

*These are working minutes from June 2026, RSC. They have **NOT** been approved.*

Minutes for the **239** Regional Service Conference

Central Atlantic Region

June 20, 2026, via Zoom and In-Person 881 Davis Hwy Mineral VA 23117

Hybrid meeting called to order 11am

Open Forum discussion topics:

Member asked, "can we create a QR code for our region? Answer a lot of people are already using Zelle. We would just need to use the QR code. It can be attached to treasures report and added to the website. Answer can laminate a QR code card and have it in the 7th tradition to pass around. We do already have a QR code. Will be in report once the treasurer can change the email address attached to the bank account. Policy does not say how funds should be given in any way.

3 new people introduced themselves on zoom. Hi Nate S., Avery G, Erin VRCC

Virginia summer institute. Can use help sherry H., Heather R., and Roland will be in attendance. Explanation of what it was.

New Dominion area is exploring bank accounts for the subcommittees and how other areas do it. Area volunteered information and guidelines.

Several areas Zelle the donations through the area bank accounts

Planning sessions coming up to grow our numbers would like to hear of what is going on in our areas to talk about solutions to come up for October two day.

New Dominion has a new position which is web servant. Came up with ways to carry meetings into prison virtually. He is exploring how other areas are doing things and growing the members and members it can reach.

Websites that are not user friendly. Teaching web servants could help.

World is pausing literature trying to locate the dates. We could also use Freestate.

Roland for the fellowship I was able to get insurance and in the event of passing Carna will receive some of the proceeds from Mutual of Omaha.

Appalachian has new public relation chair and wants to connect with New Dominion area.

We have a new PR email and is on the website.

Secretary needs to be added to the bank account.

Disunity of purpose of addicts. We need unity. If people have issues with members, committees, areas, regions we need to let 40-year-old resentments go. We are here to teach. There are no competitions between. This is distressing and we are here to share what Narcotics Anonymous is. Response: "We don't get practical examples to work on; i.e. how can we talk to the people involved when they say anonymity we need to address the application in the situation to talk about. What would you want us to do to have a discussion? We could sit and come to better understanding." Response "the history makes it difficult, but I have to be the person who speaks up, we need to say this is actually the information and where you can find it." Response back "speaking up informing members of issues that are being heard on all sides. Better IT and computer security so funds to mix personal accounts and VRCC accounts.

VRCC clarified funds at VRCC and rumors. Read minutes and know facts. How would one get minutes from VRCC. Once approved they go onto the website. AVCNA.ORG

Groups struggling reaching out because they could not afford key tags and coffee, other groups stepped up. We have solutions. Find out how things work for other groups or areas. Gossip hurts people

At one-point VRCC was different and it made it cautious for old timers. Do you need a password for the website? Because you did not used to be able to. Maybe it has changed and effort has now been made to work together.

12:15 p.m. Serenity Prayer, Purpose, Traditions, and Concepts

Quorum: Need 5, w/10

Position:	Admin Members	June 2026	April 2026	Feb 2026	Dec 2025	Oct 2025	Aug 2025
Chair	Roland	P	P	P	P	P	P
Vice Chair	vacant	V	V	V	V	V	P
Secretary	Heather	P	P	P	P	P	P
Treasurer	Larry B.	P	P	P	P	P	P
Vice Treasurer	vacant	A	V	V	V	V	V
Regional Delegate	Sherry V.	P	P	P	P	P	P
Regional Delegate Alternate	Cindi K.	P	P	P	P	P	A
Regional Delegate Alternate 2	Linda C	P	P	P	A	P	P
VRCC	Jim H	P	P	A	A	P	P
Hospitals and Institutions	vacant	V	V	V	V	V	V
Policy Chair	Kim C.	P	V	V	V	V	V

