

**Agenda 183rd Regional Service Conference
Central Atlantic Region
February 18, 2017 – 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. Discussed what to do when Treasurer leaves suddenly without leaving any records. What might be some best practices to prevent this from happening?
 - b. Vice Treasurer position is listed in policy, but is not on list of open positions.
 - c. Should policy be meeting every other month? Yes they meet on odd numbered months.
 - d. Two day event is happening on Easter weekend. Would people be open to holding the RSC on Saturday night following the GSR assembly?
 - e. Discussed possibility of sponsoring a meeting to provide input to the process for the current literature projects, perhaps via teleconference.
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	Open	Beach	Dale R.	X
Treasurer	Abs.	Blue Ridge	Nancy H.	X
Regional Delegate	Kim A.	Gateway to Freedom	Duane F.	X
Regional Delegate Alternate	Brian C.	New Dominion	Mark S.	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	Richard M.	X
Public Relations Chair	Abs.	Richmond	Nancy S.	X
Speaker Jam Chair	Open	Roanoke Valley	Vanessa H.	X
		Shenandoah Valley	Randy D.	X
		Southside	Sue N.	X
		Tidewater	Abs,	
		Tri-Cities	Paul E.	X

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

Appalachian, Piedmont and Peninsula –members volunteered to reach out to these areas.

5. Recognition of new attendees / identify members willing to mentor that they could sit next to.
 - a. David – Almost Heaven
 - b. Jake K – New Dominion
 - c. Dale R. - Beach

6. Approval of Prior Minutes – Mover: Norman B. 2nd: Vanessa H, . (Passes by Acclamation)
 Amendment to Minutes
 - a. Page 1: Change Guide to Local Services to Guide to World Services.
 - b. Page 11: Kevin R. was nominated for Vice Chair and it was Defeated
 - c. Page 13: Bill M. stepped down as Chair during the last five minutes of the meeting (Jim H. took over as Chair) and expressed his displeasure about having difficulties finding trusted servants, and that the Region was unwilling to consider his candidate for Vice Chair.

7. Trusted Servants Reports

Chair Report	<p>We will hold the April 2-day RSC in Williamsburg this year. Jim has the details in his Treasurers report. The October 2-day is in Quadrant 4. I will reach out to the various areas in that quadrant to see if any of them would like to provide assistance in locating a venue for the event. It is my personal feeling that when the local Area participates in organizing the event the local participation rate increases. This was evident by the local participation in the last several 2-day events held in the Gateway to Freedom, Franklin, and most recently the Blue Ridge areas.</p> <p>The April 2-day event falls on Easter Sunday again this year and, per a discussion in today’s open forum and the subsequent straw poll, we will hold the RSC immediately following Saturday’s GSR Assembly. The Region booked a block of rooms so those who requested a room can stay the night and be rested and alert for the drive home. If attendance is one of the benchmarks for a successful subcommittee meeting then the subcommittee meetings held during the AVCNA Convention in January were a success. I trust, the subcommittee chair reports will delve into what took place during their meetings but I wanted to mention that I heard quite a few comments about increasing the use of videoconferencing technology and that the meeting rotation was a hindrance of participation for many in attendance. Therefore, I am making a motion today to remove the mandatory rotation requirement for the subcommittees. My hope, and that of many others I have spoken to over the last year, is that a consistent meeting location will make planning and budgeting for travel easier for those interested in participating in the Region’s subcommittees.</p> <p>Our Treasurer is away at a family function today so please give any donations you may have to me and I will see they are deposited. If anyone needs a check, please</p>
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	<p>give me your request and the Treasurer, Jim, will mail it to you.</p> <p>The terms for both the Chair and treasurer positions open in June and this is two RSC's before they open. According to policy, "Positions coming open will be announced and nominations will be opened and accepted two conferences prior to the elections." Therefore, we will open and begin accepting nominations for both positions in new business today.</p> <p>I want to apologize to this body for my outburst at the last RSC regarding the nominations for the vice chair. I stepped down to express my opinion and my dismay at this body not accepting the person I found for the position. Following the RSC, I had conversations with several of those in attendance. I learned during those conversations that my will is not necessarily God's will and this was definitely my will. Everything will work itself according to God's plan and I am grateful to the RCM's for reminding me of that.</p> <p>ILS Bill M</p>
Vice Chair Report	Open
Secretary Report	Open
Treasurer Report	<p>Hello family.</p> <p>Sorry I am unable to attend today but I had some family matter to take care of this weekend. If anyone needs a check let me know and we can get it in the mail .</p> <p>Our bills are paid and up to date. At the 182nd. We had a balance of \$14,910.84 since then we have deposited \$3,128.04 and debit total of \$1,485.64 for a current balance of \$16,553.24. Our prudent reserve is \$14,275.00 so we will be donating to world this month in the amount of \$2,278.24</p> <p>April two day will be at the Howard Johnson 6483 Richmond Rd. Williamsburg Va.23188</p> <p>A reminder my tern is up in June.</p> <p>In Loving Service Jim H.</p>
RD Report	<p>AVCNA - January 20TH - January 22nd 2017</p> <p>The RD Team presented a Planning Our Future Workshop at the AVCNA. We workshopped ideas for how we can better represent our Regions at the World Service Conference. The response to turning our World Service Conference (WSC) into a planning conference was overwhelmingly positive. This idea seems to be gaining a lot of traction in places outside of our region, too, and I hope to be able to continue discussions within our region so Brian and I have a clearer picture of how you would like us to further this idea at WSC 2018.</p>

