

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

Minutes for the 222nd Regional Service Conference
Central Atlantic Region
August 19th, 2023 via Zoom

Meeting Called to order with the Serenity Prayer at 10:00am-Roland C.

Open Forum began at 10:01am; discussion topics:

1. 10:01 Antoinette B. asked about the specifics of the Regional Post Office Box.
2. 10:03 Roland C. spoke about the service structure.
3. 10:10 Greg G., re: Post Office Box. Greg ordered keys a couple months ago and gave them to Etta. To remove/update the names on the box, a copy of the CAR-NA bylaws and minutes are requested by the Post Office. The new box holders will need to be present at the Post Office in Chesterfield. As it stands now, we have the names of inactive and deceased Trusted Servants on the PO Box. What is worse, mail is sitting in the box for stretches of several weeks. For example, an inmate had mailed to the PO Box requesting to Step-write, and the letter had sit for nearly a month.
4. 10:15 Etta L. clarified that when she took the position, the Post Office box was in Chesterfield and she lives in Fredericksburg, so she would not be able to check the box as frequently as someone in the greater Richmond area would.
5. 10:20 Yahsh W. of Peninsula area introduced himself.
6. 10:24 Greg G. if you move the PO box, we cannot keep the same address.
7. 10:27 Olena P. asked that the visitors to the 222nd RSC be introduced.
8. 10:28 The following members introduced themselves as new visitors to the RSC: Elaine H. of Tidewater, Yahsh W. of Peninsula, Cindy K. of Beach.
9. 10:31 The following members introduced themselves as new RCM alternates: Carol M. New Dominion, Megan O. of Piedmont, Skeet C. of Roanoke Valley, and Maria H. of Tri-Cities.
10. 10:32 Trish F. introduced herself as the new RCM for the Beach Area.
11. 10:33 Randy D. added that the RSC meeting starts at 11:15am.
12. 10:34 Greg H. asked to clarify where the contents of the PO box go (specifically a letter from an inmate).
13. 10:35 Etta L. added that we don't have an H&I Chair or any H&I committee members. The Vice-Chair would be the next point of accountability for the contents of the mailbox.
14. 10:38 Beverly A. asked additional questions about the PO Box.
15. 10:40 Sherry V. announced that Inmate Step-writing is procedural and not just any member can handle mail in our PO Box from an inmate.
16. 10:45 David H. put this link in the chat box: <https://car-na.org/wp-content/uploads/2020/03/ISW-policy20170511.pdf> to clarify inmate step-writing concerns and questions.
17. 10:46 Etta addressed Beverly's PO Box questions. The issue with the CAR-NA PO Box is long-standing and well-documented in the minutes from previous RSCs.

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18. 10:53 Randy asked about RSC meeting in-person meeting. David suggested the beautiful, new “Center at Belvedere” in Charlottesville with better rates than UVa, ample parking, and spectacular facilities. [Click here for link with pics and pricing for Charlottesville's Center at Belvedere](#)

Conclusion of Open Forum

Meeting on break until RSC commences at 11:15am

11:15 Roll Call

Roll Call	Executive Members	222 nd August 2023	221 st June	220 th April
Chair	Antoinette B.	present	present	present
Vice-Chair	Roland C.	present	vacant	vacant
Secretary	Lauren H.	present	present	present
Treasurer	Etta L.	present	present	absent
Vice-Treasurer	vacant	vacant	vacant	vacant
Regional Delegate	Randy D.	present	absent	present
Regional Delegate Alternate	Vacant	present	present	present
Regional Delegate Alternate 2	David H.	present	present	present
VRCC Chair/Vice-Chair	Michelle M.	absent	present	present
Hospitals & Institutions Chair	vacant	vacant	vacant	vacant
Policy Chair	vacant	vacant	vacant	vacant
Public Relations Chair	vacant	vacant	vacant	vacant
Speaker Jam Chair	vacant	vacant	vacant	vacant

Areas	RCM/RCM Alternate	222 nd August 2023	221 st June	220 th April
Almost Heaven	vacant	vacant	vacant	vacant
Appalachian	Kim C.	absent	present	present
Beach	Trish F.	present	vacant	vacant
Blue Ridge	Rick V.	present	present	present
Gateway to Freedom	Rhonda P.	present	absent	present
New Dominion	Chelsea R., Carol M. (alt)	both present	Chelsea present	absent
New River Valley	Jeffrey B.	present	present	present
Outer Limits	vacant	vacant	vacant	vacant
Peninsula	Beverly A.	present	present	present
Piedmont	Brian K., Megan O. (alt)	both present	present	present
Rappahannock	Cat E.	present	present	present
Richmond	vacant	vacant	vacant	vacant
Roanoke Valley	Greg H., Skeet C. (alt)	both present	absent	present
Shenandoah Valley	Sarah M., Robin M. (alt)	both present	Robin present	present
Southside	Charlotte H., Mike H. (alt)	both present	Mike present	present
Tidewater	Olena P., Colin D. (alt)	both present	both present	present
Tri-Cities	Kelley G., Maria H. (alt)	both present	present	absent

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Quorum met.

Additional members present, but not part of Roll Call: Randy D. of Shevana, recovery274@gmail.com; Ann V. of Beach, and Webservant, devyces@gmail.com; Yahsh W. of Peninsula, phasa3ele@gmail.com; Cindy K. of Beach, savedtoserve98@gmail.com; Elaine H. of Tidewater, ehester1980@gmail.com; Mark M. of Tidewater, madisonrmark@gmail.com; Greg G.

Purpose: Antoinette B.

Traditions: Olena P.

Concepts: Rick V.

Motion made to approve the April minutes: Brian K.; Seconded: Cat E.

Votes to approve: 11

Votes to *not* approve: 0

Absentions: 0

June minutes for the 221st RSC were approved.

11:31 Sherry V. announced that Abstentions should be heard *before* any voting takes place.

TRUSTED SERVANTS' REPORTS:

11:32 **Chair Report** – Antoinette B., chair@car-na.org – nothing to report

11:33 **Vice-Chair Report** – Roland C., vicechair@car-na.org

Good Day, family – This is my first report as the Regional Vice-Chair, so bear with me as I process the information received since my June appointment.

First, I attended the Regional subcommittee meetings on July 15th, 2023. Policy subcommittee met at 10am, where Zoom hosting login information was turned over to Vice-Chair. Other pertinent information concerning waiting rooms, file loading and co-hosting was shared. We searched and found the 2-19-2021 Policy Manual and made sure it was available to all by putting it in the chat and on the website. It was suggested that we send a mass email blast to the CARNA list to see if anyone is willing to help facilitate the 223rd Regional Conference 2-day on October 21st and 22nd, 2023 (specifically the Saturday Event). We all agreed that we needed to go thru the Word document 2-19-2021 Policy Manual to make recommendations to CARNA.

H&I subcommittee had no additional members join in, however we discussed a concern raised by a member who received notification of a need in an adjoining county that was not servicing that area properly. We discussed joining certain individual subcommittees into a fellowship development committee. A *con* to doing this is that it may offend some who didn't plan to serve in PR when they signed on for H&I, or vice-versa. A *pro* is spreading our members' experiences and strengths into other areas (for example, a member with PR experience would benefit H&I when engaging the public). These would be more task-based events. Regional events have lacked the necessary workshops needed in the last few years. Our members want to work on outreach with fellowship development. We addressed a post-Covid Regional inventory to see

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what is needed to provide the Areas with a stronger participation rate. We aim to innovate our service committees for the new challenges to get out our message.

A member shared their experience with *how wrong a presentation can go* without proper training before executing a task that has been committed. We then surveyed the members present about their H&I experiences. Discussion included the wellbeing of our Areas, causes for Areas to divide, sizes of Homegroups and time well-spent carrying on the business in our Homegroup, Area and Regional formats. Quick motions to adjourn should be discouraged so as not to prevent necessary business. We discussed the need to emphasize having trusted servants visit Homegroups to find out how we can help them rejoin Area/Regional service.

