

Minutes for the 214th Regional Service Conference
Central Atlantic Region
April 17th, 2022 Zoom meeting

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

Serenity Prayer: Reading of Purpose, Traditions, and Concepts:

OPEN FORUM:

1. Basic Text
2. 1 page Info Sheet
3. Write reports/ goals & accomplishments
4. Letters from inmates
5. Treasurer received letter from Glenallen
6. Area mailing addresses
7. Reports

Roll Call	Executive Members	12/2021	2/2022	4/2022
Chair	Antoinette B.	P	P	P
Vice-Chair	Open	O	O	O
Secretary	Jennifer D.	P	P	P
Treasurer	Brian C.	P	P	P
Vice-Treasurer	Open	O	O	O
Regional Delegate	Randy D.	A	P	P
Regional Delegate Alternate	Sherry V.	P	P	P
Regional Delegate Alternate 2	David H.	O	P	P
VRCC Chair/Vice-Chair	Michelle M.	P	P	P
Hospitals and Institution Chair	Open	A	A	O
Policy	Lisa B.	P	P	P
Public Relations	Richard S.	P	P	P
Speaker Jam	Open	O	O	O
Ad-Hoc Committee Strategic Planning	David H.	P	P	P
Ad-Hoc Committee Archives Committee	Open	O	O	O

Areas	RCM/RCM-Alt	12/2021	2/2022	4/2022
Almost Heaven	Sherron C. (pro-tem)	A	A	P
Appalachian	Kim C.	A	P	P
Beach	Mark N.	P	P	P
Blue Ridge	Rick V.	A	A	P
Gateway		A	A	A
New Dominion	John N. & Chelsea R. Alt	A	A	P
New River Valley	Jeff B.	P	A	P
Outer Limits		A	A	A
Peninsula	Tommy M.	A	A	A
Piedmont	Chris P. & Brain K. Alt.	P	P	A
Rappahannock	Cat E. & Rudy C. Alt	P	P	A
Richmond	Val R.	A	A	P
Roanoke Valley		A	A	A
Shenandoah Valley	Chris M. & Danny M. Alt	P	P	P
Southside	Helen M.	A	A	A
Tidewater	Roland C. & Elaine H. Alt	P	P	P
Tri-Cities	Toney W. & Kelley G. Alt.	P	A	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.

Motion Maker: Mark N. Beach RCM

Seconded: RCM

To approve the 213th RSC Minutes

Approved as written. 7-0 passed

Please note that we had 10 RCMs during Open Forum and 9 RCMs at the start of the 214th RSC.

TRUSTED SERVANTS REPORT

Chair Report: Good Afternoon the GSR Assembly was awesome grateful for the time care that was put into everyone's report. The RD Team delivered and the reflection of the ease of voting with them using the survey monkey the RCM's voted in made it easy to participate and vote. AdHoc committee did a fantastic job with setting up the 2 day and had equally interesting report of information. Public Relations has been doing a wonderful job with ensuring that the Public is

informed we are available and creating access through phone lines and spot ads. Currently as the Chair I have to cover open positions Vice-Chair, H&I, and Speaker Jam. There is currently nothing else in these committees with the exception of how we will be distributing the Basic Text's Randy D. Has received that are for each area hopefully we will address it today to move forward with every area receiving their Texts. Please RCM's to please support the subcommittees being held every other month the 3rd Sat. From 10-2pm . Policy 10am, H&I 11am 12-1pm break 1pm Public Relations we look forward to your support.

In Loving Service,

Antoinette B

Vice Chair: Open; No Report.

Secretary Report: No report at this time
ILS.

Jennifer D.

Treasurer Report: Hi Folks.

We started this period with \$16,912.65 in the bank; we have had \$1615.18 in income and \$677.58 in expenses for a final bank balance of \$17,850.25. As this puts us about \$260 below prudent reserve we will not be making a donation to NAWS at this time.

Both the Treasurer's Report and the Budgeted vs. Actual have been submitted to the secretary and I ask that they be attached to the minutes.

Thanks for the opportunity to be of service.

Brian Campbell

CARNA Treasurer

804.513.7484

April 2022 Treasurer's Report

Summary		
Starting Balance as of	02/19/22	16,912.65
Income		1,615.18
Expenses		677.58
Current Balance as of	04/17/22	17,850.25
Prudent Reserve		18,109.25
Uncleared Checks		-
Projected World Donation		-

Income Since Last RSC

Source	Date	Amount	Comment
C009-RD Service Events	06-Mar-22	146.48	Returned - Atlanta Service Symposium
Beach	14-Mar-22	50.00	
Appalacian	14-Mar-22	423.64	
C009-RD Service Events	11-Apr-22	157.12	Randy Dunbar - Reimbursement
Shenandoah	11-Apr-22	100.00	
New River Valley	11-Apr-22	25.00	
Piedmont	11-Apr-22	93.50	
Other/Misc	11-Apr-22	40.00	New Chance Group
Other/Misc	11-Apr-22	50.00	New Chance Group
Almost Heaven	07-Mar-22	407.37	
Almost Heaven	11-Apr-22	122.07	
TOTAL		\$ 1,615.18	

Expenses Since Last RSC

Expense Type	Check #	Amount	Payee	Purpose
A003-Website	Debit	14.00	1AND1.COM	Website
A001-Phoneline	Debit	10.11	Twilio	Phone Line
A004-Teleconferencing	Debit	157.40	Zoom	Web Conferencing
A003-Website	Debit	34.00	1AND1.COM	Website
A005-Service Charges	Debit	11.00	Truist	Fees
C004-MARLCNA/RDA	975017	86.05	Sherry Vorbach	MARLCNA
E007-Public Relations	975018	355.00	Cox Communications	TV Ads
A001-Phoneline	Debit	10.02	Twilio	Phone Line
Total		\$ 677.58		

