

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

Minutes for the **240** Regional Service Conference

Central Atlantic Region

August 15, 2026, via Zoom and In-Person 2020 Library Ave Crozet VA 22932

Hybrid meeting called to order 11am

Open Forum discussion topics:

We have a backup plan for October 2 day region which will be the Roanoke Library if Lynchburg does respond by Monday or Tuesday, we will lock this in. Q.) Why are we waiting for Lynchburg if we have not received an answer. A.) There is a board meeting in Lynchburg at the church tomorrow and they will know. Further discussion in new business.

Some issues with the website. Web servant is willing to work with any changes. Will discuss at next business/subcommittee meeting.

I have a donation check where should I send it since on zoom? A.) po box

Do we have now have the QR code. A.) Yes, we do but it will be up to the areas whether they are able to do so.

Are working on rectifying the meeting locations? Can we book this library for future single day?
We will be asking this library during break.

Roanoke library asked if we could bring meeting to the library there. Roanoke has no RSM. Speak to H&I.

Looking at planning sessions to get topics for October looking for ideas and direction. We have talked about appropriate chair activities, and how we treat the newcomer.

We had area concerns in Tidewater about predatory behaviors members confronting. How do we address that? How do we tell a parent about their child in a meeting. A.) We don't get to tell someone they cannot have a child in the meeting. A.) What if that is the meeting they get clean in. A.) If someone has a problem, then that is their problem, maybe talk to your sponsor. A.) As we recover they and the children also get better. A.) We do not get to say you are no longer a member because a baby cries. A.) Maybe suggest bringing things to entertain the children. A.) If lots of kids, maybe a mom a week keeps the kids and take turns. A.) Recovery teaches us to be parents, and the children are where they belong. A.) Closed meeting open meeting? A.) Group inventory. A.) How can we best carry the message? A.) Is the child unattended during the meeting? A.) Keeping the atmosphere of recovery can you speak to them about this? A.) Disruptive behavior is in the reading. A.) More experienced members help. Everyone there needs

the meeting so balance. A.) We do better as we learn better it is learn better when we are taught better so teach not complain. A.) moms with kids say ‘welcome’. A.) Our literature says we were reduced to animalistic levels well so are the children we didn’t come here fixed.

We have had many focus workshops on predatory behavior. It has been issue discussion topics here in the region. We need more people to attend. We have a big problem with members pretending to care until they want to sleep with you and then become angry. People are going back out because of this, or a member was just killed. Sometimes we must do what is best for our own recovery. If you want answers, show up. NA.ORG has discussion topics. The delegate team is willing to come to do a workshop on it. We need to observe what’s going on in the meetings and protect them. There have not been any consequences to address or addressing the behavior everyone is welcome but not the behavior. Sometimes woman can be told you need more clothes because your attracting “this”. What’s your motive?

Banks have bill pay and you can send that way as well.

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

Quorum: Need 5, w/10

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

Appalachian	Christina R.	P	P	P	P	P	P	P
Beach	Avery G.	P	P	V	A	A	A	P
Blue ridge	Peter P.	P	P	P	P	P	P	P
Gateway to Freedom	vacant	V	A	P	P	A	P	P
New Dominion	Mary R.	P	P	P	P	P	P	A
New River Valley	vacant	V	V	V	V	V	V	V
Outer Limits	vacant	V	V	V	V	V	V	V
Peninsula	William K.	P	P	P	A	P	V	A
Piedmont	Jim W.	P	P	A	P	P	A	P
Rappahannock	Josh C.	P	P	A	P	P	P	P
Richmond	Simone W.	A	A	P	P	A	P	P
Roanoke Valley	vacant	V	V	V	P	V	V	A
Shenandoah Valley	Chris M.	P	P	P	P	P	P	P
Southside	Rich V.	A	A	P	P	V	V	A
Tidewater	Anthony A.	P	P	P	P	P	P	P
Tri-Cities	vacant	V	V	V	V	V	V	A

New Members

none

Motion to approve the 239 RSC minutes

to approve Anthony

Seconded Mary

A.)0 Y.)10 N.)0

Trusted Servants Reports:

Chair

Chair Report 240 th RSC August 15, 2026

Good afternoon, Fam,

I first want to thank all of you who work in any capacity behind the scenes for helping our area, region, zonal and WSO continue to carry our message. This is one group I will

always be happy to be a part of. I worked with others last month to facilitate the Va Summertime Institute of Addiction, and it was again a great success, I will leave the rest to our team to share their experience. I also enjoyed last month's subcommittee meeting watching some of the work needed once again taking form in policy. Also grateful for those who kept it alive in the absence of a Chair. We were finally able to meet at Truist bank and get our secretary added to the signature card and order debit cards for the RD Team both in accordance with policy. Remember we will be conducting our 2027 annual budget meeting after we close, the 240th, all are welcome. We unfortunately are not yet sure about the location we have been soliciting now for a couple months in Lynchburg to host the October 2 day meeting and may not know the outcome until after the Church board meets tomorrow Aug 16 where our request will be addressed. I have taken the liberty to secure the Main Library 706 S. Jefferson Street Roanoke Va 24016 from 10-4:30 on Saturday Oct 17 and have a verbal quote of \$101.00/ room per night and conference room on Sunday for \$135.00 at Comfort Inn Airport Location 5070 Valley Blvd NW Roanoke Va 24012. That said we will be mass blasting it on email and posting the event on the CARNA website as soon as we pin down the location this upcoming week. I have not contracted the hotel and they are based on double occupancy for those traveling great distances. I believe this will fall within the allotted budget and look forward to the discussion on location, attendance and refreshments. I also joined the Roanoke library system as I did the Charlottesville library. Membership was easy the ask for an email address and password, your name and address and you're in. I was then able to immediately reserve the meeting room in the main library for free. They also asked me to ask the RCM if there is any way a meeting could be brought to the library I assured them I would not only pass that on to Quadrant 3 but to all RCMs representing all quadrants.

