

**Minutes for the 194th Regional Service Conference
Central Atlantic Region
December 15th, 2018 Charlottesville, VA**

Open Forum began at: 11:00am RSC began at: 12:20pm

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

1. Serenity Prayer

2. Open Forum

- a. Duane F. brought an issue that Gateway area is having some issues about who should or should not be a signatory on their bank account. Folks shared the experience of their areas. The fact that sometimes the requirements of the bank can help flesh out who should be a signatory.
- b. Chris P. brought up the fact that his area (Tidewater) has not developed much interest at all in the rough draft of the Regional inventory questions. A few other areas have had similar experiences. Sherry V. reiterated that the inventory questions are a work in progress.
- c. Kim A. let the body know that we have a correspondence from ECCNA working towards keeping the Regions informed.
- d. Duane F. brought up the issues that their area Treasurer created a year-to-date listing of homegroup contributions to the area. List showed that some homegroups have contributed nothing. Some people want to confront those homegroups. Duane was looking for experience from the region on how to handle the issue.
- e. Sherry V. brought some issues with the answering service. One issue was the greeting message which is twelve years old and might want to be updated. Sherry's thought that the greeting should mention "Narcotics Anonymous" first so the caller will know that they have the right number. Etta said that she had called the phone line and the service had trouble finding info for Fredericksburg. Service did some research and relayed the request to an NA member in Shevana. Fredericksburg is in the Rappahannock area! Consensus was that the phonenumber really needs to be straightened out. Some aspects of the phonenumber are functioning fair but other aspects such as meeting locations are having difficulties. Sherry V. offered to help Teddy with the phonenumber. Frank Y. volunteered also.

3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

Chair	Bill M	Almost Heaven	Frank Y	x
Vice Chair	Etta F	Appalachian	Lisa B	x
Secretary	Neal G	Beach		
Treasurer	Brian C	Blue Ridge	Nancy H	x
Regional Delegate	Kim A	Gateway	Duane F	x
Regional Delegate Alternate	Dee P	New Dominion	Noreen J	x
Regional Delegate Alternate 2	Randy D	Outer Limits		
VRCC Chair	Absent	Peninsula		
Hospitals and Institutions Chair		Piedmont	David H	x
Policy Chair	Nancy H	Rappahannock		
Public Relations Chair	Antionette B	Richmond	Kim M	x
Speaker Jam Chair	Erin T	Roanoke Valley		
		Shenandoah Valley	Elisa D	x
		Southside	Sue N	x
		Tidewater	Chris P	x

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

5. Recognition of new attendees / identify members willing to mentor that they could sit next to.
Chris P alternate for Piedmont
6. Approval of Prior Minutes: Motioned made by Elisa D; seconded by Noreen J **Approved**

7. Trusted Servants Reports

Chair Report	<p>Good morning Family,</p> <p>I was unable to attend the subcommittees. I met with the RD team and ad hoc inventory planning subcommittee several times via zoom videoconferencing. The out come of those meetings is a plan for moving forward with the Regional inventory utilizing the questions published on the website. More will be reviled</p> <p>Bill McCormick</p> <p>804-338-7180</p>
Vice Chair Report	<p>Hello Family,</p> <p>I have nothing lengthy to report today. I was unable to attend the sub--committees this past meeting time due to a family emergency that has had me disconnected for the past month so no work on my part has been done. I look forward to attending next meeting.</p> <p>I attended the Zonal Workgroup that met at the WSO in California by Zoom conference, as I was unable to physically attend. Look forward to updates from the World Board forthcoming. I am very concerned about the phone lines as I made a call to them and they were unable to find my area and when I got a return call back it was 1 hr. and 10 minutes later and was helped by the Shevanna PR chair who gave me my areas website for info. I will update Teddy with our contact people but I am concerned that he did not know that Fredericksburg was in Rappahannock Area and blamed the problem on computer problems. I encourage that each area call and test the website for correct information and report any problems back to Teddy A. on the regional PR committee.</p> <p>ILS</p> <p>Etta F.</p>
Secretary Report	Things are lovely in secretary world

