

Minutes 176th Regional Service Conference
Central Atlantic Region
December 19, 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 what items are in the CAR, info on how to download a copy
 - i. Mention that draft of Traditions book is not visible in the PDF available from NAWS
 - b. Discussion of electronic voting for CAR
 - i. Discussion of which groups are eligible to vote, how to count them
 - c. Discussion of where/when to hold two day events in 2016
 - d. Discussion of using Treasurer’s physical address vs. P.O. Box for bills, etc.
 - e. Not getting letters from people looking for information.
3. Reading of Purpose, Traditions, and Concepts

4. **Roll Call: Quorum**

				roll call after break
Chair	Abs.	Almost Heaven	Sherry V.	X
Vice Chair	Open	Appalachian	Sam S.	X
Secretary	Brian C.	Beach	Abs	
Treasurer	Jim H.	Blue Ridge	George S.	X
Regional Delegate	Eddie W.	New Dominion	Mark S.	X
Regional Delegate Alternate	Kim A.	Outer Limits	Heather B.	X
Regional Delegate Alternate 2	Nancy S.	Peninsula	Abs.	
VRCC Chair	Abs	Piedmont	Robert W.	X
Hospitals and Institutions Chair	Chuck K.	Rappahannock	Antoinette B.	X
Policy Chair	Antoinette B.	Richmond	Nancy S.	X
Public Relations Chair	Etta F.	Roanoke Valley	Abs.	
Speaker Jam Chair	Rudolph C.	Shenandoah Valley	Abs.	
		Southside	Gail F.	X
		Tidewater	Abs.	
		Tri-Cities	Abs.	

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.
 Mark S. – New Dominion
 Bernie M. - Rappahannock
 Robert W. – Piedmont
6. Approval of Prior Minutes – Mover: George S. 2nd Robert W.
7. Trusted Servants Reports

Chair Report	Good morning everyone, Unfortunately, I am unable to attend this month’s RSC. I ruptured a disk in my lower back after we last met and have had surgery to repair the injury. To my dismay, the recovery is very slow and I experienced a setback the other day when I slipped on the
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	<p>wet brick sidewalk in front of my house.</p> <p>Fortunately, technology allowed me to conduct some Regional business in preparation for this month's RSC and I have no doubt this body will continue with, or without, me.</p> <p>Speaking of technology, Chuck sent me information on several mail forwarding companies pursuant to tabling MOTION 175-5: Digital Mail Forwarding at the last RSC. I read the information and, personally, believe this will greatly improve communication within our Region. I have spoken to the Treasurer, RDA, Policy Chair, and, through email, the chair of the H&I subcommittee. We discussed the Pros and Cons of such a service. Once back on the floor for a vote today, if the motion passes, the Policy Chair agreed to take on the task of writing the motion, changing the CARNA Guidelines and Rules of Order to send to the Home Groups for their vote.</p> <p>It was my wish, and that of several other members of this body, to have this year's April GSR Assembly and RSC in a struggling area within Quadrant 3. The New River Valley Area is struggling and many in this body believe, as I do, that these events can give them the support they need just as we did in the Gateway to Freedom and Southside Areas. Unfortunately, spring events at the nearby colleges and Universities raised the cost of hotel rooms out of our price range. I sent an email to the Executive Committee and the chairs of the subcommittees to get their opinion on swapping the locations for the October 2-day event with that of this April's GSR Assembly and RSC. Although I got several responses in favor of the swap, others strongly believed that the rotation schedule prohibited this sort of change without a vote from the RCM's. Although I am disappointed that I did not get the consensus I sought, and we found another Area within Quadrant 3 to hold this April's 2-day events. The result is that although the October 2-day event is in Quadrant 3 in 2017, they will not have the possibility of our Regions home groups bringing their experience, strength and hope to them until 2020.</p> <p>My understanding is that the Web-master posted a rotation schedule years ago to assist the, now disbanded, Activities subcommittee in scheduling the RSC's when we rotated our meetings around the Region. I do not believe, although I may be wrong, the RCM's voted to officially approve the schedule; however, because no one pushed a vote to remove it, it must be their consensus that this is a necessary tool. The rotation schedule is a useful planning tool and I find it very helpful in scheduling future events. However, our primary purpose is to serve the needs of our Region and, in this instance, the needs of the New River Area and the addicts who live there got short shrift because of bureaucratic procedure. It is my hope that the RCM's can brainstorm this issue and come to a consensus as to a solution for changing the rotation order if a situation such as this arises in the future.</p> <p>We will hold this April's GSR Assembly and RSC near Bedford and Jim will announce the location today. I have already reached out to a friend in the Blue Ridge Area in search of a location for the October 2-day event.</p> <p>Have a good, friendly, and productive meeting today and, as crazy as it sounds, I wish I were there with you all.</p> <p>ILS, Bill M.</p>
Vice Chair Report	Open.
Secretary Report	<p>Thanks for the opportunity to be of service.</p> <p>ILS, Brian C.</p>

Treasurer Report	<p>Hello family.</p> <p>Our bills are paid and up to date. At the 175th. We had a balance of \$19,185.40 since then we have deposited \$1,733.54 and debit totaling \$7,919.29 for a current balance of \$12,999.95 .Our prudent reserve is \$15,355.00. So we won't be making a donation to world service, as we are under prudent reserve. Our YTD income is \$18,041.91 and YTD expenses are \$18,613.91.</p> <p>I change the mailing address for the phone service so I can get the bills in a timely fashion .I am also giving my mailing address so anyone with a donation can mail it straight to me 713 Spruce St. Bedford VA 24523</p> <p>I was helping Bill set up our April 2 day event in the New River Valley area but it seems the hotel rates are very high in April .This is the second time we tried to do a two day event there in April .We need to do a October event there ,when hotel are more reasonable. It would be nice if we could do a speaker jam there. The April 2day event will be in Bedford at the Presbyterian Community Center, 112 Center St., Bedford VA 24523</p> <p>ILS, Jim H.</p>
RD Report	<p>Hello everyone,</p> <ul style="list-style-type: none"> • ECCNA BASIC TEXTS: In November I received three cases of basic texts donated to the Central Atlantic Region as a result of ECCNA 19. I've brought them here with me today to hand over to the body along with their suggestion that they be distributed to the penal institutions throughout our Region. • CAR: The CAR has been released containing "The World Board Report", a brief update on "Our Service System", a "Planning Our Future Information Packet" (consisting of "Role of Zones Workshop Data", "Zonal Survey Data" and "The Future of the WSC PowerPoint/Video" all of which are available at "na.org/future"), a "literature survey" which Kim will expound on in her report, two World Board motions, 12 regional motions and finally a draft of the traditions book "Guiding Principles: The Spirit of our Traditions". I will include Motions 1-7 in my report and Kim will include 8-14. Given the length of our reports and the 10 minute time limit allowed, any questions you have concerning these motions may need to be posed during New Business. • CAR WORKSHOPS: Nancy and I are in the process of scheduling the upcoming CAR workshops, one in each of our four quadrants. The tentative dates are March 5th, March 19th, April 2nd, and April 9th 2016, hopefully in the following locations: Quadrant 1 (Richmond Area, in Richmond), Quadrant 2 (Blue Ridge Area, in Harrisonburg), Quadrant 3 (Appalachian Area, in Lynchburg), Quadrant 4 (Peninsula Area, in Williamsburg), though not necessarily in that order. Once the specific locations and corresponding dates have been finalized we will post a flyer to the Regional website and send it to our Secretary to be e-mailed out to everyone on the Regional Contact list. My goal for completion is January 23rd, or sooner if possible.