ILS

Roland C

Chair

Vice Chair **vacant**

Secretary

Hello family I am Heather and I am an addict. Please send reports to heathercarnaregion@gmail.com. I attended the Virginia Summer Institute with other members last month. While we were in Williamsburg, I was able to be added to the regional bank account. I have RCM orientation packs available. The regional email is now forwarded to the one I have been using so that will be very helpful. Guidelines Section V: REPORTS 1. 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. I cannot open iCloud or anything apple for your reports.

Treasurer **attached**

Vice Treasurer **vacant**

Regional Delegate

The July 2026 CP web meeting was held on Saturday, 25 July at 11:00 Pacific Time. In attendance were 92 RDs,

3 ZDs, 14 WB members, 71 ADs, 3 HRP members, 4 interpreters, 2 zonal contacts, and 13 staff.

New World Board members: Allyse from Connecticut, Jade from Southern California, Jessica from North

Carolina, and Pam from Oklahoma in the United States

Outgoing: Irene, Lib, Tana, and Paul

- New Executive Committee of WB members
- Jack H., WB Chair
- Yoel G., WB Vice Chair
- Danny G., Secretary
- Carla W., Treasurer

CP Web Meetings

- Based on feedback from WSC 2026 participants, CP web meetings will be held every 6–8 weeks this

cycle, providing more opportunities for discussion and collaboration. Meetings will also be held after the

amendment deadline to discuss submitted amendments and to review ideas for the CAR Survey.

- Meetings are scheduled through April at na.org/dates, with additional dates to be posted as finalized. All

meetings begin at 11:00 a.m. Pacific Time.

WSC 2029 is now contracted for 22 to 28 April. The interim WSC has been scheduled for 12-13 November,

2027.

Unity Day: September 5, 2026. An online celebration is in the works featuring PR highlights and personal

shares. There will be two sessions of ninety minutes each, with a half-hour break in between. At 12:30 pm

PDT, 3:30 pm Eastern Time), everyone will say the Serenity Prayer together to close the first session.

This CP web meeting focused on framing questions for the Issue Discussion Topics, which is typical for the

first two meetings of the cycle. We spent most of the 90-minute meeting in small-group discussion. This is a lot

of information that I will put on a separate sheet for those interested.

NAWS Update – Key Points

☐ WSC Financial Update

- o WSC expenses were slightly over the \$650,000 approved budget, but not significantly.

- o NAWS thanked everyone who helped make the conference successful.

☐ NAWS Staffing

- o Three new staff members were hired to fill vacancies created by staff moving into new positions.

- o Sarah Lanzo and Adam Stringer, both former CPs at WSC 2026, will begin as Project

Coordinators in August.

- o A third local hire will support NAWS Public Relations efforts.
- o The new staff will strengthen World Services' ability to carry out priorities established by the conference.

📌 WSO Iran

- o NAWS is reviewing how WSO Iran is represented in reports and public materials due to increased scrutiny surrounding US–Iran relations.
- o No funds move to or from WSO Iran; its inclusion in WSC-approved budgets is primarily structural.
- o Member and staff safety in Iran remains the priority.

- o Further information will be shared as decisions are made.

📌 WCNA 39 – Dublin, 2028

- o WCNA 39 is planned for July 2028 in Dublin, celebrating NA's 75th anniversary.
- o Official dates will be announced once the contract is finalized.
- o Dublin and the convention center have expressed strong support for the event.
- o The local Irish Fellowship has shown significant interest and support.
- o EDM cancelled its 2028 convention so the Fellowship can come together for WCNA 39.

📌 Audio Literature

- o NAWS is expanding access to Fellowship-approved literature through audio recordings.
- o The Basic Text is available free in 14 languages.
- o The Introductory Guide is available in English and Spanish.
- o Next priority: Just for Today, beginning in English and Spanish.
- o Audio is one of the most frequently accessed resources on inmate tablets.
- o Zones interested in helping with recordings should contact wb@na.org.
- o Existing recordings in other languages are encouraged to be shared with World Services.

📌 WSC Highlights

- o The 2026 WSC marked the 50th anniversary of the World Service Conference.
- o The conference adopted the collaborative plan developed during the cycle.
- o Planning for the next cycle has begun, with World Services contacting zones about planning workshops.
- o Two new regions were seated: Afghanistan Region and 10 Brasil.
- o IP #21, Staying Clean in Isolation, was approved.
- o The conference approved revisions to A Guide to Local Services in NA and The Group Booklet.
- o More information is available in the latest NAWS News.