Treasurer Report	<p>Hi Family,</p> <p>We currently have \$18,217.97 in the bank. During the last three months we had \$8388.88 in income and \$3774.898 in expenses. I will make a donation to world per policy after all expenses for this RSC have been tabulated.</p> <p>I am concerned about not receiving donations that have been made between RSCs via the post office box. I would be happy to check the box for donations if someone would get me a key. We should perhaps re-open the discussion of using a service to process the contents of our PO Box in a timely fashion.</p> <p>I will be transitioning to a version of the spreadsheet that is used by many areas for tracking income and expenses in 2019. This will allow us to have more granular reporting on our financial status, including actual vs. YTD expenses vs. the budget.</p> <p>Thanks for the opportunity to be of service.</p> <p>Brian C.</p>
RD Report	<p>don't feel I really have much of anything to say in this last report. I did bring the books from ECCNA today along with a letter I was asked to read on the floor. I have turned over the presentation equipment to Dee and Randy and I hope if there is anything further I can do to assist them as they transition into their new roles, that they know I am only a phone call away.</p> <p>I just want to thank the entire Central Atlantic Region for believing in me and supporting me in my best efforts to serve this region throughout the past 6 years. When I started out on the Delegate team I was new to this region and you placed a lot of faith in me and with your support this region became my home. Serving on the Delegate team has been absolutely one of the best commitments I have ever been privileged to fulfill. When NA told me I could learn how to become a useful productive member of society within these rooms, I had no idea...</p> <p>Special thank you's to Donna Lee, Eddy W, Randy D and Dee P for sharing this journey with me. I really can't thank you enough. I have no words adequate enough to express my gratitude for the multitude of gifts that I have gotten from each of you.</p>

Dee and Randy's very capable hands I leave you as I go on to implement some of the skills we've been fortunate to have learned. I know I will find my next commitment in the near future and if it's not here at region, please know I will greatly miss you all until we next get to meet.

I got clean - not perfect.

Thank you for allowing me the opportunity to do the best I can,

Kim A –outgoing RD

860-309-1404

rd@car-na.org

Letter from ECCNA

November 4, 2018

Dear Fellow Members,

The East Coast Convention of Narcotics Anonymous 22 (ECCNA 22) was a huge success! The convention was hosted by the Georgia Region and was held at Valdosta State University in Valdosta, GA. The theme for this year's convention was "Selfless Service" and was brought to life by the Host Committee and volunteers.

In addition to carrying a message of recovery, ECCNA 22 was able to generate enough funds to buy 2,608 Basic Texts. A total of 46 cases will be distributed to the jails and prisons in Georgia. We will be distributing two cases to each of the remaining 23 regions that make up the East Coast. Of these two cases of books, 48 will be English and 8 will be Spanish. Also enclosed is a financial statement from this past year's convention. This makes over 20,000 Basic Texts that have been distributed to Jails and Prisons on the East Coast since the convention was restarted in 2010. Over 20,000 – that bears repeating!

We are grateful to be fulfilling our primary purpose which is to put on an affordable convention, celebrate recovery and distribute our Basic Text into jails and prisons. For more information about ECCNA, please visit our website at www.eccna.org. You can find out what regions make up the East Coast, how the convention did last year, as well as keep up with details about our upcoming convention.

ECCNA, Inc is proud to announce that the Gulf Coast Area was the winner of the bid to host ECCNA 23!! The convention will be at Florida Gulf Coast University in Ft Myers, FL on June 21-23, 2019. Registration information is available on the website.

One of our goals as an Advisory Board is to have a representative of each region on the East Coast on our board. We have enough open positions on the board to accommodate each region. Please consider nominating a member of your region to serve on the Advisory Board. The requirements, bylaws and the nomination form are also available on our website.

Should you have any questions, please feel free to contact us.