	<ul style="list-style-type: none"> • WSC: In accordance with Regional Policy Kim should be submitting her itinerary today to attend WSC 2016. This should include all costs associated with attending the conference which include: \$40 gas advance for travel to and from the airport, airport parking, \$55 “WSC rate” per diem, anticipated shuttle costs from LAX to the host hotel, round trip airfare, any additional baggage costs, and \$78.04 per night for lodging at the Woodland Hills Marriott based on having completed the Housing Request form to share a room with another conference participant. As Regional Delegate all of the aforementioned costs associated with my attendance at WSC 2016 will be provided by NAWS. • MARLCNA: At the October RSC we neglected to include the MARLCNA pre-registration fee (\$20 each) along with our itinerary. We will be submitting a motion today for a check to be written out to “MARLCNA XXXI” in the amount of \$40 to cover both Kim and myself which I will then mail in along with the registration form. • AZF’s: The upcoming Autonomy Zonal Forum will be held January 30th in Finksburg, MD hosted by the Freestate Region of Narcotics Anonymous. As is customary in a conference year this AZF will essentially function as an intimate multi-regional CAR Workshop with World Board participation. The following AZF scheduled for July however (hosted by the Greater Philadelphia Region) will mark the first ever “two day” zonal in it’s history. The event is scheduled to begin at noon on Friday July 29 with a luncheon and will be followed with a PR Panel facilitated by their Regional Public Relations Chair. The panel will include several professionals from the local community who interact with addicts in need of recovery on a regular basis (from treatment court, probation, clergy, and community education). The goal is to hear the needs of those in related fields and share with them how Narcotics Anonymous is a viable program of recovery that can offer solutions to the addicts suffering in their community. The afternoon event will include several NA speakers and end around 5pm. The regularly scheduled AZF meeting will be held on Saturday the following day. The projected cost of the event is \$1400 and during the two conference calls held on October 19th and November 16th the body determined the cost should be divided equally among the AZF’s participating regions. As a result we will be submitting a motion today for the body to approve the \$234 for our Region’s portion. Being under the \$300 limit our policy would allow without home group approval, our hope is to determine an answer today to be included in our report to the AZF in January. If the body were vote in favor of helping fund this event, the actual funds themselves would not have to be released until our June RSC. • CENTRAL ATLANTIC REGION’S REPORT TO WSC2016: The deadline for submitting our Regional report for WSC 2016 is February 15. In keeping with my October report I will be asking each RCM present today for the following information if it’s not been included in their report: 1) the total number of groups AND weekly meetings in your area. 2) the number of H&I commitments AND facilities being
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served by your area's H&I subcommittee. If you do not have the information I would simply ask that you e-mail it to me at rd@car-na.org following the close of your January ASC.

- **DELEGATE TEAM FUNDING:** At the October RSC two itinerary motions were approved by body funding the Delegate Team to attend MARLCNA and the AZF. I received a check written out to me (in response to Motion 175-1) for \$726 to cover the lodging, per diems and gas advances for all three members of the Delegate Team to attend MARLCNA. Kim was given a check written out in her name (in response to Motion 175-2) for \$475 to cover the lodging, per diems and gas advances for all three members of the Delegate Team to attend the January AZF. In order to avoid confusion in the future we'll be sure to word these itinerary motions in such a way as to ensure each member is issued their own separate check. Of the \$726 check I received: \$396 will go to cover our rooms at MARLCNA, \$105 will go to cover my three days of per diem for both the AZF and MARLCNA, and \$80 will go to cover my \$40 gas advance to attend each event. Of the remainder (\$145), \$110 will go to Kim (for her two days of per diem and \$40 gas advance for MARLCNA), and \$35 will be returned to the treasurer. I have a receipt to submit in the amount of \$22.11 from Office Max for the 75 double-sided copies of the "Literature Survey" ballots we've brought to distribute to the RCM's today. Unless there is any objection I will simply less that amount from the aforementioned \$35, for a final balance of \$12.89 to be returned to the treasurer.

CAR MOTIONS (1-7):

#1 Maker: World Board

To approve the book contained in Addendum A, "Guiding Principles: The Spirit of Our Traditions," as Fellowship-approved recovery literature.

#2 Maker: World Board

To approve the following changes to the World Board External Guidelines contained in A Guide to World Services in NA (GWSNA): • To change the size of the Board from up to 18 members to up to 15 members. • To remove the obligation for staggered terms if more than eight (8) members are elected at one time. • To change the limitation from two consecutive terms to two terms in a lifetime.

#3 Maker: Eastern New York Region

That the NA World Board develop a project plan which includes a budget and timeline to create an informational pamphlet specifically about mental illness and recovery for consideration at the 2018 World Service Conference.

#4 Maker: Show Me Region

	<p>That all future approved World Board Minutes be posted on na.org for download.</p> <p>#5 Maker: Show Me Region</p> <p>That all Financial Reporting for the World Convention of Narcotics Anonymous be provided in a detailed line item format and not in a summary as is currently available. This report will be posted on na.org and be downloadable.</p> <p>#6 Maker: San Diego Imperial Region</p> <p>That all face to face World Board meetings be open to any NA member on a space available basis; unless the topic(s) being discussed are required by law to be confidential.</p> <p>#7 Maker: San Diego Imperial Region</p> <p>That if there continues to be a WSC Participants Discussion Board on NA.org that it be made accessible to non WSC participants; only for viewing, not posting.</p> <p>Each of these motions as well as the remainder in Kim’s report will be discussed in their entirety at our Regional CAR Workshops. Discussions will include each motion’s intent, potential financial impact, any GWSNA policy that may be affected, regional rationale or lack thereof, and their corresponding World Board response.</p> <p>Thank you each sincerely for your time and attention.</p> <p>In loving service,</p> <p>Eddie W. (RD)</p>
RDA Report	<p>Need report I attended the NAWS teleconference for RD teams on December 12th. It was kind of a sneak preview into the discussions we will be having concerning the CAR 2016. One of the key pieces of information that came out of that webinar was that many delegates are in favor of splitting motion 2 up into 3 separate motions. We will be seeking your votes on this motion, both as 1 motion and as 3 separate motions. Another noteworthy item that was discussed is a NAWS Literature and Service Material Development survey. If anyone is interested in seeing my notes from this Webinar, please let me know.</p> <p>NAWS is trying to get a sense of the Fellowship’s priorities for recovery literature and service material development as well as Issue Discussion Topics and has asked us to collect and report the top two priorities in each of the</p>

following four lists:

1. book-length recovery literature;
2. booklet- or pamphlet-length recovery literature;
3. service tools; and
4. Issue Discussion Topics.

