

**Minutes for the 190th Regional Service Conference  
Central Atlantic Region  
April 22<sup>nd</sup> Colonial Heights, VA**

**Open Forum began at: 10am      RSC began at: 11:20am**

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

1. Serenity Prayer

2. Open Forum

- a. Topic of eliminating the reading of the Area reports from the floor was brought up. Rationale was that reading all of the reports from the areas consumes an inordinate amount of time. Generated much discussion.
- b. Topic of the quality of the rooms was brought up. Many people felt that the last two 2 day events were at substandard sketchy hotels. One idea that came up was that the person at Region that books the rooms could reach out to the area where the 2 day is going to be held to make sure that the hotel that is being considered is acceptable.
- c. The idea of encouraging people to be more conscientious about their giving.

3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

Chair	Bill M	Almost Heaven	David T	X
Vice Chair	Etta F	Appalachian	Lisa B	X
Secretary	Neal G	Beach	Dale R	X
Treasurer	Brian C	Blue Ridge	Nancy H	X
Regional Delegate	Kim A	Gateway	Duane F	X
Regional Delegate Alternate	Vacant	New Dominion	Noreen J	X
Regional Delegate Alternate 2	Randy D	Outer Limits	Abs	
VRCC Chair	Mark L (zoom)	Peninsula	Kyon S	X
Hospitals and Institutions Chair	Nancy H	Piedmont	Hillary Z	X
Policy Chair	Antionette B	Rappahannock	Richard M	X
Public Relations Chair	Sam F	Richmond	Abs	Kim M
Speaker Jam Chair	Vacant	Roanoke Valley	Abs	
		Shenandoah Valley	Elisa D	X
		Southside	Jeanine D	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.

From Gateway to Freedom: Cory F, Linda K, Casandra S, George W, Amanda L

RANA: Karen R, Bill C

Shevana: Terry F, Melissa E

Southside: Jeanine D

New Dominion: Michael L

- 6. Approval of Prior Minutes: Elisa D moved. Seconded by Hillary Z APPROVED
- 7. Trusted Servants Reports

Chair Report	<p>I'm sorry that my job caused me to miss the majority of the GSR Assembly yesterday, but as we know, one of the gifts of recovery for some of us is becoming employable once again, one of the gifts is also the willingness to become responsible to our employer.</p> <p>Since the last RSC, I attended the subcommittee meetings via Zoom videoconference. For those who have not tried out this technology, please see one of the subcommittee chairs or RDA team and we will gladly show you how easy and convenient it is to contribute to our subcommittees.</p> <p>The various subcommittee chairs will report on the work performed during those meetings, so I will simply say that we were productive.</p> <p>I want to mention the extremely poor condition of the accommodations for this weekend. We will take all necessary precautions to ensure this does not happen again. We spoke of this in Open Forum this morning and if necessary, we will address it in new business today.</p> <p>ILS, Bill M.</p>
Vice Chair Report	<p>On Behalf of the executive body of the RSC I'd like to apologize for the poor accommodations this weekend. Our step 10 reflects "and when we were wrong, we promptly admit it." But the second part of that is that we correct the problem. I will assure you that we are in the solution and will work to provide a safe and attractive venue in the future. No one should ever feel that their safety and recovery is in jeopardy when attending a service event. We can also look at the 10<sup>th</sup> concept in this manner as "Any member of a service body can petition that body for the redress if a personal grievance without fear of reprisal." We owe you all especially our newcomers an apology and promise to do better. The 11<sup>th</sup> Concept says "that NA Funds are to be used to further our primary purpose, and must be managed responsibly" Although our budget is limited and we have stayed with in budgeted funds we will commit to finding better accommodations</p>

	<p>within our budget.</p> <p>I am excited to have attended the Subcommittee meetings in my home area of Rana.</p> <p>I am encouraged with the work that they are doing and look forward to more people participating with Inmate Step Writing and the new elections of Webmaster in PR. I encourage PR to continue upgrading the phone lines work and continue to build on the functionality of our regional website. With all the new opportunities we have the opportunity to impact our region.</p> <p>I will present the regional property survey today in hopes of moving forward with management and identification of what we own and what we must dispose of or replace.</p> <p>I look forward to travelling to the WSC in a few weeks and trust that our fellowship conscious is heard and am excited about making the ballot for world board and hope for a favorable outcome of being elected. Thank you for your confidence and know that it is a joy to continue serving with all the inexperienced as well as experienced members. Your energy and enthusiasm makes this all worthwhile.</p> <p>In Loving Service,</p> <p>Etta</p>																		
Secretary Report	Everything is good in secretary world. I continue to plod on despite my insecurity concerning my qualifications for this task.																		
Treasurer Report	<p>At the last RSC, our bank balance was \$11,244.29. Since then, we have had \$1571.70 in income, and \$2,327.59 in expenses, resulting in a current balance of \$10,188.40. A detailed breakdown of income and expenses is below:</p> <table border="1" data-bbox="597 1339 1230 1711"> <thead> <tr> <th colspan="3">Income</th> </tr> <tr> <th>Deposited</th> <th>Source</th> <th>Amount</th> </tr> </thead> <tbody> <tr> <td>2/17/18</td> <td>Gateway to Freedom</td> <td>75.00</td> </tr> <tr> <td>2/17/18</td> <td>Almost Heaven Area</td> <td>112.69</td> </tr> <tr> <td>2/17/18</td> <td>Richmond Area</td> <td>500.00</td> </tr> <tr> <td>2/17/18</td> <td>Randy Dunbar</td> <td>478.25</td> </tr> </tbody> </table>	Income			Deposited	Source	Amount	2/17/18	Gateway to Freedom	75.00	2/17/18	Almost Heaven Area	112.69	2/17/18	Richmond Area	500.00	2/17/18	Randy Dunbar	478.25
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3/25/18	New River Valley Area	30.00	
3/25/18	Southside Area	200.89	
3/25/18	Outer Limits Area	174.87	
<b>TOTAL</b>		<b>1,571.70</b>	
<b>Expenses</b>			
<b>Date</b>	<b>Paid To</b>	<b>Amount</b>	<b>Comment</b>
2/17/18	Nancy H	70.00	Gas for Regional H&I Meetings
2/17/18	Randy D	36.00	Gas for AVCNA Workshop
2/17/18	Kim A.	10.00	CAR Workshop Expense
2/17/18	Brian C.	264.52	Hotel for MARLCNA (Randy D)
2/17/18	Bill M.	283.26	Policy Manuals
2/20/18	Staples	30.52	Treasurer Materials
3/2/18	PCMSI	240.90	Phone Line
3/9/18	Kim A.	750.00	CAR Workshops - Advance
3/12/18	Cloud Access	10.00	Website
3/15/18	Primus	136.58	Phone Line
3/16/18	Zoom Teleconferencing	149.90	Annual Renewal
4/2/18	PCMSI	240.90	Phone Line
4/16/18	Brinkster	39.66	Web Domain Renewal
4/16/18	Primus	65.35	Phone Line
<b>TOTAL</b>		<b>2,327.59</b>	
<p>I am still working on a spreadsheet that can more effectively track income and expenses, and hope to have an update on this at the next RSC.</p>			