	<p>In Loving Service,</p> <p>East Coast Convention Advisory Board</p> <p>*The ECCNA financial statement is a part of the minutes but is attached as an attachment*</p>
RDA Report	<p>This has been a quiet month for the RD team. I have participated in several webinars.</p> <ul style="list-style-type: none"> • Webinar for Autonomy Zonal meeting to discuss upcoming 2 day Zonal Event in the Freestate Region. The focus of the workshops will be Relationships. <ul style="list-style-type: none"> ○ There will be work shops on Saturday, January 26th ○ The AZF meeting will be on Sunday, January 27th • Webinar for determining the qualifications and duties of the Autonomy Zonal facilitator and secretary. • More information to be discussed at Regional meeting. • Webinar for WSC participants • I reviewed the revised A Guide to World Services and submitted my input to world. <p>Thank you for allowing me to step in and serve as your RDA for this past year. I look forward to serving CAR-NA as your RD (unless someone else is willing to serve).</p> <p>ILS, Dee P. 410-916-8545 zikidee@yahoo.com</p>
RDA2 Report	
VRCC Report	
H&I Chair Report	
Policy Subcommittee	
Public Relations	
Speaker Jam	
AVCNA Time Slot Ad-Hoc	<p>*Regional Planning ad-hoc committee report*</p> <p>We met on two different video call and some individual calls with the Regional Chair.</p> <p>In reviewing the questions, we concluded that it should have been</p>

	<p>discussed why so many and the reason why is so members at various levels of service experience could give input. It is not expected that all questions be answered and if there are other questions or concerns please write them down for consideration during the workshops.</p> <p>On the video conference we looked at the 7-steps to planning and worked on a schedule to reach actions plans and then consider the Oct 2-day as a venue for ongoing updates of action plans and any inclusions to be added to the process annually.</p> <p>Will discuss more during new business.</p> <p>ILS</p> <p>Sherry V.</p>
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8. Area Reports

<p>Almost Heaven</p>	<p>Greetings it is a good day to be of service.</p> <p>We currently have 23 Home Groups , the month of November there were 12 in attendance and for December we had 14. The average attendance for our meeting is between 12 and 14 and a average of 4 Newcomers. There are 4 open positions 1) vice chair 2) RCM alt. 3) Vrcc 4) convention chair. 22Dec 18 Speaker Jam 12pm to 7pm at New Image 525 George St Hagerstown Md.</p> <p>11 Jan 19 Holiday Gratitude Dinner @ 7pm Start to Live Trinity Episcopal Church German and George St. Shepherdstown w.v.</p> <p>Almost Heaven will be having a New Year's dance 8pm-12am at Calvary United Methodist church 220 W. Burke st Martinsburg. All are invited to attend the 1st meeting of the year following the dance at the same address.</p> <p>For some reason (im old) i forgot the date for our last LSU but we had 6 in attendance. P.R. will be checking the Literature rack in January to the different facilities. 8 Nov. 18 P.R set up a table at Revitalize Hagerstown 2.0at Hagerstown Park Museum all went well. 11 Nov. 18 set up a table for Hero Haven Homeless Veterans Stand. I was informed that they had the opportunity to talk to the Chaplain and vets about N.A. 20 Nov 18 table at Meritus Medical Center Hagerstown for the community health needs assessment. Discussed N.A with a nurse who never heard of N.A and a recovering addict who attends another fellowship who had no idea N.A is in Hagerstown, she was given a mtg list and expressed excitement to attend</p>
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	<p>N.A. We have finally received our banner and our meeting list was passed around for any updates.</p> <p>H&I we continue to carry a meeting into the Eastern Regional Jail. We carry a meeting into the Washington County Detention Center which is very well received currently we have 2 women waiting to be cleared at WCDC. There are no updates concerning the Berkeley Medical Center.</p> <p>Open positions 1) area vice chair 2) rcm alt. 3) vrcc and 4) convention Chair. Area budget was voted on and passed.</p> <p>Area passed a motion concerning the Regional Phone Line : to update the Regional phone line with the contacts already provided and remove all previous contacts no longer willing to be involved. Intent to remove anyone who is no longer willing to serve and place willing participants who will carry the message to addicts in need.</p> <p>RCM alt brought to the Area's attention of the importance to complete the Regional Planning event questionnaire.</p> <p>Other than the concern about the Regional Phone Line AHSCNA has no concerns to be addressed by Region. Next LSU 17 DEC. 18 at New Hope group 549 N. Queen st Martinsburg wv. Next ASC 5 Jan 19 400 w Stevens St Martinsburg. We are blessed to donate \$67.50 for November and \$128.54 for December.</p> <p>In loving service.....Frank Y.</p>
Appalachian	<p>Hello Regional Body,</p> <p>This is Lisa B, Appalachian RCM, currently we have approximately 8 active home groups, which mostly all GSR's attends area service which meets the first Sunday monthly, the next meeting is scheduled for January 6, 2019 at the west Lynchburg church, we still have a few positions still not filled. But we were able to elect a secretary. Congratulations to Alex A, our groups as well as our area service body has been struggling with participation and members getting involved but thank God our higher power is in charge and 10% of the people has been filling in. Our subcommittee is in need of help as well mostly again do to lack of knowledge as well lack of participation. Yes we had many concerns not just about areas or surrounding areas but also members not taking there prescribed medications and acting out in various meetings disrupting meetings, delivering misinformation. predators perusing new comers is at an all rime high. Yes there is a concern as well in the area level, we have a chair that's new a continuously voices his opinion as well as the vice chair. It was brought to the area that the VRCC Committee hasn't had a 38th bid fir the up coming convention in 2019, and that the chair is planning to have the Vrcc put on the convention, and our area vice chair suggested the Appalachian area go for the bid, and the Vrcc chair encourages it. I don't</p>