4/15/2022

Expense Type	Description	Annual Budget	YTD Spent	YTD Returned	Funds Available
A001-Phoneline	800 & Answering Services	\$ 1,200.00	\$ 51.61	\$ -	\$ 1,148.39
A002-Mailbox	PO Box	\$ 250.00	\$ 260.00	\$ -	\$ (10.00)
A003-Website	Host & Domain Expenses	\$ 400.00	\$ 156.00	\$ -	\$ 244.00
A004-Teleconferencing	ZOOM Teleconferencing Service - Annual Fee	\$ 160.00	\$ 157.40	\$ -	\$ 2.60
A005-Service Charges	Bank Service Charges	\$ 40.00	\$ 12.64	\$ -	\$ 27.36
B001-Conferences	RSC Meeting Expenses: rent, food & beverage, AV equipment rental, & office supplies	\$ 600.00	\$ -	\$ -	\$ 600.00
B002-Executive	Correspondence & report preparation & distribution expenses for RSC Chair and Vice Chair	\$ 500.00	\$ -	\$ -	\$ 500.00
B003-RD Team	Correspondence & report preparation & distribution expenses for RD Team	\$ 1,000.00	\$ 954.00	\$ -	\$ 46.00
B004-Secretary	Secretary expenses associated with preparation & distribution of RSC minutes, reports, correspondence, and related office supplies	\$ 150.00	\$ -	\$ -	\$ 150.00
B005-Treasurer	Treasurer expenses associated with preparation & distribution of reports, correspondence, and related office supplies	\$ 120.00	\$ -	\$ -	\$ 120.00
B006-GSR Assembly	Expenses associated with refreshments, food & beverage, & office supplies	\$ 1,000.00	\$ -	\$ -	\$ 1,000.00
B007-RD Workshops	RSC pre-approved line item expenses associated with holding 4 multi-area workshops ****	\$ 1,200.00	\$ -	\$ -	\$ 1,200.00
B008-Zonal Forum	Expenses associated with holding Zonal Forum approximately ***	\$ 200.00	\$ -	\$ -	\$ 200.00
B009-Zonal Support	CARNA's portion of zonal expenses	\$ 700.00	\$ -	\$ -	\$ 700.00
C001-WSC/RDA	Expenses associated with RDA attendance of bi-yearly WSC with \$55 per diem *	\$ 2,000.00	\$ -	\$ -	\$ 2,000.00
C002-WSC/RDA-2	Expenses associated with RDA-2 attendance of bi-yearly WSC with \$55 per diem *	\$ 2,000.00	\$ -	\$ -	\$ 2,000.00
C003-MARLCNA/RD	Expenses associated with RD attendance of yearly MARLCNA	\$ 500.00	\$ 243.19	\$ -	\$ 256.81
C004-MARLCNA/RDA	Expenses associated with RDA attendance of yearly MARLCNA	\$ 500.00	\$ 86.05	\$ -	\$ 413.95
C005-MARLCNA/RDA-2	Expenses associated with RDA-2 attendance of yearly MARLCNA	\$ 500.00	\$ -	\$ -	\$ 500.00
C006-AZF/RD	Expenses associated with RD attendance of Autonomy Zonal Forum	\$ 760.00	\$ -	\$ -	\$ 760.00
C007-AZF/RDA	Expenses associated with RDA attendance of Autonomy Zonal Forum	\$ 760.00	\$ -	\$ -	\$ 760.00

C008-AZF/RDA-2	Expenses associated with RDA-2 attendance of Autonomy Zonal Forum	\$ 760.00	\$ -	\$ -	\$ 760.00
C009-RD Service Events	Expenses associated with RD attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$ 1,000.00	\$ 1,100.00	\$ 303.60	\$ 203.60

C010-RDA Service Events	Expenses associated with RDA attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$ 1,000.00	\$ 1,168.82	\$ -	\$ (168.82)
C011-RDA2 Service Events	Expenses associated with RDA-2 attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$ 1,000.00	\$ 1,100.00	\$ 1,100.00	\$ 1,000.00
D001-Policy	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, literature, and guideline printing (not to include refreshments)	\$ 300.00	\$ -	\$ -	\$ 300.00
D002-Project Driven	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 300.00	\$ -	\$ -	\$ 300.00
D003-Speakerjam	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 120.00	\$ -	\$ -	\$ 120.00
D004-Public Relations	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 300.00	\$ -	\$ -	\$ 300.00
D005-Hospitals & Institutions	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 300.00	\$ -	\$ -	\$ 300.00
E001-Hospitals & Institutions	Expenses associated with inmate literature purchases, correction facility library literature purchases, and H&I presentations, and events or workshops.	\$ 1,000.00	\$ -	\$ -	\$ 1,000.00
E002-Speakerjams	RSC line-item approved expenses associated holding speakerjams in March & September each year including travel (\$500.00/jam)	\$ 1,200.00	\$ -	\$ -	\$ 1,200.00
E003-Overnight RSC	Overnight RSC expenses including overnight lodging, and meeting space rent (\$3,000.00/overnight)	\$ 6,000.00	\$ -	\$ -	\$ 6,000.00
E004-RD Team	Travel expenses associated with RSC approved RD team attendance at Area events when requested by the Areas **	\$ 600.00	\$ -	\$ -	\$ 600.00

E005-Project Driven	RSC approved expenses associated with communicating and/or visiting with isolated groups & interested ASC's including gas and long distance phone calls **	\$ -	\$ -	\$ -	\$ -
E006-Equipment	Repair, replacement, and maintenance of RSC laptop, projector, etc.	\$ 500.00	\$ -	\$ -	\$ 500.00
E007-Public Relations	Expenses associated with Professional conference & community event registrations, paid radio spots, professional contact data base production, annual PR mailing, printed materials for reports, training, presentations, and travel	\$ 1,500.00	\$ 1,546.25	\$ -	\$ (46.25)

F001-Policy	Expenses associated with travel in the performance of duties outlined in policy	\$ 600.00	\$ -	\$ -	\$ 600.00
F002-Hospitals & Institutions	Expenses associated with travel in the performance of duties outlined in policy	\$ 800.00	\$ -	\$ -	\$ 800.00
F003-Public Relations	Expenses associated with travel in the performance of duties outlined in policy	\$ 1,800.00	\$ -	\$ -	\$ 1,800.00
F004-Speaker Jam	Expenses associated with travel in the performance of duties outlined in policy	\$ 80.00	\$ -	\$ -	\$ 80.00
F005-Ad Hoc	Expenses associated with travel in the performance of duties as defined by RSC when ad hoc is created	\$ -	\$ -	\$ -	\$ -
G001-Discretionary	\$300 maximum per item	\$ 1,200.00	\$ -	\$ -	\$ 1,200.00
		\$34,900.00	\$ 6,835.96	\$ 1,403.60	\$ 29,467.64
World Donation	\$ 1,885.62				

This Fiscal Year Uncleared Checks	\$ -
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Last Fiscal Year Uncleared Checks	\$ -
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* bi-annual expense

** these lines were created for 2013 budget

*** this line item is once every three years and 2020 is our year to host

**** CAR workshop in conference years; other topics in non-conference years

YTD spent

RD Report:

Autonomy Zonal Forum. I attended several meetings since our February 2022 RSC.

Delegate Team. I attended several meetings with our Delegate team for the Planning Committee and to put together the April GSR Assembly. WE had the GSR Assembly yesterday with attendance reaching the around 32 members. We received much need feedback from the workshops. All GSR's present were able to get clarity and vote. Updates were given on NAWS NEWS, the merging of 3 zones and US Zones collaboration. I participated in both CAR/CAT workshops.

Conference Participant webinar on April2, 2022 was about virtual procedures for the ICC 2022 WSC. The procedures for Virtual WSC are posted on the na.org/conference.

