 1 opposed, 2 abstaining)

The application of this motion(discussion to clarify whether this motion was only applicable for the 2010 regional convention was not discuss at the 142nd since a subcommittee activities report was not included. This motion would would also resolve any further conflicts in January with our Regional Convention.

Section VI: NOMINATIONS OF OFFICERS

2. In the event of an unexpected/early resignation of an RSC trusted servant, the Chair will send a letter to the Areas requesting that nominations be presented at the next Conference.

At the first of the week an email letter will be sent out to RCM's requesting nominations be brought to the 144th for Activities Chair.

Now back to this weekend. If this is your first time please come back....Our fellowship and service to it can be challenging but so is living clean in a real world. But the core of everyone here is their love and passion for our fellowship and to uphold our primary purpose to carry our message of recovery.

Please feel free to ask any questions. Our conference at this time is parliamentary so please understand if we answer at a different time. Please write questions and sit next to an RCM or a member of the admin. Please enjoy this weekend and learn more about our fellowship. ILS Sherry V., Chair Central Atlantic Region.

ACTIVITIES SUBCOMMITTEE (11:45 - 12:00): Activities Chair Mike E. presiding.

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

- Mike E. read his Chair report.
- Schedule for upcoming Regional Subcommittee Meeting in January at the Va Beach Recovery Club from 10:00 to 5:00.

- 1) Policy (10:00 - 11:00)
- 2) H&I (11:00 - 12:00)
- 3) Outreach (12:00 - 12:30)
- 4) Literature Review (12:30 - 1:00)
- 5) Lunch (1:00 - 2:00)
- 6) Inventory (2:00 - 3:00)
- 7) Activities (3:00 - 4:00)
- 8) Speaker Jam (4:00 - 5:00)

Upcoming RSC's:

December - Covington

February - Roanoke Rapids

April - Martinsville, Danville or South Boston - TBD (143rd RSC & GSR Assembly).

Upcoming Regional Subcommittee Meetings:

January - Virginia Beach

March - Farmville

- Discussion was held regarding the lunch to be provided at the GSR Assembly in April. One potential location would discount the cost of accommodations/facility if catering were included in the package. Other options were discussed (standard pizza delivery, boxed lunches, buffet, etc...). Chair discussed the issue of difficulty finding a location that would be "all inclusive" (accommodations and meeting facility at the same site). May be difficult to find an all-inclusive location within the quadrant.

- Discussion began regarding the scheduling/location of the Regional Subcommittee Meetings in January and how it conflicts with the scheduling of the AVCNA (that the trusted servants

participating in Regional Subcommittees would be unable to attend the AVCNA). Several members expressed their opinions regarding the conflict (that it would undermine Subcommittee participation).

Some solutions/recommendations:

- Schedule it for the 4th weekend in January.
- Schedule it for the same weekend but on Sunday rather than Saturday (to reduce excessive travel).
- Make a motion at the 142nd RSC that it be rescheduled.

- Mike E. reminded the subcommittee that each of these concerns had been addressed/discussed previously at Region and that it had been determined the scheduling would not change regardless of the conflict.

- Members reiterated the need to address the scheduling conflict by way of a motion at the 142nd in December.

- Mike E. touched on the fact that the location of Regional Subcommittee meetings are determined by rotation where as the location of the AVCNA is determined by bid (that it would continue to be an issue each year). He would favor the disbanding of the January subcommittee meetings all together (in lieu of reports) as opposed to trying to schedule around the potential conflict.

- Some felt that scheduling the of the regional subcommittee meetings at the convention would be best. Sherry V. brought up the fact that any attempt to do so would infringe on the schedule already established by the convention subcommittee.

- Mike E. asked for a consensus regarding the issue:

- Donna Lee P. made a motion (seconded by Norman C.) that the Activities Subcommittee make a motion at the 142nd RSC to reschedule the Regional Subcommittee Meetings in January to the fourth weekend. Intent: To ensure that those participating in the Regional Subcommittee Meetings be able to attend the Regional Convention.

* Motion Passed (8 in favor, 1 opposed, 2 abstaining). Motion to close (passed unanimously).

Vice Chair Report

Verbal was given on the regional floor, however, hard copy or email was not received as of this date (5/1/10).

Secretary Report

Hello Family,

There are a few copies of the 142nd 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 agendas on the table.

One thing I would like to address that would help me best serve this body is that, if there are things that you don't want in the minutes, you need to find the proper wording for what you are saying. I may not get everything word for word, but I do my best to get as much as I can. Which that raises another issue, it would help me if we all tried not to talk out of turn and speak clearly. If you think I am not getting the pertinent information in the minutes, please write what you say, so that I will get it all addressed. If that is too much added work, then please bare with me. As stated in an email addressing a change that was requested, "All changes and corrections will be made at the RSC floor, as the procedures are to approve and correct there. If I was to make changes and corrections every time I was asked, I would be sending out too many copies of the minutes." I do my best to write what I hear and get as much information as possible in the minutes. If I make a mistake of hearing something, I apologize. I do not take shorthand, but I am trying to find a shortcut in getting everything down.

I received an email from William T., requesting that information be distributed about the PACNA 20 being held June 11-13 at Heavenly Acres in Standardsville, VA. The website is <http://www.heavenlyacres.net> and the number to make reservations is 434-985-6601. I think this is information that should have been directed to the webmaster to place on the website, however, I did not get that opportunity to take care of that. Due to my computer being down a lot in the last few months, and my busy work and family schedule, I don't really go into that email. After I do the minutes, I believe my CARNA duties have been done, but I will check the policy to clarify that and I don't want things sitting in there waiting for me to address it, especially if it is time sensitive.

I have copies of our RSC contact list for those that need it and that should be used to pass on pertinent information about what is going on in the region.