	<p>believe the motives are pure at this present time. We do recover is having a Holiday dinner for members right directly after the meeting on Christmas Day from 1-3. The next area meeting is January 6,2019 from 3:30-5:30 pm. P.O, box is 3214 Appalachian area of Lynchburg 24501.</p> <p>In loving service</p> <p>Lisa B</p>
Beach	
Blue Ridge	
Gateway to Freedom	<p>Good afternoon Family! Since the last RSC, I have attended both of our last 2 ASC's. There were 9 homegroups represented in Nov. and 8 in Dec. for an average of 9 (rounded up). Our ASC attendance and participation has increased in the last 2 months with newly nominated and elected trusted servants. We currently have 14 homegroups Carrying 16 meetings weekly.</p> <p>Open Area trusted servant positions (officially) are: Vice-Chair, Secretary, Treasurer, Vice-Treasurer, RCM, RCM-Alt, PR Chair, Policy Chair, Literature Chair and Outreach Chair. However, 5 of those positions are being served pro-tem. Larry S. withdrew his nomination as Camp Chair and Cassandra S. was nominated and elected to that position. Kim G. was elected as new Special Events Chair. John G. was elected as new H&I Chair. Cris S. was nominated for a 2nd term as Secretary and is currently serving pro-tem since her 1 year term was up last month. Larry B. was nominated for a 2nd term as Treasurer and is also serving pro-tem. Literature, PR and RCM are being served pro-tem as well.</p> <p>Our H&I Subcommittee is still functioning with a skeleton crew of 3 panel leaders and a new Chair. At the 193rd RSC, I reported that we were no longer carrying a meeting into the Joseph S. Massie Unit, a treatment facility in Cumberland, MD. I was misinformed and we do still take a meeting there. However we are only taking in 1 meeting biweekly, whereas we were taking in 2 meetings weekly. We continue to carry a men's and a women's meeting biweekly into the Potomac Highlands Regional Jail in Augusta, WV.</p> <p>PR is currently dormant with no planned events until February.</p> <p>Special Events is planning it's first event with their new Chair. They are hosting a Chili Cookoff on Sat. Jan. 19, 2018 from 1-5pm at Springfield Assembly of God - 9637 Cumberland Rd., Springfield, WV 26763. They are also planning a Spiritual Breakfast in March.</p>