All RD teams have been asked to fill out this survey online, on behalf of our regions, before the Conference, so that NAWS can collect and compile regional responses to distribute to the delegates and discuss at the Conference.

NAWS is offering an opportunity for individual members to fill out the survey online if they wish. Members who fill out the survey individually will hopefully still want to participate in the process of collecting a regional conscience. The online survey can be found from the link off the Conference page: www.na.org/conference. Please note: the deadline for individuals to fill out the survey online is March 15, 2016.

Please utilize the ballot we have created for the NAWS survey - This survey can be filled out by anyone so there are no authorization access restrictions on it. Anyone that has the link can access it. Google Forms makes it possible for the results to be compiled in a very useful way. On December 16th I emailed the CAR-NA webservant and asked her to embed the code on the RD page on the CAR-NA website. The form should be available on www.car-na.org/delegate.htm by December 30th, 2016, if it isn't already.

We are in hopes that if you will fill out this survey on-line, you will be more familiar with the electronic voting process for the CAR Online Voting which we intend to roll out if Motion 175-6 passes today.

If Motion 175-6 passes, we will be handing out CAR 2016 Group Registration forms for each RCM to bring to their areas and have returned to us via snail mail or digital scans as soon as possible. Eddie and I need to compile a list of groups within our region along with an email contact for each group. We will email each GSR the authorization code they will need in order to complete their online ballot should they choose to vote online. This form must be filled out prior to the February 20th RSC. Again, if this motion passes, there are copies available today. Please take back enough copies for each of the groups in your area. The CAR 2016 Group Registration Form is also being made available online. Please check the CAR-NA website (www.car-na.org)

na.org/delegate.htm) to save a tree and fill it out on-line. Each group that chooses to vote on-line, must complete this registration form. They will then be emailed their authorization code. The CAR on-line ballot form is ready and the link to it will be made available at the appropriate time.

Eddie should have already reported the information for the CAR Workshops to be held in each of our 4 quadrants. Please see his report for that info. I heard from the chairs of New Dominion and the Tidewater areas this week and they both were able to give me their contact info so that we can make sure to email them the group registration information so they can do the on-line voting for the Lit survey and the CAR report if that motion passes.

The CAR is now available for your review. Just simply go to www.na.org/conference to get your free download or if you would like a hard copy, you can order it for \$15. The download is password protected. The user name is wsc2016 and the password is CP2016. There are also videos and powerpoint presentations for your review as well. As we have done in the past, we are going to try to avoid repetition with our reports so each of us is explaining different sections of the CAR in our reports today

I read and participate on the WSC discussion board and attended the WSC Webinar so I have some explanation beyond what can be easily read in the CAR report. The discussions center around the possible modifications, pros and cons, rationales of the motions and what might happen at the WSC with these motions. If you are interested in hearing more about these, please do show up at the Workshops and be a part of our efforts to gather your conscience for WSC 2016! At the bottom of my report (final page) I have included my information on Motions 7-14

The Free State Region will host the AZF in January. I still do not have the flyer for that event, but I do have a location. I booked 2 rooms at the Hilton Garden Inn in Owings Mills, MD for Eddie and I at a cost of \$209.76. I received a check in the amount of \$475 last RSC but I regret to report, I have misplaced that check in my house. The check is not in danger of being cashed by anyone, because I am quite sure I've thrown it away and would like to ask for these funds to be re-issued. I do not think it makes sense to simply rewrite the same check. I paid for the hotel, so would like that \$209.76 and would also like the per diem and gas for my travel to MARLCNA and AZF to be advanced. I am requesting that any money for Eddie's travel be given straight to him instead of given to me. In light of this I am asking that the check for \$475 be cancelled – (I will pay whatever fees are incurred, if necessary) and a new check be issued for \$284.76 We will also be putting in a motion to cover

the cost (40.00) associated with our 2 registrations for MARLCNA. There will be a final motion for \$234.00 for costs of the upcoming AZF Speaker Jam which Eddie will have reported on.

AZF Per Diem	\$ 35.00
Gas	\$ 40.00
Hotel	<u>\$209.76</u>
TOTAL	\$284.76

Here are motions 7-14 in brief:

Motion #7 - Maker: San Diego Imperial Region ----- That if there continues to be a WSC Participants Discussion Board on NA.org that it be made accessible to non WSC participants; only for viewing, not posting. This motion has been discussed in each of the past 3 conferences and was made in the interest of having the board and more transparent. Opponents to this motion feel their comments may be misconstrued or taken out of context and it would make the board less useful if they need to so carefully sensor what they post. One side effect experienced by our region of having the board closed is that the RDA2 can't participate or benefit from the discussions.

Motion #8 - Maker: OK Region -- To direct NAWS to produce a low-cost paperback English version of the Basic Text which contains only the first ten chapters called "Our Program". This motion seeks to provide a lower cost, more affordable, basic text for our English speaking fellowship. The book already exists in languages other than English. Opponents to the motion feel we already have the Little White Book and the Introductory Guide to NA which are very affordable and contain the same information as this motion is requesting be contained in the new book.

Motion #9 - Maker: Western Russia Region --- To direct the World Board to post a PDF version of all approved English and translated Basic Texts on na.org for free download. This motion intends to make our literature more available in an effort to better carry the message. Opponents to this motion feel this would endanger the use of our copyright and the loss of revenue would prevent us from being able to carry the message in the many ways we are, at present, able to.