Autonomy Zonal Forum – January 28, 2017 South Boston, VA

The Central Atlantic Region hosted the Autonomy Zonal Forum meeting in South Boston at the Sentara Halifax Regional Hospital from 11-5. The event was well attended by people from the Southside Area and surrounding areas. Most of the Southside Area Executive Committee as well as a few others showed up. 5 of the 6 Regions that comprise our zone attended and we were able to sign into the NAWS webinar for a short time just to test the usability of the new Zoom Platform that NAWS is currently utilizing. Zoom video conferencing is incredibly easy to use. Technology has evolved to the point that it is much easier for more people, even people who are not very comfortable or technologically savvy, to meet remotely in an effort to further our primary purpose. I sought out a local person willing to make barbecued pork and was able to save a substantial amount of money. Our lunch budget is set at \$400.00 and I ended up spending \$220.39. In the interest of sharing best practices, I want to mention that because we met in a hospital, there was cafeteria access for anyone with special dietary needs. No one said they had any, but I was prepared to use part of our budget to pay for their special meals. I felt it was a more prudent use of our funds than providing extra options.

AZF Accounting:

lunch	\$ 170.39
Rent	\$ 50.00
Website	\$ 7.50
Actual Expenses:	\$220.39
Check #1275 – \$257.50 (Already received)	
Leftover from AZF	\$ 29.61

MARLCNA - February 10-12, 2017

The Mid-Atlantic Region put on another successful conference. Tana Agostini and Mark Hersh were the attending World Board Members. Steve Rusch and Travis Koplou were the attending NAWS Special Workers. As is the norm, Friday night consisted of the NAWS report. They put out the February 2017 Update last week so that was the focus of the discussions Friday night and we spent another half hour in a question and answer session on Saturday after lunch. The main things I took away from the report and the ensuing discussions were that the WB is suggesting we make another change in the WSC processes (which we do every conference). Their suggestion is a good one, but I don't think it will go any further to solving the issues than any other process changes. I feel we need to look at the function of the WSC, but year after year, we continue to try to adjust the form. Another change they are suggesting is to do more work in between conferences, which is good but not really a new idea. They didn't address the idea that the fellowship is currently engaged in,

which is to turn the WSC into a planning conference. I was able to spend some time asking Tana questions regarding this and the delegate from the ABCD region, Kathleen, asked the same questions during the Q&A session. It seems the only way to get this idea forwarded will be for one of our regions to make a motion and submit it to the WB prior to August 2017. All in all the conference went well. Participants were engaged and the atmosphere was a positive one. I was honored to have been asked by NAWS to co-facilitate the IT workshop on Saturday afternoon along with Danny G from SC and Terry B. from NJ. My part was to share my experience with using Technology to further our Primary Purpose. I focused on various Video and Teleconference technologies, website platforms, Texting applications, Social Media and Email Subscription options. The last workshop on Saturday was focused on our new book *The Guiding Principles*.

NAWS would like us to contribute our shared experience. Please visit na.org/webinars and look for a webinar you might want to sit in on or participate in. We can all benefit by exploring emerging options for helping the addict who still suffers.

MARLCNA Accounting:

2 registration packets @ \$20.00/per	\$ 40.00
2 Nights @ \$99.90/per room	\$199.80
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Per Diem 3 days @ \$35.00/per	\$105.00
Travel \$ 68.14	<u>\$ 68.14</u>
Actual Expenses:	\$612.74
Check #1274 – \$329.80 (Already received)	
Remaining Expenses (reimbursable)	\$282.94
Leftover from AZF	\$ 29.61

I am submitting a request to be reimbursed \$253.33

The extra expenses were Brian’s room (which I hadn’t asked for originally, gas (we drove separately) and an extra day of per diem.

