

**147<sup>th</sup> Central Atlantic Region  
Regional Service Conference  
Meeting Minutes  
December 18<sup>th</sup> 2010 in Charlottesville, VA**

**\*\*\*For RCM's that were unable to attend the 147<sup>th</sup> RSC. If you have any question regarding motions 141-18, or 147-13, please feel free to contact any RCM or executive member that was present. Use their web contact email. \*\*\***

**Open Forum** – (began at 11:10 am)

Topics of Discussion:

1. Since we are meeting every other month, do we want to make this a permanent place. Is Charlottesville actually centralize for the region
2. Do we need to make a motion to update the policy guidelines (clerical errors).
3. What is the feeling on the floor about the Delegate team going to the Florida Symposium?

*Open Forum closed at 12:10pm*

**RSC opened with the Serenity Prayer at 12:20 p.m.**

Purpose read by Michele F., 12 Traditions read by Nancy S., 12 Concepts read by Shawn C.

**Roll Call/1<sup>st</sup> Quorum - (all members below were present)**

Sherry V. – Chair  
Antoinette B. – Pro-Tem Vice- Chair  
Jennifer D. – Pro-Tem Secretary  
Don V. Pro-Tem Treasurer  
Etta S. – Regional Delegate Alt.  
Donnalee P. – Regional Delegate Alt.2  
Shawn C. Speaker Jam Chair  
Bill M. – New Dominion RCM  
Lawrence E. – Piedmont RCM  
Antoinette B. – Rappahannock RCM  
Nancy S. – Richmond RCM  
Maria J. – Roanoke Valley RCM

**Areas not present** –Almost Heaven Area, Appalachian, Blue Ridge, New River Valley, Outer Limits, Peninsula, Shevana, Southside, Tidewater, Tri-Cities.

Maria J. will contact Kevin Y. Southside RCM and email the secretary any updates.

**Recognition of New Attendees** –

Michelle F. (from North Carolina)

**Establishment of Quorum** 5 RCMs/RCM Alts present, 1<sup>st</sup> and 2<sup>nd</sup> Quorum met.

**Reading and Approval of Minutes**

**Motion 147-1:** Maker: Norman C. Second: Bill M. New Dominion RCM.  
To waive the reading of the 146<sup>th</sup> RSC minutes.  
**Motion passed (0-5-0)**

**Motion 147-2:** Maker: Bill M. Second: Lawrence E. Piedmont RCM.  
To approve the 146<sup>th</sup> RSC minutes as amended.  
**Motion passed (0-5-0)**

**Trusted Servant Reports**

**Chair Report:** I attended our service meeting for our subcommittees in Hopewell VA. I feel we had a very productive time and I want to thank the members who stepped up to help our region carry our message and to work on better ways to communicate to our areas.

I also attended the Baltimore workshop. It was a very interesting and informative opportunity. There is a lot of feelings regarding the Service System Project and the proposed structures. I encourage all to read the input on the bulletin set up just for this project for input and thoughts. More will come from our delegate team.

I contact the rcm of Shevana and received an email that a confirmation would be sent last Tuesday but as of today I have not heard anything regarding the service meeting for the subcommittees.

May we work together today to fulfill our primary purpose to carry of message of recovery to all addicts around our areas, region and world.

ILS

Sherry V.  
Chair, CARNA

**Vice Chair Report: Position Open:** December 17, 2010 Vice Chair( pro- tem) Report  
The subcommittee met on November 20<sup>th</sup> 2010 those that were in attendance were Sherrie V. Chair, Antoinette B. Vice- Chair, Nancy S. H&I Chair, Bill Policy Chair. Policy – Bill will send policy to the delegate team and have it ready for December Regional. Bill will contact Chair & Jennifer once all the information for policy is approved. Bill is going to pro-tem until his term is up as RCM then will move into the policy chair position. Possible workshop by Bill on Consensus based

Decision making . H&I Nancy S. was able to inventory 12 stamps, 8 books 5 living the program, 5 recovery &relapse the letters that were received mainly asked for program schedules . We gave local Areas an opportunity to take care of letters in their Area two letters we given to Antoinette B to give to the H&I chair of her Area Gena P. and Antoinette B. turned them over to the chair no information as of yet from H&I at to if the took care of the request. Discussion on making up a informational page for new RCM's this assignment was given to Antoinette B. no time frame. Insurance was discussed to make sure multi-state was added to policy, certificates to each Area, overview of can we pay quarterly instead of annually. Nancy S. will have report on insurance. The next subcommittee meeting will be in Berryville, Winchester 3<sup>rd</sup> Sat. in January.

In Loving Service,  
Antoinette B. Vice-Chair (pro-tem)

**Secretary Report: Position Open:** Reports still being sent a week after the regional is over. Jennifer D. (Pro-Tem).

**Treasurers Report:** Position Open, Dear Family,

I was able to close out the Bank of America account last month. I deposited \$751.15 from that account into our BB&T account.

Akin was able to gain access to our mailbox and forwarded the mail to me through our chairperson.

Because of our very large donations during the 145<sup>th</sup> RSC, our donation to World should have been \$4,707.42. Our donations at the 146<sup>th</sup> RSC were much lower at a time when our expenses were normally high due to the 2-day RSC. This results in our being \$3,903.42 below prudent reserve to start this RSC. I would like to discuss some possible options during New Business that might help alleviate this recurring problem.

Our 800 service was suspended for a short period because I did not keep up with the on-line bill. It has been paid and the service was restored a few hours after the payment was made. As many of you can probably tell, my heart is no longer in this service position. We need someone to step up and take the Treasurer's position before my lack of enthusiasm causes any more problems.