	<p>Thanks for the opportunity to be of service.</p> <p>Brian C.</p>
RD Report	<p><b><u>GSR ASSEMBLY</u></b></p> <p>Yesterday Randy and I facilitated the GSR Assembly here in Colonial Heights, VA. There were _____ GSR's in attendance. There were 18 groups who cast their ballots electronically. All the GSR's in attendance yesterday were able to leave with the exact tally of our votes, as is our policy. This year we asked the groups to complete the literature survey online and I can't help but wonder if I failed to communicate effectively with our region because we only received 18 completed ballots out of our 477 groups. The results of our survey, which I submitted by the deadline set by World Services was</p> <p><b>Recovery Literature:</b> <i>An IP: Regardless of age, race, sexual identity, creed religion, or lack of region</i></p> <p style="text-align: center;"><i>An IP: What does it mean that NA is a spiritual, not religious, program?</i></p> <p><b>Service Material:</b> <i>Carrying the NA message</i></p> <p style="text-align: center;"><i>Principles in Service</i></p> <p><b>Issue Discussion Topics:</b> <i>Carrying the NA message and making NA attractive</i></p> <p style="text-align: center;"><i>Attracting members to service</i></p> <p><b><u>WSC</u></b></p> <p>You will be able to view the outcomes of our voting and see what we are discussing by checking the Link below during the conference April 28<sup>th</sup> thru May 5<sup>th</sup>.</p> <p><a href="http://tinyurl.com/WSC2018">http://tinyurl.com/WSC2018</a></p> <p>On the Saturday before and the Saturday following the WSC you can access the live audio stream at <a href="http://mixlr.com/nawsstream2">http://mixlr.com/nawsstream2</a> (April 28<sup>th</sup> and May 5<sup>th</sup>)</p> <p><b>THIS INFORMATION IS AVAILABLE ON THE DELEGATE PAGE</b></p> <p>I was asked by my fellow Conference Participants to be a part of an informal</p>

workgroup to study submitting a proposal for forming a Budget Workgroup. Our discussion focused on a desire to see additional budget line items to be included in the budget reporting to provide increased financial transparency.

**We decided to submit the following proposal at the WSC:** *We propose that a workgroup be created to come up with a list of additional items to be included in the budget reporting. We propose that at least 2 members are chosen from our current workgroup.*

**AZF TELECONFERENCE:**

We met via ZOOM on March 12, 2018 at 7pm. We discussed the two Mountaineer Region Proposals, as the Mountaineer region is part of our Zone. Because I am the one who updates the website and coordinates the Zoom teleconference meetings, we discussed who will take over for me when my term ends. I nominated Darla S from the C&P Region and she accepted and was voted in. I am currently putting together a guide for her. We discussed how we would pick the Zonal Reps for our Zone if Motion 15 passes. (Motion #15: To hold a 3-day meeting of 2 representatives from each of the existing zonal forums.) According to the way our Region's have set up our zone we are a discussion-based body and have no authority to make decisions such as choosing zonal representatives. We will need direction from our Regions in order to take on a new role. We will know by the end of this month whether or not this motion has passed. If it does pass, and our region has someone interested in becoming a Zonal Representative, I encourage us to put forth his or her nomination at the June RSC. That nominee should show up at the June RSC to let us know of their interest, and if we agree to nominate them, they will need to attend the July 28<sup>th</sup> AZF meeting in Eastern Pennsylvania. Interested Candidates should probably meet the following criteria: They should have prior World Service experience which would lend itself well to their being familiar with the issues currently being discussed within our Zone and within our fellowship.

**JULY AZF MEETING**

We are meeting in the Eastern PA Region July 28<sup>th</sup> and as per policy, Randy and I are submitting our itineraries for that weekend. I am requesting a total of \$260.00.

Per Diem – 2 days \$ 70.00

Hotel - \$150.00

Gas - \$ 40.00

**CAR WORKSHOPS:**

- **CAR/CAT ZOOM Workshop Feb 28<sup>th</sup>** – used as a planning session with Randy D, Dee P, and Kim A – no one else logged in.
- **CAR /CAT Workshop – Franklin VA March 3 –**  
Attendance was good with approximately 15 addicts in attendance around lunchtime.  
  