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. Additionally if you are currently engaged in talking about other options for the future of the WSC, please let me know about that as well.

Florida Service Symposium

As I reported in December, I was able to attend the Southeast Zonal Forum Meeting December 3-4 and feel confident our region and our zone will benefit from my attendance at their Service Symposium March 23. The event begins on the 23rd with a Professional Roundtable Day. Friday and Saturday (24th-25th) – Sandy Mc from the ABCD Region will be coming to present her “Planning our Future” presentation. Danny G (South Carolina Region) will do the IT Track on Sat. There will be representatives from the World board, NAWS PR, the McShin Foundation out of Richmond, and Faces and Voices of Recovery. 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. Though my budget and the Policy do allow for my attendance at this event, I will not be able to stay within my \$600.00 budget and will need to request an additional \$285.60. I will be putting in the (housekeeping) motion for this during New Business.

FSS Accounting:

Per diem	\$140.00
Flight – (came out of my account on 1/5/17)	\$370.60
Room	<u>\$375.00</u>
Total Projected Costs	\$885.60
Budgeted Amount	\$ 600.00

Requesting an additional \$285.60

A More Prudent Use of Our Funds

I will also be putting in a motion to change policy to reflect the Delegate Team can attend either a World Wide Service Event or MARLCNA on a non-conference year. It seems prudent for the Delegate Team to go to MARLCNA on a conference year, but on a non-conference year, the team should be able to attend a World Wide Service Event or MARLCNA, but shouldn’t be bound by policy to do both, as we currently are.

All things NAWS

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 IDTs are all posted at www.na.org/idt. Please let us know if you would like us to come and help you put on a workshop in your area.

I received a request for input on the Environmental Scan from NAWS and I put together an online survey much like the one we used last year for the CAR Report. I

	<p>sent out a notice to each RCM asking you to fill out the survey. 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 have posted the link to the Environmental Scan on the CAR-NA website on our Delegate page. http://tinyurl.com/NAWSscan. If you would like a paper copy of the scan, please download it from the Delegate page.</p> <p>In loving Service, Kim A - RD 860-309-1404 rd@car-na.org</p>																
RDA Report	<p>Since the past couple of months have been spent attending the same events as Kim talked about in her report, I'll only add that it was a pleasure to get to know so many new faces from around our zone, and to meet a few people from NAWs face to face. Also had the opportunity to talk with a former world board member at AZF, who gave me some great tips about getting up to speed in my new position.</p> <p>In terms of recent and upcoming travel, here's the required tally of expenses for the minutes:</p> <p>AZF</p> <table data-bbox="573 856 941 886"> <tr> <td>Travel Expense:</td> <td>\$ 14.35</td> </tr> </table> <p>MARLCNA</p> <table data-bbox="573 957 941 1058"> <tr> <td>Travel Expense:</td> <td>\$ 42.40</td> </tr> <tr> <td>Per Diem Expenses:</td> <td><u>\$ 86.61</u></td> </tr> <tr> <td>Total Expenses</td> <td>\$129.01</td> </tr> </table> <p>I am requesting a check for \$143.36 to cover these expenses.</p> <p>Florida Service Symposium – projected expenses</p> <table data-bbox="573 1197 1182 1335"> <tr> <td>Flight</td> <td>\$341.60 (already reimbursed)</td> </tr> <tr> <td>Room (my portion)</td> <td>\$210.00</td> </tr> <tr> <td>Per Diem</td> <td><u>\$140.00</u></td> </tr> <tr> <td>Total Projected Costs</td> <td>\$691.60</td> </tr> </table> <p>Since the budgeted amount for FSS is \$600.00, I will be requesting up to an additional \$91.60 to attend this event. Will be seeking reimbursement for remaining FSS items when I get back from trip.</p>	Travel Expense:	\$ 14.35	Travel Expense:	\$ 42.40	Per Diem Expenses:	<u>\$ 86.61</u>	Total Expenses	\$129.01	Flight	\$341.60 (already reimbursed)	Room (my portion)	\$210.00	Per Diem	<u>\$140.00</u>	Total Projected Costs	\$691.60
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	<p>Thanks for the opportunity to be of service.</p> <p>Brian C.</p>
RDA2 Report	Open
VRCC Report	Abs
H&I Chair Report	<p>The H&I Subcommittee met on January 21, 2017 at the Hilton Hotel in Short Pump, VA during the 35th AVCNA held there. There were 19-plus people there with eight areas being represented. Part of the purpose of having it during the AVCNA was hoping we would see an increase in attendance, and as you can see we did meet that goal. NOW we are hoping for increased participation in the upcoming March subcommittee meeting.</p> <p>The meeting was opened with a moment of silence followed by the Serenity Prayer. I read the H&I Report from the last subcommittee in November since there were new people attending this meeting. In summation of the November meeting we mainly discussed the fact that with more people attending the meetings we would be able to have an agenda for each meeting. We also discussed the Inmate Step Writing (ISW) project.</p> <p>In the January meeting we discussed at length the ISW project. The following were some of the issues we discussed:</p> <ol style="list-style-type: none"> 1) Has the format been approved? There were divided opinions on that. The answer is YES it has been approved. Melissa E. (SHEVANA) made a hard copy while we were in the meeting. 2) The interest in Areas wanting to start the project but the lack of trusted servants to step up to the plate in doing so. Also the lack of consistency in commitments. 3) The question arose as to whether the ISW project was an area project or was it regional. There are a few areas already participating in this project. Bill M. (CARNA Chair) reported that the region was trying to make an effort to eliminate duplication. 4) The use of technology to increase participation either with phone conferencing or video conferencing. If someone doesn't have access to these, we would make hard copies and bring them to the subcommittee meeting. 5) To increase participation, with Sam's (CARNA PR Chair) help, we would like to send out an email to each area's H&I Chair in a timely manner before the meeting date. 6) There were 34 Basic Texts left from the ECCNA and it was decided at the last RSC that two books would be given to each area for the H&I committee to use in their facilities. This leaves two books for the Regional