We addressed a need for the Vice-Chair to have access to Regional emails. Opened with the Serenity Prayer at 1:02. An interested member who visited 2 of the Areas in CARNA brought up some notes from the 5th Tradition meeting of NA which discussed difficulties setting up a not-so-traditional service forum within our Traditions. It was a closed meeting that encouraged cross-sharing on various topics introduced by the attending people within the Group currently attending. It is an exploratory meeting which meets 5:30 on Wednesdays via Zoom.

It was also stated that NAWS plans to cease hosting the meeting list database, at the end of this year. NAWS taking up BMLT was brought to the table. Discussion ensued for 20 minutes about the BMLT and how to brainstorm ways to maintain it. Members with questions about where to find information about the transition of the BMLT, should ask on the SLACK channel. Question was raised by the Vice-Chair about account holders and access information to ensure accountability and continuity of service, included ownership and permissions granted for IONOS file sharing for webhosting, BMLT, YAP and other databases. Domain names, Wordpress, multi-site hosting for other areas, administrative access, editor access and CARNA web hosting and updates. In short, there were many logistical issues to be examined and reallocated in some Areas and refortified in some others. An addict currently working behind the scenes with others doing likewise has volunteered their services to ensure basic functions don't collapse. To ensure success, CARNA admin/subcommittees will need access to CARNA emails. We also discussed Dizon the software we received in the BMLT information form. They are going to direct you to a local service in the future to find the BMLT. Formats may range from Region to Region.

The next subcommittee meetings will take place on Saturday, September 3rd, 2023. Please visit the www.car-na.org events tab for Zoom link to that meeting.

I will be working with the Chair (pro-temp) to establish the agenda for the Saturday Regional in October.

ILS,

Roland C., CARNA Vice-Chair

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11:36 Treasurer Report – Etta L., treasurer@car-na.org

Good afternoon,

I have a short report today. All donations are logged, and bills are paid. The Twillo account is still being paid by the second credit card and needs to be connected to the regional card again. The secondary card belongs to Richard, and I will reimburse him.

I received the mail from Greg who picked it up for me and it contained convention fliers, and he made keys for the box. I mentioned that when I took this position that my schedule does not permit me to travel 1.5 hrs. to check the box regularly. If someone would like to take on that responsibility that lives in the Richmond area, I would be happy to pass on the key and meet them for mail.

I asked the chair to write a letter asking for the removal of those on the box and the addition of my name added so that we can forward the mail, but to my knowledge that has not been done and so I am at a loss as to what to do about it. I have presented the solution, but I have not gotten the cooperation.

I have made the NAWS donation for \$10,642.95. Our prudent reserve is \$18, 666.75 and the current balance as of today is \$21, 912.66. The breakout report is attached to this report.

Please be aware of your policy directives for reimbursements we are getting close to the October two day event and should be presenting the schedule of events, decision to meet in person or virtual and any expenses that will be incurred.

ILS

Etta L., Regional Treasurer

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August 2023 Treasurer's Report				
Summary				
Starting Balance as of	06/17/23	31,844.87		
Income		1,837.15		
Expenses		11,769.36		
Current Balance as of	08/19/23	21,912.66		
Prudent Reserve		18,666.75		
Uncleared Checks		-		
Projected World Donation		3,245.91		
Income Since Last RSC				
Source	Date	Amount	Comment	
Almost Heaven	09-Jul-23	41.55	donation zelle	
Southside	30-Jun-23	80.00	donation	
Blue Ridge	20-Jun-23	200.00	donation	
Tri-Cities	20-Jun-23	34.62	donation	
Peninsula	09-Jul-23	127.42	donation	
Roanoke Valley	09-Jul-23	358.99	donation	
New River Valley	14-Jul-23	25.00	donation	
Piedmont	09-Jul-23	300.00	donation	
Roanoke Valley	09-Jul-23	229.35	donation	
Appalachian	08-Aug-23	154.82	donation	
Roanoke Valley	18-Aug-23	285.40	donation	
TOTAL		\$ 1,837.15		
Expenses Since Last RSC				
Expense Type	Check #	Amount	Payee	Purpose
C005-Service Training	1015	173.36	Randy Dunbar	reimburse wsc
C002-WSC/RDA-2	1016	515.69	Sherry Vorbach	reimburse wsc
C002-WSC/RDA-2	1017	369.36	Sherry Vorbach	wsc hotel balance
World Donation	card	10,642.95	world services	none
Service Charge	0	12.00		0 0
A003-Website	0	56.00	1AND1.COM	website
Total		\$11,769.36		

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11:49 Secretary Report – Lauren H., secretary@car-na.org – Hi family! I need more information on how to email from the secretary@car-na.org email address. In the meantime, while I can receive your emails *to* secretary@car-na.org, minutes and correspondence will be sent to you from my work email: lhamilton@harpergroup.com – please keep an eye out in your junk/spam folders if you aren't receiving emails from me. If you have questions, needs, or concerns, please call or text me at 434-995-8268. Thanks!

11:50 Regional Delegate Report – Sherry V., rd@car-na.org

Hi everyone, hope all are well. The delegate team has several different areas to report on for everyone. The RDA2 will report on a new survey, the Autonomy Zone, and the future of AZF in relation to NEZF and SEZF. I will be reporting on the Conference participants webinar, the collaboration of US Zones including US website, and sign-up page for various projects.

CP webinar

Conference participant web meeting was held on Saturday, 22 July at 11:00 am Pacific Time. The meeting was attended by 80 RDs, 5 ZDs, 12 WB, 60 ADs, 5 Zonal contacts, 4 members of the HRP, 1 WSC cofacilitators, 6 interpreters, and 16 NAWS staff. Irene C. is the current World Board Chair. Jack H. is Vice Chair and Yoel and Hammed are members of the executive committee. There are currently 14 World Board members. The two new members are Veronica from Sweden and Carla from Wyoming.

Another important piece of information is the “meeting search” tool on na.org and the transition from the centralized database to a tool that will point members to local service bodies i.e., websites for more accurate and up-to-date information. Anthony E. said they are trying to make this transition happen prior to the end of the calendar year, and to make this work they need the most accurate information about the service bodies and how they should be geo-located in search results. Anthony also announced staff additions and that NAWS is still looking to fill several positions. Those job postings can be found at na.org/jobs. Though contributions have improved, there are extra expenses like new accounting software that the Business Plan workgroup will be discussing ways to improve.

The Issue Discussion Topics for the 2023-2026 conference cycle chosen at the conference by the conference participants are:

1. Dealing with disruptive and predatory behavior
2. Gender-neutral and inclusive language in NA literature
3. Reimagining and revitalizing service committees (to further the reach of the NA message, improve communication, provide mentorship and training, and make service more attractive and accessible, learning from our experience the past few years)
4. DRT/MAT as it relates to NA.

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The Workgroups planned are the Future of the WSC, Business Plan Group with its focus on Invest in Our Vision, and the local host workgroup for WCNA. These have members chosen. Thanks, Central Atlantic for supporting me for the workgroup the Future of the WSC. I am on the workgroup.

There is a form posted for members to fill out if they are interested in any of the projects or other work. Some examples of those project opportunities:

- H&I experience with criminal justice, treatment, and committee work to help with updated H&I service material.
- Experience with geographic or physical isolation in recovery to help with *The Loner* IP revision.
- Experience with virtual service bodies or with connecting virtual meetings to the service system to help with Virtual Service Basics.
- Willingness to help evaluate speaker recordings for WCNA.