Open Webinars. The last open webinar was on March 19, 2022, Attract Members to Service. Attendance was around 260 members. There were several presenters and much discussion. Check na.org/web meetings for notes on this session.

World Service Conference starts on April 22, 23, 29 and 30. YouTube live feed at na.org/conference.

US Zone Task Group.

May 1, 2022 is Service Day around the World.

June 5-11 is Public Relations Week.

NAWS Update at Na.org/News News

ILS Randy D. Regional Delegate for Central Atlantic Region

RDA Report: Good morning, Everyone

My part of the delegate teams report is on the Collaboration of US Zones, Autonomy Zonal meetings. We divided the areas we attend so avoid redundancy and to stay within our ten minutes reporting time.

The Collaboration of US Zones met on April 10, 2022, at 6:00 pm. It is meets quarterly so the next meeting will be July 10, 2022. There were approximately 23 members in attendance. With members from all eight zones from the US. The US collaboration meeting of zones is hosted by zones on a rotating basics with our zone Autonomy hosting this time and our zones facilitator Rob U. facilitating the meeting. Only zonal contacts can vote

The only topic was from the action plan task group.

As Craig R. reported some of what was presented yesterday at the GSR assembly

There was a 3-part package presented

1. Survey Narrative
2. PowerPoint video with audio including multiple persons
3. Survey

- Some concern raised on verbiage was revised
- Original survey had 4 questions changed to two
- One person stated survey was not a decision-making mechanism that may be discussed later
- Straw poll taken to increase survey narratives failed
- Proposed changes to slide 15 was agreed could be done after meeting and package still sent out
- Proposal to make next meeting a two-day event
- SEZF to host next event with SEZF to collaborate with Workgroup for Saturday event
- No opposition to workgroup continuing
- **Google Drive** : https://drive.google.com/drive/folders/1KlwtzMHWjSXeqb8v4P5vB-87fpj_rLZX?usp=sharing
(Download only) - Has everything I had on the other drive - which also includes mp3's of the workshops from last year's event...
- **Upload**
Folder: <https://drive.google.com/drive/folders/1MZ4wqLQQ2nyn1z4zksN8E9Nf8xvr1Z9O?usp=sharing> *(Upload/Download/Edit) - Anyone can upload, edit, or delete in this folder. Acts as a safe place to send files we might want shared in the Shared folder*
- **US Zones Gmail and Google Group**
uszones.na@gmail.com ::: Account created to host the google drive and act as admin for the google group
us-zones-of-na@googlegroups.com ::: Google Group email created with the full contact list on it I attached the contact list that was used as the source for the initial member setup for this
- Chair of SEZ gave update on Eastern US zone Merger
- View Demo of what a national website could look like for the US.

Autonomy Zonal Forum

Met on February 25, 2022, to discuss three persons from zone to serve on merger of Eastern US zones decided to wait on final decision until March 24, 2022

On March 24, 2022

- Open position – Secretary
- Service Work Group
- Review Internal Guidelines
- Review Strategic Plan

Eastern States Zonal discussion

- 3 members to workgroup-Sherry V. Central Atlantic, Billy Greater Philadelphia and Bryan from Freestate
 Trish from Freestate will be alternated were one of the three members cannot make meeting.
- USMOZ – Hosted by AZF April 10, 6:00pm EST - Rob
- Revised AZF Guidelines – Rob
- AZF web updates

- Prep for next AZF meeting July 23-24, 2022/ Greater Philadelphia

2022 AZF Strategic Planning (accepted AZF Jan 2022)

- JAN - Strategic Planning cycle proposed/accepted. Initiate Survey task team to release survey within 30 days
- FEB - Survey released to AZF
- MAR - Discuss information gathered and information coming from discussion. Develop, categorized, prioritized list of issues and set goals. If time create approaches, Poll Approaches and Prioritize. Create Task Group to Create Actions Plans

Thanks to everyone who joined us yesterday. Next year... not in two years... the full cycle of the World Service Conference and all the motions that will come with it. There could be as many as 40 motions or more that will need your voice stay tuned

Also, PR week will be June 5, 2022, to 12th...trying to do one little PR task during that week. NA world services would love to have some photo of your event. Send to PR@na.org

I also attended multiple task groups with the SEZF, NEZF and AZF

YIS

Sherry V.

Alt Regional Delegate-Central Atlanta Region

RDA2 Report: The past two months have been focused on yesterday's GSR Assembly. CAR/CAT workshops were held on February 20th and March 5th, with a total attendance of 29 members from our Region and beyond, ranging from Georgia to Philadelphia. The delegate team met on four occasions to prepare for the GSR Assembly, which we held yesterday.

Thank you allowing me the opportunity to service.

YIS,

David H

RDA2 CARNA

VRCC Report: Hello Family,

I apologize for my lack of attendance at yesterday's GSR assembly. The VRCC policy lists an end of year report to be given but no obligation to the GSR assembly. Last year I did give a presentation, but I was asked by a member to do so. I assumed that since it had not been mentioned to me that it wasn't needed/necessary this year. I will be put in in a motion at the VRCC meeting in May to add under Chair's duties an exact account of the expectations for the VRCC regarding the GSR assembly for myself and future chairs to have clear direction.

The 39th AVCNA was well attended with approximately 500 attendees. Unfortunately, our budget for this convention was much more than what we brought in. Our total spent was 58,550

and total revenue was 47,241 at this time we are still under prudent reserve. Our policy states that donation to the region is calculated based on overages in the prudent reserve. Last convention we did donate to the region regardless of being under prudent reserve. At our May meeting I will be putting in a motion to add to policy that years in which we are under prudent reserve we will still donate to the region. The donation I will put into the motion will be \$500. The directors will need to approve this amount. If approved our treasurer will send a check to the region.

At present the VRCC is looking for a new accountant, our account of 15 years will no longer serve not for profits. At the May meeting the chair will also appoint an ad hoc to audit the VRCC bank accounts for accuracy. I will report on the audit findings at the August regional meeting.

We have 7 areas being represented at the VRCC and are gearing up for the 40th AVCNA in Virginia Beach. At our March meeting I was reelected as Chair, Vicki B was reelected as Vice Chair, Tina S was reelected as Secretary and Kellie M was elected Vice Treasurer. All positions on the executive body are filled at this time.

Online registration for the 40th is open on our website and the hotel contract with the Virginia Beach Marriott has been secured. Room rates are \$169 Ocean view, \$189 Ocean Front, \$209 Jr Suite, and \$220 for a suite. Parking is included for hotel guests.

Finally, the VRCC takes bids for the following years conventions starting in May, our meeting in May will be at the doubletree Virginia Beach. Monthly meeting's locations will be announced on our website as we do not have a consistent meeting place for in person meetings at this time. We do have the option for zoom at our regular business meetings for those that would like to attend please email secretary@avcna.org for the meeting ID and information or check our website for updates.