	<p>In Area news, annual budgets for 2019 were submitted in Nov. and approved in Dec. by the homegroups.</p> <p>Our donation to Region is \$46.25 for this period. Our next ASC is at 10am Saturday Jan. 12, 2019 at Friendship Haven Church - 22 Mechanic St., Cumberland 21502. As always I am grateful to serve the Area and Region that I got clean in.</p> <p>In loving service,</p> <p>Duane F. - GTFA Chair/RCM pro-tem</p>
New Dominion	<p>Good morning-Michael L, RCM-alt is out of state today. I have no donation today, as our ASC is normally on 2nd Sun/ rescheduled to tomorrow. I will talk with Bryan C to see if I can get it to him for deposit since we live in same town.</p> <p>Currently we have 57 HomeGroups with 67 meetings per week. H&I covers 8 facilities with 32 meetings a month.</p> <p>THE MOTION ON APPROVAL OF Regions 2019 budget was passed. Due to postponement of ASC, don't have the tally from HomeGroups regarding the addition of scheduling SubCommittees to duties of ViceChair.</p> <p>EVENTS:</p> <ul style="list-style-type: none"> •NEW Dominion and Richmond are partnering to hold a workshop for the Regional Inventory on Sat Jan 26; 1-3: Bethlehem Baptist Church, 1920 Fairmount Ave, Richmond, VA 23223 (I just got this info this morning, so no flyers 😊). Maybe Richmond will 😊 • NEW YEARS EVE- Church at Monument & Malvern—same spot as last year (look at RVNA for address) <p>ELECTIONS: Jan 19 Vice-Chair and RCM ALT WILL Be held. This is likely my last RSC as RCM From New Dominion. It is always a blessing to serve Narcotics Anonymous.</p> <p>lastly AVCNA 2019 is quickly approaching. The room block for Sat was met, only 5 rooms left to meet Friday's room block requirement- (hopefully met by now!!). Still no bid for hosting 2020.</p> <p>In loving service, noreen j and Michael I</p>
Outer Limits	

Peninsula	
Piedmont	<p>A. Groups: The Piedmont Area currently has 22 weekly meetings in 14 Home Groups.</p> <p>B. ASC Attendance: At Octobers' ASC Meeting there were 10 HGs in attendance.</p> <p>C. Open Positions: PR Vice-chair, H&I Vice-chair.</p> <p>D. Elected: RCM-2</p> <p>E. Group News: All regularly scheduled meetings will meet at their normal times over the holidays.</p> <p>F. Area News:</p> <ul style="list-style-type: none"> a. An ad-hoc committee was set-up to address issues around the language of our policy, which has unclear requirements for service positions. The work of this committee continues and we anticipate a working document to be given to GSRs and Trusted Servants for review in January. b. Dontations: <ul style="list-style-type: none"> i. World: Scheduled donation of \$500 dollars in January ii. Region: \$500 dollars today <p>G. Subcommittee news:</p> <ul style="list-style-type: none"> a. <u>H and I-</u> <ul style="list-style-type: none"> i. We continue to have 5 H&I meetings in 4 facilities held in the Piedmont area, they are listed below <ul style="list-style-type: none"> 1. Men's ACRJ- 2/wk 2. Women's ACRJ – 1/wk 3. Boxwood- 1/wk 4. 5East-Uva. Medical Center-Wk. ii. Other facilites: <ul style="list-style-type: none"> 1. Wellness Recovery Center- remains on hold due to facility closing and re-opening 2. Morris Creek – New rehab facility, letting PR in but still havent gotten back to us about H&I b. <u>Public relations</u> <ul style="list-style-type: none"> i. We continuing to stock IPs in the respective facilities: <ul style="list-style-type: none"> 1. UVA Medical Center, 2. The health department 3. The Charlottesville Free Clinic. <p>The Website is also being updated when needed.</p>