Public Relations Chair	vacant	V	V	P	P	P	V
Speaker Jam	vacant	V	V	V	V	V	V
Ad-Hoc	vacant		V	V	V	V	P
Areas	RCM/ALT	June 2026	April 2026	Feb 2026	Dec 2025	Oct 2025	Aug 2025
Almost Heaven	Mark	P	P	A	P	P	P
Appalachian	Christina R.	P	P	P	P	P	P
Beach	Avery G.	P	V	A	A	A	P
Blue ridge	Peter P.	P	P	P	P	P	P
Gateway to Freedom	Marla M.	A	P	P	A	P	P
New Dominion	Linda C. Mary R.	P	P	P	P	P	A
New River Valley	vacant	V	V	V	V	V	V
Outer Limits	vacant	V	V	V	V	V	V
Peninsula	William K.	P	P	A	P	V	A
Piedmont	Dana R & Jim	P	A	P	P	A	P
Rappahannock	Josh C.	P	A	P	P	P	P
Richmond	Simone W.	A	P	P	A	P	P
Roanoke Valley	vacant	V	V	P	V	V	A
Shenandoah Valley	Chris M.	P	P	P	P	P	P
Southside	Rich V.	A	P	P	V	V	A
Tidewater	Anthony A.	P	P	P	P	P	P
Tri-Cities	vacant	V	V	V	V	V	A

New Members

Mark Almost Heaven Area

Avery Beach Area

Nate Rappahannock Area

Motion to approve the 238 RSC minutes 9 yes minutes approved

Mary to approve

Seconded Avery G.

Trusted Servants Reports:

Chair

I attended the subcommittee meeting on May 16 with the Policy Chair. We discussed key points within our Policy manual and future needs. I will leave it to the Chair to share more on that subject. As a result of us reviewing the manual we have found motion 238-1 to be out of order as it is already approved nearly verbatim in an addendum. Motion 238-2 remains. I and my sponsee Clarence J performed an inventory of the Literature left over from the 2025 Va Summertime Institute of Addiction and shared the results with our RD so she could take next steps in preparation for the upcoming event. Both I my sponsee Clarence and maybe one more Addict and Sister Monica H (17years) stand at the ready to assist with next month's event as well. I am still looking for an area in the 3rd quadrant willing to help host the October 2 day event however we will have to press on and secure a location if no such desire arises here today. Next up we will be having the Budget meeting immediately after the August meeting please take this information back to your groups and bring any thoughts, wishes and suggestions to the meeting. Lastly, we need to shake the trees and find it in our hearts or the hearts of our fellow service members to fill the open positions to make sure our message never dies or fails to reach its stated purpose.

In loving Service

Roland C

Vice Chair vacant

Secretary

Hello family I am Heather and I am an addict. Please send reports to heathercarnaregion@gmail.com. I need to be added as a signor on the regional bank account. I will join members at the Virginia Summer Institute next month. It is brought to my attention that this location no longer works for a single day. We will be going to Charlottesville from now on.

Treasurer

attached

Vice Treasurer **absent**

Regional Delegate

I am approaching my report a little differently this month due to the volume of information available. A couple

of important updates from NA World Services:

☐ The World Board has identified that much of the information contained in Bulletin #29 (Regarding Methadone and Other Drug Replacement Programs) is no longer consistent with the input received through the DRT/MAT discussions. As a result, Bulletin #29 will be removed from the NAWS website and will no longer be distributed.

☐ The newly revised H&I Basics is expected to be released soon. This comprehensive three-in-one service piece includes sections on Treatment Facilities, Corrections, and H&I Committees. NA World Services will send an update when the document is posted.

☐ The new Focus Group Volunteer Form for the current conference cycle is now available. Members who previously submitted information using the old form—including submissions made after the conference—are encouraged to complete the new form as well. There is a link to the delegate's page.

Also on the delegates page, there is a 2-day rotation list. If we want something else, it can be changed, but now we know which quadrant we will be meeting in for the 2-day weekends.

Because there is a substantial amount of information to share, we have posted additional details and

resources on our Regional Delegate webpage. This page will continue to be updated as new information becomes available:

<https://car-na.org/service-info/regional-delegates/>

I would also encourage everyone to take a few moments to review the Delegates page and the resources available there.

Northeast Zonal Forum Update

The Northeast Zonal Forum will be meeting virtually in July. The Zone is currently seeking trusted servants to serve as Vice Chair and Treasurer. Elections for these positions will take place during the Northeast Zonal Forum's two-day event in October.

The US Collaboration of Zones is currently considering the consolidation of two existing task groups into a single Fellowship Development (FD) Workgroup. Discussions are ongoing as the collaboration evaluates the potential benefits and responsibilities of the proposed structure.

Additionally, the Public Relations Workgroup is preparing a one-hour presentation that has been approved by the National Association for Public Defense. This presentation represents a valuable opportunity to increase awareness of Narcotics Anonymous and strengthen relationships with professionals who serve individuals affected by addiction.

