

**Minutes for the 199th Regional Service Conference
Central Atlantic Region
Oct. 20th, 2019 Fredericksburg, VA**

Open Forum began at: 10:00 RSC began at: 11:15

- **Serenity Prayer:**

- **Open Forum:** We should send the PR team to events like the Florida symposium or the multi zonal event for PR training. Working together to ensure the secretary gets the help needed to get the minutes out correctly, and on time. we also discussed upcoming calendar years preparation for zonal area participation.

- **Reading of Purpose, Traditions, and Concepts:** Randy D Craig F Roland C

- Roll Call: Quorum

Executive Body	Areas				
Chair	Etta F	P	Almost Heaven	Absent	A
Vice Chair	Antoinette B	P	Appalachian	Absent	A
Secretary	Julie T	P	Beach	Joe B	P
Treasurer	Brian C	P	Blue Ridge	Nancy H	P
Regional Delegate	Dee P	P	Gateway	Duane F	P
Regional Delegate Alternate	Randy D	P	New Dominion	Michael L	P
Regional Delegate Alternate 2	Sherry V	P	Outer Limits	Absent	A
VRCC Chair/Vice Chair	Mark	p	Peninsula	Zack B	P
Hospitals and Institutions Chair	Vacant		Piedmont	David H	P
Policy Chair	Vacant		Rappahannock	Absent	A
Public Relations Chair	Richard S	p	Richmond	Absent	A
Speaker Jam Chair	Absent		Roanoke Valley	Absent	A
			Shenandoah Valley	Absent	A
			Southside	Helen M	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.

One new RCM Zack B Peninsula area.

- Approval of Prior Minutes: 197 and 198 minutes was approved with amendments.

Trusted Servants Reports:

Chair Report: RSC 199th Chair Report (October 2 day Weekend)

Hello Family,

I hope that you enjoyed the presentations yesterday and hopefully expanded your

Service knowledge. I sent out emails to the RCM's as they had expressed wanting to find a venue as I had discussed with them that I would but received no response. Brian attempted to find a venue in Richmond, but the hotel did not respond within the time frame. It was brought to my attention that this venue should have been booked a year in advance, however there had been no venue booked when I took office and so the responsibility became mine. I have talked to the pro-temp vice chair about booking out the subcommittees for the next 12 months and we are working on finalizing the venue for the GSR Assembly at the present time.

I will be putting in a request today for \$75.00 for the subcommittees that were held September 21st here in Fredericksburg.

We have continued to experience challenges with the Regional Minutes today we addressed them at our open forum and we have placed principles over personalities, made amends and come to a solution as to how we will fix out problems. I am proud to serve with such a wonderful group of people that are willing to work honestly to create a working region.

We are coming up on our 200th RSC which +

.is testament to our willingness to serve. I would love to have a celebration in December with food and the bringing of a member to commemorate it.

In Loving Service,

Etta F

Vice Chair Report: Vice -Chair / Policy Report October 20th, 2019

Good Morning there are several clarifications that need to be made before I move on from this position has two motions that need clarification. The first is the mileage the mileage reimbursement was sent to policy it was referred to policy to research the standard mileage rates to have an accurate guide for reimbursement however this was never formed as a motion thus it had no numerical value as other motions that preceded or followed this was discussed in the subcommittee meeting to bring this to old business to make a decision as to how we as a body to resolve this issue.

The second is motion 185-2 according to 195 th Regional minutes have been passed. Subcommittee scheduling will be dealt with during this RSC for next year. Quadrant 2, 3 &4 will follow back up we have tentative locations will be solidified by the end of the week will be ready for the information to send to the webmaster the 2020 year will meet the requirement of subcommittee being scheduled in advance.

In Loving Service, Antoinette B

Secretary Report: I am grateful to still be the regional secretary. I look forward to working with our chair Etta F and the regional team to get the minutes out to everyone on time and correct in order to better serve the region. ILS Julie T

Treasurer Report: Since the last RSC we had \$1324.41 in income and \$7081.99 in expenses. As of October 17th, we had \$12722.43 in the bank. Since this puts us under prudent reserve, we will not be making a donation to NAWs this month. As always, a copy of the actual vs. budgeted will be included with the minutes

I'll be including a copy of the proposed 2020 budget for approval by the areas with the minutes.

I spent yesterday going over policy changes which will support a few of the things that we've been wanting to do, such as debit cards, and things we need to do, such as make it easier for the treasurer to do their job while maintaining a set of auditable books. Based on my experience as a Treasurer both at the area and the regional level, I'd recommend we add a Monetary Policy section for items such as debit cards and expense reports and going to an operating budget. I'll discuss how to break this down into motions with policy into several motions that will address these points individually.

