

Working minutes: These minutes have not been approved by RSC.

# Minutes for the 220th Regional Service Conference Central Atlantic Region April 16th, 2023 via Zoom

Open Forum began at 10:00am

RSC began at: 11:17am

Serenity Prayer: Reading of Purpose, Traditions, and Concepts

OPEN FORUM discussion topics:

1. Open trusted servant positions
2. Greg H., RCM Roanoke, asked for ESH regarding a meeting that may be meeting in a park without paying a reservation fee.
3. Delegate Team asking for vote of confidence to address motion amendments.

Roll Call	Executive Members	218 <sup>th</sup> RSC December 2022	219 <sup>th</sup> RSC February 2023	220 <sup>th</sup> RSC April 2023
Chair	Antoinette B.	present	present	present
Vice-Chair	Vacant	vacant		
Secretary	Lauren H. <i>pro tempore</i> for Jennifer D.	Jennifer present	Jennifer present	Lauren present
Treasurer	Etta L.	present	present	<b>absent</b>
Vice-Treasurer	Vacant	vacant		
Regional Delegate	Randy D.	present	present	present
Regional Delegate Alternate	Sherry V.	present	present	present
Regional Delegate Alternate 2	David H.	present	present	present
VRCC Chair/Vice-Chair	Michelle M.	present	present	present
Hospitals and Institutions Chair	Vacant	vacant		
Policy	Vacant	vacant		
Public Relations	Richard S.	present	present	present
Speaker Jam	Vacant	vacant		

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Areas	RCM/RCM Alternate	218 <sup>th</sup> RSC December 2022	219 <sup>th</sup> RSC February 2023	220 <sup>th</sup> RSC April 2023
Almost Heaven	Dora R. (alt)	present	present	absent
Appalachian	Kim C.	present	present	present
Beach	Mark N.	present	absent	absent
Blue Ridge	Rick V.	present	absent	present
Gateway to Freedom	Rhonda P.	absent	absent	present
New Dominion	Chelsea R. and Marcus E. (alt)	present	present	absent
New River Valley	Jeffrey B.	present	present	present
Outer Limits		absent	absent	absent
Peninsula	Beverly A.	present	present	present
Piedmont	Brian K.	present	present	present
Rappahannock	Cat E.	present	present	present
Richmond	Val R.	absent	absent	absent
Roanoke Valley	Greg H.	present	present	present
Shenandoah Valley	Sarah M. and Robin M. (alt)	present	present	present
Southside	Charlotte H., Mike H. (alt)	absent	absent	present
Tidewater	Roland C.	present	present	present
Tri-Cities	Kelley G.	present	present	absent

Quorum met.

Please note that we had 12 RCMs during Open Forum and 13 RCMs at the start of the 218th RSC.

Purpose: Randy D.

Traditions: Beverly A.

Concepts: David V.

Minutes approved, unanimously.

### TRUSTED SERVANTS' REPORTS:

**11:32 Chair Report** – Antoinette B.

Happy Holidays to All. I would like to extend a warm welcome to those that are new. We are here to help if you have any questions or concerns. Please feel free to raise your hand to be recognized. There are a few things I need to cover. Randy reached out to me regarding a delivery of Basic Texts from the East Coast Convention of NA. We had decided to try to work on distribution at the Subcommittee on November 19<sup>th</sup> however we had low attendance so we will hopefully be able to come to a decision about how we will ensure each Area receives theirs. Also, we have 12 that are Spanish Translation. I am concerned about our Regional Zoom Meeting. I have received notifications of meetings taking place that I know nothing about. For example, December 15<sup>th</sup> at 6:30pm, I received a notification that New Hope had joined My Meeting. If anyone has any information about this, please enlighten this body. We have received updates from the Minnesota NA. I will forward them to the secretary along with my report. I still have to make arrangements to pick up the remaining materials from our previous Treasurer. I will inform the body when that takes place. I have nothing else to report. Thank you for allowing me to serve.

In Loving Service

Antoinette B

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**11:40 Treasurer Report** – Etta L.

220<sup>th</sup> RSC Treasurers Report

Good afternoon,

Sorry I could not attend this weekend’s activities as I am fulfilling a service commitment in Minnesota as a Sunday morning main speaker at their convention that was set during Covid lockdown. I have good news to share as I have been able to receive all that was.

In our mailbox through Greg G. a former treasurer whose name is still on the post box from years ago. He was nice enough to stop by and get everything as he was in the area. What we found however is that Burrell P (deceased) name is on it and William H as well. We will need the chair to write a letter letting them know the circumstances so that they all can be removed, and my name added. We must do a better job on our rollovers to remove names from accounts. A new Zelle account has been added to our bank account so that those wanting to donate that way can. All accounts that should be on auto debit are now attached accept there seems to be some issue with Twilio. The PR chair has been receiving those charges as the second payor (card) on the account and I have reimbursed him and will again. I need to see why it keeps bouncing. Our current balance is \$22,868.45.

Projected World Donation is \$4,201.70 and Prudent Reserve \$18,666.75.

I am attaching the excel report.

ILS

Etta L.