Motion #10 - Maker: Western Russia Region --- To hold every other WSC outside of the US and to begin this rotation with WSC 2020 to be held in

	<p>Moscow, Russia. This motion seeks to provide local fellowships the benefit of having the WSC come to their locales. Opponents to this motion feel it would be prohibitive because it would be such a huge drain on our human and financial resources.</p> <p>Motion #11 - Maker: Western Russia Region ---- To allow a delegate from any Zonal Forum who requests it to be seated at the WSC as a non-voting participant. The expense of attendance will be the responsibility of the Zonal Forum and not the WSC. This motion seeks to involve zones at the WSC and the rationale behind it is that the maker feels this is a step toward the inevitable integration of zones into the service structure. Opponents to this motion feel the motion assumes that the future of our service structure is to involve zonal delegation and so far the fellowship has not yet weighed in on that idea and that if this motion passes we will be set on a path that we have not yet agreed to.</p> <p>Motion #12 - Maker: Western Russia Region ---- That Narcotics Anonymous World Services add the following "What is NA Service" card as part of the Group Readings offered by the World Service Office. (see below: Motion #14 image view) This motion seeks to provide another tool to try and foster more participation in service. Opponents to this motion feel we already have plenty of readings and the card being proposed is not fellowship approved or developed.</p> <p>Motion #13 - Makers: South Florida, Michigan, and Mid-Atlantic Regions ---- Each World Board member votes only in Elections and may make motions in all sessions. The World Board has one collective vote (made by the Chairperson of the World Board) in new business sessions. This motion</p> <p>Motion #14 - Maker: Mid-Atlantic Region ----- That the World Board or members of the World Board no longer make motions or proposals for decision at the WSC. The World Board may still forward ideas or work that regional delegates may present as a motion or proposal to the WSC for a decision. This motion would change World Board voting in new business from up to 18 individual votes to one collective vote. Some proponents of this motion feel World Board Members can vote in their home groups, areas, regions and by voting on New Business motions also, they are in essence carrying two votes. Opponents to this motion feel World Board Members do not necessarily vote in a bloc and provide much experience due to their continual intense focus on the needs of NA worldwide.</p>
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	<p>In loving service,</p> <p>Kim A, RDA</p>
RDA2 Report	<p>Good Afternoon,</p> <p>I apologize for any inconvenience I've caused in the decision I've made to step down as RDA2. I do have the time to invest. My personal concern has been my driving to the different areas – mostly alone. Therefore I resign as RDA2.</p> <p>As I notified my area of my pending resignation, I was re-elected as RCM.</p> <p>I've talked to Eddie and Kim and offered to help however I can. Forever I am willing to help in any way I can in NA – region, area, world and space.</p> <p>ILS, Nancy S. PS: I LOVE SERVICE!!!!</p>
VRCC Report	Abs.
H&I Chair Report	<p>Hello all,</p> <p>See attached report from Nancy about our last subcommittee meeting. I was unable to attend due to the birth of my baby girl, Burke Jeanette Kellen on November 21st, 2015.</p> <p>Bullet 1 – We hold regularly scheduled meetings every other month and follow the quadrant rotation as prescribed in the subject service handbook. We have secured and accounted for the CARNA H&I literature inventory. I have received no letters from inmates in the past 2 months.</p> <p>Bullet 2 – The goal of the subcommittee over the next year is to gain accurate and up to date information on the H&I commitments with in our region. This information is helpful with PR efforts and communicating our abilities to serve addicts with professionals. We would ask all RCM's to update the subcommittee via their RCM reports per CARNA policy at each CARNA Meeting.</p> <p>Bullet 3 – No new efforts under this responsibility</p> <p>Bullet 4 – We held a learning day in the Southside Area on November 21st, 2015 with 15 members in attendance.</p> <p>Bullet 5 – I did not attend the last NAWS webinar, see above.</p> <p>Bullet 6 – Refer to bullet 3</p> <p>Bullet 7 – RCMS, please include information on H&I within your areas in your monthly reports. I did notice in the last RSC minutes that RCMS are adding this information in reports. Thanks for the help and please continue. Also please inform your areas of the phone in option for attendance to regional sub-committee meetings.</p> <p>Bullet 8 – There are 3 positions open for the Inmate Step Writing project; Chair, Vice Chair and Secretary. Please share this with your areas and point interested members to www.car-na.org/h&i for details and the current ISW policy. Also, the live stream meeting effort is still in need of support.</p> <p>The live stream meeting is currently not meeting due to lack of participation. The policy for this effort has been attached to regional policy. To call in dial: (855) 265-2285, by computer at www.uberconference.com/hicarna. Please forward request to be a part of this effort to hi@car-na.org. This was in the last report but I have kept it to provide information to all involved with the website development.</p>

We have requested the following for the new web site. We hope to use the new site to better inform the region. The following is a summary of these requests. Please ask your H&I chairs if they would like any other information on the web site concerning H&I.

Main Page:

CARNA H&I Purpose

CARNA H&I Subcommittee meeting information

Conference call number and access code

Web service link

CARNA H&I Subcommittee contact information

Current news and information concerning CARNA H&I

CARNA H&I Blog

Data entry for the following:

New or changed H&I commitments in areas

Users can put in email information to be included on H&I emails and info

Link to NAWS H&I

NAWS webinar minutes

Current Subcommittee minutes

WCNA Unity Day Information

For Professionals section:

Services available – Live Stream meeting, ISW and Local Area H&I service support

Want to show the types of facilities served throughout the region

i.e. – 20 prisons, 10 Mental Health facilities, 10 Jails, etc.

Sub pages:

Live Stream Page

Statement of Purpose:

“...To share the life saving message of Narcotics Anonymous with fellow addicts who cannot attend our regularly scheduled meetings...to share the atmosphere we experience in our regular meetings.

Links to live stream meetings

Live Stream meeting schedule and call in or computer link information

Live Stream meeting format for download (for live stream meeting chairs)

Data input for volunteers interested in chairing a live stream meeting

Another email input and grouping for those interested in CARNA live stream meetings

ISW Page

ISW Statement of purpose:

“The primary purpose of this committee is to provide written Narcotics Anonymous step guidance and correspondence to incarcerated addicts desiring recovery.”

ISW Policy

ISW email contacts:

Chair, vice chair, coordinating secretary

ISW Volunteer agreement form for download

Data input and grouping for emails of those interested in ISW service

To attend this meeting via conference call (We are changing to a new

	<p>service, uberconference): Conference Dial-in Number:</p> <p>By phone: (855) 265-2285 By computer: www.uberconference.com/hicarna</p> <p>All, I would love to report that the H&I subcommittee is left in a better state than when I was elected. In some respects it is, we have created policies for two regional service efforts, the Inmate Step Writing and The Live Stream Meeting. While the structure for these efforts is in place we have failed to drum up the support needed to carry them out from week to week. Maybe the famous words spoken in field of dreams, "if you build it they will come" will hold true in years to come. The Regions H&I health is good with developing areas and efforts. The metropolitan areas tend to be well supported with volunteers, while our rural areas could use support in their H&I efforts. I will have all turnover information for the next chair and can forward to him/her when elected.</p> <p>There is no literature to turn over and the conference call device is in the possession of H&I secretary. I searched my storage unit, attic and house for anything I might still have and turned up no fruits. We do have several of the Live Stream meetings recorded and I will forward to the web servant for inclusion on the H&I webpage. If I find anything I will forward to the H&I secretary.</p> <p>Thank you for the opportunity to serve this body and NA as a whole. I have made new friends and learned more about myself in the past two years than I ever dreamed in this area of my life. The greatest of these lessons is in the personal sacrifice those who serve the fellowship make. The biggest lesson came in the form of a friend who we lost almost 2 years ago. She taught me that service could be passionate, fun and fruitful. She continues to remind me that even in my capacity as a servant of this body with grand ideas and opinions, the truth in what we do here lies in the way we treat each other in the process of doing it. Paraphrasing a famous quote can best sum up Erin's legacy, "It's not so much what we've done in our lives or what impact we make, but how we make the people we do it with feel in the process of doing it." You all have enhanced my life more than you may know and I hope to continue our relationships as the years go on. I hope that you keep the 5th tradition as the priority in all your future efforts and I hope you work to remember it's not just about service, it's about how we serve.</p> <p>ILS, Chuck K.</p>
Policy Subcommittee	<p>I'm grateful for the opportunity to be of service.</p> <p>ILS, Antoinette B.</p>
Public Relations	<p>Hi Family, The PR SUBCOMMITTEE met in Lynchburg VA on November 21st. Four people were in attendance.</p> <p>The phone lines are still being handled by George B. but he has articulated that his health is failing and so he is willing to help us with updates until February. There will be an opening on the subcommittee for this position so please convey to your areas</p>

	<p>that we are encouraging members with an interest to please step up. The website is almost ready but our webmaster has been ill lately but is trying to stay on task to finish by the first of the year as planned.</p> <p>I received a letter from the Virginia Summer Institutes. They are looking for 3 hour workshop presenters for the upcoming season. The list of those that could present these included recovery but the application asked a number of questions that we could answer except for granting continuing education units. We discussed if we had enough material to present for three hours and I have been directed to call them to see if we qualify. This may be a new opportunity for us to do a work shop such as panel discussion or even invite World Board participation. I will research this to see if the opportunity is a fit for us. It will be time to update the banners this year for the new demographic information for our table set up. We will not need stands as we already have them. The information changes each biennium due to the membership survey information and the growth of the fellowship. I will call to get a price and bring this back for review and a check cut. We will probably not be able to get this until around WSC time as they will produce it then.</p> <p>I checked with the programming chair of the AVCNA to see what equipment they had for our presentation. They have a projector and screen. I have asked if they had a chord for my MAC but if they don't have one we can use a laptop (PC) and I will transfer materials to a thumb drive.</p> <p>We are looking forward to being a part of the presentation at AVCNA and will do the final planning this RSC weekend.</p> <p>I am submitting a receipt for \$33.67 for gas to Lynchburg for subcommittee travel. I am also requesting a \$50 donation for the subcommittee meeting in Lynchburg. I had not been able to reach the lady at Culpeper Regional Hospital for donation for using the conference room for subcommittees. I was able to get that to her this week and it should be deposited shortly to clear the ledger.</p> <p>In loving Service, Etta F.</p>
Speaker Jam	No report.
AVCNA Time Slot Ad-Hoc	No report.

8. Area Reports

Almost Heaven	<p>We have approximately 21 home groups and approximately 10-15 attend ASC. We have several trusted servant positions open including: vice chair, secretary, treasurer, and RCM alternate. We have elected a convention chair. We have no area concerns at this time. Our next ASC will be 1/2/16.</p> <p>AHA is hosting a new year's eve dance & the first meeting of the new year at `12 am. Flier on the CARNA website</p> <p>Local Service Unit</p> <p>H&I is struggling with getting addicts cleared and orientations given. An Orientation is scheduled for January 23 at 1:00 in Martinsburg, WV</p> <p>We still have the interest for a multi area H&I and PR and hopefully this will come forth...Thanks to our Regional HI chair for the encouragement towards this effort</p>
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	<p>during the subcommittee.</p> <p>AHA PR task group... Our 800 number is in the Hagerstown Herald...Hagerstown, MD Letters to Jefferson and Berkeley county city council. Two member visited city council meeting as and intro and 3 weeks later having request to be put on the agenda gave a 10-minute report. We were met with great support from 3 members verbally and when we left the county commissioner out side the venue said we could put up a literature rack in his office where the community comes to pay different fees for the county. We were also approach by a local radio talk show director and as to come on his show. We do plan in the future to follow up with this request.</p> <p>ILS Thaddeus M. RCM</p>
Appalachian	<p>Hello to all,</p> <p>There were eight GSR's at our last ASC meeting. Our open positions are as follows: policy chair, co-treasurer, and RCM alternate. We are continually making adjustments to our meeting schedule due having new groups as well as clerical errors. Our Ad-hoc committee is currently scanning previous archives to have them in an electronic form database. The PR subcommittee is active and the H&I subcommittee is active as well. Our area is hosting "The Twelve Days of Recovery" right now and it lasts until the 1st of January. Our next ASC meeting is planned for Sunday, January 3, 2016 at 3:30 p.m. We do not have a donation at this time.</p> <p>In Loving Service, Sam S</p>
Beach	<p>Hello Fellow Trusted Servants.</p> <p>Our area service meets on the first Saturday of each month and at our last ASC we were able to meet quorum and pass a motion to approve our last three (3) month's worth of minutes. We also had elections with all of our trusted service positions filled. I have attached the past two months of minutes in two files. Please feel free to read and share.</p> <p>We have a new RCM (Joe B) who I wanted to travel with but the plan fell apart and he will be at the Feb. RSC meeting. I will not be attending this last RSC either because of an Area H & I meeting being hosted by our Home group.</p> <p>The BANA is cash flow positive but stuck in a policy of not disbursing funds w/o a clear group conscience. I plan on having a home group make a motion to move funds down the service structure and make a donation to CARNA. The donation was approved and sent to the PO box last month. (Nov. 2015)</p> <p>Thank you. Ted L.</p>
Blue Ridge	<ul style="list-style-type: none"> • Approved all nominations and motions from Region • Area motion to change name of Area failed. • Elected: Jason S. as Literature Chair, John A. as Special Events chair. • Nominated: Beverly C. as Secretary, Sonja T as Vice Chair