Focus Group Volunteer Form – Key Points

☐ NAWS is using focus groups, web meetings, and other flexible opportunities instead of traditional

workgroups for most projects.

☐ Members can complete the Focus Group Volunteer Form at na.org/projects to:

- o Select projects of interest.
- o Share relevant NA service experience and contact information.

☐ Examples of opportunities include:

- o PR service and working with professionals.
- o Engaging younger and culturally diverse members.
- o Evaluating speaker recordings for WCNA 39.

☐ Focus groups have limited space, so members are also encouraged to participate through surveys,

workshops, IDT discussions, and review drafts.

☐ Member input is especially important as NAWS works on revisions to A Guide to Local Services in

NA and The Group Booklet.

☐ Important: Select only opportunities that best match your NA service and recovery experience, rather

than selecting every option. The form is posted at na.org/projects.

The NAWS Participation Request form. This form is for regions or zones that would like a board member

and/or NAWS staff to participate in a workshop or other event. The form is posted on the conference page

and in the Forms and Surveys section of the CP portal,

Gender-Neutral & Inclusive Language – Key Points

☐ WSC discussions led to developing Fellowship Review drafts, beginning with IP #1.

☐ Four proposed language changes:

- o “Man or woman” → “person” in Who Is an Addict?

- o “Men and women” → “people” in What Is the NA Program?

- o Add “gender” to the list of characteristics in What...

- o “Wives, husbands, and children” → “families and loved ones” in Why Are We Here?

☐ The goal is to make NA literature more inclusive and reflective of the Fellowship, while preserving

the original message.

IDTs – Key Points

☐ Issue Discussion Topics (IDTs) are used to encourage Fellowship-wide discussion, share experiences,

and identify solutions that can guide future projects and resources.

☐ Three IDTs were selected for this cycle:

- o Attracting Members to Service & Mentoring

- o Welcoming New Members

- o Group and Area Service

☐ This meeting focused on:

- o Welcoming New Members

- o Group-Level Service

☐ The September CP web meeting will address Attracting & Mentoring and Area Service.

☐ Participants worked in small groups to help determine how the IDT workshops should be structured,

rather than discussing the topics themselves.

☐ Key goals:

- o Identify desired outcomes.

- o Develop questions to encourage meaningful Fellowship discussion.

- o Gather input for revisions to A Guide to Local Services in NA and The Group Booklet.

☐ NAWS will use the feedback to develop initial workshop frameworks.

Wrap-Up

☐ A region expressed concern about the fast pace and asked if discussions could be held over the course

of the cycle rather than at the end. Jack explained that that was exactly what was happening now.

☐ A concern was raised about delegates having only ten days to gather input from their regions in preparation for this meeting, with the desire for more time. Jack explained that it is a balance;

Materials that are sent too far in advance are often inaccurate because things are subject to change.

☐ It was asked whether the changes to IP #1 meant we could expect changes to the Basic Text and a

Seventh Edition to be in the 2029 CAR. Jack stated that the feedback we receive on IP#1 will govern the

next recommendations. It is best practice for our literature to be consistent, but it is the group's decision. But it was discussed that the proposal for updating the 6th edition would consider a 6th edition

revision, not a 7th edition.

On July 18, there was a PR webinar with a presentation from the EDM PR Committee on its history and current

efforts, and the discussion focused on how Areas can help motivate their members into PR service and new

ideas for generating enthusiasm for PR service. Starting to do this on Saturdays, and it's a pain in the!!!

Northeast Zonal Forum-NEZF-Nesssna is on track. Hotel up for auction. Picked logo. Will be in Waterloo, NY

in April. PR is updating internal guidelines. Did a 2-day presentation at Middle Atlantic States Correctional

Association (MASCA). James, Chair, is handling finances as the treasurer doesn't meet clean-time requirements. All is well and accounted for. Nomination at Oct 2-day being held in Portland ME.

US Collaboration of Zones (USCOZ) now has a bank account. Met for quarterly meeting. PR did a presentation to the National Association of Public Defenders. Working on task group: marginalized areas into

an FD workgroup.

Virginia Summer Institute for Addiction Studies (VSIAS), sponsored by The Virginia Association of Addiction

Professionals (VAAP) update: There were 325 attendees, 53 Exhibitors, 4200+ CE Credits Earned. Next year's

date is July 18-21, 2027.

Attaching Unity Day flier, New World board, Outcome of breakout meetings for this year's IDTs.

The delegate team has their proposed budget for 2027 ready for today's meeting.

And fyi there is a new Zone made up of five regions around Mexico: FZMNA.org. This zonal WEBSITE has a

directory of all NA groups in Mexico. Each of the five regions in Mexico also has a WEBSITE which is linked to

the regional WEBSITE. The five regions in Mexico are: Region Mexico, Region Baja-Son, Region Occidente,

Region Frontera Costa, and Region Centro-Costas. The Foro Zonal Mexico has now been recognized by NA

World Services and has a designation of: ZN050.

Any questions, please feel free to contact me.

ILS

Sherry V

Regional Delegate

Central Atlantic Region

svorbach@live.com

304-261-0401

Regional Delegate Alternate

RDA Report CAR-NA Region August 15, 2026

Greetings CAR-NA!

