

These are working minutes from Sunday October 19, 2025, RSC.

*They have **not** been approved.*

Minutes for the 235 Regional Service Conference

Central Atlantic Region

via Zoom and In-Person

Hampton Inn

3101 Coliseum Drive

Hampton VA 23666

Hybrid meeting called order at 11:00am by Roland C

The Serenity Prayer, purpose, traditions, concepts

Open Forum discussion topics:

How can we add to the policy the motions who have passed and not been added? Heather will do it with Sherry assistance

Asked about budget for two days events.

Time slot AVCNA in Roanoke do CAR/CAT workshop discussed

December RSC looking at the 2026 calendar

Discussions of the website committee were formed to find out what areas, groups, and members would like to add to our website in general

Why plan asking groups and areas their needs and bringing back to region

Understanding of RCMs taking the service monkeys back to areas, groups

Secretary@car-na.org has been fixed and forwarded to correct receiver

chair@car-na.org has been fixed and forwarded to correct receiver

Meeting break:

Position:	Admin Members	1st roll call Oct 2025	August	June	April

Chair	Roland C.	p	P	P	P
Vice Chair	VACANT	v	P	P	P
Secretary	Heather R.	p	P	A	P
Treasurer	Larry B.	p	P	P	P
Vice Treasurer	VACANT	v			
Regional Delegate	Sherry V.	p	P	P	P
Regional Delegate Alternate	VACANT	v	A	A	P
Regional Delegate Alternate 2	Cindi K.	p	P	P	P
VRCC	Vicky B. Jim	p	P	P	P
Hospitals and Institutions	VACANT	v			
Policy Chair	VACANT	v			
Public Relations Chair	VACANT	v			
Speaker Jam	VACANT	v			
Ad-Hoc	VACANT	v	P	P	P
Areas	RCM/ALT name	Oct 2025	Aug	June	April
Almost Heaven	Jason S.	p	P	P	P
Appalachian	Christina R.	p	P	P	P
Beach	Candace R	a	P	P	P
Blue ridge	Peter P.	p	P	P	P
Gateway to Freedom	Rhonda P. Marla M. alt	p	P	P	A
New Dominion	Linda C. Mary R.	p	P	P	P
New River Valley	Vacant	v	A	A	A
Outer Limits	Vacant	v	A	A	A
Peninsula	vacant	v	A	A	A
Piedmont	Dana R	a	P	A	A
Rappahannock	Josh C.	p	P	A	A
Richmond	Simone W.	p	P	P	P
Roanoke Valley	vacant	v	A	A	A
Shenandoah Valley	Heather R Chris M. alt	p	P	P	P
Southside	Rich	p	A	A	A

Tidewater	Anthony A.	a	P	P	P
Tri-Cities	vacant	v	A	A	A

Calculate Quorum: 9

Please submit contributions

If you are new to RSC WELCOME

Please be sure to email all reports to the secretary verbal reports will not be in the minutes

Approval of Minutes A:0/ Y:8/ N:0 Motion by **Linda** 2nd by **Rhonda** with amendment to say quorum meet at the 234 RSC

Trusted Servants Reports:

Chair report read on the floor

Family, I want to thank a many of you for going the extra mile in these weeks gone by to help us establish the 2026 proposed budget and further the weekly meetings to drill down a meaningful presentation and facilities for October 2 day. During the initial weekly meetings we met on Wednesday evenings from 6-8 and occasionally during the Saturday subcommittee to examine Policy and reach consensus on direction for handling regional donations to NAWs as written. Our research concluded the fact that policy was adhered to as written and as much as it pains many of us that the donation had to be forwarded as sent, it also in the absence of a functional policy committee required those in attendance to look more closely at our policy and the current needs of our Region. In doing so now, during a 3-year Conference cycle that has now redirected the funding requirements for many Conference Participants and in consideration for some of our budgeted mandates as per policy that weren't funded in 2025 you will see a significant increase in this year's budget proposal. That said there is also an additional recommendation sent from the finance Adhoc to be addressed in new business to redirect Treasurer duties to attempt to fund Regional budgeted items differently than in days gone by. I am sure this will be an informative transformation for our Region as a

whole. The dialog has started and hopefully will one day bring us resolution and confidence in both our policies and practices in handling both fellowship donations and regional tasks. Again, I want to thank the service members who work behind the scenes for putting on those spectacular moments like 10-18-2025 Workshops, Camp Jam IX, SOTS, 42 AVCNA and TACNA Fashion Show. There is a lot to do these days, and I look forward to checking in as often as I can to see the many events in real time. I am really looking forward to 2026 and hope we find ourselves attracting more trusted servants, attending to the needs of our already serving members and helping them do what they do better by volunteering where we can, filling out surveys in a timely manner and getting the message of service out.

In Loving Service,

Roland C

Vice chair vacant

Secretary report read on the floor

Hi name is Heather, and I am an addict. I have created an email heathercarnaregion@gmail.com. secretary@carna.org is now working to forward to that email. Please only use this email so I can keep track All one word. If u could please send your minutes to that email address. In the subject put your area please put what area you're from as I am learning who is where. With the correct RCM and RCM alt.

Please remember Only reports read on the floor and e-filed, typed, handwritten or emailed no later than one day following the RSC will be included in the minutes. Although I believe they can be added at the next conference though motioning to amend minutes to include. Thank you for letting me be of service.