	<p>Along with our Meeting Lists.</p> <p>As discussed in Open Forum, our meeting list has been updated with the BMLT, CAR-NA website, and Teddy's spreadsheet</p> <p>c. Special Events</p> <p>The Piedmont Area will be having a Winter Party. We're smoking turkeys and preparing all the fixings. It will take place on December 15, 2018 from 5-9, which the last hour being a meeting.</p> <p>Address: Church of Our Saviour 1165 Rio Road East Charlottesville, VA. 22901</p> <p>H. Area Concerns: Phone lines reporting all meetings in the area when called.</p> <p>I. Brief Summary: All is well</p> <p>J. Next ASC meeting: January 6, 2018</p> <p>ILS, David H.</p>
Rappahannock	
Richmond	<p>How many groups in my area: 32 Home Groups and 36 Meetings</p> <p>How many GSR's attended last ASC: 23 in November and due to inclement weather, we did not meet in December</p> <p>Area trusted service positions open: Policy Chair, VRCC Director, and Vice VRCC Director</p> <p>Area trusted servants elected: No one</p> <p>Group news: None</p> <p>Area news: AD-HOC committee for IDT workshop will be meeting on Wednesdays at 1205 West Franklin Street, the first one will be held December 19, 2018 7:30 PM – 8:30 PM</p>

	<p>New Dominion Area and Richmond Area will be hosting a workshop on the Inventory January 29, 2018 from 1 PM – 3 PM at Bethlehem Baptist Church 1920 Fairmount Avenue, Richmond VA 23223 we would like to invite anyone from this body to attend.</p> <p>Subcommittee news: H&I takes a meeting to RBHA for men and one for women, they also go to Richmond City Jail for males and New Kent Jail also for males.</p> <p>Area Concerns: None Area Special Events Calendar: Richmond Area will be hosting a New Year’s Eve Dinner and Dance at 4354 S. Laburnum Ave, Henrico, VA 23231 Monday December 31, 2018. Tickets are \$10.00 in advance and \$12.00 at the door.</p> <p>Brief Summary: We did not meet in December due to inclement weather, so we do not have a donation this month.</p> <p>Next ASC meeting: Next ASC Meeting is Sunday January 20, 2019 at 4PM at 3121 Moss Side Avenue, Richmond VA 23222</p> <p>Area Contact Information: Richmond Area Service, PO Box 26249, Richmond, VA 23260 www.rvana.org</p> <p>In Loving Service Kim M.</p>
Roanoke Valley	
Shenandoah Valley	<p>All is well in the Shenandoah Area of Narcotics Anonymous. Area Service met on November 12th & December 10th. Quorum was met at each meeting and business was conducted per policy.</p> <p>H&I have been busy taking meeting into our local facilities. Currently there are 4 meetings into Behavioral Health at WMC and 2 meetings into Juvenile Detention. Four meetings monthly into Northwestern Regional Adult Detention Center in Winchester, 2 on the men’s side & 2 on the women’s side. At the Rappahannock Shenandoah Warren Regional Jail one meeting on the men’s side is currently being conducted, A second meeting is on the calendar for after the first of the year. Orientation for the women’s side is currently in the works.</p> <p>Special Events will hold its annual Holiday Dinner Dec. 22nd. Dinner will be served at 5:30pm with a speaker at 7pm. This is a free</p>

	<p>event & also a family event. There is an anticipated visitor from the North Pole.</p> <p>Marathon Meetings will be held beginning Christmas Eve (Monday) thru Christmas Day (Tuesday) at the John Mann United Methodist Church, 119 E. Cork St. Winchester, VA 22601. The first meeting begins at 9:30pm with the last meeting Christmas Day beginning at 10:00am.</p> <p>On January 27th Special Events will sponsor its annual Snow Tubing event held at White Tail Resort, Mercersburg, PA. The cost is \$30 for 2hrs. snow tubing. There are flyers on the back table and also copies of the Dec. Shevana Newsletter.</p> <p>The “Eyes to the Sky” meeting which meets each Tuesday at 7pm at the John Mann Church in Winchester is holding its 20th anniversary meeting on Jan 29, 2019. It is one of the oldest continuous NA meetings in the Shevana Area.</p> <p>The Shevana Area created an adhoc committee to research making a bid for the 39th AVCNA to be held 2021. More will be revealed.</p> <p>The next ASC meeting is scheduled for January 14th at Grace Community Church, Roosevelt Ave, Winchester, VA.</p> <p>ILS Elisa D. RCM Shevana Area.</p>
Southside	<p>Seasons Greetings</p> <p>At our dec. meeting 7 out of 15 meeting representatives were present. We were supposed to have nominations for elections in January but not enough were present. We did elect a vice treasurer and alternate regional committee member . She will be present at the February regional meeting.</p> <p>Positions open are vice chair. We will have elections in January. We have a black and white gala for New Years Eve and meeting marathon.</p> <p>We have no donation due to being below prudent reserve. We voted yes for Dee as delegate, yes for region budget and yes on the motion.</p> <p>Our chair person is addressing an issue with a group of 3 meetings who do not attend area and give all their donations to a couple members church instead of buying literature and carrying the message. New members were confused</p>