April 2023 Treasurer's Report				
Summary				
Starting Balance as of	12/17/23	18,382.41		
Income		9,872.27		
Expenses		5,386.23		
Current Balance as of	04/18/23	22,868.45		
Prudent Reserve		18,666.75		
Uncleared Checks		-		
Projected World Donation		4,201.70		
Income Since Last RSC				
Source	Date	Amount	Comment	
Shenandoah	14-Mar-23	50.00	ESP group zhevana donation	
Appalachian	14-Mar-23	252.58	donation	
Peninsula	10-Apr-23	19.41	donation	
Peninsula	10-Apr-23	156.75	donation	
New River Valley	10-Apr-23	25.00	donation	
Almost Heaven	10-Apr-23	20.00	Surrender to win	
Tri-Cities	10-Apr-23	71.57	donation	
Tidewater	10-Apr-23	25.00	Nameless group	
Outer Limits	10-Apr-23	160.20	donation	
Tidewater	10-Apr-23	37.50	Nameless group	
Piedmont	10-Apr-23	438.00	donation	
Piedmont	10-Apr-23	10.00	donation	
New River Valley	10-Apr-23	25.00	donation	
New River Valley	10-Apr-23	25.00	donation	
New Dominion	10-Apr-23	8,496.36	donation	
<b>TOTAL</b>		<b>\$ 9,872.27</b>		
Expenses Since Last RSC				
Expense Type	Check #	Amount	Payee	Purpose
B008-Zonal Forum	1004	500.00	David Hamilton	act reimbursement
B008-Zonal Forum	1005	500.00	Randy Dunbar	ACF Reimbursement
A003-Website	1006	82.12	Richard s.	reimbursement
C010-RDA Service Events	1007	275.38	Sherry v.	Reimbursement
C008-ACF/RDA-2	1008	110.88	Sherry v.	reimbursement
C002-WSC/RDA-2	1009	1,120.76	Sherry v.	reimbursement
C006-ACF/RD	1010	110.88	Randy Dunbar	reimbursement
C010-RDA Service Events	1011	128.00	Randy Dunbar	MAR/CNA
C003-RD Service Events	1012	182.79	Randy Dunbar	Intl/nc/a/c/bal
C002-WSC/RDA-2	1014	2,005.26	Randy Dunbar	wsc
A004-Teleconferencing	0	157.40	zoom	recurring
A004-Teleconferencing	0	157.40	zoom	recurring
A003-Website	0	36.00	IAN1.COM	Website
A003-Website	0	16.00	IAN1.COM	Website
A005-Service Charges	0	3.34	force pay debit memo	0
<b>Total</b>		<b>\$ 5,386.23</b>		

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## Carna Treasurer Annual Report

It has been my pleasure though not without difficulty to keep the treasury current this term. We finally passed a budget (a little late) due to my not attaching a motion to bring back a vote (lesson learned) but it is in place now. It was hard to forecast as we don't have real numbers to track as a result of being out for COVID and the donations being down. Our budget for the year is currently 37,130.00. It is a heavy year of travel for the Delegate team as it is a conference year and so there will be a bit more expense to the Region than usual in order to fund them. Out of the three-member team we are only sending 2 delegates and will fund them both. I spent a lot of time trying to get access to our post Box to retrieve checks sent there for donation and had asked that all donations be sent to my address until we could gain access and I can forward the mail to me. The post box is currently an hour and a half away. One of our former treasurers Greg G. who lives in my area was in the area and kindly picked the mail up for me. He would like his name removed and we found that Burrell P (deceased) and William H.'s name is on this box and needs to be removed.

We are asking that the chair write a letter so that we can add my name and clean this up. I have worked with the bank and found out why the Zelle account was bouncing (New account set up) and it has now been reattached. All auto accounts have now been reattached but for some reason the Twillo account is rejecting the card and is being picked up by the secondary card that belongs to the PR chair and I have been reimbursing him. All payments are up to date and the current balance in Our account is \$22,868.45. All checks from the mailbox have been deposited and I will make a donation to Naws next week.

ILS

Etta L.

*presented at RSC by Antoinette B.*

## **11:48 Regional Delegate Report – Randy D.**

Good morning 220<sup>th</sup> RSC,

I attended the last WSC Conference Participant webinar on April 1<sup>st</sup>, 2023. This webinar was information dealing with the Orientation of the 2023 World Service Conference. We learned about a WSC portal that will have all our documents in it. We will not get paper handouts like we did in the past. We have been asked to bring a device with us to access the portal. We are required to wear masks in the risers and break out rooms as in person participants. The Conference report has been posted at [na.org/conference](http://na.org/conference). The annual report has been posted at [na.org/ar](http://na.org/ar). The WSC starts on April 30, 2023, and ends on May 6, 2023. WSC Unity Day will be April 29, 2023, and May 6, 2023, with NAWs open house, workshops, speaker meetings and world market. NA history Sunday April 30, 2023, and May 1, 2023. Speaker meetings and History starts at 7:30 pm PDT zoom ID 822 5263 5653 passcode: 1953. At WSC 2023, the plan has been set from 9 am until 5:30 pm PDT each day of the Conference. A look at this plan is in the Conference Report.

Thank you, Central Atlantic Region, for approval of funding the RD expenses to WSC 2023. I have talked to Elaine at World Services who told me to bring a check for my flight arrangements with me to the

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conference. The flight ticket cost \$672.80 and that includes travel agency charge of \$35.00. My room will cost \$827.46 plus \$600.00 per diem and the only other expense will be luggage check x 2 will be about \$140.00 total estimation of \$2,240.26. The budget for this trip is \$2500.00.

I helped facilitate the GSR Assembly yesterday as part of the Delegate team and all our goals for this event were successful. Attendance was low. I counted 21 in attendance at one point. We now have a tally of Central Atlantic votes for the CAR/CAT motions.

