

~~Agenda~~ **Agenda-170th Regional Service Conference
Central Atlantic Region
October 19, 2014**

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

Open Forum begins: 10:00am

RSC begins: 11:15am

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

1. Serenity Prayer
2. Open Forum
 - a. Discussed the continuing situation with Heroin addiction in Winchester.
 - b. Discussed what happens when an addict calls the regional phone line and asks to speak to a live addict.
 - c. Discussed creating liaisons to the various states for H&I
 - d. Discussed where we are going to be holding the regional two-day events during 2015, and some of the mistakes made in the past year about rotation of location for the events and how to address without “airing our dirty laundry” on the regional website.
 - e. Discussed getting involved in the process of putting together new literature, such as IP29 and the new Traditions book.
 - f. Discussed the lack of director attendance at the VRCC meetings... please go back to your areas and make sure that you have a VRCC Directors and that they attend the meetings every other month.
3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

Chair	Jim H.	Almost Heaven	Don V.	X
Vice Chair	Bill M.	Appalachian	Abs	
Secretary	Brian C.	Beach	Abs	
Treasurer	Neal G.	Blue Ridge	Nancy H.	X
Regional Delegate	Open	Gateway to Freedom	Abs	
Regional Delegate Alternate	Eddie W.	New Dominion	Robert W.	X
Regional Delegate Alternate 2	Kim A	New River Valley	Abs	
VRCC Chair	Bob G.	Outer Limits	Abs	
Hospitals and Institutions Chair	Chuck K	Peninsula	Abs	
Policy Chair	Abs	Piedmont	Aaron A	X
Public Relations Chair	Etta F.	Rappahannock	Rudolph C.	X
Speaker Jam Chair	Rudolph C.	Richmond	Abs	
		Roanoke Valley	Abs	
		Shenandoah Valley	Elisa D.	X
		South Side	Andrew D.	X
		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.
George S. - Alt RCM for Blue Ridge
6. Approval of Prior Minutes – Mover: Toney W. 2nd: Elisa D. (Acclaimed)
7. Trusted Servants Reports

Chair Report	<p>Hello Family Not a whole lot to report today. Working on setting up the meeting for next year. Will be working on securing a meeting place for our April and October two day in 2015 .April will be in the Gateway to Freedom area, and the October in the Outer Limits area. Already have a meeting place for February, June and August. Our next meeting is, December 20, 2014 171st Regional Service Conference Starting at 11:00 am St. Paul's Memorial Church 1700 University Ave. Charlottesville, VA 22902 In Loving Service Jim H</p>
Vice Chair Report	<p>Good morning, Yesterday I had the pleasure to emcee the first day of the October two-day event. The food for Saturday's event cost \$125.75. Other than that, I can't think of anything further to report.</p>
Secretary Report	<p>All is well, thanks for the opportunity to be of service. ILS, Brian C.</p>
Treasurer Report	<p>All the bills that I know of up to today are paid. We had a balance of \$14,693.83 at the 169th RSC. Since then we have deposited \$1462.96 (\$80.00 was returned funds from the Summer Institute). I have also added back in to the account \$328.06 that came from checks that were written but not used. We have had debits totaling \$915.23 to give us a current balance of \$15,569.62. Check 1167 is still out. I paid Primus and PCMS since the bank statement was issued so our actual balance doesn't match the bank statement associated with this report. Our current balance is actually \$14,797.09 Our YTD (2014) expenses have been \$13,646.97 and our YTD income has been \$13,677.71. The one missing check was for \$300 and was sent to NAWS; or it was supposed to have been sent to NAWS. That check was written back in February. I will probably just add it back in at the next RSC. Our prudent reserve as determined by the formula approved by the RCMs is \$15,277.00. If we subtract this from our current actual balance the difference is \$-479.91. We are under the prudent reserve so no contribution will be sent to NAWS. ILS, Neal Griffin</p>
RD Report	<p>Open</p>
RDA Report	<p>Hello family, Kim and I greatly appreciated the wonderful job everyone did yesterday at the opening of our two day October event here in Hopewell. We wrapped up the day with a power point presentation reviewing the decision making process at the WSC, and comparing the tally at our GSR Assembly, with each item's outcome at the World Service Conference. We thank all who took the time to attend and participate</p>