I have requested time under New Business to share two videos with the body: one highlighting the

Northeast Zonal Forum and another produced by the Japan Region. Both videos provide valuable examples of fellowship communication and outreach efforts.

ILS

Sherry V. Regional Delegate-CARNA

Regional Delegate Alternate

The World Service Conference (WSC) was a gathering that represented our truly global fellowship—delegates and trusted servants from across continents, cultures, and languages—united by our shared primary purpose. Experiencing that breadth of attendance in one space reinforced a simple, powerful truth: we are many voices with one message. The spirit of unity was profound and deeply felt in the room, in the hallway conversations, the offsite adventures and meals, and in the focused work sessions where we translated principles into action.

Personal Impact (slide 1)

☑ Renewed purpose: Being part of a worldwide body reaffirmed why I serve.

Hearing how groups from every corner of the globe carry the message deepened my gratitude and sharpened my focus, intensified my commitment to serve our fellowship.

☑ New insight: I left with practical ideas to strengthen communication, improve participation, and streamline decision-making at home. I also gained a clearer understanding of how global priorities connect to our local efforts in CARNA.

☑ Fresh energy: Interacting with so many dedicated servants rekindled my enthusiasm to lean in, listen more carefully, attract, inspire and mentor others to and in the awesome world of NA service.

Collaboration and Unity (slide 2)

☑ Global attendance and connection: The diversity of experience broadened our perspective. Despite different local realities, cultural differences and geographical locations, we consistently returned to our shared primary purpose and common welfare.

☑ Engaging the World Board and NAWS staff: Meeting and interacting with the World Board and NAWS staff again, more closely-- offered clarity on who they are, what they truly stand for, strategic directions, literature development, and fellowship-wide services. Their openness, data-informed updates, and willingness to hear regional feedback, built trust and alignment. I have confidence in our new director of NAWS and the changes within the office, as Steve R retires and Travis moves in the Assistant Director (under a different title).

Strategic Work in Small Groups (slide 3)

☑ Cross-regional teamwork: Working in small groups with ADs from other countries and across the U.S. created a dynamic and amazing exchange of experience.

We compared service structures, tools, and outcomes to identify what works well and where we need to focus to expand and improve our service efforts to

achieve our primary purpose.

☐ Prioritization and planning: We collaborated to prioritize efforts that directly help groups carry the message, such as enhancing how we welcome the newcomer, strengthening mentorship/leadership pathways, improving meeting and service accessibility, and simplifying service communications to ensure information flows to the groups and members.

☐ Sharing successes and goals: Regions highlighted their effective approaches—targeted PR with treatment and recovery courts, translation processes that are tied to local demand/culture, service activity and event planning, and mentorship for new GSRs/RCMs. We aligned on some key goals to support growth and stability for NA.

Decision-Making: Successes and Challenges

☐ New elements introduced into the decision-making brought both successes and learning curves/opportunities to improve or change. There were moments of friction (ex: time allotted to speak for English speaking vs translated members) as we adapted and addressed various challenges and ideas, but the overall process was constructive, respectful and honored our principles, concepts and traditions.

☐ CBDM in practice: The consensus-based decision-making (CBDM) process proved both efficient and fair, encouraging thorough discussion, surfacing minority viewpoints, and moving us toward a principled consensus. It balanced urgency with inclusivity, helping us make decisions we can stand behind. It is not perfect by any means, but neither are we as a fellowship.

☐ It was exciting to be a part of this “new way” or process over the 2023-2026 WSC cycle, and to see how it all came to fruition on the conference floor – both good and not so good.

What We’re Bringing Home to CARNA

☒ Commitment to unity and communication

o Strengthen two-way communication between groups, areas, and region, using concise and more frequent updates, clear timelines, and more accessible channels for information, updates, etc .

o Encourage broader participation by demystifying service roles, making service more attractive and offering bite-sized service opportunities and mentorship.

☒ Focused support for groups

o Share practical tools gathered at WSC for newcomer engagement, addressing MAT/DRT and destructive behavior, mentorship and support for expanding services such as PR and H&I creatively and more effectively

o Be more available for groups and areas with assistance in group/area inventories and planning, mentoring, etc. Launch brief training huddles if desired for GSRs/RCMs on effective reporting, CBDM participation, and PR basics.

