

**Agenda 166th Regional Service Conference
Central Atlantic Region
February 15, 2014**

Note: RSC will be preceded by Open Forum, not to exceed one hour.

Open Forum begins: 11am

RSC begins: 12:15pm

- Vice Chair will view the online banking account and compare to the check register.

1. Serenity Prayer
2. Open Forum
 - a. Piedmont Area has been in the red. If anyone has any experience, strength and hope...
 - b. Should the PR Subcommittee be helping ECCNA with the Speaker Jam without a directive from the Region?
The person coordinating the speaker jam at the area level chose to have ECCNA do a presentation at the event. There is nothing in policy about how a speaker jam should be organized....
3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after lunch

Chair	Jim	Almost Heaven	Sherry	X	
Vice Chair	Bill	Appalachian	ABS		
Secretary	Brian	Beach	David C.	X	
Treasurer	Neil	Blue Ridge	George S.	X	
Regional Delegate	Donna Lee	Gateway to Freedom	ABS		
Regional Delegate Alternate	Eddie	New Dominion	ABS		
Regional Delegate Alternate 2	Kim A.	New River Valley	ABS		
VRCC Chair	Erin T.	Outer Limits	ABS		
Hospitals and Institutions Chair	NP	Peninsula	Jimmy	X	
Policy Chair	Greg	Piedmont	Theresa	X	
Public Relations Chair	Etta F.	Rappahannock	Rudolph C.	X	
Speaker Jam Chair	Rudolph C.	Richmond	Jackie	X	
		Roanoke Valley	Pat	X	
		Shenandoah Valley	ABS		
		South Side	ABS		
		Tidewater	ABS		
		Tri-Cities	Toney W.	X	

Note: Any area that missed two consecutive RSC will be referred to the Outreach Subcommittee (Project Driven).

5. Recognition of new attendees / identify members willing to mentor that they could sit next to.
Louis – TriCities
Stephanie – Rappahannock
George – Blue Ridge Alt.
David – Beach Area
6. Approval of Minutes
7. Trusted Servants Reports

Chair Report	Hello family, I am very sad to report that Erin our P.R. Chair has passed away. She was a lot of help
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	<p>in planning and setting things up. She will be missed dearly. The hotel for Saturday night and Sunday meeting is the Fredericksburg Hospitality Center. If anyone is coming on Friday, they can get a room at our rate \$79.00 plus tax .Just let them know you are with CARNA. Region will start at 10am on Sunday. 2801 Plank Rd. Fredericksburg VA. 22401, phone # 540-786-8921 I am sorry about setting up the GSR assembly and region on Easter weekend, I just wasn't thinking about Easter weekend .And only looked at the calendar on my phone. In Loving Service,</p> <p>Jim H Chair</p>
Vice Chair Report	<p>Good Afternoon,</p> <p>I worked with the CARNA Policy chair, Greg, on the CARNA G & RO, which he will pass out today. I suppose Greg will give more details on that in his report. Other than that, I have nothing to report.</p> <p>ILS, Bill M.</p>
Secretary Report	<p>Thanks for the opportunity to serve. I'm sending around a contact list, if you could update your information I would appreciate it.</p> <p>ILS, Brian C.</p>
Treasurer Report	<p>All the bills that I know of up to today are paid. We had a bank balance of \$17,705.11 at the 165th RSC. Since then we have deposited \$628.96. We have had debits totaling \$3147.99 to give us a current bank balance of \$13,293.43</p> <p>Attached is the financial statement since the 165th RSC. This report is based on the information that I was able to get online. The last activities reported were on 01/31/14.</p> <p>Our YTD (2014) expenses have been \$3147.99 and our YTD income has been \$0.00.</p> <p>Our 2013 actual expenses were \$10,877.36 against a budget of \$30,352.00. Our income was \$13,909.07. We donated \$4,985.30 to NAWS in 2013.</p> <p>Our budget this year is a bit higher because it is a WSC year and it is our turn to host the AZF. With a few years of fairly well recorded actual expenditures under our belt we should start being able to trim the budget down to as realistically small a number as possible. I will look at our numbers in this coming year and talk to other committee members to see if we can come up with a good idea as to why our projected budgets seem to be three times higher than actual expenditures.</p> <p>Our prudent reserve as determined by the formula approved by the RCMs is \$15,277.00. If we subtract this from our current bank balance the difference is - \$1983.57. we are under our prudent reserve</p> <p>ILS, Neal Griffin</p>

