

These are working minutes from the August 16th RSC. They have not been approved.

Minutes for the 234th Regional Service Conference
Central Atlantic Region
August 16th, 2025 via Zoom and
In-Person at Louisa Public Library
881 Davis Hwy
Louisa, VA 23117

Hybrid Meeting Called to order at 11:00am by Roland C. with Serenity Prayer.

Open Forum discussion topics:

1. Larry asked where reports should be sent: secretary@car-na.org; vicechair@car-na.org and chair@car-na.org
2. David H. announced resignation from Regional Delegate Alternate position. Details in his report.
3. Cat B. and other members present expressed interest in vacant positions. Please announce ALL vacant positions in your Areas and notify Homegroups! There are so many great positions that are accepting nominations from the Central Atlantic Region.
4. Lengthy discussion of budget, "prudent reserve," and the recent donation from our Central Atlantic Region to World Services. Members expressed concern and suggested that donations be halted until further review and better clarity on the budget.

Conclusion of Open Forum

Meeting on break until RSC commences at 12:15am

12:15 Roland C. called the meeting to order with the Serenity Prayer.

12:15 Purpose: Mary R., New Dominion Area

12:18 Traditions: Heather R., Shenandoah Valley Area

12:20 Concepts: Marla M., Gateway to Freedom Area

Roll Call

Roll Call	Administrative members	234 rd August 2025	233 rd June 2025	232 nd April 2025
Chair	Roland C.	present	present	present
Vice-Chair	vacant	vacant	present	present
Secretary	Lauren H. (final RSC in position)	present	absent	absent
Treasurer	Larry B.	present	present	present
Vice-Treasurer	vacant	vacant	vacant	vacant

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Regional Delegate	Sherry V.	present	present	absent
Regional Delegate Alternate	David H. (final RSC in position)	present	absent	present
Regional Delegate Alternate 2	Cindy K.	present	present	present
VRCC Chair/Vice-Chair	Vicky B.	present	present	absent
Hospitals & Institutions Chair	vacant	vacant	vacant	vacant
Policy Chair	vacant	vacant	present	absent
Public Relations Chair	vacant	vacant	vacant	vacant
Speaker Jam Chair	vacant	vacant	vacant	vacant
Ad-Hoc	Carol M.	present	present	present

Areas	RCM/RCM Alternate	234 rd August 2025	233 rd June 2025	232 nd April 2025
Almost Heaven	Jason S.	present	present	present
Appalachian	Christina R.	present	present	present
Beach	Candace B.	present	present	absent
Blue Ridge	Peter P.	present	present	present
Gateway to Freedom	Rhonda P. Marla M. (alt)	present	present	absent
New Dominion	Linda C.; Mary R. (alt)	present	present	present
New River Valley	vacant	vacant	vacant	absent
Outer Limits	vacant	vacant	vacant	vacant
Peninsula	William K.	absent	absent	absent
Piedmont	Dana R.	present	present	absent
Rappahannock	Josh C.	present	absent	absent

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Richmond	Simone W.	present	present	present
Roanoke Valley	Fernando H., Danny G. (alt)	absent	absent	absent
Shenandoah Valley	Heather R., Chris M (alt)	present	present	present
Southside	vacant	vacant	absent	absent
Tidewater	Anthony A.	present	present	Colin present
Tri-Cities	vacant	vacant	absent	Maria sent pre

Quorum not met. 11 Areas present.

Additional members present, but not part of Roll Call: Randy D. der12296@comcast.net; Cat B. heycatbell@gmail.com ; Vicky dolphin080459@gmail.com

Subcommittee members receiving this email: Ann V. devyces@gmail.com

NA members who are ***not*** members of Regional Service Committee, or present at the meeting, but who have requested that we send them these minutes: Charlotte H.

charlottehightower145@yahoo.com; Norman C norman2500@aol.com; Richard S. gutterwall@gmail.com

June minutes approved.

TRUSTED SERVANTS' REPORTS:

Chair Report – Roland C. chair@car-na.org or roland@giindustrial-marine.com

CARNA Chair Report 234th RSC

Good morning Family this day marks my first official meeting as CARNA Chair and I am grateful for the opportunity afforded me. We have lots of work to do filling in the open service commitments, inventorying the conscience of the Region and once again providing more meaningful service to the areas we serve. I was glad to be able to assist in the 3-day presentation at the VA summertime institute for addiction and I will not spoil the fun and allow the Task group Chair to report on that one. We did Sherry and I attempt to host the subcommittee meeting last month and did discuss the needs of the website and other CARNA hosting platforms. I did talk with Richard this week and briefed Him on the resources available to us through the NEZF, both He and I are willing to attend any future task group to address these Issues. I may need to suspend the order of the day to address the rescheduling of the budget meeting due to conflicting scheduling for the Delegate team who play a lead role in our process. Today I would love for us to examine and define our understanding of budget plus

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prudent reserve or maintain prudent reserve and send the rest? If we do nothing else need to address what policy actually expects us to do with regional budget, prudent reserve and world donation.

In loving service
Roland C
CARNA Chair

Vice-Chair Report – **VACANT**

Secretary Report – Lauren H., secretary@car-na.org. This is my last RSC serving as your Secretary. What an honor it has been. Thank each and every one of you for teaching me bits and pieces along the way. I hope to find another place where I can serve, and can make room for another addict to be your Regional Secretary. Until next time, thank you so much for letting me serve.

