

**Minutes 173rd Regional Service Conference
Central Atlantic Region
June 20, 2015 - 1215 Lee Street, Charlottesville, VA**

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

Open Forum begins: 11:00am

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. Discussion about breaking up region into separate, geographically focused regions.
 - b. Discussion about allocating funds for GSRs at two day events.
 - c. How do you encourage members with long-term clean time to get involved in service at the area level?
3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

Chair	Jim. H.	Almost Heaven	Thaddeus M.	X
Vice Chair	Bill M.	Appalachian	Sam S.	X
Secretary	Brian C.	Beach	Ted L.	X
Treasurer	Neal G.	Blue Ridge	George S.	X
Regional Delegate	Eddie W.	New Dominion	Abs.	
Regional Delegate Alternate	Kim A.	Peninsula	Jimmy W,	X
Regional Delegate Alternate 2	Open	Piedmont	Abs	
VRCC Chair	Bob G.	Rappahannock	Antoinette B.	X
Hospitals and Institutions Chair	Chuck K.	Richmond	Nancy S.	X
Policy Chair	Open	Roanoke Valley	Abs.	
Public Relations Chair	Etta F.	Shenandoah Valley	Alisa D.	X
Speaker Jam Chair	Rudolph C.	Southside	Andrew D.	X
		Tidewater	Abs.	
		Tri-Cities	Maria C.	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.
6. Approval of Prior Minutes – Mover: Alisa D. 2nd Jimmy W,
7. Trusted Servants Reports

Chair Report	<p>I would like to thank everyone for allowing me to serve as your region chair for the last two years .It has been a big learning experience for me, and I hope I served this region well.</p> <p>In October we will be in Franklin Va.for our two day event. We have secured a meeting place for Saturday and Sunday meeting. Paul D. Camp Workforce Center 100 North College Drive, Franklin Va. 23851 Hotel is the Comfort Inn Information will be posted when confirmed. Hopefully Monday.</p> <p>In Loving Service Jim H</p>
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Vice Chair Report	<p>Good morning This is my last RSC as Vice-chair and I want to thank you for the opportunity to serve. All is well and nothing further to report.</p> <p>ILS, Bill M.</p>
Secretary Report	<p>All is well, thanks for the opportunity to be of service.</p> <p>ILS, Brian C.</p>
Treasurer Report	<p>All the bills that I know of up to today are paid. We had a balance of \$18,356.80 at the 172nd(a) RSC. Since then we have deposited \$3624.83. We have had debits totaling \$5953.53 to give us a current balance of \$16,028.10.</p> <p>Our prudent reserve as determined by the formula approved by the RCMs is \$15,355.00. If we subtract this from our current actual balance the difference is 673.10. This difference will be sent to NAWS.</p> <p>Our YTD income has been 9292.62 and our YTD expenses have been \$6244.87.</p> <p>The issue with the abusive caller putting huge numbers of minutes on our PCMS account seems to have been resolved for the charges for the last two months-May and June- seem more sensible.</p> <p>We need to diligently search for a new treasurer. In August I will have been in the position for four years. I am ready to turn over the purse strings.</p> <p>Also in August, we will have our budget meeting for the 2016 budget. Subcommittee chairs need to have budget amounts for the coming year based on past experience and defensible expectations prepared for the meeting.</p> <p>ILS, Neal Griffin</p>
RD Report	<p>As some of you may recall from my last report at the 172nd RSC, my wife and I are expecting our first child to be born on August 4th. As I mentioned in that report, due to the proximity of that date, and the date of the upcoming Autonomy Zonal Forum on July 25th (hosted by the Eastern Pennsylvania Region), I will be unable to attend that event. Our RDA Kim A. does plan to attend and, given my absence - and the distance she'll be traveling - I would recommend to the body that she be provided hotel accommodations for both Friday and Saturday night. Although the Regional budget's individual line items for the Delegate Team to attend the AZF are not "transferrable" from one delegate to another, this body does have the ability to approve any amount less than \$300. I sincerely feel that having one of our trusted servants leave on a Friday, drive 7 hours to one of the AZF's northernmost regions, participate at a business meeting from 11 am – 5pm, and then drive 7 hours home in a time span of little more than 30 hours is more than we should demand. To be sure, I</p>

feel that two night accommodations for the Delegate Team should be in order anytime the AZF is hosted by its northernmost regions. Considering my absence (where funds already budgeted for the RD will not be expended) the financial impact of approving a second night accommodation for our RDA to attend the upcoming AZF, would be zero.

On Monday May 11th the Autonomy Zone hosted a conference call that ultimately had to be rescheduled due to poor preparation, facilitation, and technical difficulties with the free version of “Uber Conference” which only allowed for 10 participants at any given time. The follow up call took place on Monday June 1st from 9 pm – 11 pm (utilizing our Region’s H&I Uber Conference account which allowed for more participants). The call was facilitated by the delegate from Eastern PA Merle S. and discussion centered around the development of a template for the recording of minutes during the AZF, and proposed duties and qualifications for an AZF secretary. Working from the two proposals under consideration we began to draft criteria that will be further discussed at the AZF on July 25th.

The third batch of review and input material has been released for the Traditions Book Project. The drafts of Traditions 7 through 10 and other materials are available at www.na.org/traditions. The deadline for input on Traditions Seven through Ten is August 31st. My hope was to distribute flyers announcing the upcoming literature review workshops scheduled throughout our four quadrants after lunch today, but unfortunately I didn’t receive the information for Quadrant 4 until just now. No copies have been produced as of yet and I won’t be able to add the information to the flyer until I get home as the software is not available on my laptop. I look to the body for direction as to whether we should print the flyer as is (which lists the correct location, traditions to be covered and contact information but simply states “date and time to be announced”) or wait until I get home to add the information and then post it to the regional website where each RCM could then download and print copies for themselves. A second packet will be available later this month with Traditions Eleven and Twelve, and a brief closing section. The deadline for Traditions Eleven and Twelve and the conclusion will be 90 days after their release. The sooner NAWS receives your input, the more time they will have to incorporate your ideas into the revisions. In accordance with Conference policy, an approval form will be published in November 2015 as an addendum to the *Conference Agenda Report* for WSC2016.

NAWS (more information on these and other items can be found at <http://www.na.org/?ID=news>)

- 2015 Membership Survey is online, go to www.na.org/survey to access the survey page.
- Decision Making at the WSC: (currently focused on the WSC Old Business session, tools and resources to assist the WSC Co-facilitators, looking into electronic voting for the WSC).
- The Planning Our Future Workgroup: is focused on developing the Role of Zones workshop (material is available at www.na.org/idt.) and are considering “How we can improve our processes so members and groups

	<p>feel a connection to (and a part of) worldwide NA?" (share your thoughts via e-mail to worldboard@na.org.)</p> <ul style="list-style-type: none"> • The Delegate Sharing Workgroup: is focused on framing a session at WSC2016 for RDs to talk about issues and share experience to foster unity, as well as planning the Saturday afternoon workshops that precede the opening of the WSC, and developing a brief survey to gather input from conference participants to help plan them. • The WSC Seating Workgroup: consists of three Regional Delegates who are currently serving on the Planning Our Future Workgroup, and one World Board member. They are initially meeting virtually, and aim to revise the "Regional Profile" in the GWSNA to include more objective and measureable questions for regions who request seating. • The Service System: NAWS hopes to accomplish the following tasks this cycle: draft Service System Basics, Local Service Basics, and Group Support Basics, hold web meetings, and establish a webpage for locally developed tools; and begin to revise some of the draft tools posted on www.na.org/servicesystem. • Financials: NAWS continues to encourage members to contribute financially through their portal at www.na.org/contribute. • WCNA 36 was held in Rio de Janeiro Brazil June 11 – 14. More information will be included regarding WCNA 36 in my August RD report. <p>In loving service,</p> <p>Eddie W. (RD)</p>
RDA Report	<p>Hello fellow trusted servants. I don't have much to report this month. I participated in the AZF conference call May 11, 2015 @9:30. During that conference call we worked on creating guidelines for a secretary position at the AZF table.</p> <p>I've been following discussions on the NAWS Conference Forum and also on a couple of FB groups where members from various delegate teams are discussing the issues currently before our fellowship.</p> <p>I need to make arrangements for the upcoming AZF, which will be meeting in Jenkintown, PA. Jenkintown, which is just above Philadelphia, is at least a 7.5 hour drive for me. It seems unreasonable for me to drive that far on the same day as the AZF meeting. The meeting is from 11:00 – 5:00. If I drove in on Saturday morning, I would have to leave at 3:30 AM and if I drive home on Saturday after the meeting, I wouldn't arrive home until midnight. Traffic on I-95 can be brutal, so the drive could be even longer than 7.5 hours. In light of how far away the meeting is, I am requesting funding for two night's accommodations. I have \$224.04 remaining in my budget. I am requesting an additional \$80.00. Because Eddie's wife is expecting at the end of July, Eddie won't be able to make this trip, so the extra \$80.00 I am requesting could come out of his budget.</p>