ILS,

Michelle M-VRCC Chair

H&I Chair Report: No Report Submitted

Policy Chair: Hello RSC Body

I'm forever grateful for the opportunity to serve as the Policy chair. The Policy duties consisted of Compiling a report of activities since the last RSC. Report on motions submitted to the committee, Expenses which hasn't been any since the pandemic m. And also to approve policy changes from previous. To be accountable and present at all RSCs. And to maintain updated Guidelines. And to hold Atl easy one subcommittee meeting. This commitment was extraordinarily a learning experience and I'm grateful I accepted the challenge in spite of the drawbacks. However my term to serve has come to an end. I will be turning the policy chairperson over to the trusted servant whose willing to serve. I believe in the spirit of rotation. Thank you all.

Lisa B.

Ad-Hoc Planning Committee: The five Action Plans that were developed from this planning cycle were: Encouraging Service, Mentorship, Promoting the GSR Assembly, Reporting Goals and Accomplishments, and Generating a One Page Information Sheet about what Region does. The first three of these were accomplished either prior to or during yesterday's GSR Assembly. The point of accountability for the One Page is the Chairperson, who will direct the trusted servants of the Admin Body to write a blurb on what they do and how it serves the Areas. The point of Accountability for generating policy language to direct trusted servants to include Goals and Accomplishments in their reports will be the Policy Chair.

This will conclude this planning cycle. I hope that the RCMs decide that the planning process should continue and that there is the willingness among our members to support it. I will be stepping aside as the Chair of any future planning ad hoc committee to encourage rotation of service and so that I can focus on my duties as a part of the Delegate Team. Thank you for this amazing opportunity to serve

YIS,

David H

Public Relation: See attachment at end of minutes

Speaker Jam Report: No Report

AREA REPORTS

Almost Heaven: Hello Everyone,

I am an addict; my name is Sherron; I am the RCM pro-tem for the Almost Heaven Area. There are a total of 15 groups in our area that host 22 weekly meeting through zoom, in person or a combination of the two. There were 11 GSRs attending ASC in March and 10 GSR's attending ASC in April. The following area trusted service positions are open ~ Chair, Vice Chair, RCM, RCM-Alt, VRCC, Policy, Convention. Area trusted servants elected at the April Area Service Conference were –. Sherry V elected to serve as Area Chair pro-tem, Sherron C elected to serve as RCM pro-tem, and Cedric W elected to serve as Policy Chair pro-tem

Group news

- ★ 4/20: Melody G. celebrates 3 years @ Miracles do Happen
- ★ 4/25: Dan D. celebrates 34 years @ Addicts Welcome
- ★ 4/30: Ben J. celebrates 27 years @ Not High at Noon
- ★ 5/4: Charles S. celebrates 15 years @ Not High at Noon
- ★ 5/4: Mike B. celebrates 19 years @ Keep it Simple
- ★ 5/7: Vicky G. celebrates 36 years @ Not high at Noon
- ★ 5/12: Sherron C. celebrates 23 years @ Surrender to Win
- ★ 5/18: Tho'mas G. celebrates 28 years @ It's a Brand-New Day
- ★ 6/3: Don V. celebrates 31 years @ Start to Live
- ★ 6/5: Gordon R. celebrates 22 years @ End of the Road

- ★ 6/11: A Speaker Jam will be put on by End of the Road from 12pm - 12am (more will be revealed)
- ★ 6/12: Rachel G. celebrates 19 years @ End of the Road
- ★ 6/24: Eric C. celebrates 5 years @ Start to Live

Area news

At our March Area Service there was a motion made by homegroups to remove the vice-chair. The vice chair between Feb 5 and March 8 sent 58 plus emails to the area service group email. Most of which were directed to individuals. These individuals asked that it be stopped but was met with an increased number of emails and accusations. At the March Area Service there was an unanimous vote to remove the vice chair from the position of vice chair.

Subcommittee news

PR

The PR Sub-committee met on March 21, 2022 and will continue to meet in person on the 3rd Monday of the month at 6:00 pm. Their website is @ <https://almostheavenareana.org>: there are many resources there. There was one event the sub-committee participated in. This event happens monthly and offer an opportunity to get meeting list out. There's a potential event in July, and they will continue to look at other ways to carry the message. Their next meeting will be April 18, 2022 @ 6:00 pm 549 West Queen Street, Back of Church, 2nd Parking lot in the basement.

Policy

The Policy Subcommittee did not meet because there were no tasks to be completed. However, two members met with the Policy Chair (pro-tem) Nominee met with the nominee on March 15 to familiarize him with the duties and responsibilities of the position.

Convention

Three open positions were filled, and the chair contacted the facility where the convention is to be held to discuss details regarding the convention on 4/11/22. The committee will meet on 4/17/22 for a CD listening event to select main speakers. Their next meeting will be held on 4/18/22 at Otterbein Methodist Church in Martinsburg, WV at 6:30 pm.

Area concerns

The Area current concerns are lack of participation at Areas Service by Trusted Servants and the large number of open positions.

Area special events calendar

Almost Heaven Area Convention XXXIV August 5, 6, 7, 2022

4H Center, 600 4th Center Drive

Front Royal, VA 22630

Summary

The Almost Heaven Area is happy for the opportunity provided by the zoom platform that has allowed us to continue to meet during the global pandemic, however we are glad to announce that we met in person for April 2022 Area Service and will continue to meet at Immanuel's House 713 Buxton St. Martinsburg, Wv 25401. We have resolved the issue with the previous vice-chair and have finalized the decision to go forth with this year convention.

Next ASC meeting

The Next Area Service meeting will be held on May 7th, 2022 @ 1:30pm at Immanuel's House 713 Buxton St. Martinsburg, WV 25401, all are

Total number of H&I commitments and facilities being served by your Area's

At the current time we have 1 H & I commitment in 1 facility.

In Loving Service

Sherron C.

Appalachian: Dear Regional Members,

Our Area met April 3, 2022 - in attendance were 6 GSRs. The Area meets at 2420 Memorial Ave. Lynchburg, VA at 3:30 pm

The positions we still have open in our Area are: Vice Chairperson of Area, CoTreasurer, RCM Alternate, VRCC Alternate, Public Relations and Phone Line.

I attended the GSR Assembly and it was very supportive and informational.

In February Heather M was involuntarily removed from H&I per ASC policy missing two or more consecutive meetings without notifying the Chair or Vice Chair (Page 13 of ASC policy) An error was made in reinstating her by having a vote immediately by the Secretary. However, according to our policy. The position was to be open to other members and taken back to groups if anyone was interested in H&I Chair. It was addressed on April 3, 2022. The H&I position was filled by Heather M. We voted in H&I Chair back into the position by Acclamation. Adhoc committee was disbanded.