Treasurer Report – Larry B., treasurer@car-na.org

X CARNA TREASURY REPORT AUGUST 2025.xlsx						
A	B	C	D	E	F	G
DATE	TRANSACTION	METHOD	AMOUNT	BALANCE	DETAILS	ITEM #
6/20/2025				\$ 48,429.80	BEGINNING BALANCE	
6/20/2025	DEPOSIT	ZELLE	\$ 200.00	\$ 48,629.80	PENNISULIA AREA	
6/24/2025	DEPOSIT	CHECK	\$ 65.25	\$ 48,695.05	SHENANDOAHA AREA	
6/26/2025	DEPOSIT	CHECK	\$ 2,500.00	\$ 51,195.05	PENINISULA AREA	
7/7/2025	BANK DRAFT	BANK	\$ 30,179.80	\$ 21,015.25	NAWS CONTRIBUTION	
7/7/2025	BANK FEE	BANK	\$ 30.00	\$ 20,985.35	NAWS CONTRIBUTION	A005
7/7/2025	BANK DRAFT	BANK	\$ 800.00	\$ 20,185.25	NEZF CONTRIBUTION	B010
7/12/2025	REIMBURSE	CK 1050	\$ 50.00	\$ 20,135.25	VSISA REGISTRATION	E007
7/15/2025	DEPOSIT	ZELLE	\$ 144.91	\$20,280.16	ALMOST HEAVEN AREA	
7/18/2025	REIMBURSE	CK 1051	\$ 6.95	\$20,273.21	PO BOX MAIL	A002
7/21/2025	FEE	BANK	\$ 18.86	\$20,254.35	SERVICE CHARGE	A005
7/30/2025	REIMBURSE	CK 1052	\$ 11.00	\$20,243.35	PO BOX MAIL	A002
7/31/2025	DEPOSIT	CHECK	\$ 707.67	\$20,951.02	NEW DOMINION AREA	
7/31/2025	DEPOSIT	CHECK	\$ 171.31	\$21,122.33	APPALACHIAN AREA	
7/31/2025	DEPOSIT	CHECK	\$ 20.00	\$21,142.33	FRESH START GROUP	
7/31/2025	DEPOSIT	CHECK	\$ 189.43	\$21,331.76	ROANOKE VALLEY AREA	
7/31/2025	DEPOSIT	CHECK	\$ 107.94	\$21,439.70	OUTER LIMITS AREA	
8/1/2025	DEPOSIT	ZELLE	\$ 110.59	\$21,550.29	ALMOST HEAVEN AREA	
8/4/2025	PAYMENT	VISA	\$ 40.00	\$21,510.29	TWILIO	A001
8/7/2025	REIMBURSE	CK 1053	\$ 273.40	\$21,236.89	VSISA LODGING	E007
8/12/2025	DEPOSIT	CHECK	\$ 200.00	\$ 21,436.89	GATEWAY TO FREEDOM	
8/14/2025	DEPOSIT	CHECK	\$ 83.95	\$ 21,520.84	LIVING CLEAN GROUP	
	DEPOSIT	CHECK	\$ 387.43	\$ 21,908.27	BEACH AREA	
	DEPOSIT	CHECK	\$ 186.31	\$ 22,094.58	APPALACHIAN AREA	
8/14/2025	REIMBURSE	CK 1054	\$ 11.00	\$ 22,083.58	PO BOX MAIL	A002
8/12/2025	END BALANCE			\$ 22,083.58		
	PRUDENT RESERVE			\$ 18,259.00		
	NAWS CONTRIBUTION			\$ 3,824.58		

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[illegible]

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

Hi everyone

Great to be at our Region. Today is going to be very challenging logistically. Again, we have a Conference Participant webinar. This webinar is a double whammy. It will start at 2:00 pm and go to 4:00, then a ½ hour break and start back up at 4:30 and will go to 6:30 pm. The focus will be on strategic planning, with most of the time spent in small-group discussion.

20250701- The delegate team, along with all delegates, was involved in the initial prioritizing of the Conference Agenda Report (CAR) survey, and a bit over one week later, in a second round. We will include a copy of what should be in the CAR for everyone to see where their voice can be heard in our literature process, new and revised recovery material, new and revised service material, and Issue discussion topics. Cindy will discuss our last CP webinar.

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20250713 The US Collaboration of Zones met. Representatives from all the zones in the United States were in attendance. We had an update from each of the seven zones. If you would like to hear more about the zones update, let me know. We then heard from the Communications Workgroup and, IT Workgroup, where we worked with a member from Germany to update Crouton, which creates the map in the BMLT, and many other updates to the website. The Public Relations workgroup has established a consistent meeting time. Two task groups were prioritized from strategic planning. Mentorship/Training/Consistency task team, a planning session was held to have a project plan to follow. The second task group is the Rural and Marginalized Communities Project. The goal is to increase awareness of and accessibility to NA services in rural areas and to increase awareness of and accessibility to NA services in marginalized communities. A survey focused on groups, areas, regions, and zones is almost ready to go out to identify these areas. The two task groups are working together on this project. One thing during the open forum was that overall, the tone was both reflective and hopeful, with agreement that the U.S. Collaboration can fill gaps, support regions and areas, and help foster renewed passion for NA service and outreach. They have received two contributions from the Almost Heaven Area. So a task group is meeting to discuss finances.

20250727, the Northeast Zone met virtually. Cindy and I are dividing the information between us. Our treasurer now has Zelle set up for contributions. So much easier than before. Budgets will be made in October at the 2-day events in New Jersey. Our \$800.00 annual contribution for "lights on" expenses has been received. The Almost Heaven area has also been periodically contributing to the zone. It was mistakenly put under CARNA but has been corrected. If anyone wants to see the whole expense and income information, let me know. The treasurer put in a proposal to be reimbursed for QuickBooks and to purchase it at an annual rate moving forward. The proposal passed. The Public Relations committee hosted a workshop on June 22, 2025, virtually. This was to acknowledge PR week a little later, since there are so many events during the actual PR week. I created and participated in a workshop titled "Ways to Set Up a PR Budget." There were approximately 34 members in attendance. PR has several topics of interest to consider working on and three events.

20250720-23 I thoroughly enjoy being part of the Virginia Summer Institute for Addiction Studies (VSIAS) team. Working together to carry our message, and training and mentoring new members. True Service!!

202510/24-26 in Parsippany-Troy Hills, NJ, for the Northeast zone 2-day October session. Rooms are 149+tax. I will be driving up on Friday and coming home on Sunday. Approximately, \$650.00 which is within budget.

ILS

Sherry V. Regional Delegate, Central Atlantic Region

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CAR Survey Prioritization-DRAFT OF 2nd Prior

Round 1 - Results 6 July 2025 Regional Delegates – 91 Zonal Delegates – 5 World Board – 11 Unanswered – 13 Total responses - 120	Round 2 - Results 20 July 2025 Regional Delegates – 83 Zonal Delegates – 5 World Board – 14 Total responses - 102
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Items cut for the round 2 survey						
Items recommended to be cut for the CAR Survey						
New Recovery Literature (choose up to 5):	Round 1			Round 2		
	Ran k	Respons es	%	Ran k	Respons es	%
New IP/Booklet - Disruptive and Predatory Behavior —ideas include how to identify behavior and create a safe environment	4	33	28%	1	38	37%
New IP/Booklet - Virtual Recovery —Ideas include getting clean on the screen, group booklet for online meetings, virtual membership and service basics, guidance for online meeting behavior	5	28	23%	2	37	36%
New book/workbook/study guide - 12 concepts – ideas include: Concepts Working/Study Guide, Guiding Principles for Service Committees	1	41	34%	3	34	33%
New IP/Booklet - DRT/MAT —ideas include looking for a stand or position that is clear, defining clean or abstinence, clarifying who can serve, labeling this is an outside issue, saving lives and helping members take root, including personal experience, PR and MAT, other medical treatments—medical marijuana/psychedelics for therapy	2	40	33%	4	33	32%
New IP/Booklet - Women in Recovery —Ideas include carrying the message in male dominated communities, women-centric issues such as motherhood, menopause, sharing experience	6	27	33%	5	30	29%
New Step Guide - focused for more experienced members	3	35	29%	6	29	28%
New IP/Booklet - Welcoming Newcomers and Helping Them Stick and Stay, what to do as a newcomer and how to treat the newcomer	19	13	11%	7	25	25%
New Step Guide - simpler for newer members	7	26	22%	8	24	24%
New IP/Booklet - Benefits of Service with Personal Experience —Ideas include spirituality in service, unity in service, motivational material	11	17	14%	9	24	24%
New workbook/study guide - for the 12 Traditions	13	15	13%	10	21	21%
New IP/Booklet - Aging in recovery	8	20	17%	11	19	19%
New IP/Booklet - Welcoming LGBTQ+ and sharing experience —ideas include working the program and finding a home	14	15	13%	12	19	19%
New meeting reading card/statement - Gender Neutral Reading Cards from Existing NA Literature	21	12	10%	13	19	19%
New IP/Booklet - Ideas and Experience of Spirituality —Ideas include explanation that NA is a spiritual not religious program along with personal experiences—something that could be used in PR, finding and developing a higher power, Step 2 and the restoration to sanity	9	19	16%	14	18	18%
New IP/Booklet – Dating, Sexuality, and Relationships	12	16	13%	15	18	18%