On another note, I need to let everyone know that I will not be available for the next RSC in June due to going on vacation. I will be out of town from June 12 through June 25. I apologize for the inconvenience. 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

Treasurers Report

Verbal was given on the regional floor, however, hard copy or email was not received as of this date (5/1/10).

Regional Delegate Report

Hello Family,

The busy season is in full force with the delegate team. As we prepare to embark on our trip to the World Service Conference at the end of next week; here is what has been happening since the last Regional conference: We hosted four Conference Agenda Report (CAR)/Conference Approval Track (CAT) workshops throughout our region. The workshops were held at Pembroke Manor United Methodist Church of Christ in Virginia Beach on 3/6/10; The Wesley Foundation in Charlottesville on 3/14/10; The Burrell Center in Roanoke on 4/3/10; and finally First Presbyterian Church in Hopewell on 4/10/10. There was great participation during these sessions! The following is a list of expenses: Rent- \$50 (The Wesley Foundation <paid>), \$75 (Pembroke Manor United Methodist Church of Christ <paid>), \$75 (First Presbyterian Church <unpaid>), and \$50 (The Burrell Center/ Blue Ridge Behavioral Healthcare <unpaid>) total: \$250; Supplies- \$19.96 (Post-It notes), \$46.83 (Copies of Flyers) total: \$76.76; Food- \$67.25

(Hopewell), \$56 (Charlottesville), \$42.38 (Virginia Beach), total: \$165.63 ; Food Supplies (coffee etc.)- \$12.56 (ice), \$46.37 (sodas), \$28.81 (coffee, creamer, sugar, cups) total: \$87.74; with a grand total of \$580.13 of note, I was supposed to get receipts from the RCM from Roanoke for food items, however they were not given to me so I am unable to ask for reimbursement at this time for these expenses. I received payment in the amount of \$265, and am asking for \$190.13 reimbursed minus the amount of rent for \$125 (\$50 for Blue Ridge Behavioral Healthcare, and \$75 for First Presbyterian Church) where I am asking that the treasurer write checks to these facilities. Total budgeted for all four workshops was \$1200. Upcoming in July will be the Autonomy Zonal Forum hosted by Greater Philadelphia Region, the location has yet to be determined so my itinerary is an estimate and it is as follows: \$70-gas, \$10-toll(s), \$80-hotel, \$52.50- per diem (11/2 days); total: \$212.50. I am hoping that I will not need to get a hotel room, but included the cost of a hotel in case I am unable to find free accommodations. I will be submitting a motion to approve my travel itinerary during new business.

I received a copy of an Article from a member of this region that speaks on the Public Relations (PR) efforts in conjunction with the World Convention that was held in Barcelona Spain. Some of the hotspots of the article were: *“The challenges we faced in that task (NA was introduced in person to the most influential drug-recovery institutions in order to explore together possible ways of collaboration) included the near-total ignorance about the organization (NA) and fear of its potential influence”*; Press coverage included more than 6 television, 9 radio, and 40 written media hits from Spain’s main media outlets; Data confirms that calls to NA hotlines have tripled since the beginning of 2009 and more than ten new meetings were created all over Spain in locations including Castell`on, Barcelona, Viladecans, Seville and Bilbao. And Lastly *“This communication campaign has allowed Narcotics Anonymous to take a big step forward and to grow as a powerful support arm for all addicts on their way to recovery. Love without Borders”*. In my humble opinion this is an example of PR work at its finest!

Recently, I received in the mail from World Services The Conference Report, Regional Reports, Draft Record from WSC 2008. In the Conference report there is a section which includes a report about the work of the service system project including thoughts on seating, and the board’s ideas about possible structural models for the service system. To be honest since I just received this information late last week, I have not had the opportunity to read through this material thoroughly at this point. I will however make sure to become familiar with it this upcoming week prior to the conference.

I want to make this body aware that my position will be over in October, I realize this is some time off, but I want to keep this body aware so that there is ample time to consider potential nominees for the RDA-2 position so that we don’t go too long without an RDA-2 like we did recently. There are many, many, many responsibilities with being a member of the delegate team (of which I did not fully appreciate until the last few months) that takes time to understand and I am hopeful that the next RDA-2 will be able to get as much experience as possible before having to move into the RDA position. Please consider possible nominees for this soon-to-be open position so that the next RDA will get as much experience as possible. I look forward to seeing everyone tomorrow at the GSR Assembly! With Love of the Fellowship, Greg H. RD
Central Atlantic Region

Regional Delegate Alternate Report

Hi Family, It has been a busy time for the delegate team in preparing for the upcoming WSC, We have presented 4 CAR/CAT workshops, in Virginia Beach, Charlottesville, Roanoke and Hopewell. Although, the attendance was moderate the enthusiasm was good and we presented content worthy of the attention. I am looking forward to the upcoming GSR Assembly. In researching the expenses for the upcoming WSC trip I realized that there is an additional expense for travel. The airline now charges for baggage and it is 25 dollars for each transfer. So I will be submitting another 100 dollars to my previous itinerary for this trip. I am also submitting my itinerary for the upcoming Autonomy Zonal Forum in July. It will convene in the Greater Philadelphia Region this time. It will consist of gas 40 x2 =80 hotel (based on avg in the area as we do not have an exact location yet) 119+ tax =139.00 35 x1 per Diem = \$254.

I am also submitting my gas receipts today for travel to the CAR workshops for a total of \$117.02. Also, in order of importance, The Living Clean Project is being work shopped in our region. It is a very fine project that you can participate in. Please see our regional website for times and dates in your quadrant and join Norman for review and input. ILS, Etta S.

