

**Minutes for the 198th Regional Service Conference
Central Atlantic Region
August 17, 2019 Charlottesville, VA**

Open Forum began at: 11:00 RSC began at: 12:15

- **Serenity Prayer**

- **Open Forum:**

- 1) Autonomy zonal forum and discussion on treasures position being added to the secretary's position facilitators position. After reading guideline for the duties of both 2 people said facilitator.
- 2) All white affair was discussed what does that mean or represent.
- 3) virtual meetings be reorganized as NA groups-talked about guidelines for virtual meetings hybrid meetings add virtual meeting schedule push online meetings to form a virtual area to allow this their voice to be heard and like-minded members voice to be heard there needs and what is working for their meetings

Reading of Purpose, Traditions, and Concepts Read by Frank Y Roland C Sue N

- Roll Call: Quorum

Executive Body

Areas

| | | | | | |
|----------------------------------|--------------------------|---|-------------------|-----------|---|
| Chair | Etta F | P | Almost Heaven | Frank Y | P |
| Vice Chair | Open | A | Appalachian | Daniel D | P |
| Secretary | Julie T | P | Beach | Joe B | P |
| Treasurer | Brian C | P | Blue Ridge | Nancy H | P |
| Regional Delegate | Dee P | P | Gateway | Absent | A |
| Regional Delegate Alternate | Randy D | P | New Dominion | Michael L | P |
| Regional Delegate Alternate 2 | Open | A | Outer Limits | Absent | A |
| VRCC Chair | Michelle M Vice chair | P | Peninsula | Absent | A |
| Hospitals and Institutions Chair | Open | p | Piedmont | David H | P |
| Policy Chair | Open | P | Rappahannock | Absent | A |
| Public Relations Chair | Richard S | P | Richmond | Kim M | P |
| Speaker Jam Chair | Absent | A | Roanoke Valley | Mike G | P |
| | | | Shenandoah Valley | David T | P |
| | | | Southside | Sueann N | P |
| | | | Tidewater | Roland C | P |
| | | | Tri-Cities | Greg F | P |

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

- **Recognition of new attendees / identify members willing to mentor that they could sit**

next to: Tidewater Roland C new RCM

Approval of Prior Minutes: #197 approved with changes. #198 Not approved will be revised and brought back next meeting.

Trusted Servants Reports:

Chair Report:

Good Afternoon,

I am focusing on the October 2 day event and need to make sure today that We are working on a venue. I would also like to add that we should be working to have all minutes adopted and up to date. I ask that from this point on that the minutes continue to be done in a timely manner but held until all revisions are made as to not cause confusion with many mailings. It will also be helpful for the sake of time that all RSM's refer to policy to review what needs to be their reports and we stay with that template and timeframe. This will help with moving smoothly through our process and not add in information that does not belong there. I am disheartened that the PR subcommittee did not carry out the commitment at VA Summer Institutes of Addiction. This was an important annual event that was given to us by NA World Services. I hope that this never happens again. Communication is paramount and many of our service positions include tasks that need to be done on a timeline. Please, with the busy conference year ahead make sure that your itineraries, fliers, and requests things be. I suggest that these are submitted when they are required. I suggest that it may prove helpful to go to policy and commit these tasks to your calendars so that we stay on track.
In Loving Service, Etta F.

Vice Chair Report: Open No report

Secretary Report: I have worked hard on fixing the minutes and I am open to except help. I spent \$54.79 on supplies and copies I have given my receipt to the treasurer. ILS
Julie T

Treasurer Report: Good Afternoon,

Since the last RSC we had \$4925.10 of income and \$1105.51 in expenses. Our current bank balance is \$18480.01, putting us over reserve by \$4451.26. These funds will be donated to NAWS per policy. Copies of the treasurer report and budgeted vs. actual are attached to the minutes.

I have been working on the policy changes related to accounting of funds auditing of the books. Part of this is looking at the differences between how region and areas conduct business, especially around how expenses are accounted for and how things can be more easily audited. I inherited a box of receipts that with no backing info attached and there has to be a better way to account for regional funds. While have some policy templates that I can "borrow" from NDANA around auditing, the region's needs in terms of tracking and managing expenses are much more robust than those at area level, and the current method of listing expenses in the minutes is not easy to audit. As a result, the policy changes are taking longer than I thought. I will meet with our (pro-tem) policy chair to discuss this between now and the next regional meeting.