Thanks for the opportunity to be of service.

Brian C.

CARNA Treasurer

RD Report:

October 20, 2019

It's been a busy time for the RD team. We have been meeting weekly via web for the regional planning committee in preparation for the October 2 day event. Thank you to everyone who attended yesterday and gave input on the environmental scan. We will be meeting again soon to discuss the outcome of the environmental scan approaches that were gathered yesterday.

Autonomy Zonal Forum

I participated in the AZF web meeting on September 16th. We discussed and approved the proposed format for the minutes and how they would be approved by the body, what fliers would be allowed to be posted on the website (only those from our zone). Also, if you want to be included on the web call, you must subscribe to the website and you will be sent a notification of when the web meeting will be occurring. Decisions and discussion agreed to hold over until the next web call is: how to reimburse the secretary and facilitator and whether the secretary or the facilitator will be the acting treasurer, and the AZF guidelines.

The AZF participated in the first world Zonal web meeting on September 21st. Randy D. and Merle S. attended for the AZF. There was a conference participant web meeting on October 5th. I was not able to attend due to a work conflict. Randy did attend. We will be holding 4 CAR/CAT workshops beginning in February of 2020- one in each quadrant. The dates that we as the RD team decided on are: February 22 for quadrant 1, March 7th for quadrant 3, March 14th for quadrant 2, and April 4th for quadrant 4. Please let me know if these dates work for your quadrant or if there is some conflict.

My itinerary for the January 26 and 27th AZF meeting is as follows:

Hotel 129.00 x 2 = 258.00

Per Diem 35.00 x 2 = 70.00

Gas 40.00 = 40.00

\$ 368.00

My itinerary for MARCLNA on February 7, 8, 9th will be:

Hote 109.00 x 2 = 219.78

Food 40.00 x 3 = 120.00

Gas 40.00 = 40.00

Registration 35.00 = 35.00

\$ 414.78

ILS,

Dee P.zikidee@yahoo.com

RDA Report: RDA Report October 20, 2019

Autonomy Zonal Forum teleconference happened on September 16, 2019 from 7pm – 9:30 pm. The Mountaineer Region was not in attendance with no report sent. It was a productive meeting. The Facilitator (Craig R.) and Secretary (Kim A.) did their 1st Teleconference. I have printed out 20 copies of the September 16, 2019 Teleconference Zonal meeting minutes and for those who want to access the website, here is the link; The Autonomy Zonal Forum. I have printed flyers for the upcoming AZF meeting on January 25 and 26, 2020. This will be a 2-day event that the Central Atlantic Region is hosting. The agenda for Saturday is still being planned for a CAR/CAT workshop by the Word Board and Sunday will be the Zonal Forum from 9 am till 2 pm. Lunch is provided on Sunday only. I have booked a room for this event. My itinerary is as follows; Gas \$40.00, per Diem - \$70.00 and hotel \$302.85 that will be including parking at \$5.00 per day. A total of \$412.85. I do plan to share the room with another member who has not confirmed yet. Entertainment is still an option but nothing concrete to date. That depends on funds.

MALCNA XXXVI I am booked for this event as well. My Itinerary is; \$40.00 gas, \$105.00 per diem and \$219.78 of which I hope to share, and early registration is \$20.00 totaling \$384.78. \$109.89 was charged to my card to hold the room.

Online Virtual Meetings Webinar this meeting was open to the Public on September 14, 2019 and I was able to chime in. 120 participants from all around the world. I was sent to discussion group #8. I have printed off 20 copies of the meetings small discussion groups. Each group has the same four questions; What is working best, how do online meeting handle contributions, how do online meetings handle literature, how do they interface

with the existing NA community? Very good outcome and participation. The link is NA.org/conference and scroll down to see miscellaneous.

Conference Participants Discussion Board I am now I am now able to log in on this board. A lot is being discussed about the FIPT Bulletin #1 proposed changes that will be in the CAR. I found it on the NA.org/FIPT website and printed 20 copies. I am learning to navigate the new site. More will be revealed.

NAWS Annual Report is also up on the NA.org website. Contents are WCNA finances, basic financial statements and overview, NA World Services Staffing, Fellowship development, literature sales and distribution, fellowship donations to NAWS by Zones, Regions, Areas and groups, translation efforts and plenty more from July 1, 2017 – June 30, 2018.