☒ Collaboration and PR across the region

o Coordinate with neighboring regions on shared PR opportunities and resource translation where appropriate.

o Strengthen relationships with local treatment, recovery, and reentry partners while maintaining clear traditions-based boundaries.

o Reinforce / initiate a “We Are All PR” effort across the region to bring more awareness, education and engagement of our members. We are our best message and Public Relations to show NA works!

More personal highlights:

The welcome lunch and tour at the NA World Service Office was a wonderful opportunity to not only interact and meet with our staff and other members from around

the world, it was a look into the hub that serves our global fellowship; pallets and stacks of literature in so many languages, bins and bins of key tags and medallions in other languages in the warehouse, as well as the printers and space used for the literature we do self-print. Most amazing is the whole space is adorned with memorabilia, pictures, posters in almost every language we have translated our message into. Most impactful was the H&I room – one room dedicated to responding to inmates around the world, where dedicated staff answer up to 100+ letters weekly.

The ability of our RD's from Iran to join despite that country's current state of being at war and having been experiencing internet blackout for weeks, was extremely moving. Becky stated on the second or third day, that on RD had bombs falling around him, and had to relocate to a safer more stable location to rejoin. There were cheers and applause when we saw they were back online.

There was one moment on the floor that summed up who we are as a fellowship and the true power of unity, love and our collective primary purpose and common welfare. The delegate from Israel was given the floor to share about a collaborative effort between Iran, Israel, Russia and Ukraine to develop resources and literature about recovery through/in times of war and combat.

"Even though our governments maybe cannot sit in the same room together...we as addicts can work together towards our common goal of carrying the message to addicts nevertheless, no matter what happens." Alon G

Closing The WSC underscored that our strength is collective and our direction is clear: carry the message, support our groups, and keep principles first. I return to CARNA with deeper humility, sharper clarity, and renewed energy—ready to apply what we learned, support our trusted servants, and serve our members so no addict seeking recovery has to do it alone.

I will be submitting all receipts for travel and hotel to our treasurer Larry today, to back

up the funds we were allotted before we left. I don't foresee any funds owed to me or back to the region.

I would like to attend the Mid States Zonal Forum in October in Witchita, Kansas. I believe that our ongoing participation and attendance within our own zone as well as other zones will continue and add to the energy, learning, collaboration and increase our ability to serve the areas in our region. Flight, lodging, per diem will be approximately \$800. Detailed itinerary will be included with this report.

Thanks again for allowing me to serve the region, and supporting our efforts in furthering our creative action of the spirit as we continue to serve this fellowship.

In loving service

Cindy K Regional Delegate Alternate, CAR-NA

410 905 0994

Regional Delegate Alternate 2 attached

VRCC

Good afternoon family,

Sorry I am unable to be here today with you. We have a lot going on currently. One of the big changes coming is that the Virginia Regional Convention Corporation Inc. is in the process of changing its name to the Central Atlantic Regional Convention Corporation Inc. Once this change is complete, we will be changing the domain name for the website as well. More to

come on that front!

The Beach area has put in a bid to host the convention in 2028. We will be holding

Elections for the Host Committee Executive body on July 11, 2026 at 5 o'clock at St Nicholas Fellowship

Hall, 621 First Colonial Road, Virginia Beach, VA, 23451. The dates for the convention are Friday, January

14th - Sunday, January 16, 2028. Room rates will be \$124.00 plus taxes. We are working on getting a

reservation start date. This year we will be heavy on getting the message out to reserve under the room

block for the AVCNA. It is a very competitive rate and we have found that many newer members are

unaware that they can book these with the hotel directly and use apps to reserve, often paying more

than the negotiated AVCNA rate.

At our last meeting, the board elected a new Treasurer leaving only the Secretary position open. We are

continuing to work on getting all policies up to date.

The next VRCC meeting will be July 19, 2026 at UVA Hospital, 1215 Lee St., Charlottesville, Va, 22908.

This is a hybrid meeting with the Zoom option available. In loving service Jim H. VRCC Chair

Policy

To all members of the Central Atlantic Regional Service Committee:

First, thank you for letting me be of service in the Central Atlantic Region. I have been acclimating myself to my responsibilities as Policy Chair. As well as reading our policies and familiarizing myself with the policies as laid out in the CARNA Guidelines & Rules of Order and Addendum.