I turned in receipts totaling \$162.31.
- **CAR/CAT Workshop – Dublin VA March 10th**  
This Car Workshop went very well with approximately 20 addicts in attendance. Submitted receipts totaled \$173.29.
- **CAR/CAT ZOOM Workshop March 19<sup>th</sup> -**  
No one except Randy and I showed up for this Zoom workshop.
- **CAR/CAT Workshop – Ridgely, WV March 24th**  
Our final CAR Workshop had around 22 addicts attending and there was lots of good food and good discussion. As with all the prior 3 workshops, we were able to get through all the CAR and CAT Material. I turned in receipts for \$246.06 (Because Ridgely, WV is a 5 hour trip for me, I stayed overnight.)
- **CAR/CAT ZOOM Workshop March 31<sup>st</sup>-**  
One addict from Southside logged in and she opted to view the recording made available from our Gateway to Freedom CAR Workshop. Randy and I spent the rest of the time preparing for the WSC and yesterday’s GSR Assembly.

**Beginning Balance of funds for CAR/CAT Workshops** (left over from AVCNA Wc

Funds Received in March 2018

Funds spent on Franklin Workshop (#2)

Funds spent on Dublin Workshop (#3)

Funds spent on Ridgely, WV Workshop (#4)

Funds to be r

### **AMENDMENTS TO CAR CAT MOTIONS AND NEW BUSINESS PROPOSALS**

I sent an email out to all RCMS regarding Amendments to CAR CAT motions and New Business Proposals. WSC CAR-related Discussion and Decisions (formerly known as Old Business) are scheduled to begin Sunday afternoon, 29 April. They will be trying to dispense with old business as quickly as possible so that we can focus the remainder of the Conference week on the upcoming cycle.

We have the option to submit proposals to amend or add items to the CAR and CAT at the WSC. You can also authorize your Delegate Team to vote on our Region's behalf on amendments to Old Business and new Business proposals. If this option is something you think would serve our region well, then you should know our last opportunity to vote on this will be today. In prior sessions at the WSC your delegate teams have always abstained on anything we did not have your conscience on. I bring this to your attention because our abstention means we are okay with the way the majority votes. This is quite often how we end up with fellowship approval on items that we are not in favor of. I have tried to gain the conscience of our region on many of the issues that are currently before our fellowship, but I need to know if you delegate to me the authority to carry your vote on items that I think I know how you would like me to vote.

We had until April 16<sup>th</sup> to submit any other proposals for the WSC. If we do have a proposal to submit, the onsite deadline for proposals to amend CAR-related business is 10:30 am on Sunday, April 29. Proposals submitted by that deadline will be distributed on the opening day of the Conference (Sunday, 29 April).

As always, please let us know if you have any questions.

### **OUR SCHEDULE:**

Our upcoming schedule follows:

	<ul style="list-style-type: none"> <li>• April 27<sup>th</sup> – May 6 – WSC</li> <li>• June 16<sup>th</sup> – RSC – Report on WSC – submit agenda for October RSC</li> <li>• July 28<sup>th</sup> – Autonomy Zonal Forum</li> <li>• August 18<sup>th</sup> - RSC</li> <li>• October 20-21 – October 2-Day – Round table discussions focus on content from WSC</li> <li>• December 15<sup>th</sup> – RSC – Elections</li> <li>•</li> </ul> <p>My service is indeed a privilege, for which I am eternally grateful,</p> <p>Kim A</p> <p>860-309-1404</p>
RDA Report	vacant
RDA2 Report	<p>Kim and I facilitated three Zoom Conference CAT workshops on February 28<sup>th</sup>, March 19<sup>th</sup> and March 31<sup>st</sup>, 2018. With one member showing up on the March 31<sup>st</sup> workshop. In the absence of participants, we kept the workshops open for the two hours in hopes that someone would come late.</p> <p>We held three other in person CAR/CAT Workshops. March 3, 2018 in the Outer Limits Area of Franklin Va.23851. My Expenses were \$5.88 food and gas were \$62.00 totaling \$67.88. I received \$40.00 and would like to be reimbursed \$27.88. Next was March 10, 2018 in The New River Valley Area of Dublin Va. 24084. My expenses were \$53.01 gas. I was given \$40.00 and would like to be reimbursed for \$13.01. Next was March 24, 2018 in the Gateway to Freedom Area of Ridgeley Wv. 26753. My expenses were \$5.99 food and \$36.00 gas totaling \$41.99. I was given \$40.00. Total reimbursement = \$40.89. All of our in-person workshops ended ahead of schedule with time to answer any questions for clarity. I am very grateful to have that experience.</p> <p>On March 17, 2018 I attended a NAWS Webinar dealing with Orientation for the 2018 WSC. I attended another NAWS Webinar for Orientation of the WSC final webinar as there will not be an Orientation session during the Conference itself. The second webinar broke out into small groups facilitated by NAWS special workers I believe. I am glad to have participated and learned a lot.</p> <p>Here I my itinerary for the next AZF Meeting in Eastern Pa. \$70.00 per diem, \$150.00 hotel and \$40.00 gas totaling \$260.00. This</p>