NAWS News is also available for subscription at NA.org. Contents are training and tools project, SPAD updates, strategic planning, fiscal update, IDT's for 2018 – 2020, WSC preparations, quality of life improvement, staff changes, Zonal Forums and more.

Virtual Meetings of Zones – September 21, 2019 I attended this meeting and found it very interesting how some Zones have responsibilities to help take pressure off the NAWS offices. All 15 Zones were present, and Iran was present share about their responsibilities as a Zone. More meetings are being talked about. When the minutes of that meeting are released, we will get them to our Region.

Conference Participant Web meeting I attend the October 5, web meeting with about 107 other participants and the World Board facilitating. We discussed English CAR available November 26, 2019. Translation CAR available December 26, 2019, CAT available January 26, 2020, Regional Report deadline February 15, 2020, deadline for Regional Report to be included in the Conference Report is February 15, 2020, amendments to the CAR and CAT motions deadlines and Regional responses to the CAR Survey April 16, 2020., World Service Conference April 26 – May 2, 2020. Sponsorship Day is December 1, 2019. We discussed NAWS Annual Report, The FIPT, SPAD and translation efforts of the first draft, second set to come at the end of October, Mental Health Mental Illness IP, Online Meeting Webinar, NAWS Long Term Goals, Virtual Meeting of Zones and a few others.

ECCNA I did receive 4 boxes of Basic Textbooks from the East Coast Convention of NA. I will read the letter.

October 2 Day began yesterday with the Regional Planning Team doing a workshop/presentation. We have met weekly to deliver a planning process that will help our Region, Areas and Group better carry our life saving message. Thanks go out to the team and all of the participants who made this event thus far a success. I really loved how we interacted in the small groups discussions dealing with the approaches. The survey gave us a great start. The next phase is the step #7 Action Plan. My expenses for the event are; \$23.00 for gas and \$24.83 per Diem totaling \$47.83 for reimbursement. I am turning in the receipts to the treasurer.

It is because of my gratitude that I serve. Grateful to be clean just for today. Randy D. RDA

<https://www.na.org/FIPT>

<https://www.na.org/admin/include/spaw2/uploads/pdf/conference/Sept%202019%20Online%20Meetings%20Combined%20Notes%20with%20Spanish.pdf>

autonomyzonalforum.org/archives entral Atlantic Regional Conference October 20, 2019

RDA 2 Report:

Hi Everyone

This cycle's nomination process for both RBZ (Region, Board, Zonal) recommendation and World Pool (self-nomination has ended. World Pool or Traditional as it's called ended October 18, 2019

The Human Resource Panel's final selections will be made in March 2020, and elections will take place at the April 2020 WSC. As I said yesterday the nominees will be posted in NAWS News in March or Early April.

Conference Agenda Report: The English CAR (Catalog Item No. 9140) will be available for sale on 26 November 2019 and the translated versions on 26 December 2019. Each copy will cost \$13.50, including shipping and handling charges. Taxes are not included.

NA World Services web meetings are a great way to: • connect with other NA members in service to share ideas and experiences. • contribute to NA's growth where you live and around the world. • develop tools to help service bodies better serve our Fellowship. • participate in carrying the NA message to addicts seeking recovery. pr, isw, h&I others

English Conference Agenda Report available

26 November 2019

Translated Conference Agenda Reports available 26 December 2019

Conference Approval Track material available 26 January 2020

Regional report deadline 15 February 2020

Deadline for regional material to be submitted for inclusion in the Conference Report 15 February 2020

Amendments to CAR and CAT motions deadline and regional responses to the CAR survey 16 April 2020

World Service Conference 2020 26 April - 2 May 2020 Annual events Sponsorship Day 1 December

PR week First full week in June Service day 1 May Unity Day 1 September

All dates can be found at <https://www.na.org/?ID=deadlines&ID=deadlines>

Your delegate team has several upcoming events. Next will be at the AVCNA. Regional workshop 2-3:30

pm

Do up Itinerary Meet your Regional Team-Chair, vice chair, treasurer, policy, PR

H&I along with ISW task group,

Talk about two day and 4 quad workshops for CAR and CAR-where to free download copies

PR H&I or Car and Cat

Upcoming expenses

Marlcna

Lodging 219.78 receipt sent to treasurer

Registration: \$35.00

Food: 90.00

Gas: \$40.00

Total approx. \$384.78

Budgeted: \$400.00

2-day Zonal Forum

Lodging: 129.00/night plus tax I think so approx. 150.00x2

Food: \$70.00

Gas: 40.00

Parking 5.00/day -\$10.00 \$420.00

I have truly enjoyed working on our Strategic Planning for our region. We have come a long way in our process

Thanks to all who participated. Our environment scan outcome gave us some valuable information. The software we used survey monkey was invaluable and could also be used for collecting the motions for the car and cat. We would like to put either in budget or a separate motion to purchase a copy. The cost is \$900.00/year.