On this form under "H" is the WCNA 38 workgroup. As you can see only members from the three regions of the AZF will be considered. That means US!

https://naws.formstack.com/forms/volunteer_form

H. WCNA 38 Workgroup. This is the local support committee for WCNA 38 in Washington, DC, 29 August–1 September. Members must live in Chesapeake and Potomac, Free State, or Central Atlantic Regions to serve on this group.

The CP webinar was to frame up the first two Issue Discussion Topics and if time allows, a large group discussion on the third topic.

Topic #1: Dealing with disruptive and Predatory Behavior

Topic #2: Gender-neutral and inclusive language in NA literature

Topic #3: Reimagining and revitalizing service committees (to further the reach of the NA message, improve communication, provide mentorship and training, and make service more attractive and accessible, learning from our experience the past few years)

Please email carnadeleteteam@car-na.org for written notes on these two topics and some from large group discussion of Topic #3. There were at least 12 breakout meetings so there are pages of information.

Collaboration of US Zones Update

The US Zone meeting is held quarterly. It met on July 9, 2023, at 6pm EST with the Midwest Zone hosting and Jim B. facilitating. All eight zones were present:

1. Autonomy Zonal Forum

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2. Midwest Zonal Forum
3. Northeast Zonal Forum
4. Plains States Zonal Forum
5. Rocky Mountain Zonal Forum
6. Southeastern Zonal Forum
7. Southern Zonal Forum
8. Western States Zonal Forum

At any given time, there were approximately 35 members present. The Action Plan Task Team presented a 2-page Collaboration Framework document that offered a greater explanation of the Collaboration of US Zones. The Task Team prepared the document in response to feedback received from presentations. There was a discussion on the status of regions in response to the survey, that was shown in a spreadsheet. So far, 34 of 67 US Regions have responded, or 51%. 23 voted yes, 5 voted no, 6 voted present/not voting. We discussed the response status for the various Zonal Forums. All regions in the Plains States Zonal Forum have responded. The next topic was to accept the US Collaborative Framework and continue efforts to expand the document and draft potential Guidelines. **This passes with unanimous support.**

B. Web Site Task Team, written report provided.

- Draft Web site has been designed: <https://usa-na.org/>
- General support expressed for the website
- Discussion about whether to share the site with various Instagram and Facebook accounts. It was agreed that we are still in a development state, not ready for wider distribution.
- Planning on adding US PSA, Professional Presentation video and more.

C. Next Steps

- There has been a big turnover in RD teams and Zonal Contacts. Agreed to resume offering presentations to regions considering their response to the survey.
- General agreement that Outreach to regions should only be done via the Zonal Forums.
- Next meeting: October 8, 2023. Hosted by the Southeastern Zonal Forum. This should be at 6:00 EST and Zoom information has not been provided yet.

The delegate team is presenting a motion to extend the terms of the delegate team to three-year terms to coincide with the next two conference cycles that are three-year cycles.

Also, we would like to discuss under new business the formation of a task/ad hoc group to review the delegate team and bring back various scenarios/change or no change at all. Keeping in mind that there will be an extra year of income, but we will be paying for the Regional

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12:03 Regional Delegate, Alternate 2 Report – David H., rda2@car-na.org

The Autonomy Zonal Forum two-day events was held in Camp Springs, MD on July 29-30, with approximately 45 members in attendance either in person or online. The first day was a learning day and started with a review of motions passed at WSC 2023, tantamount to what was presented at our last RSC. The afternoon consisted of two workshops, one on Fellowship Development led by a member from Baltimore who had been a part of the early development of the Canadian Zone. The second workshop was on disruptive and predatory behavior within the fellowship, with addicts sharing their experience of the work that has been done historically to address these issues, and strategies that members are using currently.

Disruptive and predatory behavior is one of our Fellowship's current Issue Discussion Topics, or "IDTs." IDTs are proposed by members and are included in the Conference Agenda Report literature survey section to be voted on at the WSC. They are typically issues of substantial controversy and varying opinions within the fellowship. Over the course of a conference cycle, IDTs are discussed by the worldwide fellowship in various ways. We often include workshops at Regional two-day events where we break into small groups to discuss. The two IDTs for our current conference cycle are disruptive and predatory behavior and gender inclusive language in our literature. The latter topic is especially sensitive since it could lead to the first modification of Book 1 of our Basic Text ever, if the fellowship decides to move to gender inclusive language. Having time, three years now, to discuss, reflect, and group conscience such a big decision is what the IDT process allows. I'm confident that we will be spending at least part of some upcoming regional two-day events on these IDTs.

Back to the AZF: on the second day we held our business meeting. A proposal was made to move the website to a different platform, which passed. We also discussed the viability of the Autonomy Zonal Forum. The AZF previously consisted of six regions and now only three remain. One region left because its members did not want to be part of any Zone, one region left to be a part of a different zone, and one region disbanded entirely. In April, the three remaining Regions in the AZF voted to give it a year. This would allow two two-day events to happen, after which we could get a sense of how effective we are in serving the member regions and their groups. I should add that though the AZF is currently comprised of only three Regions, those three regions have over 1500 weekly meetings occurring in them. In that sense, we are larger than some other Zones that are geographically much bigger. At the end of this year's review, we will be asking you for direction on how to proceed. Should we stay with the AZF? Should be just NEZF, a huge but very effective zone, or should we join the SEZF, smaller than the NEZF but doing interesting things? We are mentioning the viability issue now so that if any member of our region wants to see how either the NEZF or the SEZF work, or wants to come to the AZF, there is still ample time to do so.

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NAWS has sent out an environmental scan survey to the delegates. Sherry and I would like some guidance on how to proceed. The survey is very short, and I'd like to show it to you quickly so that the RCMs can decide on one of three options: should Sherry and I go ahead and respond to it, would the RCMs like to vote on how to direct us to respond to it today, or would the RCMs like to take it back to groups. If the RCMs decide on that third option, we could set the survey up on SurveyMonkey for members to respond to it directly.

Last thing – If elected to AD today, I will be submitting to the Treasurer a request for funds to attend the Multizonal Service Forum which will be in Detroit in October. The funds for the AD to attend this event are already in the approved budget.

12:11 VRCC Report – Michelle M., chair@avcna.org (not present; report read by Secretary)

Hello Family,

I apologize for my absence today, but I am under the weather.

The VRCC met in July for our regular bimonthly meeting. The Richmond area was awarded the bid for the 2025 convention. I went to Richmond in June to host elections for the executive committee, the chair, vice chair, treasurer, vice treasurer, and secretary positions were filled, and they were all approved and voted on officially. We were also able to elect a website chair for the VRCC and now all executive positions are filled. We have approximately 8 directors attending regularly.

An ad hoc was formed to research and create policy for how the new rotation of the convention will work.

Our next meeting will be on Sunday, September 17th (the 3rd Sunday of the month) in-person and via Zoom.

ILS,

Michelle M-VRCC Chair

12:14 Chelsea clarified and corrected that *New Dominion won the bid, not Richmond*.

12:17 Etta L. voiced a suggestion that the region's *members* should make the decision on where the conventions are to be held, not just those sitting on those committees. The convention was conceived as a way to include and incorporate the rural addict member into the fabric of our greater NA family.