	<p>about no literature being available. If we cannot resolve this we may need to bring it to region.</p> <p style="text-align: center;">Thank you for the opportunity to serve SueN</p>
Tidewater	<p>Our area is doing well. We have about 68 meetings, some of them are daily at the same location. I passed out CAR-NA Regional Surveys at last month's area. This month I did not get a single one back.</p> <p style="text-align: center;">We are having a New Year's Marathon from 2:00 pm until 2:00 am New Year's Day at Wesley Grace United Methodist Church located in Norfolk, VA. 288 East Little Creek Road. 6 pm dinner, 8 pm main speaker, closing meeting at 1:00 am. Dance from 9 pm to 1 am featuring DJ Serenity, Carlton J.</p> <p style="text-align: center;">All positions except VRCC and Alternate are filled at present. H+I is going strong with new chair for literature. Convention committee TACNA had a Speaker Jam. It was very successful, over 80 addicts from as far as Richmond attended. Food was sold, event was free.</p> <p>In Loving Service,</p> <p>Chris P.</p>
Tri-Cities	

9. All New Business Motions turned in before lunch

10. **Elections & Nominations**

Vice treasurer: Open (open since 173rd) no nominees at 191st. No nominees at 192nd. No nominees at 193rd. No nominees at 194th

RD position became open for nomination at 192nd. RDA is an automatic nominee. Current RD's term ends in December. No further nomination at 193rd. Nominations closed at 193rd.

Public Relations position became open at 192nd. Current chair had to step down due to personal/family issues. Nominations needed. No nominees presented at 193rd. No nominees at 194th.

Randy D (current RDA2) is automatic nominee for RDA. Sent back to areas for other possible nominations.

Randy's quals: 22 years clean, working knowledge of 12, 12, and 12, service sponsor, has been RDA2 for one year and 10 months, served on homegroup and area level, has been to WSC, helped with H&I and PR and Outreach, have a sponsor, trying to live by spiritual principles ODAAT, willing to serve

Secretary position comes open in February. Julie T nominated by Kim M. (Richmond area).

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: Referred to Policy. In policy at 192nd. Policy change presented at 193rd and sent back to areas. 2 Pros from the floor: 1) consistency 2) accountability. 1 con from the floor: adds more duties to the vice chair.**
- b. **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. In Policy at 192nd. Still tabled at 193rd Still tabled at 194th.**
- c. Policy chair said that she will look into how to address the idea of reimbursing for mileage as opposed to gas receipts. (187th). Still doing research as of 189th and the 190th. (191st) (192) (193rd)
- d. Policy chair crafting policy to help keep track of the whereabouts of Regional tangible property and how to appropriately dispose of such when necessary. (189th) (190th)(191st)(192)(193)(194)
- e. Any updates from the inventory ad-hoc? **RD team will do workshops in every quadrant to disseminate the Regional Inventory questions and other related information to the fellowship in preparation for a presentation at the April 2019 2 day event. Still being fleshed out as of 193rd. Still a work in progress at 194th.**
- f. Approval of 2019 budget: **Approved** Yea: 7; Nay: 0; Abs: 3

12. New Business:

13. Next RSC will be held on: February 16th Charlottesville, VA

14. Announce Location and Time of next Subcommittee Meetings: **To attend via Zoom conferencing see CAR-NA website for Zoom log on info.**

15. Close with Serenity Prayer and Announcements