	<p>As per our policy Kim and I will be submitting a motion to approve costs associated with attending the Autonomy Zonal Forum January 31, 2015 hosted by the Chesapeake and Potomac Region. This motion can only estimate the costs since the specific location has yet to be announced. Given a likely location of somewhere in northern Virginia we estimate the room cost to be slightly higher than normal (\$125 for each us), but considering what will almost certainly be a less than average travel time we estimate the total per diem to be a little less (just \$35 for each of us). In addition we will each be requesting the customary \$40 gas advance.</p> <p>At our August RSC I relayed a request that the Autonomy Zonal Forum be permitted to utilize the customary Saturday morning “regional slot” at the 33rd AVCNA on January 10th in Lynchburg. The convention Program Subcommittee approved the request last week for an AZF presentation entitled “The Autonomy Zonal Forum (What We Are)”. Most likely, Kim and I will facilitate the meeting along with the Delegate and Alternate from at least one other participating region.</p> <p>This Monday (October 20th) at 9:30 pm Kim A. has set up a conference call for the Autonomy Zone to proceed with an AZF Mission and Vision Statement. She’s already created a discussion board for initial ideas to be posted.</p> <p>Thank you for the opportunity to be of service. Eddie W. (RDA)</p>
RDA2 Report	<p>During the past two months I have mainly just been staying on top of what’s been going on at the World Level. We haven’t had any workshops or other events for me to participate in within our region.</p> <p>The correspondence that has come from NAWS the past couple of months is highlighted below.</p> <ul style="list-style-type: none"> • The September NAWS news is available: http://www.na.org/?ID=reports-awsnews-awsmain. - I’ve included the “In brief” portion with my report and brought several copies of that page for you all to take with you to today. This edition of NAWS News has updates on the Traditions Book project, Issue Discussion Topics, and other conference cycle projects as well as information on NA Copyrights, Webinars, and the World Convention. It is interesting to read about the various workgroup projects for the current cycle and to be able to see who is serving on those projects. The Traditions book project is going well and NAWS is asking us to really focus our input at this time on Traditions 6-12. The upcoming Issue Discussion Topics are: <ul style="list-style-type: none"> • Welcoming New Members (a base for the session profile will be IP#29, Introduction to NA Meetings, and the Third Tradition) • The Traditions Mini Workshop Guides • Group Support (will focus on how we can better support our groups locally) • Planning (will focus on implementing planning on a local level and hopefully help us revise Planning Basics in the future) • World has developed a paper on our Fellowship Intellectual Property Trust (FIPT) and they are asking us to join together in taking a stand against the illegal reproduction and distribution of our literature. You can read that paper here: http://www.na.org/?ID=legal-bulletins-fipt I would have liked to have provided copies of it for distribution within our region, but instead I will

attach it to the end of my report.

The Human Resource Panel is in the beginning stages of the nomination process for WSC 2016.

RBZ Candidate Checklist

- Consider the individual's abilities and their qualifications for the position.
- Provide the HRP with comprehensive details of the member's suitability for the position.
- Be sure the member is aware of your recommendation.
- This is a recommendation, not a nomination.

From NAWS News: "There will be nine World Board seats available at WSC 2016. Identifying candidates and forwarding nominees for these, along with two seats on the HRP, and one Co-facilitator position, make up the primary focus of our work. We welcome everyone to consider the qualifications for these positions outlined in A Guide to World Services in NA, and consider if you, or anyone you have served with, is a viable candidate. If so, be sure that you (or they) are considering an RBZ recommendation and have updated World Pool information "

- Every delegate team is being asked for input on two items within 90 days:
 - A Guide to World Services in NA: Every conference cycle NAWS revises GWSNA to reflect new dates and other standard changes from cycle to cycle. This draft also reflects the changes made as a result of conference discussions and decisions that culminated in the passing of Proposal BC. It is out for a 90-day delegate review. Changes made as a result of Proposal BC are marked blue in the draft to make review easier. A final version will be distributed after all delegate input is incorporated.
 - WSC 2014 Draft Record: This is the complete draft conference record. Delegates are asked to let NAWS know within 90 days if we see something that needs changing. A final version of the record will be distributed before WSC 2016 for approval at the conference.

September 26-28 the Multi Zonal Service Symposium was held in Topeka, Kansas and I have been told it was a HUGE success. There were 236 registrations from 44 regions and there were 3 countries skyped in. They have made their workshop archive available online at <http://www.mzssna.org/> . They've included presentation files and streaming audio for all the events that were recorded. There is talk of a MZSSNA 2 and, though Eddie and I weren't able to attend this first MZSSNA, I really hope that CAR-NA can have representation at the next one.

We have a phone conference scheduled for the work we are doing on the Autonomy Zonal Forum's Mission and Vision Statement Monday October 20 at 9:30 pm.

Don't forget to get your passports and visas early for WCNA 36, June 2015—The Gift is Freedom in Rio de Janeiro, Brazil

In Loving Service,
Kim A
RDA2

VRCC Report	<p>All is well with the VRCC. Our last meeting was held September 21, 2014 in Charlottesville, VA. We did not have quorum for the second straight meeting. We adjourned and called a special meeting per our bylaws so we could approve contracts and get business done. It is imperative that the areas in our region elect a VRCC Director.</p> <p>New Dominion Area has been awarded the 34th AVCNA, which will be held at the Downtown Marriott in Richmond, VA. Contracts have been executed with the Marriott. We look forward to working with the New Dominion Area for a successful 34th convention.</p> <p>The VRCC does not have a donation for the region at this time due to the loss of - \$5,418.41 from the 32nd AVCNA.</p> <p>The 33rd AVCNA will be held in Lynchburg, VA on January the 9th -11th, 2015.</p> <p>In Loving Service, Bobby G.</p>
H&I Chair Report	<p>The CARNA H&I Subcommittee met on Saturday, September 20, 2014 in Hampton, VA.</p> <p>Bullet 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.</p> <p>Bullet 2 – We continue to gather information on existing commitments within the region. We are also working on a list of potential commitments.</p> <p>Bullet 3 – Still working to contacting Indian Creek Correctional Facility about the possibility of serving their inmates with H&I services. Tidewater Area H&I has been contacted and we are waiting to hear from the facility.</p> <p>Bullet 4 – We were asked by Southside Area to hold a training day. We will work to satisfy this request by the next Regional Conference</p> <p>Bullet 5 – The next NAWS H&I/PR webinar will be held November 12th, 2014 at 6:00 p.m. eastern standard time. The biggest effort from NAWS H&I/PR is to reach out to as many facilities as possible for the 2015 unity day in Rio de Janeiro, Brazil.</p> <p>Bullet 6 – Refer to bullet 3</p> <p>Bullet 7 – RCMS, please include information on H&I within your areas in your monthly reports.</p> <p>Also please inform your areas of the phone in option for attendance to regional sub-committee meetings.</p> <p>Bullet 8 – The chair will be sending a proposed policy to all members for review at the next subcommittee meeting. Revisions and edits will be discussed and incorporated at the November 15th, 2014. The subcommittee will then incorporate this policy under the existing H&I policy by the 171st RSC. The rollout will then commence and the opportunity to serve will be communicate with the Region. Nominations for service positions associated with this effort will be taken at the March 2015 subcommittee meeting. Elections to fill these positions will be held at the May 2015 subcommittee.</p> <p>Upcoming service opportunities for this body include: Working with institutions to live stream meetings into facilities that cannot attend regular meetings and don't currently have H&I commitments Work with facilities to offer upcoming Unity Day Meeting at the next WCNA in Rio De</p>