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—Ideas include sexual relationships in NA, navigating break-ups in NA, relationships with a non-NA partner						
New IP/Booklet - Secular NA —Ideas include atheists in recovery, non-Christian/atheist/agnostics, working the Steps as an atheist/agnostic/non-Christian, secular & non-gendered language pamphlet	18	13	11%	16	17	17%
New IP/Booklet - Mental Health —Ideas include expanding existing literature, addressing trauma, emotional recovery, member experience working the 12 steps	10	17	14%	17	17	17%
New study guide - based on or for existing literature (Basic Text, <i>It Works: How & Why</i> , <i>Living Clean</i> , etc.)	16	13	11%	18	16	16%
New study guide - for rapid review of Steps, Traditions, and Concepts	17	13	11%	19	15	15%
New meeting reading card/statement - Develop a Clarity Statement about NA Language	15	14	12%	20	12	12%
New meeting reading card/statement – Value of Service	20	12	10%	21	6	6%
New IP/Booklet - Grief	22	11	9%			
New Step Guide - based on existing literature	23	8	7%			
New IP/Booklet - Long Term Recovery —Ideas include ongoing recovery, old timers have feelings too, keeping recovery fresh	24	8	7%			
New meeting reading card/statement - Gender-Neutral Welcoming Statement—Ideas include acknowledging language in older literature may feel dated	25	8	7%			
New book - collection of personal stories of being of service	26	7	6%			
New IP/Booklet - Relapse —Ideas include workbook or checklist for members who relapse, welcome back, replacement/substitution	27	7	6%			
New IP/Booklet - Recovery Tools —Ideas include IP or SP with all of the program tools listed, spiritual toolbox: what to do when contemplating relapse, different ways to practice the program	28	6	5%			
New IP/Booklet - Experience of Youth in Recovery	29	6	5%			
New IP/Booklet - Our Symbol	30	6	5%			
New IP/Booklet - Tradition 3	31	6	5%			
New IP/Booklet - New Members / Early Recovery —Ideas include milestones in the first year, getting clean and staying clean	32	5	4%			
New IP/Booklet – Finding our Identity—including ideological, political, gender...	33	4	3%			
New IP/Booklet - Spiritual Principles Dictionary	34	4	3%			
New IP/Booklet - Recovery behind bars—with letters from members	35	4	3%			
New meeting reading card/statement – Value of Sponsorship	36	4	3%			
New IP/Booklet - Tradition 12—Ideas include anonymity and virtual NA	37	3	3%			
New IP/Booklet - Autonomy as it applies to groups and service bodies	38	2	2%			
New IP/Booklet - Importance of Physical Activity in Recovery	39	2	2%			
New IP/Booklet – Recovery and Family Relations	40	2	2%			
New IP/Booklet - Being Self-Supporting	41	2	2%			
New IP/Booklet - Injury, Illness, Death —Something in IP form more readily accessible to newcomer	42	1	1%			
New IP/Booklet - Smoking/Vaping	43	1	1%			
New IP/Booklet - Loners	44	1	1%			

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Revised Service Material (choose up to 5):	Round 1			Round 2		
	Ran k	Respons es	%	Ran k	Response s	%
Revise A Guide to Local Service —Ideas include create a contemporary set of service tools to replace the Guide to Local Service, delete outdated information, add information on rural/remote areas and regions, add information on zones, add more best practices.	1	101	79 %	1	83	81 %
Revise The Group Booklet —Ideas include adding information on addressing predatory behavior, how to make members feel welcome, virtual NA, the importance of Traditions and Concepts study meetings, common needs meetings, expanded information on trusted servant roles	2	90	70 %	2	80	78 %
Revise SP Disruptive and Violent Behavior —Ideas include adding section on predatory behavior, addressing online meetings, adding text from the IDT	3	57	45 %	3	55	54 %
Revise SP Social Media —Ideas include adding information about line meetings, updating social networking guidance, including information on PR and H&I	4	51	40 %	4	55	54 %
Revise H&I Handbook	5	49	38 %	5	45	44 %
Revise PR Handbook	8	34	27 %	6	34	33 %
Revise Planning Basics	9	33	26 %	7	31	30 %
Revise Treasurer's Handbook	7	34	27 %	8	23	23 %
Revise SP Groups and Medications	6	36	28 %	9	21	21 %

Issue Discussion Topics (choose up to 5):	Round 1			Round 2		
	Ran k	Respons es	%	Ran k	Respons es	%
Attracting Members to Service	2	50	39 %	1	56	55 %
Decision Making/Delegation —Ideas include consensus-based decision making and responsibility and authority over NA services	4	26	20 %	2	44	43 %
Disruptive & Predatory Behavior —Ideas include safeguarding policies, aggression at service meetings, racism, sexual predation, creating a safe and inclusive environment, the line between legal and group decisions, use of cell phones, and children in meetings	1	52	41 %	3	33	32 %
Unity —Ideas include maintaining NA unity despite external politics	11	18	14 %	4	31	30 %
Helping Addicts Find Us —Ideas include use of technology to connect addicts with meetings and each other	12	18	14 %	5	31	30 %
Use of Funds, Fund Flow, and Fundraising —Ideas include 50/50 raffles, blockages in the flow of funds, anonymity in electronic funds,	3	40	31 %	6	30	29 %
Social Media —ideas include group use and social media as a PR tool	15	15	12 %	7	30	29 %
Retaining Old Timers	5	25	20 %	8	27	26 %

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			%			%
Working with others and sponsorship —Ideas include distinguishing NA from other 12-Step fellowships, sponsorship "families," being there for one another, best practices, and sponsoring LGBTQ members in rural area	6	21	16 %	9	24	24 %
DRT/MAT —Ideas include helping newcomers take root, how groups are dealing with members on medication assisted treatment who wish to serve	7	21	16 %	10	24	24 %
Fostering a Better Understanding of World Services	13	18	14 %	11	23	23 %
Women in Recovery	9	19	15 %	12	23	23 %
Mental Health —Ideas include addiction as a mental health condition, dual diagnosis, addictive behaviors	8	19	15 %	13	22	22 %
H&I Service in the Modern Age	17	13	10 %	14	22	22 %
Welcoming and Safety (including DRT/MAT)	18	13	10 %	15	18	18 %
FIPT—Ideas include the use of logos and what can and can't be done with NA intellectual property	14	17	13 %	16	17	17 %
Tradition 3 and Membership/Abstinence	16	15	12 %	17	17	17 %
Gender-Neutral Language	10	18	14 %	18	13	13 %
Carrying the Message —Ideas include stories about recovery during the pandemic, how have we changed in our carrying the message as a result of the pandemic, and carrying a clear message in rural communities	19	11	9%			
Virtual NA	20	11	9%			
Collaborative Planning	21	11	9%			
Traditions —Ideas include the importance of the Traditions, unity in service	22	10	8%			
Spiritual vs. Religion	23	10	8%			
Fellowship Development—Ideas include helping regions split from new regions	24	9	7%			
Medical Marijuana	25	8	6%			
Aging in Recovery	26	8	6%			
Communication —Ideas include communication from region to areas, clarifying what is and is not in our literature	27	7	5%			
Group meeting formats —Ideas include readings done in meetings, common needs meetings	28	6	5%			
Creativity and Group Autonomy	29	6	5%			
Governing and Politics within NA —Ideas include the difference between service and government, politicking in decision making	30	5	4%			
Public Relations —Ideas include navigating stigmatizing language in NA	31	5	4%			
The Evolution of Addiction	32	3	2%			