	<p>H&I Chair to use as deemed necessary. The following areas did pick up their books: Tri-Cities, SHEVANA, Almost Heaven, Piedmont, Tidewater, Gateway to Freedom, Richmond, Appalachian and BRANA.</p> <p>7) We did discuss the centralizing of the subcommittee meeting back to Charlottesville. More will be revealed on that later.</p> <p>The next H&I subcommittee meeting will be held on March 18, 2017 at the Verona Community Center, 465 Lee Highway, Verona, VA 24482 from 11:00am to 2:00pm.</p> <p>NA Luv and Hugz, Nancy H.</p>
Policy Subcommittee	<p>Good Afternoon,</p> <p>Policy reports that the funding motions for the Florida Symposium was ruled out of order. Motion 182-3 Debit Cards for the RD Team was referred to Policy which states only one card can be used to handle Regional business, which is held by the Treasurer. Page 11, Section 4A is reference. Policy attendance is required at the upcoming subcommittee meeting in accordance to Policy Chair duties, Page 15, Section 9A(9)</p> <p>ILS, Antoinette B.</p>
Public Relations	Abs
Speaker Jam	Open

8. Area Reports

Almost Heaven	<p>It continues to be an honor to represent the Almost Heaven Area as its RCM Pro-Tem.</p> <ul style="list-style-type: none"> A. There are currently twenty-two home groups in the AHA; B. Twelve GSR's attended our most recent ASC meeting; C. The following trusted servant positions are currently open for nominations: Vice Chair, Treasurer, RCM, Alternate RCM, Literature Chair and Policy Chair. All but the Policy Chair either have someone nominated for the position awaiting election or serving on a Pro-Tem basis; D. No new area trusted servants were elected at the last ASC meeting; E. There is no home group news at this time; F. In Area news we have selected the them for the upcoming Almost Heaven
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	<p>Convention, flyers for which I have brought with me today;</p> <p>G. Our PR Task Group has been active, having just done a presentation at University Hospital in Martinsburg. Our H&I Task Group is in the process of scheduling an orientation;</p> <p>H. There are no area concerns at this time;</p> <p>I. There are no upcoming Special Events. Although planning continues for the AHA Convention in August;</p> <p>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. We also have brought a check for \$374.08 to donate to the Region.</p> <p>K. Our next ASC meeting is scheduled for March 3, 2017 at 1:30 p.m. Thank you for allowing me to serve.</p> <p>ILS, Norman C.</p>
Appalachian	Abs.
Beach	<p>Greetings from the Beach Area</p> <p>I'm Dale R., the new RCM from the Beach Area. Currently, there are 21 groups in our Area, 17 groups were present at our last Area Service, February 4th. Two groups were absent and two were declared inactive per policy. The Chair or Chair designee will visit the inactive groups per policy. The vacant Treasurer position was filled by Leanne S. Vice Chair Joe B. announced policy review will be held in March. A cooperative event, TABA Fest, was proposed. In promoting unity with the neighboring area, Tidewater. A seafood event will be held in August. The Serenity on the Shore Campout Committee announced the dates of SOTS IX, which will be held Oct. 6-8. Flyers are on the table, please take them back to your Areas to distribute. Our Area is continuing to grow. We are doing everything possible to educate our new GSRs about their new positions. H&I Subcommittee is hosting a new learning day March 18th. Our next Area Service Meeting is March 4th. I look forward to serving here at the Regional level.</p> <p>In Loving Service, Dale R.</p>
Blue Ridge	<p>The BRANA ASC met on February 12, 2017 at 4:00pm at the Verona UMC. The meeting was opened with a moment of silence followed by the Serenity Prayer as well as the reading of the Traditions, Concepts, and the Unity statement. Roll call was taken and quorum was met and we conducted business as usual.</p> <p>The home groups are continuing to thrive with good attendance and a continuing</p>