	<p>Janeiro Brazil, June 2015</p> <p>Work with Indian Creek Correctional Facility for support of existing NA commitment</p> <p>Work with Almost Heaven Area on correspondence and possible one time meeting at a Federal facility that borders with Gateway to Freedom Area</p> <p>At the next subcommittee meeting we will review the ISW policy and ISW roll out package.</p> <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 ISW project and working on better ways to communicate with regional, state and federal agencies.</p> <p>For specific place details see the CARNA Website.</p> <p>To attend this meeting via conference call (We are changing to a new service, uberconference):</p> <p>Conference Dial-in Number:</p> <p style="text-align: center;">By phone: 716-293-8704, access code 10672 By computer www.uberconference.com/chuck.norvakellens</p> <p>Details on the exact location of the next subcommittee meeting will be provided to the CARNA Web servant prior to November 15th.</p> <p>Please feel free to contact me with any questions or suggestions.</p> <p>My address has changed and has been forwarded to the P.O. Box maintainer for regional correspondence.</p> <p>Gratefully,</p> <p>Chuck K. (757) 469-9365 chuck.norvakellens@gmail.com</p>
Policy Subcommittee	<p>The policy subcommittee met in conjunction w/ PR & H&I on September 20th in Hampton VA. There were 15 people in attendance. We discussed having updated a policy on website and will submit a motion in new business to add to policy chair duties to update bylaws as they change and highlight those changes in red. We also discussed specifying in policy the rotation off both two day RSC meetings. That motion was not complete and we will work on it at our next meeting on November 15th in Colonial Beach, VA at 1PM. Location to be determined and announced. My last RSC as policy chair is April 2015, 3 RSCs away. It's time to announce as an upcoming open position. I apologize for my absence today. I have a benefit concert for a family who lost their little girl and have amassed hundreds of thousands in medical bills trying to save her. Prayers for them are welcome.</p> <p>ILS, Greg G.</p>
Public Relations	<p>PHONELINES- The phone line updates have been running smoothly at this time but we are looking to possibly look at e-blasts to the RCM's regarding changes to make sure we are current and in real time for all changes. I am also going to make sure who has clearance to make changes with the service.</p> <p>Website- We discussed that the content on the site would be events, announcements and that there would be no references made that would single out issues or mistakes</p>

	<p>that are being made on the floor. (Example: rotation problems) This site will be for information purposes only and issues will be addressed on the floor or included in reports.</p> <p>The website will continue to work on the upgrade and a conference call on October 23rd to further the progress. I will not be attending that call and have asked Sherry V to facilitate it, as I will be recovering from a surgery the day before. Information for the call number will be on www.Car-na.org</p> <p>PR will assist H& I with contacting and hopefully making inroads with a jail that has requested help at Indian Creek.</p> <p>We are also going to further discuss a joint learning day.</p> <p>I attended The Multi Zonal Service Symposium in St Louis Mo Sept 26-28 I presented on Tradition 11 – In the era of Internet and Social Media. I presented it for us yesterday for our PR workshop. If you missed it or want any info, all workshops audio and power points are on the MZSS.org webpage. Sherry V also attended the weekend with me and attended the website workshops. She met the creator of the Basic Meeting List Toolbox (BMLT) who works with Lori and Stephan at NAWs. Interestingly, he was aware of our website and identified it as the region with the “map”. He said that he liked our site because “it was very informative and said he knew immediately where we are geographically.” He is happy to work with anyone with his or her websites, as it is his way of “giving back.” This workshop also talked about 3 content management systems Word press, Joomla, and Drupal. We will discuss this more in subcommittee and on the upcoming call. A new iPhone app for Bmlt will be available soon and is being beta tested currently in the Show ME region. I also learned that many conventions are cutting out lanyards and are going with a convention app that grants them access to the convention and gives them workshop info such as times and locations.</p> <p>We will also contact AVCNA to see if we can get the opportunity to do a PR/ H&I workshop or get added into the RSC workshop. We will meet in in Colonial Beach on Nov 15th 12-4 site to be finalized and on the website soon. If you cannot physically be there you can call in. The number is online @ www.car-na.org.</p> <p>Please participate in the Traditions Book Project; this work will greatly enhance our service to our fellowship in the future. It is the first of its kind. www.na.org/traditions.</p> <p>In loving Service, Etta F.</p>
Speaker Jam	<p>Dear RSC,</p> <p>I would like to first say good morning! The speaker jam, entitled ‘Stepping up Our Game’ in Lynchburg was really nice. They gave away t-shirts, books, and various other NA items through a silent auction. They also gave individuals and home group’s registration for the upcoming AVCNA in January. There was a lot of fun games and events throughout the day before we hosted the speaker jam portion at 4:00 p.m. I would like to thank James, Erin, Vickie, and the other servants the helped make this AVCNA/Speaker Jam a success.</p> <p>I would like to thank all the speakers that traveled throughout our region to support the event by carrying ‘our message.’ Also during the speaker jam portion I announced several times, “If you would like to host the next regional event in your area please</p>