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Please join the
Northern New Jersey
Region of Narcotics
Anonymous

In hosting the Northeast
Zonal Forum October
Session!

October 24-26 2025

Embassy Suites
909 Parsippany Blvd.
Parsippany-Troy
Hills, NJ 07054

Room Details

\$149+ tax for two double bed
rooms. This price includes a
breakfast buffet with an
omelette station

Call (973) 334-1440 and mention NZZF to
receive group rate and free parking!

Northeast Zonal Forum
of Narcotics Anonymous

FOR MORE INFO CONTACT
Marilee - (902) 668-6656
Myra - (973) 333-1793



MULTI REGIONAL LEARNING EVENT XIX

Northern New England Region

December 5-7, 2025

**Sheraton Nashua
11 Tara Blvd,
Nashua, NH 03062**



**For online registration
and hotel reservations:
<https://nnerna.org/mrle/>**

✓ **This event will be hybrid**

The Multi Regional Learning Event began in 1993 as an H&I/PI Workshop. Since then, it has become a Conference Agenda Workshop focused weekend. It is usually one of the first CAR Workshops of the Conference Season. Many delegates from the regions of the Northeast Zonal Forum attend. We have requested World Board and/or staff to facilitate the sessions.

Fun!
Fellowship!
CAR
Workshop!



**Contact: Lee O (AD) (781) 801-8161 or Chris R (FD) (603) 674-5041
NNERNA Helpline (833) 436-6166 www.nnerna.org**

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THE NEZF SUMMARY OF DECISIONS 7.25



Roll Call

All Regions Present

ABCD	AD Phil F
Cent. Atlantic	RD Sherry L / AD David / AD2 Cindy K
C & P	RD Robert F / AD Dan S
Conn	RD Allyse M. / AD Troy
E. New York	AD Olga
Freestate	RD Randy K.
Grt New York	RD Maurice S / AD Don H =
Grt Philadelphia	RD Clarence A.
Mid-Atlantic	RD Pat
New England	RD Jim D. / AD D'Lanor
New Jersey	RD Lou E. / AD Michelle G.
N. New England	RD Alison S / AD Lee O.
N. New Jersey	RD Maurice K.
N. New York	RD Jon A.
W. New York	RD Sarah L. / AD Matt S.

ADMIN - All Present

Chair	James P	IT	Dennis M
Vice Chair	Allyse M	PR	Richie
Secretary	D'Lanor	FD	Sarah L
Treasurer	Andrew B	NESSNA	Adam

PROPOSALS

Proposal 1
To create a strategic planning task team coordinator under steering that schedules, plans monitor and evaluates the strategic planning process recruited from our member.

Handed off to Guidelines

Proposal 2
Reimburse Treasurer for quickbooks and purchase it an annual rate moving forward.

Proposal Passed



FINANCE

OPENING
BALANCE
\$8,349.26.

RBZ Recommendations

Congratulations

Dennis M, James P and
Sarah L

You've got our support!

SUPPORT



UPCOMING MEETING INFORMATION
OCT '25 HOSTING REGION - NORTHERN NEW JERSEY!
Upcoming subcommittee mtgs – visit NEZF.org for info

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narcoticsanonymous Gender-neutral and inclusive language is one of the topics the Fellowship has chosen to discuss this cycle to see if changes to the use of language in our literature could make our message more readily available to new and future members.

On the topic of gender-neutral language, some groups have shared that they've chosen to use alternative readings from NA literature in their meetings. NAWS would like to create a resource page of gender-neutral readings groups can use. If your group is using *unaltered* excerpts *from NA texts* that happen to be gender neutral, please share them with us at wb@na.org. A project plan on this topic will be included in the 2026 Conference Approval Track.

For more information on the topic, see the workshop outline and FAQ posted at na.org/idt.

[#NAIssueDiscussions](#) [#IssueDiscussionTopics](#)
[#GenderNeutralLanguage](#) [#NALiterature](#) less

Gender-Neutral and Inclusive Language Group Resources



Since the gender-neutral language Issue Discussion Topic (IDT) was posted, it has become clear that many groups are creatively addressing this challenge, while others are seeking resources to support their efforts.

NAWS would like to build a webpage of resources—a place for groups to share what is working for them. If your group is using alternative, gender-neutral readings from NA texts that are unaltered, please send the material to wb@na.org.

- Find IDT here: na.org/idt
- After the workshop, fill out the survey: na.org/survey
- Also on the IDT page is a Gender-Neutral and Inclusive Language FAQ

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Regional Delegate, Alternate Report – David H., rda@car-na.org

RDA report/resignation

It is with regret and a great deal of ambivalence that I report to the RSC that, effectively immediately, I will be stepping down as your Regional Delegate Alternate. When I took on the commitment as RDA2, I was in a solo private practice and was aware that I was taking on a six year commitment. Nearly five years later, I have started a company that will soon be hiring its sixth employee. Proving that lost dreams do awaken, I've been approached by a publisher about writing a book. I've bought a house. All of these things are blessings, but like all real blessings they are also burdens. And, in the meantime, due to the lengthening of the WSC cycle the commitment that was once six years has expanded the nine. Seeing that soon the various demands on my time will create total unmanageability, with the help of my sponsor I've decided that it is best to step down now, so that the current RDA2, should be elected RDA, will have the benefit of being the RDA during the release of the CAR and the CAT, through the GSR Assembly, and into the in person WSC next year. I have every confidence that with this experience should this body decide to elect her RD when the current RD's term concludes in June, she will be ready to assume that role.

I want to thank the RSC for all of the gifts to my personal recovery it has given me over the 8 years that I have been here and especially to Etta and Sherry for the training and mentorship. If there is ever a task that I might be able to be helpful with and have the bandwidth for, I would be happy to be of service in the future.

In loving service,
David H

Regional Delegate, Alternate 2 Report – Cindy K., rda2@car-na.org

Greetings to our region!

