

**Agenda 182nd Regional Service Conference
Central Atlantic Region
December 17, 2016 – 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 of centralizing subcommittee meetings – possibly considering having areas bid for meetings that are not in central location.
 - b. There is a WSO questionnaire (that will be attached to the minutes). RDA will post survey to website to solicit input.
 - c. Discussion of motion to eliminate the RDA2 position.
 - d. Updated copy of Guide to Local Service will be posted to the RD Team portion of the Regional website.
 - e. Discussion of the Autonomy Zonal Forum (AZF) and its current and possible future roles in the service structure.
 - f. Discussion of proposal to changing the cycle of the Conference Agenda Report (CAR), and even how the WSC might implement the CAR differently.
 - g. Discussion of having the RD Team attend the Florida Service Symposium conference.
 3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

Chair	Bill M.	Almost Heaven	Norman C.	X
Vice Chair	Open	Appalachian	Abs.	
Secretary	Brian C.	Beach	Joe B.	X
Treasurer	Jim H.	Blue Ridge	George S.	X
Regional Delegate	Eddie W.	Gateway to Freedom	Abs.	
Regional Delegate Alternate	Kim A.	New Dominion	Shawn P.	X
Regional Delegate Alternate 2	Open	Outer Limits	Abs.	
VRCC Chair	Abs.	Peninsula	Abs.	
Hospitals and Institutions Chair	Nancy H.	Piedmont	Abs.	
Policy Chair	Antoinette B.	Rappahannock	Antoinette B.	X
Public Relations Chair	Open	Richmond	Nancy S.	X
Speaker Jam Chair	Open	Roanoke Valley	Abs.	
		Shenandoah Valley	Randy D.	
		Southside	Abs.	
		Tidewater	Abs.	
		Tri-Cities	Paul E.	

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.

- a. Sam F. – New Dominion Area
- b. Noreen J. – New Dominion Area
- c. Kevin R. – New Dominion Area.
- d. Dale R. – Beach

6. Approval of Prior Minutes – Mover: Randy D 2nd: George S. (Passes 6-0-1)

7. Trusted Servants Reports

Chair Report	<p>As you noticed, our meeting space was reduced by 1/3 for today's meeting but I felt that it is better to stay put rather than find another space.</p> <p>Between the last RSC and today, I have found candidates for both the Region's vice chair and the chair of the PR subcommittee. I have had discussions with the candidate for the chair of PR subcommittee and am very excited about his ideas for the future of the subcommittee.</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>Our bills are paid and up to date. At the 181th. We had a balance of \$19,444.87 since then we have deposited \$2,432.41 and debit totaling \$6,970.44 for a current balance of \$14,910.84 .Our prudent reserve is \$15,151.50 so we won't be making a donation to world this month.</p> <p>I made contact with EconoLodge about our room block that was giving away, and emailed our contract to them, and was giving a lot of run around and just stop dealing with then.</p> <p>ILS, Jim H.</p>
RD Report	<p>Thanks for the opportunity to be of service.</p> <p>ILS, Eddie W.</p>
RDA Report	<p>AVCNA - January 20TH - January 22nd 2017</p> <p>The RD Team will be presenting a Planning Our Future Workshop at the AVCNA. Please try to attend. We will be workshopping your ideas for how we can better represent our Regions at the World Service Conference.</p> <p>Autonomy Zonal Forum – January 28, 2017 South Boston, VA</p> <p>The Central Atlantic Region is hosting the Autonomy Zonal Forum meeting in South Boston at the Sentara Halifax Regional Hospital from 11-5. Please come on out and support the addicts who will be traveling in from our region and the other regions that make up our zone. People could be attending from Maryland, Washington DC, Pennsylvania, Delaware, West Virginia, North Carolina and all parts of Virginia. Let's show up and represent the unity of our Region. One of the most important things we do at the Autonomy Zonal Forum meeting is exchange experience strength and hope. We share what is and isn't working within our respective regions. We discuss the issues before our fellowship and we try to reach consensus on how we can best serve the needs of our regions. We hope to see you on January 28th. Lunch will be served. I facilitated our AZF teleconference meeting on October 24th and Eddie took the notes.</p>

RCMs I am hoping you were able to include in your report:

What does your area think and feel about Zonal Representation?