Apologies for not being available in person today due to lingering cold/travel ick contracted this past week while travelling for work and recovery commitments.

I have attended the Conference Participant Webinar held on July 25 – which allowed us to work with other RD/RDAs on discussing “Welcoming the Newcomer” and framing possible revisions/adds to the Group Service Booklet. Interacting with other trusted servants around the country and the world is always an invaluable experience and gives much valuable insight, shared knowledge and experiences.

Northeast Zonal Forum — July 2026 Summary Report

Overview

The Northeast Zonal Forum (NEZF) met July 26, 2026 and welcomed members from

the Mountaineer Region of West Virginia.

The meeting focused on regional participation, financial updates, upcoming budget planning, leadership, and service to marginalized and underserved communities.

Roll Call and Regional Participation

All steering committee members were present, with 15 of 16 regions represented.

Our NEZF Vice Chair, Allyse M was elected to the World Board at WSC 2026 in May and therefore had needed to step down.

Newly Elected Vice Chair: D'Lanor H, who has been our Zonal secretary, was nominated and elected as vice chair.

Unfortunately, the NEZF treasurer had to step down a few months ago with all funds secured and in good order. NEZF Chair has been managing that responsibility. A new treasurer will be nominated /elected at the next NEZF meeting in October 2026.

We will also nominate/elect a new NEZF secretary in October.

Updated NEZF Financials

The financial report provided the following figures:

Financial Item Amount

Opening Balance

(01/12/26)

\$21,831.87

Gross Credits \$5,679.17

Gross Debits \$2,214.91

Balance (07/23/26) \$21,831.87

We reviewed the zone's current financial position as part of its ongoing regional financial reporting.

Proposals

A two-year budget cycle was proposed and tabled for discussion in October.

Further discussion is expected through the Finance Committee, which meets on the third Monday at 8:00 PM.

Upcoming Meetings

The next full-body meeting of the Northeast Zonal Forum is scheduled for October 23–25 at the DoubleTree by Hilton Portland, Maine.

Task Group: Service and Community Outreach

The forum expressed appreciation to Michelle G. for her service at the USCC, particularly her involvement concerning the needs of marginalized and underserved communities and working with the US Collaboration of Zones task group.

Survey

Members were encouraged to complete the NESSNA IV Survey and share it with others.

Due to a just implemented work blackout on vacation days off from Oct 1-Oct 8, coupled with the consideration of prudent use of our NA funds, I will not be attending the MZSSF (Multi-Zonal Service Symposium) in Wichita, KS being held Oct 2-4, 2026. Sherry and Linda are both attending and will be able to capture a great amount of shared information and ideas to bring back to our region.

All receipts for the expenses covered attending the WSC in May have been submitted di expense form identifying each line item to our treasurer.

Advance funds: \$2944.13

Final total: \$2993.11

Difference owed to me of \$48.98 which I am not requesting, but contributing back to the region.

As always, the delegate team is here to assist with questions, information flow and whatever we can do to serve our areas and groups within the region. Please don't hesitate to reach out and contact any of us. Contact info is on the 'Regional delegates'

page of our website, as well as many other helpful links and resources.

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

In loving service

Cindy K

Regional Delegate Alternate (RDA)

410 905 0994 savedtoserve98@gmail.com

Regional Delegate Alternate 2

RDA2 Meeting August 15, 2026

Hi family,

My report is going to be short and sweet.

I attended the NEZF quarterly online business meeting.

The NEZF is getting ready to begin a Zonal inventory and they sent us a survey to ask us what we need as a Region.

STRENGTHS

WEEKNESSES

OPPORTUNITIES

THREATS

Are there any specific issues, concerns, or ideas we'd like to bring forward for the inventory?

They are looking for honest feedback so they can better serve the Regions.

I did receive the Regional Debit card and it's activated.

In loving service,

Linda – RD2

VRCC

Good afternoon family

Sorry I am unable to be here in person today with you. I am in Newport News

supporting a couple of family members who are opening a business. We have a lot going on currently, one of the big things is we are officially now Central Atlantic Regional Convention Corporation, INC. A motion was made to change the name of the convention from the ACVNA to CARCNA. The Beach area is Hosting the 43 rd CARCNA. The directors voted to remove the policy chair, we have an open position of secretary and policy chair for the CARCC. We are still working on getting all policies updated. The next VRCC meeting will be on Sept. 20 th , 2026 at UVA Hospital , 1215 Lee St. Charlottesville.

In loving service

Jim H.

Chair

CARCC

Policy

To all members of the Central Atlantic Regional Service Committee:

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 July 18, 2026 for the Policy Committee meeting..

Our discussions were:

- 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. I left the meeting early due to a pressing family matter.

St. Andrews's Church at 21206 Timberlake Rd., Lynchburg, VA will give us an answer on using the facility for October 17, 2026 on August 16, 2026 after their board meeting. Since the writing of this report and through the past 2 months been corresponding with both Roland and Sherry on all communications with the church. The Secretary will talk to me on Monday and give me an answer. However, we are penciled in for that date so no one else can book it. After numerous texts back and forth, I went down to speak with the church and received the above-referenced information.