In loving service

Heather

Treasurer report read on floor

AREA / GROUP/ MISC.	2025 TOTAL CONTRIBUTIONS
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ALMOST HEAVEN AREA	2004.94
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APPALACHIAN AREA	693.77
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BEACH AREA	387.43	
BLUE RIDGE AREA	859.63	
GATEWAY TO FREEDOM AREA	600	
NEW DOMINION AREA	10,509.52	
NEW RIVER VALLEY AREA	0	
OUTER LIMITS AREA	859.94	
PENINSULA AREA	2700	
PIEDMONT AREA	0	
RAPPAHANNOCK AREA	0	
RICHMOND AREA	0	
ROANOKE VALLEY AREA	826.3	
SHENANDOAH VALLEY AREA	564.57	
SOUTHSIDE AREA	200	
TIDEWATER AREA	8464.19	
TRI-CITIES AREA	1548.28	
FRESH START GROUP	98	***
LIVING CLEAN GROUP	127.59	
LARRY B.	1	
2025 TOTAL CARNA CONTRIBUTIONS	30,445.16	
2025 TOTAL NAWS CONTRIBUTION	35,929.94	

CARNA 2025 CONTRIBUTIONS

DATE	SOURCE	AMOUNT	COMMENT
1/13/2025	ALMOST HEAVEN AREA	\$ 585.01	ZELLE
1/13/2025	ALMOST HEAVEN AREA	\$ 500.00	ZELLE
1/24/2025	TRI-CITIES AREA	\$ 884.49	CHECK

2/6/2025	LIVING CLEAN GROUP	\$ 43.64	CHECK
2/6/2025	ROANOKE AREA	\$ 636.87	CHECK
2/6/2025	OUTER LIMITS AREA	\$ 255.00	CHECK
2/6/2025	OUTER LIMITS AREA	\$ 359.00	CHECK
2/11/2025	APPALACIAN AREA	\$ 172.98	CHECK
2/24/2025	GATEWAY TO FREEDOM AREA	\$ 200.00	CHECK
3/10/2025	ALMOST HEAVEN AREA	\$ 202.18	ZELLE
3/28/2025	LARRY B. CONTRIBUTION	\$ 1.00	ZELLE
4/21/2025	SHENANDOAH VALLEY AREA	\$ 164.19	CHECK
4/21/2025	SHENANDOAH VALLEY AREA	\$ 280.95	CHECK
4/21/2025	APPALACIAN AREA	\$ 163.17	CHECK
4/22/2025	NEW DOMINION AREA	\$ 9,801.85	CHECK
4/22/2025	OUTER LIMITS AREA	\$ 138.00	CHECK
4/30/2025	TRI-CITIES AREA	\$ 397.44	CHECK
4/30/2025	TRI-CITIES AREA	\$ 266.35	CHECK
5/22/2025	SOUTHSIDE AREA	\$ 200.00	CHECK
6/9/2025	TIDEWATER AREA	\$ 6,464.19	ZELLE
6/16/2025	GATEWAY TO FREEDOM AREA	\$ 200.00	CHECK
6/18/2025	ALMOST HEAVEN AREA	\$ 186.37	ZELLE
6/19/2025	BLUE RIDGE AREA	\$ 200.00	ZELLE
6/20/2025	PENNINSULA AREA	\$ 200.00	ZELLE
6/24/2025	SHENANDOAH VALLEY AREA	\$ 65.25	CHECK
6/26/2025	PENNINSULA AREA	\$ 2,500.00	CHECK
7/15/2025	ALMOST HEAVEN AREA	\$ 144.91	ZELLE
7/31/2025	NEW DOMINION AREA	\$ 707.67	CHECK
7/31/2025	APPALACIAN AREA	\$ 171.31	CHECK

7/31/2025	FRESH START GROUP	\$ 20.00	M.O.	
7/31/2025	ROANOKE VALLEY AREA	\$ 189.43	CHECK	
7/31/2025	OUTER LIMITS AREA	\$ 107.94	CHECK	
8/1/2025	ALMOST HEAVEN AREA	\$ 110.59	ZELLE	
8/12/2025	GATEWAY TO FREEDOM AREA	\$ 200.00	CHECK	
8/14/2025	LIVING CLEAN GROUP	\$ 83.95	CHECK	
8/14/2025	BEACH AREA \$ 387.43	CHECK		
8/14/2025	APPALACIAN AREA	\$ 186.31	CHECK	
8/16/2025	TIDEWATER AREA	\$ 2,000.00	ZELLE	
8/19/2025	SHENANDOAH VALLEY AREA	\$ 54.18	CHECK	
9/10/2025	BLUE RIDGE AREA	\$ 659.63	ZELLE	
9/14/2025	FRESH START GROUP	\$ 78.00	CHECK	***
9/16/2025	ALMOST HEAVEN AREA	\$ 162.65	ZELLE	
10/6/2025	ALMOST HEAVEN AREA	\$ 113.23	ZELLE	

TOTAL CONTRIBUTIONS	\$ 30,445.16
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CARNA 2025 CONTRIBUTIONS

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6/9/2025	TIDEWATER AREA	\$ 6,464.19	ZELLE
6/16/2025	GATEWAY TO FREEDOM AREA	\$ 200.00	CHECK
6/18/2025	ALMOST HEAVEN AREA	\$ 186.37	ZELLE
6/19/2025	BLUE RIDGE AREA	\$ 200.00	ZELLE

TOTAL CONTRIBUTIONS	\$ 22,302.68
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8/16/2025		\$ 22,083.58	BEGINNING BALANCE
8/16/2025	REIMBURSE CK 1055	\$ 92.11	\$ 21,991.47 DANA M. RSC FOOD G B001
8/16/2025	DEPOSIT	ZELLE \$ 2,000.00	\$ 23,991.47 TIDEWATER AREA