The AZF will meet on Monday April 24, 2023, at 7 pm EDT virtually. Zoom ID to come. All are welcome to attend and help our Zone.

I also attended the US Meetings of Zones on April 2, 2023.

I have served as the RDA2, RDA and now the RD for this Region. I have wanted to throw the towel in several times in my service to NA with this position. I have on the other hand been very rewarded for serving NA in this position. I have participated in 3 WSC thus far and now, going to my 4<sup>th</sup> WSC. All I can say is gratitude, gratitude, and gratitude.

ILS Randy D.

**11:56 Regional Delegate, Alternate, Report** – Sherry V.

**Central Atlantic Region  
Regional Delegate Alt. Report  
April 16, 2023**

Hi Everyone

Feb 19<sup>th</sup> and March 18<sup>th</sup> April 2<sup>nd</sup> CAR/CAT workshop and the National Website Task Group

Feb 20<sup>th</sup> AHA PR Task Group and convention

Feb 26<sup>th</sup> Multizonal task group finish H&I working on finished, tweaking another on Effective Communications: Practical Application should be available soon, working on IDT: Attracting Members to Service, What is a zone and managing a survey asking for input from everyone.

<https://www.surveymonkey.com/r/F63KDRV>

March 4<sup>th</sup> attended the Conference Participation but I didn't attend the Orientation webinar on April 1<sup>st</sup> but it was recorded and information (minutes) sent out since we have a lot more do's and don'ts as for as health/covid precautions and it can be a little crazy to the point if one of us gets sick would be quarantined in a different room.

March 8<sup>th</sup> served on the SEZF PR week task force. Flier completed.

Update on the Collaboration Meeting of US Zones met on April 2, 2023, hosted by the Rocky Mountain Zone. I believe there were 7 zones in attendance.

- We have Created survey asking Does your region support the zones of the US forming a service body to collaborate? Creating a spread sheet of responses. Our members voted yes.

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- Helped in the creation of our first US website: <https://usa-na.org/> and email: [uszones.na@gmail.com](mailto:uszones.na@gmail.com) this is like a draft it is temporary to see how our members feel about it. Please check it out. We have a one year hosting and domain site that costs approximately \$58.00 at this time. Members chipped in and got it paid.
- Meets every three months and I have attend all including task groups for collaboration, actions plan and website <https://www.surveymonkey.com/r/R2BXGCN>

This survey is for to gather how you feel about the US zones not being a part of the delegation stream but as a body just doing service with willing members to do service on a different level.

The task group for looking at the pros and cons of the merger of the eastern us zones is on hold and didn't meet on April 5<sup>th</sup> as scheduled.

On April 15<sup>th</sup> worked with member on updating the NEZF guidelines learning new ways of doing guidelines.

I would like to thank everyone who attended our GSR assembly and to those groups and members who took the time to have a voice in our fellowship and giving your delegate information to represent us at the conference.

YIS....

Sherry V. RDA Central Atlantic-

304-261-0401

[svorbach@live.com](mailto:svorbach@live.com)

[carnadelegateteam@car-na.org](mailto:carnadelegateteam@car-na.org)

## 12:06 **Regional Delegate 2 Report** – David H.

4/16/2023

As has been previously reported the delegate team put on three CAR/CAT workshops and has been in preparation for the WSC in CP webinars and communications from the WB and the WSO.

At the last Autonomy Zonal Forum, I was elected Zonal Contact for the AZF. This allows me to attend the conference participant webinars and have access to the dropbox, which I would not ordinarily have as the second alternate. As the Zonal Contact, I represent the Zone at the USMOZ, which Sherry has already reported on, and the Virtual Meeting of Zones. At the VMOZ meeting in late March, we discussed the upcoming Unity Day, which is the day before the WSC opens. In the spirit of unity, each of the four workshops will be facilitated by multiple zones, on topics including: CBDM on Mars (by WSZF, PSZF, MZF); Strength in Diversity (EDM, CANA); Turning on the Flame of Service (LAZF, BZF); and Personal Recovery depends on NA Unity (NEZF, RMZF, SZF, AZF, SEZF).

Finally, I'm looking forward to participating virtually in my first full length WSC.

ILS,

David H.

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**12:13 VRCC Report** – Michelle M.

Hello Family,

The VRCC met in March, with no bid for the 2024 AVCNA, we had the opportunity to discuss the adhoc subcommittee, the May retreat, and some motions were presented.

The VRCC was approached by an area wishing to host a history convention in 2024 as a fundraiser for the AVCNA. A motion was presented to the body to allow this area to use the VRCC's 501 C-3 not for profit status and for us to sign a hotel contract, the motion failed.

A motion was presented to centralize the AVCNA to 3 areas on a rotation between Richmond, Va. Beach, and Roanoke after much discussion the motion was tabled for directors to bring to their areas to elicit area input on the matter.

Our next meeting is typically our retreat, however with no host area the directors voted to have a one day retreat from 9-5 on Saturday May 20th in Charlottesville in person and on zoom.

ILS,

Michelle M - VRCC Chair

**12:19 Public Relations Report** – Richard S.

Public Relations April 2023 - Central Atlantic Region

Re-imburement: Region owes me \$10.02, as the Treasury account bounced the charge for the Phoneline on April 12th.

Accomplishments this last year...