Just a reminder, we'll be doing our annual budget review after RSC. Julie will have printed copies of the proposed budget available for those interested.

RD: August 16, 2019

Autonomy Zonal Forum

Randy and I attended the Autonomy Zonal Forum in Philadelphia PA July 27-28. The two-day event was very well attended by members of the Greater Philadelphia Region and was a huge success. Workshops were presented by members from the regions that make up the Autonomy Zone on Saturday and Sunday the regular AZF meeting was held.

In July, the RDs from the 6 regions that make up the AZF elected a facilitator and secretary. The persons elected were Craig R. from Free state as facilitator and Kim A. from CAR-NA as secretary. At the vote, we abstained from voting on the facilitator as Randy and I couldn't come to an agreement on the nominees and we voted for Kim A. as secretary.

This was the first meeting of the AZF that were facilitated by our newly elected facilitator and secretary. As per the approval by the region to reimburse these newly elected members to the AZF, I am submitting a voucher for payment to Craig R. for \$36.00 for his expenses and a total of \$54.18 to Kim Adams for expenses. As you may recall, we submitted and were approved for a total of \$250.00 per position for holding 2-day zonal events to be divided by the 6 regions that make up the AZF. The next AZF meeting will be held here in Charlottesville on January 25 – 26, 2020.

The NA world board has approved attending our Saturday CAR workshop. We hope you will begin announcing this at your areas. Everyone is invited to attend that CAR workshop on the 25 th and the regular zonal meeting on the 26 th . If you have never had the opportunity to attend a Zonal meeting, I encourage you to attend.

It was decided at the AZF meeting that we would table the creation of a treasurer position at this time. It has been discussed to allow the secretary to assume this responsibility but no decision was made yet.

Also decided by the members of the AZF, web participants for the upcoming Virtual Meeting of Zones by NAWs would be 2 current regional delegates or alternates.

Environmental Scan Workshops

We have been holding weekly virtual meetings on the environmental scan planning group for several months now and fine-tuning the questions and means to collect the data. We have held workshops in all 4 quadrants now on the environmental scan. While they were sparsely attended in person the survey has been online and been updated as the questions have been refined. You can go online at <https://www.surveymonkey.com/r/X5VFP8T> and fill out the survey. It only takes about 5 minutes.

I am submitting receipts for reimbursement for the venues for Quadrants 3, & 4 in the amount of \$60.00 for the venue in Lynchburg and \$50.00 for VA Beach. I am also submitting receipts for food and venues for the workshops for the environmental

scan survey. I am also submitting receipts for reimbursement for AZF for 40.00 for gas and tolls above budgeted. Attached is a breakdown for these expenses.

I asked the RCM from the Richmond area to let me know if there was a venue that would be available to use. As I have not heard from them, I will book a venue within the next couple of days. This will be posted on the website as soon as it is know.

ILS,

Dee P.

RDA: August 17, 2019

Good morning Regional Service Committee, at the 197th Regional Service Conference the Delegate Team turned in a motion asking for \$110.00 to support the Greater Philadelphia Region with their July 28, 2019 Zonal Forum expenses. The motion never hit the floor. The Chair at that time (Bill M) told me it got misplaced somehow. I also had this request in my report for June 15, 2019. I would like to enter this motion again at the 198th. The motion has the breakdown of what the money was used for and the split between the 6 Regions.

The Autonomy Zonal Forum elected Kim A. from the Central Atlantic Region as the Secretary and Craig R. from Free State Region. July 27 and 28, 2019 was their 1st Zonal for the Secretary and the Facilitator to perform their duties. The 6 Regions that make our Autonomy Zone agreed to fund these 2 positions with \$250.00 each a year totaling \$1500.00 for 2 in person meetings. The \$250.00 is in our budget, however we are still working on how to calculate these expenses. The Zone elected to pay their expenses for this Zonal Forum per their receipts. So, Craig R total was \$216.00 equaling \$36.00 per Region. Kim A and Dee P are working on their totals. Kim A gets \$54.00 per Dee P. I attended the Greater Philadelphia 2 Day Zonal Weekend on July 27 28, 2019. Per diem was \$57.01, tolls