8/19/2025	DEPOSIT	CHECK	\$ 54.18	\$ 24,045.65	SHENANDOAHA AREA
8/19/2025	REIMBURSE	CK 1056	\$ 831.96	\$ 23,213.69	CAROL M. VSISA E007
8/21/2025	BANK FEE	BANK	\$ 1.45	\$ 23,212.24	FEE A005
9/10/2025	DEPOSIT	ZELLE	\$ 659.63	\$ 23,871.87	BLUE RIDGE AREA
9/14/2025	DEPOSIT	CHECK	\$ 78.00	\$ 23,949.87	FRESH START GROUP ***
9/16/2025	DEPOSIT	ZELLE	\$ 162.65	\$ 24,112.52	ALMOST HEAVEN AREA
9/22/2025	BANK FEE	BANK	\$ 16.11	\$ 24,096.41	SERVICE CHARGE A005
9/29/2025	CONTRIBUTION	BANK	\$ 3,824.58	\$20,271.83	NAWS CONTIBUTION
10/6/2025	DEPOSIT	ZELLE	\$ 113.23	\$20,385.06	ALMOST HEAVEN AREA
10/14/2025	ONLINE ORDER	VISA8226	\$ 200.50	\$20,184.56	MARLA-GSR FOOD G001
B006					
10/17/2025	END BALANCE			\$ 20,184.56	
	PRUDENT RESERVE		\$ 18,259.00		
	NAWS CONTIBUTION		\$ 1,925.56		

Vice Treasurer vacant

Regional Delegate report read on floor

Hi everyone

Great to be at our regional committee.

Yesterday was a great day, even though we had our share of hiccups. We hope that everyone will participate

in the upcoming Conference agenda report workshops and Conference approval track workshops. We hope to

do one at the AVCNA. We do have a timeslot there and will have had time to look at the CAR, but not time to

engage in conversations with others. But with only five motions, we should be able to help with making an

informed decision. We will also have some other discussions on issues coming up that we need your input and

perspective, so we can vote on our collective conscience

20251018 We had another CP (Conference participant) webinar yesterday. The beginning was so bittersweet,

and tears were shed. Anthony E stated that it would be his last financial report. Becky M. has signed a five-

year contract and will be our executive director of NA World Services. Anthony is staying on for a while as

Assistant Executive Director to help with the transition. I don't know how long Anthony has been our

Executive Director of World Service, but he was in the position in 2004 at my first conference. Anthony gave a

financial report and spoke on the reasons for the Jan 2026 15% price increase on virtually all literature items.

An overall increase in the cost of production was the biggest factor. On to the Conference Agenda Report. As

you heard yesterday, there are only five motions in the CAR. Two Regional Motions and three World Board

motions. The two regional motions were ones about using AI for translations instead of human translators,

and the other was to put book-length literature on inmate tablets. (Sounds good, but only 20% of

contributions contribute to over all budget) But it's only to do research at this time. The three world boards

were 1)approve updated The loner IP21 to IP#21, Staying clean in Isolation. 2)To approve the World Service

Strategic Plan (first time the plan has been a collaborative effort by all CPs. Also, the first time the plan is

being put before the conference for adoption. 3)New proposed guidelines for WCNA (World Convention of

Narcotics Anonymous): a. every 5 years beginning 2028, b. World Board selects location based on various

factors and c.) Revenue-neutral event. The next World Convention will be in Europe. Either Lisbon, Portugal,

Frankfurt, Germany, or Dublin, Ireland. The CAR survey will be posted online for all interested members and

delegates representing regional or zonal consciences. We will also be discussing at the conference the input

from the gender neutral language on how we talk about members and how we talk about the steps. A third

issue that will not be discussed at this time is how we talk about God. So Cindy and I will probably be including

this discussion in our CAR workshops. Question being given that we all want to provide a safe, welcoming,

inclusive Fellowship where everyone can recover (regardless of...)are we willing to explore these types of

changes in our literature to carry the message more effectively? If not, why? Next discussion question: Does

your group or area ask people if they're on MAT when they step up to celebrate or to serve?
What do you do

next? And how can we foster unity and live with ambiguity, given our differences? How do we get past our

personal reservations and help newer members take root in our local communities? There will be an initial

straw poll of the five motions after April 18, and then we given info to have the votes ready by April 18 th . April

18 th is our GSR assembly. So we will be on a tight turnaround for our votes. The CAR survey and the discussion

questions will be on na.org/surveys, and the deadline for that is April 1. There have been revisions to some

board-approved material. The service pamphlet Group Business Meetings has been revised, adding a new

section on consensus and on delegation. As per guidelines, it will be posted for 90 days at a na.org/revising-

[group-business-meetings](#). The review period for the draft of H&I basics: treatment section ended Friday, and

the hope is to have the third and final section, Committees, posted soon. The review period for the revisions

to Rural Service Basic just finished. It was just simple updates we were told. Your delegate team has access to

the videos from the Unity Day, and we can show them, but because the faces haven't been blurred, we are

asked not to distribute them in case someone posts them on social media. There was a discussion on an

update to a discussion board called Discourse. And last for the CP webinar is the regional report form that has

been updated. Your delegate team will be asking for all your H&I meetings to include in our regional report to

the conference. Please send them to us at the next regional meeting.

The delegates were urged to register for housing at the conference.

20251012 I attended the US Collaboration of Zones meeting. 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. The Public Relations workgroup has established a consistent meeting time. I attended the last

one. We are close to doing our first eblast to appropriate organizations, reaching out to them on Na's behalf.

Two task groups were prioritized from strategic planning. Mentorship/Training/Consistency task team. The

second task group is the Rural and Marginalized Communities Project. We need your input on a survey we

created. The survey focused on groups, areas, regions, and zones to identify these areas. The two task groups

are working together on this project.

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.

In the NEZF, I also attended the service phone task group under the Fellowship Development committee of the

NEZF We have virtually all the scripts on the flow of the conversations and procedures to handle service calls.

We also discussed the budget in FD.

I attended the Budget Meeting for NEZF PR.

I will, in the near future, be giving our treasurer proposed budgets for possible workshops to attend, so there

is some understanding of some of the beginning expenditures. Also, CAR workshops will be coming soon. I

attended most of CARNA's finance/Oct2-day task group weekly meetings. We have a budget ready to take

back to the groups for consideration.