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Public Relations Report – Richard S., pr_chair@car-na.org

Public Relations Report 2023-08-19 Central Atlantic Region

Here's a list of users and emails of access to CARNA Areas and Metro Committees...

name_string	email_address_string	user_level_tinyint	Areas
David Washington	Dwashington365@hotmail.com	2	Almost Heaven Area
Jennifer D	dorseyjenn4@gmail.com	2	Almost Heaven Area
Sherry v	svorbach@live.com	2	Almost Heaven Area
rschellenberg	richardschellenbergva@gmail.com	2	Almost Heaven Area,Appalachian Area,Beach Area,Blue Ridge,Central Atlantic Region of Narcotics Anonymous,Gateway To Freedom,Metro Richmond Committee,New Dominion Area,New River Valley,Outer Limits Area,Peninsula Area,Piedmont Area,Rappahannock Area,Richmond Area,Roanoke Valley Area,Shenandoah Valley Area,Southside Area,Tidewater Area Service,Tri-Cities Area
Danielle Dominie	danielle.dominie@yahoo.com	2	Appalachian Area
Todd Mosher	hollowturnings.tm@gmail.com	2	Appalachian Area
Ann Vyce	devyces@gmail.com	2	Appalachian Area,Beach Area,Gateway To Freedom,New River Valley,Outer Limits Area,Peninsula Area,Rappahannock Area,Roanoke Valley Area,Tidewater Area Service
Julie Barch	Jcnvabch@gmail.com	2	Appalachian Area,Blue Ridge,Central Atlantic Region of Narcotics Anonymous,Gateway To Freedom,New River Valley,Roanoke Valley Area,Tidewater Area Service

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jack spence	odathp@aol.com	2	Beach Area,Outer Limits Area
Joe B	josephvbarch@gmail.com	2	Beach Area,Outer Limits Area,Tidewater Area Service
Madison Hankins	madisonannehankins@gmail.com	2	Beach Area,Outer Limits Area,Tidewater Area Service
BenN	benjaminbnelsoniiichb@gmail.com	2	Beach Area,Peninsula Area,Tidewater Area Service
FrankT	fthomasg1112@gmail.com	2	Beach Area,Tidewater Area Service
JessicaH	Jessiesue711@gmail.com	2	Beach Area,Tidewater Area Service
PeterP	peterfp@gmail.com	2	Blue Ridge
BMLTWorkflow	pr_chair@car-na.org	2	Central Atlantic Region of Narcotics Anonymous
Teddie Alston	uneyety@icloud.com	2	Central Atlantic Region of Narcotics Anonymous
Emily Nelson	newstrength27@gmail.com	2	Central Atlantic Region of Narcotics Anonymous,Metro Richmond Committee,Richmond Area,Tri-Cities Area
Anthony W	awaisey88@gmail.com	2	Gateway To Freedom
Duane Fox	arborfox@frontier.com	2	Gateway To Freedom
DannyGershman	danny.gershman@gmail.com	2	Metro Richmond Committee
TammyH	Thagnrva@gmail.com	2	Metro Richmond Committee
JohnMartin	john.martin3rd@gmail.com	2	Metro Richmond Committee,New Dominion Area
LanceO	LanceOtis2019@g	2	Metro Richmond Committee,New Dominion

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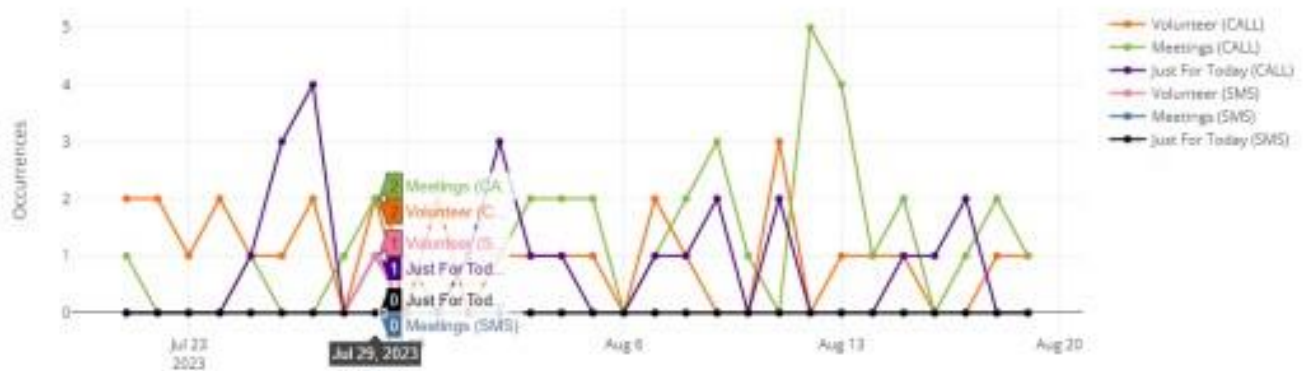
	mail.com		Area, Richmond Area
Howard Brooks	BrooksHD@hotmail.com	2	Metro Richmond Committee, New Dominion Area, Richmond Area, Tri-Cities Area
Kim Myers	redkimmyers@gmail.com	2	Metro Richmond Committee, New Dominion Area, Richmond Area, Tri-Cities Area
Christian	Cfinkbeiner210@gmail.com	2	Metro Richmond Committee, Richmond Area
Tree	Jamdx6@aol.com	2	Metro Richmond Committee, Richmond Area
Angel	angeliakersey@gmail.com	2	Metro Richmond Committee, Richmond Area, Tri-Cities Area
Jerry Barton	jerry.bartonjr6924@gmail.com	2	Metro Richmond Committee, Richmond Area, Tri-Cities Area
Richard McDougal	Newriverma@gmail.com	2	New River Valley
Rlwelcher	rlwelcher@gmail.com	2	Outer Limits Area
Erika Hoffman	erikahoffman6@gmail.com	2	Peninsula Area
FeliciaH	aicilef.wash@gmail.com	2	Peninsula Area
BenC	campbell.benjamin@gmail.com	2	Piedmont Area
CecilyR	sasily07@yahoo.com	2	Piedmont Area
DanaR	Dnracette@gmail.com	2	Piedmont Area
Jason Braunstein	pozzivybe@aol.com	2	Piedmont Area
JodiD	jodidarring@gmail.com	2	Piedmont Area

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Ky Lindsay	Ky@kwnews.com	2	Piedmont Area
MeganO	megan@osborneinc.net	2	Piedmont Area
Steve Sanders	sanderson.stephen@gmail.com	2	Piedmont Area
JohnL	pr@rappahannockareaofna.com	2	Rappahannock Area
NatalieM	talia.anna@gmail.com	2	Rappahannock Area
RobbB	robb.burch@gmail.com	2	Rappahannock Area
Amanda E	amandaleighellis@gmail.com	2	Roanoke Valley Area
JerrodR	johnjerrodriffle@gmail.com	2	Roanoke Valley Area
KellyN	roanokevalleyareaofna@gmail.com	2	Roanoke Valley Area
Wendy Horton	pgrockstroh@gmail.com	2	Shenandoah Valley Area
SouthsideKim	kim@webmastery.org	2	Southside Area
Sheralyn B	Sheralynbaylor1263@gmail.com	2	Tri-Cities Area
Terence Crosby	TerenceCrosby@yahoo.com	2	Tri-Cities Area

Not a lot of activity other than keeping the lights on, updating website, troubleshooting Bread for Brana. I will still be available to the Region as a Technical Resource, but will no longer be available for being the Chair.

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



Phoneline is rolling, website is current.

We have gotten a request to present a PR Table to District 19 Health Fair, and have forwarded that request to the Richmond Metro Committee. Ann V has set up a Public Relations weekly zoom meeting on Tuesdays to help areas with all things PR.

I hope we find a chair soon, and I can help them onboard and get them set up.

ILS

Richard S.

Hospitals & Institutions Chair Report - VACANT

Policy Chair Report - VACANT

Speaker Jam Chair Report - VACANT

End of RSC Executive officer reports

AREA REPORTS:

Almost Heaven Report - VACANT

12:22 Appalachian Report – Kim C. kimcarvente7@aol.com (not present; report read by Secretary)

Dear Regional Members,

The Appalachian Area meets the first Sunday of the month. I attended in July & August, 2023. The Area meets at 2420 Memorial Ave. Lynchburg, VA at 3:30 pm. We have 7 groups. Our donation was mailed and is \$154.82

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

The positions we have open in our Area are: Vice Chairperson, RCM Alternate. We now have a Public Relations Chair - Congratulations Evan R. Regina H. The VC of H&I was voted in as Chair Congratulations. We have a person interested in Alt. RCM. We are sitting down to discuss the position and responsibilities.