RD Report	<p>Good afternoon everyone. The delegate team has been very busy since our last RSC in December. The workshop on the traditions book project that we facilitated at the AVCNA on Jan. 18th was well attended and we got some very good feedback to submit to NAWS. I attended the second World Board Webinar in Jan. it was very informative but I found it difficult to get in the cue for questions as some participants were asking multiple questions. The Autonomy Zonal Forum on Jan. 25th in Hagerstown, MD has good attendance and went very smoothly. I would like to thank the Almost Heaven Area for obtaining the location and providing the food. Sherry V. is turning in receipts and \$65 that wasn't used, so the event only costed the region \$306.28. Bob G and Tana A were on hand to go over the CAR and some of the CAT. I want to make sure that the \$300 we approved to send to NAWS to help with their travel costs has been sent.</p> <p>Next we were at the Mid Atlantic Learning Conference of NA on Feb 7-9. Ron B, Bob G, Tana A and Mukam D were present to go over the CAR and the CAT and the NAWS update. Here are a few highlights from the update. The Service System Proposal field testing is complete and there is updated info on it in the latest NAWS News. WCNA had a profit of \$209,434 with 19,157 registrants. WCNA 36 will be help approx 20 miles outside of Rio de Janeiro, Brazil and payment plans will be available to help members plan for the expense. We currently have 61,800 meetings worldwide with many opportunities for fellowship development in the US and worldwide. On the translations front, there are new IPs in Swahili and Basic Texts in Greek and Hungarian. In regards to ebooks there were 12,000 sold for an income of \$60,426 in 2013. There were 380,000 Basic Texts provided to communities in need.</p> <p>The contribution rate is at 9%. For NAWS to be fully self supporting we would need \$114 per home group to be contributed per year as opposed to the \$17 that is being given by home groups now. This has resulted in less PR efforts, fewer workshops and less subsidized literature. There was slightly less than \$600,000 in subsidized literature this past year as opposed to \$800,000 that was provided in 2008. However, some of that decrease is due to saving money on shipping by printing locally. In regards to fellowship development, Africa now has 11-13 communities and held a convention and are getting ready to hold another convention in Zanzibar.</p> <p>The Conference Approval Tract came out Jan. 24th and is available for free download or for purchase for \$8 from na.org. There are also CAT and CAR videos available for free download as well. Included in the CAT are several revisions to the Guide to World Services. In the NAWS strategic plan under the key result area of Communication and Technology, we would endeavor to create tools and user friendly training videos on the effective use of technology for use by service groups. Under Public Relations, we would continue to hold H&I and PR webinars and increase participation at professional events and cooperative events with communities and regions. Sustainability of NAWS, develop new lit distribution policy including the evaluation of variation in discounts offered to various NA communities and adjust pricing to reflect inflation, adjust shipping costs to counter inflation. Under the area of the WCNA, set registration prices to cover at a minimum, core expenses of the Convention and consider packages that include options for hotel, meals and registration.</p> <p>Topics or Issue Discussion will be presented at the 2014 WSC for approval for the 2014/2016 conference cycle. There is a project to create a transition plan for the SSP at a cost of \$70,000. This may also be decided with the outcome of voting on motions</p>
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	<p>4,5, and 6 in old business. Included in this transition plan would be a field testing mechanism for state/nation/province component of the SSP. Also up for decision is to prepare an approval draft of the traditions workbook at a cost of \$250,000. in Public Relations, to create a pamphlet for professionals regarding the medicalization of addiction treatment and our 3rd tradition and continued attendance at professional events for a cost of \$38,000. Also up for decision is the NAWS budget which is presented in its entirety and with explanation of it in the CAT.</p> <p>We will be providing Tally sheets for your personal use in your home groups but these will not be turned in at the GSR assembly. If you are unable to attend the workshops but have questions please feel free to give the delegate team a call or an email. NAWS news is available online now.</p> <p>In Loving Service Donna Lee P</p>
RDA Report	<p>Hello family,</p> <p>On January 18th Donna Lee and I conducted a Traditions Book Workshop at the 32nd AVCNA in Hagerstown, MD. The workshop was well attended by a broad range of participants. According to many the energy was exceptional and generated a fair amount of interest in the Traditions Book project. The participant's responses from the Large and Small Group discussions were recorded and we intend to submit them to NAWS on their behalf.</p> <p>On January 25th the Delegate Team hosted the Autonomy Zonal Forum in Hagerstown, MD. Two World Board members were in attendance (Bob G. and Tana). The agenda focused on the CAR and included minimal discussion of the CAT. Many concerns were asked and answered regarding the potential impact of the WB Motions 2&3 if they are passed, as well as clarification regarding the "next phase" should WB Motions 4,5 & 6 pass. Most of the concerns raised during discussion of the four Regional Proposals pertained to the development (or lack thereof) of seating criteria at the WSC, and the regional "proposal" experiment which the conference chose to continue at WSC2012, and the WB's recommendation to return to regional "motions" during the next cycle. I was given \$40 gas advance at the 165th RSC in December, and have a gas receipt in the amount of \$50.05 for the 440 mile round trip. I am therefore requesting \$10.05 reimbursement for the balance.</p> <p>On February 7,8 & 9th the Delegate Team attended MARLCNA in Lancaster, PA. In an effort to conserve gas funds Kim drove to Lynchburg, then carpooled with me to Richmond, where we then got in with Donna Lee (and Nancy S. from Richmond) for the drive to Lancaster. Four WB members were in attendance (WB Chair Ron, and WB members Bob G., Tana and Mookie). Many concerns were raised regarding the CAR, particularly regarding WB Motion #2 (not seating alternates wouldn't save money – only increase the size of the Gallery, would undermine training and mentoring at the WSC, that alternates who do attend would not be recognized or provided information, etc...) as well as concerns that the wording of WB Motion #3 (that the wording "may request funding" was too vague and might result in preference to "non-US" delegates). When pressed about the funding of "any" region who might request funding WB member Bob G. even went so far as to say that "yes, as it was before we began funding delegate attendance, we'll find a way to make it happen".</p>

The WB's decision to edit the original Regional Proposals as they were submitted (as contained in Addendum C) also caused concern. Some felt much had been lost in translation. After a lengthy discussion regarding the WB's reasoning regarding the edits and their failure to notify or work with regions in an effort to make them more "CAR ready", the WB admitted that the proposal "experiment" in general hadn't really worked as they envisioned (in Bob G.'s words, "we screwed up"). Though my overall impression was that the WB participants were somewhat unprepared, I ultimately appreciated their grace and resilience under fire (particularly when yielding the floor to those more interested in questioning their integrity than voicing a legitimate concern). I was given \$40 gas advance at the 165th RSC in December, and have a gas receipt in the amount of \$20.01 for the drive to and from Richmond. The remaining \$20 (given to me at the 165th RSC) was given to Donna Lee for gas from Richmond to Lancaster and back.