ILS

Sherry V. Regional Delegate, Central Atlantic Region

Ambiguity the quality of being open to more than one interpretation; inexactness.

Ambiguity is a state of being unclear or having more than one possible meaning

Regional Delegate Alternate vacant

Regional Delegate Alternate 2 present read on floor

October 19, 2025

Greetings CAR-NA family!

Today I will be reporting to you on two key events I have participated in since our last RSC: Unity Day and our CP (Conference Participant) Webinar on August 16, 2025.

Unity Day was a success!! In case you missed this, NAWS facilitated a 24-hour Unity Day celebration via Zoom Sept 5-6. The event was comprised of time slots with diverse content, hosted by zones from around the world, our WB and NAWS, covering more information about the zones from all over, a few Issue Discussion Topics and other information pertinent to our fellowship as a whole. There was a 50+ year member panel, an International Panel and a special panel on Creating our Future: Women and Youth. This was done in a webinar format; however, the chat was enabled for most of the event; it was awesome to see our fellow addicts from around the world checking in, offering NA love and greetings.

Our zone, the NEZF, had a 50-minute slot, scheduled at 6/630 am on Saturday morning

ET. I was honored to facilitate the task group responsible for the planning and presentation for our Zone. This was done as a part of our NEZF Fellowship Development committee.

We presented our zone via a video representation of what we do, how we do it, and our regions served. We then had 3 speakers from our zone share their experience, strength and hope around one of their favorite Unity quotes from our literature. They focused on how unity in service and being of service in general has enriched their recovery and lives in general. We finished with two of our long-term NEZF members presenting a history of the NEZF. It was an amazing experience to be a part of, as well as watch.

If you missed Unity Day, you can access some of the audio recordings here:

<https://na.org/world-convention-of-narcotics-anonymous/>

Our last CP (Conference Participant) meeting was August 16, 2025; Attended by 105 Regional Delegates, 83 Alternate Delegates, 5 Zonal Delegates, 13 World Board members, 3 Human Resource Panel members, 2 Co facilitators, 21 NAWS staff, 10 former world trusted servants (to lead small groups) and 7 interpreters. That's A LOT of people (about 250!).

This CP Webinar was focused on the Strategic Plan we have developed in the 2023-26 conference cycle, which began at our iWSC (Interim WSC) in 2025. We spent most of the two hour sessions reviewing the draft solutions in small groups.

The 2026-2029 Strategic Plan has four pillars or broad areas where we focus our service efforts: Public Relations, Service System Support, Fellowship Support and World Service System and Operations. Through the collaboration process, we collectively decided what issues under each 'pillar' were most important to address. Each issue has one objective (WHAT we want to accomplish) and solutions (HOW we

intend to accomplish). This is the first time that we have collectively put together a strategic plan, and the last time the CPs would discuss these prior to being included in the CAR (Conference Agenda Report).

You can find more information on this and the process taken here: <http://na.org/planning>

Strategic plans are not linear: it's an ongoing process always in motion. We continue to look at and think about what comes next as we wrap up the 2026 plans at the upcoming conference.

Each participant has a role in fulfilling our NA Vision. NA now speaks more than 100 languages, and we are now in 143 countries. World Services is the only place that blends all of these diverse perspectives. We are able to hear from the Fellowship as a whole and produce material that reflects our ever-growing diversity. Zones and regions have an important, active role, gathering ideas on the front end that help shape the projects, workshops, and reviewing literature drafts—this essential work happens at the zones and regions.

It is very important that our areas and our region get involved and continue to offer ideas, input and participate in this process, so your delegate team can continue to carry the needs, ideas and solutions of our region/areas forward and be a part of this process.

We talked about the CAR Survey, which helps prioritize needs for recovery literature, Issue Discussion Topics and service material. This is the first time the CPs have collaborated with the WB and NAWS to co-create the CAR Survey. More than 500 ideas were collected, compiled and then prioritized. Ideas with more than 25% delegate support will be included in the CAR Survey, which is still a lot of ideas!

The Public Relations issue discussions centered around the 'Credibility of NA' and looked at raising fellowship awareness and about the importance of effective PR efforts

in carrying out our message and fellowship development. The solutions we looked at were to create an internal NA service campaign focused on PR and development of more PR training and tools to support member engagement.

The Service Systems Support issue discussion centered on a few topics.

☐ The rise of virtual NA meetings, with challenges in the ability for these groups to participate in the service structure and have their voices heard. Solutions include best practices for virtual NA groups and areas that can connect them to NA services.

☐ Development and organization of trusted servants: understanding the complimentary roles, committees in the Vision for NA Service by creating a contemporary guide to service, replacing the Guide to Local Services (GTLS).

☐ Mentorship of our trusted servants by inspiring members to get involved, creating tools and messaging, encouraging younger members (age and clean time) to be of service.

☐ Disruption of the flow of funds. These solutions include resources on setting up electronic contributions, and materials or messaging on the importance of our contributions and seventh tradition.

Fellowship Support discussion focused on:

☐ Safety and belonging -- raising the level of awareness about inclusiveness in our diverse fellowship and developing tools, revising literature (as in the Group IP or booklet) that may help members feel safe, welcome and supported. This includes gender specific language and predatory/disruptive behavior.

☐ MAT /Medically Assisted treatment: in the spirit of the 3rd tradition, try to arrive at a common understanding of what it means to be a member, creating space for those who choose membership regardless of how they got here. Solutions are developing resources for groups to use to make members and potential

members feel welcomed.

☐ Generational and Cultural Diversity: continuing to adapt communication methods and tech to meet a diverse range of membership preferences.