A vote was put in to remove the H&I Chair and discussed. In new business a motion was made and seconded and passed to remove the H&I Chair.

Discussion on allowing H&I to take the last 5 minutes of all meetings to discuss H&I.

Our postcard meeting lists are welcomed from the groups and members.

Our Treasurer was going to resign because her time was up. She rescinded the statement after much discussion.

Much discussion on a facility, The Twelve. The past H&I Chair was putting people into facilities by themselves, stating what she says is mandatory, The Twelve wrote a letter to the H&I Chair saying that Narcotics Anonymous was not needed at their facility and to please stop sending people. (copies given to all members of the Area) If at any time in the future they need us they will notify us. This facility goes to 5 NA meetings a week. They told the former H&I chair they were not needed, however, members were told to go anyway. Jails were being added and there were not enough volunteers to accommodate new facilities.

Two members signed up to be at the RSC on August 19, 2023.

Celebrations in August:

- Mark M. 15 years, 8/6/23
- Melissa H. 1 years 8/13/23
- Tyler S. 2 years 8/4/23
- Christina R. 2 years 8/8/23
- Rachel K. 3 years 8/19/23

In Service & Fellowship,
Kim C., RCM Appalachian Area

12:25 Beach Report – Beach Report – Trish F. trishfurness@yahoo.com

Dear Regional Members,

The Beach Area meets on the first Saturday of the month. I attended in July & August 2023. Area meets at 1200 Dam Neck Road in Virginia Beach at 1:00 p.m. We have 22 active groups. Quorum was met in both July and August. No donation to the Region this month.

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

The position we have open in our Area is RCM Alternate.

Reports for July and August

SOTS (Serenity on the Shore) had an annual golf fundraiser August 17, 2023.

SOTS XIV 13 – 15 October 2023 First Landing State Park
2500 Shore Drive
Virginia Beach, Virginia 23451

Pre-registration form can be found at sotscampout.org

ENC together with Tidewater Area is hosting TABAFEST August 20, 2023 at Sandbridge Beach. Ticket sales ended August 12th

H&I held a learning day on 7/22/23 at Beach Garden Park. All commitments are being fulfilled.

In loving service,
Trish F

12:26 Blue Ridge Report – Rick V. ricksescort@hotmail.com – no report

12:28 Gateway to Freedom Report – Rhonda P. rpiser1@hotmail.com

Hi Family,

My apologies not attending the last RSC.

GTFA has 9 active meetings, with 7 attending the last two ASC meetings.

We have a Unity Day Picnic being held Saturday, September 2nd at Constitution Park Water Town. It's from 1-3 Also our 7th annual Camp Jam is September 15-17 at the Camp Minko 4H Camp in Keyser WV.

We donated \$400.00 to Region in June.

We have no new groups. However, Saturday Nite Alive has moved to St Patrick's Church on Center Street Cumberland MD.

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

Our open positions are: Vice Chair, Secretary, PR, Vice Treasurer, Policy Chair, Alt RCM, and outreach.

The mailing address for GTFA is PO Box 936 Cumberland MD 21501.

GTFA ASC meets the second Saturday every month at 10 am at Friendship Haven. Located at 22N Mechanic ST Cumberland, MD.

ILS,
Rhonda P., RCM

Gateway to Freedom Area of NA CAMP JAM VII

September 15-17, 2023

First workshop starts Friday 5 PM
Camp Minco - 4H park
65 Camp Minco Lane
Keyser, WV 26726



PRE-REGISTRATION PRICES END August 31, 2023

Packages for Pre-registration:

#1 Three Day Full - Reg., Food, Lodging - \$80
Additions: Kids (12 to 17) - Entire event \$30

ON-SITE REGISTRATION

#1 Three Day - Reg., Food, Lodging - \$100
#2 Two Day - Reg., Food, Lodging - \$85
#3 One Day - Registration, Food - \$35

Full package includes:

- Registration
- Lodging: 2 nights cabin or camping
- Food: 5 meals

12 speakers, activities, music,
fellowship, and fun
*Saturday Bingo

*Bring your own lawn chair and
instruments

Name _____ Email _____
Address _____

Package # _____ Package \$ _____ Newcomer Donation \$ _____

Make checks payable to CAMP JAM.
Send to CAMP JAM, PO Box 454, Cumberland, MD 21501

For more info: CJ chair -Rob G. 304-546-1095, ,
Registration - Angela G. - 301-268-9742
For credit card payments call Paula W - 304-268-4418
For venmo payments, add to memo line:
"for three day pre-registration package"



venmo

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

12:30 New Dominion – Chelsea R. chelsearndana@gmail.com and Carol M. (alt) cmcdaid7@icloud.com

Events: We have our Annual Brunswick Stew coming up October 14, 2023 hosted at 1500 Courthouse Road North Chesterfield VA starting at 12pm. If you would like to attend the AVCNA Host committee meeting our next is September 16 at 10am Hatcher Memorial Baptist Church 2300 Dumbarton Rd Richmond VA 23228.

Donation: \$0

Number of Homegroups at this time: 60

Number of Homegroups that attended ASC:

July	August
31	33

Our Outreach committee has been doing an amazing job at trying to get more homegroups to attend ASC. The issue has been that the smaller homegroups, also the homegroups that are up to and even over an hour away [are not representing themselves at ASC. We will be hosting a GSR Learning Day, where hopefully with more information, those homegroups will at least email reports in.

Status of Area Positions: All positions are currently filled including my RCM Alt!!!! Our PR Chair will not be running for another term and his position opens in September for elections.

New Homegroups that have joined the area: We had 1 new home group joined the area called A New Way to Live it meets on Saturdays at 6pm Hatcher Memorial Church 2300 Dumbarton Rd

Information that may affect NA as a whole: We had an issue this past month someone created a fake email account with our Chair's name that emailed our Treasurer asking for the balance of our account and then for a Cashier's check of \$1,900 - then to cancel the Cashier's check and just wire the money. Our Treasurer did contact the Chair via phone to ask if she asked for this and once it was found that it was not her, he then contacted Chase Bank where the wire account originated, and they were able to flag that account. We are unsure currently what to do as far as the banks are concerned but we have created an Ad Hoc concerning the situation and are adjusting policy.

Mailing Address: New Dominion Area PO BOX 25336 Richmond VA 23260

Website: <https://rvana.org/areas-served/new-dominion-area>

Where and When ASC is held: 2nd Sunday of each month at 3:30pm at Hatcher Memorial Baptist Church 2300 Dumbarton Rd Richmond VA 23228

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

H&I Commitments:

ARTS 2 Tuesday 6-7 Brandi G BRANDYNOV72022@GMAIL.COM

Beaumont Prison every other Thursday 7-8 (need clearance) Mark C jaws7658@gmail.com

YCAPP every other Thursday 10am-11am Bryan M bryanmiller486@gmail.com

VCBR Wednesdays 6:30-7:30 (need clearance) Mike Monte livninthesticks@aol.com

James River Juvenile every other Thursday 6:30-7:30 Chelsea R (need clearance)
chelsearndana@gmail.com

Chesterfield Men Wednesday 6:30-7:30 (need clearance) Chris W chrisxwingfield@gmail.com

The Healing Place Friday 6:30-7:30 Stuart P jdmstu70@gmail.com

VCCW is coming back soon!

In Loving service,

Chelsea R.