	<ul style="list-style-type: none"> • Area meets 2nd Sunday at 4PM at Verona UMC (new location, day and time.) • New groups in Covington and Clifton Forge. • Holiday meeting/party, Monday 12/21 6-9PM, Find a New Way to Live group, 601 Main Street, Waynesboro <p>ILS, George S.</p>
New Dominion	<p>We have 58 meetings in the New Dominion area.</p> <p>Chair – Jeff H. Vice Chair – Ed C. Secretary – Cheryl M. RCM – Shaun P. RCM Alt – Mark S.</p> <p>All of the motions passed when we voted. New Dominion area will be hosting the 34th AVCNA January 8-10 at the Marriott – Richmond Downtown No donation at this time See www.rvana.org for a list of special events such as open houses and the New Year's Eve dance.</p> <p>ILS, Mark S.</p>
Outer Limits	<p>(A) 9 groups in area 10 mtgs weekly (B) 6 GSR's Attending ASC (C) Positions open: treasurer, VRCC (D) 1 area trusted servant elected: RCM alt.: Becca B. (E) Group news: We now have a Special Events Committee, and we are getting better organized (F) Area News: Area Celebration Jan 16, 2015,, First Baptist 318 Hall St. Franklin Va. 23851 (G) 1 H&I commitment (H) Area Concerns: Filling ASC positions (I) Area special event calendar: Looking to have Outer Limits 2017 Convention (J) OLANA. Moving forward, getting more involved, Meeting list updated as of Dec 8,2015 (K) Next ASC meeting Jan 3, 2016</p> <p>IN LOVING SERVICE, Heather B.</p>
Peninsula	Abs.
Piedmont	<p>All is well in the Piedmont area. My name is Robert and I am the new RCM. We currently have 17 active meetings. Piedmont H and I has connected with BRANA and they have the willingness and the volunteer base to support a weekly meeting at Western State. I'm not sure about a donation as I was not able to attend the December ASC. I apologize for the short report as I am still getting to know the area. I look forward to serving again!</p>

	<p>ILS Robert W.</p>
<p>Rappahannock</p>	<p>Good Afternoon,</p> <p>I am grateful to be of service today. At present the Rappahannock Area has 20 meetings and 10 groups were present at Area Service that was held on November 1st & December 6th at 4pm Fairview Baptist 20 groups are represented in Rappahannock Area with 10 GSR's present both for November & December. November ASC Gen O was voted in as Secretary I. Open positions are as follows: Public Relations, VRCC Director, Outreach, and Policy Chair.</p> <p>Activities will be collaborating with Set It Off, In It To Win It, Who Wants to Live, and Man Up to the Flatbook to host the Christmas Marathon Meeting December 25th from 12noon-6:30pm the home groups mentioned will be donating other items; and NA members to bring assorted dishes for this event.</p> <p>In the Area we are in the solution with problems with one of the churches we hold meetings. We were alerted by the church of money being missing and people not being in the assigned are of the church. We formed an Ad-hoc Committee to address the issues make contact with church so that we can improve relations. The results having Serenity Keepers in certain areas of the church to make sure we help our members be accountable with the guidelines of the church. We are making a decision to print the CAR report for our GSR's so that they can be properly prepared for the GSR Assembly held in April 2016. Rudy C. is heading a subcommittee which will be preparing Rappahannock to host our own mini-convention theme "Lost Dreams Awakened, New Possibilities Arise" .the proposed date will be May 5th-6th, 2017. I will keep this body posted on the progress of the subcommittee.</p> <p>The Regional Motions: 175-4 passed, 9-0-2, 175-6 passed,6-3-2, and 175-10-0-1as well as our budget for 2016. We are coming together as an Area our GSR's are taking the information back to groups very proud of the progress of RANA truly growing by leaps and bounds. We are working to continue to support our primary purpose which is to" Carry the Message to the Addict who still Suffers."</p> <p>The next Area Service will be held January 3rd at Fairview Baptist Church 4pm . We have no donation at this time.</p> <p>In Loving Service, Antoinette B.</p>
<p>Richmond</p>	<p>I have resigned today as RDA2. At Richmond area I volunteered again to be RCM as no one volunteered or was nominated. I love my region and its members. I left area service early this past Sunday and did not get a donation. I will ask for a donation at our next meeting on Jan 3rd and send to Jim or meet him at the convention the next week.</p> <p>Or area continues to gro. Next month Chair, Vice Chair, RCM and Policy Chair are open and votes taken.</p> <p>We again had some violent behavior occur in November. The three folks involved apologized this past Sunday.</p> <p>The H&I commitments are all filled. Richmond has requested of the Speaker Jam Chair to host a speaker jam event.</p> <p>42 meetings are held in the Richmond Area.</p> <p>Also the Shot of Hope meeting will be held at the Fan Free Clinic, 1010 N. Thompson Street, Richmond, VA on Dec 24th and 31st.</p>

	In 2017 the Richmond are will host the AVCNA. ILS, Nancy S.
Roanoke Valley	Abs.
Shenandoah Valley	Abs.
Southside	<p>Hello Family,</p> <p>I am filling in fir Andrew as he couldn't make it to region.</p> <p>We had twelve GSR's attend last area. We have sixteen home groups. We have open positions as follows: treasurer, co-treasurer, secretary, H&I chair, and activities chair open. We currently have thirty nine meetings per week.</p> <p>We currently go into the Women's jail in Danville, the Men's jail in Caswell, NC, and Southern Virginia Mental Health Hospital.</p> <p>We are struggling with low attendance in our meetings. We decided to have a Poster Hanging Day on January 16th in South Boston.</p> <p>We had an awesome Learning Day on November 21st. Chuck came down and an H&I presentation and our own PR Chair did a presentation.</p> <p>We had a Marathon meeting on Thanksgiving Day. We served turkey and ham with all the trimmings. We had some great meetings and fellowshiping.</p> <p>We are planning on reading the new Traditions draft as a group. We have a lot of interest shown already.</p> <p>We are also planning on attending a CAR report meeting tentatively for January 20th.</p> <p>At ASC we all registered and updated our meetings. They are all listed in the paper now.</p> <p>We are hosting a New Year's eve marathon and dance with speakers at 5,6, and 7pm with a dance to follow. At Ascension Lutheran Church on Main st in Danville,VA.</p> <p>Our votes on the amendments went as follows: Motion 175-4 9-0-2 passed Motion175-6 8-0-3 passed Motion175-7 11-0- passed</p> <p>Our next ASC meets January3rd.</p> <p>Our donation is \$162.54 and Andrew will be mailing that check to the treasurer.</p> <p>ILS, Gail F.</p>
Tidewater	Abs.
Tri-Cities	Abs.

9. All New Business Motions turned in before lunch

10. Quorum achieved with 8 voting RCMs

11. **Elections & Nominations**

- **Vice-Chair** – (nominations opened at 172nd) – No nominations, back to areas.