Regional Delegate Alternate II Report

Brevity is not my strong suit but being as this a CAR year, it's growing on me. I have enjoyed participating in the 4 CAR workshops around the region. I appreciate all of the help we had in making the arrangements including the fabulous food made by Maria in Roanoke. I also sent a thank you card from the delegate team to John S. from Richmond who was so generous in allowing us to use his projector and screen for all of the workshops and for the GSR assembly as well. I do think we should move forward in obtaining our own equipment for use by the region when it is possible to do so. I believe it is too big of a liability risking damage to an individual's personal equipment.

I believe it would be best to prepare line item budgets for the workshops. That way it would be clear to all what funds are available for flyers, food, rent and all of the other miscellaneous expenses we need to be well prepared and effective in putting on these types of events.

I have prepared my itinerary for the Zonal Forum to be held in Philadelphia in July. I am submitting one receipt for gas, one tank for travel to the 4 car workshops. I also have brought in a receipt for Super Shuttle expense to and from the hotel and the airport for the WSC. I will be requesting a check today to cover the per diem for the WSC as well. You all have my permission to ask me if I finished my 7th step on the flight. Thank you for the opportunity to serve. I look forward to the rest of this weekend of work, fun, and fellowship.

In Loving Service

Donna Lee P.

Itinerary Zonal Forum July 2010, Philadelphia: Gas and tolls-\$65, per diem \$35, Hotel-\$125 (including fees and taxes) for a total of \$225. I plan to stay on Friday night prior and come back after zonal on Sat. I am willing to share a room.

VRCC Chair Report

Verbal was given on the regional floor, however, hard copy or email was not received as of this date (5/1/10).

Activities Chair Report – no report received as of this date (5/1/10)

Subcommittee Schedule for May 15th, May 15th, 2010

Policy 10:00am-10:50am

Act. 11:00am-11:50am

PR 12:00pm- 12:50pm

Inventory 1:00pm-2:00pm

H&I 2:00pm-2:30pm

Convention Bid 2:45pm-3:30pm

Insurance 3:30pm-4:30pm

Location:

Church of Our Savior

1165 Rio Rd.

Charlottesville , VA 22901

Fee \$20.00 per subcommittee meeting

Hospitals & Institutions Chair Report – position vacant

Policy Chair Report -

Verbal was given on the regional floor, however, hard copy or email was not received as of this date (5/1/10).

Public Relations Chair Report – no report received as of this date (5/1/10)

Speaker Jam Report

Dear family- We held the last Speakerjam in Charlottesville, VA on March 13, 2010. It was a huge success, very well attended and a strong NA message of recovery was presented. Thank you Piedmont area, especially Norman C and Tee T for all your help and service. Financially out of the \$500 budget, we spent \$200 for the recording, \$50 for rental of the hosting facility, and \$114 on food. We are providing receipts today and \$136 leftover from the original budget. The Shenandoah Valley Area presented the only bid to host the next event, which will be held at the Clearbrook Park in Clearbrook, VA on September 11, 2010. This is located just outside Winchester, Va. Flyers are available and please take them back to your areas.

We held our last subcommittee meeting on April 8th with six people in attendance at the St. Lukes Baptist Church in Berryville VA. We will be meeting there again on May 20th at 6pm. At the last meeting topics were selected for the next event, leaving us only to find 16 speakers. Please if you know someone in your area with a strong message of recovery as experienced through narcotics anonymous pass their information on to us as we are looking for them. We are also requesting a check for Melissa E to pay for the next host facility. We had to prepay in order to make the reservation; a motion for this was submitted.

Finally my commitment as chair will be fulfilled at the close of the next RSC. Please pass this on to your area. Also I would like to say other than the travel this has been a very easy position to fulfill with great rewards. ILS, Shawn C

Ad Hoc Literature Review Chair Report

Since the last RSC, the Ad-Hoc Literature Review Sub-Committee met on March 20th in

Farmville and I have the following to report:

1. Chapters 3, 4 and 5 of *Living Clean: The Journey Continues* were released for fellowship review and input ahead of schedule. The three chapters, however, together total 68 pages in length. The deadline to submit comments concerning the 3 chapters is June 30, 2010;
2. The four workshops, one in each quadrant, have been scheduled, as follows:
 - a. Quadrant 3: April 24, 2010 from 2-6 pm at Holy Name of Mary Catholic Church, 1307 Oakwood Street, Bedford, VA 24523. This Workshop will be facilitated by Eddie W.
 - b. Quadrant 1: May 1, 2010 from 1-4 pm at the McShin Foundation, Hatcher Memorial Baptist Church, 2300 Dumbarton Road, Richmond, VA 23228. This Workshop will be facilitated by Nancy S.
 - c. Quadrant 2: May 8, 2010 from 1:30-5 pm at Edgehill Recovery Retreat Center, 315 E. Cork Street, Winchester, VA 22601. I will be facilitating this Workshop.
 - d. Quadrant 4: June 12, 2010 from 12-5 pm at SpiritWorks Foundation Center for the Soul, 5800 Mooretown Road, Williamsburg, VA 23188. This Workshop is currently scheduled to be facilitated by Amanda H.
3. Because of the voluminous nature of the material it was decided to begin each Workshop on a different chapter in case there is not sufficient time to discuss all 3 chapters at each Workshop;
4. Eddie W. has produced a flyer, which has already been posted on the Region's website and which are available today and will be available at the GSR Assembly tomorrow; containing the above information;
5. All input gathered at each Workshop will be forwarded to me. I will then transmit all the input to World Services;
6. Due to the length of the material, it was decided to only make 5 copies per Workshop and to use copies from earlier Workshops at the later ones. I expect that all 4 Workshops will come in within the \$300 budgeted at the last RSC;
7. The sub-committee will not be meeting in May, but will meet in July to evaluate the success of the Workshops and begin planning for the Workshops in the fall when the final 2 chapters are scheduled to be released for review and input.