A Narcotics Anonymous (NA) Policy Subcommittee meeting agenda focuses on reviewing, updating, and ensuring that regional service policies align with the Twelve Traditions and Twelve Concepts of Service. The agenda of policy typically covers policy revisions, motions referred by the Regional Service Committee (RSC), and guideline updates.

We met on May 16, 2026 for the first Policy Committee meeting since my election.

Our discussions were:

- Discussion on Motion 238-1 out of order & 238-2 remains
- I am placing a Motion to add to Section VIII #11 "Except conference year".
- We will be going over policies for CARNA to see if they are still working for the region.
- A discussion to include a brief note alongside the policy indicating the region that approved it For instance: (199th Region) and the date it became effective (April 2025)
I may need assistance because I do not have minutes dating back.

Our next Policy Subcommittee will be listed on our website Car-na.org.

Love in Service

Kim C., Policy Chair

Public Relations vacant

Hospitals and Institutions vacant

Speaker Jam vacant

AD-Hoc Virginia Summer Institute

We have registered for this event and were pleased to secure the discounted \$50 vendor fee again this

year.

During our inventory of Public Relations literature, we discovered that our materials were outdated. As a

result, we placed a literature order that should meet our needs through the next scheduled literature

update cycle, which is anticipated to be approximately three years away.

We also requested a new Public Relations email address that does not contain an underscore. The new

email address has been established and is now listed on the website's contact page.

Additionally, we requested updates to the Delegate email account so that messages are forwarded to

Cindy and Linda, and that David H. be removed from the forwarding list.

We are also planning to begin work on updating our website. Additional information will be provided as

progress is made.

ILS

Sherry V

Area Reports:

Almost Heaven

18 Home Groups and 30 meetings weekly within West Virginia's Eastern Panhandle and Washington

County, Maryland

Last Area Service Committee meeting on June 6, 2026, with 15 GSRs present

Open Trusted Servant Positions: VRCC and Secretary, with several positions filled on a pro tem basis

PR Events: Keedysville Spring Fest (2 May) and Martinsburg Spring Fest Recovery Celebration (16 May)

H&I Meetings: Ten H&I meetings taken into five facilities from 11 Apr to 8 May

Next Area Service Committee meeting: July 11, 2026

Almost Heaven Area Convention scheduled from 31 July-1 August 2026 at the Holiday Inn in Martinsburg, WV

In loving service, Mark S

RCM Alt Pro Tem

Appalachian

Hello Family, I am grateful for the opportunity to serve as the Regional Committee Member for the Appalachian Area. We are pleased to welcome a new meeting to the Appalachian Area. A Better Tomorrow Home Group will hold its first meeting on Monday, June 15, 2026, from 6:00 PM to 7:00 PM and Friday 6-7p at 102 School Street, Suite A-Z, Gretna, VA 24557.

Since our last Regional Service Committee meeting, our Area has continued to carry the message of recovery throughout our communities. We currently have 23 meetings per week and 7 home groups within the Appalachian Area, including a new home group that has recently joined the Area. At this time, 4 home groups actively participate in the Area Service Committee.

The Area website cvaana.org has been updated and continues to be maintained to help addicts find meetings and recovery resources throughout our Area.

Most Area trusted servant positions are filled; however, the Vice Treasurer position remains open. We encourage members to become involved in service and help strengthen our Area.

Our subcommittees continue their efforts to carry the message:

- H&I remains active in facilities throughout the Area.
- Special Events is planning an event for August 29, 2026, and has requested support from groups and members. More details will be announced as they become available.
- The Policy Subcommittee has secured a new meeting location and will hold its first meeting on June 21, 2026.
- The Public Relations Subcommittee meets on the same day and at the same location as the Policy Subcommittee.

The Area has made a donation to the Region, which I forwarded to Larry.

The Appalachian Area remains grateful for the support and guidance of the Region. We look forward to continuing to work together in service to ensure that no addict seeking recovery need die from the horrors of addiction.

Thank you for allowing me to serve.