	<p>submit a bid by the end of the speaker jam.” No inquiries. Therefore all RCM’s and members of this body please take back to your areas the announcement and request. I would need to know and have your bid, which will include: the location, time, the theme of the event, and how much region will need to pay for rent by our next RSC or by emailing me at rudolphcareyiii@aol.com. Please note the bid must be in to me by our next RSC, in December.</p> <p>I was given \$280 at our last region and here is how it was utilized on the following: rent \$76.49; gas \$43; copies of speaker/theme format \$1.24; supplies \$15.16; and hotel 121.78 = \$257.67. Therefore I am returning \$22.33 in the form of a money order, back to our Regional Treasurer; along with all original receipts.</p> <p>In closing, I would like to note that if there isn’t any bid by the end of our region in December, I will still host an event most likely somewhere within our area. Also, I have a question for this body, I have discussed with some predecessors about these subcommittee meetings on the odd months and after further discussion I believe that because this subcommittee isn’t as vital as H&I, PR, Outreach, etc. wouldn’t it be more appropriate to amend this subcommittee to only meet quarterly or conference in quarterly, at least on a trial basis? Lastly, I hope that the God in me touches the God in you.</p> <p>In loving service, Rudolph C.</p>
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8. Area Reports

Almost Heaven	<p>It is always a privilege and honor to be able to serve Narcotics Anonymous in any capacity.</p> <p>Our ASC is still well attended by our home groups and there is always much discussion on Area and Regional topics. Highlights since our last RSC are:</p> <ol style="list-style-type: none"> 1. Our LSU is meeting monthly at rotating home groups. All PR, H&I, Area budgeting, Special Events, and any task oriented duties are carried out under the direction of the LSU. Our previously reported problems with H&I commitments seem to have smoothed out for now. We are still having trouble getting panel members approved to enter the facilities. We are working on a PR presentation at the men’s mission in Martinsburg. 2. The discussion regarding the absence of our regional trusted servants during the June RSC has resulted in a home group bringing a motion to the area. This motion was approved by the area and will be presented to the RSC Chair prior to lunch today. <p>We have a donation for the region in the amount of \$94.43.</p> <p>In Loving Service, Don V.</p>
Appalachian	Abs.
Beach	Abs.
Blue Ridge	Hello from the Blue Ridge Area of NA. We had our ASC meeting on October 9, 2014 at 6:30pm at First Presbyterian Church on Court Square in Harrisonburg, VA. The

meeting was open with the Serenity Prayer followed by the reading of the 12 Traditions, the 12 Concepts, and the Unity Prayer. There were 11 out of the 13 home groups represented so quorum was met and business was conducted as usual.

Open forum consisted of the following topics:

- 1) Beverly C. from the Chance for Gratitude group says her home group would like an area inventory done.
- 2) Flo M. who is the secretary apologized for the minutes being late last month. She will have them out this month within the 10 days of this ASC.
- 3) Laura H. from the Find a New Way to Live group shared that after attending an NA function outside of the BRANA area, she was wondering about the length of commitment for events such as the BRANA Campout.
- 4) George S. reminded everyone of the 7th Concept....."All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision making process"

The GSR's representing the home groups reported that the meeting attendance was holding their own with very little increase or decrease in numbers of people attending meetings. We have some changes in the times of some meetings but they are all still up and running.

- 1) The Step by Step group that meets on Tuesday night at the Valley Mission in Staunton will meet at 7:30pm rather than 8:00pm.
- 2) The Keep it Simple group that meets on Saturday at the Robert E Lee Memorial Episcopal Church in Lexington will meet at 6:00pm rather than 8:00pm.
- 3) The Triumph over Tragedy group that was meeting on Wednesday at 11:00am at the Calvary UMC in Stuarts Draft will now meet on Thursday at the same place and time.

There was much animated discussion about MANY subjects such as the length of commitments, questions about the budget, the possibility of splitting the BRANA area. Unfortunately there were no issues resolved but more will be revealed.

The open positions that we have as of this ASC are: Policy Chair, VRCC Rep, Vice Chair, and Special Events Chair. There were no nominations for these positions however Beverly C. will be the Vice Chair pro tem. Coming up by the end of the year the Chair, Treasurer, and RCM will be vacant. George S. will fill the RCM position as he now the RCM Alternate.

Our H&I commitments are covered and include meetings once a week at the Men's Diversion Center, Augusta Correctional Center, the male and female sides of the Middle River Regional Jail. We now have 3 additional people cleared to carry the message behind the walls.

The upcoming events are on November 1st there will be a Speaker Jam and chili Cook Off sponsored by the Keep it Simple group at the Robert E Lee Church in Lexington. There will be a holiday event at the Main Street UMC in Waynesboro on December 15th sponsored by the Find a New Way to Live home group.

Our mailing address is PO Box 623, Harrisonburg, VA 22803. We have no contribution to RSC today.