World Service Structure and Operations:

☐ Further refine the timeline for the 3 year cycle WSC including major meetings, policies, timelines and planning processes.

☐ Future of the WCNA (World Convention) – create a financially sustainable model of the WCNA that meets the needs of a changing world and fellowship.

☐ Evaluate and adjust activities at NAWS to best support its role and functions in a changing world.

The collaborative process we have been using is exciting and very interesting. It is amazing to sit in small groups with other trusted servants from around the country and world, listening to our similarities and shared experiences and ideas on how to continue working together to fulfill our 5th tradition.

I am looking forward to the WSC, and carrying forward our ideas and solutions, experience and hope from CAR-NA.

I will be attending the NEZF meeting 10/24-26 in Parsipanny, \$675 proposed budget was submitted in June. Within the allotted budget for RD2 costs for zonal attendance/travel.

As always, any questions—please feel free to reach out to the delegate team. My information is below.

In loving service, Cindy K RDA2 (nominated for RDA which is now open)

Savedtoserve98@gmail.com 410 905 0994

VRCC present via zoom report read on floor

October 14, 2025

Virginia Regional Convention Corporation, Inc. Report to the 235 th RSC

Good afternoon, CAR-NA members and others –

The VRCC, Inc has 7 Director's attending board meetings and now we have all positions filled with the recent election of a treasurer at our last meeting in September.

We are happy to have Tim C. serving in the capacity of treasurer.

Planning for the 42 nd continues and we still need a bid for the 43 rd AVCNA. As a reminder, for the 43 rd , the hotel is already secure, and the venue is set; all that is needed is a hosting committee. We are also still searching for a corporate accountant.

Our webservant made the remarkable observation that having a website exclusive to the AVCNA would be best. This idea was well received by the board. In the future there will be a website for VRCC, Inc. and a separate website for all things AVCNA.

The VRCC continues to move in a forward direction. Sometimes at a slower pace but nonetheless we are progressing in the right direction.

Please visit our website for meeting information, access to board minutes or to reach us. www.avcna.org.

In service and in fellowship,

VRCC Chair, Vicky B.

Public Relations vacant

Hospitals and Institutions vacant

Policy vacant

Speaker Jam vacant

Ad-Hoc vacant

Area Reports:

Almost Heaven Area present via zoom report read

RCM report – 235 th RSC, October 19, 2025

www.almostheavenareana.org P.O. Box 884, Falling Waters, WV 25419

A. 18 Home Groups / 29 meetings per week

New meeting opened 9-25-2025: New Beginnings 7:00 p.m. at 49 S Green St.,
Berkeley Springs, WV

B. 14 GSRs attended 09-06-2025 ASC; 14 GSRs attended 10-04-2025 ASC; 14 GSR's
attended. Quorum was met at both.

C. Area trusted service positions open: RCM-alt and VRCC Rep

D. Area trusted servants elected:

Jenine M elected to Vice-Chair-September, Mel W. elected to secretary-October
RCM-alt to be voted on in December, RCM to be voted on in January

E. Group news:

8 anniversaries from 1 year to 17 years

11/22 – Hope & Gratitude Thanksgiving Speaker Jam 12 noon to 7:00 p.m.

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

01/17 – Carrying the Message Speaker Ja 2:00 p.m. to 6:00 p.m. via zoom

F. Area news:

CAR contribution \$ 275.88 (September 2025 \$162.65, October 2025 \$113.23)

US Collaboration of Zones contribution \$137.93 (September 2025 \$81.32, October 2025
\$56.61)

Northeast Zonal Forum \$210.39 (9-4-2025 \$72.45 & 9-16 \$81.32, October 2025
\$56.62)

G. Subcommittee news:

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

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

--P.R. task group meets 2 nd Tuesday at 8:15 pm Otterbein UMC, Martinsburg, WV

During the month of September Public Relations participated in several community events.
(10 th

Annual South End Block Party, Annual Community Health Fair, West Virginia Goes Purple, HOPEFest in collaboration with Gateway to Freedom Area)

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

There were 8 Hospital & Institution meeting that took place in 4 facilities. The facilities were

Behavioral Health, Pyramid, MCTC and RCI. Providing a lifesaving message of recovery to 142

potential NA members. The H&I Ad-hoc task group met on 9/20/25. The next meeting will be

held on 10/11/2025 at 8:30 am via zoom. Also, there were 5 new members orientated at the H&I Orientation on September 13, 2025

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

4. Convention Subcommittee meets 3 rd Saturday at 2:00 p.m. at 1020 Winchester Ave., Martinsburg, WV

H. Area concerns:

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

I. Area special events calendar: planning 40th Area anniversary celebration

J. Brief summary: All is going well in fulfilling our primary purpose.

K. Next ASC meeting: November 1, 2025 at 1:30 p.m. Parkside Community Center, 413 Sumans

Ave., Hagerstown, MD

December 6, 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 1 st Thursday

Women's side NEEDS coordinator

3. Behavioral Health Unit – 1 st and 3 rd Thursday
4. Roxbury Correctional Institute (RCI) – 2 nd and 4 th Thursday
5. Maryland Correctional Training Center (MCTC) 1 st and 3 rd Wednesday

In Loving service,

Jenn D., RCM, jniferd43@gmail.com

Appalachian no report present via zoom

Beach

Blue Ridge

BRANA – Blue Ridge Area of NA – (Luray south to Lexington/Buena vista in the Shenandoah Valley) present report read on floor

- 10 Home Groups – 9 active at Area/ 24 meetings per week
- 8 GSRs attended 10/12/25 ASC; 8 GSRs w/ 3 Alt's attended 10/12/25 ASC
- ASC Trusted Service Positions Open: Chair, Vice Chair, Special Events, RCM alt, VRCC & LT.

Just elected Outreach Chair which is PR & H&I combined in our Area.