	<p>may be more if I do not get a roommate.</p> <p>The Delegate team received several E-mails from the Fellowship looking for directions and information in our Region. We forward some and helped others find what they needed.</p> <p>Kim reported on the GSR Assembly in her report and since my report is written before that date I will give a verbal at 189<sup>th</sup>. Thanks for allowing me to serve and learn. Randy D. RDA2</p>
VRCC Report	<p>It's an honor to be the newly elected chair of the vrcc and I fully intend with the health of my higher power to faithfully execute my duties to the best of my ability.</p> <p>I want to first apologize for our previous lack of participation in region and one of my first duties of chair was to call the regional chair and apologize and try to make amends for that lack of communication and recommit ourselves to improved future communication and commitment. I have also given direct instructions to my vice-chair to start attending Regional meetings either in person or by teleconference in the event of my inability to attend to further increase participation.</p> <p>Some of the very exciting things that have transpired since the last report have been the ability to listen to all 36 years worth of audio now that it's been uploaded to the avcna website. We believe it's critical that this information be carried back to the region so that we can continue our primary purpose which is to carry the message in the 21st century. All of the audio is now accessible by smartphones laptops desktops and tablets. Also we now have the ability to ship leftover convention merchandise, including convention mugs, hats and t-shirts to anyone in the continental United States by simply visiting our website and placing an order.</p> <p>One of the recommendations that I like to give to the region is to encourage them to get the executive email addresses off of the vrcc website and save them for permanent inter-organization communication improvement.</p> <p>One of the big motions that have been passed this are overhaul of policy and making it more user-friendly and more clearly documented so that our internal organization and structure is improved.</p>

	<p>Our next event is at the DoubleTree in Richmond which will be the first weekend in May for our annual retreat. One of the future motions that will be brought is the ability to teleconference into the VRCC meetings via video conference on conference call so that we can gain participation to anyone who's willing.</p> <p>In Loving Service,</p> <p>Mark L. VRCC Chair</p>
H&I Chair Report	<p>The H&amp;I subcommittee met on March 17<sup>th</sup> at the Fredericksburg Regional Library. Those in attendance were Etta F., Antionette B., Michelle G. and myself. Those attending via Zoom were Randy D., Coleen C., Noreen J., Teddy A. and Bill M.</p> <p>Those attending the meeting shared the same issues.....that is facilities not getting a meeting in to them because of the lack of trusted servants. Some of the areas have had to cut back on the number of meetings they do per month because of there not being enough people to carry the message behind the walls to the still sick and suffering addict. I understand this is a double-edged sword but this has been going on for at least 2 years that I remember and probably longer. We continue to discuss the Inmate Step Writing (ISW) Project. For those in long term facilities but we have a need to get the message to those incarcerated in local jails because they are short term facilities and will be back on the street sooner. I know there is a difference of opinion among committee members and different area groups. I feel that we should reach a happy medium between the needs of BOTH groups and would welcome any suggestions and trusted servants to help with this process.</p> <p>We talked about having a collaboration day between different areas. We discussed some of the topics to be brought as being:</p> <ol style="list-style-type: none"> <li>1) What do we need?</li> <li>2) What do we have?</li> <li>3) What are the deficits?</li> </ol> <p>In the report from Coleen C. on the ISW Project was at the time they had no new people to write to and that they had a change of people doing the writing guide part because of some personal/confidential reason. Coleen C. had a question about having a spot in the 2 Day GSR Assembly. Etta F. who has experience with that group says that won't be feasible because of their agenda.</p> <p>After no further business, the meeting was adjourned. The next subcommittee meeting will be held on May 19<sup>th</sup> from 11am-3pm at the Market St UMC, Winchester, VA 22601.</p>

	NA Luv and Hugz, Nancy H.
Policy Subcommittee	<p>The Subcommittee meeting was held on March 17<sup>th</sup> 2018 at 1201 Caroline St. Fredericksburg Va. The meeting was opened with the Serenity Prayer, 12 Traditions and Concepts of Service. In attendance of the meeting H&amp;I , Policy , RD2 , Vice- Chair &amp; PR . The meeting also included Zoom which begun at 11 am Policy referred the following topics which were referred to policy via the 189<sup>th</sup> RSC :</p> <ol style="list-style-type: none"> <li>1. <i>To include Glossary Terms in the back of the next revision to policy.</i> <i>Recommendation: Turn this into a motion at the 190<sup>th</sup> RSC.</i></li> <li>2. <i>Disposition of Regional Property</i> <i>Recommendation:</i> <i>The Vice- Chair will create a survey of inventory questions to address</i> <i>Where does the sale happen ? Who is Eligible to purchase these items etc. based on information gathered from the survey subcommittee will reconvene in 2 weeks via Zoom to see how this will fit in the Policy.</i></li> <li>3. <i>Motion 189-2 : Provide bank cards to the Delegate team which access budgeted funds. The Treasurer would transfer funds into the account(s)</i> <i>Associated with the card and the trusted servant would be able to spend budgeted funds and provide receipts for expenditures as stipulated in policy. Intent: to help them better fulfill their duties( referred To policy189th RSC)</i> <i>Recommendation: To address Reimbursement, Advance Payment &amp; RSC</i> <i>Approved driving. Input from 190<sup>th</sup> RSC in New Business.</i></li> <li>4. <i>Section VII: Additional Guidelines revision was reviewed by the sub commitee the subcommittee was in agreement of the changes which were referred to Policy.</i> <i>Recommendation: To make this change to Policy .</i></li> </ol>

	<p><i>A full copy of this version is attached . If the RCM's need to view again .</i></p> <p><i>In Loving Service ,</i></p> <p><i>Antoinette B</i></p>
Public Relations	
Speaker Jam	
AVCNA Time Slot Ad-Hoc	<p>Hello Regional Family:</p> <p>The Ad-Hoc sub-committee is tasked with providing Regional information to Areas within our Region that are currently not represented at the Regional level.</p> <p>I continue to report to the Tidewater Area at their ASC as they have a vacancy for an RCM.</p> <p>Only recently I was able to obtain the information about Outer Limits Area, when and where their ASC meets. I plan to attend their May ASC.</p> <p>I continue to attempt to meet with those Areas within our Region that currently are not represented at the Regional level.</p> <p>In Loving Service,</p> <p>Dale R</p> <p>Ad Hoc Chair</p>