Again, if your area's response to this question is "huh?", we welcome the opportunity to provide a *Planning Our Future* workshop and encourage you to request such a workshop be held in your Area.

Southeast Zonal Forum

I was able to attend the Southeast Zonal Forum Meeting December 3-4. I am confident our region and our zone will benefit from my attendance at this event. I was able to see how the SEZF operates and there are several projects that they are working on that our zone might want be interested in as well.

One of the things being discussed that I found might be really useful for our Zone was setting up the BMLT on the Zone's website. The SEZF is currently working on this. For us this would involve combining the info from each region's BMLT database. Since our Region's database is already set up (Thank you to Richmond and Julie) our part is pretty much ready. I will bring this up at the AZF meeting in January.

Florida Service Symposium

March 23-26 is the Florida Service Symposium (FSS). The event begins on the 23rd with a Professional Roundtable Day. You may recall our Zone undertook an event similar to this last July. It would be interesting to see what the SEZF does differently and perhaps learn from their experience. Friday and Saturday (24th-25th) – Sandy from the ABCD Region will be coming to present her "Planning our Future" presentation. Danny (North Carolina Region) will do the IT Track on Sat. There will be representatives from the World board, the McShin Foundation out of Richmond, and Faces and Voices of Recovery. They are also hoping to have NAWS PR lend some leadership in addressing a recent issue that has come to the attention of many people. There is a publication called *The White Paper* from Harvard, which lists all resources available for dealing with opiate addiction, with one glaring exception. NA not listed. Many major news channels draw from the info on this publication and so they, too, are not listing NA as a viable resource for dealing with opiate addiction. I would very much like to attend the FSS and feel it will greatly benefit my ability to represent our region both in the upcoming two-year cycle and when it comes time to vote on issues at the WSC. I will put in the motion for this during New Business.

- Event costs: \$90.00

- Flight: approx.: \$325.00
- Room: approx.: \$600.00 (discounted room rates aren't yet available – so this should be much lower)

We received the refund of unused expenditures from the July AZF event held in Philadelphia. That check in the amount of \$60.00 was turned over to our treasurer.

Here is the breakdown of the actual costs associated with that event:

\$826.00 Total Regional Donations
 \$470.00 Costs
 \$356.00 Remaining Balance to be disbursed to 6 Regions that comprise the AZF
 \$ 59.33 Rounded up to \$60.00 Check #292

All things NAWS

I have the *September World Board Minutes* should anyone want a copy of them. Please email me (my email address is at the end of my report) and I'll send them along.

The *Guide to World Services* Draft is currently out for Delegate Review and I hope to find time to review it after the holidays. (please feel free to email me if you'd like a copy)

Guiding Principles: NA's new book, *Guiding Principles: The Spirit of Our Traditions* is available for purchase for \$11 in hardcover (item 1201) or softcover (item 1202).

Literature Projects: NAWS is working on project plans for two pieces of literature—an IP on recovery and mental health/mental illness <http://www.na.org/mhmi> and a meditation book www.na.org/meditationbook Interested members can log onto NA.org and share their thoughts any time before 1 June 2017.

PR Pamphlet: There is a new PR pamphlet for use in public relations service work titled *Narcotics Anonymous and Persons Receiving Medication-Assisted Treatment*. This pamphlet is intended for professionals who prescribe medication to treat drug addiction. It is posted online at www.na.org/pr and copies should be available for order from NA World Services at this time.

Issue Discussion Topics: The Issue Discussion Topics for the cycle are: *Introduction to Guiding Principles, Atmosphere of Recovery in Service, and Applying Our Principles to Technology and Social Media*. Workshop outlines, PowerPoints, and handouts for the