The GSRs voted in a name for the website as requested. Our Chairperson sent To Richard S. The name is CVAANA (Central Virginia Appalachian Area Narcotics Anonymous.)

The area had an event called Spring Fling in Miller Park in Lynchburg, VA It went very well, food, games, and a speaker were provided and everyone had a great time.

Our donation to the Region is \$286.50 and has been mailed. I also enclosed the Area H&I report form to the Regional H&I - Please redirect to the Regional H&I Chair or the Chair of Region.

In Service & Fellowship

Kim C, RCM Appalachian Area

Beach: Dear Carna Family,

My report is based on just March's ASC. I have not received April's minutes yet.

We currently have 17 active groups of which 12 attended March's ASC.

Ann V was voted in as Web Servant.

We also created a new position, Alternate RCM. The purpose is to have the next RCM prepared for that position. We now have to create a job description and then fill it.

On Sat., April 23rd, the Sots Campout is having a bowling fundraiser. The cost is \$25.00 which includes bowling shoes.

On Sun., June 5th, we will be having our annual Unity Day Picnic at Bayville Farms. No cost. Dogs are not welcome.

We meet on the 1st Saturday of each month at 1:00 p.m. at Ocean Lakes Church, 1200 Dam Neck Rd., Virginia Beach.

Our mailing address is 3419 Virginia Beach Blvd. #5252, 23452.

ILS
Mark N

Blue Ridge: Our last Area Service Committee met on April 10th in Verona, VA.

We had 8 groups present, we have 12 groups listed on our roster, the 4 that were not present are listed as “inactive” I will seek clarity on this to be included in my June report.

Rick V was elected RCM, and Peter P was elected treasurer. We recently elected a Literature Chair, this had been a defunct position in our area for five years, and groups are excited to have an active Lit. Chair again.

No new business was discussed.

We have plenty of service opportunities in our area: Chair, Vice Chair, Policy Chair, Outreach, Special Events, RCM alt, VRCC Dir, VRCC dir. alt are all open at this time.

Our next ASC will be held on May 15 at 3pm, Verona UMC.

I am quite grateful for the learning opportunities and other gifts that service brings about.

In loving service,

Rick V.

Gateway: No Report Submitted

New Dominion: Events: April 23, 2022 12-6 Cookout at Courthouse Freedom 1500 Courthouse Rd N. Chesterfield (ECCNA Fundraiser)

April 29-May 1, 2022 Weekend at Larry's The Awakening Campout Zenrity Farms 5467 Old Columbia Rd. Goochland

May 7, 2022 1-5 Speaker Jam 2300 Dumbarton Rd Richmond (ECCNA Fundraiser)

All Flyers are attached

Unfortunately at this time we have been having issues with our bank and the signature cards we are currently working on this. We have a total of 55 homegroups. At March ASC we had a total of 32 homegroups attend and in April ASC there were 34. At this time our Public Relations Chair is open, Our mailing address PO Box 25336 Richmond VA 23260 our meeting time is 3:30 on the second Sunday of the month at 2300 Dumbarton Rd Richmond VA 23228. We currently have 4 H&I commitments at Chesterfield Jail Men, Chesterfield Women, Hallmark

Youth, and The Healing Place; 2 facilities are in the process of opening back up to H&I and doing applications at Beaumont, James River Juvenile. Our next 2 ASCs are May 15, 2022 (due to mother's day), June 5, 2022 (due to ECCNA 25 and Father's Day).

In Loving Service,
Chelsea R.

New River Valley: New River valley narcotics anonymous most recently met April 3rd for our area service meeting at highland Park community Church in Dublin, VA. Over the last two meetings, the group One Addict Helping Another became official, becoming the sixth group in the area, and now meet twice a week at the 401 Peer center in Radford. OAHA will be hosting a speaker jam/cookout on May 1st in the parking lot of the 401 Peer Center starting at 12:00 with three speakers. PBP group will be hosting Spring To Recovery speaker meeting on May 21st at 3:00 at their Church, first Presbyterian Church in their annex building in Pulaski.

Thank you for all your hard work, I look forward to learning more and growing as a helpful service member in the na community.

Much love,

Jeff B. Addict

Outer Limits: No Report Submitted

Peninsula: No Report Submitted

Piedmont: No Report Submitted

Rappahannock: No Report Submitted

Richmond: No Report Submitted

Roanoke Valley: No Report Submitted

Shenandoah Valley: Hello family

Shevana has 19 groups and 26 meetings per week.

We had 13 gsrs present at our last area service

We made a donation of \$100 to region

Open positions are VRCC, VRCC alt, Newsletter, outreach, parliamentarian and special event.

We elected a secretary Meredith S. And RCM alt. Danny M. Norman C. Has been nominated for parliamentarian and Bailey R. For special events

We added a new group to our area this month the meeting name is Just Stay Fridays at 7pm it's located at Hedgesville UMC 201 S. Mary St. Hedgesville WV

We just printed new meeting list for spring 2022

Special events is planning a talent show dates and location has not been announced yet.

Our next ASC is Monday May 9th at 6:30 pm at grace community church in Winchester VA

HNI is currently going into two facilities, the juvenile detention and the behavioral health unit

Thank you

In loving service

SHEVANA RCM

Chris M

Southside: No Report Submitted

Tidewater: Hi Family, please to report the Tidewater area is progressively regaining strength and it's numbers. We met last Sunday April 10th via Zoom we had 19 GSRs present and as such established quorum. Our Chair Fred R convened the meeting and received the following briefs from sub committee chairs, H& I currently have 4 meetings going strong Drug Court, Salvation Army, Norfolk City Jail women's unit and SART Portsmouth Naval Hospital. We had a successful presentation and now personnel cleared to start attending Indian Creek Correctional as well. Our Tacna 18 Convention Chair shared the success of the latest convention with a cost approximately 35k final audit info was reported to Tacna and after prudent reserves final profit was \$3912.07 half sent to Tacna (\$1,564.86). Public Relations is also working with subcommittees to help get the message out and assisting me in helping struggling groups get the help they need come what may. Tidewater Treasury reported an opening Balance \$5733.69 once income received and accounts payable true balance was \$6,300.99 minus prudent reserve \$4,000.00 leaves a Balance of \$2,300 operating. There is currently no Special Events Chair or Literature Chair. Our newly elected Policy Chair is very knowledgeable and is enthusiastically taking on the challenges. We do however have literature committee members keeping sales moving. We will be moving into our upcoming June elections and as such we will be taking nominations for all positions next months area. Current open positions include Vice Chair, Alternates for Secretary, RCM, VRCC, Treasurer and Special events Chair. The only business address was a motion put forth to require TACNA to meet live this motion failed so TACNA will be meeting via zoom for the foreseeable future.