In an effort to conserve funds I've requested a roommate at WSC2014 by submitting the Registration and Housing Request form to NAWS last month. I've not heard back regarding that as of yet. Before having our Treasurer book my room I will follow up with Elaine (the primary contact for housing requests) to be sure no roommates are available.

Since the WSC2014 itinerary I submitted at the 165th RSC was \$345 over the \$2000 budget allowed, I will be submitting a motion today for \$300 (the maximum amount possible without approval from the groups). The intent will be simply: to ensure that the RDA can fulfill their duties as stated on page 14 in our Regional Guidelines and Rules of Order "Attends biennial World Service Conference (WSC) Meeting". Should a roommate be provided by NAWS, the \$300 will not be necessary.

In an effort to avoid redundancy in our reports, each member of the Delegate team has agreed to report on a particular aspect of the CAR/CAT. I agreed to report on Regional Proposals A-D:

Proposal A: To place a moratorium on the Service System Proposals. Ideas for the moratorium range from two to four years. (5 proposals: A1-A5, p. 32 of CAR). Four Regions submitted similar proposals requesting a "moratorium" (temporary prohibition of activity) on implementation, promotion, or transition of/to any aspect of the SSP. Though the duration varied (as described above), this edited version represents the five original proposals fairly well with one exception: A1's request for a full accounting of all costs associated with the SSP to date.

Proposal B: To specify the specific decision-making mechanism for anything related to the SSP.

(2 proposals: B1-B2, p. 34 of CAR). Both original proposals seem to be a request to determine current confidence in the SSP (either in favor of, or against). B1 wants to see if "2/3 want to put an end to it" which means that slightly more than 1/3 could keep it going. B2 sought to simply put the SSP in its entirety to a vote. As opposed to the action requested by the original proposals, the edited version only asks to specify how a decision "will" be made "when" it comes to a vote.

Proposal C: Currently seated regions retain their seat at the WSC forever. (1 proposal: C, p. 34 of CAR). Unlike the other three edited regional proposals (in which the WB created a single proposal in an effort to combine two or more "similar" proposals), Proposal C represents an edited version of a single original proposal. The

	<p>original proposal appears to seek protection for any seated region which had resulted from a split (“regardless of how they were formed”), while the edited version seems to have been shortened in an effort to “interpret” what was being asked.</p> <p>Proposal D: Ideas to evaluate or reduce WSC costs either by creating a workgroup to look into conference costs or by eliminating World Board travel to the WSC. (2 proposals: D1-D2, p. 35 of CAR). Again, by deciding to once again combine two “similar” proposals into one, the WB really had no choice but to change the wording. Unlike the previous three edited versions, the WB edited version of Proposal D definitely omitted a great deal of what was included in the original motions (utilize teleconference technologies, explore cost reduction methods that do not include the reduction of WSC seated regions, WB not attend with the exception of the WB Chair and WB members essential to items being discussed). Again, it would seem that the edited version represents an oversimplification of the original proposals.</p> <p>In addition to the \$10.05 gas reimbursement for the AZF, I will be requesting a reimbursement for copies I’ve purchase related to the upcoming CAR Workshop in Richmond next week, and the GSR Assembly which will be held prior to our next RSC (to be determined).</p> <p>In Loving Service, Eddie W. (RDA)</p>
RDA2 Report	<p>Following the December RSC Eddie and I booked our flights to the conference and I contacted Elaine at World Services to put in a room request to room with Donna Lee in April.</p> <p>I had intended to attend the AVCNA and participate in the workshop put on by Donna Lee and Eddie and, regrettably I ended up having a health issue come up and I was unable to attend.</p> <p>On January 25, 2014 I attended the Autonomy Zonal Forum, hosted by our region in Hagerstown, MD. It was well attended and quite informative. We had two World Board Members in attendance and 5 out of our 6 regions were present. We spent our time discussing the CAR report and there didn’t end up being enough time to really get into the CAT. I took extremely detailed notes and feel very well prepared for our Workshops based on the extensive question and answer periods that I was able to listen to that day. If anyone would like a copy of the minutes from that day, please go to www.autonomyzone.org. If you would like a copy of my notes, please just let me know and I’ll email you a copy. World Board members, Bob G from Florida and Tana A from NY, presented 2 videos on the material and did a great job answering our questions and discussing the various questions from the floor. Bob reminded us that each zone is tasked with putting together a video for the Conference so it ended up being rather timely that our final order of the day was to discuss Etta’s Fellowship Development idea which is to create a video about her Used Books for Africa project which can be shown on the WSC floor during Zonal reports!</p> <p>On February 7, 8 & 9 I attended MARLCNA with Eddie and Donna Lee. This was my first time attending that event and I am grateful for the experience. Each time I hear the issues in the CAR and the CAT being discussed I feel a little better prepared to</p>

share these discussions with our region. The following is a very brief synopsis of the discussions that took place during the AZF and MARLCNA.

Motion 1: To approve the draft contained in Addendum A as IP #29, An Introduction to NA Meetings. (CAR pg 13, Addendum A pg 47) -

- This motion's discussion was fairly brief. The fellowship already had the opportunity to review and give input, so the few changes that were made to the existing IP were based on the input the fellowship submitted. The exact changes are in the CAR and there are also two corrections that will be brought up at the Conference. First: there is a typo in the draft on pg 48. The text mistakenly refers to "In TIME of illness", not "In TIMES of illness". Second, WB feels there is a potentially confusing reference to our "our primary purpose" in the second paragraph page 47. WB will be recommending to the conference to remove the two dashes and the three words: "-our primary purpose-".