Again, I want to thank all the members of the sub-committee for their hard work. Thank you for allowing me to be of service. ILS, Norman C.

Ad Hoc Committee-Regional Inventory

Verbal was given on the regional floor, however, hard copy or email was not received as of this date (5/1/10).

Ad Hoc Committee-Regional Insurance

I did not make the last sub-committee meeting as I overbooked my schedule and wrote the date down as Sunday .I am having to re- do the quote with current numbers for an updated quote to

present to you. The last quote was given over a year ago and the number of meetings in our area has changed and I am sure the cost of insurance has slightly changed. Now that our regional report has been completed and I have proper numbers, I should have a new quote completed shortly. The last quote that I had from last year was lost from my computer in a computer crash along with the last year RSC reports. I will research the notes online until I can find the last report to compare costs upon presentation of the new insurance quote. ILS, Etta S.

Ad Hoc Committee – Convention Bid

I am reporting that I have collected two of the bits of information on costs to submit the bid by June to the VRCC . I overbooked my schedule for the last sub-committee meeting and for some reason put it on my calendar to meet that Sunday instead of that Saturday. I apologize for that oversight, however and working diligently non-the –less on having the bid prepared and delivered by June. ILS- Etta S.

Break 1:05-1:15pm, Re-convened at 1:20pm with serenity prayer.

Area Reports -

Almost Heaven RCM Report- absent, no report

Appalachian RCM Report

Hello family,

- There are 12 groups currently meeting in the Appalachian Area.
- There were 8 GSR's present at our last ASC on April 11th, 2010.
- There are currently 4 trusted service positions open at the Area level. These include: Treasurer, Co-Treasurer, VRCC Rep, and VRCC Alternate. Clay M. was acclimated into the Policy Chair position, and John B. and continues to serve as Area Treasurer as we wait for nominations.
- *Outcome of Regional Motions sent back to groups at the 142nd RSC:*
140-17: YES
- Beginning on March 5th 2010 our H&I subcommittee has maintained a new commitment every Friday night from 6:00 to 7:00 pm at the Camp Nine Facility in Rustburg. Currently just two members have been approved by the Department of Corrections (myself and Jim H.) to carry the presentation into that facility. The subcommittee continues to focus on submitting additional applications to the facility so that alternates can be established.
- Our Special Events subcommittee has scheduled a Spades and Pool Tournament for April 24th, 2010 from 1:00 to 6:00 pm in the basement of the Gateway in downtown Lynchburg at the corner of 12th and Church Street. For anyone not interested in participating in the spades and pool tournament, the first of four Literature Review Workshops has also been scheduled for April 24th, 2010 at the Holy Name of Mary Catholic Church in Bedford Virginia from 2:00 to 6:00 pm. This is an excellent opportunity for all GSR's, RCM's, their respective alternates, as well as any other member in Quadrant 3 (consisting of the Appalachian Area, New River Valley Area, Roanoke Valley Area and the Southside Area) to offer input which may affect the overall scope of our fellowship's literature. A second special event (a dance) has been scheduled for Saturday, May 15th from 9:00 pm until at St. Andrews Presbyterian Church on Timberlake Road. Join us for an evening of food, fun and fellowship at the first annual "Spring Fling Dance"

(fellowship will be provided; covered dishes are welcome, particularly if there's something in them).

- The Appalachian Area is currently operating below its \$600.00 prudent reserve therefore we are unable to make a Regional donation at this time.

Flyers of the above mentioned events are available for download at the regional website. Also, our newly elected Alternate RCM, Karen M., had requested that she receive copies of the minutes (but has not). Her email address is moontime05@gmail.com. ILS, Eddie W.

Blue Ridge RCM Report

Dear Regional Members:

BRANA now has thirteen Home Groups in the Area. Our current trusted servant position vacancies are: Vice Chair, RCM Alternate, and Secretary. We do, however, have a nominee for Secretary.

Persistently, 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". BRANA's 7th Tradition donation to CARNA has been given. ILS, BRANA RCM

Robert W

Attachment: *BRANA Campout FLYER*

New Dominion RCM Report - absent, no report

New River Valley RCM Report

Hello family, My name is Stephen W. and I am honored to be the new RCM for the NRV area.

We currently have 13 meetings with 9 home groups. We have just held elections and are still in the process of changing positions. The area did not get our donation to me in time and will be

brought to the next RSC. We still have the following positions open: Vice chair, RCM Alt.,

Outreach and VRCC. We have formed an Ad hoc committee to handle these positions until they

are filled, or 2 months, whichever comes first. The only events coming up that I know about for

sure are: THE BOOK OPENS HERE is having a cookout with Tommy L from Greensboro, NC

as a speaker at 6pm (as well as others) from 1pm until __pm. Bring a covered dish if possible.

1648 Pipers Gap Rd, Galax, VA 24333. If anyone would like a flyer for this event emailed to

them, please see me. We have a new activities chair and I'm waiting to find out the dates of our

spring picnic and our summer campout. Our campout is held in the Alta Mons Campground in

Allagany Springs – Camp Alta Mons, 2842 Crockett Springs Rd., Shawsville, VA. Usually held

in late June. The Floyd Group, Together We Can is having a campout in Floyd in August, more

details on my next visit. I am looking forward to serving with you. ILS, Stephen W.

Outer Limits RCM Report

Hi Family, our last ASC meeting was attended by three (3) GSRs of the Five (5) home groups in our area. I have a donation for the region in the amount of \$752.79. I am happy to report that due

to elections our area survives for another year. We have filled the following positions: Chair,

Vice chair, secretary, treasurer, VRCC Rep., and Literature subcommittee chair. Positions still

open are Alt. Secretary, Alt. RCM, Alt VRCC Rep., H&I Chair, Alt. Literature, Public Relations

and Policy Chairs. We are currently providing two (2) H&I commitments with 6 meetings

monthly. Our current attendance has the message of recovery reaching 80+ addicts with an

average of 10 newcomers. Attached with this report are two months (Feb. & Mar., 2010) of our

ASC minutes. ILS, David M.