Estimated Expenses:

\$35.00 Daily expenses

\$150.00 Hotel (2 nights)

\$120.00 Gas

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\$305.00

Candlewood Suites Horsham, PA \$64

250 Business Center Drive Horsham, PA 215-328-9119

I would like to request that the web servant add the budget to the website somewhere... perhaps where the outdated "Delegates" button is. While looking through the website for the budget, I noticed that we have a lit review button and wondered if we could get some info put in there regarding the Traditions Book Project that our fellowship is currently working on? I also noticed the link to the AZF website is an old link that no longer works. Could that please be updated? (<http://www.car-na.org/Literature.htm>)

Please bring back to your regions that the Delegate team is available to participate in workshops within your region and we would love to be of service to you in your efforts to carry the message.

Please plan on attending the upcoming Traditions workshop in your quadrant. Our fellowship is currently reviewing and submitting input on Traditions 7-10. The deadline for submitting our input on these traditions is August 31st. Go to www.na.org/traditions for more info.

I received my copy of A Guide to World Services (2014-2016 Conference Cycle) as well as the WSC 2014 Draft Summary Record. I have these documents with me today if anyone would like to look through them.

I sat in on the Unity Day Live Stream Audio WebCast meeting and was moved to tears to be able to do so. I nostalgically recalled being in the room with everyone at the World Conventions I've been able to attend. All weekend I thought about my fellow addicts in Brazil and when I had the opportunity to listen to the WebCast meetings, I was thrilled. We have some room for improvement as far as audio quality and such, but I am grateful for having been included in our World Convention this way.

Autonomy Zonal Forum



July 25, 2015

Hosted by Eastern PA Region
Jenkintown United Methodist Church

Walnut and Summit Avenues
Jenkintown, PA

Time: 11:00 am - 5:00 pm
Lunch will be provided

What is the Autonomy Zonal Forum?
AZF is comprised of a non-governing
body of 6 Regions who gather two
times a year to share information,
solutions, and discuss common
concerns. Come see what it is about.

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Thank you again for the opportunity to serve,

Kim A  
RDA

RDA2 Report

Position Open.

VRCC Report

Hello Family,  
VRCC is doing well; we held our retreat at the Aloft Hotel in Short Pump VA On April

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|                     | <p>25 &amp; 26, 2015. On Saturday we had orientation for new directors and officers, along with a lengthy explanation of our new web page. Our Webmaster, Mark L. also did a power point presentation on the advantages of our using Google drive. Each officer, director and host committee member will have a g-mail address, which allows the VRCC to archive information concerning past and present conventions. Elections were held for treasurer, vice treasurer and policy chair. Susan G. was elected treasurer, Rachel L., vice treasurer and Ron B. policy chair. Binders with updated VRCC and host committee policy were handed out to all directors and officers who were present at the retreat. The Richmond area of NA was awarded the 35 AVCNA. Elections of host committee officers were held June 18th in the Richmond area, VRCC chair was present to conduct the elections. The following were elected: Chair- Jackie W., vice chair- Peggy C., Treasurer-Donna B, Vice Treasurer- Vanessa W, and Secretary- Julie T. For the 33rd AVCNA we had a loss of \$2335.38, which is much better than I expected. Details will be posted on the VRCC website after our July meeting. The next VRCC meeting will be held in Charlottesville on July 19, 2015. We would love to see each area represented.</p> <p>In Loving Service,<br/>Bobby G<br/>VRCC Chair</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| H&I Chair Report    | No written report.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Policy Subcommittee | <p>Hello Family,<br/>Since our last meeting, PR took training to Martinsburg WV in the Almost Heaven Area per their request. It was a training that was rich with information explaining what PR is what it does and does not do, and had an array of information from the PR handbook that we discussed. It was an interactive workshop in which those participating could roll play and ask questions. We went over PR FAQ's and clarified misconceptions as well as worked on proper verbiage for presentations. All areas that feel that they may benefit from this type of workshop can email or call the PR chair for an appointment. The Phone lines are undergoing improvements and we are asking each area to submit a male and female contact with phone number for the update. The Website committee reports that the tasks are on schedule on the revision plan. On May 16th PR met in quadrant 4 in Newport News there was minimal (5) attendance. Conference call was used as well. I was unable to share as I was out doing service on the Traditions workbook. The meeting was delegated to Sherry V. to chair. They are presently looking for a new PR chair. They are active there and were supposed to man tables at a SAARA event. They have had poster drives, have a new Webmaster and are doing regular fundraisers. Almost Heaven also attended and reports that there is a new member that has come on board after the workshop training. They currently have a task group and are studying the PR statement and Informing professionals and the public. They have inventoried their area and found 18 new places to provide information. We had planned a planning meeting on June 4th by conference call but due to the travel of members to the world convention and other service ventures it will need to be rescheduled. The intent is to plan the next 6 months of services. We are currently gearing up for the Virginia Summer Institute July 13-15 in Williamsburg, Virginia. We will use local experienced members in the nearby are to</p> |

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|                   | <p>man our booth.<br/>The next meeting will be held in quadrant 1 location TBA.<br/>I will submit for a check for the donation of the meeting space in Newport News.</p> <p>In loving Service,<br/>Etta F.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Public Relations  | <p>I did not attend the subcommittee last month nor did I hold a policy subcommittee meeting.<br/>There is no business before this subcommittee.</p> <p>ILS,<br/>Bill M.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Speaker Jam       | <p>Dear RSC,</p> <p>I would like to thank you again for allowing me to serve as your Regional Speaker Jam Chair. I have to be honest, I haven't been very engaged the past three months but plan to change that around. I received some text and emails from some areas and expect some bids for our next Speaker Jam.</p> <p>I have in my possession \$400 and one medium t-shirt from our last speaker jam in March. I will also be placing a motion to be reimbursed \$105 for my gas and half of my hotel expense for that event.</p> <p>I briefly spoke with Sam D., the vice chair of speaker jam, in possible brainstorming a ball for this Region. It would consist of dinner, best dressed couple, male and female with a small prize of some sorts, one speaker followed by a dance. The ideal would be formal wear, like a prom.</p> <p>Lastly, thank you all for allowing me to serve.</p> <p>In loving service,<br/>Rudolph C.</p> |
| Traditions Ad-Hoc | <p>I apologize for not having the updated Traditions Workbook Project workshops available to you today. Eddie W. and I have been collaborating on the new flyer and will have it out to all Quadrants as soon as possible. It is totally my fault as I just now found the flyer that Neal sent me in April for Quad 4. I would ask all Quadrant Representatives to encourage participants to print copies of the drafts to cut down on expenses. As stated by our RD the drafts of traditions 7-10 have been released and 11-12 with the conclusion chapter will be released soon. I will be submitting a motion for reimbursement for expenses incurred during the workshop presented in Quadrant 2 on April 11, 2015.</p> <p>I want to thank all representatives from all quadrants who have stepped up, held workshops and encouraged participation in the creation of new literature in Narcotic Anonymous.</p> <p>ILS,<br/>Elisa D.</p>    |