- Group news: Groups are vibrant with MANY relative newcomers so short on Service experience. We have a vibrant clean living residence community in Harrisonburg which is bring

influx of addicts seeking Recovery; growing pains have been minimal.

- New meetings: Luray – Misfits Group; split off from existing Group after single long-time member decided to commandeer assets and direction of Group. Misfits handled it well and We at

ASC are supporting them spiritually and materially.

- Area news: Extended service from Chair, Secretary and Treasurer; work in progress...
- Contribution to Central Atlantic Region: \$262.94
- Subcommittee news: H&I is struggling, particularly short on men volunteers. Policy is very

active with a re-write in progress.

Area Joys & Concerns:

+/- Misfits Group; split off from existing Surrender To Win Group. (Ironic)

-/+ BRANA Campout Inc is dissolving itself (lack of commitments to serve) But BRANA 44 will go

on in 2026. Chance For Gratitude is holding Fall Campout and a Halloween Dance. Find A New

Way to Live will hold annual Holiday Event in December after hosting Jump In The Lake in August, No Matter What will do New Years Dance – ALL WITHOUT A SPECIAL EVENTS COMMITTEE.

-/+ ASC accommodating a recent conflict with individual addition of addict who is unaffiliated with

any Group and doesn't regularly attend meetings... their intent is worthy but negativity of message felt by most in an off-putting way. Most of us gain ability to see our own shortcomings

as the mirror is held up and we find a higher standard in their message but many experience

discomfort in the discord.

+ Many Anniversary celebrations and very few relapses... More women Sponsors rising!

+ AREA participation growing

- Next ASC Meeting: Usually the second Sunday November 9, 2025, 3 pm with Policy Sub committee before at 2 PM. Verona United Methodist Church, 406 Lee Highway, Verona, Virginia,

24482

In Loving Service,

Peter P – BRANA RCM

Gateway to Freedom present via zoom read on floor

Good morning family,

Gateway to Freedom has 12 meetings per week with 11 homegroups. ASC meets the 2nd Saturday of the month at 10am at Friendship Haven Church. Mechanic St. Cumberland MD. The following positions are open : Vice Chair, Vice Treasurer and Policy Chair.

Our PR and H&I chairs have been in discussion with FCI ,the federal prison here, to start a men's H&I meeting. They are awaiting background checks and hope to have the first meeting in November. There will be a Policy Review ad-hoc meeting on November 9 from 4-5 at Fort Recovery Centre St Cumberland MD. Area budgets are due at the next ASC.

There is a Halloween Party 10/31/25 from 8-12 at Fort Recovery with a costume and dessert contest. Upcoming anniversaries: Jerris S celebrates 22 years 11/6 at Young In Recovery. Rhonda P celebrates 4 years 11/11 at Step Into the Light. Liz K celebrates 2 years 11/15 at Nine Lives. Paige K celebrates 3 years 11/21 at Young In Recovery.

Our next ASC meeting will be Saturday November 8 at 10am. GTFA mailing address is PO Box 936 Cumberland MD 21501.

Grateful in service

Rhonda P RCM

New Dominion present read on floor

Area – New Dominion Area

RCM – Linda C

RCM ALT – Mary R

NDANA met on September 14, 2025 and October 12, 2025

Number of meetings - 63. Homegroups 58

Number of Homegroups that attended ASC:

September October

35 30

Voting Members

22 22

Quorum met both months

We made a donation to CAR-NA of \$568.55

Regional Motion passed 19 yes and 2 abstentions

Status of Area Positions –

We have a new Area Position called Webmaster. It was under PR before and is now a separate position and James S. is filling that position.

Richard S. was nominated and elected PR Chair

Upcoming Elections –

November Area Vice Chair and Campout Chair

December Literature Chair , Area Secretary , Area Chair

Information that may affect NA as a whole: none

Mailing address:

New Dominion Area

PO Box 25336

Richmond, VA 23260

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

Where and when is ASC held: the 2nd Sunday of each month except in January and

May when they are the 3rd Sunday from 3:30 – 6:00 at

Hatcher Memorial Baptist Church 2300 Dumbarton Rd

Richmond, VA 23228

H&I commitments: Beaumont Prison every other Thursday 7 – 8 (need

Clearance) Jake E. 804.289.0544 VCBW Wednesdays 6:30 – 7:30 (clearance

needed) Louie D. maxlizzsam@gmail.com James River Juvenile every other Thursday

6:30 – 7:30 (need clearance) James S jjstreet@icloud.com The Healing Place Friday

6:30 - 7:30 Andrew C corbinaj@vcu.edu State Farm Work Camp – women 2nd and

4 th Thursday @ 6:30 until 8:00 (clearance needed) Linda C scootzie48@gmail.com

For questions contact Chelsea R chelsearndana@gmail.com

ILS

Linda C

New River Valley vacant

Outer Limits vacant

Peninsula vacant

Piedmont absent no report

Rappahannock read on floor

Area Open Positions:

☐ Treasurer II, RCM II, and Activities Chair

October GSR Quorum: 9 out of 12 Home Groups Represented

Rappahannock Upcoming Area Events:

Thanksgiving Meeting:

When: November 23, 2025, from 6:30 to 8:30

Where: 762 Princess Anne Street Fredericksburg, VA 22401

Holiday Marathon Meeting:

When: December 25, 2025, from 11:00 am to 6:00 pm

Where: 308 Hanover Street, Fredericksburg, VA 22401

Open Forum Discussion Topic:

A member of the area came to the ASC to announce that there are addicts in the area working on

opening a new meeting in Stafford, VA. They are still working on finding a location, but they are

considering having the meeting on Saturdays at 7:00 pm. More details will be revealed later. The

addict present expressed hope to attend the November ASC with a confirmed location.

Regional Donation: None this month

Next RANA ASC will be on November 2, 2025, starting at 4:00 pm.