	<p>The next BRANA ASC will meet on November 13th at 6:30pm at the First Presbyterian Church on Court Square in Harrisonburg.</p> <p>NA Luv and Hugz, Nancy H.</p>
Gateway to Freedom	Abs.
New Dominion	<p>All is well in the New Dominion Area We currently have 40 active meetings going Hospitals and Institutions currently has 13 commitments actively going. There are several positions with our male and female jails and prisons that facilitators and co-facilitators, clean time requirement 1 year. Also, the position of secretary open as of November. The requirements are 6 months clean and at least 3 months participation in H&I. Please spread the word at meetings and bring nominations to the H&I meeting November 9th at 3:30pm. H and I finished their policy manual! We still need volunteers to go out to VCCW. If interested contact Linda C. Special Events committee has come up with a tentative menu for New Year's eve. Still have to cost it out, but we will feed everyone in an effective manner. Speakers for the event have been secured. Flyers will be going out with in the next two weeks. They are starting to organize the Holiday open house list. Public relations is still ironing out the new phone line service. We have a new PR chair in the area....Jerzy J. PR has finished their mass mailing campaign. They spent \$115.29 to get 1000 post cards printed. These cards are going out to all sorts of institutions and Drug Court Judges. I know last week they sent out 541 of them. We have a donation of 1,107.87</p> <p>ILS, Robert W</p>
New River Valley	Abs.
Outer Limits	Abs.
Peninsula	Abs.
Piedmont	<p>Hello from the Piedmont Area of Narcotics Anonymous, There are currently 18 Groups in our area. Are positions that are open are: Vice-Treasurer, RCM II, VRCC Director, VRCC Alternate We elected a new chair, a new treasurer, a new H&I chair, a new special events chair, a new secretary and a new vice chair We have a couple of meetings that have struggled with attendance, but those home groups have remained committed to keeping these meetings going in order to target important times of day and locations. Our Thursday step-writing meeting is celebrating a successful first year. We held our annual campout at a new location and are planning on continuing with this location and seasonal timing. The event was successful but poorly attended. This was expected because of a new location and time of year. It was held on September 19-21. Area trusted servants elected</p>

	<p>We will be having a Halloween Party October 31, at The Haven in Charlottesville. We will be dancing around in costumes and providing an atmosphere of recovery to this scary night.</p> <p>We have discussed our H&I meeting at Boxwood and have decided to continue bringing this service. Our other H&I commitments are going well and we are making attempts to bring more meetings to the Fluvanna Women's Correctional Facility. Our area service has been well attended.</p> <p>ILS Aaron Anderson Piedmont RCM</p>
Rappahannock	<p>Good afternoon family. I would like to thank each of you for being here today for being an instrument of your Higher Power. In my area, Rappahannock Area of Narcotics Anonymous, we currently have 37 meetings weekly and 20 active GSR's. In the previous months we had been looking to fill the RCM II position and our literature chair position. In October we did just that, our new RCM II is Antoinette B. and our new Literature chair is Corey C.</p> <p>I put in report to my area in September the request made by our H&I regional chair; yet, I received no information from them personally. It was really strenuous on me the last few months holding 3 positions but mostly being the only active RCM. In the future to come, we will do our best to fulfill this position. Greg is fulfilling our yearly budget for our area this month; Etta F., PR chair, had a learning day on October 4, 2014.</p> <p>All our home groups seem to be doing fairly well. What I would like to inject is this: we have been seeing more individuals enter the rooms by ways of 'opiate replacement treatment' and the rejection they get from some of us upon finding out they are using methadone. I know what we say about total abstinence; yet, when I wrote WSC there were only a few stances: they couldn't hold positions or pick up key tags but they also said, 'the only requirement is a desire.' If that is the case why we can't treat them like that addict can't make up their mind to stop but still chooses to attend meetings hoping and desiring that one day they too can fulfill this message: 'an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. The message is hope and the promise is freedom. When all is said and done that is all we have to give. (Tradition 5, Basic Text)</p> <p>Lastly, February will be my last month as an RCM; yet, I will remain in Region as the Regional speaker jam chair. We will be making a donation of \$75.05 to the Region.</p> <p>In loving Service, Rudolph C</p>
Richmond	Abs.
Roanoke Valley	Abs.
Shenandoah Valley	<p>Hello Family,</p> <p>Shevana Area Service Committee met on September 9th with 15 GSR's/alternates present and again on October 13, 2014 with 13 GSR's present. Quorum was met each time and business as usual was conducted. Shevana Area currently has 17 active Home-Groups with 25 meetings weekly. All positions at the area level all filled. All subcommittees are active and currently have chairpersons in place. H & I, is having a workshop today October 19th for area addicts to discuss our guidelines. The PR</p>