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| Almost Heaven | <p>Have not report from AHA for regional service conference. Will be better prepared next RSC.</p> <p>ILS,<br/>Thaddeus M.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Appalachian   | <p>Hello RSC Family,</p> <p>I am grateful to be here, today. There are currently ten groups in our Area. At our last ASC meeting, there were six GSR's at our last ASC meeting. There are five open positions for ASC: Chair, Vice-chair, Policy Chair, Public Relations Chair, and Treasurer. The chairperson whose term has been completed has been dedicated to continuing to serve as has the treasurer until the positions are filled by new trusted servants. The Secretary position has been filled. Friday Night Live and Steps to Freedom had made the decision to close their meetings due to lack of attendance and participation. The Area is doing well. We are working on updating the meeting list, currently. We are striving to get more interest sparked into all by the Special Events subcommittee doing a bi-weekly step study workshop. On every other Saturday, a member shares on a step and recovering addicts are free to show up and either do stepwork in a relaxing environment, suggestions are to bring sponsors along, and the speaker is available to answer any questions about the step that is the workshop's orientation. Saturday June 27th, 2015, the step that we'll have a speaker for is on step two. We go in order of the steps bi-weekly. The intent of this event is not to replace sponsorship or force anyone to do step work. It is just a learning environment. Anyway, the H&amp;I subcommittee is still going to The Courtland Center once a week and is still going to Hands Up Lodge twice a month. They are working on getting re-entry into Blue Ridge Regional jail and they sent a letter and the response is still pending. Overall, things are going well in the Appalachian Area. We're just hoping to have some members step up and serve on the ASC. Our next ASC meeting is on Sunday July 5, 2015 at 2pm. That is all for my report.</p> <p>In Loving Service,</p> <p>Sam S.</p> |
| Beach         | <p>Hello Fellow Members,</p> <p>The BANA area is composed primarily of the City of Virginia Beach City boundaries by Area Policy.</p> <p>We have 22 meetings in our area and approximately 20 groups listed as active with our ASC.</p> <p>The Area hosts an annual campout in the Fall. Serenity at the Shore. SOTS. It has an active committee who reports to the ASC monthly. They are fiscally responsible and donate all monies above prudent reserve to the area.</p> <p>The SOTS sub-committees also host fund raisers which are also well attended.</p> <p>A couple of home groups also put on a picnic every June. This is an ongoing affair and is well organized and attended.</p> <p>I wish I could report the same attendance and enthusiasm for Literature (Traditions) and other workshops.</p> <p>The area is in the initial stages of providing H &amp; I meetings for institutions in our</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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|              | <p>geographical area that the Tidewater Area has been providing. The area eliminated all subcommittees in the creation of BANA through Policy and replaced it with one super committee called Emergent Needs for efficiency and control of funds. There are no BANA H &amp; I , Literature, Policy, PI or Additional Needs Committees.</p> <p>We have no donation for the Region.</p> <p>Yours in Service<br/>Ted Logue. RCM</p>                                                                                                                                                                                                                               |
| Blue Ridge   | <p>We are having difficulty with GSR participation at ASC meetings, and have not met quorum for the last two ASC meetings. Therefore, we have no vote for any motions today.</p> <p>We have a number of events coming up this summer, especially BRANA campout on July 17-19. Info for this and other events can be found on our website:<br/><a href="http://www.brana.org">www.brana.org</a></p> <p>ILS,<br/>George S.</p>                                                                                                                                                                                                                                   |
| New Dominion | Abs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Peninsula    | <p>Area is going smooth. We are still struggling to fill vacant service positions. We have 56 weekly meetings. Area had very successful picnic on 31 May 2015. On May 16, 2015, the region subcommittee met at Trinity United Methodist Church in Newport, VA. The attendance was sparse. Teddie A. was elected webmaster for our area in May 2015.</p> <p>ILS,<br/>Jimmy W.</p>                                                                                                                                                                                                                                                                               |
| Piedmont     | Abs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Rappahannock | <p>The Rappahannock Area currently has 39 meetings every week. 21 groups are members of RANA's ASC. Greg G. was voted as chair, Antoinette B. is not RCM I, Treasurer I &amp; II are now filled by Kemper B and Matt J. Open positions are RCM II, VRCC Director &amp; Outreach. 15 GSRs were in attendance for May ASC. We do have an upcoming anniversary Etta F. will be celebrating 20 years of recovery / experience, strength &amp; hope. Motion 172-3 amend RDA2 Responsibilities passed. We currently have no donations at this time. The next ASC will be held July 5<sup>th</sup> 2015 at Fairview Baptist Church.</p> <p>ILS,<br/>Antoinette B.</p> |
| Richmond     | <p>Our Annual Free Event hosted by Special Events will be held August 1<sup>st</sup> from 2PM to 7PM at the Rubicon Men's Facility at 1700 Front Street, Richmond, VA 23222. The event will be held inside and out and can be enjoyed by the addict and their family (i.e. children's activities included.)</p> <p>Next month we will have elections for Secretary, Assistant Secretary &amp; Outreach Chair.</p> <p>The Richmond Area received the bid for 2017 AVCNA 35.</p>                                                                                                                                                                                 |

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|                   | <p>No donation this month.<br/>Subcommittees are working and on point.</p> <p>In Loving Service &amp; For The Love of Service<br/>Nancy S.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Roanoke Valley    | Abs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Shenandoah Valley | <p>Hello Regional Family,<br/>The SheVANA Area continues to bring the message of hope &amp; freedom to the suffering addict in the Shenandoah Valley. The SheVANA Area has 19 Home Groups with 26 meetings. The SheVANA ASC meet on the 2nd Monday of each month at Grace Community Church, 2333 Roosevelt Blvd. Winchester, VA 22601. Our Area Service Committee met on May 11th with 14 GSR's/Alts present and June 8th with 16 GSR's/Alts present. Each time quorum was met and business held per policy. All positions and subcommittee chair positions at Area are filled with the exception of Out-Reach Chair. Our Area Vice-Chair is filling in &amp; conducting subcommittee business until a new chair is elected.</p> <p>The H&amp;I subcommittee continue to take 1-2 meetings a month into the Northwestern Regional Adult Detention Center, men side &amp; 2 meetings a month to the women side, 1 meeting a month at the Juvenile Detention Center and 1 meeting each month to the Timber Ridge School for adolescent boys &amp; 4 meetings a month at Behavioral Health at the Winchester Medical Center. The subcommittee is currently meeting with administrators at the RSW Regional Jail in Front Royal to facilitate NA meetings in this facility.</p> <p>Out-Reach subcommittee continue to attend a meetings each month in the area who require additional support. Public Relations is always working to keep our website current &amp; our PR Chair wanted me to share that our new meeting lists now have the Qr Barcode Scanner that when scanned takes you directly to the SheVANA website, <a href="http://www.shevana.org">www.shevana.org</a>.</p> <p>Our Literature Chair continues to facilitate a smooth disbursement of literature to all home groups in the Area. VRCC chair &amp; alternate continue to participate in the progress of the 34th AVCNA Convention to be held in Richmond Jan. 8-10, 2016, hosted by the New Dominion Area.</p> <p>Special Events subcommittee has been very busy this summer. On June 13th the Annual SheVANA Area Picnic was held at Jim Barnett Park in Winchester, VA. The event was well attended. Good food, fun and fellowship was had by all. On July 11th SheVANA Speaker Jam XII will be held at Jim Barnett Park at the Rotary Shelter. The theme is NA ROCKS. Workshops begin at 10am with dinner at 5:30pm (donation appreciated) with a Clean Time Countdown and Main Speaker at 6:45pm. Flyers are available.</p> <p>Also I am very excited to announce that two articles from the SheVANA News were reprinted in the April 2015 NA WAY Magazine. On page 3 &amp; 5 are articles by Elizabeth N. and Barbara D. of the SheVANA Area. I have my hardcopy of the NA WAY with me if anyone would like to read it. I also have copies of the June edition of the SheVANA News.</p> <p>Lastly SheVANA has a donation of \$499.58 to give to CARNA.</p> <p>ILS,<br/>Elisa D.</p> |