•We need your help. The delegate team sends in a region report in February 2020 to go in Conference Book. We need info from you as far as number of meeting, H&I commitments and some other info. We will be sending more info but if you could come in December with this basic info it would be fantastic...thank you

Thank you for allowing me to serve with our strategic planning. Even though it seemed like a small number for the environmental scan outcome we have come a long way in our process and our member support. We hope this come an ongoing task in our region. ILS Sherry V

VRCC Report:

Hi family

It's good to be with you guys today. I'm very pleased to report that the upcoming convention in Virginia Beach is on schedule. Thanks to cooperation from the local areas and members of the fellowship who have previously participated in TACNA; the upcoming convention will be effective its primary purpose which is a celebration of recovery. I'd like to ask from this body about the RSC workshop at the convention, if I can get the logistical details on that at some point it would be very helpful. The vice-chair and I met with the staff at the Hotel Madison to try to finalize negotiations for the convention in 2021 in Shenandoah area. I am also submitting 4 of the last 5 years of our financials into region today and I'll be more than happy to any any questions you may have today about them face to face.

Some of the recommendations I'd like to make to this body are as follows, with the hope to benefit future relations, because will be my last report to this body, in person, as VRCC Chair. Being fully aware of the fiduciary relationship between the corporation and region, it's been my hope and prayer that the continued understanding and goals for each one of us is unity and connection as I know in the past that that relationship has been strained. The reorganization of the administrative side of the vrcc from paper based digital based should allow future service members the opportunity to focus on relationships and not administrative overhead or previous logistical ambiguity, like attendance prediction reporting, vendor scorecards, or cumulative attendance mass e-mailers (to name a few). Allow me to also express a healthy path to stronger unification, which is all areas in the CARNA region to nominate voting directors to participate in their rights to express their conscious for the direction of the VRCC. Especially in the areas that have NEVER sent a director in my 7 years of service to the VRCC The VRCC now has full video and phone conferencing tools, and we would welcome all.

According to our policy, once an area votes in a director, and said director physically attends their first VRCC meeting, with a paper copy of their area minutes authorizing them once, they can participate via online motion (email, video and conference calling) between regularly scheduled meetings.

If they are unable to be physically present during a regularly scheduled meeting, they can request to participate, (pending directors approval) if they ask ahead of time via conference call or video/email.

There is a copy of online motion courtesy suggestions for reference in our policy.

Some of the relevant motions that have been brought up at the VRCC include primarily motions to help us stay within budget so that we can attempt to carry out the upcoming convention without exhausting all our prudent reserve.

Please announce to your areas that the upcoming convention in January in the required participation to make it successful is critical. Due to the unique logistical nature of the upcoming convention we are welcoming all areas to participate and not only its planning but also its execution.

The next convention will be at the Virginia Beach Convention Center Jan 10th- 12. With the primary room block being at the DoubleTree in Virginia Beach.

In Loving Service

Mark Lrt:

Attached: VRCC financial statement.

Hospital & Institutions: CAR-NA H&I Subcommittee Report September 21, 2019

The H&I subcommittee met via Zoom on September 21st. Those in attendance were Etta F., Sherry V. and myself. There was very little to report in the way of new information, so we did some brainstorming about the Inmate Step Writing (IWS) program talking about how long we have worked on it and who was working on it now. I also brought up an email I had gotten from a person wanting a meeting brought into a correctional institute in Honaker, VA. I thought it as from NC as the email stated however, the facility is in VA close to the New River Valley area so the information was passed on to them. I received an email from Coleen C. on October 1st about a meeting the ISW group was having. This was news to me since I had never been informed. Coleen did send the minutes from the meeting on September 28th and I found out they were/are meeting every other week at 9:30am using Microsoft teams. Coleen thought that I knew because of the people attending. Those people were Lawrence E, John B, Mario B and Coleen. I spoke with Coleen yesterday (October 19th) and she explained some of the things they were doing. Those things were as follows:

- 1) To consolidate some of the positions such as having 1 secretary as opposed to 3 different secretaries.
- 2) To go over the policy and procedure section of the ISW guide to see if it can be simplified such waiving clean time requirements for some positions.
- 3) To possibly have just a chair, vice chair and secretary and someone to pick up the mail who lives in that area. Coleen has been doing this for quite awhile now and her commitment will be up soon.
- 4) To have the positions as a 1 year commitment with 2 renewal terms.
- 5) At the present time there are no inmates who corresponding with the program.