In Loving Service,

Christina R.
RCM
Appalachian Area

Beach

- Beach Area Service will not meet on July 4th, our next Area meeting will be held on August 1st.
- Beginning September 5th the location Beach Area Service meets will change to the location of Emmanuel Episcopal Church on 5181 Singleton Way, Virginia Beach.
- Area Executive Body positions were filled to include:
 - Vice chair - Mark N
 - Web servant - Ben N
 - Alt RCM - Avery G
 - RCM - Vacant
- Our H&I subcommittee obtained a new commitment at Lightbeam Solutions rehab facility. We are currently working to get H&I meetings inside the Virginia Beach General Hospital.
- Virginia Beach Area has successfully placed a bid to host the AVCNA regional convention for 2028.
- Serenity on the Shore Campout will be held October 9th to the 11th. 50/50 raffle tickets will be sold for fundraising.

In Loving Service,

Avery G
Blue Ridge

- 11 Home Groups – 9 active at Area/ 1 involved but currently no GSR. There is a new Group in Buena

Vista; “The Way Back” and 1 which holds meeting but who we never see...Currently 21 meetings per

week.

- 9 GSRs attended 06/14/26 ASC; 16 members total attended
- ASC Trusted Service Positions Open: Vice Chair, Special Events, RCM alt – Now filled! (William H volunteered and has been appointed pro-temp as he holds the Policy Chair position by election), VRCC & VRCC alt.

- Group news: Groups are vibrant with MANY relative newcomers and still some old timers hanging

around.. There are many new 1, 2 and 3 year anniversary announcements and a large demand for key

tags! There remains a strong clean living residence community (Oxford and Strength In Peers) in Harrisonburg which continues to bring influx of addicts seeking Recovery; growing pains have been

minimal.

- New meetings: Buena Vista – The Way Back group is coming out of Rockbridge Recovery a small residence and community non-profit recovery facility. The GSR and mainstay of the group has strong

experience in NA and is well versed in the Traditions so he is fortified against well meaning “facility

folks” who might not clearly see the need for autonomy of the NA group. Come support (Buena Vista

is a beautiful place!) Tuesday 6:30-7:30 Rockbridge Recovery 1809 Magnolia Ave., Buena Vista, VA,

24416.

- Area news: Policy rewrite is 3/4 complete... Groups are eager to hear NA WSC results which will guide the direction of our Fellowship. The BRANA Campout Ad hoc Committee is struggling currently

for lack of a chairperson and folks with time to commit. The desire to solidify a future for this - long

running event remains strong. BRANA 44 is ready to go for July 17-19 weekend. and the BRANA Campout Incorporated is healthy with some new board and planning cmte members.

- Contribution to Central Atlantic Region: TODAY- \$302.44. New Budget APPROVED includes budgeted donations for newcomer and indigent packages at AVCNA and BRANA Campout.

- Subcommittee news: Outreach is trying to expand connections to community services where we

might be of service: health, justice, education & prevention. Some struggles in maintaining 6th Tradition; "An NA group ought never endorse..." H&I remains a KEY focus yet is struggling, remaining

short on men volunteers. We serve Western State Hospital and Middle River Regional Jail.

Area Joys & Concerns: Again- The Groups guide us...

+/- The Way Back group of Buena Vista – our most southern meeting and an ally to a recovery facility

+/- Misfits Group of Luray – vibrant, solid!! Strong women’s commitment and interconnected to Luray

community...

-/+ Find A New Way to Live will hold annual Jump In The Lake event in June this year – 6/28/26 @ noon to 6ish – Guest Speaker @ 3PM! Very special annual event!!!

-/+ Find A New Way to Live POOL PARTY IN AUGUST! 08/09/26 at Montgomery Hall Pool in Staunton.

-/+ Together We Can in Harrisonburg had to curtail its Tuesday Night Mtg – lack of support... The Broad Street NE Neighborhood Assoc Community Center continues to be a venue of support

however as our monthly Anniversary Celebration meeting is often TOO LARGE for regular location.

Our last Anniversary meeting was very special as the only man- of 4 addicts celebrating- pointed out

the legacy of WOMEN who have created a very special RECOVERY link... many of us could recall a time when a shortage of women in meetings and particularly women available to sponsor was notable. This was not the case in that room, this is very exciting growth!

-/+ BRANA Campout Inc has drawn interest and commitment from new members at Board and planning committee level. BRANA 44 is happening JULY 17, 18, &19 2026! Theme is Spiritual In Nature... Campout reservation flyers, magnets and Event Schedules are available. See me and go to

branacampout.org for more info...

-/+ Many facilities are challenging Groups with constraints on access, facility management, and some challenges are due to growth- the facilities are too small!