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| Southside  | <p>Greetings RSC,<br/> The Southside Area met on June 7, 2015 in Martinsville, VA. We currently have 16 home groups and 40 meetings per week. We are currently looking at moving our area meeting to a centralized location each month instead of rotating to different locations. This will be voted on next month at the ASC. Our PR Chair stepped down due to relocation and we were able to vote another Chair in at the meeting. We were able to get our phone line reactivated and kept the same number. Our H&amp;I Chair is looking to do a workshop in our area to help encourage service. We are having some trouble with having enough people to chair our H&amp;I meetings and need to find ways to get more people involved. Our H&amp;I Chair said she would be contacting the regional H&amp;I Chair for assistance. We are looking at having some type of event in the next couple of months but more will be revealed. We have a donation of \$451.92, as always thank you for allowing me to serve.</p> <p>ILS<br/> Andrew D.</p> |
| Tidewater  | Abs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Tri-Cities | <p>Tri-Cities Area is moving forward in carrying the message of recovery. We have 13 home groups. All of our home groups are well attended and convey donations based on home group needs.<br/> Our Area Service Committee has several positions available at this time: VRCC, RCM Alt, PR, Policy and Special Events.<br/> Area service meets the first Sunday of each month at 2:00PM at Highland Methodist Church, Colonial Heights.<br/> TCANA has a donation of \$129.68.</p> <p>Love &amp; Service,<br/> Maria C.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

9. All New Business Motions turned in before lunch

10. Quorum achieved with 9 voting RCMs

11. **Elections & Nominations**

- **Chair** – Bill M. voted in by acclamation
- **Vice-Chair** – (nominations opened at 172nd)
- **Policy Chair** – (nominations opened at the 170th)
- **Treasurer** – Jim H. voted in by acclamation
- **RDA2** – (nominations opened at the 171<sup>st</sup>)

12. Old Business:

a. **MOTION 172-3 Amend RDA2 Responsibilities (BACK TO AREAS)**

**Mover:** Public Relations Subcommittee 2<sup>nd</sup>: Jimmy W. (Peninsula RCM)

**Description/Background:** The RDA2 position has had the responsibility of Webservant to NAWS but the updates have not been consistent. PR is creating one spreadsheet to do phone line website and the NAWS

database could receive it.

**Intent:** To centralize this function in the PR Subcommittee so that the process does not have to be duplicated.

**Motion:** To remove 8A #6 RDA2 Duties (i.e. "Holds the position of Webservant to NAWS. [135<sup>th</sup>]) and place it in the Public Relations duties for consistency.

13. New Business:

**a. MOTION 173-1 RDA Funding Request (Approved 9-0-0)**

**Mover:** Kim A. (RDA) 2<sup>nd</sup> Andrew D. (Southside RCM)

**Description/Background:** Upcoming AZF – RDA attendance is required but 7.5 hours away – two nights hotel stay would be practical.

**Intent:** to stay two nights.

**Motion:** I am requesting an additional \$81 for my budget under travel expenses. (\$35 Daily Expense + \$150 Hotel + \$120 Gas - \$224 Already Allocated/Spent = \$81)

**b. MOTION 173-2 Regional Speaker Jam Request (Referred to Speaker Jam Chair)**

**Mover:** Jimmy W. (Peninsula RCM) 2<sup>nd</sup> Andrew D. (Southside RCM)

**Description/Background:** To hold Regional Speaker Jam on September 19, 2015. The letter of support will be submitted to Speaker Jam Chair via email.

**c. MOTION 173-3 Traditions Workbook Project Workshop Expense Reimbursement (Approved 8-0-1)**

**Mover:** Elisa D. (Shenandoah RCM) 2<sup>nd</sup> Antoinette B. (Rappahannock RCM)

**Motion:** Reimburse \$95.94 expenses incurred presenting Quadrant 2 Traditions Workbook Project Workshop held on April 11, 2015 at Edgehill Retreat & Recovery.

**d. MOTION 173-4 Traditions Workshop Workbook Project Funds Request (Approved 8-0-1)**

**Mover:** Elisa D. (Shenandoah RCM) 2<sup>nd</sup> Ted L. (Beach RCM)

**Motion:** Request \$75.00 budget for Quadrant 2 Traditions Project Workshop to be held on July 18, 2015.

**e. MOTION 173-5 Two Day Events – Lodging Expense Policy Change (BACK TO AREAS)**

**Mover:** Bill M. (Vice Chair) 2<sup>nd</sup> Maria C. (Tidewater RCM)

**Description/Background:** Our region has flipped the days of the RSC on our spring and fall two day event. However, our policy guide does not allow for rooms on Friday to allow for those who need to travel long distances the night before.

**Intent:** To allow funds to be allocated for overnight accommodations for those traveling long distances.

**Motion:** To make the following changes to the Central Atlantic G&RO

- i. Change Section 8.8.A from: "CARNA will provide lodging following the RSC for those required by the CARNA G&RO or those requested by the RSC to attend the April or October overnight event."  
To: "CARNA will provide lodging for those required by the CARNA G&RO or those requested to attend the April or October overnight event."
- ii. Change Section 8.8.B from: "The RSC may utilize any remaining funds budgeted for lodging to furnish rooms following the RSC for GSRs and other CARNA members interested in attending the April or October overnight event."  
To: "The RSC may utilize any remaining funds budgeted for lodging to furnish rooms for GSRs and other CARNA members interested in attending the April or October overnight event."

1. Next RSC will be held August 15<sup>th</sup> at UVA Hospital, 1215 Lee Street, Charlottesville, VA
2. Announce Location and Time of next Subcommittee Meetings
3. Close with Serenity Prayer and Announcements

173<sup>rd</sup> RSC Treasurer's Report  
 Financial Statement  
 06/19/15

|                                                                      |                     |                 |
|----------------------------------------------------------------------|---------------------|-----------------|
| Opening balance (closing balance from 170 <sup>th</sup> RSC report): |                     | \$18356.80      |
| Credits :                                                            | Almost Hvn contrib: | \$74.63         |
|                                                                      | BRANA contrib:      | \$45.54         |
|                                                                      | Southside contrib:  | \$294.19        |
|                                                                      | Tidewater contrib:  | \$3000.00       |
|                                                                      | Returned funds:     | <u>\$210.47</u> |
|                                                                      | TOTAL:              | \$3624.83       |
|                                                                      |                     | +\$3624.83      |

|                         |                   |                 |                   |
|-------------------------|-------------------|-----------------|-------------------|
| Debit:                  | Ck 1208:          | \$239.47        |                   |
|                         | Ck 1209:          | \$73.16         |                   |
|                         | Ck 1210:          | \$75.00         |                   |
|                         | Ck 1211:          | \$35.00         |                   |
|                         | Ck 1212:          | \$70.00         |                   |
|                         | Ck 1213:          | \$3001.80       |                   |
|                         | Ck 1214:          | \$320.00        |                   |
|                         | debit card 04/15: | \$23.75         |                   |
|                         | debit card 04/19: | \$1227.17       |                   |
|                         | debit card 05/06: | \$1.99          |                   |
|                         | debit card 05/18: | \$23.75         |                   |
|                         | debit card 05/21: | \$66.42         |                   |
|                         | debit card 05/21  | \$497.20        |                   |
|                         | debit card 06/03: | \$1.99          |                   |
|                         | debit card 06/19: | \$58.13         |                   |
|                         | debit card:       | <u>\$238.70</u> |                   |
|                         | TOTAL             | \$5953.53       | -\$5953.53        |
| <u>Closing balance:</u> |                   |                 | <u>\$16028.10</u> |

DETAILS

- Ck 1208- Bill McCormick (GSR ass'y supplies)
- Ck1209- Neal Griffin (Tradition review wkshp)
- Ck1210- Halifax Reg'l Hospital (Spkr Jam)
- Ck 1211- Otterbein Meth Ch (Jan subcom mtg)
- Ck 1212- VSIAS Summer Institute
- Ck 1213- NAWS contribution
- Ck 1214- Paul D Camp Center (Oct 2-day)
- Debit card 04/15- UberConference (H&I)
- Debit card 04/19- Ramada Inn (April 2 day rooms)
- Debit card 05/06- Network Solutions
- Debit card 05/18- UberConference
- Debit card 05/21- Primus
- Debit card 05/21- PCMS