June 22, 2025, I attended our CP (Conference Participant) webinar during/after our June RSC. Anthony, outgoing CEO of NAWS (Narcotics Anonymous World Services) touched on a few items, including highlights of the NAWS 2024 Annual Report (available at <https://na.org/naws-reports/naws-annual-report/>) as well as other pertinent NAWS updates:

- Factors influencing the 'delay' of 2024 Annual report: NA has 5 different global offices to take into account; there was a new accounting system put in place. The 2024 Annual Report was posted less than a month after the audit was completed; the new format is web/mobile device friendly.
- NAWS is building inventory in anticipation of tariffs; COGS (costs of good sold) are continually rising, and they are re-evaluating landed costs. Price increases will be announced at least three months in advance.
- NAWS was not shipping orders between June 23 and June 30 for their fiscal inventory of all items; NAWS fiscal year ends June 2025.

These are working minutes from the August 16th RSC. They have not been approved.

- WB (World Board) met in person May 2025.
- WCNA is still in discussion. The unofficial recommendation is to hold the next WCNA in 2028 to coincide with/celebrate the 75th Anniversary of NA.
 - This would not be able to 'wait' until 2026 for a decision at the WSC (World Service Conference) due to time needed to choose venues, put contracts in place, etc.
 - Another possible recommendation is to hold WCNA every 5 years going forward; or case by case/cycle buy cycle.
 - There are many challenges to international event planning.
 - They are considering registration for streamed meetings, as well as possibly putting a cap on WCNA registration/attendance to help with better planning and financial considerations.
- The WSC (World Service Conference) will be May 3 – May 9, 2026. We will need to start making travel plans very soon.
- CAR Survey of ideas was introduced, which Sherry touched on in her report.
- Important dates for WSC 2026: All draft motions due by July. Revised/final motions due by Aug 3. CP webinar with planning session Aug 16th, to review draft motions. The CAR will be available and posted November 3, 2025.
- The Membership Survey was updated and includes Iran – with demographics from Iran showing 44% are female, 55% are male, 1% other; 57% attend virtual meetings and 55% sponsor others. As we are going into the budget meeting this month, we anticipate the following expenses each for RD/RDA/RDA2:
- Travelling Friday May 1 – Sunday May 10th.
 - Rooms: \$234 per night USD Warner Center Marriott. \$2106 each
 - Flights: Currently looking at about \$600-700 \$650 each
 - Per Diem (\$55 per day) \$550 each
 - Car/transportation (*Uber LAX to Hotel, \$75) \$300 each/shared
 - Total \$3600
 - It would be wise to budget \$4000 each to cover unanticipated expenses and ongoing inflation/increasing fares or costs in economy.
- I also attended the July 2025 NEZF (North East Zonal Forum) held virtually on July 27th.

All is well in the zone, with the project plans we decided on in full swing. The two current task teams I would like to report on are the Service Hotline project plan and the Unity Day planning task team. I have been attending the Fellowship Development committee for the past several months, both of these falls under that committee.

The Service Helpline project plan's goal is for NEZF to create and provide a helpline that NA members can call with service-related questions and be connected to folks with experience. This may be done via phone service, email, other technology/communication platforms and using a volunteer pool. Deliverables for this task group will be a flyer, working phone service or communication platform, guidelines for volunteers and trusted servants, request form, scope of service, etc. The task team for this plan is being facilitated by Dennis and meets the first

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Monday of the month. If you are interested in jumping in on this task team, please reach out to me, and I will get you the log in /time information.

The Unity Day planning task team has been planning our NEZF participation in the upcoming Unity Day Marathon, September 5 – September 6, 2025. In our time zone, this will begin at midnight 9/5 and end at midnight 9/6. The Unity Day prayer will be at 9am PDT, 12 noon our time/EDT. Our NEZF time slot will be at 9:30 AM EDT.

Unity Day Marathon will be worldwide virtual event, hosted on the zoom platform, using the webinar format. NAWS and the World Board will facilitate 9 of the 24 time slots, with those slots covering a range of service and recovery related topics. The remaining slots will be covered by zones across the world. This is primarily an English-speaking event, however some of our international zones are providing interpreters. Members across the globe are invited to send in short video clips, content, etc for inclusion in the day – please send in to NAWS using this link:

<https://form.jotform.com/nawsdigital/please-share-your-na-event-photos>.

<https://na.org/naws-events/annual-events/> More information on Unity Day here.

The NEZF will be presenting our NEZF History and Who We Are, a video showing our member regions through geographic locations and a few photos of NEZF events. We will have three speakers who will choose a ‘unity based’ quote from NA literature and share or reflect on that quote, and how service and recovery together have impacted their lives and understanding of unity. The committee has chosen me to be the MC for our portions. NAWS has asked that we pre record our content/presentations for ease of flow throughout the day.

And, lastly from the NEZF meeting, we considered and voted to support three of our NEZF members for RBZ (region zone board) nominations: Sarah L for World Board (Western NY); Dennis M (Northern NY) for World Board and James P (New England) for HRP (Human Resource Panel).

There may be more information we have received and continue to receive. There is truly a wonderful world of service outside of our region, full of trusted servants with passion and commitment to NA and the growth of our fellowship, and how we can best carry out our primary purpose. If you or your areas, members, etc. ever have questions or concerns, please reach out to your delegate team. If we don’t have the answer, we will do our best to find it.

Locally, I am looking forward to our October overnight GSR Assembly/RSC and what we can do together as a region during that time together. I am also very excited about our upcoming CAR and the 2026 World Service Conference and all that may be included in that process and decision making for our fellowship. Please remember that we ALL have a voice at the WCS—start encouraging your areas and homegroups to get involved, be aware and participate in CAR workshops, CAR discussions within their homegroup, and sending their conscience in to be

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included. I would also like to respectfully request or suggest that AVCNA set aside a time slot in the program, for the delegate team to facilitate a CAR workshop.

Thank you for allowing me to be of service to our region.

Cindy K RDA2 Regional Delegate Alternate 2

Savedtoserve98@gmail.com 410 905 0994

SATURDAY • 6 SEPTEMBER 2025 • 9:00 am PDT (16:00 GMT)
Serenity Prayer



WORLD UNITY *Day*

No matter what conflicts are unfolding in the world at large,
we aspire to an ideal of unity: Our common welfare should come first.
Basic Text, Preface

Every year, we come together to say the Serenity Prayer for the addict who still suffers and to celebrate the miracle of recovery. There are so many ways to celebrate—attend a local Unity Day event or meeting, gather with friends in person or virtually, or join us . . .

**Around the clock,
from around the world!** 

9:00 pm 5 September – 9:00 pm 6 September
24-hours of speakers, videos, workshops, and more!
Members from different zones and NA World Services are creating and curating content to share.
There's no wrong time to tune in!

Details will be posted at:
WWW.NA.ORG/ANNUALEVENTS

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VRCC Report – Vicky B., chair@avcna.org; victorynhim@comcast.net

August 16, 2025

Virginia Regional Convention Corporation, Inc. Report

Greetings CARNA family – the VRCC, Inc. is still looking for a Treasurer and we are still accepting bids for the 43rd AVCNA to be held at the Founders Inn, in Virginia Beach January 14th - January 17th, 2027.

The Roanoke Valley Area is doing an incredible job at providing creative fundraisers and they may still have new pre-convention merchandise for sale. If anyone is seeking Pre-convention t-shirts and you have not made the necessary connection to get them, let me know and I will be happy to assist. The 42nd AVCNA will be held January 23rd – January 25th, 2026 in Roanoke, Virginia.