	<p>influx of newcomers. I am happy to say that one of the home groups who have not attended the ASC for 18 plus months has attended the last 2 ASC meetings. The GSR reported that they are making their contribution directly to this body. The one issue we discussed was changing what is required to meet quorum. The motion that was made was withdrawn.</p> <p>The Outreach/H&I subcommittee reports that all commitments are being met but as usual we could use more trusted servants to volunteer. We are currently covering Middle River Regional Jail (male and female), Augusta Correctional Center, and Western State Hospital. We are looking at getting back into the Men's Diversion Center in Harrisonburg. This commitment was covered until last year when the trusted servant fulfilled 10 years there.</p> <p>The Special Events chair gave a report of the upcoming events which shows an event almost every month. There will be an attachment to this report of the events. There is a Valentines dance tonight at First Presbyterian Church on Court Square in Harrisonburg.</p> <p>We have some open positions however a lot of them are being filled with pro tem people. The chair, secretary, and treasurer are all serving another term. The VRCC Rep is William H. (pro tem) and the VRCC Alt is Ed P. (pro tem). I am serving in the RCM position pro tem. The RCM Alt and the literature chair is open.</p> <p>The next ASC will be on March 12, 2017 at 4:00pm at the Verona UMC. Our mailing address is PO Box 623, Harrisonburg, VA 22803. We have no contribution to region at this time.</p> <p>NA Luv and Hugz, Nancy H.</p>
Gateway to Freedom	<p>Hello Family,</p> <p>I apologize for not being able to make the last RSC in December. Road conditions were icy that morning causing many accidents and road closures, preventing me from getting there in time. I did email my report to Region that day.</p> <p>I have attended both of our ASC's since, with 9 of 15 home groups being represented at each.</p> <p>Area trusted service positions open are: Vice-Chair, Secretary, Treasurer, Policy Chair and RCM alternate.</p> <p>Our Area Treasurer, stepped down giving only 15 minutes notice by text, just before the ASC on Dec. 17. His text stated that he would return all account records and checkbooks at a time that was convenient for him. He has not. Many unsuccessful attempts to contact him were made by several members, including myself. Due to the lack of response, the Area decided to close out the old account and open a new one. We also had to change the lock for our P.O. box. Our PR Chair, Larry B., is</p>

serving as Treasurer pro-tem until a new Treasurer is elected. Larry has been working to sort out our accounts and finances with limited resources and records to work with. To my knowledge, there has been no Treasurer's report since September. Prior bank statements and records are unavailable as our previous Treasurer still has them and cannot be reached.

This situation has created another problem. We had a donation to Region for \$194.67, intended to be given at the last RSC that I was unable to attend. I was able to give the check to CARNA Chair, Bill M., when I saw him the AVCNA in Richmond on Jan. 21st. That check was written from the old account which has since been closed out. I spoke to CARNA Treasurer, Jim H., and was told that the check had not yet been deposited and that he would void the check when he finds or receives it. We are presently unable to write a new check or make a donation for this period until we balance our books. We first have to ensure that there are sufficient funds to maintain Area budgets and expenses. I will express this concern during open forum.

We will also have to abstain from any motions being voted on this period, since none were taken back to Area and home groups.