- **RDA2** – (nominations opened at 176th) – No nominations, back to areas
- **H&I Chair** – (nominations closed)
 - Nancy H. – Nominated by Nancy S.
Qualifications:
 - Clean time: 5 years, 8 months.
 - Have a sponsor who has a sponsor
 - Work the steps of NA
 - Member of a home group
 - Have been doing service work since I was six months clean
 - Have served on the area & regional H&I Subcommittee for four years
 - I have the willingness and the desire to serve
 - I have an H&I commitment that I fulfill weekly
- **Speaker Jam Chair** – Rudolph C. (voted in by Acclamation)
- **Secretary** – Brian C. (voted in by Acclamation)

12. Old Business:

a. **MOTION 175-4: Combining Regional Events (Passed 8-1-0)**

Mover: Chuck K. (H&I) 2nd: Ted L. (Beach)

Motion: If no bids submitted, Speaker Jam should be held in conjunction with March & Sept. subcommittee meetings.

Intent: To promote unity throughout the region and provide a place for area trusted servants and NA members to meet and learn about our service efforts.

Amend Policy: Addendum 1, Section 7

Pro: Will save region money (Ted L – Beach)

Pro: It will support reaching more people to be involved in service. (Antoinette B. – Rappahannock)

Almost Heaven	Yes
Appalachian	Yes
Blue Ridge	Yes
New Dominion	Yes
Outer Limits	Yes
Piedmont	Yes
Rappahannock	Yes
Richmond	No
Southside	Yes

b. **MOTION 175-6: Absentee Ballots (Passed 9-0-0)**

Mover: Eddie W. (RD) 2nd: Sam S. (Appalachian)

Motion: To approve the use of absentee ballots so that any group unable to participate at the GSR Assembly may still participate in our Region's Conscience on CAR and CAT matters.

Intent: To serve in concert with our region's purpose by enhancing the conscience we carry to the World Service Conference

Pro: this will provide a better possibility of the RD Team being able to carry a bigger portion of our region's conscience at the WSC. This will provide a service to the groups. (Kim A – RDA)

Almost Heaven	Yes
Appalachian	Yes
Blue Ridge	Yes
New Dominion	Yes
Outer Limits	Yes
Piedmont	Yes

Rappahannock	Yes
Richmond	Yes
Southside	Yes

c.

d. **MOTION 175-7: Regional Budget (Passed 9-0-0)**

Mover: Jim H. (Treasurer) 2nd: Andrew D. (Southside)

Motion: To approve the 2016 budget

Intent: To have a budget in place for 2016

NOTE: See budget attached to email for details

Almost Heaven	Yes
Appalachian	Yes
Blue Ridge	Yes
New Dominion	Yes
Outer Limits	Yes
Piedmont	Yes
Rappahannock	Yes
Richmond	Yes
Southside	Yes

13. New Business:

a. **MOTION 176-1: RD MARLCNA Funding Request (no vote required, within budget)**

Mover: Kim A (RDA) 2nd: George S. (BRANA)

Motion: To cover the cost of RD & RDA registrations for MARLCNA @ \$20 per person for a total of \$40.00

Intent: to fulfill our commitments.

b. **MOTION 176-2: RD WSC Funding Request (no vote required, within budget)**

Mover: Kim A. (RDA) 2nd: George S. (BRANA)

Motion: To fund WSC Itinerary for RDA

Intent: to be fully self supporting.

\$ 40.00 for gas to and from airport

\$702.36 hotel cost for 9 nights

\$550.00 per diem for 10 days @ \$55/day

\$ 40.00 shuttle from/to airport in CA

\$475.00 airfare (approx.)

\$1807.36 TOTAL

c. **MOTION 176-3: RDA AZF Expense Reimbursement (no vote required, within budget)**

Mover: Kim A. (RDA) 2nd: George S. (BRANA)

Motion: to reimburse RDA for the hotel which I booked for the Delegate Team for the AZF and my per diem & gas expenses for AZF

Intent: to be fully self-supporting – RDA lost (threw away) the check dispensed last RSC for \$475.00

\$ 35.00 AZF

\$ 40.00 Gas

\$ 209.76 Hotel

\$ 284.76 TOTAL

d. **MOTION 176-4: CARNA AZF Funding Request (passed 9-0-0)**

Mover: Eddie W. (RDA) 2nd: Sam S. (Appalachian)

Motion: to approve \$234.00 to support our region's portion of the AZF two day event being held and hosted

by the Greater Philadelphia Region in Philadelphia in July 2016

Intent: to support the AZF efforts to provide services in the changing landscape of Narcotics Anonymous.

14. Next RSC will be held on Feb 20th at UVA Medical Center, 1215 Lee St, Charlottesville, VA 22903
15. Announce Location and Time of next Subcommittee Meetings
16. Close with Serenity Prayer and Announcements

**176th Regional Service Conference
Central Atlantic Region
Back to Areas**

Elections & Nominations

- **Vice-Chair** – (nominations opened at 172nd) – No nominations, back to areas.
- **RDA2** – (nominations opened at 176th) – No nominations, back to areas
- **H&I Chair** – (nominations closed)
 - Nancy H. – Nominated by Nancy S.
Qualifications:
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 - Have a sponsor who has a sponsor
 - Work the steps of NA
 - Member of a home group
 - Have been doing service work since I was six months clean
 - Have served on the area & regional H&I Subcommittee for four years
 - I have the willingness and the desire to serve
 - I have an H&I commitment that I fulfill weekly

REGIONAL CONTACT LIST

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TONEY W	rwaters@petersburg-police.com	TRI-CITIES/RCM	804-895-1609
UPDATED 06/20/15			

176st RSC Treasurer's Report
 Financial Statement
 12/19/15

Opening balance (closing balance from 175th RSC report): \$19,185.40

Credits :

Appalachian	\$318.00
Piedmont	\$150.00
Shenandoah	\$414.07
Southside	\$714.57
Tri-Cities	\$343.00
Over and Beyond	\$11.80
New Vision	<u>\$10.00</u>

TOTAL:	+ \$1,733.54	\$20,918.94
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Debit:

Ck 1229:	\$185.17 (Brain C.)
Ck 1230:	\$74.86 (Jim H.)
Ck 1231:	\$300.00 (UVa.Women aux.)
Ck 1232:	\$475.00 (Kim A.)
Ck 1233:	\$3,830.39 (Naws)
Ck 1234:	\$190.77 (Chuck K.)
Ck 1235:	\$726.00 (Eddie W.)
Ck: 1236:	\$30.00(Nancy H.)
Debit card 10/16:	\$23.74 (Uberconference H&I)
Debit card 10/20:	\$150.21 (Farm fresh)
Debit card 10/20:	\$670.94 (Quality Inn)
Debit card 10/21	\$1.99 (network solutions)
Debit card 10/28:	\$80.77 (Primus)
Debit card 10/30	\$139.50 (network solutions)
Debit card 11/16:	<u>\$23.74</u> (Uberconference)
Debit card 11/18	\$1.99 (network solutions)
Debit card 11/25	\$75.53(Primus)
Debit card 11/25	\$936.70 (Prof.Comm.)
Debit card 12/15	\$23.74 (Uberconference)
Debit card 12/15	\$1.99 (network solutions)

TOTAL	- \$7919, 29	\$12,999.65
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Outstanding checks # 1228,#1231 & # 1232

Closing balance: \$12,999.65

ILS: Jim H.