were \$20.00 round trip, Gas \$51.64 and Hotel \$83.58 totaling \$212.23 I was given a check for \$415.00 and I am returning \$202.77. Saturday began with Dee P and Billy W explaining what a Zone is with Questions and answers. Next was the Speed Sharing Session facilitated by Darla S, Randy D. and Christian B. It was hard to get people to stop meeting each other. (Awesome) Next was the Leadership workshop with round tables facilitated by Clarence L and Billy W (greater Phili) Next was the GPRNA Regional Panel who introduced themselves and their Service Positions. They were open to Questions from the floor. Much was asked about their Convention functions. Next was an IDT workshop facilitated by Sherry V and Kim A Carrying the NA Message & Making NA Attractive. Great workshops. Much participation. Next was the Main Speakers Kim A and Craig R. and the Hypnotist Show closed it out with hard laughter as he had folks doing crazy stuff. He truly was in control. Throughout the day I kept counting folks and I got up to 76 maybe 80 at one time. The NA message was carried through this event. Giving Back to our communities was one of my takeaways from both AZF 2 Days. Sunday, we had the Zonal forum with Craig R. facilitating and Kim A as Secretary. 5 of the 6 Regions were represented throughout the weekend. The Mountaineer Region did not attend at all. The reason why is in the minutes. I am attaching a copy of the approved AZF minutes for those interested. Please feel free to check out all the archived minutes from the AZF at [Autonomy Zonal Forum.org](http://AutonomyZonalForum.org). Topics included funding/budget the AZF 2days, environmental scan, virtual meetings of zones hosted by NAWS (we picked 2 people to attend on September 21, 2019 Randy D and Trisha C.), e-mail distribution list for interested others/subscriber page on website, Treasurer/Secretary position discussion tabled until guidelines are updated, Secretary being web host, questions from the floor with answers. I counted 48 folks for this Forum. (See AZF minutes for upcoming schedule). The Central Atlantic Region is hosting the next AZF on January 25-26, 2020. The Delegate Team has put in a request for the World Board to facilitate a CAR/CAT workshop on Saturday January 25th and the travel has been approved, we just don't know who the facilitators will be yet along with their Agenda. We have worked with the Treasurer and the RCM from Piedmont to check out and secure a venue. The address is 1201 W main street, Charlottesville VA 22903 Courtyard Marriott. We are hoping to book the UVA conference room for the January 26, Zonal Forum meeting. They are not that far ahead in booking. Just 5-minute walk from Hotel. We are still looking for entertainment Ideas for Saturday night. Flyer and agenda will follow as soon as we hear back. Regional Planning has been meeting weekly to put on workshops and improve our delivery. We have completed 4 quadrant Planning workshops throughout the Region. For Quadrant #2 I am seeking reimbursement for paying rent to the Spirit Word Fellowship at 1275 Tasker Road Stephens City VA in the amount of \$50.00. My check is my receipt. For Quadrant #3 workshop I have receipts for gas \$34.37 to Lynchburg VA and Quadrant #4 \$69.01 gas Virginia Beach totaling \$153.38. On Saturday August 10, 2019 we had our last planning workshop and it went well. At the beginning of our planning workshop schedule, the team agreed as we moved forward with the workshops, we would listen and do our best to improve on our process. With that, we now have a survey with less questions but questions that still give us valuable information. Also, for this past workshop, put the survey into Survey Monkey. This is an application that allows ease of use and gives our team valuable information. We were able to show the members of quadrant 4 their results in real-time. We have some of those members here today who can verify its ease of use (can be done on your phone or computer) and the

results being easy to follow as we presented it to them. Since it went so well, we would like to ask to continue to use survey monkey for this planning session until the middle of November. We would like to request \$148.00 to be able to do this. The cost is \$37.00/month and we did use one month for testing purposes for \$37.00. One of our members who is familiar with survey monkey set up an account. We would like to continue to use this account and the plan would be to use survey monkey when we do our planning/inventory environmental scan part of planning. At that time, we would activate a CAR-NA account and integrate the survey into the new account. We only need the account when we are collecting information/environmental scan. We are also planning an eblast and would like to ask all RCM's to forward this email within your areas using your area minutes email list but please only do the survey once. Watch for the email regionalplanningsurvey@car-na.org<mailto:regionalplanningsurvey@car-na.org> The link to go directly to the survey is <https://www.surveymonkey.com/r/X5VFP8T> <<https://www.surveymonkey.com/r/X5VFP8T%20%20%20%20>> Paper copies and the electronic version can still be obtained by going to <https://car-na.org/service/regional-planning.html>. Please note we are taking down the survey on Sept 8, 2019 so we can collect the data and have time to review it and get it in order for the Oct 2-day. For those who haven't done the survey do it today from your phone or computer. Only takes a few minutes. Also, we would not be spending the \$37.00 when we don't need to. We are planning for all of us to set our goals at the Oct 2-day based on the information collected and from how you all prioritize our goals. Then after the Oct workshop we hope to bring the whole region on board to create actions plans as is suggested to follow through. Again, please put under budget requests \$148.00 for survey monkey application and we can discuss further if needed.