The next meeting of the ISW program will be October 26th at 9:30 am via Microsoft teams.

We received 98 soft cover basic texts from ECCNA to be distributed to the 16 areas in our region. I read the letter to the floor that accompanied the books. I handed out 7 basic texts to the areas represented at this RSC. I have the remainder with me to distribute to the remaining areas.

The next H&I Subcommittee will meet on November 16th starting with Policy at 10 am, H&I at 11 am and lunch from 12-1pm with PR meeting at 1 pm. The location is to be announced. You can always join the group via Zoom from the car-na.org website.

NA Luv and Hugz,
Nancy H.

Policy Subcommittee Report: Vice -Chair / Policy Report October 20th, 2019

Good Morning there are several clarifications that need to be made before I move on from this position. There are two motions that need clarification. The first is the mileage reimbursement. It was sent to policy, it was referred to policy to research the standard mileage rates to have an accurate guide for reimbursement. However, this was never formed as a motion, thus it had no numerical value as other motions that preceded or followed this were discussed in the subcommittee meeting to bring this to old business to make a decision as to how we as a body resolve this issue.

The second motion is 185-2 according to 195th Regional minutes. Subcommittee scheduling will be dealt with during this RSC for next year. Quadrant 2, 3 & 4 will follow back up. We have tentative locations that will be solidified by the end of the week. We will be ready to send the information to the webmaster. The 2020 year will meet the requirement of subcommittee being scheduled in advance.

In Loving Service, Antoinette B

Public Relations Report: We are pleased to announce that the new modernized website is up at

<https://centralatlanticregionofna.org/>

We will complete moving the web url <https://car-na.org> to the new website by the end of October. There are a couple of things that still need to be migrated but, for the most part it is ready to go. The web team will have access to the old site for another 9 months after the switch over.

We have setup a Yap number for testing. The phone number is 540-277-9265

Each area has their existing phonline volunteers listed. When you call in request to speak to a member, it will ask you for your location. Then the system will forward your call to the volunteer closest to you.

It will send an SMS message as well. Keep in mind that all of the settings can be edited by each area. We will be contacting the Areas that have no Volunteers to find out if we can set up Phonline Training workshops for the coming Spring.

Please take the time to call the test number and give us feedback at pr@car-na.org. Your input is very much needed.

Once the testing phase is complete, we will move to phase 2. Ultimately to give your area PR/Phonline Chairs access to setup your own volunteers and settings.

We will be giving a PR presentation in Elizabeth City on Oct 26th and in the Peninsula Area on Nov 9. We have given Roanoke Valley our box of literature for a presentation they are doing.

ILS,
Richard S.

Current Phonline Configuration:

Almost Heaven – Don V, Sherry V, Crystal C

Appalachian Area – Sam F, Danielle D

Beach Area – Teddy L, Annie C

Blue Ridge Area – Mike G, Nancy H
Gateway to Freedom – NO ONE
New Dominion Area – Redirects to Metro Yap 8049651871
New River Valley – NO ONE
Outer Limits Area – NO ONE
Peninsula Area – Teddie A, Beverly A
Piedmont Area – Brian K, Mike R, Melissa P, Linda C
Rappahannock Area – Ron M, Dawn
Richmond Area – Redirects to Metro Yap 8049651871
Roanoke Valley Area – Micheal
Shenandoah Valley Area – Wendy H, Phil R
Southside Area – Redirects to Their **Helpline 4347094016**
Tidewater Area – Teddy L, Annie C

Speaker Jam Report: Absent

Area Reports

Almost Heaven: Absent

Appalachian: Absent

Beach: Hello Family!!!!Beach Area meet this month on October 5th. We had 10 GSR's in attendance. Quorum was not met. The only open position is the VRCC Director. Our H&I currently is serving 2 facilities, Virginia Beach Detox Center and Pathways Detox Center. We conduct 2 meetings a week at Pathways and 4 meetings a week at Virginia Beach Detox. All commitments are filled and have been met. Our ENC sub-committee (Emergent Needs Committee) is planning a free New Years Eve dance. It will start at 9pm and be held at Good Shepard Lutheran Church in Virginia Beach. Our SOTS (serenity on the shore) camp our was a success. Planning for our next camp out will begin shortly. Events and fundraising will be forth coming.
ILS, Joe B.