CAR 2016 CAR-NA GROUPS AUTHORIZATION REGISTRATION FORM

Please fill out and submit Online or via your RCM, Digital Scan, or US Postal Service by
February 20th, 2016.

- Submit via your RCM – RCM must bring to Feb 20th Regional Service Committee Meeting
- Submit via Digital Scan – Scan the completed form and email to kim@webmastery.org
- Submit via US Postal Service – Mail to Kim Adams 4067 Beulah Road, Nathalie, VA 24577
- Submit Online - go to <http://car-na.org/delegate.htm>

Upon receipt, the delegate team will assign each group an authorization code and email it to the email address provided. This authorization code will be needed to complete your on-line ballot.

Group Name: _____

Area: _____

GSR Name: _____

GSR Contact Info:

Phone: _____

Email: _____

To be completed by the Delegate Team

Group Authorization Code _____

Group Method of voting: _____

Literature, Service Material, and IDT Survey

Please help shape the future of NA recovery Literature.

Our Region is compiling the information for submission to NAWS. Please use our regional ballot at <http://car-na.org/delegate.htm> The deadline for submitting this survey is March 28th, 2016.

We are in hopes that if you will fill out this survey from the car-na website, you will be more familiar with the electronic voting process we have developed for the CAR if Motion 175-6 passed.

NAWS is also offering an opportunity for individual members to fill out the survey from na.org. Members who fill out the survey individually will hopefully still want to participate in the process of collecting a regional conscience. The survey can be found from the link off the Conference page: www.na.org/conference. Please note: the deadline for individuals to fill out NAWS' survey online is 15 March 2016 and **our deadline** is March 28th.

Recovery Literature

The following four lists ask what literature our members would like to see worked on next.

NAWS cautions us to please keep in mind that the process takes time; this is not like drafting a grocery list for a trip to the market this week. Developing a project plan takes a Conference cycle, which is two years. A book-length piece of recovery material takes an additional four to six years, and smaller pieces like pamphlets can usually be completed within a two-year Conference cycle. NAWS is not planning to work on any book-length pieces in the upcoming cycle, so this six to eight years for development would not take place until after WSC 2018 at the earliest.

So, in thinking about the following lists, the question is not what we want today but what each of us thinks will serve the needs of the Fellowship four to ten years from now. Many of these ideas were taken from the last literature survey conducted in 2010. Others have been suggested by members, delegates and alternates, or service bodies.

I have provided double sided copies of the Survey Ballot. Ballots can be submitted in one of three ways: 1) Turn paper ballot in to your RCM at your Jan or Feb ASC, 2) email scan of paper ballot to kim@webmastery.org prior to March 27, 2016, 3) Vote online instead of using paper ballot - to be available starting on December 19th, 2015 and continuing until March 30, 2016 via a link on our regional website at <http://www.car-na.org/delegate.htm> (if you visit the page and don't see the survey, please check back or contact webmaster@car-na.org)

WSC 2016: Lit/IDT Survey Ballot

Group: _____ Area: _____

GSR: _____ Email: _____

Ballots can be submitted in one of three ways: 1) Turn paper ballot in to your RCM at your Jan or Feb ASC, 2) email scan of paper ballot to kim@webmastery.org prior to March 27, 2016, 3) Vote online instead of using paper ballot - to be available starting on February 1, 2016 and continuing until March 30, 2016 via a link on our regional website at <http://www.car-na.org/delegate.htm>

Book-length Recovery Material - In each of the four sections below, please check the two items per section that you believe are most important:

- New book about sponsorship _____
- New step writing guide (not to replace but as a possible companion piece to the current Step Workin _____
- Daily meditation book featuring a spiritual principle a day _____
- Daily meditation book based on *Living Clean* _____
- Service and recovery _____
- Revise current *Step Working Guides* _____
- Revise current *Sponsorship* book _____
- Collection of stories from early members in NA communities around the world History of NA _____
- Miracles continue to happen - pictures and stories about the growth of NA around the world _____
- Other (please specify) _____

Booklet- or Pamphlet-length Recovery Material (list continued on back)-Check Two

- Application of the Concepts _____
- Service and recovery _____
- Indigenous people in recovery _____
- Older members in recovery _____
- Revise the current *Sponsorship* IP _____
- Create a new sponsorship booklet _____
- Women in recovery _____
- LGBT members in recovery _____
- What is Twelfth Step work? With how-to suggestions _____
- Quick responses to ten frequent reasons people may resist NA (focused to new or potential members) _____
- Our Eleventh Step in action _____
- Practicing these principles in all our affairs _____
- Carrying a clear NA message _____
- Mental health _____
- Revisions to *The Loner* _____
- Revise *PI and the NA Member* _____
- Revise *H&I and the NA Member* _____
- Other (please specify) _____

Service Material — Check Two

- Revise *A Guide to Local Service* _____

- Revise *H&I Handbook* _____
- Sponsorship behind the walls _____
- Events and conventions handbook (new – there is nothing in inventory) _____
- Group service tools/toolbox (e.g., sample group formats, group support forum basics....) _____
- Local/Area service tools/toolbox (e.g., GSR orientation, planning assembly tools trusted servant training tools, project forms...) _____
- Regional service tools/toolbox (eg., trusted servant training tools, regional assembly tools, project forms...) _____
- Role of regional delegates _____
- A guide for interactions with drug courts _____
- Information for creating legal entities and service offices and their relationships w/the service body they serve _____
- Treasurers basics _____
- Facilitation basics _____
- CBDM basics _____
- Service and technology _____
- Revise *Planning Basics* _____
- FD/PR tools _____
- Other (please specify) _____

Ideas for Upcoming Fellowship Issue Discussions – Check Two

- How to use “Guiding Principles: The Spirit of Our Traditions” with a session for each tradition and the ability to choose which to discuss _____
- The First Tradition and NA unity _____
- How can we continue to provide services to our Fellowship and at the same time decrease our reliance on funds from literature, events, and conventions? _____
- Fellowship development _____
- NA unity, the *FIPT*, and reprinting NA literature _____
- Service in NA _____
- Atmosphere of recovery in service and how we treat each other _____
- Retaining members _____
- Who is missing from inner city/urban meetings? _____
- Outreach/Rural recovery _____
- The conference cycle and staying engaged and involved _____
- *Disruptive and Violent Behavior* (putting the service pamphlet through the recovery IP process) _____
- Applying our principles to technology and social media _____
- Other (please specify) _____