Motion 2: To adopt the following as WSC policy: "Seating at the biennial meeting of the WSC is limited to one delegate per region." (CAR pg 15). Discussion on this motion mainly centered on the following bullet points:

- Whether or not this motion will translate into no real change as far as how many people attend the Conference. Will alternates likely still attend and be accommodated in the gallery, thereby just making the gallery much larger? Could technology be put to better use by putting up screens to allow better visibility of the floor to the gallery participants?
- How will we assign new seating? Check the CAT for more on this.
- Question: We expect this to reduce the costs and to shorten the conference and can we also expect it to reduce the quality of the representation? WB felt if this motion passes it will not diminish the number of days of the conference, perhaps just the length of the days.
- Is the conference US skewed as is stated in the CAR? The goal is to try and ensure equal representation, not to reduce the quality of the representation. WB stated that currently there is a disproportionate effect with 59 US reps vs. the number from the rest of the world.
- The Value of Mentorship - exploring options for how we might replace the experience of being at the WSC without actually being able to be present.
- Is saving money the real issue behind this motion? Discussion ensued regarding alternative ways to save money such as Conference rotation changing along with the World Convention.
- At the AZF Tana asked "When does your region elect your RD, RDA?" The question evoked discussion concerning the reality that the experience of attending the conference and representing our regions is intimidating. In some regions attendance at the Conference is the last thing (the culmination) of the 2 yr training cycle and in others it's the first thing. Perhaps if this motion passes we could adjust our Training methods (such as when we vote in our RDs and RDAs).

Motion 3: To adopt the following as WSC policy: "The World Service Conference does not automatically fund attendance of delegates. Delegates from regions that are unable to fully fund themselves may request funding from the World Board." (CAR pg 17) Discussion on this motion was lengthy. The following bullet points address the

bulk of those discussions.

- What is the criteria/guidelines for determining who will be funded and is the funding for WB automatic? The WB stated that we would most likely go back to the way it used to be; perhaps further criteria will be developed after this motion passes if it passes.
- The dialogue of what we can do with this is up to the groups
- Investing in our representation.... Some discussion from the floor was that representation is at the top of the hierarchy of needs in our fellowship and other ways to cut costs must be considered.
- The costs: US delegates: \$350.00 average for each flight, \$1500.00 for each hotel room and other allowances totaling \$1800.00 per US delegate. Non-US delegates average \$1350.00 for each flight, \$1500.00 for each hotel room totaling \$2850.00 for each non-US delegate. If this motion passes, could we use the money “saved” – presuming regions decide not to send alternates anymore – to better train our delegates? Webinars, tele-conferencing, electronic alternative means to experience the conference. There was concern that the alternates will miss out on opportunities to participate in discussions and the lack of connection with other delegates may translate into a difficulty for delegates to interact with one another at the Conference.
- 70 meetings in the entire state of South Dakota – they will likely never be able to afford to send their own delegate.
- Many people were wondering if there would be a form to fill out that could include asking for partial funding vs. full funding and were wondering about funding formula specifics.
- Underlying issues: funding of services in NA. Is the problem members who are not fully informed about their financial responsibilities to NA? – NA seems in dire need of better financing. References to how to increase contributions/donations (IP – money matters] and how about better ways to inform/teach our members about our responsibility to support our fellowship?
- Will this missed experience translate into further disconnect of the fellowship - “remember our vision”. Will regions lose the accountability with only one “witness” to bring our conscience and to relay the information back to us? It was also pointed out that the fellowship has a great many means at it’s disposal to ensure accountability but doesn’t take advantage of these means (i.e; why aren’t our Group Consciences, ASCs, RSCs, Zonal Forums, Workshops better attended?)

Motions 4, 5 and 6 are all about the new Service System Proposals and as such were grouped together for discussion at MARLCNA. Discussion began with the attendees wanting to know whether these motions would require a simple majority or a 2/3rds majority and WB stated that the delegates can put in a motion for how they would like it handled during Old Business. The Group Support Forum (GSF) is envisioned as a discussion based body. There were a few regions present who were able to speak on the success they have been experiencing with implementing different aspects of the new Service System Proposals. In Philly, an area called the Clean Acres area is handling only group business at their ASC and each group is talking to the other groups about what works and what doesn’t. The addicts attending this GSF (Group Support Forum) don’t need to have titles; they are just interested addicts who want to show up and share experience, strength and hope so that they can all benefit from

	<p>the mutual exchange of information. All Subcommittee business is handled in another meeting (presumably the LSC).</p> <ul style="list-style-type: none"> • World Board stated that there has been no field-testing outside of the US because of money restraints. The results from the SSP field testing are in the CAR pg 53. • If these motions pass, an alternative option to creating an entirely new Guide to Local Services is to just add the new options to our existing handbook. • At the AZF Tana A stated the LSC doesn't reduce the number of commitments or the commitments themselves. It offers other ways to get involved as well - project based workgroups lets more people get involved. Bob stated that he felt having the GSF invites people to get together to talk about their home groups...it encourages more involvement. • The Ultimate Goal of these motions is to improve the delivery of services. • These motions are in the CAR because the World Board needs direction on whether or not to move forward. • The intent is the same with all three of these motions. Basically the board is asking the fellowship to sign off on the intent in small increments (piecemeal). • It is envisioned that the changes in our Service System will address the apathy in our fellowship by creating the excitement of doing something new and different. <p>I turned in receipts today for the gas used to attend these two events.</p> <p>Thank you for the opportunity to be a part of and to hopefully be of service.</p> <p>ILGS, Kim A 860.469.5462 kim@webmastery.org</p>
VRCC Report	<p>Hello Regionaires, The 32 AVCNA had 672 registered members. A far cry from the 1000 average. This means not so good financially. Great reviews from newcomers anyway. The hotel and Hager hall went above and beyond to assist us.</p> <p>We are in need of areas to send directors from areas that have no representation.</p> <p>Positions open in March are Chair, Vice Chair and Secretary.</p> <p>The 33 AVCNA will be Jan 9-11, 2015 Holiday Inn Main St Lynchburg Va..</p> <p>Contracts are signed and they NEED support. All executive positions are filled as most Sub- committee chairs also. They need fundraisers so ask your areas to help. Jimmy B Chair VRCC</p> <p>We have 17 areas and only 7 areas send directors which means that 7 areas are making all the decisions on how the money gets spent for our annual convention . Please send directors .</p> <p>ILS, Erin T VRCC secretary</p>