	<p>subcommittee is working with H & I subcommittee to facilitate NA meetings at the new RSW Regional Adult Detention Center located in Front Royal VA. Our H&I Chair has met with a representative from Timber Ridge School for Boys who have asked the Shevana Area to bring meeting into their facilities.</p> <p>Special Events had a very successful Sponsor/Sponsee Breakfast held on September 20th. At Market St. Methodist Church. Unfortunately the Paintball Day scheduled in October was not well attended and the committee will revisit it at a later date. On November 16th at Market St. United Methodist Church, Shevana Area's 2nd annual Home-Group Chili Cook-off will be taking place. There will be trophies and bragging rights for 1st, 2nd and 3rd place winners. Solutions Seekers is defending their title. I have flyers for all events and all information for Shevana events can be accessed on the Regional and Shevana websites. Lastly I have a donation to Region of \$186.71 from the Shevana Area.</p> <p>ILS Elisa D. RCM</p>
Southside	<p>The Southside Area is currently serving 15 home groups and 40 meetings per week. On November 1st we will be having a 70's Halloween Party at Ascension Lutheran Church, 314 W. Main St. Danville, VA. The event will start at 6p.m. with a speaker at 7 and the dance following the speaker. There is a flyer for this event posted at southsidena.org. Our area is still struggling with filling all of our service commitments and we have elections coming up in January. We will be putting in a bid for the March Regional Speaker Jam and have a letter of support from the Appellation Area. We have a donation of \$126.43.</p> <p>In Loving Service, Andrew D.</p>
Tidewater	Abs.
Tri-Cities	<p>GREETINGS EVERYONE AND WELCOME TO THE TRICITIES AREA. OUR HOPE IS THAT YOU ALL ENJOY YOURSELVES WHILE HERE AND IF THERE IS ANYTHING THAT WE CAN BE OF ASSISTANCE WITH, PLEASE FEEL FREE TO LET US KNOW (RCM & RCM ALT). LET'S START OFF WITH OUR H & I COMMITTEE WHICH MEETS AT 125 E WESTOVER AVE IN COLONIAL HEIGHTS, VA @ 1:00 PM EVERY FIRST SUNDAY OF THE MONTH. EVERYTHING IS GOING WELL WITH OUR TWO COMMITMENTS OF 1) RIVERSIDE REGIONAL JAIL IN HOPEWELL, VA AND 2) RUBICON HOPE WHICH IS LOCATED ON THE GROUNDS OF SVTC. ALL COMMITMENTS WERE KEPT ON THE RESPECTIVE DAYS ASSIGNED SINCE WE LAST MET AT REGION – AND AS ALWAYS WE WELCOME ANY SUPPORT WE CAN GET WITH OUR COMMITMENT TO RIVERSIDE REGIONAL JAIL. PER CONVERSATION WITH THE LITERATURE CHAIR (GREG F 895-4850) – ALL IS GOING WELL WITH LITERATURE. HE DID MENTION THAT LITERATURE AND H&I WOULD BE GLAD TO HOST ASSIST WITH A FUND RAISER FOR THE UPCOMING ECCNA. PER CONVERSATION WITH POLICY CHAIR (EVA JG 804-901-4081) – I WAS ASKED TO ASK/INVITE THE RD'S DOWN FOR OUR 'SERVICE MATTERS WORKSHOP' WHICH IS SCHEDULED FOR NOVEMBER 29TH, 2014 FROM 1PM TO 5PM @ 110 NO UNION ST, PETERSBURG, VA 23803. INTENT: TO SUPPLY ANY UPDATES OR TO CONCLUDE ANYTHING THAT WE MAY MISS IN ORDER TO CARRY A CLEAR MESSAGE OF RECOVERY. FLYERS ARE TO BE VIEWED AT NEXT AREA FOR APPROVAL. OUR SPECIAL EVENTS SUB-COMMITTEE WILL BE HOSTING A FREE EVENT ON NOVEMBER 22, 2014 – WHICH IS OUR ANNUAL 'ATTITUDE OF GRATITUDE' EVENT WHERE WE HAVE SEVERAL SPEAKERS, FOOD, FUN AND GREAT FELLOWSHIPING.</p>

	<p>TIMES WILL BE 12 TO 7PM @ 22 E WASHINGTON ST, PETERSBURG, VA 23803. FLYERS ARE FORTHCOMING PENDING APPROVAL FROM AREA PI SUB-COMMITTEE ADVISED THAT THE NEW UNIFIED PHONE LINE WHICH IS FREEDOM VOICE IS BEING MODIFIED/UPDATED.</p> <p>THE TRI-CITIES AREA CONDUCTS ITS AREA SERVICE MEETING ON THE 1ST SUNDAY OF EACH MONTH AT 2:00 PM AT 125 E WESTOVER AVE IN COLONIAL HEIGHTS, VA. WE ARE HAPPY TO ANNOUNCE THAT THIS AREA HAS A NEW MEETING – (THE MESSAGE IS HOPE) WHICH MEETS WEDNESDAY EVENINGS AT 6:00PM TO 7:30 PM AT 35 SO MARKET ST, P'BURG, VA 23803. ALTOGETHER WE HAVE 13 HOME GOUPS. THERE IS NO DONATION THIS TIME.</p> <p>IN LOVING SERVICE TONEY W – RCM FOR THE TRI-CITIES AREA 804-895-1609</p>
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Elections & Nominations

- **Policy Chair** – position has been vacated, Bill M. will pro-tem (nominations opened at the 170th)
- **Vice Treasurer** – no nominations (nominations opened at the 163rd)– Send to Areas for Nominations
- **Ad-Hoc Traditions Workbook Review Chair** – Elisa D. has been appointed chair, structure for review to be done after the meeting.
- **Regional Delegate** –Eddie W. nominated, vote at next RSC.
- **Regional Delegate Alternate** – Kim A. nominated, vote at next RSC
- **RDA2** – (nominations opened at the 170th)

9. All New Business Motions turned in before lunch

10. Quorum achieved with 8 voting RCMs

11. Old Business:

- a. Reviewed budget – will be sent out with materials.

12. New Business:

a. **MOTION 170-1 Post Marked Up Changes to Bylaws to CARNA Website (BACK TO GROUPS)**

Mover: Chuck K. (H& Chair) **2nd:** Rudolph C. (Rappahannock Area)

Description: The Bylaws (CAR Guidelines and Rules of Order) are posted and printed every February with the previous year's changes. During the year, changes are made and tracked by the policy subcommittee to add each January. A real-time update is needed on our website so everyone can have the most current policy.