Peninsula RCM Report

Good afternoon family, The Peninsula area currently has 43 home groups with 23 present at the Mar. 6, 2010 ASC meeting. We now meet at Warwick United Church of Christ located at the intersection of J. Clyde Morris Blvd and Jefferson Ave, Newport News, VA the first Saturday of the month at 4pm. Our subcommittees meet at 2pm at the same location (Activities, PR & Literature). H&I and Policy subcommittees meet the 1sts Sunday of the month at Riverside Behavioral Center located on Executive Dr, in Hampton. Policy 1pm and H&I 2pm. We currently carry 13 commitments on H&I where all is well. We are currently in the process of revising and updating our current policy handbook and are also in the process of conducting an area inventory and audit. We currently have the treasurer and vice treasurer positions open along with the policy vice-chair. Our area is in a rebuilding stage and we are enthusiastic about bringing forth the information to strengthen our service structure, therefore better serving the groups and the addicts that still suffer. I did talk to the ASC about possibly having a learning day which would encompass, the assistance of the regional subcommittee chairs. We have no donation this RSC. *Tentative date Aug. 14, 2010 (learning day) ILS, Marvis B., RCM.

Piedmont RCM Report

Greetings from the Piedmont Area.

- A. There are currently 17 home groups carrying 28 meetings each week;
- B. There were 15 GSR's present at the most recent Area Service Committee meeting;
- C. There are currently no open trusted servant positions in the Piedmont Area;
- 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. In group news, one home group folded due to lack of support, one home group added a second meeting night and a new home group started holding meetings;
- F. In area news, the Piedmont Area hosted the Spring 2010 Regional Speaker Jam on March 13th, which was a huge success. It is estimated that more than 150 people attended during the course of the day. Thank you to all who participated and attended; Due to planning for PACNA expenses, the area will not be making a donation to the Central Atlantic Region at this time;
- G. In sub-committee news, the Public Relations Sub-Committee has decided to have all telephone calls to the Piedmont Area's phone line temporarily forwarded to the Region's phone line;
- H. The Piedmont Area has no concerns at this time;
- I. The Special Events Sub-Committee is in the midst of planning PACNA XX, which will take place June 11-13 at Heavenly Acres Camp Ground, 2010 Madison Road, Stanardsville, VA 22973. The theme is "The Power of the Circle." There will be 4 main speakers and workshops will be held throughout the weekend. In addition to planning PACNA, Special Events has also begun a 3 month capture the flag competition that is designed to increase

attendance at struggling meetings and increase home group cohesion. The winning home group will be crowned at PACNA;

- 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, May 2, 2010 at 4 p.m. at the Wesley Foundation.

Finally, on a personal note, my term as the Piedmont Area's RCM expires at the beginning of June. Therefore, this will be my final Regional as the Piedmont Area's RCM. Starting with the June RSC, Lawrence E. will become the RCM for the Piedmont Area, having just been elected this month. I want to thank everyone for making my experience as RCM a valuable part of my recovery. I also want to express my gratitude to everyone who patiently answered my questions and repeatedly encouraged me to keep coming back. I look forward to new opportunities to serve the Piedmont Area and the Central Atlantic Region in the future. ILS, Norman C.

Rappahannock RCM Report – absent, no report

Richmond RCM Report

Hi family, I'm grateful, proud, and privileged to be here today, as it is another year today for my new life! The Richmond area is not without it's issues and problems. We continue to have unfilled positions such as Secretary, Asst. Secretary, VRCC representative. We have 37 meetings in Richmond. Meeting schedule also has Spanish translation. Donations are down in our area. I misplaced a check several months ago that our treasurer had misplaced before that, for \$11 +change. I gave it to Don today. No donation today. The Richmond area, I'm happy to say, is hosting Circle of Sisters Convention of NA IV in February 2011. I've supplied lots of COS flyers for its fundraising events – please spread them out and announce and support these events. Fashion show, April 23, 8pm-12am-Fashion Show/including buffet dinner & entertainment; Mothers' Day celebration luncheon on May 15th 11am till 3pm. Also, there is a flyer asking for support on subcommittees, asking for speaker tapes for speakers & workshop chair volunteers. That flyer contains all executive committee members & subcommittee chairs' phone numbers – as well as upcoming subcommittee dates. READ THE HISTORY:

The Circle of Sisters Women's Convention of Narcotics Anonymous was started in Portland, Oregon by a group of recovering addicts who had a vision of an annual convention for the women of our fellowship. The first convention, held in February 1998, was called the Pacific Northwest Women's Convention of Narcotics Anonymous #1. At that time, the organizers anticipated the convention would become an ongoing tradition in the Pacific Northwest. COS quickly outgrew its origins, however, and the second year the words "Pacific Northwest" were dropped. In its third year, COS ventured far from its roots, all the way to Houston, Texas. And its fourth year, COS became an international NA convention by being held in Vancouver, Canada.

At the third COS, a decision was made to form a COS Advisory Committee to help provide continuity as the Circle of Sisters grew and traveled further afield. And at the fourth convention, the first version of these Guidelines was approved.

COS is a convention created by and for the women of Narcotics Anonymous, In keeping with our Third Tradition, no addict will be turned away from any NA meeting. However, other convention activities may be restricted to women only.