Our next Policy Subcommittee will be September 19 and listed on our website Car-na.org. Under Events at 10:00 a.m.

In loving service

Kim C., Regional Policy Chair

Public Relations **vacant**

Hospitals and Institutions **vacant**

Speaker Jam **vacant**

AD-Hoc **none**

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 held in Martinsburg, WV, on August 8, 2026, with 15 GSRs present.

Open Trusted Servant Positions: Vice Chair, VRCC, with several positions filled on a pro tem basis.

Upcoming PR Events: Washington Goes Purple, Hagerstown (22 August) and West Virginia Goes Purple

Recovery Fest, Martinsburg (26 September).

H&I Meetings: Twelve H&I meetings taken into in five facilities from 15 July to 13 August. H&I

Orientation scheduled for 30 August, 1:30pm to 3:30pm, St James Catholic Church, Charles Town WV.

Almost Heaven Area Convention held from 31 July to 1 August 2026 at the Holiday Inn in Martinsburg,

WV.

Area contribution to region: \$195.71 (TBC).

Next Area Service Committee meeting: September 12, 2026.

In loving service, Mark S

RCM Alt

Appalachian

August 15, 2026

Good morning, Regional Family.

The Appalachian Area currently has 8 home groups and 24 meetings per week.

Our meeting list has been updated. Current meeting information, upcoming clean-time celebrations, and Area events can be found on CVAANA.org.

New Meeting

We have a new closed meeting starting Tuesday, September 1st, from 6:00 to 7:00 PM, at 605 Clay Street in Lynchburg, Virginia.

The name of the new meeting will be revealed at a later date.

Area Service

Our Area Service Committee and several of our subcommittees are now meeting at:

1001 Fifth Street, Lynchburg, Virginia.

Special Events meets the first Sunday of every month at 2:00 PM.

Area Service meets the first Sunday of every month at 3:30 PM.

Public Relations meets the third Sunday of every month at 3:00 PM.

Policy meets the third Sunday of every month at 4:00 PM.

Open Positions

Our current open service positions are:

Treasurer, Vice Treasurer, and CARCC Vice Director.

H&I

Our H&I commitments continue to be met at:

Pathways — Mondays at 7:00 PM and Sundays at 3:00 PM.

Mainspring — Thursdays at 7:00 PM.

Amherst County Jail, Women — Tuesdays at 7:00 PM.

Amherst County Jail, Men — Wednesdays at 7:00 PM.

Special Events

Our next Area event is Playing Clean, Living Free, being held Saturday, August 29th, from 2:00 to 7:00 PM, at Saint Andrew Presbyterian Church in Lynchburg.

There will be games, food, a silent auction, fellowship, and a speaker.

The suggested donation is \$8.00, and no addict will be turned away.

Regional Donation

Our Area donation to Region has been mailed to the Regional Treasurer.

Problems or Concerns

We have no problems or concerns to report at this time.

That concludes the Appalachian Area report.

In Loving Service,
Christina R.
RCM – Appalachian Area

Beach

Beach area service last met 8/1. We met quorum with 13 out of 16 home groups in attendance.

Our H&I subcommittee has all VB Psych commitments filled. The only commitment open is at our new location at Light Beam Solutions.

The only area executive body position left to be filled is our Treasurer.

Upcoming Events:

Visible Changes Speaker Jam- September 5th, Emmanuel Episcopal Church, 5181 Singleton Way Virginia Beach

Serenity on the Shore Campout- October 9th-11th, First Landing State Park

Thanksgiving Day Marathon Meeting- November 26th, location TBD

Our meeting location has changed to Emmanuel Episcopal Church, 5181 Singleton Way Virginia Beach. Our next Area Service meeting will be held on Saturday the 5th.

In loving service,

Avery G.
Blue Ridge

BRANA – Blue Ridge Area of NA – (Luray south to Buena Vista/ Shenandoah Valley)

RCM Report- 240 th RSC August 15,
2026

- 11 Home Groups – 10 active at Area. We lost a Home group in Luray- Keep It Simple – which was the original Luray NA

meeting but had separated from a meeting location and voila the Misfits group was created. Currently 21 meetings per

week. 10 GSRs attended 07/12/26 ASC; 16 members total attended

- ASC Trusted Service Positions Open: Vice Chair, Special Events, VRCC & VRCC alt.

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

participation at both NEWCOMER meetings and LITERATURE meetings. We are celebrating many anniversaries and

also CELEBRATING new white key tags.

- New meetings: none

- Struggling meetings: Back To Basics is rural and always been small but host facility eliminated a building so group had to

change one meeting day from Sunday to Saturday morning – not so popular. Call is out for support

- Area news: Policy rewrite is still in process. The BRANA Campout Ad hoc Committee still lacks leadership and focus.

BRANA 44 was an enormous success with attendance matching pre-pandemic numbers. Workshops and other events

well attending; great speakers! BRANA Campout Incorporated is in flux as long standing current Board members will retire

after September BRANA 44 wrap up meeting.

- Contribution to Central Atlantic Region: NO CONTRIBUTION TODAY- After a substantial literature investment we are

well below Prudent Reserve. Along with our new budget we are planning to move to a fiscal year of July 1 through June

30 of following year.