Blue Ridge: BRANA RCM Report

October 20, 2019

Hello from the Blue Ridge Area of NA. The ASC met on September 13, 2019 at Verona UMC at 4 pm. All is well in the BRANA area. There are 12 Home Groups and we continue to make quorum even though there are only around 5 Home Groups represented at ASC. This report will cover both September and October so therefore compile the information. John H. was nominated and elected as the new chairperson and Laura H. was nominated and elected Vice-Chair. Some of the topics brought up for discussion were: 1) There will be a new woman's group starting on the first Tuesday of the month at

6:30pm Shenandoah Valley Estates, Trailer Park Clubhouse, 98 October Circle Waynesboro, VA. (The meeting is actually in Stuarts Draft, VA). Discussed whether it would be a new home group or just a meeting, whether we should order a "startup"

packet, the possibility of another home group sponsoring this meeting until it gets uprunning. Decided to put it on the website for starters. One of the trusted servants gave the group a contact/information to get "The Loner" which

is a startup kit from NAWS. The topic was raised of re-establishing area unity and what we might do to enhance that. There has been some speculation that the tension comes from the ASC and BRANA, LLC seeming to be at odds with each other. However, there are home groups who have NOT attended ASC in years. Suggestions were made such as A) Return to rotation of the ASC. B) Invite Home groups to ASC and assure them they are welcome. C) End any exclusion of BRANA, Inc. from BRANA ASC, i.e, being an "outside issue." The motion was made to return to the rotation of the ASC meetings rather than a centralized meeting place such as the Verona UMC. The purpose is to reunify the area. That motion went back to home group to be voted on.

The individual home groups are doing well and attendance has been about the same now since summer has come to a close.....they average 10-15 people with an average of 4 newcomers in each meeting. The H&I commitments are as follows: Middle River Regional Jail (both male and female), Augusta Correctional Center and Western State Hospital. The open positions are as follows: Policy, Outreach, RCM, RCM Alt, and the VRCC Director Alt.

We are having a chili cook off today, October 20th from 1-6:00 pm at Montgomery Hall Park in Staunton. The special events committee is hosting a Halloween Party/Dance on November 2nd at 14 N. Lewis St, Staunton, VA. From 6-11:00 pm. There will be a meeting from 6:30-7:30 pm and the dance will follow and last until 11 pm. The special events committee has tentatively scheduled a Thanksgiving Marathon on November 23rd from 1-6pm at Central UMC, 14 N. Lewis St, Staunton, VA. They have also tentatively scheduled a Holiday Celebration for December 16th from 6:30-9:30 pm at Main St UMC, 601 Main St, Waynesboro VA. More will be revealed on these when plans are finalized. They will be posted on the brana.org website. The next BRANA ASC will meet on November 10, 2019 at 4:00 pm at the Verona UMC, 406 Lee Highway, Verona, VA 24486. NA Luv and Hugz,
Nancy H

Gateway: Gateway To Freedom Area

Good afternoon Family! I was out of State during the last RSC and was unable to attend, however I have been present for all of our Area Service meetings. Average GSR attendance is 8. We now have 14 homegroups carrying 16 meetings weekly. We have added a new Homegroup, Mixed Nuts, which meets on Tuesday evenings at 6pm at 4670 Greenspring Valley Rd, Greenspring, WV 26722. Open Area trusted servant positions are as follows: Chair, Vice-Chair, RCM, RCM-alt, Policy Chair, PR Chair, Camp Jam Chair and Vice-Treasurer. My official term as Chair ended in October (last Saturday). I am unable to commit to another full term but will continue to serve the position until someone else is voted in.

H&I still carry's a men's and a women's meeting biweekly into the Potomac Highlands Regional Jail in Augusta, WV; and also one meeting weekly into the Joseph S. Massie Unit, an addictions treatment facility in Cumberland, MD. There has been some discussion of getting a women's meeting back in to the Allegheny County Detention Center in Cumberland, MD. More will be revealed.

Our Camp Jam V event was held on September 20-22 and was a great success. It was our best event to date. We had a record attendance and profited a little over a thousand dollars. We will be electing new officers soon for next years event, Camp Jam VI. Planning is already underway and we are now having a Camp Jam VI theme and logo contest. Any member can submit their ideas by sending to:

Camp Jam

PO Box 454

Cumberland, MD 21502

or email to: gtfa.campjam@gmail.com

The winner will receive a Camp Jam VI Full package registration which includes meals and lodging.