<p>H&I Chair Report</p>	<p>Central Atlantic Region of Narcotics Anonymous Hospitals and Institutions Chair Report February 15, 2014 167th CARNA</p> <p>Hello all, I want to start by saying how saddened I am to have lost Erin, who is such a wonderful person and friend. As we began our service commitments together it was obvious to me how dedicated and devoted she was to the fellowship of Narcotics Anonymous. Her passion was contagious and motivating. As we served together and I began to get to know Erin I was unaware of her personal struggles. In my drive to get things accomplished I sometimes deny the intimacy that can be developed with others through service. I do wish she was still here to help me serve, to motivate me and continue working towards the goals we had set for both of our Subcommittees. I do know that she will always be with me in spirit, as so many of my brothers and sisters. Even though these tragedies are a part of the fellowship that we hold so dear, they never lose their sting. I pray that you are in the palm of your higher powers hands my friend and I will carry you with me as I serve the best that I can. And even though I cannot be there with you all today I hope that you take a moment of silence to remember our friend.</p> <p>The CARNA H&I, PR and Policy Subcommittees held our last meeting in Quadrant 4, Virginia Beach, VA on January 11th. There were 4 local members present and 6 participants. I have attached the minutes from this meeting for your information.</p> <ol style="list-style-type: none"> 1. We hold regularly scheduled meetings every other month and follow the quadrant rotation as prescribed in the subject service handbook. We have secured and accounted for the CARNA H&I literature inventory. I have received no letters from inmates in the past 3 months. 2. We have gathered and continue to gather information on existing commitments within the region. We are also working on a list of potential commitments. 3. We have no plans at this time to set up a panel presentation for any facility. We will look at this on an as needed basis. It is our hope to work on changing our approach to one-time presentations and use these as vehicles to help participants in these types of facilities start their own NA meetings. We did get a request from an inmate at the Orange County Regional Jail for a meeting starter packet. 4. We will be holding a learning day in the Gateway to Freedom Area on February 22, 2014. This event will be held at Friendship Haven Church , 248 Williams Street, Cumberland, MD 21502. Please inform members of your areas that trainings/workshops will be done in conjunction with the regional sub-committee rotation schedule. The next rotation calls for quadrant 4 to be serviced. We will offer trainings at the request of Areas, however in the spirit of unity we feel it is better to involve as many areas within a quadrant as possible when performing trainings. Not only will members benefit from regional resources, but sharing information and resources among neighboring areas helps support our primary purpose more effectively. 5. On February 19th I will be attending the 2nd NAWS H&I webinar. Topics covered include: Mentoring, Unity Day and opportunities within regions. Anyone may attend. If interested email colinc@na.org to be included in the
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	<p>webinar. These are great formats for informational exchange between members from around the world.</p> <ol style="list-style-type: none"> 6. Refer to bullet 3 7. RCMS, please include information on H&I within your areas in your monthly reports. Also please inform your areas of the phone in option for attendance to regional sub-committee meetings. 8. The CARNA H&I chair will be working to consolidate all of the policies that were generated by the last chair for approval by the CARNA H&I Subcommittee. There will be a working copy submitted at the next CARNA Subcommittee meetings on March 15th. If any members want to help cultivate this effort please attend the sub committee meetings. <p>In closing, please inform your area members of the opportunities to serve at the regional H&I level. We need help responding to letters to inmates, developing and starting the WSR project and working on better ways to communicate with regional, state and federal agencies.</p> <p>Our next meeting will be held in Lady Smith, VA on March 15th, 2014 from 12-3 p.m. The first hour will be a joint meeting of all sub-committees and the remaining time will be split amongst the sub-committees and training for Quadrant 1.</p> <p>For specific place details see PR Chair and the CARNA Website.</p> <p>To attend this meeting via conference call: Conference Dial-in Number: (712) 432-1500 Participant Access Code: 114976#</p> <p>This may change as we are developing a web meeting and phone in option combined. Details will be provided to the CARNA Web servant prior to March 15th. Please feel free to contact me with any questions or suggestions.</p> <p>Gratefully,</p> <p>Chuck K. (757) 469-9365 chuck.norvakellens@gmail.com</p>
Policy Subcommittee	No written report submitted.
Public Relations	PR Subcommittee Report 2/15/14 Hi Family, It is with great sadness that I write this report. PR has recently taken a terrible loss with the passing of our chair Erin C. I am the newly elected vice chair and am trying at this time to stay on task with the projects that have been in process. I attended the subcommittee meeting in VA Beach last month where we discussed the phone lines, website, and updated meeting list with proper contacts. I have received an email from New River Valley asking for the names on the contact list that are being forwarded from the answering service be removed and new names have been forwarded. We have some support from people with IT experience that are willing to share ideas with us as well as those from our region. I am looking to resume another conference call/webinar in March to continue not only gathering info regarding the proposed website changes but to make some decisions and move forward. The summer institute is something that we have traditionally been a part of for several years now and it is slated to be held in Williamsburg Va. again July 14-15 2014