Our special events subcommittee has pretty much been the financial support for our area for over a year. Flyers are on the table for the following fundraisers: Sat., May 8th, Pajama Jam – wear your best pajamas; Sat., May 29th, 1st Annual White Affair; Sat., June 12th, Dance w/the Fathers; Sat., June 26th, Apollo Nite in Recovery (talent show & dance); and Sat. July 24th, 2pm-7pm, our Annual Free Event – The Summer Blast Speaker Jam & Cookout – bring your chairs and tables. Our H&I subcommittee last week put on a workshop & speaker jam. I heard it was well attended and well received. Our outreach subcommittee sent an article to our April Newsletter entitled “Sample Home Group Agenda for Business Meeting.” The Policy subcommittee is pleading for support. For the love of service, Nancy S.

Roanoke Valley RCM Report

Hello family, the Roanoke Valley Area of Narcotics Anonymous continues to serve the fellowship by carrying the message of recovery to the still suffering addict. Our meetings are going strong and most of our Aarea Service Committee positions are filled. H&I and PR subcommittees are actively engaged in the community in carrying out our primary purpose. On April 4th, our Area hosted the CAR workshop for Quadrant 3 in Roanoke Va. We are grateful for the opportunity to host the workshop. We thank the RD Team for their service in facilitating the workshop. The CAR workshop attendance and participation was fairly good. We have no donation to the RSC at this time. ILS, Maria J., RCM RVANA

Shenandoah Valley RCM Report

Greetings RSC, from the ShevaNA Area

The ShevaNA Area Service Committee met on April 12, 2010 with 14 groups out of 19 groups being represented carrying 25 meetings per week. The Area is functioning well and we are trying to carry the message to the suffering addict. The ASC Executive Committee members have committed to helping interested members learn about the Guide to Local Service in a series of study groups beginning June 19th, 2010. Please see flyers for time and location. We have two service positions open and they are VRCC Director and VRCC Alt. The H&I Chair position is being filled pro-temp by Dan C. Our literature is doing well and growing. We are sorry that we do not have a donation to this Regional as we are operating under prudent reserve. H&I have three Facility commitments that we do weekly. We meet quarterly to study the H&I handbook. We are putting on a learning day experience on May 15th, 2010. (See website www.shevana.org for time, agenda and location or flyers. Outreach is busy going to help attendance at struggling meetings in the Area. I have some copies of our Newsletters. This subcommittee is growing rapidly. Public Relations have updated the meeting list with less expense than before. The webpage have been updated. PR will have a booth at the May 15th H&I learning day and share their responsibilities as well. Special Events is doing a lot to keep fun in recovery alive. Please see webpage and flyers for upcoming events. ShevaNA will host the September 2010 Regional Speaker Jam. Plans are in the works. The next speaker jam meeting is set for May 20th, 2010 at 6:00 pm at Saint Luke’s Baptist Church in Berryville Va. On the vote of Regional Motion #141-17 it is the conscious of this Area to vote in Favor of the Motion. Thank you for allowing me to be of service, Randy D. RCM ShevaNA

Southside RCM Report

I attended our last ASC April 11 in Danville Va. At Hope Harbor. We are trying to get organized with our open positions, H&I chair and PR. Two of the most important positions. We had a nomination for vice chair and we should have a vice chair by our next ASC. We have 34 meetings operating currently in the Southside area witch expanse to Danville, Martinsville, and South Boston. We have news to bring to region at this present time. Thanks for allowing me to serve. ILS, Kevin Y. (Southside)

Tidewater RCM Report – absent, no report

Tri-Cities RCM Report – absent, no report

Break of lunch @ 1:50pm – 2:50pm

Reconvened @ 3:05pm w/serenity prayer and roll call. 9 RCMs still present, quorum met.

Old Business –

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, workshops, training & technical support and information. There is more information at this venue.

Intent: To be better informed on off conference years to bring back additional information not found at MARLCNA.

Pros/Cons: 1 con due to budge, economy, and irresponsibility of funds expenditure and 1 pro because this Symposium is worth going to.

Motion to go back to groups for review and vote

Motion 141-17

Mover: Greg G., RANA RCM 2nd: Robert W., RCM BRANA

Motion: To add under Section IV: Voting/Motions between lines 14 & 15, and to remember accordingly.

- All motions regarding policy change require a 2/3 vote to pass and the following procedures apply. All other motions, whether sent to home groups or not, require a simple majority.

Intent: To simplify & clarify the required votes needed for all motions other than policy changes.

Pros/Cons: Pro-clarifies what policy has been trying to do for 3 years.

Motion passes 6-0. POLICY CHANGE

Motion 141-18

Mover: Tim B., Tidewater RCM 2nd: Robert W. BRANA RCM

Motion: For the Region to go ahead and purchase one of the Insurance Quotes given by the Ad Hoc Committee to provide liability insurance for the meetings in the CAR-NA.

Intent: To become fully self-supporting in accordance with our 7th Tradition in providing this insurance for our meeting spaces and taking the sole responsibility of our individual members.

Pros/Cons: Pro-Other Areas/Regions have purchased insurance in response to an incident. Let's be proactive and get in before an incident. Con-Liability insurance invites lawsuits. This is a lot of money to spend on an issue that has not affected very many groups.

Amendment: Cost not to exceed \$6,000 per year (no paperwork indicating who made motion for amendment)

Amendment fails, 4 in favor; 5 against; 3 abstentions

Motion was addressed to reconsider amendment, due to multiple miscount and misunderstanding of motion or amendment. Motion to reconsider amendment passes 10 in favor and 1 against.

Motion was referred back to & re-established Ad Hoc Insurance Committee by the Chair.

Motion tabled to 144th By Norman C. and 2nd by David M, OLANA RCM, so Ad Hoc can get final quote. Motion to table passes with 7 in favor; 2 against and 0 abstain.