In Loving Service,

Roland C

Tri- Cities: No Report Submitted

After all reports were read, a motion was made to continue instead of taking a break.

Motion Maker: Sherry V.

Second: Roland C. Tidewater RCM

Motion: To continue on moving forward with business instead of taking a break.

Passed: 0-8-0

OLD BUSINESS:

CARNA Motion Form Motion Number: 211-2

Date: December 18th 2021

Mover: RD Team Area: NP Amendment

Second Beach RCM

Motion: To change 6A Regional Delegate Duties #4. from: 4. Attends biennial World Service Conference (WSC) Meeting, Ca usually end of April; attends annual Mid-Atlantic Regional Conference of NA (MARLCNA) Lancaster, PA, on conference Attends Zonal Forum Meetings (twice per year), locations vary from throughout the Autonomy Zone geographic ran organizes and chairs Zonal Forum when it is hosted by Central Atlantic Region); organize, schedule, coordinates and WSC Conference Agenda Report (CAR) Workshops throughout CARNA geographical area. (119th) To allow the delegate to attend in non-conference year the nearest World-Wide Workshop. (142nd) Change to: 4. •Attends biennial World Service Conference (WSC) Meeting, usually in California, usually the end of April. •Attends service event in the eastern US area focused on the CAR/CAT on conference year. •Attends Autonomy Zonal Forum Meetings (twice per year) locations vary from throughout the affiliated Zone's geographic range •Organizes and chairs Zonal Forum when it is hosted by Central Atlantic Region. •Organizes, schedule, coordinates and facilitates Conference Agenda Report (CAR)/ Conference Approval Track (CAT Workshops throughout the four quadrants in the Central Atlantic Region's geographical area. •Attends one service event in the non-conference year. Ex. MZSS, FSS etc. (119th) To allow the delegate team to attend in non-conference year the nearest Service Event TBD. (142nd) •Delegate can determine whether the whole team attends same Service events or splits the events between them for the con year and non-conference year.

Amendment Area &RCM: _____ Description/Background (Optional): Since the guidelines were updated there are more car/cat events that are being held other than MARLCNA. This change would allow the delegate team to determine which car/cat service events would give the most information and if this could not be determined to allow the delegate team to split up and attend other service events each. Also there are no world wide workshop being held by NA World Service. Intent: To update guidelines to reflect correct events and allow the delegate team the flexibility to determine which service events would best provide information and/or train our delegate team to best serve our region.

Passed 0-8-0

CARNA Motion Form

Motion Number: 211-3 Date: December 18th 2021

Mover: RD Team Area Second: Tidewater RCM

Motion: Description/Background (Optional):

Conference participants came to a consensus to postpone the next World Service Conference until 2023 in the hopes that we will be able to meet in person at that time. The WSC will convene for a partial, interim, virtual meeting in 2022 to make decisions that are required by

law and policy, as well as to decide on the Spiritual Principle a Day book, but the conference cycle this time will be three years, ending when the 2023 meeting closes. Experience has shown that continuity of trusted servants in a conference cycle helps to make the WSC more effective so we are encouraging regions and zones to consider making similar decisions related to the terms of their delegates and alternates- See Attached Letter in its entirety.

Intent:

To Continue with the same delegate team to preserve continuity and help the World Service Conference (WSC) be more effective.

Motion:

To suspend policy to extend the term of the Regional delegate only by four months to maintain continuity of trusted servants for the 2023 World Service Conference

Pro: We are extremely bless and confident in our Regional Delegate Teams Ability to review the slate of workshops available at this conference and making the best decisions on which will give us the best bang for our bucks.

No Cons on either motion

Passed 1-6-0

1. Giving vote of confidence to Sherry V. to be 1 of 3 members from the AZF to be on the task group. The zones will decide who is on it. (Straw poll all present was in favor of giving Sherry V the region vote of confidence.
2. Zelle: Referred to policy
3. Discussion on Zonal: AZF is down from 6 region to 4, pulse in the region for the direction we should go. We have been working with NEZF and SEZF on the thought of merging all 3 zones. Time to get votes in, travel
How do we feel about the merging of all 3 Eastern Zonal Forums? {Straw poll of all attending the region} 5 in favor, 1 staying neutral, 1 abstaining, 1 against.

ELECTIONS & NOMINATIONS

- 1-Vice treasurer: Open (open since 173rd) {June 20th 2015}
- 2-Treasurer: Open Brian C (Pro-tem) {open since 201st RSC} {Dec 21st 2019}
- 3-Speaker Jam: Open {open since 203rd RSC} {June 20th 2020}
- 4- Vice Chair: Open {open since 209th RSC} {June 19th 2021}
- 5- H&I Chair: Open {open since 213th RSC} {Feb 18th 2022}
- 6- Policy Chair: Open {open since 214th RSC} {April 17th 2022}

NEW BUSINESS:

1: Discussion on what we want to do with the GSR Assembly archives
PowerPoint/audio no video, do we want to put into a pdf.
Will discuss more within the subcommittee.

Every RSC will begin at 10am

Next Subcommittee Meeting will be held on May 21st 2022 at 10am on Zoom
Meeting ID: 304 156 278

Next RSC will be held on June 18th 2022 on Zoom
Meeting ID: 304 156 278

Close with the Serenity Prayer

Public Relations 2022



Innovation in Carrying the Message

First Things First

How We Prepared for This Year...

Basic Meeting List Toolkit November 2018

BMLT Database Adoption Region Wide

- BMLT provides Unified and Accurate Location Aware Meeting Results
- Allows Areas to maintain the WorldWide database
- Distributed Management, Consolidated Information
- Enabled COVID Response

Modernized the Website on Wordpress 2019

Multisite allows Many Areas to use one host, saving thousands a year

Peninsula Area

Richmond Metro

Blue Ridge Area

Central Atlantic Region

Shenandoah Valley Area

Appalachian Area

Modernized Phone Line with YAP in 2020

- YAP allows for Distributed Volunteer Calls to each Area, how they want them, and even distributes calls to other regions for callers outside our Region.
- YAP also handles the Majority of the Calls with Automated, Accurate, Complete, and Easy to Use Meeting List Information
- Crafted a CARNA Volunteer Training program
- Crafted an Area Coordinator Phone Line Manual
- Gave Several Area Volunteer Trainings