	<p>at the Holiday Inn Patriot, 3032 Richmond Road, Williamsburg, VA 23185 (757) 565-2600 Early Registration is in June so we will discuss this at the next subcommittee meeting and it is a budgeted item for this subcommittee.</p> <p>I'd like to bring several challenges to the table that I have found. One is the retrieval of any PR materials that may have been at Erin's residence. Two is getting up to speed with where we are on some of the projects however Sherri V has been here the whole course and will let me know what I may be missing. Third, is the next regional speaker jam says that PR is to assist the ECCNA at the event. First the ECCNA is not a part of our region and I am not sure why it is at the regional speaker jam and second the subcommittee will not act on its own without direction from the region as to whether they want us to do so. Our service is to our region.</p> <p>In closing, I'd like to say I am willing to chair PR however if there is someone else who has a heart for this or vice chair please let it be known.</p> <p>In Loving Service, Etta F</p>
Speaker Jam	<p>Dear RSC</p> <p>I truly appreciate the opportunity to serve on this body as your Regional Speaker Jam Chair. Since I've been in this position I have discovered a lot of unwritten rules about what are my duties/responsibilities and what are the host area responsibilities, i.e. agenda, speakers, etc... I would like to meet Greg G. and anyone else via conference call or in person to lay out a descriptive function of my position for the next individual that precedes me. With that being said, I would like to announce that the Old Dominion Area of Narcotics was the only Area that submitted a bid, therefore, they will be hosting it March 22, 2014 at Hatcher Memorial Church from 10:00-6:00p.m. According to Policy, if there is any area that is in need of NA support from our Region please submit your request at the Speaker Jam on March 22nd. I will be requesting monies to support this event in the amount of \$350.00. I have a receipt today for flyers printed. In which I paid to Jeff in cash and would like to reimbursed in the amount of 47.48.</p> <p>In Loving Service, Rudolph C.</p>

8. Area Reports

Almost Heaven	<p>Greetings from the Almost Heaven Area</p> <p>The past two month we have worked on our policy to provide more clarity to our budget planning</p> <p>One of our meetings in Hagerstown, MD disbanded and another late meeting on Friday night has suspended for a period of time until there is more support for a late night meeting</p> <p>The VRCC Director position will be open in March because, per policy, the position is opened after two misses from area.</p> <p>Most other positions at AHACNA have been filled and we will hopefully be electing the a new chair at March's ASC</p> <p>We approved a GSR orientation packet to be handed out to GSRs at March's ASC.</p>
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	<p>We are so grateful to have been able to host along with the Shevana area the AVCNA. I understand we didn't do well financially but in carrying our message to addicts that have never seen or have been to a convention we were a fantastic success. Thanks to everyone!!!!</p> <p>We enjoyed the Autonomy Zonal Forum being held in our Area. There was a good show of attend from our members.</p> <p>There are two donation checks for \$20.59 and \$23.00 plus another check last regional for \$227.15</p> <p>ILS</p> <p>Sherry V. AHA RCM pro tem</p>
Appalachian	Not present.
Beach	<p>Hello Family,</p> <p>I am the new committee member for the Beach area and am looking forward to a productive year. Our area is thriving since our first meeting to discuss starting the area. We had five home groups represented at our first meeting and we are beginning our fourth year and have 20 active home groups. We have not missed quorum yet. We had a fund raiser February 8th with two speakers that was well supported. All the proceeds will go to the ECCNA for books.</p> <p>I discussed in detail the motions coming up at the WSC and will put on a work shop in March. Any help from the region as to work shop information currently being used would be greatly appreciated.</p> <p>ILS David C.</p>
Blue Ridge	No written report.
Gateway to Freedom	Not present.
New Dominion	<p>Greetings!</p> <p>Things are well in the New Dominion area.</p> <ul style="list-style-type: none"> • We have a new address: NDANA, PO Box 25025, Richmond, VA 23260 • Public Relations is in the process of evaluating and pricing new phone line providers for the local phone line. • Special Events threw a New Year's Eve Dance that was a big success, raising over \$1800 for the area. They will also be providing food for the upcoming speaker jam on Saturday March 22nd. • H&I has re-worked their budget this year, which will help them to better serve their commitments and our area. • Last but not least, after closing out FY2013, we had enough left over to make a donation of \$2296.03 to the region. <p>I apologize for not being able to make it this meeting but should be able to make it going forward.</p> <p>ILS, Robert W.</p>