There are still 7-9 elected Directors who are serving, and we are very thankful for this number. The Executive Committee of the VRCC is in the process of building a long overdue budget and now that we have a policy chairperson, policy review and subsequent needed revision is underway.

As a reminder, our website offers convention and hotel registration opportunities now. You are also able to reach any board member or director currently serving by accessing our website. Another feature of our website that is being reviewed is discussion regarding audio sales from past conventions. We are discussing making that captured experience, strength and hope free for certain years. More will be revealed on this matter.

In conclusion, the work of the VRCC is ongoing and remains large in scale.

In service and fellowship,
Madam Chairperson, Vicky B.

Public Relations Report – **VACANT**

Hospitals & Institutions Chair Report – **VACANT**

Policy Chair Report – **VACANT**

Speaker Jam Chair Report – **VACANT**

PLEASE ANNOUNCE THESE VACANT ADMINISTRATIVE POSITIONS TO YOUR AREAS AND HOMEGROUPS! ☺

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Ad-Hoc Report – Carol M., cmcdaid7@icloud.com

2025 Virginia Summer Institute for Addiction Studies (VSIAS) Exhibit General Information

- Event Name: VSIAS 2025
- Date: July 20–23, 2025
- Location: Williamsburg, VA
- Company/Organization: CARNA
- Booth Staff: Roland C.; Sherry V.; Carol M.; Marla M.; Dail, Vikki B.

Booth Description

- Booth Size/Dimensions: 6ft Long table
- Layout and Design Features: Trifold on top, small “fairy lights along outsides of booth
- Products/Services Displayed: NA Literature; Population survey, NA around the world
- Technology and Digital Elements Used: Rolling PowerPoint of History of NA; meeting list search apps
- Promotional Materials Distributed: See attached list of ordered NA Lit, population surveys, seed packets as take aways Visitor Engagement
- Estimated Number of Visitors: 3:00-4:00
- Peak Visitor Times: 10-10:30; 3:00-3:30
- Visitor Demographics (if known): Biz cards still being organized
- Frequently Asked Questions/Inquiries:
 - treatment of MAT patients at NA meetings
 - meeting list from their community
 - good number of NA members who are also professionals came by our table a lot and a couple handfuls used our booth as their homebase
- Demonstrations or Activities Conducted: Provided Seeds of Gratitude as take-aways for conference participants and PowerPoint that ran on background and history of NA
- Follow-up Plan and Next Actions: organize biz cards collected for potential follow up and potential local collaborators for community-based PR events

Logistics & Operations

- Setup and Teardown Experience: With help from hotel employee and 6 trusted servants we set up booth quickly
- Supplies and Materials Used: NA Tablecloth, trifold with exs of NA literature and infographics
- Issues or Challenges Encountered: needed nametags for all booth trusted servants rather than just for who signed up, started process too late; folks who shadowed experienced members didn't have enough to do
- Support Needed or Requested: new case for trifold as broken; designated spot for the PR materials (Roland has graciously agreed to store for time being)

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Results & Insights

- Main Achievements and Highlights: Our booth got much more traffic than 4 other 12 step booths. Appeared ours was only table that was giving away literature and a take away
- Challenges and Areas for Improvement: Should have ordered lit sooner; official nametags for all trusted servants; housing was scattered around historic district but we had to do that to stay in budget
- Lessons Learned: more structured process for new folks
- Suggestions for Future Exhibits: Do a messaging workshop for all trusted servants so all give same message

Attachments

- Photos of Booth: attached by sep email
- Event Materials/Handouts:
 - Business Cards
 - Contact Lists

Additional Comments

- Thanks for the opportunity to serve.
- Special thanks to Sherry for tablecloth, computer and PowerPoint, and use of her timeshare for lodging for 3 trusted servants. Special thanks to Roland for printing of population surveys and Marla, Dail and Vikki for their willingness to shadow set up and breakdown. Finally, special thanks to Vikki for paying her own way serve

Report Completed By: Carol M.

Date: 8/15/25

TRAVEL EXPENSES			
Name	Carol McDaid		
Email	Cmcdaid7@icloud.com		
	Purpose	Coordinate and execute exhibit booth w a team of 6 trusted servants at VSIAS	
TRIP HOURSEXPNSES			
Category	Dates	Details	Amount
Transportation	7/20- 7/23	parking	15.00
	7/20-7/23	Air Parking Rental car Taxi Other Item not listed	Amount
Lodging	7/20-7/23	Williamsburg Lodge , Williamsburg, VA	235.62
	7/20-7/23	CM paid other half	235.62
Meals	7/20/25	Dominos Pizza for 6	76.81
Conference fees	7/20-7/23	Exhibitor fee for CARNA PR booth at VSIAS	50.00 (paid)
Other	7/7/25	Purchase NA Literature for exhibit Booth	504.53
			Amount
			Amount
		Total owed to trusted servant	831.96
Carol McDaid		8/15/25	
Signature		Date	

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End of RSC administrative reports

These are working minutes from the August 16th RSC. They have not been approved.

AREA REPORTS

Almost Heaven Report – Jenn D. (alt) jniferd43@gmail.com www.almostheavenareana.org

A. 17 Home Groups / 29 meetings per week

B. 14 GSRs attended 07-03-2025 ASC; 14 GSRs attended 06-07-205 ASC; 14 GSR's attended. Quorum was met at both.

C. Area trusted service positions open: Vice-Chair, Secretary, RCM-alt and VRCC Rep

D. Area trusted servants elected:

Election of Vice-Chair to occur in September, election of secretary to occur in October

E. Group news: Multiple anniversaries from 2 year to 39 years

08/20 – Michelle T. celebrates 3 years at It's a Brand New Day

08/27 – Destiny D. celebrates 3 years at It's a Brand New Day

08/27 – Al R. celebrates 9 years at Keep It Simple

08/29 – Charlene K. celebrates 8 years at Hope & Gratitude

08/30 – Monique E. celebrates 30 years at New Image

09/09 – Sherry V. celebrates 39 years at New Hope

09/12 – Jason H. celebrates 5 years at Hope & Gratitude

09/14 – Mark S. celebrates 2 years at Miracles Do Happen

09/20 – Sherry S. celebrates 25 years at Not High at Noon

10/03 – Seth K. celebrates 3 years at Hope & Gratitude

10/03 – Kurtz M. celebrates 15 years at Start to Live

10/18 – It's a Brand New Day Spiritual Breakfast

SEE FLYER

10/29 – Crystal P. celebrates 2 years at It's a Brand New Day

11/28 – Start to Live Gratitude Dinner-more will be revealed

F. Area news: CAR contribution \$ 252.50 (July 2025 \$141.91, August 2025 \$110.59)

NAWS contribution June \$93.18

US Collaboration of Zones contribution \$127.74 (July \$72.45, August \$55.29)

Northeast Zonal Forum \$127.74 (July \$72.45, August \$55.29)

G. Subcommittee news:

1. Policy Subcommittee meets Thursday after ASC at 7:00 p.m. via Zoom.

2. Local Service Committee meets 4th Wednesday 6:00 p.m. via Zoom.

--P.R. task group meets 2nd Tuesday at 8:15 pm Otterbein UMC, Martinsburg, WV
June 3, 2025 - United in Compassion: Cultivating Empathy within Our Community
Conference engaged with approximately 80 individuals and made contact with individuals from Ohio, Massachusetts, Florida, Washington D.C., Maryland, Virginia and West Virginia.