Our beginning balance since the last RSC was: \$8,906.21  
 Total donations were: \$1,379.34  
 Total Beginning Balance \$10,285.55  
 Expenses were:

Papa John's Pizza	2 Day RSC Food	\$154.93
Red Carpet Inn	2 Day RSC Lodging	\$828.13
Shell Oil	2 Day RSC Food	\$2.51
PCMS	Answering Service	\$1041.59
Turtle Creek Homeowners Assoc.	October RSC Meeting Space	\$175.00
Don Vorbach	RD Perdiem Service System Workshop	\$70.00

Don Vorbach	RDA-2 Perdiem Service System Workshop	\$70.00
Holiday Inn Baltimore	RD Lodging Service System Workshop	\$270.70
Network Solutions	Web Site	\$119.50
Donna Lee Peters	2 Day RSC Food	\$40.01
Donna Lee Peters	RDA-2 Lodging Service System Workshop	\$298.70
First Presbyterian Church	October Subcommittee Rent	\$50.00
PCMS	Answering Service	\$697.35
Primus	800 Number	\$183.22

Total expenses:	\$4001.64
Current Balance:	\$6,283.91
Current Prudent Reserve:	\$10,187.33
Under Prudent Reserve	\$3,903.42
NAWS Donation:	\$0.00

ILS  
Don V.

**Regional Delegate Report:** Hi family, I come to you with a lot of information today so I am submitting the Baltimore Service System workshop notes separately so that his report won't be so long. It is quite evident to me that there are still a lot of people who are not aware of the service system project, are not interested, or as of yet not been made aware of how important this is to our fellowship. I have received many emails from members or forwarded pieces of information from members with a historical viewpoint that reflect their feelings on this project I remind of all that this is a project that we asked for. It is a project that will shape the future of NA service as we know it. In the Baltimore workshop, about halfway in to the session we began to see an influx of people. Most of them were not in agreement with or were agrumentive regarding the proposals. But most of these people were also not informed of the materials and had no concrete information to work from. We all have our personal views. I ask of the people of this region to please educate yourself on this project, attend upcoming workshops, and ask questions of us your delegate team so that you make informed decisions. The workgroup met three times since the conference once with the EC and once with the board as a whole. There have been 5 US workshops and several shorter workshops in other countries .a webpage has been launched at [www.na.org/servicesystem](http://www.na.org/servicesystem) Input is steadily being collected on the proposals in preparation of revising them again in 2011. There is help for those who would like to hold local workshops on line along with a session profile to work from and power points. With the impending deadline for input and review being set at December 31<sup>st</sup>, there were a lot of people expressing anxiety about the time frame for communicating the information and ideas. We were reassured in Baltimore that this would not represent the end of the input on this project or even the ideas in the current proposals. This will be a continuous evolution of ideas. Input and review can be done individually or with your home group or group of interested members. The form is online. Please indicate who it represents when you submit it. Most likely, there will be a set of "agreements in principle "included in the next CAR. There will be some sort of transition group to lead us in the next process of change. We are not trying to rush the process and continue to welcome input. While in Baltimore, I addressed the premise that this particular region had been

proactive with changing our name to reflect where we were geographically and creating a website that was user friendly to both addicts and professionals trying to either contact us or find meetings. Our rotation method had been very successful in reaching all areas of our region. It was said that the focus was on a more geographic model that had state or national boundaries. Election Survey- There was an election survey idea that originated at WSC 2010 and the conference participants fully supported a move in this direction. Some of the areas of information that may be addressed are the conference participants understanding of the election process; trust in the process and candidates offered, and voting questions. There will be reports forthcoming on the efforts to develop the survey.

Regional Motions /CAR- at the 2010 RSC there was also unanimous support to experiment with alternative methods for considering regional ideas in lieu of regional motions. There was also a committed motion with the same idea. There is a small workgroup of board members currently working on ideas that will be forwarded after the January meeting. We attended an H& I workshop in the Rappahannock Area and presented a mini Service System workshop. PR- attended the International Society of Addiction Medicine conference in Milan Italy and presented 50 doctors at a workshop. They had said that they 'knew about NA' but what was found was that they had heard about us. New contacts have been established as a result of this workshop. NAWS also met the president of ASAM the American version of this society. He proposed that he survey members of NA. He surveyed 2 AA conventions and reported his findings in medical journals and sessions at various conferences. His goal is to show NA's credibility to physicians who will hopefully in turn refer their patients to NA. The proposal was discussed and the decision was to move forward as it seems like a win-win opportunity.

Living Clean- The final two chapters and the preface are out to the fellowship for review. The Deadline for the review period is December 30<sup>th</sup>. World Convention September 1-4<sup>th</sup> 2011. San Diego California. Accommodations information will be available by the end of December. Info is available a [www.na.org/wcna](http://www.na.org/wcna) registering or pre- registering will be required .The fixed capacity will be 16,000. yet ore-registration needs to indicate if additional space is needed.

HRP- the Human Resource panel held its first meeting for the conference cycle Oct 21-23 and is now using the planning cycle approach like the world board to help focus their efforts and improving where they can. The World Board is helping to cut expenses across the board and has cancelled their March meeting. We continue to ask for your financial support to help carry the message worldwide. You can now go to a contribution portal at [www.na.org/?ID=donation-external-index](http://www.na.org/?ID=donation-external-index). Please help shape the future of NA recovery Literature, there is a survey regarding where we should focus future efforts at [www.na.org/LITSURVEY](http://www.na.org/LITSURVEY). The deadline is April 2011.