12:33 New River Valley Report – Jeffrey B. pippidemon@gmail.com

New River Valley Area still meets the first weekend of every month at highland Park Community Church in Dublin, Virginia. We have six active Homegroups, 11 meetings a week. We've recently been working on learning and going over and updating our policy as a group with our policy chair, meeting twice a month. Also, with our new Outreach Chair position, we have created a new Outreach committee where we are working on getting information and maybe some new meetings into facilities in our Area. We still send \$25 to Region every other month.

Jeffrey B., Addict
New River Valley RCM

Outer Limits Report – VACANT

12:35 Peninsula Report – Beverly A. bybea212@yahoo.com

Hi. Family, the Peninsula Area met for the first time since the Pandemic, August 5th in-person.

Open the meeting with the Serenity Prayer.

The Traditions, Darlene T

The Concepts, Rhonda S

There was no Open Forum. Quorum was met with 9 Voting GSR in attendance. The Minutes were approved.

The Policy Chair reported that the Committee is working on an active Policy for the Area. At the present time we are currently working from 2018 policy. We do have a 2022 Policy that was

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

created by the previous Policy Chair. That Policy was never approved by the HG. The Committee is working to make any changes that were made and voted on to send back to HG for a vote for approval.

The Treasurer reported that the Budget Review was held on July 8th. Area was able to pay its bills. There were some questions as to how our Bank Account is being managed. We do not currently have a Bank for the Funds. We are currently using Pay Pal with a lot of Questions. Now that we are meeting in-person, the Area will address the issue of Funds being collected.

Activities subcommittee: The Area will have a Unity Day Saturday September 6th at Sandy Bottom Nature Park in Hampton 12 noon until 6pm. ALL are Welcome. Dinner will be sold for \$5. (1 meat, 2 sides and a drink) Drinks will be sold for \$1 each.

Public Relations subcommittee: The committee is hosting a Learning Day for H&I and PR on Oct 14th location TBD. The Learning Day will consist of information on the Service Structure. 7th Tradition, ASC and What is a GSR? The Sub-Committee is working with the Tidewater Area in Creating this Learning Day. The committee is asking for support for ZOOM meeting every Tuesday @ 5p.

H&I subcommittee: Had a workshop on July 2nd at 2pm on the DOs and DONTs. They have 3 commitments at this time. The subcommittee is waiting for Hampton City Jail to give the OK to bring a meeting there. The next meeting for the subcommittee will be in-person on Aug 6th at 2pm.

Literature subcommittee: The Chair reported an order of \$109.51. All orders will be sent by e-mail with 7-day return.

Open Positions: Vice-Chair: Kayla was nominated. To be sent to HG
Vice-Treasurer: Vernell was nominated. To be sent to HG

ILS, Beverly A.

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

12:46 Piedmont Report – Brian K. brianjazzmessenger@gmail.com; and Megan O. (alt) megan@osborneinc.net

Greetings, Family,

The Piedmont Area of NA met on July 9 as well as August 6. At our last meeting, which continues to be a hybrid format, we had 7 of our 11 active groups present.

Hospitals & Institutions, Anthony M, Chair:

- Boxwood Regional Treatment Facility in Culpeper - Erick H, Panel Leader. The Piedmont Area H&I subcommittee brings three to four meetings per month to Boxwood. Erick H is looking for more volunteer support for this panel.
- Men's ACRJ (Kyle W, Panel Leader). The jail is in the process of returning to in-person H&I meetings. Three volunteers have completed orientation and two more have submitted applications. No meetings have occurred yet.
- Women's ACRJ (Lauren H, Outgoing Panel Leader). One meeting (via Zoom) occurred in July. Meetings are held every other week and are all Zoom-based. It is not known if or when in-person meetings will return. There is a link for female recovering addicts to volunteer at <https://piedmontvana.org>. Cecily W. has expressed an interest in becoming the new Panel Leader.
- Five East (Adult Inpatient Psychiatric Services at UVA Hospital) - Connie P, Panel Leader. The NA message was taken into 5 East weekly during the month of July. Connie P is looking for more volunteer support for this panel.
- Mohr Center (men's recovery house in Charlottesville) - Ky L, Panel Leader. Weekly meetings.
- Wellness Recovery Center, Patsy G, Panel Leader. The WRC had its first meeting since the Pandemic began, on July 21. Meetings are scheduled every other week.
- There is a willingness from the H&I Subcommittee to bring meetings into the Central Virginia Regional Jail (CVRJ) in Orange, VA. Kyle W is the liaison. More will be revealed.
- Finally, the Blue Ridge Center for Mental Health, an outpatient facility in Charlottesville, has expressed a desire for an in-person NA meeting.

Public Relations, Grace H, Chair:

- Phone Line: Since our last sub-committee meeting the phone line has received one call, taken by one of our female volunteers.
- Website (Steve S): In the last 30 days we've had 756 site views. Please submit a contact form found on our website if there are any meeting changes/updates.
- Meeting List Coordinator (Jodi D): The Basic Meeting List Toolbox (BMLT) has been updated for CAR-NA and World service.

Special Events: Anand H. was nominated and elected for the position of Special Events Chair.

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

New Business: A GSR vote of confidence was held regarding the upcoming Regional election for Regional Delegate Alternate. David H. was given a unanimous vote of confidence.

Open Positions (PASC): Public Relations Vice Chair, Alternate Special Events Chair, Alternate Literature Chair, VRCC Alternate Director

Open Subcommittee Positions: H&I Vice Chair, H&I Panel Leader Women's ACRJ, PR Phone Line Coordinator

The next PASC meeting is scheduled for 4pm on Sunday, September 10, at the Church of Our Savior on Rio Road East in Charlottesville.

In loving service,
Brian K
Piedmont Area RCM

12:52 Rappahannock Report – Cat E. catedwards62@gmail.com

Hi CAR-NA Family,

The Rappahannock Area meets every 1st Sunday of the month via zoom and meeting at Trinity Episcopal Church at 4pm. 12 GSRs present, making quorum. Chair (protem), Secretary2 (vacant), VRCC (vacant), Literature (protem), RCM (protem), Activities Subcommittee is now vacant. We will be meeting September 10, 2023 due to Labor day.

H&I meet via Zoom at 3pm. H&I continue to send panel leaders to Boxwood and Spotsylvania Hospital. All dates are being met.

Our PR is working on putting together IP kits to send to our facilities who are responding to our mailings. PR also wants to have a recovery event at Old Mill Park, Fredericksburg, VA in September, as part of National Recovery Month (September). Treasurer motioned to send \$100.00 to Region, this motion is to go back to homegroups to be voted on September 10, 2023 next meeting.

A challenge that occurred at our Thursday night Ladies/Gentlemen meeting last month basically was discussed and according to our ASC bylaws, "The homegroup level does not govern the groups." Chair discussed with experienced members and basically it was a misunderstanding or miscommunication and specifics are not an area issue.

Celebrations are as follows: Chris C. 1yr on August 30, 2023 at Clean Works; Casey F. on August 23, 2023 at Clean Works; Rudy C. 16yrs on September 23, 2023 at Experience Strength and Hope; Darryl C. 20yrs on September 30, 2023 at Experience, Strength and Hope; Joe B. will be

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

acknowledging 5 years on September 10, 2023; Stephanie P. celebrates 5 years on September 20, 2023 at Clean Works.

On September 3, 2023, Welcome Home will be having a picnic at Loriella Park in Fredericksburg from 12 noon until 5pm.

Today, August 19, 2023, we are having a RACNA 3 Mini Speaker Jam from 2-10pm at Spotsylvania Church of Christ (10609 Piedmont Drive Fredericksburg Va 22407). This will be our last fundraiser, speakers, food, fun, fellowship, and clean time countdown.