- Headed a PR / H&I Ad Hoc
  - provided information and literature to Virginia Department of Corrections
  - Last year got 5 pieces of literature to ALL VDOC inmates
  - SpeakerJam gave presentation to Fluvanna Women's TC
  - Gave books to each inmate!
- Attended many Area's PR Committee meetings
- Gave Phoneline Trainings, & PR Presentation "We Are ALL Public Relations"
- Edited websites, maintained services, security updates, bug fixes.
- Onboarded Rappahannock Area Website to regional server (5 areas now)
- Attended a few Zonal meetings
- Manned Table at Virginia Summer Institute for Addiction Studies

PR H&I Ad Hoc: Regional PR met with Virginia Department of Corrections several times to discuss action to facilitate various H&I initiatives.

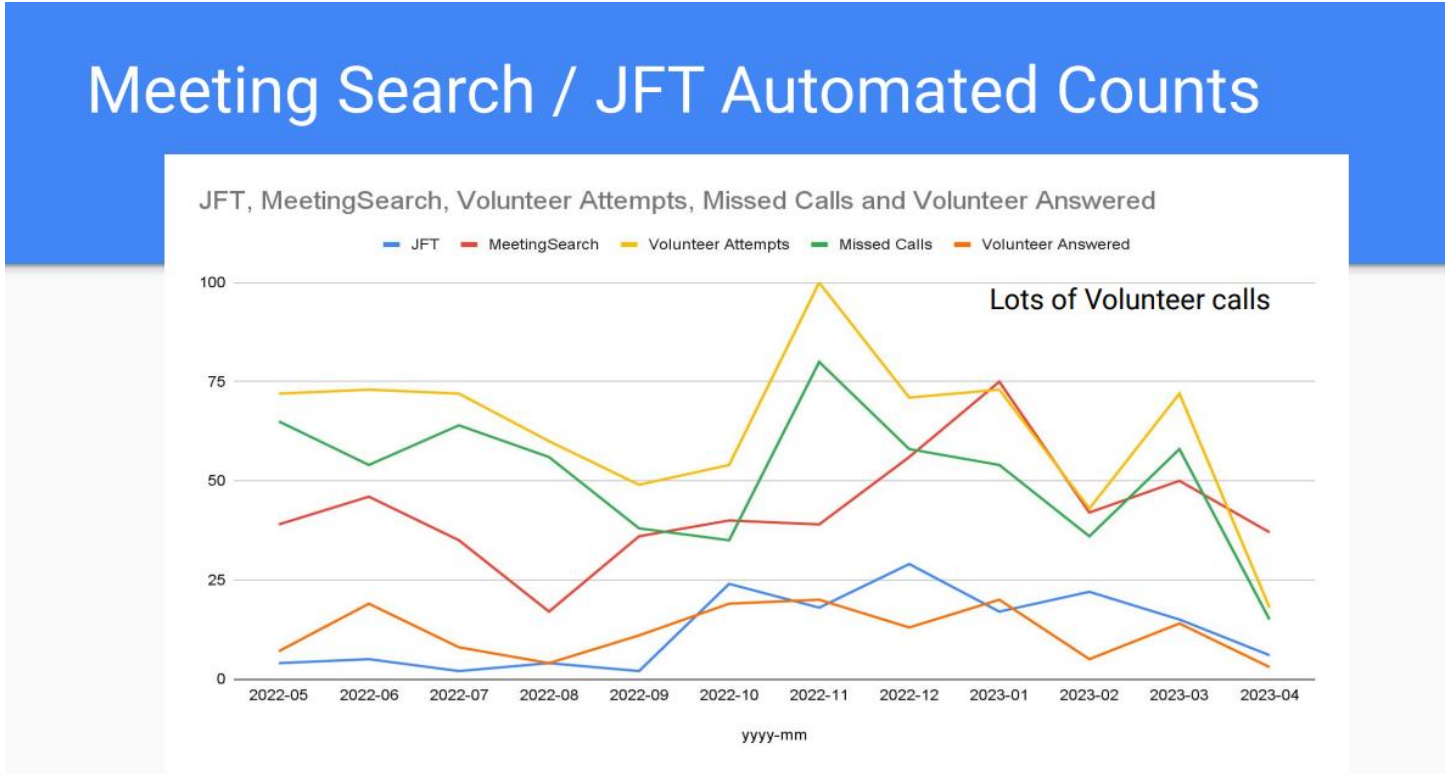
- ECCNA Book Distribution - Completed
- Literature Distribution - VADOC already did once
- Virtual H&I - VADOC open to this, need to start with one facility and add others
- Waiting on VADOC to help coordinate
- Coordinating Area to local Facility contacts - VADOC open for business for Areas



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- Coordinated Speakerjam on Jan 23th at Fluvanna Women’s TC unit (40+) with multi Area task group

Meeting Search / JFT Automated Counts:



Last 90 Days of Volunteer Calls, the Percentage connected to the caller from total calls provided, factoring out Voicemail or Forwarding settings:

Row Labels	Helpline Route	Voicemail	Volunteer Connected To Caller	Volunteer Search	Unserviced Calls	%Unserviced
Almost Heaven Area (9)		5		12	7	58%
Battlefield Area (68)	1			1	0	0%
Bay Area (33)	2			2	0	0%
Beach Area (11)			2	2	0	0%
Blue Ridge (12)			2	3	1	33%
Freedom Area (99)	1			1	0	0%
Metro Richmond Committee (2)		2	17	29	10	34%
Montgomery Area (74)	1			1	0	0%
New Dominion Area (3)		1	4	5	0	0%
New River Valley (21)	12			12	0	0%
North Central Area (105)	1			1	0	0%
North East Freedom Area (66)	1			1	0	0%
Norvana Area (75)	4			4	0	0%
Peninsula Area (15)			3	4	1	25%
Rappahannock Area (17)		4	1	10	5	50%
Richmond Area (4)				1	1	100%
Roanoke Valley Area (18)			4	4	0	0%
Shenandoah Valley Area (19)		3	1	8	4	50%
Southside Area (20)	1			1	0	0%
Tidewater Area Service (8)	6			6	0	0%
Tri-Cities Area (5)			1	2	1	50%
Tri-County Area (78)	1			1	0	0%



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### Web Traffic Increase from last year:



Thanks for letting me serve this last 4 years (2 Terms). I will be stepping down as chair at the end of this term as I follow the Traditions speaking of rotation of Trusted Servants to prevent positions becoming entrapped by strong personalities. I will be available as a Technical Resource to future subcommittees.

In Loving Service,  
Richard S.  
Carna Public Relations

*End of RSC Executive officer reports*

### AREA REPORTS:

**Almost Heaven Report – ABSENT**

**12:22 Appalachian Report – Kim C. [kimcarvente7@aol.com](mailto:kimcarvente7@aol.com)**

April 16, 2023

Dear Regional Members,

The Appalachian Area meets the first Sunday of the month. I attended in March & April, 2023. The Area meets at 2420 Memorial Ave. Lynchburg, VA at 3:30 pm. We have 7 groups. Our donation to the Region.

The positions we have open in our Area are: RCM Alternate, Public Relations and Phonenumber, Policy. These positions were voted on in March. The positions filled I was voted in for another year as RCM, Mark M. voted in as Alt. VRCC Director, and Teresa C. Special Events.

Our donations are every other month to Region by the Appalachian Area. There is no donation this month.

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Open Forum:

Discussion on QR Code for our meeting list

BMLT Discussion - and who updates our meetings in Lynchburg.

7th Tradition - how the cash flow goes.

CAR was discussed

I attended 3 groups to assist in filling out the CAR motions. Also gave information on where to attend the workshops online for the CAR/CAT. All reports were submitted.

Our new meeting lists have been approved. They are postcard size and have a QR Code so you can download to your mobile device.

The Living Just for Today Group that meets at 21206 Timberlake Rd., Lynchburg, VA. We will be having a Speaker Jam on Saturday, May 6, 2023 from 2:00 pm - 6:00 pm. There will be food, fun and fellowship.

In Service & Fellowship,

Kim C.

RCM Appalachian Area

### **Beach Report – ABSENT**

**12:25 Blue Ridge Report** – Rick V. [rvos002@odu.edu](mailto:rvos002@odu.edu)

Blue Ridge (BRANA)

RCM Report

April 2023

The last Area Service Committee I attended was on March 12<sup>th</sup> in Verona, VA. There were 13 people present. We had 4 of 5 eligible for voting present at this meeting, and ten total trusted servants and 3 guest members of NA. The ASC met today, 4/16/23 but I was not able to attend. All information below is from the March meeting, some agenda items have likely been followed up on, more will be revealed.

**Open forum:** (Nothing to report)

**Reports:**

**Treasurer,** BRANA has a CAR-NA donation of \$117.66 is projected CARNA contribution at this time.

**Literature Chair,** no report

**Special Events:** Debbie/ Melissa- subcommittee meeting 4/2@ 5pm, Christ United Methodist, Churchville Ave, Staunton. Bowling night at Staunton lanes, 4/1/23

**Outreach:** Subcommittee meeting met on March 1<sup>st</sup>, Updating area contacts for Regional phone line. NA meeting at Valley Community Services Board needs support, meeting at 1:30 PM on Wednesdays. Next outreach subcommittee meeting @ Valley Mission on 3/29/23 at 5 pm

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### **Home Groups:**

**Chance for Gratitude:** Has a literature order and donation, averages 15 people per meeting, one or two newcomers. Emma B elected as alt GSR. Alan B celebrates 23 years on 3/16/23

**No Matter What-** 14 average in attendance, we have a literature order and a donation this month. Chicken Soup cook off 3/19/23 @ 5pm

**Find a New Way to Live-** 23 average attendance, we have a literature order and a donation this month, raised monthly donation to church from 25 to 35 dollars.

**Keep It Simple-** No donation or Literature order at this time. Group discussed Arielle as new GSR.

**Together We Can-** report only, 8 people on average, game night following regular scheduled meeting on 3/25

### **Old Business:**

**New business:** We need to print policy handbooks (there was likely discussion about this on 4/16/23)

**Nominations:** George S nominated as area chair

**Open Positions:** Chair, Vice Chair, Policy, RCM alt, VRCC & alt.

**Announcements:** Literature committee meets at conclusion of ASC every month, next ASC meets on 5/13/23 in Verona, VA at 3 pm.

I will include summary of ASC minutes from 4/16/23 in my next report to the RSC.

In Loving Service,  
Rick V.  
2/18/2023

### **12:28 Gateway to Freedom Report – Rhonda P.**

#### **RCM REPORT GATEWAY TO FREEDOM AREA**

April 16, 2023

Hi Family,

The Gateway to Freedom Area (GTFA) has 9 meetings open and operating in our Area, with 8 groups in attendance the past two ASC meetings.