The H&I subcommittee is fulfilling all current commitments but always needs more support. H&I is still taking meetings into the Potomac Highlands Regional Jail every other week for both men and women. They are now taking a women's meeting into the Allegany County Detention Center every week instead of every other week. There is currently no men's meeting for that facility due to a lack of qualified volunteers. They still take 2 meetings a week into the Joseph S. Massey unit, a 30 day rehab facility. H&I is seeking a new panel leader for the Tuesday night meeting there.

PR is still setting up at various town hall meetings to help create awareness of our NA program and NA meetings. They have 3 events scheduled for this upcoming week.

Our Policy subcommittee is still working on an updated version of the amended policy. They too are in need of help.

Special Events hosted a Chili Cookoff on Jan. 28 which was a great success. They are now planning their next event, a Spiritual Breakfast, to be held on Sat. April 22 from 9am - 1pm at 33 Broadway St. in Frostburg, MD. There will be an out of town main speaker at 11am. Admission is \$8.

The Camp Jam 3 subcommittee is currently part of Special Events, but is planning

	<p>and working to become its own Area subcommittee and establish its own bank account. Camp Jam is our annual Area convention, now in its 3rd year. They have been meeting each month to plan the next event scheduled for Sept. 22-24, 2017. The Gateway To Freedom Area is experiencing some problems and setbacks as many Areas do. Our meeting attendance and group donations are at an all-time low according to some members. We are always in need of trusted service volunteers to step up and help. We do, however, have several trusted servants who continue doing whatever it takes to keep our Area fully functioning and autonomous. I am grateful to be a part of the GTFA and for the ability to be of service.</p> <p>Our next ASC will be Saturday March 11, 2017.</p> <p>In loving service, Duane F. RCM, GTFA</p>
New Dominion	<p>We currently have 54 meetings in the New Dominion Area and are still growing. H&I is struggling with a lack of participants as we have several facilities that have meetings that are suspended. Currently have 11 facilities that we carry messages into. We now have an H&I Learning day that is now called Celebrate H&I Day on Sunday March 19, 2017 at Hatcher Memorial Church, 2300 Dumbarton Rd, Richmond, VA from 10am-4pm (flyers are on the table.)</p> <p>Our donation to Region is \$3969.01</p> <p>ILS, Mark S.</p>
Outer Limits	Abs
Peninsula	Abs
Piedmont	Abs
Rappahannock	No written report.
Richmond	<p>I didn't attend Area to get a donation because I was not present for two months due to illness for two months. I missed our last two area meetings and have not given the two Basic Texts to Richmond H&I. I will give them to the new H&I Chair at our next area service,.</p> <p>ILS,</p>

	Nancy S.
Roanoke Valley	No written report.
Shenandoah Valley	<p>The Shevana Area still has 23 Home Groups with 12 GSR's/Alt being present at our last ASC. In our open forum we were excited to here that we may be getting a meditation book in the future. Positions that were voted on take office in March are; Melissa E. for Chair, Stephen P. for Treasurer, Randy D. for RCM Alt. Chris M for Literature, Norman C. for Parliamentarian, Elisa D. for Special Events. Positions that are open are; Public Relations - Wendy B. nominated and accepted, Secretary-open, RCM-open, VRCC Director-open, VRCC Alt Director-open, H&I-open, Outreach-open and Newsletter-open. We have no donation at this time. Events are March 12th 2017 Bowling Tournament (see shevana.org) for fliers and other events. April 1st 2017 Women-less beauty pageant. An ad-hoc committee will be planning an ASC/Guidelines Learning Day. H&I is doing 4 commitments and very short of volunteer trusted servants. H&I still have a bi-monthly handbook study. Literature is still striving and improving with new literature being made available. PR is very active. Our next ASC will be on March 13, 2017. We send no nominations for Regional open positions.</p> <p>In loving service, Randy D. RCM Alt</p>
Southside	<p>Southside Area met on 2/6, area positions available are Co-treasurer, Alt RCM and Literature Chair. The area will begin a traditions meeting once a month starting in March. On the second Saturday 1:30 to 3:0 it will also be pot luck. There was a reorientation meeting for members who have attended last year's jail orientation to recertify. New orienteers' will have a class in March, more will be revealed. There will be an orientation for those willing to go to professional, probate, healthcare, etc. on February 26th at Trinity Church. Our website has been revamped and is awesome. Check it out. It's www.SouthsideNA.org, wait to be amazed. We have a contribution of \$69.69</p> <p>ILS, Sue N.</p>
Tidewater	Abs
Tri-Cities	The Tri -Cities area of Narcotics is doing well! We have 13 home groups and 18 meetings. The only position that we have unfilled at our area level is H&I, but Greg F. is our point of contact. We are growing and welcoming newcomers every day!