September 15, 16, 17th 2023, RACNA 3 "Change I Must or Die I Will" is at 2371 Carl D. Silver Pkwy, Fredericksburg, VA 22401 Fredericksburg Expo Center. Lodging at Hampton Inn & Suites and Homewood Suites, all in the same area. Registration is now \$45 and banquet on Saturday night including main speaker is \$95. Always see RAPPNA.org for more information.

IN loving Service,
Cat E RCM

Richmond Report – VACANT

Roanoke Valley Report – Greg H. gregh93@hotmail.com and Skeet C. (alt) collinsskeet5@gmail.com

Hello Family,

We had 7 GSRs in attendance during our meeting held on July 9 and we had 7 as well for our meeting on August 13. During this meeting, we had our elections. Currently, all positions are filled except for Vice Chair, VRCC, and Alt. VRCC (both VRCC and Alt VRCC received nominations during this meeting which will need to be voted on at the homegroups to be brought back to the next area). I am pleased to announce that we have a newly elected Alt. RCM: Skeet C. There are 17 home groups with 25 weekly meetings.

PR is currently exploring the option of having a QR code to scan meeting lists so that we can make meeting lists more available as well as reduce the cost incurred with printing as many meeting lists. H&I currently has 4 weekly meetings as well as 1 that meets every 2 weeks. They are working towards starting meetings at Catawba Hospital and the VA. The H&I and Activities had a combined learning day and pool party event on July 8 that was well attended.

Our Area meeting location is: 4231 Old Garst Mill Rd, Roanoke, VA 24018

And our mailing address is: Roanoke Area Service Committee

P.O. Box 3338

Roanoke, VA 24015

Roanokevalleyareaofna@gmail.com

With Love of the Fellowship,
Greg H. RCM

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

1:19 Shenandoah Valley Report – Sarah M. and Robin M. (alt) london13751@gmail.com;
graciousmountain@protonmail.com

Dear RSC,

Area events:

Number of groups: 18 active, 2 inactive

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

New groups: None

Next ASC: September 12, 2023 6:30 pm. at Canvas Community Church 2333 Roosevelt Blvd.
Winchester VA 22601



SheVANA

PICNIC

◆ *In the Park* ◆

Come on out and help us end summer with a day of food, fun and fellowship. We will have a speaker, games, pie in the face auction and much more fun! Hot dogs and hamburgers will be provided, bring a dish or dessert to share if you can.



For more information you can contact Bailey R. (772)773-0713 or Nora F. (540)630-0164



September 23rd 12pm-6pm | **Jim Barnett Park** | **Fun Food Fellowship**
Rotary Pavilion
Winchester VA

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

1:21 Southside Report – Charlotte H. charlottehightower145@yahoo.com

Hello again CARNA RC

All is in working order at the Southside Area. We represent 7 homegroups over 4 Counties in Southside Virginia. We participated in National Night Out in 3 counties. We are hosting a Unity Day Celebration on September 2 from 12pm-5pm; @ Edmonds Park in South Boston Virginia with several speakers food, fun, and fellowship; the flyer is attached to the report. You can view group clean-time celebrations and other group things on the website: Southsidenav.org. We have an \$80 donation for this RC Meeting. Thank you for your time.

In Loving Service,
Charlotte H,
Southside Area RCM



Sponsored by Southside Area

Unity Day



Date: **Sept 2, 2023**
Time: **12-5 pm**
Location: **3164 Dan River Church Rd,
South Boston, VA 24592**

food, fun, & fellowshiping

Covered Dishes Welcomed
Suggested donation of \$5.00

Contact Krista: 434-430-5458
or Callie: 434-579-1157

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

1:23 Tidewater Report – Olena P. peterolsonena@outlook.com, and Colin D. (alt) dozierstuart@gmail.com

Our Area met August 13, 2023, at Norview United Methodist Church 2pm. Quorum was met with 18 groups out of 24 active groups. The current administrative position for Alternate Secretary was filled by Julia C. Confirmed by acclamation. The following area positions are open: Assistant Treasurer, Public Relations Chair, Special Events Chair, and Literature Vice Chair.

TACNA Speaker Jam fundraiser on 8/12/2023 was a success and made a profit of \$2,439.17 thanks to all that attended. TACNA next fundraiser is Karaoke Night on 9/16/23. Tickets are 12.00 in advance 15.00 at door. It will be held at 1112 Norview Ave. @ Norview United Methodist Church flier attached. TACNA fundraiser 50/50 Raffle with 2 free registration packages, tickets \$5 flier attached.

TACNA convention will be February 29 – March 4, 2024. This is a 4-day, convention celebrating the 20th Anniversary of TACNA's Conventions. Flier Attached.

VRCC Chris P. and Vice VRCC Aerock went to meeting in Charlottesville July 23, 2023. New Dominion was approved as Host Committee for 2025 AVCNA Convention. Ann V. was voted in as Webservant. H&I has 7 active commitments: 2 commitments 1 at Indian Creek and 1 at St. Bride's Correctional Center are suspending meetings until they have sufficient Security Personal. Background checks have been completed for volunteers, but they will not release badges until meetings start again. St. Bride's Correctional Center has a NA meeting held by inmates. H&I is waiting to hear back from Impact Aftercare to present H&I presentation. H&I is waiting to hear back from Suffolk Drug Court; they have tried to contact them but are not getting any response. Volunteers are ready to support these commitments. RCM and Alternate RCM are working with the Area Secretary to verify homegroup statuses. We have 38 Homegroups listed, 24 actively participating We have identified 14 inactive groups missing 3 or more consecutive Area meetings. We will be working diligently with them to get involved in Area service and to provide assistance where necessary.

In Loving Service,
Olena P.
Colin D.

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



TACNA XX Presents

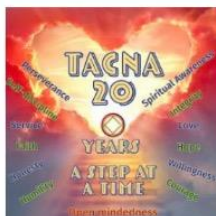
Half the pot plus
Two TACNA 20
Registration Packages

Saturday, August 12 until Saturday, November 04
See any member of the TACNA Convention Committee to
purchase tickets.

Don't miss your opportunity to win some extra cash and 2 free
registration packages to our area convention taking place
Thursday Feb 29, 2024- Sunday Mar 3, 2024!!

****Tickets are One for \$5.00****

The drawing will take place on Sunday Nov 5, 2023.
You do not have to be present to win.



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

TACNA XX

Feb 29-Mar 3, 2024

Norfolk Waterside Marriott

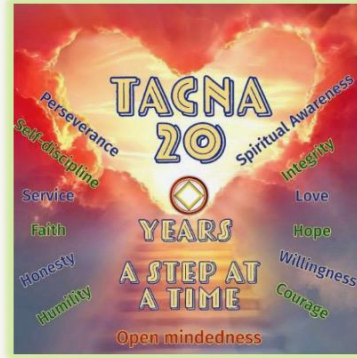
235 E Main Street Norfolk, VA 23510

Reservations: (800) 874-0264

\$132.00 per night

Reservations for your room **available now**

Use Convention Rate Code: **TACNA 2024**



Programing Chair: Shelby J. 757-535-0605

SUBMIT CD or Electronic media TO: TACNA PO BOX 2833

NORFOLK, VA 23501 - Must be received by Aug. 31, 2023

**Main Speakers: 5 years min clean time/Workshop Speakers: 3 years min clean time
Workshop Chairpersons: 1 year min clean time**