Conference Participant Webinars – I have missed 2 Conference Participant webinars, one on June 15, 2019 I was at Regional 197 and Dee P attended. The other one August 10, 2019 I was helping to facilitate the Planning workshop in VA Beach and forgot it was at 2pm. I have found the material that was discussed during webinars. Just getting with folks who attended to get me up to speed. Intellectual Property and Trust and Virtual meetings.

Important dates

Deadline for input for the first batch of SPAD review and input materials 1

September 2019 Open webinar focused on online meetings 14 September 2019

Unity Day 1 September

Grateful to be able to serve and learn, Randy D. RDA

RDA2: Open No Report

VRCC Vice Chair:

Hello Family,

The VRCC is busy with 2020 convention work and have started with the 2021 convention. We held elections for the host committee in the Shenandoah area on August 10th. We elected a Chair and Vice Chair. The host committee will be holding their first meeting on September 22. The VRCC is in need of trusted servants currently, I am acting Vice Chair, Secretary, and Policy Chair. Also please send directors from your areas to represent. As you may or may not know the directors from your areas make all the decisions regarding the AVCNA convention so if you do not have representation you do not get a vote in the happenings of the AVCNA.

After our last meeting I found it prudent to bring the regions concern to the directors since ultimately, they are the body that makes decisions on the happenings of the VRCC. I listed your concerns in my report. The directors present agreed that in the essence of transparency we should provide the financial information that you are requesting. I have emailed our accounting firm to obtain the records for 2015-2017, I submitted 2018 last meeting. I will provide the records as soon as I am able to receive them from the accountant.

I am currently working on scheduling a walk through and contract negotiations with our Chair at The Madison which is the hotel chosen by the host committee for the 2021 AVCNA.

Thank you for allowing me to serve,
Michelle M – VRCC Vice Chair

H&I Chair Report: Open No Report. Verbal report given.

Policy Subcommittee Report: Open No Report

Public Relations Report: Attended PR subcommittee meeting July 20th in Virginia Beach. There were 6 people in person and several others on the phone. We discussed the public relations directions presented in the attachments and getting new web hosting. Expenses: 57.85 and 45.21 for copies. Total: 103.06

Speaker Jam Report: I would like to first apologize for my absence due to personal health reasons I could not make it. Our committee is doing well and meeting once a week as we are approaching the date of the speaker jam being held in September in Lynchburg. I am requesting a check for \$685 for our allotted budget due to needing funds to go grocery shopping the night before for necessities to make the speaker jam successful. Any money not used will be returned to the region after the speaker jam with appropriate receipts. We ask that areas continue to announce the speaker jam

So,

it will be successful. Thank you for allowing me to serve! If you have any questions, please feel free to contact me at (571)224-6615 Erin T

Almost Heaven: Greeting and Good Afternoon. It's that time again for our Convention which will commence this coming Friday hope to see you there. The Area is doing well, we had 13 Groups in attendance for July ASC and 14 Groups were at Area for August. The LSU PR subcommittee were very busy in July and August is busy as well. H&I need members to carry the message into ERJ and WCJ has a need for female members, all with a one-year commitment. PR attended the Hagerstown Hope's which had over 3,000 people in attendance and was well received handing out IP'S and meeting schedules. On August 31 they will be doing a Recovery Walk and 9 21 19 will be involved with Washington County goes purple Prayer walk. Next PR meeting will be 8/19 at the Daily Grind. Policy is winding down on the updates and corrections to the log the have submitted a few and were approved and updated on the web site. Open positions are 1) Secretary 2) RCM 3) RCMA 4) VRCC 5) Convention Chair. Next ASC will be September 7th and we made a donation of \$150.99 for July and \$185.31 for August. In Loving Service Frank Y