Our ASC meets the second Saturday of the month at Friendship Haven Church, 22 N Mechanic St Cumberland MD 21502. We have the following positions open: Vice Chair, Secretary, PR, Policy, Vice Treasurer and RCM Alternate.

Our meeting list is current and available online at [gatewaytofreedomna.org](http://gatewaytofreedomna.org)

Mailing address PO Box 936 Cumberland MD 21502

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We have no donation today, however in the future we will forward our donations to the updated treasurer information as discussed in open forum. We will be stopping payment on our check from August since there has been difficulty with the RSC po box.

We have 2 upcoming area events:

Saturday May 6 from 12-6 at Constitution Park Pavilion 6 we are celebrating the 12<sup>th</sup> anniversary of GTFA! Speakers, food, fun, raffles!!

7<sup>th</sup> Annual Camp Jam September 15-17 at Camp Minko Keyser WV. Registration and information available on our website as well.

We want to thank the region for its continued support. We are thankful to be able to attend RSC. I look forward to being of service.

With Gratitude,  
Rhonda P  
RCM GTFA

**12:31 New River Valley Report – Jeffrey B.**

New River Valley still meets at Highland Park Community Church in Dublin, Virginia the first Sunday of every month. We still have 6 active groups with 11 meetings weekly. We recently held elections where all lead positions have been filled, although no alternates have been elected. March 25<sup>th</sup> we had a speaker workshop and potluck that went real well where 8 speakers spoke about a different subject related to recovery and how those subjects related in our lives. We still send 25 dollars to region every 2 months.

Jeffrey B. RCM New River Valley NA

**Outer Limits Report – ABSENT**

**12:35 Peninsula Report – Beverly A. [bybea212@yahoo.com](mailto:bybea212@yahoo.com)**

Hi, Family

The Peninsula Area met on April, 1<sup>st</sup> @ 3p on Zoom PASCNA 7514542563 P/area123. For all that would like to join us. We were able to meet Quorum with 9 GSRs in attendance. We have Open Positions: Chair-nominations been accepted. V-Chair, V-Treasurer, VRCC and Alt, Activities, and RCM Alt. Lisa L was nominated for PR Chair. He had 5 GSR attend the CAR Workshop on April 2<sup>nd</sup>. H&I reported they are meeting in person at the Main St. Library on the First Sunday after Area. In Open Forum we discussed meeting in Person. We are currently looking for a place. We discussed having a check written to the Region for \$854.22 stopped because the Region Treasure has reported has not received the check sent in Feb. We will meet again on May 6<sup>th</sup> at 3p.

ILS Beverly A

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**12:38 Rappahannock Report** – Cat E.

Hi CAR-NA family.

I attended area service April 2<sup>nd</sup> at 4pm at Trinity Episcopal Church in Fredericksburg VA, via hybrid also. H&I met at 3pm via Zoom. All is well with H&I commitments. 12 home groups were present and we met quorum. Our GSR orientation/ learning day started at 1:30pm prior to Area Service and was very successful as an attraction rather than a promotion. Treasurer 2 and VRCC Director are open positions. We voted in trusted servants for Vice Chair and PR during this meeting.

- We are having RACNA 3 September 15-17<sup>th</sup> at Fredericksburg Expo and we are selling raffle tickets that include hotel, banquet, registration for \$10 each.
- June 24<sup>th</sup> is a Fish Fry Speaker Jam at FMC (dumpster) 5pm raffle will be held and must be present to win. See Etta for more details/purchase.
- We are also having fundraisers for the next several months.
  - Saturday, April 22<sup>nd</sup> Scavenger Hunt and Spaghetti dinner. April 19<sup>th</sup> is the last day to sign up for scavenger hunt. Spaghetti dinner is \$10 individual, \$15 for 2 people.
  - Saturday, May 20<sup>th</sup> at Loriella Park Speaker Jam Tie Dye, activities for kids, 12-6pm, suggested donation. See [rappna.org](http://rappna.org) for more information.
- Activities is having a picnic at Loriella Park April 16<sup>th</sup> from 12-5pm.
- Activities is having another picnic at Loriella Park on June 10<sup>th</sup> from 12- 6.
- Celebrations are as follows, Joy M 3yrs at Welcome Home, Felicia H 6yrs Ladies and Gentlemen in Recovery, May 10 Rachel M 2yrs Clean Workx, Jeff H 20 yrs and Ashe J 2yrs May 20 Experience, Strength and Hope.

In Loving Service,

Cat E

RCM 1

**Richmond Report – ABSENT**

**12:41 Roanoke Valley Report** – Greg H. [greggh93@hotmail.com](mailto:greggh93@hotmail.com)

4/16/23 Roanoke Valley Area of NA report to the Central Atlantic Region of NA

Hello Family,

The Roanoke Valley Area currently has 15 groups with 23 weekly meetings. The H&I currently hosts 4 weekly meetings and one that occurs monthly. We are currently not above prudent reserve and as such I do not have a donation. There is a meeting today (there has been issues with scheduling and holding the meeting for the last 2 months) that will be addressing our current prudent reserve level (area is today as it was moved because of Easter). There has been interest in submitting a bid for the next AVCNA and at this time there has only been discussion and no formal plans put in place yet. Our Policy Chair stepped down at the last area so that is the only vacant position. We had a Speaker Jam, Auction and Karaoke on April 1<sup>st</sup>. Sadly we lost a long-standing member of our area recently and it has had a big impact on our area.