Debit card 06/03- Network Solutions  
Debit card 06/19- Primus  
Debit card 06/19- PCMS

ILS: Neal Griffin

**Minutes 173<sup>rd</sup> Regional Service Conference  
Central Atlantic Region  
June 20, 2015 - 1215 Lee Street, Charlottesville, VA**

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

**Open Forum begins: 11:00am**

**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. Discussion about breaking up region into separate, geographically focused regions.
  - b. Discussion about allocating funds for GSRs at two day events.
  - c. How do you encourage members with long-term clean time to get involved in service at the area level?
3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

|                                  |            |                   |               |   |
|----------------------------------|------------|-------------------|---------------|---|
| Chair                            | Jim. H.    | Almost Heaven     | Thaddeus M.   | X |
| Vice Chair                       | Bill M.    | Appalachian       | Sam S.        | X |
| Secretary                        | Brian C.   | Beach             | Ted L.        | X |
| Treasurer                        | Neal G.    | Blue Ridge        | George S.     | X |
| Regional Delegate                | Eddie W.   | New Dominion      | Abs.          |   |
| Regional Delegate Alternate      | Kim A.     | Peninsula         | Jimmy W,      | X |
| Regional Delegate Alternate 2    | Open       | Piedmont          | Abs           |   |
| VRCC Chair                       | Bob G.     | Rappahannock      | Antoinette B. | X |
| Hospitals and Institutions Chair | Chuck K.   | Richmond          | Nancy S.      | X |
| Policy Chair                     | Open       | Roanoke Valley    | Abs.          |   |
| Public Relations Chair           | Etta F.    | Shenandoah Valley | Alisa D.      | X |
| Speaker Jam Chair                | Rudolph C. | Southside         | Andrew D.     | X |
|                                  |            | Tidewater         | Abs.          |   |
|                                  |            | Tri-Cities        | Maria C.      | 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.
6. Approval of Prior Minutes – Mover: Alisa D. 2<sup>nd</sup> Jimmy W,
7. Trusted Servants Reports

|              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chair Report | <p>I would like to thank everyone for allowing me to serve as your region chair for the last two years .It has been a big learning experience for me, and I hope I served this region well.</p> <p>In October we will be in Franklin Va.for our two day event. We have secured a meeting place for Saturday and Sunday meeting. Paul D. Camp Workforce Center 100 North College Drive, Franklin Va. 23851 Hotel is the Comfort Inn Information will be posted when confirmed. Hopefully Monday.</p> <p>In Loving Service<br/>Jim H</p> |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vice Chair Report | <p>Good morning<br/>This is my last RSC as Vice-chair and I want to thank you for the opportunity to serve. All is well and nothing further to report.</p> <p>ILS,<br/>Bill M.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Secretary Report  | <p>All is well, thanks for the opportunity to be of service.</p> <p>ILS,<br/>Brian C.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Treasurer Report  | <p>All the bills that I know of up to today are paid. We had a balance of \$18,356.80 at the 172nd(a) RSC. Since then we have deposited \$3624.83. We have had debits totaling \$5953.53 to give us a current balance of \$16,028.10.</p> <p>Our prudent reserve as determined by the formula approved by the RCMs is \$15,355.00. If we subtract this from our current actual balance the difference is 673.10. This difference will be sent to NAWs.</p> <p>Our YTD income has been 9292.62 and our YTD expenses have been \$6244.87.</p> <p>The issue with the abusive caller putting huge numbers of minutes on our PCMS account seems to have been resolved for the charges for the last two months-May and June- seem more sensible.</p> <p>We need to diligently search for a new treasurer. In August I will have been in the position for four years. I am ready to turn over the purse strings.</p> <p>Also in August, we will have our budget meeting for the 2016 budget. Subcommittee chairs need to have budget amounts for the coming year based on past experience and defensible expectations prepared for the meeting.</p> <p>ILS,<br/>Neal Griffin</p> |
| RD Report         | <p>As some of you may recall from my last report at the 172<sup>nd</sup> RSC, my wife and I are expecting our first child to be born on August 4<sup>th</sup>. As I mentioned in that report, due to the proximity of that date, and the date of the upcoming Autonomy Zonal Forum on July 25<sup>th</sup> (hosted by the Eastern Pennsylvania Region), I will be unable to attend that event. Our RDA Kim A. does plan to attend and, given my absence - and the distance she'll be traveling - I would recommend to the body that she be provided hotel accommodations for both Friday and Saturday night. Although the Regional budget's individual line items for the Delegate Team to attend the AZF are not "transferrable" from one delegate to another, this body does have the ability to approve any amount less than \$300. I sincerely feel that having one of our trusted servants leave on a Friday, drive 7 hours to one of the AZF's northernmost regions, participate at a business meeting from 11 am – 5pm, and then drive 7 hours home in a time span of little more than 30 hours is more than we should demand. To be sure, I</p>                   |

feel that two night accommodations for the Delegate Team should be in order anytime the AZF is hosted by its northernmost regions. Considering my absence (where funds already budgeted for the RD will not be expended) the financial impact of approving a second night accommodation for our RDA to attend the upcoming AZF, would be zero.

On Monday May 11<sup>th</sup> the Autonomy Zone hosted a conference call that ultimately had to be rescheduled due to poor preparation, facilitation, and technical difficulties with the free version of “Uber Conference” which only allowed for 10 participants at any given time. The follow up call took place on Monday June 1<sup>st</sup> from 9 pm – 11 pm (utilizing our Region’s H&I Uber Conference account which allowed for more participants). The call was facilitated by the delegate from Eastern PA Merle S. and discussion centered around the development of a template for the recording of minutes during the AZF, and proposed duties and qualifications for an AZF secretary. Working from the two proposals under consideration we began to draft criteria that will be further discussed at the AZF on July 25<sup>th</sup>.

The third batch of review and input material has been released for the Traditions Book Project. The drafts of Traditions 7 through 10 and other materials are available at [www.na.org/traditions](http://www.na.org/traditions). The deadline for input on Traditions Seven through Ten is August 31<sup>st</sup>. My hope was to distribute flyers announcing the upcoming literature review workshops scheduled throughout our four quadrants after lunch today, but unfortunately I didn’t receive the information for Quadrant 4 until just now. No copies have been produced as of yet and I won’t be able to add the information to the flyer until I get home as the software is not available on my laptop. I look to the body for direction as to whether we should print the flyer as is (which lists the correct location, traditions to be covered and contact information but simply states “date and time to be announced”) or wait until I get home to add the information and then post it to the regional website where each RCM could then download and print copies for themselves. A second packet will be available later this month with Traditions Eleven and Twelve, and a brief closing section. The deadline for Traditions Eleven and Twelve and the conclusion will be 90 days after their release. The sooner NAWS receives your input, the more time they will have to incorporate your ideas into the revisions. In accordance with Conference policy, an approval form will be published in November 2015 as an addendum to the *Conference Agenda Report* for WSC2016.