August 7, 2025 invited to 2025 Health Fair: A Day of Caring Community Event
4:30-7 PM

September 20, 2025 invited to WV Goes Purple Recovery Fest: Embracing Hope

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and Healing War Memorial Park, Martinsburg, WV

September 20, 2025 South End Block Party 11:00 a.m. to 3:00 p.m.

Working to provide resource packets for individuals being released from prison

-- H& I task group meets 2nd Friday at 5:00 p.m. via Zoom

Meetings are taken into five facilities monthly, eleven times each month. The medium security prisons (MCTC & RCI) have suspended meetings for the month of August.

Ad-hoc task group to write H& I Area guidelines has been meeting regularly.

H&I Orientation Saturday September 13, 2025 12:30 to 2:30 p.m. Trinity Episcopal Church, Shepherdstown WV

SEE FLYER

3. Literature Subcommittee meets as needed - meetings posted on AHA website

4. Convention Subcommittee set the next AHA convention for July 31 to August 2, 2026 at the Holiday Inn in Martinsburg, WV.

H. Area concerns:

Need H&I facility coordinators for Washington County Detention Center (WCDC) women's side

I. Area special events calendar: August 16, 2025 Tubing on Antietam Creek at Devil's Backbone Park, Boonsboro, MD

J. Brief summary: All is going well in fulfilling our primary purpose and filling open positions.

K. Next ASC meeting: September 6, 2025 at 1:30 p.m. Parkside Community Center, 413 Sumans Ave., Hagerstown, MD

October 4, 2025 Immanuel's House, 713 Buxton St., Martinsburg, WV

L. Total number of H&I commitments and facilities being served by Area's task group: 5

1. Pyramid Health every Wednesday

2. Washington County Detention Center Men 1st Thursday
Women NEEDS coordinator

3. Behavioral Health Unit – 1st and 3rd Thursday

4. Roxbury Correctional Institute (RCI) – 2nd and 4th Thursday

5. Maryland Correctional Training Center (MCTC) 1st and 3rd Wednesday

In Loving service,

Jenn D., RCM, jniferd43@gmail.com

Appalachian Report – Christina R. rchristina459@gmail.com; present, report not yet submitted.

Beach Report – Candace B.; present, no report.

Blue Ridge Report – Peter P. peterfp@gmail.com; Peter present to represent the Area, but no RCM nor report submitted.

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Gateway to Freedom Report – Rhonda P. rpiser1@hotmail.com; Marla M. lovesongs2003@yahoo.com

Hi Family,

The Gateway to Freedom Area had 10 groups in attendance the last 2 ASC meetings. We have the following positions open at ASC. Vice-Chair. Vice Treasurer and Policy Chair. We elected Dail as Outreach Chair and Marla as Alt RCM.

ASC meets the second Saturday of the month at Friendship Haven Church. Mechanic Street Cumberland MD 21502 at 10 am.

We have 2 meetings coming off of our meeting list. The Courage to Change in Romney WV is being removed in accordance with ASC guidelines. They have not been attending area in any way in over 1 year. The meeting has been held by staff at the facility and not by NA members. In addition the No Matter What Group on Monday's in Westernport MD is closed.

The 9th Annual Camp Jam is taking place September 19-21st! Camp Minko. Keyser WV. Registration flyers on GTFANA website.

End of Summer Picnic is September 28th from 12-4. Constitution Park. Pavilion 6. Cumberland Md. Flyer also on our website.

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

Ils Rhonda P RCM

New Dominion – Linda C. (alt) scootzie48@gmail.com; Mary R. shropshire.marye@gmail.com ; present, report not yet submitted.

New River Valley Report – **VACANT**; absent, no report.

Outer Limits Report – **VACANT**; absent, no report.

Peninsula Report – William K. knightwilliam86@gmail.com; peninsulaarea2020@gmail.com; absent, no report.

Piedmont Report – Dana R. dnracette@gmail.com

- No events are currently planned, although the Special Events Committee has a new chair, and is being re-established with some events on the horizon.
- No donation at this meeting, but I do anticipate that we will make a donation after our next meeting in September.
- Stats of our area: 13 groups in the Piedmont area, 22 meetings each week. 11 groups have been represented at the Area Service Committee for at the last two meetings.

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- H&I Meetings:
 - o The Piedmont Area takes H&I Meetings to Men's and Women's ACRJ, UVA 5 East, Mohr Center, Wellness Center, and Boxwood Recovery Center. There are a total of 24 H&I Meetings every month. Beginning soon, we will be taking a meeting to the Women's Recovery Center in Charlottesville weekly.
- Open Area Positions:
 - o H&I Vice Chair
 - o 5 East H&I Panel Leader
 - o Vice Treasurer
 - o Alternate Literature Chair
 - o RCM II
 - o Alternate VRCC Director
- New group this month: Monday 6:30pm Steppin' to Freedom.
- The mailing address for the area is P.O. Box 6931 Charlottesville, Va 22906

The next meeting of the Piedmont Area Service Committee is Sunday, September 7 at 4 pm at Church of Our Savior 1165 Rio Rd E, Charlottesville, VA 22901, and is hybrid on zoom.

In loving service, Dana R, Piedmont RCM

Rappahannock Report – Josh C., jmcarter470@gmail.com

Greetings RSC,

Area Meetings: July 13 and August 3

- We currently have 13 Homegroups in our area. At the last area meeting, we had 8 of those groups represented by their GSR.

Regional Donation: None

Issues for Discussion: (Open Forum)

- Donation to the Region
- Public Relations asked the GSRs if they were interested in receiving doses of Narcan to keep at their meetings.
- We have several open positions in our Area as the election session approaches. We will be starting the process of approving next year's budget at our next ASC in September.
- NA Phone line for the Area.

RANA Mailing Address: Rappahannock Area of NA
P.O. Box 371
Fredericksburg, VA 22404

Upcoming Events: RANA Learning Day
September 27, 2025

These are working minutes from the August 16th RSC. They have not been approved.

3:30 to 6:00

Trinity Episcopal Church 825 College Ave, Fredericksburg, VA 22401

The next ASC meeting begins at 4 p.m. on Sunday, September 7th, 2025, at Trinity Episcopal Church 825 College Ave, Fredericksburg, VA 22401.