Appalachian: Good Morning Family,

The Appalachian Area is doing well. We currently have 8 groups holding a total of 20 meetings a week. We have 7 GSR's attending area service. Positions open at area service include Policy, Public Relations, Special Events, VRCC Chair, VRCC Alternate, RCM Alternate, and Co-Treasurer. We recently elected a new area Vice Chair, Brandon F. We are excited to add to the area service body, as it is always difficult to find trusted servants. One group in our area, Keep the Faith, is relocating to a new church and information will need to be updated accordingly. Our H&I subcommittee will be planning a learning day that will include a dance and costume contest, to be held in October, with no definite date in mind, yet. H&I currently carries the message to two facilities twice a week. Our area has not expressed any concerns as of late. Meeting attendance is on the rise and the meetings foster an atmosphere of recovery, identification, and trust. Our area is aware of the changes to the inventory questions that were being answered by groups. The quadrant three environmental scan that was held in Lynchburg went well and I found that the region is making a solid effort to improve relations with the areas and gain feedback on how better they can serve us. The planning for the regional speaker jam is well under way and our area is very excited to be hosting the event. We appreciate all the speaker suggestions and if anyone has anymore, I would be glad to take them and carry them to the subcommittee. We do not have a donation, as of today. Our next ASC meeting will be held September 1. In Loving Service, Danielle D.

Beach: Hello all!!! Beach Area met this month with 15 GSR's in attendance. The only open position is VRCC Director.

Our H&I is currently serving 2 facilities, Pathways Detox Center and Virginia Beach Detox Center. We do 2 meetings a week at Pathways and 4 meetings a week at Virginia Beach Detox. All chair and co-chair positions are currently filled. All commitments have been met. Our ENC sub-committee (emergent needs committee) is planning a New Year's Eve dance. We have a spades tournament set for July 6th @ 8pm @ the Greek Orthodox Church off Laskin Rd. in VA Beach. I have tickets and they are only \$5 bucks!!! We are also planning a walk/run for some time in September.

Our SOTS (serenity on the shore) is planning our next camp out in October. The camp out is planned for the 4th thru 6th.

ILS,
Joe B.

Blue Ridge: No Report verbal report given

Gateway to freedom: absent

New Dominion: Hello family, I am an addict named Steven, Alt RCM for the New Dominion area, this is my First Official report and I will be giving the reports from here-on instead of Michael so that I can become more acquainted and accustomed to the RCM position and the responsibilities that come along with the position .

We had 55 home-groups with only 34 GSRs in attendance at our last ASC.
No open positions currently.

Elected officials include:

- Lesley D was elected as Area Treasurer
- Summer S was elected as Area Vice Treasurer
- Eric G was elected as the Campout Chair

Group News:

-Gratitude group will be hosting a Labor Day picnic September 2nd @7pm 8644 Forest Hill Ave
Area News:

-In partnership with the Richmond area, we will be hosting a Metro Learning Day. The event is called "How is Service Saving My Life?" September 14th, 2019. Flier is attached and can also be found on RVANA.org under the events page.

Subcommittee News:

Special Events is hosting a Pool Party August 30th from 7-11 pm

Flier is attached and can also be found on RVANA.org under the events page.

H&I has 10 facilities hosting 43 meetings per month.

Next ASC will be held Sunday September 9th, 2019 @3:30pm Hatcher Memorial Church 2300 Dumbarton Rd Richmond, VA.

In Loving Service, Steven W

Outer Limits: Absent

Peninsula: Absent

Piedmont: 198 RSC – August 2019 Piedmont Area RCM report

A. Groups: The Piedmont Area currently has 28 weekly meetings in 18 Home Groups.

B. ASC Attendance: At the May ASC Meeting there were 13/18 GSRs in attendance and quorum was met.

C. Open Positions: Since a recent policy revision, all trusted servant positions now have mentored vice or alternate positions. So, VRCC alternate and Alternate Secretary remain open

D. Elected: Literature Vice-Chair was elected.

E. Group News: Two new meetings in the Area, one on Saturday at 5pm on Park Street (Step-Tradition Speaker meeting) and one at Trinity Episcopal on Saturday at 8pm which is a California-style tag meeting

F. Area News:

a. Donations:

i. World: 500 dollars was donated in July

ii. Region: donation is tabled due to the Area currently being under prudent reserve

G. Subcommittee news:

a. H and I-

i. We now have 6 H&I meetings in 5 facilities held in the Piedmont area, they are listed below

1. Men's ACRJ- 2/wk

2. Women's ACRJ - 1/wk

3. Boxwood- 1/wk

4. 5East-Uva. Medical Center- 1/wk.