Public Service Announcement Videos

Customized 12 PSAs for use by the Region 9/2021

Added overlays and voiceovers to existing PSA Videos

Got Quotes from providers for the PSA Campaign

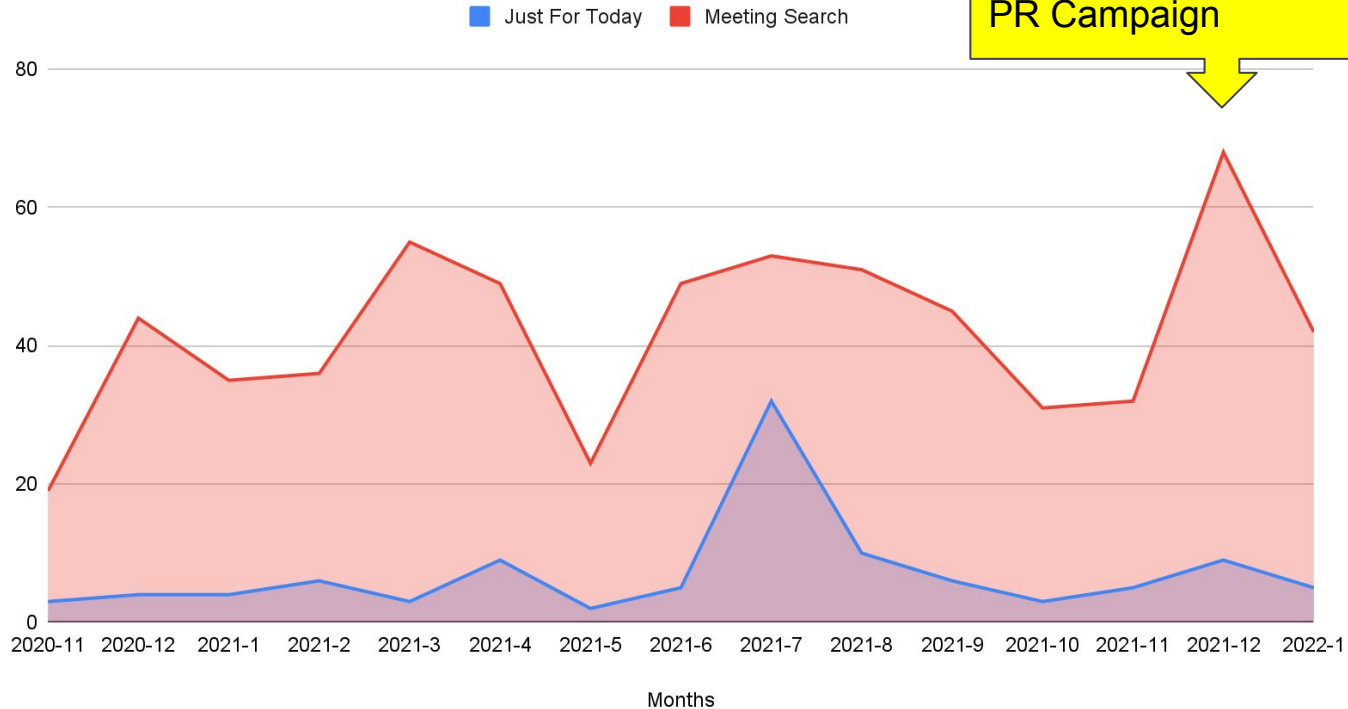
After Laying Groundwork

TV PSA campaign December 2021

- Delivered 880 airings of 12 different PSA Videos over 30 days
- Included coverage of all Satellite and Cable systems
- “Basic Cable” Channels in All Areas with such services
- In All Our Regions Geography
- Basic Cable Channels are included in Every Plan.