Forever Circled,
Josh C.
jmcarter470@gmail.com

Richmond Report – Simone W. simonew847@gmail.com

Good afternoon,

The Richmond area is doing well. We had 27 homegroups in attendance in the last Area service meeting which was held on 8/10/2025. We currently have the following positions open:

- Alt RCM
- Alt Secretary
- Print shop chair
- VRCC Director
- Alternate VRCC Director

Our subcommittees are doing well currently-

- H&I is currently carrying a meeting into 8 facilities.
- Our area chair stepped down due to health concerns, and we voted in another chair at the last ASC.
- Public Relations is having a unified cookout on September 20th, 2025 with the intention of introducing fellow addicts to the service structure
- Policy is continuing to meet virtually every 2nd and 4th Tuesday of the month
- RACNA 3 is alive and well. The hotel has been found for RACNA 3 and are on track based on fundraising events to have the Convention in 2026
- Outreach currently has a new chair as of August Area service, They will be participating in the public Relations Service Day Cookout
- Special events is doing well. They recently had an all-white event that was successful, and has begun planning the event for August

Our next ASC meeting will be on 9/14/2025 at 1213 Porter Street Richmond VA, 23224.

In loving service,
Simone W.

Roanoke Valley Report – Fernando H. fernando67jr@gmail.com; Danny G. (alt); absent, no report.

These are working minutes from the August 16th RSC. They have not been approved.

Shenandoah Valley Report – Heather R. rollinsheather0@gmail.com; Chris M. (alt) chrismauck84@yahoo.com

Good morning family, I am an addict named Heather. Area service meets the 2nd Monday of the month at 630 pm at Cancas Community Church in Winchester. We had new attendance at area this month very exciting.

Shevana has 18 home groups we closed the doors to one of our groups, and 1 is inactive. All bank accounts in our area have been rectified.

H&I meets the 1st Monday of the month at 7pm at the Adam's Nelson Building in Winchester. We carry the message into 3 institutions. They also have brought a breakdown of what it would cost to have a zoom account for the area to look over before bringing a motion.

PR meets the 4th Monday of the month at 7pm at Wellhouse Ministry in Stephens City. We will be ordering new meeting lists. We got them in June but already 4 groups moved locations and the one closed. The changed have been updated on the website. We will be attending and event on September 6 and September 13. All subcommittee guidelines have been added to our website.

Special Events meets 3rd Sunday 315 at Edge Hill in Winchester. The are putting on the Shevana annual picnic today.

Literature has filled and delivered all orders.

I delivered the 2 basic text from our last region to Shevana area and also the 2 to Brana area. VRCC alt is vacant

Newsletter is vacant

We see less people attending certain meeting i have tried to bring this up at area. We did vote on Regional motion 233-1. I do have a donation to the region. The area had discussions about the regions donation to World and some did not want to donate to the region some did but ultimately had no choice according to the Shevana guidelines. I ultimately think the Regional that the Regional prudent reserve needs to be looked at and adjusted.

We have 12 celebrations in the next month. Thank you for letting me be of service.
Heather R.

Southside Report – **VACANT**; absent, no report.

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Tidewater Report – Anthony A. anthony.aducci@dot.gov

The Tidewater Area currently has 31 meetings, with 19 GSRs in attendance at the last ASC. Most service positions are filled, though several remain open, including the Public Relations Chair. Despite these vacancies, many new faces have stepped up to serve on the board, bringing energy and commitment.

A motion was passed instructing Region to send whomever they deem necessary to events. Additionally, the Area approved a donation of \$2,000. Tomorrow, our fellowship will come together for TABA Fest, which we put on jointly with the Beach Area. This event is held on the beach and features a buffet-style lobster and crab meal, celebrating unity and recovery. Currently, there are no new area concerns to report.

The Tidewater Area remains strong, with active participation, growing involvement from new members, and continued fellowship engagement through events like TABA Fest. The next ASC meeting is scheduled for September 13th.

In loving service,
Anthony A.

Tri-Cities Report – **VACANT**; absent, no report.

End of Area reports by RCMs.

2:44 Old Business:

Motion 233-1: to allow RSC to fund the Delegate team to attend the World Service Conference.
3 Abstentions; Zero Nos; 6 For – Motion 233-1 has passed.

2:49 Vacant positions are:

- Vice Chair
- Secretary: Heather R. was acclimated to Secretary *pro tempore*; Heather nominated to position but RSC is still accepting nominations.
- Regional Delegate Alternate 2: Linda C. nominated
- H&I Chair
- Public Relations
- Policy Chair
- Speaker Jam Chair
- Interested members should have a “service resume” prepared.

3:18 New Business:

MOTION: 234-1

Motion by Dana R. Piedmont Area; Seconded by Heather R. Shenandoah Valley Area

These are working minutes from the August 16th RSC. They have not been approved.

To set the bi-monthly meeting location to the Louisa Public Library, 881 Davis Highway, Mineral, VA 23117 for one calendar year, beginning December 2025. The exceptions would be October 2025, April 2026 and October 2026 for the two-day GSR Assembly/RSC, as per policy, those events rotate between quadrants. We will revisit the location at the August 2026 RSC, to reassess current needs of RSC and either continue with this location or change locations.

Intent:

To designate a consistent location for the in-person RSC moving forward, that is within the determined geographic area, meets AV needs for hybrid meeting inclusion and is a prudent use of our funds/resources.

Rationale:

We need a consistent location for our RSC so we are not changing locations, constantly updating flyers, and confusing our trusted servants and interested members wanting to attend. The library is 'free' offers AV, space, good parking and is available.

Financial Impact: Cost of literature to donate for each meeting

December, February, June, August, December. Four books @about \$15 each + \$60

Potential designation specifically for food/beverage-- \$100 per meeting, or \$500 for the year.

Zero absentions; Zero against; 8 votes will **PASS MOTION 234-1**

MOTION: 234-2

Motion by Peter P., Blue Ridge Area; Seconded by Marla M. Gateway to Freedom Area

Motion 234-2 Goes back to Homegroups

For the period between October 1, 2025 until February 1, 2026, that the Central Atlantic Region Treasurer suspend donations to NAWS. After that time the 2026 RSC Budget should be active.

The intention of this motion is to allow the groups and Areas of the Central Atlantic Region to discern clarity of the Region guideline (RSC Guideline Section IX, 4A, #8) regarding the calculation of contributions to NAWS.

RSC Guideline Section IX, 4A, 8: After expenses are paid and prudent reserve is met, all remaining money will be donated to NAWS

[This is a request to temporarily suspend active Policy so it will only happen with the agreement of the home groups by 2/3rds agreement.]

These are working minutes from the August 16th RSC. They have not been approved.

Upcoming meeting schedule – Zoom links to all meetings on www.car-na.org

The **BUDGET meeting** will be on **Saturday, September 13, 2025 at 10am** on Zoom

The **SUBCOMMITTEE meeting** will be on **Saturday, September 20, 2025 at 10am** on Zoom

The **2-DAY EVENT including the REGIONAL SERVICE COMMITTEE business meeting** will be at a **location to be determined**, but it will take place on **Saturday, October 18th and Sunday, October 19th** and will also broadcast on Zoom. Note that Open Forum will begin at 11am, *not 10am* (to allow members driving from various parts of the Region to arrive with a reasonable commute time). All members are welcome to attend!

Louisa Public Library is located outside off Interstate 64 at:
881 Davis Avenue
Louisa, VA 23117

3:31 Motion to close by Heather R.; seconded by Marla M. Meeting adjourned.