Forever Circled,

Josh C.

Jmcarter470@gmail.com

Richmond present via zoom orally reported no report

Roanoke vacant

Shenandoah Valley present report read on floor

Hello, I am Heather I am an addict good morning.

Shevana area service meets the second Monday of the month at 6:30 PM. At Canvas Community Church in Winchester, Virginia. Shevana has 18 home groups. 4 are inactive. Quorum was met. The email from out regional chair I forwarded the email to the area secretary, and it was read on the floor about open positions and nominations. Motion number 234 voted on.

The area bank account was hacked for over four thousand dollars. That we did not have that bank account has been closed, and a new one has been opened.

H&I:

meets 1st Monday at 303 south Loudoun Street Winchester Virginia at 7pm

Special Events:

meets the 3rd Sunday of the month at 3:15 pm at Edge Hill Recovery Center.

PR:

meets the 4th Monday of the month at

5488 main street Stephens City Virginia at 7pm

Literature meets the Saturday after area service at Edge Hill Recovery Center at 1:30 pm. All orders have been completed. Will not be having a subcommittee meeting in October

We have 10 upcoming celebrations in the next month.

Open positions:

VRCC Alt.

Newsletter

Motions:

3 going back to groups

Southside via zoom report read

Tidewater vacant

Tri-Cities vacant

End of reports

Old Business:

MOTION: 234-2

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.]

A: 0 N: 1 Y: 7 **passes**

Vacant positions/nominations:

Secretary: Heather R. nominated by Marla second by Rhonda

Take nomination back to areas/groups

Qualifications:

- I have an NA sponsor I actively works the NA steps, NA traditions, and concepts

- NA home group

- I have 3 years area/Regional experience

willingness to serve

- clerical skills

- my own laptop

- a solid foundation w the steps, traditions, and concepts

- time and resources available to be an active participant

- I have been of service in my home group with multiple positions

- has been a gsr

- has been an rcm

- has knowledge of area, regional guidelines, and the guide to local service

- in Secretary role as pro tempore as of August 2025

I have the skill necessary to take minutes and have utilized this in taking minutes between the area and region as an rcm

Pros: very articulated well versed in delegating versed in policy procedures know narcotics anonymous literature also very eager to expand her knowledge as well as share that knowledge with others

Cons: NONE

Regional Delegate Alternate RDA

Cindy K. automatic nomination as she is/was RDA2

Pro tempore RDA as of now October 2025

Take nomination back to area/groups

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

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

AREA EXPERIENCE

Rochester Area 1998-2001:

Rosedale Group: member, key tag person, GSR; AREA: assistant treasurer, PI member & secretary, Steering Committee, Ad Hoc Chair Outreach Committee

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

Beach Area (VA)

Trusted Servants homegroup: member, Secretary Feb 2024-Aug 2024)

Cindy K, Service Resume, continued

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.

CARNA (Central Atlantic Region)

RDA2- December 2024- present.

OTHER SERVICE COMMITMENTS:

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

WCNA38 Workgroup, January 2024- Aug 2024 (Convention Information)

NAWS Focus Group: Virtual Services Basics July 2024-

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

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

In loving service

Cindy K

Savedtoserve98@gmail.com 410.905.0994

Pros her service resume, her current position, her love and positive attitude towards people and our fellowship

Cons none

Regional Delegate Alternate 2

Linda pro tempore as of October 2025

Public Relations Chair: acclimated

Cat Bell-H

540-686-6321

Service Resume

Qualifications

August 2025

Shenandoah Valley Area

- ☐ Clean date is 10/27/2021 (3 years, 10 months)
- ☐ Previous clean for 10 years from 1995-2005
- ☐ Have an NA sponsor that has an NA sponsor and sponsor others
- ☐ Have an NA home group and currently serving as secretary for the home group for the 2nd term
- ☐ Currently working Step 8 and have knowledge of the 12 Traditions, 12 Concepts and Roberts Rules of Order
- ☐ At ASC: Currently serving as Literature Chair
- ☐ At Area H&I Subcommittee: Currently serving as Secretary for the 2nd term

Tidewater Area

- ☐ At ASC: Served as Literature Chair for 3 consecutive years (1996-1999)

Outer Limits Area

- ☐ ASC: Served as Secretary for 2 terms (1999, 2002)
 - ☐ ASC: Served as Literature Chair for 1 term (2001)
 - ☐ At Area Convention Committee: Served as Registration Chair for 1 term (1999)
- In addition to the above service, I was a professional in Information Technology for 30 years. I began as a network engineer then became a software developer with ASP, ASP.NET, C# and SQL. I ended up as a webpage designer leading a team of 10 developers using the Agile methodology. I no longer work. I have a great deal of knowledge about hardware and am highly proficient with Microsoft Office products such as Word, Excel and PowerPoint. I mainly use Google products now such as Mail, Calendar and Drive. I am currently focused on learning AI and am using ChatGPT. I am willing and able to serve as service helps to keep me clean.

2 pros

able to communicate well, knowledgeable,

member from Shevana vouched how she works with H&I and literature

2 cons

None

Was acclimated in compliance with policy

New Business:

Task Team: Planning ad hoc:

Meeting 3rd Saturday on subcommittee zoom account 10am

Created to discuss and get all information seeking outside help to find the issues from the groups areas to our region to figure out how can we best serve. Including help with our CAR-NA.ORG. What's missing?