Working minutes: These minutes have not been approved by RSC.

The RVANA ASC meets the 2 Sunday of every month at 4231 Garst Mill Road, Roanoke, VA 24018.

The Mailing address is P.O. Box 3338 Roanoke, VA 24015

Contact: [roanokevalleyareaofna@gmail.com](mailto:roanokevalleyareaofna@gmail.com) website: [www.roanokena.com](http://www.roanokena.com)

With Love of the fellowship,  
Greg H. RCM RVANA

12:44 **Piedmont Report** – Brian K. [brianjazzmessenger@gmail.com](mailto:brianjazzmessenger@gmail.com)

Hello, Family,

- The Piedmont Area currently has 11 active groups.
- H&I currently has many outreach meetings per week:
  - Boxwood Regional Treatment Facility in Culpeper
  - ACRJ men & women's jail (Zoom based)
  - 5 East at UVA Hospital
  - Mohr Center (men's recovery house)
- Public Relations published its most current meetings list.
- Special Events will host a Spiritual Breakfast on Saturday, April 29. Three hours with two speakers. Location TBD. Erick H. is leading the event.
- Narcotics Anonymous History Convention (NAHC):
  - A motion was made on February 5, 2023, to support a one-day Narcotics Anonymous History Conference (NAHC).
  - Convention is planned for early 2024.
  - This would be a fundraiser for the AVCNA. Intent: Follow the Traditions of Narcotics Anonymous to promote unity and work through the service structure. The proposed event gives members of the Piedmont Area the opportunity to support the NAHC in the process of electing Officers. The Officers will be responsible for contracting with a facility, raising funds, and preparing the program to conduct a Conference themed on the History of NA, as recorded on the East Coast of the USA. Some of the activities that we would like to receive support from the Area include, but are not limited to:
    - Gaining volunteers and support from other Areas of Narcotics Anonymous
    - Providing willing volunteers to serve
    - Assistance in fundraising, as approved by the Area. If passed, this would instruct the Chair to create an ad hoc to report back on the activities of the NAHC.
  - Tee T, Kyle W and Ky L are the current subcommittee members.
  - Fundraising has begun.
    - Details: Currently raffle tickets are being sold @\$5 per ticket for a hotel room for 2 for 2 nights plus 2 registrations to the RACNA 3 (Rappahannock Area Convention) that's being held on 9/15-9/17.
    - Winner will be announced on 7/16 at the BRANA camp out.
    - The Treasury will give \$267 each to CAR-NA and NAWS.



Working minutes: These minutes have not been approved by RSC.

- Regional Motion 219-1
  - 1 Yea
  - 1 Nay
  - 7 Abstain
  - Area votes to: Abstain - as it strongly feels there are too many other options, such as Venmo and Zelle, instead of employing a debit card to be distributed to the RD team, to reimburse said RD members for authorized expenses.
- The next PASC meeting is scheduled for 4pm on Sunday, May 7, at the Church Of Our Saviour on Rio Road East in Charlottesville.

In loving service,  
Brian K  
Piedmont Area RCM

**12:46 Shenandoah Valley Report** – Sarah M. and Robin M. (alt) [graciousmountain@protonmail.com](mailto:graciousmountain@protonmail.com)

Dear RSC,

This is my first time attending as the new RCM for Shevana. It has been many years since I attended the RSC so I look forward to learning something new. We do not have our minutes yet for our April ASC as we met just this week, therefore my report is based upon the March ASC.

Area events: 4/30 Group Hike, meet at Edgehill at noon, White Water Rafting Trip July 6-9

Number of groups: 17 active, 2 inactive

Open area positions: Vice Chair, VRCC delegate, VRCC alt, Newsletter chair, Parliamentarian

New groups: Friday 7pm-8:15pm Vision Of Hope at Strasburg Christian Church 165 High Street, Strasburg, Virginia, 22657

Next ASC: May 8, 2023 6:30 pm. at Canvas Community Church 2333 Roosevelt Blvd. Winchester VA 22601

Sarah M.

**12:50 Southside Report** – Charlotte H. [charlottehightower145@yahoo.com](mailto:charlottehightower145@yahoo.com)

Our Area meets in person the first Sunday of each month and sometimes change due to holidays and conflicting events (i.e. conventions). We met last on April 2, 2023. Nine of 12 homegroups were present. All Area positions are filled and we have fundraisers and events planned throughout the year. The most recent is a Spring Fling on April 22, at Ascension Lutheran Church, Danville, VA. Other dates for events can be accessed on the area website ([southsidena.org/events](http://southsidena.org/events)). Thank you for the warm welcome; I am excited to be in service with this region. We have an eighty dollar donation today that will be mailed to the treasurer's home address.

In Loving Service,  
Southside Area RCM  
Charlotte H.