	RCM-Alternate New Dominion Area
New River Valley	Not present.
Outer Limits	Not present.
Peninsula	<p>Hello family the peninsula is alive and doing well. We meet on February 1, 2014 for our monthly meeting with 16 GSR's in attendance. After all check and balances by our treasurer we came out with a net of \$ 830.30. Our area will be having a bowling event on February 16, 2014 at Century Lanes in Hampton, VA all are invited to come out and enjoy an evening of bowling with us. Also our activities sub-committee is planning a spiritual breakfast for the month of March and more will be revealed on that. Our H & I sub-committee is doing well but is always looking for support. We also have several positions open in our service body, they are our Area Chair, Area vice chair, RCM alternate, VRCC, VRCC alternate, and H & I Chair. This concludes my report.</p> <p style="text-align: right;">ILS, Jimmy R</p>
Piedmont	<p>The Piedmont Area Currently supports 18 Homegroups with 27 meetings per week. The only meeting in Crozet Virginia, which had been meeting for several years, was recently discontinued for lack of participation. Crozet is a fairly sizable town, and this was the only meeting in Western Albemarle County.</p> <p>Area Service met as scheduled for January and February. A consistent theme of discussion since Fall of 2013 is the budget shortfall. Some members have noted that overall meeting attendance in the Area seems down a little. We are currently under prudent reserve by about \$140 dollars, and I believe have not been able to donate to Region since August. Our primary expenses as an Area are literature and Special Events. There are certain Homegroups which make sure to donate to Area each month at least twice the dollar amount of literature expenses for the group. It has been proposed that all Homegroups be required to adopt this policy. However, this has not received broad based support due to the counterargument that several homegroups have a high volume of Newcomers with relatively few members who donate to the basket. This is true particularly of the noon meetings. Throughout our Area, if a Newcomer wants literature, they generally receive it whether they can pay for it or not. Discussion on this topic was cut short at Area February 2nd, as many members were eager to get home to watch the Superbowl. However, I do anticipate that there will be some motions put forth in March dealing with how to support out Primary Purpose while at the same time maintaining a balanced budget. I will note that the Annual June Campout is a major expense for our Area. Unless our balance sheet goes to the black soon, I may consider introducing discussion on whether we should curtail or even eliminate this event for 2014.</p> <p>The PR Chair reported that there were no calls to the phone line for the month of January. They are planning a poster drive to get information around to the community, and are very excited and enthusiastic about that project.</p> <p>Aaron A. was elected as Alternate RCM and I believe will be a huge asset to the RSC. Today he's flying to Haiti with a volunteer organization, but he'll be attending the April RSC.</p> <p>The Special Events Subcommittee is planning a Mardi Gras party for Saturday March 1st, 7-10 PM at the Carriage House of First Presbyterian Church on Park Street in Charlottesville. There will be Jambalaya and Beignets, cooked by an N.A. member who is a professional chef. Entertainment includes Cajun and Mambo Latin Music, masks, a King&Queen contest, a flame thrower, tarot card reader, magician and</p>

	<p>more. We are hoping to see many addicts outside of our Area. Fliers are on the table. There is a \$5 suggested donation, and the Special Events Chair anticipates that this event will not add to our current budgetary problems.</p> <p>The next Area Service meets at 4 pm on March 2nd at the Hinton Avenue Methodist Church.</p> <p>ILS, Theresa M.</p>
Rappahannock	<p>Dear RSC,</p> <p>Good Morning, myself and Stephanie B., our new RCM Alt., would like to say thank you for allowing us to experience serving Narcotics Anonymous and my Area.</p> <p>In the Rappahannock Area, we currently have 31 meetings weekly and 18 active home groups. In January we elected Stephanie B into the RCM Alt. position. Let's welcome her to Region.</p> <p>In our ASC in January we had 10 home groups present during 1st Quorum. During that period I reported motion 165-3 CARNA Representative to ECCNA. Public Relations stated," that they would like to create teams from PR subcommittee and provide 45 minute GSR orientations, to be offered every 3rd ASC."</p> <p>In 2nd Quorum, we had 14 groups represented. At that time we went into Old business where we approved our 2014 budget and went over several other motions that were to be voted on.</p> <p>In February ASC, during 1st Quorum there were 14 groups represented. The Vice Chair and another trusted member brought back there report from the Treasure audit which all was well. The following anniversaries are coming up: Valerie M. 1 year on 2/15, Billy M. 5 years on 3/9, John C. 4 years on 4/11, Dave H. 1 year on 2/20, Courtni S. 1 year on 2/15, Licia J. 2 year on 4/26, Ted A. 1 year on 5/3, and Mark W. 1 year on 3/2.</p> <p>During 2nd Quorum there were 16 groups present. At that time we did Old Business and the Regional Motion Passed on the ASC floor with 6-Abstain, 8-For, and 0-Against. Myself and Stephanie will be discussing when we will be having a mini CAR workshop in our Area in March.</p> <p>In closing, we host our ASC the first Sunday of the month at 900 Charlotte Street, Fredericksburg, Va. From 4:00-6:00pm.</p> <p>In loving service, Rudolph C.- RCM & Stephanie B.</p>
Richmond	<p>The Richmond area is doing better. We have 42 groups listed in our meeting list. We still average 15-20 voting GSRs at area. The money that was taken from area is now being paid back according to the contract. We are still in need of a VRCC Director and an Alt. VRCC Director. We also need a Public Relations Sub-committee Chair and a Print Shop Chair. We will be having elections next area for Area Vice-Chair, Alt. RCM Director and Area Treasurer. We would like to thank our Regional Delegate for their support during our struggle to get back on track. We did have an area inventory and will be having a second area inventory. Date to be announced later. We are still working under prudent reserve because our 7th Tradition is still very low and not enough to support the area's bills, so we do not have a donation to the Region.</p> <p>ILS, Jackie W.</p>
Roanoke Valley	Roanoke valley RCM report