Dates to remember are January 7,8<sup>th</sup>, 9<sup>th</sup>.AVCNA hosted by the Rappahannock Area. (Fredericksburg Convention Center), January 29<sup>th</sup> Autonomy Zonal Forum- 1-6 Ladysmith Va. MARLCNA- February 12<sup>th</sup> 13<sup>th</sup> 14<sup>th</sup> Lancaster Pa .Lancaster host hotel. TACNA-February 18-20 Norfolk VA

In Loving Service Etta F.

**\*Notes from Baltimore Service System Workshop:**

10/31/10 Baltimore Service System Workshop

Service System Background and introduction recap

Project adapted in 2008 ,reaffirmed at 2010

Current system designed in 1970

We have doubled the number of meetings in the past ten years 158,000 meetings weekly with 72 languages, restructured in the late 1990's The hope is for a system that more closely resembles the principles of the 12 Concepts.

#### General Timeline

Summer/Fall 2010 – First discussions & workshop

31 December 2010- Input received

Early 2011 –revise & re-release proposals

Late 2011 –Prepare for WSC

This is the first pass (Dec 31) not moving towards final. Yet the CAR will reflect the principles for agreement. There will be another work group that will take it to the next level, transition and then implementation One of the questions on the floor was in our downsizing will there be a reduction in world board seats? Why on page 6 of the pamphlet is there no mention of a coop? The intermediate groups addresses that function. Where is the room to come up with a different kind of model?

Group Focused- GSU's training ground, comfort zone, a more friendly loving experience, takes the business away.

2 options- linear and two track in the linear tract the GSU is part of the delegation stream between the group and the rest of NA

The two track t GSU is out of the delegation stream and requires a LSU delegate and a GSU delegate

The LSU is the workhorse of the service system and is responsible for the bulk of local services. The LSU will be bound by recognized geography. Project based. The thought is that this will get more people involved. Less time commitments. The atmosphere in some service meetings is off putting. Solution where possible, consensus based decision making is used rather than motions

Intermediate Body- coops are good example

WSC Seating- cost ten dollars per group to put n a conference. Existing boundaries province, states, countries, languages, no RDA's but a team of delegates from each zone. This allows for mentorship.

#### Wrap Up

1. Can we extend the end put and review of Dec 31<sup>st</sup>? This was put in place to repackage if necessary, workshop and get input. This is not the final face, work starts in 2011 the reason for this is the workgroup has deadlines that this would impact. Don't let the 12/31 impact work shopping.

2. This is not necessarily the final models. We create the atmosphere and the atmosphere for all to participate. The models are still in the proposal stage. Project approved in 2010, gave info to delegates in April 2010. Website went out that summer and workshops this fall.

3. How much info have we gotten? Not a lot, the discussion boards are open to all. A lot of people are missing from workshops.

4. Mutual respect is important in all areas of service. Planning needs to occur on all areas of service. We carry the message those in and out the rooms that haven't found us yet. H&I, PR< conventions. Everything isn't in our local groups. There are no implications that things will necessarily change in our groups but the way that we deliver services will hopefully change. We are not starting from scratch. We have people in place and framework. Coops will be looked at in

terms of best practices. They will be looked at in the intermediate body.

5. Is possible to separate WSC seating from the rest of his project? In some view, maybe yes but altogether no as we are all connected. We need interconnectivity and all doing the same thing.

6. Can we retain regions as currently formed but create intermediate bodies to connect at geographic boundaries but interface to retain configuration. Intermediate bodies need people to run, not meant to talk to people outside of NA and need money. Form follows function.

Updates- gift addition of how it works an why numbered gift addition it works how and why heat sensitive mugs registration for WSCNA late 2010 pre registration in 2010 will be required to register San Diego..

### **Regional Delegate Alternate Report: Position Open**

**Regional Delegate Alternate II Report:** This is a historic time in Narcotics Anonymous and important time for service. The participation in the Service System workshop at the 2 day RSC in October was fantastic. That's what the project needs. Bring your concerns, questions, and excitement. You can even hate on it. All input is welcome. Just come to upcoming events, visit the website and discussion boards. The deadline for input on the Service System proposals is Dec. 31<sup>st</sup> 2010. You can submit input as an individual, home group, or any type of group or body. Identify the input as provided by the number of participants. Get knee deep into it. The water's not always warm but flotation devices will be provided.

The Baltimore Service System project in October really developed my understanding of the proposals presented at the last WCS. It was a great opportunity to hear shared concerns towards the project as well as a clear view of common misconceptions. The round tables were extremely effective and thought provoking. I felt highly prepared for the brief overview that we presented at the Rappahannock Learning Day in November. I look forward to presenting that format again at the upcoming Regional convention.

The biggest concern I heard expressed in Baltimore is not new to us. Many groups are resistant to the proposed restructuring of the boundaries of Regions, Areas, and Zones. It is uncomfortable, frightening and exciting at the same time. Many people are warmer to the concept of the local service proposals of the GSU and LSU. Another concern was in regards to seating at the WSC. The WSC is the biggest line item of the NAWs budget at over \$50,000 per event. Seating of US delegates will be reduced but it is not been determined what direction seating proposals will go. That is why it is so important to get involved and stay involved. I believe that with support of areas the delegate team should attend as many World sponsored workshops on this project as is prudently possible. Certainly more will be revealed. I think it is extremely important for RCM and alternate positions to be filled and highly participatory as the project is ongoing and in desperate need of strong conduits of information. With that being said, let us all on this floor encourage attendance to this body and play well with others while we are here. This is no time for people to take their toys and go home.