NAWS (more information on these and other items can be found at <http://www.na.org/?ID=news>)

- 2015 Membership Survey is online, go to [www.na.org/survey](http://www.na.org/survey) to access the survey page.
- Decision Making at the WSC: (currently focused on the WSC Old Business session, tools and resources to assist the WSC Co-facilitators, looking into electronic voting for the WSC).
- The Planning Our Future Workgroup: is focused on developing the Role of Zones workshop (material is available at [www.na.org/idt](http://www.na.org/idt).) and are considering “How we can improve our processes so members and groups

|            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|            | <p>feel a connection to (and a part of) worldwide NA?" (share your thoughts via e-mail to <a href="mailto:worldboard@na.org">worldboard@na.org</a>.)</p> <ul style="list-style-type: none"> <li>• The Delegate Sharing Workgroup: is focused on framing a session at WSC2016 for RDs to talk about issues and share experience to foster unity, as well as planning the Saturday afternoon workshops that precede the opening of the WSC, and developing a brief survey to gather input from conference participants to help plan them.</li> <li>• The WSC Seating Workgroup: consists of three Regional Delegates who are currently serving on the Planning Our Future Workgroup, and one World Board member. They are initially meeting virtually, and aim to revise the "Regional Profile" in the GWSNA to include more objective and measureable questions for regions who request seating.</li> <li>• The Service System: NAWS hopes to accomplish the following tasks this cycle: draft Service System Basics, Local Service Basics, and Group Support Basics, hold web meetings, and establish a webpage for locally developed tools; and begin to revise some of the draft tools posted on <a href="http://www.na.org/servicesystem">www.na.org/servicesystem</a>.</li> <li>• Financials: NAWS continues to encourage members to contribute financially through their portal at <a href="http://www.na.org/contribute">www.na.org/contribute</a>.</li> <li>• WCNA 36 was held in Rio de Janeiro Brazil June 11 – 14. More information will be included regarding WCNA 36 in my August RD report.</li> </ul> <p>In loving service,</p> <p>Eddie W. (RD)</p> |
| RDA Report | <p>Hello fellow trusted servants. I don't have much to report this month. I participated in the AZF conference call May 11, 2015 @9:30. During that conference call we worked on creating guidelines for a secretary position at the AZF table.</p> <p>I've been following discussions on the NAWS Conference Forum and also on a couple of FB groups where members from various delegate teams are discussing the issues currently before our fellowship.</p> <p>I need to make arrangements for the upcoming AZF, which will be meeting in Jenkintown, PA. Jenkintown, which is just above Philadelphia, is at least a 7.5 hour drive for me. It seems unreasonable for me to drive that far on the same day as the AZF meeting. The meeting is from 11:00 – 5:00. If I drove in on Saturday morning, I would have to leave at 3:30 AM and if I drive home on Saturday after the meeting, I wouldn't arrive home until midnight. Traffic on I-95 can be brutal, so the drive could be even longer than 7.5 hours. In light of how far away the meeting is, I am requesting funding for two night's accommodations. I have \$224.04 remaining in my budget. I am requesting an additional \$80.00. Because Eddie's wife is expecting at the end of July, Eddie won't be able to make this trip, so the extra \$80.00 I am requesting could come out of his budget.</p>                                                                                                                                                                                                                                                                                            |

Estimated Expenses:

\$35.00 Daily expenses

\$150.00 Hotel (2 nights)

\$120.00 Gas

=====

\$305.00

Candlewood Suites Horsham, PA \$64

250 Business Center Drive Horsham, PA 215-328-9119

I would like to request that the web servant add the budget to the website somewhere... perhaps where the outdated "Delegates" button is. While looking through the website for the budget, I noticed that we have a lit review button and wondered if we could get some info put in there regarding the Traditions Book Project that our fellowship is currently working on? I also noticed the link to the AZF website is an old link that no longer works. Could that please be updated? (<http://www.car-na.org/Literature.htm>)

Please bring back to your regions that the Delegate team is available to participate in workshops within your region and we would love to be of service to you in your efforts to carry the message.

Please plan on attending the upcoming Traditions workshop in your quadrant. Our fellowship is currently reviewing and submitting input on Traditions 7-10. The deadline for submitting our input on these traditions is August 31st. Go to [www.na.org/traditions](http://www.na.org/traditions) for more info.

I received my copy of A Guide to World Services (2014-2016 Conference Cycle) as well as the WSC 2014 Draft Summary Record. I have these documents with me today if anyone would like to look through them.

I sat in on the Unity Day Live Stream Audio WebCast meeting and was moved to tears to be able to do so. I nostalgically recalled being in the room with everyone at the World Conventions I've been able to attend. All weekend I thought about my fellow addicts in Brazil and when I had the opportunity to listen to the WebCast meetings, I was thrilled. We have some room for improvement as far as audio quality and such, but I am grateful for having been included in our World Convention this way.