Special Events is hosting a Halloween Dance/Costume contest on Sat. October 26 from 7:30 til... at Fort Recovery - 418 N. Centre St., Cumberland, MD 21502.

Although I haven't been here since June, we have made donations to Region which were mailed by our Treasurer.

Donation amounts were:

\$98.90 - July

\$66.71 - August

\$135.67 - September

We have no donation for this month. Our next ASC will be at 10am Sat. November 9 at Friendship Haven Church - 22 Mechanic Street, Cumberland, MD 21502. Thank you for allowing me to serve!

In loving service,
Duane F. - GTFA Chair pro temp

New Dominion: Good morning family,
We met last Sunday.

We have 67 meetings and 55 Home groups.

We have no open positions at this time.

We have 42 meetings going into 9 facilities.

Our special events is going to have a dance at Hatcher church next Saturday from 7pm until 11pm. (2300 Dumbarton Rd)

We have a Homegroup (into the light) putting on their annual bonfire and Brunswick stew next Saturday also 4pm-12am. (2781

Three Bridge Rd, Powhatan VA 23139)

All is well in New Dominion.

Please don't forget you until have the end of this month (October) to get the discounted ticket pricing for the AVCNA.

Our next meeting is 11-10 at 330pm (2300 Dumbarton Rd)

Outer Limits: Absent

Peninsula: Hello Family

The PASCNA is hanging in there. There is still a number of service positions needed to be filled. VRCC, VRCC alternate RCM

alternate, H&I chair and Secretary. There are 74 groups meetings in the PASCNA area according to the current meeting list.

Regional donation is dispersed by mail from the treasurer-

The last CARNA regional donation was-check dated 7/6/19 Check #3186 in the amount of 1,551.78
activities going on in the area are as follows

Fall costume dance: Oct 19th 8-11pm Wesley united methodist church, 2010 north Armistead Ave. Hampton VA

Contact Sarah H 757-727-3582

Annual learning day: Saturday November 9th 11am to 4pm First presbyterian church 514 S Armistead ave. Hampton road contact

Ray D 757-303-4533 Ralph W 757-338-2801 Darlene T 757-344-1137

In loving service Zachary C

Piedmont : 199th RSC – October 2019 Piedmont Area RCM report

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

ASC Attendance: At the October ASC Meeting there were 17/18 GSRs in attendance and quorum was met.

Open Positions: Alternate Secretary

Elected: Vice-Treasurer was elected, and our former Vice-Treasurer was elected Treasurer

Group News: No new group news

Area News:

Donations: Donations to Region and World have not occurred since July due to the Area being under prudent reserve. We have recovered from a Special Event in July that was mismanaged and our financial health has improved.

Subcommittee news:

H and I-

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

Men's ACRJ- 2/wk

Women's ACRJ – 1/wk

Boxwood- 1/wk

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

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.

Public relations

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 Saviour
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 Received 532 hits in the month of September
4. Our phone line has received 0 calls in the past six months.

Special Events

The Piedmont Area will be hosting a Halloween party on October 26th at:
Church of Our Savior
1165 Rio Road East
Charlottesville, VA 22901

Area Concerns:

No current concerns

Brief Summary: All is well in the Piedmont

Next ASC meeting: November 3rd, 2019

ILS, David H.

Rappahannock: Absent

Richmond: Absent

Roanoke Valley: Absent

Shenandoah Valley: Absent

Southside: Hello Family Our last ASC was on Oct 6th Current open positions

Co Treasurer Activities chair Web servant

Our area currently has 19 home groups, 6 were present at our last ASC.

One of the oldest home groups in our area, Recovering Vigilantes will be celebrating 34-year homegroup anniversary, on Thursday Oct 28th, starting at 7:45PM with speaker; food and fellowship following the speaker. Also, on Oct 31st, their meeting will not be open due to an event the facility is having.

My homegroup Stick n Stay has a member (Paul H.) celebrating 30 miracle years on Nov 3rd at 5:30. Our area has a new H&I commitment, at the Danville City jail (men's facility), so we are now serving 3 facilities. We had a discussion regarding mentoring at our last ASC, so I am very grateful for the opportunity to participate in this weekend's event. We have a \$79 donation.