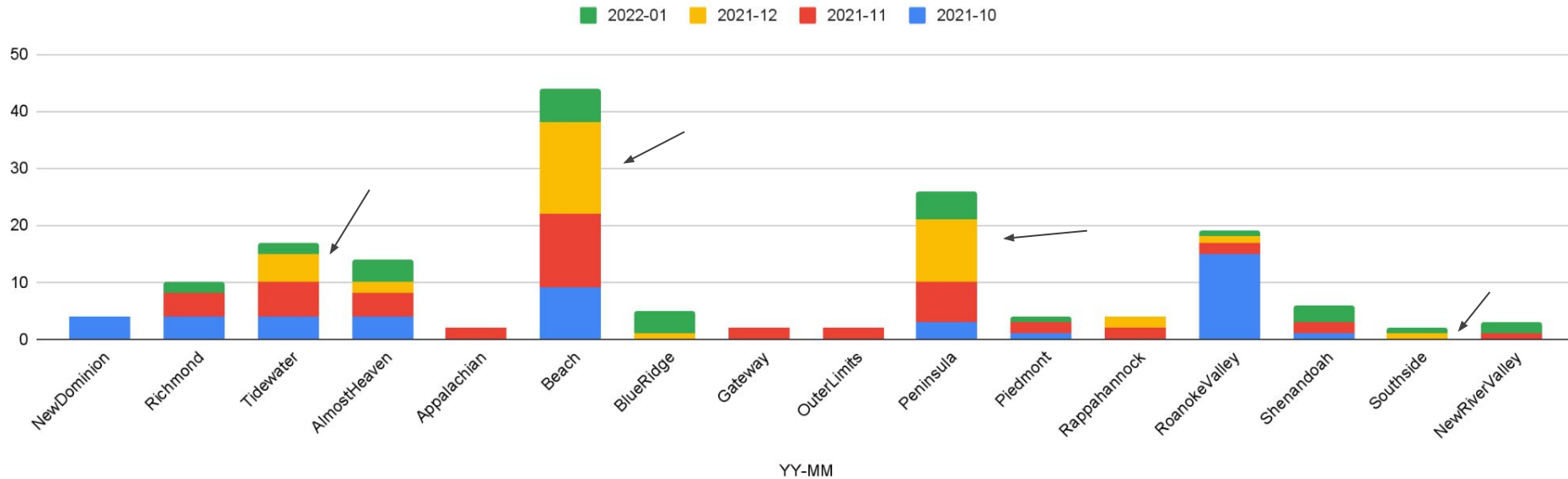
Meeting Search / JFT Automated Counts

Just For Today and Meeting Search

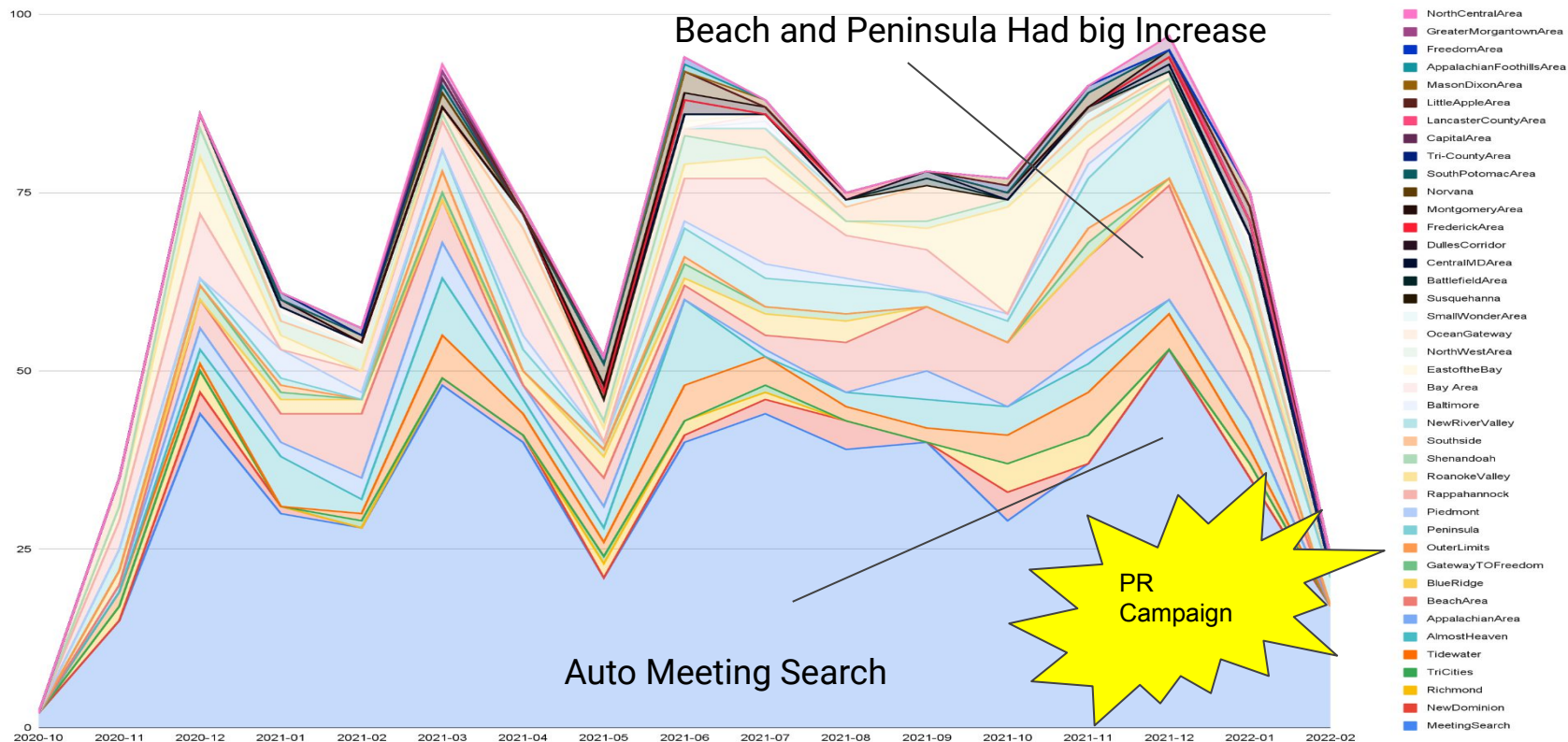


Volunteer Calls Up in Peninsula and Beach

2021-10, 2021-11, 2021-12 and 2022-01



Our YAP Serves Northeastern United States

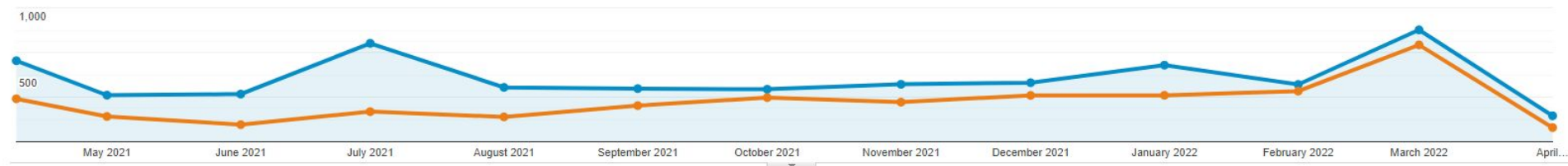


Dec 2021 PSA Campaign Results

- Big Increase in Beach and Peninsula calls
- Overall Greater Calls for Automated Meeting Search in All Areas
- Record High of total Phone Calls
- Also Record Automated Calls, and Volunteer Calls

Web Traffic continues upward Trend!

Apr 10, 2021 - Apr 10, 2022: ● Users
Apr 9, 2020 - Apr 9, 2021: ● Users



Users

60.57%

5,551 vs 3,457



New Users

60.59%

5,513 vs 3,433



Sessions

43.85%

8,473 vs 5,890



Number of Sessions per User

-10.41%

1.53 vs 1.70



Pageviews

49.34%

21,485 vs 14,387



Pages / Session

3.81%

2.54 vs 2.44



Avg. Session Duration

-19.11%

00:01:38 vs 00:02:01



Bounce Rate

-8.69%

41.89% vs 45.87%



**60% GROWTH
over Last Year**

Other Initiatives July 2021

Distributed literature to all 29,180 Virginia Dept. of Corrections Inmates

- The White Booklet
- Behind the Walls
- Triangle of Self Obsession
- Self Acceptance
- Staying Clean on the Outside

29,180

Inmates

Other Initiatives - April 2022

Presented to all Virginia Department of Corrections staff an hour long training titled

Narcotics Anonymous, A Resource In Your Community

How to Find Us, What We Provide, Phone Lines, Websites, What We Don't Provide, History, etc

Other Initiatives - Various

- Worked Several other Regions helping set up YAP.
- Continuity Training to Several new Area PR Chairs
- Created and Presented a video to the Virginia Summer Institute for Addiction Studies Virtual Conference (VSIAS 2021)

Future Goals

- Public Relations Virtual Service Learning Workshop, hosted by Peninsula Public Relations Committee in May 2022
- Summer Institute "VSIAS 2022. RESILIENT RECOVERY" JULY 17 - 20, 2022
- Postcard Mailing - QR Codes

Future Goals

Gathering / Combining Points of Contact Lists for PR, H&I etc

- Medical Facilities / Systems
- Treatment Facilities / Systems
- Mental Health Facilities / Systems
- Correction Facilities / Systems
- Parole/Probation/Release Centers

Future Goals

- Work to help our Region develop H&I
- Outreach other State Corrections in our Region
- Develop Materials/Websites for Inmate Release Outreach
- Develop Website for Corrections to easily find the closest NA Community and Services

Vision: Social Media PSA Campaigns

Use our PSAs for Social Media Campaigns

- Purchase Ads on TicTok and Facebook etc
- Takes someone experienced, can have a lot of pitfalls
- Other Regions have done it, very effective

Goal: Drive people to websites or our 1800 number etc using Social Media

Needs: Someone with Non-Profit Social Media experience

There are LOTS of PITFALLS, need an experienced member

Please Announce Opportunities For Areas We need Experienced Help in the Following:

- Social Media Experts
- WordPress Administrators
- Continued Continuity Planning

We need more people to learn Phone Line Admins, BMLT Admins, Website Admins, etc