The delegate team is now gearing up for the winter, the Autonomy Zonal Forum is on the last Sat. in Jan will be hosted by our region this time. We will be meeting outside of Fredericksburg in Ladysmith, VA. Don't miss this opportunity to meet people from our neighboring regions. MARLCNA is in Feb. Itinerary has been submitted at last region. Many areas are already requesting workshops to be held following our return.

I believe firmly that the region needs to purchase our own projector and screen. Etta thought a previous motion has been passed for this purpose by the PR subcommittee but if not I would like to the floor to entertain a motion to go back to groups. John S. continues to be generous in lending us his equipment when he is not using it but it certainly is too great a liability taking responsibility for an individual's member's private property. The visual presentations are the most effective communication tool we have when providing workshops. The information is not diluted and attendees are more fully engaged with the use of power point presentations. Keep Coming Back and bring your fly fishing waders as it is going to get deep.  
In Loving Service,  
Donna Lee P.

**VRCC Chair Report: No report Submitted**

**Activities Chair Report: Position Open; No report Submitted**

**Hospitals & Institutions Chair Report: Position Open;**

H&I literature inventoried and the mail. The chair of Carna suggested letters from inmates requesting literature be forwarded to the area service in jail or prison area.

I'd like to receive a list of all H&I meetings in the region. Also, if there are any institutions that an area has been trying to get cleared to carry a meeting and have been unsuccessful—please send that message as well.

Thanks for allowing me to serve.  
Nancy S.

\*\*\* Request for H&I Meeting List from within the region.\*\*\*\*\*

**Policy Chair Report: Position Open** The Policy Committee met last month with the Chair and other Subcommittee Pro-temp Chairs. There are no pending motions that needed discussing which changed the CARNA Guidelines of Rules and Order.

The Policy Chair Pro-temp offered to amend the 2010 Guidelines of Rules and Order and make them available to the RCM's, Executive Committee, and Subcommittee Chairpersons at the December Regional Conference. To that end, the up-dated Policy Guide is now available for review on the CARNA web site. Please review the Policy Guide and forward any comments regarding issues with spelling, formatting and so forth.

While updating the Policy Guide I noticed several issues with the format of the Policy Guide, which directly affects the verbiage of our motions. As soon as I started making the updates the page numbers specified in the motions became incorrect. While adding new sections and editing the existing sections, their associated page numbers naturally changed. The result was that the page numbers specified in the motions not only became irrelevant they also made it confusing to locate the section specified in the motion. There is no policy requirement for specifying the page number in a motion and I respectfully request that we discontinue that practice, and instead, focus our motions on the Section, Sub-Section and Line where the change in the policy guide is

to take place.

Policy Chair Pro-temp: Bill M

### **Public Relations Chair Report: Position Open**

\*\*\*\*\*Chair gave Richmond RCM a letter that was email to the Regional Chair from the Richmond Times. Chair asked if the RCM would give it to the Richmond PR Chair and was asked to let the region whether or not they were able to touch base with them.\*\*\*\*\*

### **Speaker Jam Report: No report Submitted**

**Ad Hoc Literature Review Chair Report:** I have the following to report:

1. All four workshops took place as scheduled. Thank you to Nancy S., Randy D., Eddie W. and Burrell P. for facilitating the workshops;
2. I have gathered all the input generated from the workshops and will be mailing them to NA World Services this week;
3. The total cost for the 4 workshops was \$98.47, well under the \$200 budgeted;
4. The treasurer should write checks to the following people in the amounts indicated:
  - A. Norman Cherner: \$48.91 (this amount includes \$2.92 for mailing the input from the previous workshops and assumes a similar \$2.92 to mail the input from the current workshop);
  - B. Edgehill Treatment Center: \$5.00;
  - C. Nancy Spratl: \$22.00; and
  - D. Eddie Williams: \$28.00
5. Since there will be no further material to be reviewed for this project, this concludes the work of this ad hoc sub-committee and this is my final report.

Once again, I want to thank all the members of the sub-committee for their hard work and all those who showed up at all of the workshops. Thank you for allowing me to be of service.

ILS,  
Norman C.

### **Ad Hoc Committee-Regional Inventory: Position Open:**

## **Methodology**

This is what we did. I typed up the 4 sheets of main topics I got at the last RSC meeting. The pages are: Information, Unity, Attitude and Flyers. At home I asked for help. Ruth Ellen, Jennifer, Veronica, Troy, Lisa and Donna showed up with their energy, ideas and enthusiasm. Their help made this a very pleasant group effort. The four subjects have different audiences and will need different implementation methods.

Unity is primarily a topic for the Region. If Areas pick up on these ideas, so much the better. Here – as in several other places – we have changed wording to make it more positive. We

suggest changing Improving Unity to Honoring Unity since it is a value we do honor. We thought improving suggests that something is broken.

Attitude is another primarily Regional topic. I say this because we have no power to govern the Areas. We can only lead by example. Again we have changed language to more positive text. We propose Outlook instead of Attitude. Many of their definitions are the same, but we thought that attitude has a negative connotation. Outlook is about looking from our current position, including to the future.

We propose changing Information (a noun) to Sharing Information (a verb/noun indication action). Sharing, to me, is a kind word indicating cooperation and a back-and-forth exchange of information. There are many good ideas in this section. Many target audiences, many sources. Literature Study Meetings – a great idea – has a target of home group members.

We have lots of questions about Flyers. Recipients, makers and who pays for them? Is Leaflet an improvement? Since leaflet can be a verb we can say, “We have leafleted every Area.”

Lastly, throughout and at the end we have asked questions and made suggestions, some of which are slightly off subject.