8. Area Reports

Almost Heaven	<p>Addict named David, and I have the following to report:</p> <ul style="list-style-type: none"> <li>A. There are 23 groups in the area</li> <li>B. There were 10 GSR's in attendance at the April ASC</li> <li>C. The following positions are Open in Almost Heaven area: Secretary, RCM, RCM Alt., Treasurer, and VRCC Rep</li> <li>D. No trusted servants elected this month</li> <li>E. Group News: 28<sup>th</sup> Annual Spring Fling hosted by The New Hope Group to be held June 3, 2018 from Noon to 5pm, at Ambrose Park Pavilion in Martinsburg, WV.</li> </ul>
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F. No area news at this time

G. Sub-Committee news: The PR Task Group met on March 19, 2018 at 6:30 pm at the Daily Grind

Review of Tasks:

- Lit rack in Charles Town Juvenile Court-checked March 12, 2018
  - Meeting List at the Bethany house was done on Jan 31st and men's mission was done on Feb 3rd
  - Spring 2018 Meeting List .pdf to be sent around at March area for updates
  - Quarterly updated meeting list to be sent to Journal, Hope Project, an ER Doc and the Director, of Behavior Health at Berkeley medical center.
  - After updating the Regional BMLT with some tweaking from members in and out of the region we were able to do a naws format dump and output a file to send to NAWS to update the meetings in Almost Heaven in the NAWS database.
  - Three PR members can now update the Regional BMLT
  - Looking into an Area email connected to PR email
  - Domain Name payment is on an autopay via paypal but had some trouble and one year came off a members paypal that it was originally set up on. But it is now set up on the area's paypal to come out automatically and another year was paid. So we are paid up until 2021
  - We discussed being asked to be a part of a community (Berkeley and Jefferson Counties) wide literature distribution in cooperation with others this is now on the back burner. The development of a community website with all resources included NA is now being looked into.
  - We did a PR table at Lecture on Medically Assistant Treatment on March 1, 2018
  - Asked to return and do a PR table at Day of Hope in Washington County on May 19, 2018
  - Asked to return and do a PR table Project Hope community gathering for Saturday, June 2, 2018 from 11am to 4pm at the Martinsburg High School 701 S. Queen Street Martinsburg, WV 25401
  - Asked to return and do a PR table at Recovery Walk June 9, 2018 this has been changed to Labor Day weekend
  - Member will check on returning to Gay Pride in July.
  - Got approval to purchase banner for table cost about \$68.00.
  - Will asked to purchase tube to maintain banner at area cost unknown at this time. Only found an expensive one for \$90.00. Will see if we can create one with pvc pipe.
  - Reviewed ongoing Task will do as we can.
- Next PR task Group meeting at the Daily Grind 778 Foxcroft Ave., Martinsburg, WV, on April 16, 2018

Our Area Convention Committee is active in planning the upcoming Almost Heaven Area Convention to be held in August 2018 at the 4-H center in Front Royal, VA. Should have Flyers for that here with me in June.

H. Area Concerns: Regional Phone Line? Has anyone else been calling to check

	<p>up on it?</p> <p>I. Area Special Events: There are no special events planned at this time.</p> <p>J. All things in Almost Heaven Area are well. I am currently serving as RCM Pro-Tem and will continue to do so each month until an addict in our area is nominated and elected as RCM or RCM Alt. Because of scheduling conflicts, I am finding it more difficult to serve in the capacity that I feel is needed to be RCM, but I do plan to stay active in the region, and look forward to serving in any way I can here in the future. We have \$264.48 to donate to the region.</p> <p>K. Next ASC will be held on Saturday May 5, 2018 at Berkeley County Resource Center in Martinsburg, WV at 1:30p.m.</p> <p>ILS,</p> <p>David T.</p>
Appalachian	<p>Hello RSC Body; I Lisa B, of the Appalanchian Area Report as of April 2018, states as follows, Our area as of today has 8 active groups in our area, around 5/6 GSR'S attend area service meetings monthly, Mostly the groups in our area, is filled to it's capacity, We have steps/Traditions meetings, Literature studies, and we're constantly spreading a message of hope. However a lot of meetings up to date is mostly filled with new comers, which is great, but it also leaves us in somewhat of a bind to an extent, whereas we have several positions needing to be filled on the area level, though some has been filled recently, other's has not and are being repeatedly pro temped by previous members, because of lack there of participation, some subcommittees are struggling also with lack of participation, as well, some positions available is the vice chair, the chair which I'm currently pro-tempting,as of this month. though my time is up, it's possible we might have a nomination coming up next month, However, we have Special Events vacant, Our PR Chair is filling in as Secretary, etc, It would be very beneficial to our area. If at some point we could have a planned learning day, soon, there are some new comers who would love to participate. And then there's Old Timers, whose lack there of attraction is not so attractive. There is truly 10% of members, doing 90% of the work, Our Next Area meeting is scheduled on May 11, 2018, at 3:30 until 5;30 pm.</p> <p>In loving Service Lisa B. RCM Dir</p>
Beach	<p>The Beach Area did not meet quorum in March. The April ASC met w/all 16 GSRs in attendance. There are currently 16 home groups in the Beach Area. Rachel C. was nominated and elected to the vacant vice-treasurer position. The director position for VRCC remains vacant. Hope Ignited home group motioned for the Area to host a New Year's event. The motion passed and</p>