5. A weekly meeting was added two months that serves three facilities the Wellness Recovery Center, the Mohr Center, and the Morris Creek Women's Center.

b. Public relations

i. 1. We continuing to stock IPs in the respective facilities:

1. Region 10 Downtown

2. Region 10 Old Lynchburg Rd.

3. Piedmont House

4. JMRL Downtown

5. PVCC

6. Wellness Center

7. UVA 5 East
 8. UVA Heath System ID Clinic
 9. Church of our Savior
 10. St. Paul ' s Memorial Church
 11. Mohr Center on E. Market St.
2. Piedmont has a brand-new website that is mobile friendly
 3. The Website is also being updated when needed. It is getting an average of 102 new hits per month in June.
 4. Our phone line has received 1 call in the past three months.
- c. Special Events
1. No current special events are planned. We will likely be having a Halloween party, so more on that at the October two-day.
- H. Area Concerns: a. No current concerns
- I. Brief Summary: All is well in the Piedmont
- J. Next ASC meeting: September 8 th 2019
- ILS,
David H.

Rappahannock: Absent

Richmond: No report sent. Verbal report given

Roanoke: Absent

Shenandoah Valley: August 2019 (198th) CARNA REGION

Addict named David - Grateful to be here, and I have the following to report-

A- Shenandoah Area currently has 20 groups with 27 meetings weekly.

B- In the month of July 12 GSR's were present, and in the month of August 13 GSR's were present.

C-Currently, open positions in Shenandoah Area ASC are RCM, RCM Alt., and H&I Chair. I was nominated for RCM position at August ASC, and at our July ASC, the positions of VRCC and VRCC alt were filled.

D- An addict named Linda A was elected as our VRCC director and John F was elected as our VRCC alt.

E- Group News- During our open forum at our August ASC, an addict shared with the service body that her homegroup currently meets on Friday and Saturday nights at 1030pm, and that there very few active homegroup members active, none who are currently willing to help open the door to the meeting space. She shared that it is a very strong possibility that she will be moving out of the area very soon and is concerned about the meeting not being carried on. Several members shared their experience strength and hope with her, and hopefully she will continue to share about her concerns and other members in her homegroup will step up. More will be revealed....

F- The Shenandoah Area will be hosting the 2021 AVCNA Convention. On August 10, 2019 Elections were held for Host Committee Positions, and to my knowledge, addicts were elected for the positions of Chair and Vice Chair. It is my understanding that these positions still need to be confirmed by the VRCC. A date has been tentatively set for the first 2021 AVCNA Convention Host Committee Meeting September 22, 2019 at 1pm at Greenwood Mill Community Center, 181 Channing Drive, Winchester VA. If this date and/or venue change, I will inform this body with new info when I receive it.

G- Sub-Committee News- Literature Sub-Committee received 1st batch of draft entries for the new "A Spiritual Principle A Day" book. Literature continues to meet each month, and since receiving the draft entries, they have been getting together before Friday night's A New Chance Group each week to review the new literature. The Outreach Sub-Committee has been active, attending struggling meetings in our area, 2 groups in June, and 2 groups in July. Special Events Sub-Committee just put on a Speaker Jam in July, and it was very well attended. They are currently planning a Sponsor/Sponcee Breakfast to be held September 28th at Market Street United Methodist Church in downtown Winchester. Not sure of time or total plan of event, when I know more, I will relay info. There was also mention in Special Events chair report of an event before Halloween, they will meet again this month and more info will come hopefully next month. In Public Relations Sub-Committee, they have made updates to the Shevana webpage, and have renewed the contract with the Webhosting Service as well. H&I Sub-Committee- Currently the Chair and Vice-Chair positions are open, the last H&I Sub-Committee meeting was chaired by our areas Vice-Chair- Currently, Shevana H&I carries an avg of 10 meetings throughout 4 facilities- 2 Adult Detention Centers, 1 Juvenile Detention Center, and 1 into the Behavioral Health Unit of Winchester Medical Center. An orientation was held for the Juvenile Detention Center on July 25, 2019, in hopes of new volunteers being approved to carry meetings in. Next H&I Sub-Com meeting will be held on September 2, 2019 at 7pm at Adams Nelson Building, 303 S Loudoun Street, Winchester VA.