# Autonomy Zonal Forum



July 25, 2015

Hosted by Eastern PA Region  
Jenkintown United Methodist Church

Walnut and Summit Avenues  
Jenkintown, PA

Time: 11:00 am - 5:00 pm  
Lunch will be provided

What is the Autonomy Zonal Forum?  
AZF is comprised of a non-governing  
body of 6 Regions who gather two  
times a year to share information,  
solutions, and discuss common  
concerns. Come see what it is about.

~~~~~  
Thank you again for the opportunity to serve,

Kim A
RDA

RDA2 Report

Position Open.

VRCC Report

Hello Family,
VRCC is doing well; we held our retreat at the Aloft Hotel in Short Pump VA On April

	<p>25 & 26, 2015. On Saturday we had orientation for new directors and officers, along with a lengthy explanation of our new web page. Our Webmaster, Mark L. also did a power point presentation on the advantages of our using Google drive. Each officer, director and host committee member will have a g-mail address, which allows the VRCC to archive information concerning past and present conventions. Elections were held for treasurer, vice treasurer and policy chair. Susan G. was elected treasurer, Rachel L., vice treasurer and Ron B. policy chair. Binders with updated VRCC and host committee policy were handed out to all directors and officers who were present at the retreat. The Richmond area of NA was awarded the 35 AVCNA. Elections of host committee officers were held June 18th in the Richmond area, VRCC chair was present to conduct the elections. The following were elected: Chair- Jackie W., vice chair- Peggy C., Treasurer-Donna B, Vice Treasurer- Vanessa W, and Secretary- Julie T. For the 33rd AVCNA we had a loss of \$2335.38, which is much better than I expected. Details will be posted on the VRCC website after our July meeting. The next VRCC meeting will be held in Charlottesville on July 19, 2015. We would love to see each area represented.</p> <p>In Loving Service, Bobby G VRCC Chair</p>
H&I Chair Report	No written report.
Policy Subcommittee	<p>Hello Family, Since our last meeting, PR took training to Martinsburg WV in the Almost Heaven Area per their request. It was a training that was rich with information explaining what PR is what it does and does not do, and had an array of information from the PR handbook that we discussed. It was an interactive workshop in which those participating could roll play and ask questions. We went over PR FAQ's and clarified misconceptions as well as worked on proper verbiage for presentations. All areas that feel that they may benefit from this type of workshop can email or call the PR chair for an appointment. The Phone lines are undergoing improvements and we are asking each area to submit a male and female contact with phone number for the update. The Website committee reports that the tasks are on schedule on the revision plan. On May 16th PR met in quadrant 4 in Newport News there was minimal (5) attendance. Conference call was used as well. I was unable to share as I was out doing service on the Traditions workbook. The meeting was delegated to Sherry V. to chair. They are presently looking for a new PR chair. They are active there and were supposed to man tables at a SAARA event. They have had poster drives, have a new Webmaster and are doing regular fundraisers. Almost Heaven also attended and reports that there is a new member that has come on board after the workshop training. They currently have a task group and are studying the PR statement and Informing professionals and the public. They have inventoried their area and found 18 new places to provide information. We had planned a planning meeting on June 4th by conference call but due to the travel of members to the world convention and other service ventures it will need to be rescheduled. The intent is to plan the next 6 months of services. We are currently gearing up for the Virginia Summer Institute July 13-15 in Williamsburg, Virginia. We will use local experienced members in the nearby are to</p>

	<p>man our booth. The next meeting will be held in quadrant 1 location TBA. I will submit for a check for the donation of the meeting space in Newport News.</p> <p>In loving Service, Etta F.</p> <p>I did not attend the subcommittee last month nor did I hold a policy subcommittee meeting. There is no business before this subcommittee.</p> <p>ILS, Bill M.</p>
Public Relations	<p>I did not attend the subcommittee last month nor did I hold a policy subcommittee meeting. There is no business before this subcommittee.</p> <p>ILS, Bill M.</p> <p>Hello Family, Since our last meeting, PR took training to Martinsburg WV in the Almost Heaven Area per their request. It was a training that was rich with information explaining what PR is what it does and does not do, and had an array of information from the PR handbook that we discussed. It was an interactive workshop in which those participating could roll play and ask questions. We went over PR FAQ's and clarified misconceptions as well as worked on proper verbiage for presentations. All areas that feel that they may benefit from this type of workshop can email or call the PR chair for an appointment. The Phone lines are undergoing improvements and we are asking each area to submit a male and female contact with phone number for the update. The Website committee reports that the tasks are on schedule on the revision plan. On May 16th PR met in quadrant 4 in Newport News there was minimal (5) attendance. Conference call was used as well. I was unable to share as I was out doing service on the Traditions workbook. The meeting was delegated to Sherry V. to chair. They are presently looking for a new PR chair. They are active there and were supposed to man tables at a SAARA event. They have had poster drives, have a new Webmaster and are doing regular fundraisers. Almost Heaven also attended and reports that there is a new member that has come on board after the workshop training. They currently have a task group and are studying the PR statement and Informing professionals and the public. They have inventoried their area and found 18 new places to provide information. We had planned a planning meeting on June 4th by conference call but due to the travel of members to the world convention and other service ventures it will need to be rescheduled. The intent is to plan the next 6 months of services. We are currently gearing up for the Virginia Summer Institute July 13-15 in Williamsburg, Virginia. We will use local experienced members in the nearby are to man our booth. The next meeting will be held in quadrant 1 location TBA. I will submit for a check for the donation of the meeting space in Newport News.</p>

	In loving Service, Etta F.
Speaker Jam	<p>Dear RSC,</p> <p>I would like to thank you again for allowing me to serve as your Regional Speaker Jam Chair. I have to be honest, I haven't been very engaged the past three months but plan to change that around. I received some text and emails from some areas and expect some bids for our next Speaker Jam.</p> <p>I have in my possession \$400 and one medium t-shirt from our last speaker jam in March. I will also be placing a motion to be reimbursed \$105 for my gas and half of my hotel expense for that event.</p> <p>I briefly spoke with Sam D., the vice chair of speaker jam, in possible brainstorming a ball for this Region. It would consist of dinner, best dressed couple, male and female with a small prize of some sorts, one speaker followed by a dance. The ideal would be formal wear, like a prom.</p> <p>Lastly, thank you all for allowing me to serve.</p> <p>In loving service, Rudolph C.</p>
Traditions Ad-Hoc	<p>I apologize for not having the updated Traditions Workbook Project workshops available to you today. Eddie W. and I have been collaborating on the new flyer and will have it out to all Quadrants as soon as possible. It is totally my fault as I just now found the flyer that Neal sent me in April for Quad 4. I would ask all Quadrant Representatives to encourage participants to print copies of the drafts to cut down on expenses. As stated by our RD the drafts of traditions 7-10 have been released and 11-12 with the conclusion chapter will be released soon. I will be submitting a motion for reimbursement for expenses incurred during the workshop presented in Quadrant 2 on April 11, 2015.</p> <p>I want to thank all representatives from all quadrants who have stepped up, held workshops and encouraged participation in the creation of new literature in Narcotic Anonymous.</p> <p>ILS, Elisa D.</p>

8. Area Reports

Almost Heaven	<p>Have not report from AHA for regional service conference. Will be better prepared next RSC.</p> <p>ILS, Thaddeus M.</p>
Appalachian	<p>Hello RSC Family,</p> <p>I am grateful to be here, today. There are currently ten groups in our Area. At our last</p>

	<p>ASC meeting, there were six GSR's at our last ASC meeting. There are five open positions for ASC: Chair, Vice-chair, Policy Chair, Public Relations Chair, and Treasurer. The chairperson whose term has been completed has been dedicated to continuing to serve as has the treasurer until the positions are filled by new trusted servants. The Secretary position has been filled. Friday Night Live and Steps to Freedom had made the decision to close their meetings due to lack of attendance and participation. The Area is doing well. We are working on updating the meeting list, currently. We are striving to get more interest sparked into all by the Special Events subcommittee doing a bi-weekly step study workshop. On every other Saturday, a member shares on a step and recovering addicts are free to show up and either do stepwork in a relaxing environment, suggestions are to bring sponsors along, and the speaker is available to answer any questions about the step that is the workshop's orientation. Saturday June 27th, 2015, the step that we'll have a speaker for is on step two. We go in order of the steps bi-weekly. The intent of this event is not to replace sponsorship or force anyone to do step work. It is just a learning environment. Anyway, the H&I subcommittee is still going to The Courtland Center once a week and is still going to Hands Up Lodge twice a month. They are working on getting re-entry into Blue Ridge Regional jail and they sent a letter and the response is still pending. Overall, things are going well in the Appalachian Area. We're just hoping to have some members step up and serve on the ASC. Our next ASC meeting is on Sunday July 5, 2015 at 2pm. That is all for my report.</p> <p>In Loving Service,</p> <p>Sam S.</p>