	<p>IDTs are all posted at www.na.org/idt. Please let your RD Team know if you would like us to come and help you put on a workshop in your area.</p> <p>I received a request for input from NAWs that I will be posting online. NAWs has asked for delegate input and I need your help so I can be sure to give OUR conscience and not MY conscience. I will post the info for this Environmental Scan on CAR-NA on our Delegate page and send out emails to each of you ASAP. I will also ask the secretary to attach the documents as addendums to the minutes.</p> <p>In loving Service,</p> <p>Kim A.</p>
RDA2 Report	Open
VRCC Report	Abs
H&I Chair Report	<p>The Regional H&I subcommittee met on November 19, 2016 in Charlottesville at UVA Hospital. There were six members present: Coleen C & Noreen J from New Dominion, Gail F and Donna G from Southside, Randy D. from SHEVANA and myself. The meeting was opened with a moment of silence followed by the Serenity Prayer.</p> <p>Given the fact that we haven't had a big turnout at the July & September meeting, we basically had a brainstorming meeting with many good suggestions and ideas taking form. We talked about ideas for a solution to the problem of decreased attendance at the subcommittee meetings. Those were to use the technology available to us on the regional level. Also, the need for an inventory of the meetings/facilities covered with the ideas of areas who have a need for a facility to be covered possibly being covered by a neighboring area who may have extra people to share. Noreen J. will take on the task of notifying Area websites to contact the H&I Chair. We discussed problems that are in common for all areas, such as it taking a long time for getting clearance to get into a facility, members not stepping up to commitments; Randy D's area had to reduce their meetings to twice a month from four times a month due to lack of members.</p> <p>We also decided that we needed an agenda to follow at each meeting so we could now hopefully move forward since attendance seems to be on the rise. Part of the agenda was to decide by making a motion after the January meeting to centralize the subcommittee meetings back in Charlottesville at UVA on the third Saturday of odd months. Bill M has checked into the availability of the room for those dates.</p> <p>We discussed the ISW program again. Noreen J and Colleen C will work on downloading a sample of the already existing format. They will also be checking the interest and willingness for this area of service.</p> <p>Noreen J was elected Secretary of the H&I subcommittee.</p>

	<p>The next H&I subcommittee meeting will be held on January 21, 2017 during the AVCNA. The time and exact location will be announced ASAP.</p> <p>NA Luv & Hugz Nancy J.</p>
Policy Subcommittee	No report at this time.
Public Relations	Open
Speaker Jam	Open

8. Area Reports

Almost Heaven	<p>It is a privilege to once again be present at the Regional Service Conference and to be representing the Almost Heaven Area (AHA) as its Regional Committee Member. I look forward to becoming reacquainted with old friends and making new ones.</p> <ul style="list-style-type: none"> A. There are currently 22 home groups in the AHA; B. Eight GSR's attended our most recent ASC meeting; C. The following trusted servant positions are currently open for nominations: Treasurer, RCM, Alternate RCM and Policy Chair. All but the Alternate RCM are being filled on a Pro-Tem basis; D. No new area trusted servants were elected at the last ASC meeting; E. We have a brand new group in our area: The Ties That Bind, which meets on Sunday mornings in Hagerstown and reads out of the <i>Living Clean</i> book; F. No area news at this time G. No subcommittee news at this time; H. The area wishes to express its concern that the first pro for Motion 181-5, which states, "it will free up funds for other uses," is misleading in that it implies that the Region is struggling financially when in fact we just donated nearly \$4,300 to NAWS.; I. The AHA is sponsoring a New Year's Eve Dance and First Recovery Meeting of the New Year on December 31st from 8-12, with the meeting beginning at 12:15 a.m. I have brought some flyers for the event with me. J. All is well in the AHA, where we continue to focus on our primary purpose of carrying the lifesaving message of Narcotics Anonymous to the still sick and suffering addict. K. Our next ASC meeting is scheduled for January 7, 2017 at 1:30 p.m.
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	<p>Thank you for allowing me to serve.</p> <p>ILS, Norman C.</p>
Appalachian	Abs.
Beach	<p>Our area meets the first Saturday of every month. We have just gone through elections for the upcoming year. This will be my last meeting as RCM. Dale R. It has been interesting and informative serving in this role. Dale R - will be taking the position of RCM for the Beach Area. I will be moving on to Vice Chair.</p> <p>Our area is doing well. We have made quorum without issue the whole year. Our H&I learning day was a success. We had three H&I chairs attend from other Areas as well as good attendance from the Richmond Area and Tidewater.</p> <p>ILS, Joe B.</p>
Blue Ridge	<p>Events:</p> <ul style="list-style-type: none"> - 12/19, 6:00 PM, Main Street Methodist Church, Waynesboro VA. – holiday celebration (skit and speaker) - 12/31, 6:30PM, Central UMC, Staunton VA – meeting and New Years Eve dance. <p>Other News:</p> <ul style="list-style-type: none"> - 12 active groups in Area - Open positions: Vice Chair, Literature, RCM and RCMA - ASC held monthly on 2nd Sunday, 4PM at Verona UMC - Carrying NA meetings to following institutions: <ul style="list-style-type: none"> o Augusta Correctional (prison) o Middle River (jail) o Western State (psychiatric) <p>ILS, George S.</p>
Gateway to Freedom	<p>I have attended both ASC meetings and all Area subcommittee meetings since our last RSC on October 16.</p> <p>We now have only 14 home groups, 3 of which have not been represented for several months. The number of GSR's attending the last 2 ASC's were 8 and 9, respectively.</p> <p>We currently have 4 Area trusted servant positions open for nominations: Vice-Chair, Secretary, Outreach Chair and RCM Alternate.</p>