In loving service, Lawrence E.

## ~~Improve~~ Honoring Unity

Show Personal Responsibility by Discouraging Criticism.	Demonstrate Personal Responsibility through the Spiritual Values of the 12 <sup>th</sup> Tradition.
Encourage Participation Regardless of Clean Time.	Ask newcomers and guests: Speak out! What do you want! What do you need?
	Invite guests and visitors, as well as new RCMs, to speak.
Overcoming Indifference Through Workshops	Word of workshops not getting through.
	Better-prepared presentations. There was such a projector mess in September.
	GSRs don't have meetings.
	One GSR said the April presentation was, “a big fat waste of time.”
<b>FLYERS !!!</b> [their emphasis]	

## Flyers

Incorporate Lists of Responsibilities Duties Qualifications on Flyers	Not completely sure what this means. When a position is vacant? All the time? Who's going to pay for them? Who is the ultimate recipient of them? Who's going to make
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	these flyers? Will the Board have to approve them? We only meet every other month. This might make a great on-line application IF people go to the website.
Region Provides Flyers for Open Regional Positions	
Separate Flyer Listing for Regional & Area Trusted Servants	Open positions or all? Who makes the Area flyers?
Invitational Flyers to Regional and Area Service Meetings	Great idea. Verbal announcements are made for a week before ASC and I fear we get little response. Again, who's going to make the invitations? The Region meets too infrequently.
Flyers for Quarterly Workshops & Learning Days	Invitations to Quarterly Workshops & Learning Days

Again, who's going to make them? There were several suggestions to make half-page flyers. Less paper, less cost, but someone (the copy shop?) will have to cut them in half.

## Sharing Information

Flyers	What about a YahooGroups.com or Facebook for mailing list for invites and information? Make sure everything gets announced at home groups. GSR responsibility.
RCMs and GSRs Communicating Accurately  Excellent RCM and GSR Communications	This is great! It needs to start with us. I have found, in my short time, too many motions not clearly written.  Can there be a process to review and polish up motions before they are presented at RSC? The object is to make them so clear that they can go straight to the home groups without any further explanation.  At home I might get 1 GSR report. I find most GSRs are pretty timid, uncertain of Area and Regional business. Mentoring could be the solution. Every one teach one.
Mentorship in Service Positions	
Workshops on <i>Guide to Local Services</i>  <i>Guide to Local Services</i> Study Group	Great idea. Someone very experienced with the subject and well-prepared.  We think the invite to these workshops should say what the <i>Guide</i> is about, what the attendees will learn and how that will serve NA.

<i>Literature Study Meetings</i>	Great idea. There was a lot of excitement about this. Same needs as above.
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## ~~Attitude~~ Outlook

Original	Proposed Revision
Overcoming Indifference	Invite Eagerness
Counteracting Apathy	Practicing Tolerance
Eliminating Criticism	Promoting Constructive Criticism
Improving Unity	Honoring Unity

Practice the principles of the 12<sup>th</sup> Tradition. Live the spiritual principles of tolerance, respect, acceptance, personal responsibility, honesty, patience, open-mindedness and humility.

## Attitude Definitions

Overcoming – Overwhelmed, visibly moved.

Indifference - :Lack of interest or concern.

Eagerness – Keen or ardent in desire or feeling

Responsiveness – The quality or state of being responsive.

Reducing – to lower in degree, intensity, etc.

Intolerance – lack of toleration; unwillingness or refusal to tolerate or respect contrary opinions or beliefs.

Counteract –To act in opposition to; frustrate by contrary action.

Apathy – 1) Absence or suppression of passion, emotion, or excitement, 2) lack of interest in or concern for things that others find moving or exciting.

## Other General Suggestions

Have a Gavel for the Chair. Using a voice to quiet other voices leads to a shouting match.

In my opinion, GSRs aren't doing a good job of holding meetings with their groups. Are we good at holding meetings with our GSRs? I recently saw a GSR who forgot to hold his group's Group Conscience Meeting. Many other times I've seen meetings where Regional motions are voted on and that's it. If there are no motions, there's no meeting. I've seen very little information from the ASC meeting passed on to the groups and very little information from the group back to ASC. I see it as a major break in a very important information flow.

I believe the RSC meetings are often too chaotic; time is wasted. Play by the rules.

Challenge GSRs to bring someone from their home group with them. Have a contest. Pass out gold stars at ASC meetings.

Challenge RCMs and the board to bring someone with them to the RSC meeting. Which means, with company present, we'll need to be on our best behaviour.

We were all glad to have come together for this. We incorporated some of the things we talked about. We worked on language. We had a newcomer with us. We shared information and cooperated with each other.

Thanks again to Lisa F., Troy A. Ruth Ellen W. Donna, Veronica and Jennifer.

**Ad Hoc Committee-Regional Insurance:** Insurance info: The quote is for the entire region .From the time the quote was given and we actually purchase it the price may change a little. Nick Gomez, the agent, is willing to come to Carna whenever we want him.

Again, thanks for letting me serve.  
Nancy S.

### Area Reports -

**Almost Heaven RCM Report- Absent No report submitted**

**Appalachian RCM Report: Absent No report submitted**

**Blue Ridge RCM Report: Absent No report submitted**

### **New Dominion RCM Report:**

Trusted Servant Positions

Newly Elected  
Vice Chair: John M.  
Treasurer: Jim M.  
Secretary: Brian C  
VRCC Alt: Mike M.  
H & I Chair: Brad  
PR Chair: Jimmy B.  
Policy: Tom R

Open Positions  
RCM Alt.