Beach	<p>Hello Fellow Members,</p> <p>The BANA area is composed primarily of the City of Virginia Beach City boundaries by Area Policy.</p> <p>We have 22 meetings in our area and approximately 20 groups listed as active with our ASC.</p> <p>The Area hosts an annual campout in the Fall. Serenity at the Shore. SOTS. It has an active committee who reports to the ASC monthly. They are fiscally responsible and donate all monies above prudent reserve to the area.</p> <p>The SOTS sub-committees also host fund raisers which are also well attended.</p> <p>A couple of home groups also put on a picnic every June. This is an ongoing affair and is well organized and attended.</p> <p>I wish I could report the same attendance and enthusiasm for Literature (Traditions) and other workshops.</p> <p>The area is in the initial stages of providing H & I meetings for institutions in our geographical area that the Tidewater Area has been providing. The area eliminated all subcommittees in the creation of BANA through Policy and replaced it with one super committee called Emergent Needs for efficiency and control of funds. There are no BANA H & I, Literature, Policy, PI or Additional Needs Committees.</p> <p>We have no donation for the Region.</p> <p>Yours in Service Ted Logue. RCM</p>
Blue Ridge	We are having difficulty with GSR participation at ASC meetings, and have not met

	<p>quorum for the last two ASC meetings. Therefore, we have no vote for any motions today.</p> <p>We have a number of events coming up this summer, especially BRANA campout on July 17-19. Info for this and other events can be found on our website: www.brana.org</p> <p>ILS, George S.</p>
New Dominion	Abs.
Peninsula	<p>Area is going smooth. We are still struggling to fill vacant service positions. We have 56 weekly meetings. Area had very successful picnic on 31 May 2015. On May 16, 2015, the region subcommittee met at Trinity United Methodist Church in Newport, VA. The attendance was sparse. Teddie A. was elected webmaster for our area in May 2015.</p> <p>ILS, Jimmy W.</p>
Piedmont	Abs.
Rappahannock	<p>The Rappahannock Area currently has 39 meetings every week. 21 groups are members of RANA's ASC. Greg G. was voted as chair, Antoinette B. is not RCM I, Treasurer I & II are now filled by Kemper B and Matt J. Open positions are RCM II, VRCC Director & Outreach. 15 GSRs were in attendance for May ASC. We do have an upcoming anniversary Etta F. will be celebrating 20 years of recovery / experience, strength & hope. Motion 172-3 amend RDA2 Responsibilities passed. We currently have no donations at this time. The next ASC will be held July 5th 2015 at Fairview Baptist Church.</p> <p>ILS, Antoinette B.</p>
Richmond	<p>Our Annual Free Event hosted by Special Events will be held August 1st from 2PM to 7PM at the Rubicon Men's Facility at 1700 Front Street, Richmond, VA 23222. The event will be held inside and out and can be enjoyed by the addict and their family (i.e. children's activities included.)</p> <p>Next month we will have elections for Secretary, Assistant Secretary & Outreach Chair.</p> <p>The Richmond Area received the bid for 2017 AVCNA 35.</p> <p>No donation this month.</p> <p>Subcommittees are working and on point.</p> <p>In Loving Service & For The Love of Service Nancy S.</p>
Roanoke Valley	Abs.
Shenandoah Valley	<p>Hello Regional Family, The SheVANA Area continues to bring the message of hope & freedom to the</p>

	<p>suffering addict in the Shenandoah Valley. The SheVANA Area has 19 Home Groups with 26 meetings. The SheVANA ASC meet on the 2nd Monday of each month at Grace Community Church, 2333 Roosevelt Blvd. Winchester, VA 22601. Our Area Service Committee met on May 11th with 14 GSR's/Alts present and June 8th with 16 GSR's/Alts present. Each time quorum was met and business held per policy. All positions and subcommittee chair positions at Area are filled with the exception of Out-Reach Chair. Our Area Vice-Chair is filling in & conducting subcommittee business until a new chair is elected.</p> <p>The H&I subcommittee continue to take 1-2 meetings a month into the Northwestern Regional Adult Detention Center, men side & 2 meetings a month to the women side, 1 meeting a month at the Juvenile Detention Center and 1 meeting each month to the Timber Ridge School for adolescent boys & 4 meetings a month at Behavioral Health at the Winchester Medical Center. The subcommittee is currently meeting with administrators at the RSW Regional Jail in Front Royal to facilitate NA meetings in this facility.</p> <p>Out-Reach subcommittee continue to attend a meetings each month in the area who require additional support. Public Relations is always working to keep our website current & our PR Chair wanted me to share that our new meeting lists now have the Qr Barcode Scanner that when scanned takes you directly to the SheVANA website, www.shevana.org.</p> <p>Our Literature Chair continues to facilitate a smooth disbursement of literature to all home groups in the Area. VRCC chair & alternate continue to participate in the progress of the 34th AVCNA Convention to be held in Richmond Jan. 8-10, 2016, hosted by the New Dominion Area.</p> <p>Special Events subcommittee has been very busy this summer. On June 13th the Annual SheVANA Area Picnic was held at Jim Barnett Park in Winchester, VA. The event was well attended. Good food, fun and fellowship was had by all. On July 11th SheVANA Speaker Jam XII will be held at Jim Barnett Park at the Rotary Shelter. The theme is NA ROCKS. Workshops begin at 10am with dinner at 5:30pm (donation appreciated) with a Clean Time Countdown and Main Speaker at 6:45pm. Flyers are available.</p> <p>Also I am very excited to announce that two articles from the SheVANA News were reprinted in the April 2015 NA WAY Magazine. On page 3 & 5 are articles by Elizabeth N. and Barbara D. of the SheVANA Area. I have my hardcopy of the NA WAY with me if anyone would like to read it. I also have copies of the June edition of the SheVANA News.</p> <p>Lastly SheVANA has a donation of \$499.58 to give to CARNA.</p> <p>ILS, Elisa D.</p>
Southside	<p>Greetings RSC, The Southside Area met on June 7, 2015 in Martinsville, VA. We currently have 16 home groups and 40 meetings per week. We are currently looking at moving our area meeting to a centralized location each month instead of rotating to different locations. This will be voted on next month at the ASC. Our PR Chair stepped down due to relocation and we were able to vote another Chair in at the meeting. We were able to get our phone line reactivated and kept the same number. Our H&I Chair is looking to do a workshop in our area to help encourage service. We are having some trouble with having enough people to chair our H&I meetings and need to find ways to get more people involved. Our H&I Chair said she would be contacting the regional</p>

	<p>H&I Chair for assistance. We are looking at having some type of event in the next couple of months but more will be revealed. We have a donation of \$451.92, as always thank you for allowing me to serve.</p> <p>ILS</p> <p>Andrew D.</p>
Tidewater	Abs.
Tri-Cities	<p>Tri-Cities Area is moving forward in carrying the message of recovery. We have 13 home groups. All of our home groups are well attended and convey donations based on home group needs.</p> <p>Our Area Service Committee has several positions available at this time: VRCC, RCM Alt, PR, Policy and Special Events.</p> <p>Area service meets the first Sunday of each month at 2:00PM at Highland Methodist Church, Colonial Heights.</p> <p>TCANA has a donation of \$129.68.</p> <p>Love & Service, Maria C.</p>

9. All New Business Motions turned in before lunch

10. Quorum achieved with 9 voting RCMs

11. **Elections & Nominations**

- **Chair** – Bill M. voted in by acclamation
- **Vice-Chair** – (nominations opened at 172nd)
- **Policy Chair** – (nominations opened at the 170th)
- **Treasurer** – Jim H. voted in by acclamation
- **RDA2** – (nominations opened at the 171st)

12. Old Business:

a. **MOTION 172-3 Amend RDA2 Responsibilities (BACK TO AREAS)**

Mover: Public Relations Subcommittee 2nd: Jimmy W. (Peninsula RCM)

Description/Background: The RDA2 position has had the responsibility of Webservant to NAWS but the updates have not been consistent. PR is creating one spreadsheet to do phone line website and the NAWS database could receive it.

Intent: To centralize this function in the PR Subcommittee so that the process does not have to be duplicated.

Motion: To remove 8A #6 RDA2 Duties (i.e. "Holds the position of Webservant to NAWS. [135th]) and place it in the Public Relations duties for consistency.

13. New Business:

a. **MOTION 173-1 RDA Funding Request (Approved 9-0-0)**

Mover: Kim A. (RDA) 2nd Andrew D. (Southside RCM)

Description/Background: Upcoming AZF – RDA attendance is required but 7.5 hours away – two nights hotel

stay would be practical.

Intent: to stay two nights.

Motion: I am requesting an additional \$81 for my budget under travel expenses. (\$35 Daily Expense + \$150 Hotel + \$120 Gas -\$224 Already Allocated/Spent = \$81)

b. MOTION 173-2 Regional Speaker Jam Request (Referred to Speaker Jam Chair)

Mover: Jimmy W. (Peninsula RCM) 2nd Andrew D. (Southside RCM)

Description/Background: To hold Regional Speaker Jam on September 19, 2015. The letter of support will be submitted to Speaker Jam Chair via email.

c. MOTION 173-3 Traditions Workbook Project Workshop Expense Reimbursement (Approved 8-0-1)

Mover: Elisa D. (Shenandoah RCM) 2nd Antoinette B. (Rappahannock RCM)

Motion: Reimburse \$95.94 expenses incurred presenting Quadrant 2 Traditions Workbook Project Workshop held on April 11, 2015 at Edgehill Retreat & Recovery.

d. MOTION 173-4 Traditions Workshop Workbook Project Funds Request (Approved 8-0-1)

Mover: Elisa D. (Shenandoah RCM) 2nd Ted L. (Beach RCM)

Motion: Request \$75.00 budget for Quadrant 2 Traditions Project Workshop to be held on July 18, 2015.

e. MOTION 173-5 Two Day Events – Lodging Expense Policy Change (BACK TO AREAS)

Mover: Bill M. (Vice Chair) 2nd Maria C. (Tidewater RCM)

Description/Background: Our region has flipped the days of the RSC on our spring and fall two day event. However, our policy guide does not allow for rooms on Friday to allow for those who need to travel long distances the night before.

Intent: To allow funds to be allocated for overnight accommodations for those traveling long distances.

Motion: To make the following changes to the Central Atlantic G&RO

- i. Change Section 8.8.A from: "CARNA will provide lodging following the RSC for those required by the CARNA G&RO or those requested by the RSC to attend the April or October overnight event."
To: "CARNA will provide lodging for those required by the CARNA G&RO or those requested to attend the April or October overnight event."
- ii. Change Section 8.8.B from: "The RSC may utilize any remaining funds budgeted for lodging to furnish rooms following the RSC for GSRs and other CARNA members interested in attending the April or October overnight event."
To: "The RSC may utilize any remaining funds budgeted for lodging to furnish rooms for GSRs and other CARNA members interested in attending the April or October overnight event."

1. Next RSC will be held August 15th at UVA Hospital, 1215 Lee Street, Charlottesville, VA
2. Announce Location and Time of next Subcommittee Meetings
3. Close with Serenity Prayer and Announcements