	<p>Trusted servants elected are as follows: John G. as Policy Chair, Andy M. as Special Events Chair, and Deanne M. as Camp Jam III Chair. Mike M. and Alex W. we're voted and nominated as Protem Outreach Co-Chairs.</p> <p>In group news, our Frostburg Saturday Night Alive home group will be host it's 1 year anniversary party on Saturday, Jan. 7.</p> <p>Area subcommittee budget requests were submitted and approved for the following year.</p> <p>H & I had to remove the men's meeting from the Allegany County Detention Center due to a lack of qualified trusted servants. All other service commitments are being met.</p> <p>Public Relations has been active in the community setting up a display table at several local & nearby town hall meetings. They are also organizing a poster campaign.</p> <p>Our Policy subcommittee meeting is still working on providing a current policy with updated revisions.</p> <p>Our Outreach Sub-committee recently attended a remote Area home group in Oakland, MD for which there has been no Area representation. The meeting is still active.</p> <p>Camp Jam III subcommittee has been meeting regularly to plan and organize our 3rd annual convention to be held in September.</p> <p>Special Events is planning a New Years Eve marathon meeting from 11pm - 7 am at 218 N. Centre St. in Cumberland, MD. with speakers at 1am and 2 am. They will be hosting its annual Chili Cookoff on Sat. Jan. 28 from 12-4pm at the same location.</p> <p>Our overall meeting attendance is down as are group donations to Area. We have a Region donation of \$194.67 accumulated over a 4 month period as we made no donation at the last RSC.</p> <p>The Gateway To Freedom Area is doing well. We are slowly filling trusted servant positions but we always need more help. I am honored and grateful to serve my area and will keep coming back.</p> <p>In loving service, Duane F. - RCM</p>
New Dominion	<p>Hello everyone. The New Dominion Area currently has approximately 47 home group meetings. We had approximately 27 GSRs at our last ASC on 12/11/16. All but one of our current trusted servant positions are filled. We have nothing major going on that the Region needs to be aware of, everything is going smoothly and we have no special needs at this time. Our next ASC is scheduled for 1/8/17.</p> <p>Our H&I subcommittee could use some support. Meetings have been suspended due to a lack of support.</p> <p>Our Chairperson has completed his term and our Vice-Chair, Ed C., has moved up to Chair. Our Vice Chair position has been filled by Kate G. Cheryl M. is the new Vice</p>

	<p>Treasurer, and the Outreach Chair will pro-tem in the Secretary position until such time as a new Secretary can be elected.</p> <p>I will at this time bring to the Region's attention that I will be stepping down as I have fulfilled my term. It is highly likely that our RCM Alternate, Mark S., will be stepping up to become RCM. Also, it is likely Noreen will be stepping up to become RCM Alternate contingent on the Area GSR's voting. I want to thank this body for the experience, strength hope they shared with me. It was a lot of fun and I learned a lot.</p> <p>ILS, Shawn P.</p>
Outer Limits	Abs.
Peninsula	Abs.
Piedmont	Abs.
Rappahannock	<p>Rappahannock currently has 20 home groups, including a new group that has formed on Thursday mornings at 8:15AM. We now have 39 meetings. We have met quorum all year. We have no new elected officers. Our budget has passed. RANA is growing by leaps and bounds. All motions brought back have passed.</p> <p>ILS, Antoinette B.</p>
Richmond	<p>There were no nominations for open positions here at the Region. Support from our area and support for subcommittees in the Region are failing. The subcommittees in our area are doing well, functioning well and growing.</p> <p>My suggestion is that all Regional committees – chair or a member or two from each committee – please come to Richmond on the day of area service or on the days for the particular subcommittee.</p> <p>We have a donation today of \$500.00</p> <p>ILS, Nancy S.</p>
Roanoke Valley	Abs.
Shenandoah Valley	<p>13 groups represented at the last ASC out of 23 home groups. RCM position is currently open. Ad-hoc for Area Guidelines learning day. Newsletter and other flyers for upcoming events on the table. Website (shevanana.org) is doing well and updated regularly. Snow tubing trip on February 12, 2016, Womanless Beauty</p>