Additional Convention Activities

Jazz Brunch Friday 12:00pm-2:00pm \$45.00 per person

Banquet Dinner Saturday 5:00pm-7:30pm \$60.00 per person

Registration Chair: Denise J. 757-667-0939

REGISTRATION \$30.00 BY MAIL/MUST BE POSTMARKED BY Oct. 31, 2023

\$40.00 Nov. 1, 2023 – Until- Feb. 15, 2024

DAY OF CONVENTION \$45.00

Check or money orders payable to **Tidewater Area Convention of NA**

Registration: **TACNA PO BOX 2833 NORFOLK, VA 23501**

Send Payments via **Zelle: TACNAconvention@gmail.com**

****If using Zelle please indicate what and how many of each item you are paying for****

Registration Quantity: _____ Total: \$ _____

Jazz Brunch Quantity: _____ Total: \$ _____

Banquet Dinner Quantity: _____ Total: \$ _____

Name(s): _____ Email: _____

Address, include State and Zip Code: _____

Phone: _____

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

TACNA XX Presents

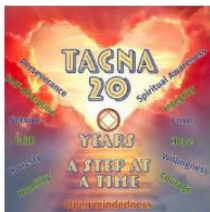


Karaoke Night

Saturday, September 16 at 8:00 pm- Midnight
Norview United Methodist Church
1112 Norview Ave
Norfolk, VA 23513

Get your singing voice warmed up for a fun filled night of Karaoke and fellowship in support of our area convention.
Tickets are \$12.00 in advance and \$15.00 at the door.
Contact Dia A. at 757-332-6682

****Refreshments will be for sale****



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

1:26 Tri-Cities Report – Kelley G. geddiekelley@gmail.com; tricitiasasc@rvana.org, Maria H. (alt)

Hello everyone,

Tri-Cities continues to move forward with opening our meetings and carrying the message. We have a donation of \$398.66. We also have a Chili cookoff scheduled for October 21, 2023, at Whitebank Park in Colonial Heights Virginia Pavilion 1. I will be sending details about who can enter and how much the tickets are after our September Area Service Meeting.

I'm sorry for the short report but I was out of town for area service in July and August.

In Loving Service

Kelley G.

End of Area reports by RCMs.

1:30 Old business: Antoinette B. expressed her gratitude to serve the Region.

Roland C. announced a break until 1:36pm

1:36 Open positions: Chair, Vice-Treasurer, Regional Delegate Alternate, H&I Chair, Policy Chair, PR Chair, Speaker Jam Chair

1:38 No other members were nominated or expressed interest in the position of RDA, so David H. was acclimated by the Chair to the position of RDA. The RDA2 position is now accepting nominations for a minimum of 2 meeting cycles.

1:41 Sherry V. nominated Cindy K. for the position of RDA2. Cindy K. accepted the nomination, and provided the following service resume:



Service Resume

NAME: Cindy K

CLEAN DATE: 5/20/1998

HOME GROUP/AREA/REGION: virtual HG NANA 24-7 Marathon Meeting /
Trusted Servants Group, Beach Area, CARNA

POSITION NOMINATED FOR: Regional Delegate Alternate 2

SERVICE COMMITMENTS HELD (GROUP, AREA, REGION, CONVENTION, VIRTUAL):

Rochester (NY) Area 1998-2001:

Rosedale Group: Member, key tag person, GSR; Area: Assistant Treasurer, PI member; Secretary, Steering Committee, Ad Hoc Chair Outreach Committee

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

Cindy K Service Resume (continued)

Westside Area (MD) 2001-2007ish:

Shot of Hope Homegroup: Coffeemaker/set up, Treasurer, GSR; Area: RCM, RCM alternate, Secretary, H&I panel member and coordinator, Sponsorship Behind the Walls Ad Hoc.

Bay Area (MD) 2007ish-2015ish:

Constantly Changing: member, GSR, setup/coffee; Shelter from the Storm: member, speaker finder, GSR alternate, greeter

East of the Bay Area (MD) 2015-2020:

Clean and Serene Dreamers HG: secretary, GSR, speaker finder.

Virtual NA Meeting Platforms (2020-present)

NA NA 24-7 Marathon Meeting Group: April 2020-current: meeting host and co-host; Policy Chair 2022-present

REGIONAL EXPERIENCE

Free State Region, MD 2005-2019

Regional Assistant Secretary/Secretary, Regional Assistant Treasurer, Regional Vice Chair (2), Chair (2) Convention Board Liaison, GSR Workshop Facilitator; Various Ad Hoc Committees, Regional PR and Regional Policy committees.

Regional Convention Board of Directors, 2006-2010: Secretary, Vice Chair, Chair. Subcommittee liaison for Merchandise, Hotels/Hospitality sub committees.

Regional Convention Board of Directors, 2014-2018: Secretary, Vice Chair (2x) chair (2x); Subcommittee liaison: Convention Information, Merchandise, Hotels and Hospitality and Programming. Negotiations of hotel contracts.

OTHER SERVICE COMMITMENTS:

Circle of Sisters XXV: 2020-2023. "Executive body" Secretary, Liaison for Registration and Programming.

Above all, a love and gratitude for Narcotics Anonymous, with a desire to serve NA fellowship that has saved lives and fanning flames for decades, becoming more involved at Regional and World level.

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

Thank you for the nomination, it's an honor to be considered.

In loving service

Cindy K

Savedtoserve98@gmail.com 410.905.0994

1:50 H&I Chair position is vacant. There were no nominations.

1:51 Policy Chair position is vacant. Roland C. nominated Mark M. for the position. Chelsea R. seconded. Mark M. announced his qualifications. He has been in the program for 34 years and has a sponsor, and a homegroup, and he is working the steps, traditions, and currently working the concepts. Mark has served in various positions, including Chair of the Tidewater Area. The position will be open until December (2 RSC cycles), at which time the committee may choose to elect Mark as Policy Chair. Thank you for your willingness, Mark.

1:54 Sherry V. discussed the etiquette surrounding a member in the position of Vice-Chair nominating a Policy Chair. It was also discussed by Etta L. who shared that it is our custom for Chairs and Vice-Chairs to refrain from nominating people into positions. These senior level positions hold more of a meeting pacesetter role; someone who keeps a smooth flow and order of business.

1:56 Chelsea R. offered to nominate Mark M.

1:58 PR Chair position is vacant. No nominations were made.

2:00 Speaker Jam Chair is vacant. No nominations were made.

2:02 New Business – **Motion 222-1** will go back to Homegroups, because it is about a change to Policy.

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

CARNA Motion Form

Motion Number: 222-1 **Date:** August 19, 2023
Mover: Carnadelegateteam **Area:** N/A
Second: Greg H. **Area:** Roanoke Valley Area

Description/Background (Optional):

At the 2023 World Service Conference it was voted to approve a three-year conferece cycle for two conference cycles for a total of six years. This motion would reflect this change allowing all members of the delegate team to experience a complete conference cycle and all it entails.

Intent:

To update guidelines to reflect the conference approve change to the WSC conference cycle for the Regional Delegate (RD), Regional Delegate Alternate (RDA) and the Regional Delgate Alternate 2 (RDA2)

Motion:

To change 6B Regional Delegate Qualifications#4. from: 4. 2 year Term
To: 4. One conference cycle term

To change 7B Regional Delegate-Alternate Qualification#4. from 4. 2 year term, 4 year commitment
To: 4. One conference cycle term, Two conference cycle commitment

To change 8B Regional Delegate-Alternate Qualification#4. from 4. 2 year term, 6 year commitment
To: 4. One conference cycle term, Three conference cycles commitment

Amendment

Amendment Mover _____ **Second** _____

Pro: Continuity -Olena

Pro: Efficiency David H.

Con: Trouble getting persons to Nominations- Greg H.

Con: Spirit of Rotation-Sarah M.

Vote Talley

Total For: _____ Groups: _____

Total Against: _____ Groups: _____

Total Abstention: _____ Groups: _____

Tabled: _____ To Policy: _____ To Home Groups: _____

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

2:30 Sarah M. announced our need to discuss and vote on the Environmental Scan Survey. We will be setting up the survey.

2:36 Next RSC will be held on October 21st, 2023 at 10am on Zoom.

2:37 Sarah M. motioned to close the meeting, and Brian K. seconded to close.

2:38 Meeting closed with the Serenity Prayer.