Opening next month:  
Literature  
Special Events  
VRCC  
RCM

The New Dominion Area supports 38 groups and approximately 45 meetings weekly. Our H & I subcommittee is experiencing a shortage of trusted servants and therefore has reduced the number and frequency of their meetings. However, they continue to carry meetings into 14 facilities each week.

The Outreach Subcommittee held a GSR orientation workshop on Sunday Dec. 5<sup>th</sup>. The workshop was well attended. The Workshop consisted of an overview of our current NA Service Structure, GSR duties and responsibilities, and the New Dominion Area Service Committee rules and processes.

Our area began the process of conducting an Area Inventory several months ago and after a slight stall we have begun moving forward once again. The Ad-Hock Area Inventory chairperson stepped down for health reasons, she had a baby, and the new chair was in desperate need of help. Help was requested and several members of the Outreach subcommittee stepped up to lend their support. Funny - asking for what you need sometimes produces the desired results. Group and GSR participation was one of the three main areas of weakness in our area. Outreach's GSR Workshop was the first step in addressing these areas of concern. During our last Area Service the Area Inventory Subcommittee asked for volunteers to form steering committees to plan two additional workshops; one for Sponsor/Sponsee relationships, and another focusing on the perceptions, decorum, itinerary, and service structure of our Area Service meeting

Our Special vents Subcommittee hosted a Halloween Dance and a good time was had by all who attended. During our November meeting there was quite a bit of discussion regarding the frequent financial losses of many of our events. The outcome of the discussions was that the events are held to provide fellowship and a safe place for addicts to gather on these occasions. We must focus on our 1<sup>st</sup> and 5<sup>th</sup> Traditions and remember we are here for the addicts; not to make a profit.

Our Area will hold a workshop for the NA Service System Project next month. The workshop will be hosted by the RDA2, Donna Lee P.

ILS,  
Bill M.

**New River Valley RCM Report: Absent No report submitted**

**Outer Limits RCM Report: Absent No report submitted**

**Peninsula RCM Report: Absent No report submitted**

**Piedmont RCM Report:** Welcome to and greetings from the Piedmont Area.

1. Our last ASC meeting was held on Sunday December 5, 2010. We meet on the first Sunday of each month.
2. There are currently 16 home groups and 25 meetings each week in our area.
3. Fourteen of those sixteen GSRs were present at that meeting.
4. We are currently carrying H&I meetings to: Buckingham Correctional Center, Region 10 Wellness Recovery Center, Jefferson Trails, a lockdown facility for troubled youth, Boxwood Rehabilitation, and the Albemarle-Charlottesville Regional Jail.
5. There were no motions sent back to the groups.

6. Our ad-hoc Speaker Jam subcommittee has lined up a facility for March 26, 2011 for a Noon to 6:00 speaker jam followed by a 6:00 to 8:00 potluck supper. Speakers and dinner details will follow.
7. We established an ad-hoc Space Search subcommittee to find another venue for our ASC meetings. We have a couple of very good possibilities, probably starting in April so that our Meeting Lists will be up-to-date.
8. Our new PR Chair continues to work with his committee to keep our literature racks full.
9. The open trusted servant positions are: vice-chair, alternate treasurer (a newly-created position), VRCC alternate and RCM alternate.
10. Our Special Events committee has planned a Holiday Party for tomorrow, December 19, here at the Wesley Foundation from 5:00 until 10:00. Since the SOS group has a Sunday 8:00 meeting here at Wesley, we're going to fold that into the party.
11. The Piedmont area is not able to send a contribution to the Region or World Services.
12. The next Piedmont Area Service Committee meeting is scheduled for Sunday, January 2, 2011 here at the Wesley Foundation. PR meets at 1:30, H&I at 2:30 and the Conference at 4:00. We meet here at the Wesley Foundation

In Loving Service,

Lawrence E.  
Piedmont RCM

### **Rappahannock RCM Report:**

Good afternoon, this RCM is grateful for the opportunity to serve and have the following to report. We have 16 meetings in our Area 5 that have not been represented in Area service in 2 consecutive months. 8 GSR's were in attendance. The following positions are still vacant in Area Vice Chair, Secretary II, Treasurer II, RCMII, VRCC Director, and Literature Chair. No group events to report. Learning Day hosted by H&I subcommittee on November 20<sup>th</sup> was a huge success with information provided, food fellowship and fun. Activities will be hosting a marathon meeting on Christmas Day. The outreach committee with the chair being Pat P. has temporarily been suspended until after the convention due to lack of participation it will resume in February. PR is picking up steam they did a panel discussion at Snowden and have been asked to return in Jan., and been invited to do a another one at the Bragg Hill Family Life Center dates for both have yet to be determined , however I will keep this body abreast as the dates are made available. The Area is also requesting a workshop on the Service Structure to be done sometime in Jan. I have followed up with RD Etta F. she will get back with me when a date has been determined. As we know the Rappahannock Area will be hosting the 29<sup>th</sup> AVCNA we are looking for support from all Areas. The Rappahannock Area is growing with events and activities , the next Area Service will be Jan. 2<sup>nd</sup> 2011. Happy Holidays to all!!!!

In Loving Service ,  
Antoinette B. – RCM

### **Richmond RCM Report:** Rascna continues !

1. Election of area chair and vice chair will be held in January
2. Policy chair elected—Rob D.
3. Outreach chair re-elected---Carson K.