+ AREA participation healthy!

- Next ASC Meeting: July 14, 2026, 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

peterfp@gmail.com

(540) 421-1893

Gateway to Freedom no report

New Dominion

New Dominion Area RCM Report 239th CARNA-June 20, 2026

RCM- Mary R.& Alt, Chelsea R.

NDANA met May 10th,2026 and June 14,2026

No donation

Number of home groups is 58 and number of meetings is 59.

Number of Home Groups that attended/voted at area service

- May 36/27

- June 35/24

Status of Area Positions

May & June Elections

- VRCC Director Tina S.

of Ad hoc Committees is 3

- NDANA History

- H&I policy review

- Implementing Bank Accounts and other digital platforms for subcommittees while maintaining Executive Committee oversight.

H and I Commitments:

Facilities that we carry a meeting into are:

Facility Facilitator Day/Week Time

*Beamont CC Jake E. Every other Thursday TBD

Healing Place Joe Friday 6:30pm-7:30pm

*James River James S. Every other Thursday 6:30pm-7:30pm

*State Farm Work

Camp

Linda C. 2nd & 4th Thursday 6:30pm-8pm

*VCBR Sedrick Wednesday TBD

Piedmont CC Ingrid & Malik Saturdays 9am(M) and
10am(W)

Questions related to NDANA H&I Meetings, contact the H&I Chair, Tina S. via email at:

NDANAhni@gmail.com

New Dominion Mailing Address:

New Dominion Area (NDANA)

PO Box 25336

Richmond, VA 23260

Area Service Meets

When: 2nd Sunday/Month, 3:30pm-5:30pm

(January & May it's the 3rd Sunday/Month)

Where: 2300 Dumbarton Road

Richmond, VA 23228

Meeting Details for locations is posted on RVANA.org

ILS,

Mary R.

New River Valley vacant

Outer Limits vacant

Peninsula

Piedmont

Group Information

☒ Total number of groups in the Area: 14

☒ Most recent ASC: 9 GSRs

☒ Prior ASC: 8 GSRs

☒ New Meetings:

☒ Tuesday, 7:00pm-8:00pm A New Leaf (O,D) Trinity Episcopal Church, 475 Oak Ridge Rd. Arrington, VA 22922

☒ Tuesday 8:00pm-9:00pm Finally Free Book Study (O,D) Zoom ID 84755081141

☒ Total number of meetings weekly:

☐ In person 20

☐ Virtual 2

☐ Hybrid 0

☐ The Piedmont Area continues to grow in unity and in carrying the message. New members are becoming involved in service work.

Trusted Servant Positions

☐ No new trusted servants were elected

☐ Open Positions: Secretary, Alternate Secretary, Vice Treasurer

H&I Information

Weekly meetings are taken to the following 7 facilities:

☐

☐ UVA 5 East

☐ Region Ten Women's Center

☐ Region Ten Mohr Center

☐ Region Ten Wellness Center

☐ Boxwood Recovery Center

☐ Men's Albemarle Charlottesville

Regional Jail (ACRJ)

☐ Women's Albemarle Charlottesville

Regional Jail (ACRJ)

Area Contributions

No contribution was made since last RSC.

Attendance & Participation

Participation remains steady, with consistent GSR attendance and increasing service involvement.

Special Events

Today, Saturday, June 20, 2026, a Speaker Jam is being held at Church of Our Savior 12-6 pm. Honesty Open mindedness, and Willingness.

ASC Information

📅 Next Area Service Meeting: July 12, 2026 at 4:00 PM

📍 Location: Church of Our Savior, 1165 Rio Rd, Charlottesville, VA 22901

📅 PR Subcommittee: July 12, 2026 at 1:30 PM

📅 H&I Subcommittee: July 12, 2026 at 2:30 PM

📅 ASC meets: First Sunday of each month at 4:00 PM, but is moved to the second Sunday for July only.