Intent: To have the most current policy available to entire fellowship through our website.

Change to Policy: Add to Section IX, sub-article 9A (Policy Chair Duties), line 5. "Sends updated version of CARNA Guidelines and Rules of Order to Webmaster with all changes from previous RSC marked as follows: revisions in red and deletions struck-through."

- i. **Pro:** Will reduce work for policy at the end of the year and reduce chance of error (Chuck K., H& Chair)

- ii. **Pro:** Ensures we will have a current version of policy even in the absence of Policy Chair (Norman C., Alt-RCM SHEVANA)

- iii. **Con:** It will unduly burden the Webservant.(Kim A., RDA2)

- iv. **Con:** Unduly burden the Policy Chair with tasks following the RSC (Bill M., Vice-Chair)

b. **MOTION 170-2 Amend RD/RDA/RD2 Responsibilities (BACK TO GROUPS)**

Mover: Almost Heaven Area **2nd:** Toney W. (Tri Cities)

Intent: To more clearly define the responsibilities of the RD and the desires of the Areas and ROs. To allow a more informed and timely dissemination of information from the WSC.

Motion / Change to Policy: To amend the Central Atlantic Regional Guidelines and Rules of Order by inserting duty #11 for the Regional Delegate on page 13, Section IV, Paragraph 6A. All subsequent duties shall be re-numbered accordingly.

11. Provides a verbal report and answers questions from the RSC floor on information presented and the WSC at the first RSC following the WSC.

i. **Con:** Motion is out of order due to redundancy (Neal G., Treasurer)

ii. **Con:** Sets a bad precedent. This would lead to policy changes for all RSC Officer duties allowing the body to state where and when. It is already stated in the policy.

c. **MOTION 170-3 Advance RDAs Funds to Attend Tri-Cities "Service Matters" Event (Passes 7-0-1)**

Mover: Kim A. (RDA2) **2nd:** Andrew D. (Southside)

Description: RD Team is requesting gas advances to attend the Nov 29th Tri-Cities "Service Matters" event.

Intent: To be fiscally responsible

Motion / Change to Policy: to advance the RD Team \$40 a piece so they can honor the request from Tri-Cities to attend their Nov. 29th "Service Matters" event.

d. **MOTION 170-4 Approve RDA Funds Expenditure (No Vote Required)**

Mover: Eddie W. (RDA) **2nd:** Andrew D. (Southside)

Description/Background: Regional Delegate duties: "Attends Zonal forum meetings (twice per year.) RDA has all of the same responsibilities as the RD. RDA2 has all the same duties of the RDA.

Intent: To be fully self supportive by covering the costs associated with the Delegate Team in the fulfillment of their duties.

Motion / Change to Policy: To approve funding for the RDA and RDA2 to attend the Autonomy Zonal forum in January, 2015. Room: \$125 each; per diem, \$35 each; gas advance, \$40 each.

1. Next RSC will be held on December 20th at St. Paul's Memorial Church, 1700 University Ave., Charlottesville, VA 22902
2. Announce Location and Time of next Subcommittee Meetings
3. Close with Serenity Prayer and Announcements

170th RSC Treasurer's Report
 Financial Statement
 10/14/14

Opening balance (closing balance from 169 th RSC report):		\$14,693.83
Credits :	Almost Hvn contrib:	\$168.82
	Shevana contrib.:	\$368.74
	Southside area contrib:	\$11.54
	TriCities contrib.:	\$18.91
	NRVANA contrib:	\$30.00
	Tidewater contrib:	\$750.00
	Returned PR funds:	\$80.00
	Checks not cashed:	\$328.06
	Misc grps contrib:	<u>\$34.95</u>
	TOTAL:	\$1791.02
		+\$1791.02
Debit:	check 1191:	\$50.00
	check 1192:	\$375.00
	check 1193:	\$280.00
	check 1194:	\$50.71
	check 1195:	\$72.65
	debit card: 09/15:	\$82.89
	debit card: 09/24:	<u>\$3.98</u>
	TOTAL	\$915.23
		<u>-\$915.23</u>
<u>Closing balance:</u>		\$15,569.62

DETAILS

- Ck 1191 Nancy Harvey- H&I subcomm mtg gas
- Ck 1192 UVA Hospital Aux- RSC mtg space
- Ck 1193 Rudolph Carey- Speaker Jam
- Ck 1194 Kim Adams- AZF gas
- Ck 1195 Eddie Williams- AZF gas
- Debit card 09/15- Primus
- Debit card 09/24- Network Solutions