	<p>was turned over to the Emergent Needs Sub-committee.</p> <p>The SOTS(Serenity On The Shore)sub-committee will be hosting a Spiritual Breakfast Saturday, May 5th, @Good Shepherd Lutheran Church@10:00AM. All SOTS fundraiser events can be found on the Beach Area website, virginia beachna.org, or the campout website, sotscampout.org.</p> <p>The H &amp; I sub-committee currently serves 2 facilities w/6 commitments. Sentera Hospital reached out to the committee expressing interest in having the message brought to a new behavioral health facility they recently opened.</p> <p>I will be submitting a motion requesting the Regional H&amp;I sub-committee and the Inmate Step Writing sub-committee come to the Beach Area. The Virginia Beach City Jail would be a prime facility for the Step Writing Program.</p> <p>The next Beach ASC will be Saturday, May 5th. H&amp;I meets at 11:00, Emergent Needs@12:00 and the ASC@1:00. 1200 Dam Neck Rd., Virginia Beach, VA 23454.</p> <p>In Loving Service,</p> <p>Dale R</p>
Blue Ridge	<p>The Blue Ridge Area of NA had their ASC meeting on April 8<sup>th</sup> at 4pm at the Verona UMC. The meeting was opened with the Serenity Prayer. Quorum was met and business was conducted as usual.</p> <p>All of the home groups reported all is well with them. We have 2 new home groups.....one is in Arrington called "Oak Ridge Gratitude." The other one is the Goshen/Craigsville area and is called "Hugs Not Drugs" and is now umbrellaed under another home group for the time being.</p> <p>The Outreach Committee will be travelling to the home groups that have not been attending ASC. We also continue to have our H&amp;I commitments covered but with the same few people. We need more help as usual. Those commitments are: Middle River Regional Jail both the male and female side, Western State Hospital co-ed group and Augusta Correctional Center which is all male. The upcoming special events will be attached with this report.</p> <p>The open positions are as follows: Treasurer, RCM, RCM Alt, VRCC rep and VRCC rep alt. James H. is still the Treasurer pro-tem and the RCM pro-tem is myself.</p> <p>We had one motion and that is a home group requesting a BRANA service/learning day in October sometime. They put together an Ad-Hoc committee to prepare for this.</p> <p>We have no donation to this body today. Our mailing address is PO Box 623, Harrisonburg, VA 22803. The next BRANA ASC is May 13<sup>th</sup> at 4pm at the Verona UMC.</p>

	NA Luv and Hugz, Nancy H.
Gateway to Freedom	<p>Good afternoon Family! I attended both of our ASC's in March and April. We currently have 14 homegroups carrying 16 meetings weekly. There was discussion of striking 2 of those homegroups from our meeting list and from the ASC roll call. They are on the outskirts of our Area and haven't been to an ASC in years, if ever. There were 8 of those 14 homegroups represented at Area in March and 9 in April.</p> <p>Open Area trusted servant positions are: Vice-Chair, Policy Chair, PR Chair, Outreach Chair, and RCM-Alt. At the last RSC, I reported that Mike "M" was nominated for a new term as Chair. It's Mike "P" not "M". In March, Mike P. was unanimously elected as Area Chair for another term. Deann M. was nominated for PR Chair in April and is now serving the position pro-tem.</p> <p>The Delegate team brought the CAR Workshop to our Area on March 24th. They did an amazing job and stayed on schedule. A lot of great information was exchanged and there were many compliments on the event. It was a great learning experience for those who attended, over 20 members from 3 different Areas.</p> <p>Our H&amp;I subcommittee continues to function smoothly and is fulfilling all current service commitments. H&amp;I carries 5 meetings into 3 different facilities. We take a men's and a women's meeting every other Friday into the Potomac Highlands Regional Jail in Augusta, WV. We take a women's meeting every Wednesday into the Allegheny County Detention Center in Cumberland, MD. We also carry 2 meetings weekly (Tuesday and Thursday) into the Joseph S. Massie Unit, an addictions treatment center.</p> <p>Special Events hosted our annual Sponsorship Brunch which went really well. There were about 30 members who attended, had a good meal, and heard a great message of recovery. The event also turned a small profit which will be used to further carry the message to the addict who still suffers by hosting future events. Special Events is currently planning it's annual Spiritual Breakfast to be held on Sat. May 19th from 10am-2pm at Saint Mary's Catholic Church - 300 E. Oldtown Rd., Cumberland, MD 21502. There will be a guest speaker.</p> <p>Our Camp Jam IV subcommittee is still meeting regularly to plan for our 4th annual Convention campout to be held the weekend of Sep. 21-23, 2018. The location for that is: Camp Minco 4H Park - Reese's Mill Rd., Keyser WV 26726. There are flyers available on the table.</p> <p>Group donations to Area have been picking back up but we have no donation to Region for this period. Our Area Treasurer was in Ocean City during our last ASC and was unable to cut a check.</p>