*Working minutes: These minutes have not been approved by RSC.*

**12:56 Tidewater Report** – Roland C. [roland@giindustrial-marine.com](mailto:roland@giindustrial-marine.com)

TASCNA ADHOC Service Committee

5-22-2022

Tidewater Area Service Committee Narcotics Anonymous at its monthly meeting date May 22, 2022 adopted a motion by a vote of 10 yes with 2 abstentions to expand the Secretary's abilities to conduct business as the executive in the absence of a sitting Chair or Vice-Chair. This motion also created for what could be the first time an ADHOC committee to explore ways and means to increase service committee members for both scheduled elections and unexpired term acclamations. This ADHOC Service committee was immediately joined on its 1<sup>st</sup> day by ironically by 12 trusted servants who already serving in some way or another offered yet again their service willingly to address the "Lack of participation" in our fellowship structure which affect our very primary purpose "to carry the message to the addict who still suffers". We do what we do for personal development and as a benefit that no addict seeking recovery need ever die yet in the many well established and traditionally necessary positions of strength in our society that is crumbling. They walk amongst us, "good sharing addicts" whose quality of life is on upward bounds. Some trajectories so steep, we hear it often "I don't have time to do service". That is not and never has been our message in keeping what we have learned. "We keep what we have, by giving it away" and in order to do that we have to position ourselves accordingly, not to say positioning is second nature to us however consider the alternative if no one is there nothing gets said or done. Unfortunately, that is where we are now headed. Before the nuclear implosion that threatens our very existence succeeds, it is our hope that this service committee find the more vigorous applications available to refer, attract, recruit, solicit and or draft the many qualified future servant who may not know the benefits their contributions can and will make or the speed and which that service rewards those who give it from the start. As a starting point to begin the dialog we will need a date and time to meet briefly to begin the work of the committee. Preferably via zoom on the Area account before or after for maximum effect. Please see the TACNA Open commitments current prior to June elections:

- Vice Chair
- Assistant Treasurer
- Policy Chair
- Assistant Secretary
- Alternate RCM
- Alternate VRCC Director
- Special Events Chair
- Literature Chair

Minutes concerning the activities of this committee will continue to be taken by a member and read to area until it is formatted functioning and certain assignments are reassigned to others.

ILS

Anonymous

**Tri-Cities Report – ABSENT**

*End of Area reports by RCMs.*

Working minutes: These minutes have not been approved by RSC.

No new business.

1:07 Old business: Discussion of debit card motion. Returning to the Areas.

219-1 Debit Card Motion

Motion Maker: Roland C., Tidewater RCM

Second: Greg H., Roanoke Valley RCM

Motion: To amend Policy to allow the Treasurer to order and distribute debit cards to the RD Team only and transfer approved budgeted item request.

Intent: To change Policy to allow Treasurer to order debit cards for the RD Team budgeted item request.

**Needs to be voted on.**

Pro: Would make service work in a Regional position a more *inclusive* endeavor.

Pro: Since travel expenses can run several hundred dollars for a weekend of NA service, trusted servants can have the financial backing of the Region to cover pre-approved travel costs.

Pro: Would be extremely helpful for members who cannot truly afford it.

Pro: Would be like a prepaid card, where the only amount on the card can be used.

Con: Policy needs changed.

1:25 Roland C. discussed the open positions and an ad hoc committee was established.

#### **CARNA Service Adhoc committee 4-16-2023**

On Sunday April 16, 2023 our Chair, Antoinette B., appointed a **Service** ad hoc committee.

Intent: CARNA Service ad hoc Commission was chartered to recruit, draft, suggest and or direct, future trusted servants who qualify to serve both upcoming and unexpired terms by acclamation and for all member to member relationships to search the ranks and help get the message out.

Roland C. was appointed Service ad hoc Chair and selected the committee meet immediately after the RSC closes on the 1<sup>st</sup> day for 1 day regionals and the 2<sup>nd</sup> day for 2 day regionals.

Those members who joined the ad hoc committee in this first meeting include the following members;

Brian K. Piedmont

Greg H. RVANA

Roland C. Tidewater Area

Jeffrey B. NRV Area

Cat E. Rappahannock Area

Robin M. SHEVANA

Antoinette B. Richmond Area

Randy M. Shenandoah Valley Area

Sherry V. Almost Heaven Area

This ad hoc committee was recommended because of drastic measures taken by the Tidewater Area 5-22-2022. The full charter report is included below as read in detail at the 4-16-2023 CARNA ASC in the hopes of duplicating TASCNA's success and establishing a proven method to help both CARNA and the areas it

*Working minutes: These minutes have not been approved by RSC.*

serves to utilize this process to increase member to member interest and participation in our elections and open service commitments. See TASCNA Initial report/ actions below submitted as guidance;

Discussion Submitted by Sherry V. asking if this committee were also going to look at the service structure too for example stating we could have just one Service Committee and be task based ? Chair informed member this body will explore all avenues presented and move with the conscience.

Between now and the next RSC, I would like all of the members and those who receive this initial report to know and do the following:

1. Feel free to forward / send this report to ASCs', fellow members, Sponsors and spiritual advisors within CARNA's Region for considerations that may be helpful as a hold directing this initiative.
2. Please attend **both** our next **CARNA RSC on June 17<sup>th</sup>** 10 am and our **2<sup>nd</sup> Service Adhoc Committee** to witness the miracles of service, invite a friend or 2 to help us carry the message of service and the benefits of doing it.
3. Bring any of Your experiences and or desired actions to the meeting to help guide this subcommittee path.

**1:40** Elections - Motion by David H. to nominate Lauren H. into the position of Regional Secretary. Seconded by Sherry V. Lauren H. elected to the Regional Secretary position.

***Every RSC will begin at 10am***

Next RSC will be held on June 17<sup>th</sup> and 18<sup>th</sup>, 2023 at 10am on Zoom.

**1:44** Meeting closed with the Serenity Prayer.