	<p>We are having an event on February 25 at Ivy Memorial Church in Colonial Heights! Speaker jam and dance starting at 12 noon to 12 midnight. Food fun and fellowship! We have no donation due to subcommittee budgets at the area level. I would also like to thank the region's subcommittees meetings at the AVCNA convention. They were very informative and I enjoyed them and the convention.</p> <p>ILS, Paul E.</p>
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9. All New Business Motions turned in before lunch

10. Quorum achieved with 11 voting RCMs

11. **Elections & Nominations**

1. **Chair** – (Nominations opened at the 183rd) – Back to Areas
2. **Treasurer** (Open Since 173rd) – No nominations, back to areas
3. **Vice Treasurer** (Open Since 173rd) – No nominations, back to areas
4. **Vice-Chair** – (Voted in by Acclamation)
Candidate: Etta F. (Nominated by Norman C., Seconded by Randy D.)

Qualifications:

- 22 years clean time
- 20 years of Area/Regional service (10 years CARNA)
- Willing to serve
- A solid foundation in 12 Steps, Traditions and Concepts
- Time and Resources needed are satisfied

Pros:

- Has more than ample experience, is willing to serve.
- Meets all the qualifications

5. **Secretary** (Voted in by Acclamation)

- **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

6. **RDA2** – (Voted in by Acclamation)

Candidate: Randy D (Nominated by Nancy S, Seconded by Sue N.)

Qualifications:

21 years clean, have a NA Sponsor who has a NA Sponsor, have written on all twelve steps several times, sponsor other men through the steps. First home group was New Chance, started the Experience, Strength and Hope group in 2000 (served in all positions.) Been with ASC before and after the split between AHA & SHEVANA. I have experience with ASC positions as well. Belong to H&I since inception in 2000. Understand and read the duties, talked with Sponsor about position (he gave vote of confidence), with understanding this is a six year commitment. Willing to serve and willing to be mentored.

Pros:

- Conscientious, dedicated, willing and able to serve
- Has never failed to fulfill a service commitment

7. **Speaker Jam** (nominations opened at 179th) – No nominations, back to areas

12. Old Business:

- a. None.

13. New Business:

- a. **MOTION 183-1** – Funds for PR Attendance at Florida Service Symposium (Money Matter)

Mover: Sam F. (New Dominion) **2nd:** Antoinette B., (Rappahannock)

Description/Background (Optional):

This year, the Florida Service Symposium is hosting PR and professionals' workshops and round-table discussions attended by members of the NA World Board as well as recovery professionals from around the country.

Intent:

To serve our Region by attending PR workshops and discussions at the Florida Service Symposium pertaining to my commitment as PR subcommittee chair.

Motion:

Reimbursement for expenses for the Florida Symposium

\$140.00 per Diem

\$381.60 Flight

\$210.00 Hotel

\$731.60 Total
Budget= \$800.00

- b. **MOTION 183-2** – Additional Funds for MARLCNA Expenses (Money Matter)
Mover: Kim A. (RD) **2nd:** Vanessa H. (Roanoke Valley)
Motion: Seeking additional reimbursement for MARLCNA expenses of \$282.94 (Receipts turned in to Treasurer) Housekeeping – 199.80 should be on the RDA budget and \$29.61 was applied from the AZF RD budget.
Intent: To be responsible and accountable for our trusted servant expenses.

- c. **MOTION 183-3** – Additional Funds for Florida Service Symposium Attendance (Passed by Acclamation)
Mover: Kim A. (RD) **2nd:** Vanessa H. (Roanoke Valley)
Motion: Requesting additional \$285.60 above previously approved funds for Florida Symposium as outlined below:

Per Diem	\$140.00
Flight	\$370.60
Room	<u>\$375.00</u>
TOTAL:	\$885.60

Pre-approved budget amount: \$600

Intent: To serve our Region by attending workshops and discussions pertaining to the WSC and my commitment.