Nominations and Elections:

Policy Chair - No nominations or volunteers	H&I Chair – No nominations or volunteers
Activities Chair – Newly opened as chair resign at end of GSR assembly. Bring nominations to 144 th	Speaker Jam Chair – Newly opened, as term ends. Bring nominations to 144th
Treasurer – Bring nominations to 144th	

Computer Purchase: Greg G. relocated out of our region. Patrick accepted to be point of contact to get three (3) quotes and bring to next RSC.

Projector/Equipment: Charles W. to research again, and bring back to 144th.

VRCC Financial Report: It was stated that the financial report will be sent to the secretary to be put in minutes. (To this date, have not received them 5/1/10).

New Business –

Motion 143-1
Mover: Norman C. – Piedmont, RCM 2nd: David M. – RCM, OLANA
Motion: Waive reading of minutes.
Intent: To save time
Motion passes with 7 in favor; 1 against and 1 abstain.

Motion 143-2
Mover: Norman C – Piedmont, RCM 2nd: David M. – RCM, OLANA
Motion: Approve 142nd RSC minutes with corrections: attendance to indicate Norman present as Literature Adhoc and Etta S. present as Insurance Adhoc; and change last sentence in open forum discussion about Economics, statement from BRANA to read as requested in an email sent by RCM of BRANA ("It was also shared that Blue Ridge Area recently discussed dipping into prudent reserve and that New Dominion is not alone in this economic issue".)
Intent: To have accurate records of proceedings.
Motion passes unanimously.

Motion 143-3

Mover: Don V., Treasurer 2nd: Randy D. – RCM, Shevana

Motion: To move the Central Atlantic Regional Service Committee bank account from the Bank of America to BB&T.

Intent: To make banking needs much more convenient for any future treasurer due to the greatly increased number of BB&T branches throughout all states in our region.

Motion passes with 6 in favor; 2 against and 1 abstain.

Motion 143-4

Mover: Charles W. – PR Chair 2nd: Nancy S. – Richmond, RCM

Motion: To have the entire guidelines and rules of order of the CARNA Public Relations Subcommittee posted on the CARNA website’s PR page.

Intent: To have a centralized location for all members to review all the guidelines and procedures used by the PR subcommittee during its operations, since the RSC Addendum only allows the purpose and activities of a committee.

Motion passes unanimously.

Motion 143-5 **Mover:** Joint VRCC/Regional Committee 2nd: Richmond RCM, Nancy S.

Motion: To Amend the Regional Service Policy with the following changes:

Section VIII: OFFICERS DUTIES/QUALIFICATIONS

1A. CHAIR DUTIES

- (A) Compiles a pre-arranged Agenda.
- (B) Presides over all Conferences.
- (C) Maintains the rules of decorum and discipline.
- (D) Is fair and impartial.
- (E) Refrains from discussing or expressing a personal opinion of a motion when presiding.
- (F) Co-signer on all bank accounts of the Region of the Virginians.
- (G) Makes quarterly and end of term written report to the RSC.
- (H) Is ultimately responsible to see that all duties and responsibilities of RSC officers are carried out to completion. In the absence of any officer or officer's action, the Chair sees that the duties and responsibilities are carried out.
- (I) Responsible with Vice-Chair to be custodians of the RSC computer equipment during the time between Conferences. The Chair and the Vice-Chair are specifically empowered to delegate this responsibility to any RSC or committee officer needing the computer to complete RSC-related projects.
- (J) Contacts Officer after one unexplained absence from RSC or other assigned responsibility for statement of their willingness to serve.
- (K) Insures that a person is informed of their removal from office.
- (L) Attends all Regional Service Committee meetings.
- (M) Responsible for arranging and conducting emergency phone conference calls as needed.
- (N)
- (O) Chair will notify Corporation in the event of non-compliance of duties by Corporation Chair

Section XII: STANDING SUBCOMMITTEES

1. Activities (117th)
2. Hospitals and Institutions (H&I) (115th)
3. Literature Review (118th)
4. Outreach (116th)
5. Policy (107th)
6. Public Information (PI) (118th)
7. Speaker jam (118th)

Section XII Convention Corporation

A. Relation between the Corporation and Region

The Virginia Regional Convention Corporation (VRCC) was created to achieve efficiency, continuity, accountability, and unity in connection with putting on our Region’s convention while maintaining our corporation’s autonomy. This allows our corporation to function as a business and to provide protection to the fellowship from legal liability and to help maintain the fellowships policies on anonymity and non involvement in issues outside of recovery. Neither the Region nor any other service body of Narcotics Anonymous can be held responsible for debts or law suits against the Corporation. The Corporation also maintains autonomy over distribution of any and all funds.

B. Corporation Chair Duties (per Corporation policy)

1. Compiles a report for every RSC consisting of:

- a. Activities since last conference
- b. Recommendations
- c. Reports on motions committed to the VRCC
- d. Upcoming events

2. Compiles a report of previous years’ activities for GSR assembly in April.
3. Attends all Regional Service Conferences
4. Is accountable for clarifying convention/host committee issues at the RSC as needed.

C. Regional Service Conference Chair to notify Corporation in case of non-compliance of Duties

Section XIII: Service Districts (121st)

A. The Region is divided into four quadrants so that services can be provided to the whole region.

B. The quadrants of the Region

1. Quadrant 1 consists of New Dominion Area, Rappahannock Area, Richmond Area, and Tri-Cities Area.

2. Quadrant 2 consists of Almost Heaven Area, Blue Ridge Area, Piedmont Area, and Shenandoah Valley Area.

3. Quadrant 3 consists of Appalachian Area, New River Valley Area, Roanoke Valley Area, and Southside Area.

4. Quadrant 4 consists of Outer Limits Area, Peninsula Area and Tidewater Area.

C. The region and its subcommittees will rotate their meetings throughout the four quadrants.

Intent: The intent of this motion is to describe and continue the protection the corporation established when the charter was amended in the 1980's and the current corporation was created. This motion is also intended to assist members of the fellowship of Narcotics Anonymous to have a better understanding how our corporation works to serve the fellowship and to protect our fellowship while working as part of the Regional Service structure and to protect the relationship between the Corporation and the Region.