4. H&I has a pro-temp
5. Election of RCM and Asst RCM in February
6. Election for treasurer and vice treasurer in January
  - a. Policy subcommittee is updating the procedures and guidelines handbook and expect it to be handed out to executive committee , GSR's and chairpersons at the January meeting.
  - b. Outreach is working on encouraging new GSR's to attend 1 monthly meeting with them to help them to better understand what is happening at area and to serve more effectively.
  - c. PR subcommittee continues to be available for training and supplying info outside the fellowship of N A. PR continues to inform us of the amount of use of our Kenner Phonenumber. (Note) On Thanksgiving Shot of Hope met at its regular location- An addict from N.C. found his way to the meeting after he was wrongly directed by a N A. website to a church where we used to be about 4 years ago) When I spoke to PR about this they noted NA.org and CAR\_NA are correct but there are other NA websites out there that list meetings and they don't update and that they have no way of contacting the author. BE AWARE!!!!
  - d. We have no donation today, again. Remember that we are hosting a convention in our area in February from which we will receive a % of the profits—hopefully this will be beneficial to the Region financially.

Special events committee along with a group from New Dominion will be hosting New Year's Event at the Marquee on Cutshaw Ave. The event includes dinner, meeting, and dancing. I have tickets on sale for \$10.00 and they are \$15.00 at the door.

Circle of Sisters continue to have fun events; The 70's dance was a blast with Don Cornelius. January 17<sup>th</sup> a Home Group Talent Show will be held at Rebos on Midlothian tpk. LADIES Don't Forget to register!!!!!!

Open Houses are taking place all over the city—that no addict has to be alone for the holidays.

My term will be up in February. I am committed to continue to serve.

For The Love of Service,  
Nancy S.

**Roanoke Valley RCM Report:** Greetings from the Roanoke Valley, We have 26 home groups with 38 meetings. We would like to welcome Sam A. to the region as Alternate RCM for RVANA. The trusted servant positions open are the vice secretary, vice treasurer, policy chair (Erin C. is pro-temping). Donations are still down so we have no donation. Our activity subcommittee is hosting a costume dance on October 30, 2010 from 7-12 speaker at 7, dance from 8-12 at MCC. We are also having Marathon meetings on Thanksgiving, Christmas and New Years.

In loving Service,

Maria J.

**Shenandoah Valley RCM Report: Absent No report submitted**

**Southside RCM Report: Absent No Report submitted**

**Tidewater RCM Report: Absent No report submitted**

**Tri-Cities RCM Report: Absent No report submitted**

Break of lunch @ 2:07pm – 3:20pm

Reconvened @ 3:20pm w/serenity prayer and roll call. 5 RCMs present, quorum met.

**Old Business (Last Regional)**

- 1) **Access to Mailbox:** Donnalee was given the keys to the mailbox; however, mailbox is in Chester VA. Akin S mentioned he was will to go get the mail and bring it to the November Regional Sub-committee meeting.

**Motion 146-2 Mover: Etta F.**

**Second: Bill M. New Dominion RCM**

Motion: To allow the RD and RDA2 the ability to attend MARLCNA XXVIII in February 2011 in Lancaster PA. February 11, 12, 13 2011

Registration: \$15 times 2

Per diem: \$35 times 2

Room: \$ 94.35 times 2

\$35 times 2

Intent: To fulfill the duties of RD & RDA2 and bring back information obtained at the conference to our region.

**Motion Passed 1-12-0**

**Motion 146-3 Mover: Etta F.**

**Second: Bill M. New Dominion RCM**

Motion: To allow attendance of the RD and RDA2 to Autonomy Zonal Forum January 29, 2011 in the Central Atlantic Registration: \$35 per day per diem times 2, hotel \$80.00 times 2= \$160 estimated within budget allotted.

Intent: to follow through with the duties of the delegate team.

**Motion Passed 0-12-0**

**Old Business (This Regional)**

- 1) **Insurance:-funding.** Treasurer said that currently we do not have the funding for the insurance.

**Motion 147-3 Mover: Donna Lee**

**Second: Bill M. New Dominion RCM**

Motion: That CARNA proceed with the purchase of liability insurance in the estimated amount of \$1206.00 yearly. It is to be understood that this quote may vary according to the time the insurance is actually purchased. The insurance would be paid for by the areas according to a



In both home groups I've served in the following capacities: Secretary, Program Chair, Treasurer, GSR, Alt GSR

In the area-service positions held include:

pro-temp secretary, vice chair, chair H&I chair, policy chair, special events chair, outreach chair convention chair, Convention secretary, Merchandise chair, Hospitality chair, Regional Service volunteer cook, RCM used to be called RD, RD Alt2, RD Alt, RD, RCM Alt, RCM

Member of area and regional sub-committees. Member of area policy committees.

Interest and heart lies in learning all I can about Narcotics Anonymous and how I can help.

I Have a NA sponsor and sponsor 6 women.

### New Business

- 1) **Inventory-** Gave out handouts with the information. Etta will work with Lawrence to how we can start to implement what the areas had mention what they thought was important for the region to work on. (Step 7 of the Regional Planning Tool).
- 2) **Baltimore Service Workshop** – will submit notes from the service workshop held in Baltimore. (Notes were submitted and they are under the RD's Report).
- 3) **Secretary funding-** Motion was made and voted on. (See Motion 147-5).
- 4) **Treasurer report** – Whether or not to send a donation to world from the 145<sup>th</sup> RSC. (Was advice by the attending RCM's to go ahead and send that donation even though it put the regional under Prudent Reserves). A Motion were made to change guidelines to change how much of a donation the region will send to world. (See Motion 147-13).
- 5) **AVCNA Regional Workshop-** Regional workshop @ 10am, if so who wants to help. Suggested the Introduction to the Service System. Motion was made. (See Motion 147-14).
- 6) **Speaker Jam** – No bids for March Speaker Jam, anyone need/wants to be part of Speaker Jam, needs to submit a bid by the middle of January.
- 7) **Insurance** – Will have the Agent available to come to the regional and answer question. Decided it was a mute point if motion 141-18 passes at the next regional.