- d. **MOTION 183-4** – Additional Funds for Florida Service Symposium Attendance (Passed by Acclamation)
Mover: Brian C. (RDA) **2nd:** Vanessa H. (Roanoke Valley)
Intent: To serve our Region by attending workshops and discussions pertaining to the WSC and my commitment,
Motion: Requesting additional \$91.60 above pre-approved \$600 budget to attend Florida Service Symposium as outlined below:

Flight	\$341.60
Room	\$210.00
Per Diem	<u>\$140.00</u>
Total	\$691.60

- e. **MOTION 183-5** – Change of Teleconferencing Provider (Passed by Acclamation)
Mover: Kim A. (RDA) **2nd:** Norman C. (Appalachian)
Motion: To change over to Zoom from UberConference and save our Region some money.

UberConference costs \$22.70 per month

Zoom costs \$14.99 per month, or can be purchased annually for \$149.90

Intent: To utilize an improved Video Teleconferencing option that is more cost efficient and easier to use.

f. **MOTION 183-6** – RD Attendance at Events other than WSC (Back to Areas)

Mover: Kim A. (RDA) 2nd: Norman C. (Appalachian)

Motion: Change Policy p. 13 6A 4 – “attends annual Mid-Atlantic Regional Conference of NA (MARLCNA) Lancaster, PA, usually second week of February” to “attends either a world service event, a multi-regional service workshop or MARLCNA annually.”

Intent: To ensure the most prudent use of our funds and trusted servant resources as we attempt to further

Pros:

- RD Team should be trusted to make decisions to attend the conferences most relevant to the needs of our Region
- Gives freedom to the RD team to make and be responsible to make their own decisions

Cons:

- May need to re-word policy again in the event that WSB chooses to change the way in which they disseminate information.

g. **MOTION 183-7** – Remove Rotation Requirement for Subcommittees (Tabled)

Mover: Nancy H. (Blue Ridge) 2nd: Antoinette B. (Rappahannock)

Description/Background (Optional): Our Region has struggled, and failed, for many years to attract consistent members to its various subcommittees. As a result, succession to subcommittee leadership positions is difficult, if not impossible and it is common for the subcommittee chair position to remain vacant for several Service conferences. The lack of consistent subcommittee membership and attendance causes the chair to revisit each project with a new group of attendees at each meeting. Therefore, subcommittee initiatives and continuing projects suffer from lack of progress or fail altogether.

The consequence to our Region is that crucial services are not getting to those in need.

The subcommittee chairs have heard feedback from those attending their meetings that they cannot regularly attend because of inconsistent meeting locations caused by the rotation policy. The general feeling expressed to the subcommittee chair is that a consistent meeting location may foster increased meeting attendance.

Intent: To fulfil our Regions Purpose by “helping each other deal with our basic needs and situations and by encouraging the growth of our Fellowship....and serve the basic functions of unifying the Fellowship within our Region, to contribute to carrying the message of recovery through subcommittee actions...”

5th Tradition, “Each Group has but one primary purpose - to carry the message to the addict who still suffers.”

1st Concept, “To fulfill our fellowships primary purpose, the NA groups have joined together to create a structure, which develops, coordinates, and maintains services on behalf of NA as a whole.”

Motion:

Remove from the CARNA RSC Guidelines and Rules of Order, p. 18 Section XVI: SERVICE DISTRICTS, line 5:

Subcommittees, except for the Speaker Jam Subcommittee, will rotate their meetings throughout the four quadrants.

Change

Central Atlantic Region of Narcotics Anonymous, Addendum 1, Subcommittee's Creation and Purposes, # 2. Regional Hospitals and Institutions, Functions of the Subcommittee, Line B,

From:

Provides bi-monthly subcommittee meeting rotated throughout the four quadrants for area H&I subcommittees to share their experience, strength, and hope.

To:

Provides bi-monthly subcommittee meeting for area H&I subcommittees to share their experience, strength, and hope.

Pros:

- Will possibly foster increased involvement at the Regional Subcommittee level and encourage subcommittee heads to utilize new technologies

Cons:

- Concerned that we haven't got the technology up in a way people are familiar with it. Because of the distances involved, could create less opportunities for mentorship and a potential hardship for people to be a part of the various subcommittees.

- h. **MOTION 183-8** –Funds for RDA2 Florida Service Symposium Attendance (Passed by Acclamation)

Mover: Kim A. (RD) **2nd:** Vanessa H. (Roanoke Valley)

Motion: Based on projected expenses, requesting \$285 above pre-approved \$600 budget so that RDA2 can attend Florida Service Symposium with the rest of the team.

14. Next RSC will be held on April 15th at Howard Johnson 6483 Richmond Rd., Williamsburg, VA 23188
15. Announce Location and Time of next Subcommittee Meetings
16. Close with Serenity Prayer and Announcements