Motion 235-1 please take back to areas/groups

Motion maker: financial ad hoc seconded by Linda New Dominion

Description/ background: To approve 2026 CARNA budget

Intent: have funding to carry our message

Expense Type	Description	2024
		Budget
A001-Phoneline	800 & Answering Services	\$500.00
A002-Mailbox	PO Box	\$350.00
A003-Website	Host & Domain Expenses	\$600.00
A004-Teleconferencing	ZOOM Teleconferencing Service - Annual Fee	\$160.00
A005-Service Charges	Bank Service Charges include any fee with for electronic contributions	\$50.00
B001-Conferences	RSC Meeting Expenses: rent, food & beverage, AV equipment rental, & office supplies	\$600.00
B002-Executive	Correspondence & report preparation & distribution expenses for RSC Chair and Vice Chair	\$100.00
B003-RD Team	Correspondence & report preparation & distribution expenses for RD Team (includes SurveyMonkey)	\$1,080.00
B004-Secretary	Secretary expenses associated with preparation & distribution of RSC minutes, reports, correspondence, and related office supplies	\$150.00
B005-Treasurer	Treasurer expenses associated with preparation & distribution of reports, correspondence, and related office / Bank supplies ie changing account	\$120.00
B006-GSR Assembly & Oct 2 Day	Expenses associated with refreshments, food & beverage, & office supplies (April 2day/ October 2 day)	\$0.00

B007-RD Workshops	RSC pre-approved line item expenses associated with holding 4 multi-area workshops ****(Meeting space/food)	\$1,200.00
B008 Travel Expenses Delegate Team	Delagate Team travel expenses to attend and conduct the 4 multi-area workshops (this is a new line item)	\$0.00
B009-Zonal Forum	Expenses associated with holding Zonal Forum approximately ***	\$200.00
B010-Zonal Support	CARNA's portion of zonal expenses	\$800.00
C001-WSC/RDA	Expenses associated with RDA attendance of the scheduled WSC with \$65 per diem *	\$0.00
C002-WSC/RDA-2	Expenses associated with RDA-2 attendance of the scheduled WSC with \$65 per diem *	\$0.00
C003 WSC RD	Expenses associated with RD attendance of the Scheduled WSC with \$65 per diem *	
C004-Service and training/RD	Yearly Service Event World, Zone, Region	\$2,000.00
C005Service and training/RDA	Yearly Service Event World, Zone, Region	\$2,000.00
C006 Service and training RDA2	Yearly Service Event World, Zone, Region with \$65 per diem *	\$2,000.00
C006.1-Member-Zone/RD	Expenses associated with RD attendance of member zone with \$65 per diem *	\$1,000.00
C007-Member-Zone/RDA	Expenses associated with RDA attendance of Member-Zone Forum with \$65 per diem *	\$1,000.00
C008-Member-Zone /RDA-2	Expenses associated with RDA-2 attendance of Member-Zone Forum with \$65 per diem *	\$1,000.00
C009-RD Bi Annual Service Events	Expenses associated with RD attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences) with \$65 per diem *	\$2,500.00
C010-RDA Service Events	Expenses associated with RDA attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences) with \$65 per diem *	\$2,500.00
C011-RDA2 Service Events	Expenses associated with RDA-2 attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences) with \$65 per diem *	\$2,500.00
D001-Policy	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, literature, and guideline printing (not to include refreshments)	\$300.00
D002-Project Driven	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$300.00
D003-Speakerjam	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$120.00

D004-Public Relations	Expenses associated with subcommittee meeting/Task Group , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$300.00
D005-Hospitals & Institutions	Expenses associated with subcommittee meeting/Task Group , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$300.00
E001-Hospitals & Institutions	Expenses associated with inmate literature purchases, correction facility library literature purchases, and H&I presentations, and events or workshops.	\$500.00
E002-Speakerjams	RSC line-item approved expenses associated holding speakerjams in March & September each year including travel	\$1,000.00
E003-Overnight RSC	Overnight RSC expenses including overnight lodging, and meeting space rent (\$3,250.00/overnight))	\$3,000.00
E004-RD Team	Travel expenses associated with RSC approved RD team attendance at Area events when requested by the Areas **	\$600.00
E005-Project Driven	RSC approved expenses associated with communicating and/or visiting with isolated groups & interested ASC's including gas **	\$0.00
E006-Equipment	Repair, replacement, and maintenance of RSC laptop, projector, etc.	\$250.00
E007-Public Relations	Expenses associated with Professional conference & community event registrations, paid radio spots, professional contact data base production, annual PR mailing, printed materials for reports, training, presentations, and travel	\$1,500.00
F001-Policy	Expenses associated with travel in the performance of duties outlined in policy	\$600.00
F002-Hospitals & Institutions	Expenses associated with travel in the performance of duties outlined in policy	\$800.00
F003-Public Relations	Expenses associated with travel in the performance of duties outlined in policy	\$1,800.00
F004 Speaker Jam Travel	Expenses associated with travel in the performance of duties outlined in policy	\$80.00
F005-Ad Hoc	Expenses associated with travel in the performance of duties as defined by RSC when ad hoc is created	\$0.00
G001-Discretionary	\$300 maximum per item	\$1,200.00
*per diem rate \$65.00 for all Travel		\$35,060.00

Motion 235-2 TABLED refers to committee

Motion Maker: financial ad hoc BRANA Peter seconded

Description/ background: to clarify as requested

Intent to clarify policy

Motion to change 4A treasurer duties

8. After expenses are paid AND the prudent reserve is met, all remaining contributions will be forwarded to NAWS

TO

8. after paying current expenses and earmarking upcoming expenses due before the next RSC, any funds above prudent reserve will be distributed as follows:

½ the remaining money will be sent to NA World Service

½ will be allocated for identified regional tasks, projects not covered by current budget and/or NAWS or other service bodies

Pro: gives room for anything that might come up

Con: treasurers job more difficult

Subcommittee meeting 3rd Saturday of odd months next meeting November 15, 2025, at 10am

Location of the next RSC 11am, Louisa Public Library Saturday December 20, 2025, at 11am

Motion to close Heather and a second Marla

Close with serenity prayer