- Subcommittee news: Outreach is planning to host NA involvement at Page County Recovery Rally in Luray VA. The

Misfits have spearheaded this in the past by sharing a table with other 12 step organizations; we have been encouraged

and welcomed to have an individual table for NA by the event organizers. PR is focused on maintaining the 6th Tradition;

“An NA group ought never endorse...” BRANA 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...

-/+ Find A New Way to Live Jump In The Lake event in June was HUGE! Great fun, food and Recovery!

+/- BRANA CAMPOUT 44- JULY 2026! Theme was Spiritual In Nature and it was grand!

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

-/+ Many facilities are challenging Groups with constraints on access, HOWEVER – communication with those facilities

has improved with a greater recognition of our NA purpose and success! We feel respected and regarded...

+ AREA participation healthy!

- Next ASC Meeting: August 16, 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 **vacant**

New Dominion

New Dominion Area NDANA

New Dominion Area RCM Report 240th CARNA-August 15, 2026

RCM- Mary R./RCM, Alt.- Chelsea R.

NDANA met July 12, 2026, and August 9, 2026

Donation to

- CAR-NA was \$0
- World was \$0

Number of meetings- 59 meetings and 58 Homegroups.

Number of Home Groups that attended ASC

- July-34 attended; 25-Voting; quorum 18
- August-37 Attended/25 voting: quorum-12

No new meetings.

Status of Area Service Positions

March and April Elections:

- All ASC positions filled

Next Elections will be in September for

- Public Relations Chair
- Webservant

H and I Commitments:

NDANA has a newly approved H&I meeting at Chesterfield County Jail Men's meeting, increasing the number of facilities from 6 to 7.

Facilities that we carry a meeting into are:

Facility Facilitator Day/Week Time

Beamont CC Jake E. Every other Thursday

Healing Place Andrew C. 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 Louie D. Wednesday

Piedmont CC Pending Saturday

Questions related to NDANA H&I Meetings, contact the H&I Chair Tina S, at

ndanahnichair@gmail.com

Today August 15 NDANA Special Events is hosting its annual pool party from 8-11pm

September 19, 2026, NDANA will set up a table at the Annual Recovery Event.

September 26, 2026, is the H and I Learning Day hosted at 2300 Dumbarton Road. Time to be determined.

Adhoc committees

Bank Accounts for the Area Sub Committees is going well. The proposed policy has gone back to the Home Groups with the intention of voting at the next ASC, September 30, 2026.

History Adhoc committee is moving along and has been approved to purchase totes specifically for storing archived materials.

Lastly, I've been asked to get the Zelle information for the NDANA Treasurer.

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., RCM and Chelsea R., RCM Alt.

New River Valley vacant

Outer Limits vacant

Peninsula

14 August 2026

Peninsula Area Report

William K RCM Peninsularea2020@gmail.com
knightwilliam86@gmail.com

A. 35 Home groups: 53 weekly meetings

B. 11 GSR's attended area 1 August meeting

C. VRCC and Alt, RCM Alt

D. Area trusted servants elected: Treasurer

E. Group news: none

F. Area News: none

G. Subcommittee News: none

H. Area concerns: none

I. Area special events calendar: none

J. Brief summary:

K. Next ASC Meeting: 5 September 27

ILS, William K RCM

Piedmont No report

Rappahannock

Area Open Positions:

☐ Vice-Chair

☐ Treasurer II

☐ H&I Chair

RACCNA Open Positions:

☐ Alternate Secretary

☐ Alternate Treasurer

☐ Hospitality Chair

☐ Fundraising Chair

☐ Arts and Graphics Chair

☐ Merchandising Chair

GSR ASC Monthly Attendance:

☐ July ASC GSR Quorum: 10 out of 12 Home Groups Represented

☐ August ASC GSR Quorum: 8 out of 12 Home Groups Represented

19 meetings every week in our area.

RANA Website:

RANA Home- Rappahannock Area of Narcotics Anonymous

Area Mailing Address:

Rappahannock Area of NA

P.O. Box 371

Fredericksburg, VA 22404

Rappahannock Upcoming Area Events:

RACCNA Speaker Jam

September 12, 2026

1:00 PM to 7:00 PM

10609 Piedmont Drive, Fredericksburg, VA 22407

RACCNA Convention

Holiday Inn Convention Center

560 Warrenton Rd, Fredericksburg, VA 22406

September 17th-19th of 2027

Zoom Information:

Zoom Meeting Information

Meeting ID: 931 2131 8188

Password: ranaasc

Forever Circled,

Josh C.

RCM@rappna.org

Electronic Contributions in NA Service

Notes

Good evening, everyone.

The purpose of tonight's meeting and presentation is not to convince anyone to adopt a new technology. Our goal is to explain how electronic payments work, discuss how they fit within our service structure and financial responsibilities, and present one possible model for the Area's consideration.

The committee was asked to determine whether there is a responsible way to accept electronic contributions while maintaining the accountability and stewardship expected of us as trusted servants.

Before we begin, I'd like to briefly explain why we're having this discussion.

More members are attending events without carrying cash. Electronic payments have become a normal part of everyday banking. The committee was asked to explore whether these tools could be

used while maintaining sound stewardship of NA funds. Every recommendation you'll hear tonight

grew out of that question.