	<p>Pageant, Marathon Holiday Meetings, Holiday Dinner today. H&I is struggling to fill commitments due to lack of volunteers. Literature has on hand the new book, "Guiding Principles" and you can order literature online at shevana.org. SHEVANA abstains from all motions, nominations and budget. Next ASC meeting is January 9, 2016 at 6:30PM. All ASC positions come open in January in the spirit of rotation.</p> <p>ILS, Randy D.</p>
Southside	Abs.
Tidewater	Abs.
Tri-Cities	No written report.

9. All New Business Motions turned in before lunch

10. Quorum achieved with 7 voting RCMs

11. **Elections & Nominations**

- **Vice-Chair** – (nominations opened at 172nd) – No nominations, back to areas
- **Secretary** (Nominations opened at 180th)
 - **Neal G.** (nominated by Nancy S, not able to attend due to family emergency)
 - **Qualifications**
 - 16 years clean
 - Served four years as Regional Treasurer
 - RCM for Tidewater Area
 - GSR for home group
 - Working knowledge of Steps, Traditions and Concepts
 - Have a sponsor, who has a sponsor who has a sponsor
 - Willing and able to serve.
 - **Pros**
 - Excellent and Efficient
 - Willing
 - Servant’s Heart
 - **Cons**
 - Needs to learn the technology/equipment
- **RD** – Kim A. (voted in 6-0-1)
- **RDA** – Brian C. (voted in 6-0-1)
- **RDA2** – (nominations opened at 176th) – No nominations, back to areas

- **PR Chair-** Sam F. (voted in by Acclamation)
 - Qualifications
 - Served as NDANA PR chair for at least 2 years, most likely 3.
 - Have been involved in public relations since around 60-90 days clean, I now have over 5 years
 - Have a sponsor, work steps, go to meetings
 - I love public relations and feel that my natural talents are best put to use in the public relations subcommittee
 - Willing to serve
- **Speaker Jam** (nominations opened at 179th) – No nominations, back to areas

12. Old Business:

a. **Annual Budget**

Almost Heaven	Not Voting
Beach	Yes
Blue Ridge	Yes
New Dominion	Yes
Rappahannock	Yes
Richmond	Yes
Shenandoah Valley	Abstain
Tri-Cities	Yes

b. **MOTION 181-4** –Subcommittee Meeting Rotation (Back to Areas)

Almost Heaven	No
Beach	Yes
Blue Ridge	Yes
New Dominion	Yes
Rappahannock	Yes
Richmond	Yes
Shenandoah Valley	Abstain
Tri-Cities	Yes

c. **MOTION 181-5** –To do away with RDA2 Position (Failed 4-2-0)

Almost Heaven	No
Beach	Yes
Blue Ridge	No
New Dominion	Yes

Rappahannock	Yes
Richmond	Not Voting
Shenandoah Valley	Abstain
Tri-Cities	Yes

13. New Business:

- a. ECCNA donation of 34 Basic Texts – books will be distributed during the H&I Regional meeting at the AVCNA, a letter and the financial statement from ECCNA are attached to minutes.
- b. **MOTION 182-1** – Funding for RDA Team to Attend Florida Service Symposium (ruled out of order)
- c. **MOTION 182-2** – Funding for PR Chair to Attend Florida Service Symposium (ruled out of order)
- d. **MOTION 182-3** – Debit cards for RD Team (referred to Policy)

14. Next RSC will be held on February 18th at UVA Hospital , 1215 Lee Street, Charlottesville, VA

15. Announce Location and Time of next Subcommittee Meetings

16. Close with Serenity Prayer and Announcements