**Motion 147-5 Mover: Secretary**

**Second: Nancy S. Richmond RCM**

Motion: To purchase a realm of paper, book of stamps and a box of envelopes to give secretary \$12.00. Will return the difference and receipt to treasurer.

Intent: To send a hard copy of the minutes out to those whom requested it.

**Motion passed (A-0, Y-5, N-0).**

**Motion 147-6 Mover: Lawrence E**

**Second: Bill M. New Dominion RCM**

Motion: To reimburse Lawrence E. \$11.34 for copies of regional inventory report. Receipt attached.

Intent: To be fully self-supporting.

**Motion passed (A-0, Y-5, N-0).**

**Motion 147-7 Mover: Bill M.**

**Second: Nancy S. Richmond RCM**

Motion: To adjust the formatting of the Central Atlantic Regional Guidelines and Rules of Order so that the subsections, numbers and letters are isolated from the text. Adjust the table of contents to reflect the correct page numbers.

Intent: To make it easier to locate specific sections, subsections within the document.

**Motion passed (A-0, Y-5, N-0).**

**Motion 147-8 Mover: Treasurer**

**Second: Lawrence E. Piedmont RCM**

Motion: To pay expenses over and above approved amounts for service system workshop attendance by the RD & RDA2 in the amounts of \$5.70 for the RD and \$33.70 for the RDA2.

Intent: To be responsible for the expenses of our trusted servants.

**Motion passed (A-0, Y-5, N-0).**

**Motion 147-9 Mover: Donna Lee.**

**Second: Bill M. New Dominion RCM**

Motion: For CARNA to approve the purchase of a projector and screen to be used for power point presentations during CARNA events and workshops. Not to exceed \$700.00 the projector is available at the right around \$500.00 and the screen for less than \$100.00, to include \$100.00 for accessories and taxes. The most prudent use of funds will be used but it is hard to quote an exact price as sales and internet offers are fluctuating.

Intent: To be self-supporting as a region. To eliminate liability for the use of an individual's equipment and save money on rental use at hotels.

**Motion: See Motion 147-15 for results to this motion.**

**Motion 147-10 Mover: Etta F.**

**Second: Antoinette B. Rappahannock RCM**

Motion: To remove under 7A (F) the duty of the RDA2 that requires that person to hold the position of Web servant to NAWS and return it to PR.

Intent: To place this function under the PR subcommittee where it is now being effectively handled.

**Motion: Resend by the motion maker**

**Motion 147-11 Mover: Donna Lee.**

**Second: Bill M. New Dominion RCM**

Motion: That CARNA change policy regarding election of RD, RDA, RDA2 to be held at the same time.

Intent: To increase the effectiveness and cohesiveness of the delegate by eliminating long periods of time where those positions are required to be open due to our current policy

**Motion: Withdrawn**

**Motion 147-12 Mover: Don V.**

**Second: Maria J. Roanoke Valley RCM**

Motion: To continue our existing budget until April 2011 RSC (149<sup>th</sup>), in order to allow time to have a new budget approved.

Intent: To allow our region to continue to pay bills.

**Motion passed (A-0, Y-5, N-0).**

**Motion 147-13 Mover: Don V.**

**Second: Bill M. New Dominion RCM**

Motion: To change Policy, Section VIII, Item 1

**From:** RSC will maintain a prudent reserve. After expenses are paid, all remaining money will be donated to NAWS.

**To:** RSC will maintain a prudent reserve. After expenses are paid, 50% all remaining money will be donated to NAWS.

Intent: To allow for prudent reserve to be better maintained during low donations RSC's

**Pro:** In our present practice, we are starting each RSC either at or below Prudent Reserve. This motion would allow the RSC to have a small buffer that would allow us to help cover a low donation RSC.

**Pro:** This motion would create a more flexible access to our financial resources and also allow for times of low donations from area to region, donations to NAWS would most likely more consistent as well as no donations are made to NAWS when the region is below prudent reserve. This way donations to NAWS would be spread throughout the fiscal year.

**Con:** Areas may drop their donations by 50%.

**Motion: Needs to go back to Home Groups and be Voted on.**

**Motion 147-14 Mover: Bill M.**

**Second: Nancy S. Richmond RCM**

Motion: The Delegate team will host a workshop/presentation on the service system project at the Regional Convention in Fredericksburg, VA.

Intent: To provide information on the service system project to the addict.

**Motion passed (A-0, Y-5, N-0).**

**Motion 147-15 Mover: Maria J.**

**Second: Bill M. New Dominion RCM**

Motion: To table Motion 147-9 until after the Budgets comes back.

**Motion passed (A-1, Y-4, N-0).**

**Motion 147-16 Mover: Don V.**

**Second: Maria J. Roanoke Valley RCM**

Motion: To pay a donation of \$50.00 to the Wesley Foundation.

**Motion passed (A-0, Y-5, N-0).**

**Under Planning for the Next RSC:** Whether we want to make this location a permanent location, or is it centralize within Charlottesville.

The 148<sup>th</sup> Central Atlantic Regional Conference will be held on February 17, 2011 place to be determined. Watch for address on website.

**147<sup>th</sup> RSC closed at 6:37 pm with Serenity Prayer.**

Thanks for allowing me to serve.