Slide 2. Question

Everything tonight comes back to one simple question.

How can someone support an NA Activity if they don't carry cash?

More importantly, how do we do that without compromising our responsibility to safeguard NA funds?

This presentation builds from simple concepts toward a recommendation. We'll first explain the technology, then discuss why we recommend one platform over others, how it fits within our existing

service structure, and finally present one possible banking model.

Slide 3. Today's Discussion

We'll begin by explaining how digital payments actually work, then we'll discuss why the committee

recommends Zelle instead of other electronic payment platforms. We'll review how this proposal fits

within our responsibilities as trusted servants. We'll present a proposed banking structure. Finally,

we'll open the floor for discussion.

Slide 4. How Our Present Cash System Works

Before discussing anything new, it's helpful to understand what we already do. Today, Activities submits a budget request to the ASC. When approved, the Treasurer issues a check to the Activities

Chair. Activities uses those funds for the event, keeps receipts, collects Seventh Tradition donations

during the event, and then reports back to the ASC. After reporting expenses and donations, the remaining funds are returned to the Area and deposited into the ASC operating account via certified

funds. This process already works well, and we are intent to mirror this same level of accountability

using electronic payments.

Slide 5. How Zelle Works

This is probably the most important slide in the presentation. Many people assume Zelle is like Venmo or Cash App, but it isn't. Zelle is not a bank. It never owns or holds your money. Think of it as

a messenger between banks. When someone sends money using Zelle, it simply tells one

participating bank to send money directly to another participating bank. The money never leaves the

banking system. There is no digital wallet holding the funds.

The money goes directly into the designated bank account.

Slide 6. Why Zelle?

After looking at different payment platforms, We believe Zelle is the best fit for our purposes.

Funds

move directly into the ASC bank account. There is no third party wallet. There are generally no transaction fees. Accounting is simpler because deposits appear directly on the bank statement.

Using direct bank transfers also reduces exposure to many of the scams commonly associated with

peer to peer payment applications.

Slide 7. Why Not Venmo, Cash App, or PayPal?

The committee specifically does not recommend using Venmo, Cash App, PayPal, or similar services.

Those platforms function as digital wallets. Money is first received by the payment service before someone transfers it into the bank. That creates another account to manage, another password to

protect, another balance to reconcile, and another opportunity for administrative error. Using Zelle

avoids those additional steps because funds go directly into the bank account, and the service doesn't require additional logins, apps, or plugins.

Slide 8. Our Responsibility as a Fellowship

Technology changes, our responsibility does not. Whether someone contributes cash, writes a check,

or sends money electronically, trusted servants remain responsible for protecting fellowship funds.

Technology should support accountability, never replace it. Several of our NA Concepts guide this

discussion:

Concept Four reminds us that effective leadership is highly valued in NA. Effective leadership includes good stewardship of the group's financial resources.

Concept Five gives every member the right of appeal and encourages accountability. Financial practices should be transparent enough that any member can ask questions and receive clear answers.

Concept Eleven states that NA funds are to be used to further our primary purpose and must be managed responsibly. That responsibility includes sound accounting practices, accurate reporting,

and safeguards that protect the Fellowship's resources.

Concept Twelve reminds us that our service structure depends upon the spiritual foundation of our

Traditions. Specifically, integrity, accountability, responsibility, and financial prudence help ensure that

our trusted servants remain accountable to those they serve.

Slide 9. Recommended Structure

This slide illustrates a proposal. The ASC would open one Activities checking subaccount. The ASC would retain ownership and oversight of the account. Before each event, the ASC would approve a

budget. The Treasurer would transfer that approved amount into the Activities subaccount. The Activities Chair would use a dedicated debit card for approved event expenses. Members wishing to

contribute electronically would use Zelle, sending funds directly into that Activities subaccount.

Following the event, Activities would provide a complete financial report to the ASC. All remaining

funds would be transferred back into the ASC operating account. The Activities account would then

return to a zero balance until the next approved event.

Slide 10. Why a Separate Activities Account?

The committee discussed whether electronic contributions should simply go into the existing ASC operating account. Instead, it's recommended that a separate Activities subaccount be created. This

approach separates event related transactions from the ASC's general operating funds.

It creates a clear audit trail. It simplifies reconciliation after each event. It allows Activities to use a

dedicated debit card without exposing the ASC operating account. Most importantly, the Treasurer

retains ownership and oversight throughout the process while Activities gains the flexibility needed to

conduct events efficiently.

Slide 11. Financial Safeguards

Convenience should never come at the expense of accountability. Here are several safeguards to consider.

The ASC owns the account, and the Treasurer serves as its steward. Activities uses the debit card only for approved purchases. Budgets must be approved before funds are transferred. Receipts are

required for every purchase. ATM cash withdrawals should not be permitted. The account is reconciled alongside the ASC operating account at quarterly audits. After each event, the balance returns to zero.

These safeguards are intended to extend best financial practices into an electronic environment.

Slide 12. Example Event

This example shows how the process works.