	<p>Our next ASC will be 10 am, Sat. May 12, 2018 at Friendship Haven Church - 22 Mechanic Street, Cumberland, MD 21502.</p> <p>In Loving Service, Duane F. - RCM</p>
New Dominion	<p>We had 21 voting GSRs and 16 reporting GSRs in attendance.</p> <p>We have 51 Home Groups and 59 meetings.</p> <p>H&amp;I: we have currently 7 facilities active with 27 meetings a week. We have 2 facilities currently dark (not meeting): James River work center (we need a facilitator) Male; Camp 13- DOC FEMALE facility, we had 2 months of weekly meetings with No participation from offenders so meeting suspended.</p> <p>Doc women's diversion program- have 3 volunteers cleared for a year, still no meeting.</p> <p>In loving service, Noreen J</p>
Outer Limits	
Peninsula	<p>Greetings Regional Family! In the Peninsula Area recovery is alive and well. On April 28th from 1 pm to 5 pm our Activities Subcommittee will be hosting a fundraiser. A Speaker Jam will be held at Hilton Christian Church at 100 James River Drive, Newport News, Virginia. A \$5 donation is suggested and participants are also asked to bring their favorite food or dessert to share. At this time no donation has been sent with me. According to our meeting list we have 55 meeting in our area 16 of which are home groups represented at ASC. Our area has 5 op n positions: Vice Chair, Secretary, Vice Treasurer, RCM alternate, VRCC delegate alternate. Elections are held upon completion of the term for each position. To my knowledge at this time no new groups have joined our area. As of March 8th, We Do Recover now meets at Reformation Lutheran Church, 13100 Warwick BLVD, Newport News, Virginia. It still meets at 7 PM on Thursdays. Our mailing address is Peninsula Area of Narcotics Anonymous, P.O. Box 16009 Newport News, Virginia 23608. Our ASC meets the first Saturday of each month at Warwick United Church of Christ, 10 Matoaka Lane, Newport News at 3 PM. No major news to report. We are working to restore ourselves financially so we will be able to contribute to our region more effectively.</p> <p>In Loving Service Kyon S. PASCNA</p>
Piedmont	<p><b><u>The Piedmont Area currently has 19 active Meetings, and 12 Home Groups. At April's ASC Meeting there were 10 HGs in attendance.</u></b></p> <p><b><u>H and I</u></b></p>

	<p>The Women's ACRJ needs more volunteers.</p> <p>We continue to have 6 H&amp;I meetings held in the Piedmont area, they are listed below;</p> <ol style="list-style-type: none"> <li>1. Men's ACRJ-wk.</li> <li>2. Women's ACRJ E/O wk due to lack of volunteers.</li> <li>3. Fluvanna Women's Correctional Facility-wk</li> <li>4. Boxwood-wk</li> <li>5. 5 East-Uva. Medical Center-Wk.</li> <li>6. Wellness Recovery Center-Region Ten-Unfortunately the wellness center will be closed for 90 days + for policy review.</li> </ol> <p><b><u>PR</u></b></p> <p>We continuing to stock IPs in the respective facilities: UVA Medical Center, The health department and the free clinic. The Website is also being updated when needed. Along with our Meeting Lists.</p> <p><b><u>Special Events</u></b></p> <p>We will be having a Speaker Jam next Saturday from 11-5. The theme is "How it works." This is a free event and food and drinks will be provided. This will be held at Church of our Savior on Rio Rd. in Charlottesville.</p> <p>Meeting attendance is improving. For example my HG meets on Friday and Sunday nights, on Fridays now we typically have about 10 as apposed to the 2-3 who we typically have.</p> <p><b><u>Positions</u></b></p> <p><b>Vice Treasure:</b> No Nominations</p> <p><b>VRCC Alternate:</b> No nominations</p> <p><u>Motions/Business</u></p> <p>None to report</p> <p><u>Next Area Service is May 5<sup>th</sup> at Church on Our Savior</u></p> <p>At 4:00pm.</p> <p>ILS,</p> <p>Hillary Z.</p>
Rappahannock	<p>We have 17 home groups with 22 meetings on a weekly basis. On average we have 10 GSRs at our monthly ASC which is normally held on the first Sunday of the month unless otherwise re scheduled for holidays. Area positions still open include Sec 2, Outreach chair and RCM1. Elected positions since last</p>

	<p>RSC include RCM2-Bill C and VRCC director-Antoinette B (aka Old school). In a previous RSC I had stated I would be stepping down due to family life, upon discussing this with my sponsor and network I have decided to stay long enough that RANAs RCM2 is well acclimated to the position and willing to fulfill the position before making any changes to my attendance at the RSC. We as an area are in the beginning stages of trying to open a men's and women's rap on the same day, same time, just different locations, as well as a meditation meeting. I carry high hopes for my area and have always wanted to see the people in it stop worrying about where the "old timers" were and start blazing our own trail. For some this is happening and regardless of the outcome of any of these meetings I hope the precedence will be made and proof will be shown that we don't have to ride the coat tails our of predecessors. In activities news we have a picnic in Fredericksburg May 19<sup>th</sup> at Kenmore park. Also as most know we are going to hold another convention in the burg next year and are continuing to put on speaker jams and fundraising events for that. All of our activities are on our areas website <a href="http://rappahannockareaofna.com">rappahannockareaofna.com</a> . H&amp;I has 3 facilities where we carry a total of 12 to 13 meetings a month, we take 4 mtgs a month (every Monday) into Sunshine lady house. 2 mtgs a month into Rappahannock regional jail (every other Wednesday) and lastly we have 5 to 6 mtgs going into boxwood rehab facilities depending on the number of Sundays in the month, 1<sup>st</sup> and 3<sup>rd</sup> sat, 1<sup>st</sup> thur, 2<sup>nd</sup> 4<sup>th</sup> and 5<sup>th</sup> Sundays.</p> <p style="text-align: center;">In closing RANA is still holding strong and steadily growing. Next area service will be held May 6<sup>th</sup> at Fairview Baptist church at 4pm (also on the website)</p> <p>In Loving service</p> <p>Richard M</p>
Richmond	
Roanoke Valley	
Shenandoah Valley	<p>The Shevana Area is thriving in the Shenandoah Valley &amp; carrying the message of recovery.</p> <p style="text-align: center;">On March 30<sup>th</sup> the Shevana Area celebrated its 20<sup>th</sup> Anniversary. We had a party with a DJ, dinner, dancing, souvenirs, &amp; speakers who pioneered the beginning of our area. The ad-hoc committee raised monies to put on the celebration. One recovering addict won \$520 from a 50/50 raffle. In the end after all expenses were paid \$425 was donated to the Area.</p> <p style="text-align: center;">Area Service was held March 12<sup>th</sup> &amp; April 19<sup>th</sup> with quorum met at each meeting. In March there were 12 GSR's present with 16 active groups. In</p>