ILS, Helen M, Southside Area RCM-ALT

Tidewater: Tidewater Area service meets every 2nd Sunday at Norview United Methodist Church in Norfolk, Patsy P chaired its last meeting at 2pm on 10-13-2019. We need support as we are looking to fill the positions of Vice-Chair, Assistant Secretary, Alternate RCM, Alternate VRCC. We had 19 GSRs present for quorum. Our Treasurer has informed me we are sending a check for \$662.00 to Region. Our Special Events Subcommittee will be hosting a new Years eve Marathon from 4pm 12-31-2019 to 4pm New Years Day 1-1-2020. Regional Motion to fund the Jan AZF passed, In Loving Service Roland C

Tri-Cities: Dear family,

Our area service meets on the first Sunday of every month from 2-4 with subcommittees meeting 1-2. The Special Events committee will be hosting the Annual Attitude of Gratitude on November 16th from 12-6. There will be food, fellowship and speakers throughout the day. All are welcome. All our subcommittees are functioning well and continue to help carry the message of hope. We are now asking for our groups to come with nominations for next years positions. It is an honor and privilege to represent my area and thankful for the opportunity to serve. Greg F

- All New Business Motions turned in before lunch:

ELECTIONS & NOMINATIONS

- 1-**Vice treasurer:** Open (open since 173rd) no nominees at 198.
- 2-**Policy chair:**-No nominations.
- 3-**H&I:** - No nominations
- 4-**Vice chair:** Antionette B (pro temp) was nominated by Joe 2nd by Roland

Qualification: My clean date May 6 2004 I have a sponsor who has a sponsor . i am a twelve step member and I been in service since I became a member 1-5 yrs on the Group & Area Service with following positions : Coffee maker, Greeter/ Hugger , Treasurer, Secretary , GSR, RCM I & II , Speaker Jam Chair & Policy Chair . I am willing to continue to serve the Region as Vice-Chair. In Loving Service, Antoinette B

Pro's 1- For all the qualifications reasons expressed by the nominee I believe she is the most knowledgeable and experience person for the position.
2- Very detailed and articulate
Con- 1-Absences at required meetings while Policy Chair appears to have been more than "rare," as described in the candidate's statement of qualifications. **Vote 8/0/0**

Old Business:

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:** Almost heaven 2nd : Roland C **No Pro's No Cons** 6/0/1
Back to groups

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, ie WiFi, 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 199-1 Mover: Randy D 2nd: Duane F

Money matter: Intent: To full fill my duties as a RDA Motion: Request \$384.78 to attend the MARLCNA per our policy on February 8th 9th and 10th 2020. Ck1863

Motion 199-2: Mover: Randy D 2ND Michael **Intent:** To fulfill my duties as RDA. **Motion: Money matter:** Request \$412.85 to attend the autonomy zonal forum 2 day event on January 25th 26 2020 in Charlottesville VA Budget \$760.00 a year. Ck 1864

Motion 199-3: Mover: Etta F 2nd Helen M: **Intent:** To be fiscally responsible to the facilities that host our subcommittees

Money matter: Motion: Issue check to By his grace ministries for \$75 to cover subcommittee meetings on 8/21/19 Check # D0001-\$25 D004-\$25 D005-\$25

Motion: 199-4: Mover Randy D 2nd Roland C: **Intent:** To get reimbursed for \$47.83 for expense's for the October 2 day event receipts turned in to treasurer.

Money matter: Motion: To get reimbursed for \$47.83 for expenses for the October 2 day event receipts turned in to treasurer Ck 1867

Motion: 199-5: Mover Dee P 2nd Hellen P request for funds to attend AZT & MARCLNA breakdown is \$403.00 and MARCLNA \$399.78 **Money matter: Intent:** To fulfill duties of RD in attending AZT & MARCLNA **Motion:** Request funds in the total amount of \$802.78 Ck 1867

Motion: 199-6 Mover: RD Team 2nd Michael L Survey monkey was used to improve our ability to take the conscience of the members at the region directly and efficiently during the regional planning process. **Money matter: Intent:** To provide the funds necessary to allow multiuser use of survey monkey. **Motion:** To budget \$900.00 for the purchase of a one year 3 user subscription to survey monkey which will provide us with the technological capability to directly take the conscience of the of the CARNA region. Pro \$ spent may allow better access to members not participating in service structure to get their conscience. **Back to groups**

Motion: 199-7 Mover: Sherry 2nd David H paper needed projected budgeted expenses **Money matter: Intent:** To have written copies of budgeted expenses for MARCLNA and AZF **Motion:** All Budgeted MARCLNA \$400.00 budgeted lodging projected expense \$384.78 AZF projected expense \$420.00 2day event.

Next RSC will be held on: December 21st 2019 @ UVA hospital, Charlottesville 11:00 am

Announce location and time of next subcommittee meetings: Subcommittee announcements to be announced on the CARNA website

Close with the Serenity Prayer and Announcements.