H- Our Area is currently planning Audits for the Sub-Committees of Literature, Special Events and for the Treasurer of our area. Each Chair and Treasurer have clear idea on who will be involved in conducting the audits for accountability and they will continue to work on setting date and times of each.

I- Calendar - Special Events Sponsor/Sponcee Breakfast Sept 28 at Market Street UMC, and something upcoming before Halloween--

J- In closing, I just want to say that I am grateful to be here today as the Shevana Area RCM Pro-Tem and hope to be elected at next month's ASC. I know that our area has not been present here at the RSC in the last 6 months, so I plan to be here to help serve my area. Shevana Area Service will meet again on September 9, 2019 at 630pm at Grace Community Church, 2333 Roosevelt Blvd, Winchester VA.

ILS, David T. RCM- Pro-Temp

Southside: Last ASC was on Aug 4. Our only position open is vice treasurer. H&I continues to take meetings weekly to mental health and the women jail. Southside Virginia mental health is location at 381 Taylor road Danville adult retention center 1000 South Boston Rd. The contact for the mental health facility is Avery Dix and Rev, Abernathy for the jail. The jail is having another orientation today hopefully we will get more volunteers. We participated in another National night out and I know S Boston had excellent response. We have no donation to region we fell below our prudent reserve. The next ASC is Sept 1st and on Aug 31 we are having an area celebration picnic for Unity Day at Edmunds Park. Out of 18 home groups 11 participated in last area service.

ILS Sue N.

Tidewater: I'm pleased to report my election to serve as the RCM for the tidewater area July 2019 until June 2020. I also pleased to say that the August 2 2019 me and my NA wife of 25 years was fortunate enough to actually visit NA world service office in Chatsworth California. We visited a and viewed every room and every person. We are eternally grateful to this process and look forward to future service. We have not yet found an alternate however we are working with our newly elected chair Patsy P to fill the remaining area positions to include vice chair. The only scheduled activity is the New years eve marathon meeting location forth coming and new beginnings Oct P-town picnic. 1) 18 groups at July area 2) Donation to be forwarded by treasurer. 3) Will visit outer limits and peninsula to see why they are not attending regional ILS Roland C

Tri-Cities: Hello family, I am glad to be attending today's meeting. We have added two groups: KISS and Freedom to Live. That brings us to 17 in total. Things have been quiet for our area business meetings with only a few policies to fill the changes. We have a donation of \$190.64. Our H & I subcommittee continues to carry Pre-release center. We have no activities scheduled at this time.

We also helped in the 40-year Anniversary of NA in the metro Richmond area. It was a success with over 600 people in attendance, great speakers with lots of history and remembering the ones who have passed on "Clean"! We also purchased 52 basic texts which were given to newcomers. This event was funded by the home groups and all leftover monies were split equally amongst the 3 areas: Richmond, New Dominion and Tri-Cities. We are thinking of making this a 5-year reoccurring event. ILS, Greg F

All New Business Motions must be turned in before lunch:

ELECTIONS & NOMINATIONS:

Open position: 1) Vice Chair 2) Policy chair 3) H&I 4) Vice treasurer open since 173 no nomination.

Sherry was voted in as the RDA2

Old Business:

1) 197-3 Mover Delegate Team 2nd Duane F Intent: autonomy zonal forum host for 2020 January 25th 26 Central Atlantic Regions team to host every 3 years as a day event with workshops, presentations food and entertainment to further carry our message and mentorship Motion: To add \$600.00 for our budget for hosting the autonomy zonal form on January 25th 26 2020 Saturday 25th will be for workshops /presentations and entertainment. Sunday would be for autonomy zonal forum. The funds would cover cost of conference room 70 people food and entertainment any funds not used would be returned to region. **Pros 2** a) Tidewater area Roland C Our trusted representatives asked for the funds and have scoped its financial impact. b) Dee P educational & informative for all NA members to learn about the autonomy zonal forum. **Cons 0 Back to groups**

2) Vice treasurer: Open (open since 173rd) no nominees at 198. H&I Chair open, Vice chair open Policy chair Open.