ILS,
 Neal Griffin

Central Atlantic Region
Proposed January 1 to December 31, 2013 Budget

Category	Expense	For	Approved 2014 Budget	Bi-monthly funding	Proposed 2015 Budget
A Automatic, approved 100% on receipt	Phoneline	800 & Answering Services	\$8,500.00	\$1,417.00	\$7,000.00
	Mailbox	PO Box	\$76.00	\$13.00	\$80.00
	Website	Host & Domain Expenses	\$150.00	\$25.00	\$250.00
	Service Charges	Bank Service Charges	\$36.00	\$6.00	\$40.00
B RSC primary operations	Conferences	RSC Meeting Expenses: rent, food & beverage, AV equipment rental, & office supplies	\$750.00	\$125.00	\$600.00
	Executive	Correspondence & report preparation & distribution expenses for RSC Chair and Vice Chair	\$300.00	\$50.00	\$100.00
	RD Team	Correspondence & report preparation & distribution expenses for RD Team	\$100.00	\$17.00	\$100.00
	Secretary	Secretary expenses associated with preparation & distribution of RSC minutes, reports, correspondence, and related office supplies	\$250.00	\$42.00	\$150.00
	Treasurer	Treasurer expenses associated with preparation & distribution of reports, correspondence, and related office supplies	\$120.00	\$20.00	\$120.00
	GSR Assembly	Expenses associated with meeting space rent, refreshments, food & beverage, & office supplies	\$1,500.00	\$250.00	\$1,500.00
	*CAR Workshops	RSC pre-approved line item expenses associated with holding 4 multi-area workshops	\$1,200.00	\$200.00	\$1,200.00
	***Zonal Forum	Expenses associated with holding Zonal Forum approximately every 3 years	\$400.00	\$67.00	\$0.00
	Zonal Support	CARNA's portion of zonal expenses- i.e. web domain	\$3.00	\$0.50	\$3.00
C Travel, including up to \$35.00/day per diem	*WSC/RDA	Expenses associated with RDA attendance of bi-yearly WSC with \$55 per diem	\$2,000.00	\$167.00	\$2,000.00
	*WSC/RDA-2	Expenses associated with RDA-2 attendance of bi-yearly WSC with \$55 per diem	\$2,000.00	\$167.00	\$2,000.00
	MARLCNA/RD	Expenses associated with RD attendance of yearly MARLCNA	\$400.00	\$67.00	\$400.00
	MARLCNA/RDA	Expenses associated with RDA attendance of yearly MARLCNA	\$400.00	\$67.00	\$400.00
	MARLCNA/RDA-2	Expenses associated with RDA-2 attendance of yearly MARLCNA	\$400.00	\$67.00	\$400.00
	AZF/RD	Expenses associated with RD attendance of Autonomy Zonal Forum	\$300.00	\$50.00	\$400.00
	AZF/RDA	Expenses associated with RDA attendance of Autonomy Zonal Forum	\$300.00	\$50.00	\$400.00
	AZF/RDA-2	Expenses associated with RDA-2 attendance of Autonomy Zonal Forum	\$300.00	\$50.00	\$400.00
	*RD Service Events (Non-WSC Years)	Expenses associated with RD attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00	\$50.00	\$600.00
	*RDA Service Events (Non-WSC Years)	Expenses associated with RDA attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00	\$50.00	\$600.00
	*RD2 Service Events (Non-WSC Years)	Expenses associated with RDA-2 attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00	\$50.00	\$600.00
D Subcommittee operations	Policy	Expenses associated with subcommittee meeting, preparation & distribution of reports & correspondence, service related material, literature, and guideline printing (not to include refreshments)	\$300.00	\$50.00	\$300.00
	Project Driven	Expenses associated with subcommittee meeting, preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$150.00	\$25.00	\$300.00

Central Atlantic Region
Proposed January 1 to December 31, 2013 Budget

	Speakerjam	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$120.00	\$20.00	\$120.00	
	Public Relations	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$300.00	\$50.00	\$300.00	
	Hospitals & Institutions	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$300.00	\$50.00	\$300.00	
E	Hospitals & Institutions	Expenses associated with ISW project and live streaming of meetings, inmate literature purchases, correction facility library literature purchases, and H&I presentations, and events or	\$1,200.00	\$200.00	\$1,000.00	
RSC secondary operations	Speakerjams	RSC line-item approved expenses associated holding speakerjams in March & September each year including travel (\$500.00/jam)	\$1,000.00	\$167.00	\$1,000.00	
	Overnight RSC	Overnight RSC expenses including overnight lodging, and food & beverage services (\$1500.00/overnight))	\$3,000.00	\$500.00	\$3,000.00	
	RD Team**	Travel expenses associated with RSC approved RD team attendance at Area events when requested by the Areas	\$600.00	\$100.00	\$600.00	
	Project Driven**	RSC approved expenses associated with communicating and/or visiting with isolated groups & interested ASC's including gas and long distance phone calls	\$0.00	\$0.00	\$0.00	
	Equipment repair/maintenance /replacement	Repair, replacement, and maintenance of RSC laptop, projector, etc.	\$500.00	\$84.00	\$500.00	
	Public Relations	Expenses associated with Professional conference & community event registrations, paid radio spots, professional contact data base production, annual PR mailing, printed materials for reports, training, presentations, and travel	\$2,000.00	\$334.00	\$1,500.00	
F	Subcommittee Travel	Policy	Expenses associated with travel in the performance of duties outlined in policy		\$100.00	\$600.00
	Hospitals & Institutions	Expenses associated with travel in the performance of duties outlined in policy		\$100.00	\$600.00	
	Public Relations	Expenses associated with travel in the performance of duties outlined in policy		\$100.00	\$600.00	
	Speaker Jam	Expenses associated with travel in the performance of duties outlined in policy		\$100.00	\$600.00	
	Ad Hoc	Expenses associated with travel in the performance of duties as defined by RSC when ad hoc is created		\$0.00	\$0.00	
G	Discretionary, expenses not included in budget	\$300 maximum	\$0.00	\$0.00	\$0.00	
			\$30,755.00	\$5,047.50	\$30,663.00	

* means bi-annual expense

** these lines were created for 2013 budget

*** this line item is once every three years and 2014 is our year to host line B9 was added to help support the Zone

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UPDATED 02/15/14					