	<p>2/14/2014 Pat w. RCM Skip N alt RCM</p> <p>RVNA has 34 meetings a week with 28 home groups. Last area service meeting we had 13 voting GSRs We have lost Green Memorial as a meeting place as of 2/28/14 which Clean and Serene and A.I.R. home Groups used as a meeting place the new meeting location has yet to be determined. The N/A community has suffered a great loss with the passing of Erin C. she was truly a gift to the RVNA and will be missed by all. RVNA is working on getting the web sight restored and back in service. I attended the regional convention in Hagerstown, MD. And had a good time and thought it to be a Success. RVNA supports the neighboring Appalachian area for the 2015 regional convention and will be helping In their fund raising. We have restructured are finances and have a donation of 174.43 In loving service, PAT W. SKIP N.</p>
Shenandoah Valley	Not present.
Southside	Not present.
Tidewater	Not present.
Tri-Cities	<p>Good Morning/Afternoon Regional Family. Once again I brings greetings from the Tri-Cities Area reporting that all is well and attendance at our groups are steadily growing. We now have the RUBICON treatment center attending our Friday night meeting on a regular.</p> <p>Our H&I commitments to Riverside Regional Jail and RUBICON Treatment Center are being kept and not a meeting missed.</p> <p>We still have 12 Groups in our Area. At last Area Service we had elections with Tracey D. becoming our new Secretary, Tim B. becoming our Special Events Chair, Gwen as our New Treasurer and Eva J. being re-elected as policy chair. The only vacant position is the VRCC position.</p> <p>Our Special Events will be focusing on doing a fundraiser for the ECCNA. More will e revealed at next area service.</p> <p>Our mailing address is: Tri-Cities Area of Narcotics Anonymous, P.O. Box 947, Colonial Heights, VA 23834. Our web address is: www.tricitiesarea.org. Our anniversaries are on our website.</p> <p>We have no donation at this time.</p> <p>ILS,</p>

	Toney W. 804-895-1609
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Elections & Nominations

- **Vice Treasurer** – no nominations (nominations opened at the 163rd)– Send to Areas for Nominations

9. All New Business Motions turned in before lunch

10. Quorum established with 9 voting RCMs

11. Old Business:

- a. **MOTION 165-3 CARNA Representative to ECCNA – RESENT BACK TO AREAS**

Mover: Bill M. (Vice Chair) 2nd: Rudolph C. (Rappahannock)

Description: The East Coast Convention of Narcotics Anonymous (ECCNA) requested that Central Atlantic Region of Narcotics Anonymous (CARNA) participate as one of the 29 directors of the ECCNA Advisory Board (AB). **This representative would serve as a liaison between CARNA and ECCNA. (Added 2/15)**

Intent: To nominate a representative of CARNA to the ECCNA Advisory Board to fulfill NA's 5th and 9th Traditions of carrying the message from a Service body to the addicts they serve.

Motion:

To change the CARNA Guidelines and Rules of Order,

1. Section **VIII: ADDITIONAL GUIDELINES** (p.8)

A. Add:

11. Upon the election of the Vice Chair, CARNA will send an email to the ECCNA Advisory Board nominating the new Vice Chair as the Director representing CARNA on the ECCNA Advisory Board, and the current CARNA ECCNA Advisory Board Director will nominate the new Vice Chair as Director to that body at the next Regular Advisory Board meeting.

2. Section **2A. VICE-CHAIR DUTIES**

A. Amend

4. Submits written reports to each RSC Conference and an annual written report at the GSR.

To the following (in bold text):

4. Submits written reports to each RSC Conference and an annual written report at the GSR Assembly **that includes relevant information of the Vice-Chairs participation and interaction with the Areas, subcommittees, audits, over-night events and items discussed at the ECCAN Advisory Board meetings**

B. Add

10. Willing to accept CARNA's nomination for a 2-year term and serve on the Advisory Board of the ECCNA.

Financial Impact: There is no financial impact to the Region or any individual serving as CARNA's representative serving as Director to the ECCNA Advisory Board. According to the BYLAWS of the ECCNA, INC., Article 6.07, DIRECTORS' MEETING, item a) "Place of Meetings: Regular meetings of the AB will be held via Internet or conference calling."

Although the ECCNA holds an annual meeting at the convention itself on the final day, there is no mention in the ECCNA by laws of mandatory attendance. Therefore, if CARNA's director wishes to attend the meeting at the annual ECCNA convention, it is solely at their discretion and at their expense.

Pro: Will foster unity with other regions that participate in the ECCNA having the Vice-Chair do this position. Will foster continuity and accountability with the duties assigned.

Pro: If we as a region receive the benefit of cases of basic textx for men and women in prison in our region, we should be participating in the work that makes their gif to us possible

Con: A regional committee member should not be required to serve an outside entity.

Con: That if new duties are added to an existing regional position it should be one to gather information about our own regionaal convention – not another outside entity.

12. New Business:

a. **MOTION 166-2 ADDITIONAL RDA EXPENSES TO WSC – APPROVED (9-0-0)**

Mover: Eddie W. (Appalachian) 2nd: Rudolph C. (Rappahannock)

Description: Last budget cycle we reduced the budget for the RDA and RDA2 for WSC travel, but increased the per diem. It appears that there will not be enough money to cover the expense of the RDA travel to the WSC.

Intent: To be fully self-supporting.

Motion: To approve a \$300 expense for RDA travel to the WSC and to make sure our RDA doesn't have to come out of pocket for WSC-related expenses.

b. **MOTION 166-3 MOVE JUNE RSC TO WILLIAMSBURG – APPROVED (6-2-1)**

Mover: Donna Lee P. (CARNA RD) 2nd: Tony W. (Tri-Cities)

Description:

Intent: To allow trusted servants of the RSC to be able to support the ECCNA and fulfill their duties to the RSC as well.

Motion: To move the location of the June RSC this year to Williamsburg so that the trusted servants who want to support the ECCNA will be able to do so and fulfill their responsibilities to the RSC as well.

1. Next RSC will be held – Saturday, April 19, 2014 – at Massaponax Baptist Church, 5501 Massaponax Church Rd., Fredericksburg VA. 22407 with open Forum starting at 6 pm and RSC beginning immediately thereafter...
2. Announce Location and Time of next Subcommittee Meetings
3. Close with Serenity Prayer and Announcements