	<p>April there were 16 GSR's with 17 active groups. Currently there are 28 meetings in our area with 24 Home Groups.</p> <p>Currently H&amp;I is taking 4 meetings into Behavior Health monthly &amp; 2-3 meeting to Juvenile Detention. In the Winchester Facility there are 2 meetings monthly each to the men's side &amp; women's side. In the Front Royal facility currently there is one monthly meeting to the men's side. H&amp;I is working on starting a meeting to the women's side of this facility.</p> <p>The weekend of May 3<sup>rd</sup>-6<sup>th</sup> Special Events is hosting Apple NA Alternative Bloom Out Music Festival in White Post, VA. There will be camping, live music, meetings, games &amp; swimming. This event is an alternative to Winchester's yearly Apple Blossom event for addicts to have a safe place to hang out during a sometimes difficult time for recovery addicts.</p> <p>May 19<sup>th</sup> Special Events is sponsoring its 3<sup>rd</sup> Annual Womanless Beauty Pageant to be held at Market St. UMC from 6-9pm. If anyone is interested in being a contestant please see me or get in touch with anyone on the committee. There are flyers available for both events on the back table with all pertinent information.</p> <p>Because Shevana Area has consistently been below prudent reserve for the past year an ad-hoc committee was formed to create an Operating Budget Assessment based on the past 2 years of expenses. Therefore we do not have a donation to give to Region this month.</p> <p>Shevana Area ASC next meeting is May 14<sup>th</sup> at Grace Community Church on Roosevelt Ave. Winchester, VA at 6:30.</p> <p>ILS Elisa D. RCM Shevana Area</p>
Southside	
Tidewater	
Tri-Cities	

9. All New Business Motions turned in before lunch

10. **Elections & Nominations**

Vice treasurer: Open (open since 173<sup>rd</sup>) no nominees at 189th  
 Speaker Jam chair: Open Open longer than two RSCs as of 185<sup>th</sup> no nominees at 189th  
 RDA- open at 188th

Dee P nominated from the floor at 189th. **Dee P elected at 190<sup>th</sup>.**

11. Old Business:

- a. **Motion 185-2:** Background: Currently our guidelines are silent as to who is responsible for scheduling subcommittee meeting locations and how far in advance they should be scheduled.  
Intent: To establish a single point of accountability to ensure that subcommittee meetings are scheduled sufficiently in advance to allow time for them to be publicized.  
Motion: Add Section 10 A 7 to read "Schedules subcommittee meeting locations at least 3 months in advance. Such locations must have WiFi or similar technology available for use at the subcommittee meeting."  
Mover: Norman C. Second: Mark S. **Disposition: Tabled Still tabled at 187<sup>th</sup>, 188<sup>th</sup>, 189<sup>th</sup>, 190<sup>th</sup>.**
- b. **Motion 187-1:** Mover: Kim A Second: Sue N Intent: Provide info needed by the RD team. **Motion:** Change/add to Section V, Reports "A) total number of groups and meetings" and "L) total number of H&I commitments and names of facilities being served by your area's H&I subcommittee."  
**Disposition: Sent to Policy. Still with Policy at 188<sup>th</sup>. Sent to Areas at 189<sup>th</sup>. Passed at 190<sup>th</sup>.**
- c. **Motion 189-2:** Provide bank cards to the Delegate team which access budgeted funds. The Treasurer would transfer funds into the account(s) associated with the card and the trusted servant would be able to spend budgeted funds and provide receipts for expenditures as stipulated in policy. **Intent:** to help the Regional treasurer and the delegate team be accountable and responsible and to help them better fulfill their duties. **Disposition:** Referred to policy **Still in Policy. Will be presented as a motion at 191<sup>st</sup> RSC.**
- d. Policy chair said that she will look into how to address the idea of reimbursing for mileage as opposed to gas receipts. (187<sup>th</sup>). Still doing research as of 189<sup>th</sup> and the 190<sup>th</sup>.
- e. Policy chair crafting policy to help keep track of the whereabouts of Regional tangible property and how to appropriately dispose of such when necessary. (189<sup>th</sup>) (190<sup>th</sup>)

12. New Business:

- a. **Motion 190-1:** From Sam F. (PR chair) request for \$70 for registration for Summer Institute. Within budget. Presented for transparency.
- b. **Motion 190-2:** From Kim A (RD) request for \$260 to attend AZF. Budgeted item. Transparency.
- c. **Motion 190-3:** Randy D (RDA2) funds to attend AZF. \$260. Budgeted item. Transparency.
- d. **Motion 190-4:** Randy D (RDA2) request to be reimbursed \$40.89 spent over budget doing CAR/CAT workshops. **Passed**
- e. **Motion 190-5:** From Nancy H (H&I chair) funds for travel for subcomms meeting. \$33. Budgeted item. Transparency
- f. **Motion 190-6:** From newly elected RD (Dee P) funds to attend WSC. \$1784.17. Budgeted item. Transparency.
- g. Subject of getting H&I and ISW to do a workshop in Virginia Beach was discussed. Research to done by Beach area RCM and the two committee chairs.
- h. Peninsula area was asked to try to find volunteers to work the Summer Institute.
- i. How to keep track of and/or properly dispose of Regional tangible property was discussed further and is being worked out by Policy and Vice chair.
- j. There was a good deal of discussion as to whether or not the newly elected RDA should go to WSC. After much discussion pro and con the consensus was that she should go.

13. Next RSC will be held on: June 16<sup>th</sup> Charlottesville, VA
14. Announce Location and Time of next Subcommittee Meetings:
15. Close with Serenity Prayer and Announcements