3) The motions below that deal with mileage was referred to policy subcommittee it was brought back and needs clarification from previous chair Antionette B

Section VIII: ADDITIONAL GUIDELINES

1. RSC will pay for transportation, lodging and per diem for the RDA and RDA2 to attend the bi-annual WSC, and for per diem for the RD to attend. RSC will pay for transportation, lodging and per diem for the RD, RDA and RDA2 to attend Zonal forums and pre-approved workshops.

A. RSC approved driving expenses, based on mileage, may be paid in advance or reimbursed per official US Government website for IRS Standard Mileage Rate for charitable or non-profit organizations for distances calculated with GPS mapping software.

2. The Conference shall have a smoking and a non-smoking section on the Conference floor if permitted. Smoking is prohibited except during open forum and breaks.

3. The Region shall have a post office box where all Regional correspondences shall be sent. All bills that are paid 100% automatically may be sent directly to the Treasurer.

4. In the event that both the RD, RD-Alternate cannot attend the WSC, the Chair will arrange a phone conference for the RCM's to select by phone conference an assistant for the RD-Alt. 2. This guideline is to be used only as an emergency measure when the CAR cannot meet.
 5. Any unbudgeted expenditures over \$300 must be sent to the groups for approval.
 6. Receipts are required for all reimbursements by RSC except prepaid driving expenses per section 1. A. above.
 7. The RSC will meet as a single-day event in the months of February, June, August, and December. (160 th)
- Motion 195-2: For any Regional Event/Workshop being held in all four quadrants of the Region (ie CAR, CAT, strategic planning) that the RCMs of the particular quadrant be included in the decision making as to which area will host the event. If more than one area is interested in hosting the event and has a location that meets the required criteria for meeting space, ie WiFi, etc, that a ballot drawing be performed at the Regional Service Conference. Intent: To allow the RCM to have a voice as to what area hosts regional events for unity and inclusion and to honor the 12th tradition and eliminate possible principle over personalities perception. Mover: Sherry V Second: Kim M Referred to policy

Motion 195-2 Intent: To allow the RCM to have a voice as to what area hosts regional events for unity and inclusion and to honor the 12th tradition and eliminate possible principle over personalities perception. **Mover:** Sherry V {almost heaven} Second: Kim M
Section VIII: ADDITIONAL GUIDELINES

Add:

11. For any Regional Event/Workshop being held in all four quadrants of the Region (ie CAR, CAT, strategic planning) that the RCMs of the particular quadrant be included in the decision making as to which area will host the event. If more than one area is interested in hosting the event and has a location that meets the required criteria for meeting space, Wi-Fi, etc., that a ballot drawing be performed at the Regional Service Conference.

Change:

6A. REGIONAL DELEGATE DUTIES

From:

15. Schedules and plans the CAR Workshop every two years (mid-February to mid-April. (152nd) To: 15. Coordinates the scheduling with the RCMs in the hosting quadrants as much as possible and plans the CAR Workshop every two years (mid-February to mid-April. (152nd)

New Business:

- **Motion: #198-1** Mover Dee P RD 2nd Sue N To be able to use survey monkey to collect data for the environmental scan. **Intent:** To allow members to be able to fill out the environmental scan survey online so that we can collect data for regional

environmental scan inventory. **Motion:** To request funds in the amount of \$148.00 for payment to survey monkey for three months. **Passed vote 9/0/0**

- **Motion #198-2** Mover Delegate team 2nd Sue N support Phili to host zonal 2 day
Intent: To carry our message to the still sick and suffering addicts. **Motion:** To ask our region for \$110.00 to give to greater Philadelphia area for their 2 day zonal event on July 27th 28th 2019 Exp Break down \$224.00 for lunch \$315.00 meeting space \$125.00 refreshments and snacks total = \$664.00 This is for Sundays zonal forum. Passed vote 9/0/0
- **Motion #198-3** Mover Michael L 2nd Greg F **Intent:** To continue with region without approving the minutes. **Motion:** To proceed with region and allow the secretary to make amendments to the minutes so they can be approved in October RSC. votes 10/0/0

Next RSC will be held on October 20th, 2019

Announce location and time of next subcommittee meetings: **To be determine**

Close with the Serenity Prayer and Announcements.