Above Motion referred back to groups.

As part of this motion, it was indicated that the following is what was presented for the changes in the VRCC Bylaws. This is just FYI (for your information)

Motion: To Amend the Corporation by-laws with the following changes:

Page 7 of the Virginia Regional Convention Corporation Policies & Procedures, updated June 2007

Current: Relationship to the Virginia Regional Service Committee: **The VRCC has a fiduciary relationship with the fellowship of NA but is a separate and distinct entity from the Region of the Virginians and other service bodies of NA. This allows the corporation to function as a business and to provide protection to the fellowship from legal liability and public incrimination should there be problems with a convention. Neither the Region nor any other service body of NA can be held responsible for debts or law suits against the VRCC. The VRCC also maintains autonomy over distribution of any and all funds.**

Change to:

Relation between the Corporation and Region

The Virginia Regional Convention Corporation (VRCC) was created to achieve efficiency, continuity, accountability, and unity in connection with putting on our Region's convention while maintaining our corporation's autonomy. This allows our corporation to function as a business and to provide protection to our fellowship from legal liability and to help maintain the fellowships policies on anonymity and non involvement in issues outside of recovery. Neither the Region nor any other service body of Narcotics Anonymous can be held responsible for debts or law suits against the Corporation. The Corporation also maintains autonomy over distribution of any and all funds.

Job Description:

1. Is acting chairman of the board.
2. Opens and conducts VRCC meetings.
3. Is a signatory on VRCC master and subsidiary checking accounts.
4. Acts as liaison between the VRCC and the rental agent for the meeting place.
5. Prepares a meeting agenda from previous minutes and Standard Operating Procedures.
6. Sees that the VRCC meeting follows the agenda, but allows for items to be submitted by Directors in writing at the time of the VRCC meeting.
7. Has no opinion on issues being discussed at the VRCC meeting. Should the Chairperson have the need to discuss an issue in question, and then he\she can temporarily step down

from the chairperson position, express them and resume the chair position at the next VRCC meeting.

8. Makes sure that the meeting place is cleaned and secured after each VRCC Meeting and that the rent and other debts are paid.

9. Insures that the VRCC is directly responsible to the Regions of Virginia.

10. Is responsible for notifying all concerned should a meeting date be changed unexpectedly.

11. Appoints Pro-temp officers in the vacancy of positions for a two-month period.

12. Has a two-year commitment: Is elected bi-annually at the annual VRCC meeting.

13. Responsible for one set of archives tapes (7/18/04).

14. Have master tapes (archives tapes) to be on compact disc. (May 15, 2005)

15. Authorize/sign contractual obligations for the VRCC/Host Committee.

Will be the only person to have contact with the place where the convention is being held or can appoint the VRCC Vice Chair to make all the necessary arrangements and will accompany the Host Committee when the time arrives for them to see where they will set up.

B. Corporation Chair Duties to Regional Service Conference

5. Compiles a report for every Regional Service Conference consisting of:

a. Activities since last conference

b. Recommendations

c. Reports on motions committed to the Corporation

d. Upcoming events

6. Compiles a report of previous years' activities for GSR assembly in April.

7. Attends all Regional Service Conferences

8. Is accountable for clarifying convention/host committee issues at the RSC as needed.

C. RSC Chair will notify Corporation in case of non-compliance of Duties

Suggested requirements are as follows:

1. Five years clean time.

2. Possess a working knowledge of the Twelve Steps, Twelve Traditions, and The Twelve Concepts of Service.

3. Have one-year VRCC service experience as a director or officer.

4. Have thorough knowledge of Robert's Rules of Order.

5. Have thorough knowledge of the bylaws of the VRCC.

Intent: The intent of this motion is to describe and continue the protection the corporation established when the charter was amended in the 1980's and the current corporation was created. This motion is also intended to assist members of the fellowship of Narcotics Anonymous to have a better understanding how our corporation works to serve the fellowship and to protect our fellowship while working as part of the Regional Service structure and to protect the relationship between the Corporation and the Region.

To include this into the policies and procedures for the Corporation will insure participation and ongoing communication needed to promote unity between the two bodies. Making this part of the Corporation's policy will give the directors of our corporation the authority to enforce the new policy as set forth above.

New Business Continued:

a.	Addendum – on website, has not been updated due to it being part of the secretary position. Motion was passed a few months ago to update. Secretary and Vice Chair to get together & update Addendum
b.	Secretary Absence in June, need ProTem – Patrick from Rappahannock Area volunteered to take minutes at June RSC. Printer was given to Chair. Information can be sent to Secretary via email and she will be able to put minutes together within two week timeframe.
c.	Norman C asked if paper products that were left from GSR assembly could be used for upcoming Workshops. Referred to Activities Chair as to what was usually done w/leftovers. It was stated by Activities Chair that he purchased in bulk and had lots of paper & plasticware and was packing it up for GSR Assembly and what was left would be stored again until October. It was decided to have remainder of products to be given to Norman C.

143rd RSC closed at 6:07 pm with Third Step Prayer.

Next RSC to be held @ 1st Presbyterian Church, 1107 W. Broadway, Hopewell, VA.
Subcommittee meetings to be set by end of GSR Assembly Open forum starts at 11am

Activities Chair announced NA meeting tonight at 1st Presbyterian, 14 Patrick Henry Ave.

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