📅 ASC is a hybrid meeting: Join Zoom Meeting

<https://us02web.zoom.us/j/84755081141?pwd=OWtCSW1HZkhPSGIkMU5mMWpFWIJGZ>

z09 Meeting ID: 847 5508 1141 Passcode: 071953

📍 Area Mailing Address: P.O. Box 6931, Charlottesville, VA 22906

Rappahannock

Attached is my report for the June RSC. I've also attached a flyer for an upcoming event in our area that needs to be added to the regional calendar. I have a sponsee who is getting married today, and I will be attending the wedding. I plan to join the RSC on Zoom at 11 for a bit, but I will not be able to stay long because I have to drive to the wedding venue. I am excited to announce that Nate S. has been voted in by our area to serve as our RCM II, and he will be joining the RSC today via Zoom. We both plan to attend the next RSC in August in person.

Forever Circled,

Josh C.

RANA RCM

Richmond absent

Roanoke vacant

Shenandoah Valley

Hello,

Shenandoah valley has 18 groups with 24 weekly meetings.

Our ASC on 6/8/26 had 16 GSRs present

Only open position is newsletter chair

HNI is having a learning day on August 15th at market street united Methodist church in Winchester VA.

Our area has been struggling with group donations and is under prudent reserve so we will not be making a donation at this time.

Next ASC meeting is July 13th at 6:30 pm at canvas community church

HNI has 11 current commitments and serves 4 facilities BHU, juvenile detention and NRADC and Winchester thermal shelter.

Next HNI meeting is on July 6th and is a hybrid meeting.

More information at shevana.org

Thank you

In service

Chris M

Southside none

Tidewater

The Tidewater Area Service Committee met on May 17, 2026, with 16 of 23 active groups present, establishing quorum. The April 2026 minutes were approved unanimously (16-0-0). Several trusted servant positions remain vacant, including VRCC, Alternate RCM, and Public Relations Chair, with nominations still being sought. Area elections are scheduled for the June TASCNA meeting, with new officers assuming positions in July.

A motion to provide an additional \$200 to Special Events for the volleyball tournament passed (12-0-1). The Area continues to encourage support for several struggling home groups and newly established meetings. Multiple members celebrated recovery milestones, highlighting continued growth and participation throughout the fellowship.

No one else stepped up to serve as RCM, so I remain in the position and continue to represent Tidewater Area at the regional level.

In loving service,

Anthony A.

RCM, Tidewater Area

Tri-Cities vacant

END of REPORTS

Old Business

238-1

Out of order

238-2

Under 6a Regional Delegate Duties

To send notice to all RCM no less than 6 months minimum via at regional meetings, letter, email that the April 2 day will be held in their quadrant.

5 abstentions, 0 no, 2 yes

Back to groups

Tabled to next RSC under old business

Vacant Positions/Nominations

Vice Chair Anthony A. Tidewater Area back to groups

757-589-3153

Aduanhabea@gmail.com

Recovery Information

- 11 years clean
- Worked all 12 Steps

Service Experience

Regional Committee Member

Tidewater Area | 2025 – Present

Group Service Representative (GSR)

Enjoying the Journey – Beach Area | 2025

6-month commitment

H&I; Secretary

Tidewater Area | 2023 – 2024

1-year commitment

H&I; Committee Member

Tidewater Area | 2023 – 2024

1-year commitment

Group Service Representative (GSR)

Sunday Meeting – South Dade, FL Area | 2022

6-month commitment

Meeting Startup Service

Ashland, Wisconsin | 2019

Helped start a new recovery meeting

Additional Service Experience

- Traveled across the country for work from 2016–2023
- Assisted various home groups and area service committees whenever possible during travels
- Active in fellowship support, meeting participation, and service involvement in multiple regions

H&I

Public Relations

Speaker Jam

New Business

October 2 day held in quadrant 3 Roanoke, Appalachian, New River Valley, Southside

Contacting Saint Andrews Church in Lynchburg “Kim C.” for Saturday October 17th

We need to do an inventory contacting Dennis.

Information coming out of world.

New delegate page

Virginia Summer Institutes

We need two stamps to stamp our material for \$40 dollars, need to get a tablecloth. We are under prudent reserve right now but have no other PR events but the money is budgeted to do this.

Motion 239-1: by policy seconded by Mark

To add to Section VIII, Additional Guidelines #11 - "Except on conference year" (i.e., car, cat strategic planning)

Intent: To allow delegate team to engage with areas of planning GSR Assembly.

Pro: gives discretion to delegate team because they know the workload required

Con: none

Back to groups

Regional delegate presentation

Motion to close:

Heather R. Mark 2nd

Next RSC August 15, 2026, 11am

Crozet Library 2020 Library Ave Crozet VA 22932