The ASC approves a five-hundred-dollar budget. Activities spends two hundred fifty dollars. Members

contribute one hundred dollars using Zelle. After reporting income and expenses, three hundred fifty

dollars is returned to the ASC operating account. The Activities account returns to a zero balance until the next event.

Slide 13. Committee Recommendation

The Banking Ad Hoc Subcommittee recommends that the Rappahannock Area Service Committee:

Establish one Activities checking subaccount. Utilize Zelle as the sole electronic contribution platform

for Activities events. Maintain Treasurer oversight of the account. Issue one dedicated Activities debit

card for approved event expenses. Require all remaining funds to be transferred back into the ASC

operating account following each event. Continue to protect fellowship funds through strong internal

controls, reconciliation, and transparent reporting.

Slide 14. Discussion

These recommendations are intended to begin a discussion. Now, for any questions, concerns, suggestions, and additional safeguards that the anyone believes would strengthen accountability while making it easier for members to support Activities events are welcome.

Anticipated Question

Question:

“If Zelle deposits funds directly into the bank, why not simply have them deposited into the ASC operating account instead of creating a separate Activities account?”

Suggested Response:

That’s a fair question, and the committee discussed it.

The separate Activities subaccount is not about convenience. It’s about accounting.

It isolates event related income and expenses into one location, creates a clear audit trail, simplifies

reconciliation after each event, provides a dedicated debit card without exposing the ASC operating

account, and allows the Treasurer to verify that every dollar budgeted, spent, received, and returned

has been properly accounted for before the account returns to a zero balance.

Richmond absent

Roanoke vacant

Shenandoah Valley

Shevana has 18 homegroups with 24 weekly meetings

There were 11 groups present at our last area service on 8.10.26

Open positions are VRCC alternate

Shirley was elected newsletter chair

I have a donation of \$353.11 I will be sending the check out today.

HNI had to reschedule there learning day it will be happening on September 12th at market street United Methodist church Winchester VA

The annual shevana picnic is coming up on August 22nd from 12-5 pm @ Jim Barnett park in the rotary shelter in Winchester VA. There is a flyer on CAR-NA.org

Next ASC will be September 14th @ 6:30pm at canvas community church in Winchester

HNI has 4 facility commitments behavioral health, juvenile detention, north west region adult detention, and Winchester area thermal shelter. And carries nine meetings a month.

More info at SHEVANA.org

Thank you

In service

Chris M

Southside absent

Tidewater

Area Groups: There are currently 23 groups that are part of the Area. At the most recent ASC meeting, 14 of the 23 groups were represented. ASC Meeting: The Area Service Committee meets on the second Sunday of every month. H&I: There are currently 11 H&I commitments serving 9 facilities. Area Positions: Sabrina S. was nominated for the Public Relations Chair position. Problems and Concerns: Predatory behavior was discussed at one of the meetings. Several Area members offered to attend the next business meeting to provide support and assistance in addressing the concern.

Tri-Cities vacant

END of REPORTS

Old Business

Roll call changed

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. A.)1 N.)1 Y.) 6 **passes**

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

A.)3 N.)0 Y.)6 back to groups again

Point of information

Heather challenged the decision of the chair that information was not forthcoming that this should be sent back to the groups because the nomination should have had pros and cons and the groups should be aware. **A.) 1 N.)0 Y.)6 back to groups**

Vice Chair Anthony A. Tidewater Area

Cons: Does not meet the criteria for experience with voted in experience

He responded True does not meet with holding a position as reflected right now but has been an active part of service. Will redo the resume to make accurate service experience reflection because service was left off.

Has only been, gsr, rcm jumping to vice chair chair

Pros: character, knows he has experience

Vacant Positions/Nominations

Vice Chair Anthony Tidewater Area

Anthony A., An Addict

Anthony Aducci

Suffolk, VA

757-589-3153

aduanhabea@gmail.com

I have **over 11 years of continuous clean time** since **11/24/14**. My NA Home Group is **Enjoying the Journey** in Virginia Beach, VA, which I attend weekly. I have a sponsor, have worked **all 12 Steps of Narcotics Anonymous** twice, and am currently working the **12 Traditions** with my sponsor. I am familiar with the **12 Concepts of NA Service** and am a sponsor for men in NA.

I live my life according to the spiritual principles of Narcotics Anonymous and am passionate about giving back to the program that has saved my life. I believe strongly in fulfilling our primary purpose of carrying the message to the addict who still suffers and furthering the growth and unity of the Narcotics Anonymous Fellowship.

Throughout my service experience, I have completed my commitments without being asked to leave a trusted servant position before my term was completed. I have maintained a strong record of accountability and responsible handling of NA funds. I have developed strong relationships with NA members across multiple Areas and regularly attend NA meetings throughout a wide geographical range.

Trusted Servant Experience

July 2025 - June 2026 | Tidewater Area Regional Committee Member (RCM) to the Central Atlantic Region

January 2025 - June 2025 | Enjoying the Journey Group Service Representative (GSR) to Beach Area of NA

July 2023 June 2024 | Secretary, Hospitals and Institutions Subcommittee, Tidewater Area Service of NA

July 2022 June 2024 | Member, Hospitals and Institutions Subcommittee, Tidewater Area Service of NA

2022 Group Service Representative (GSR) of the Sunday Meeting

2022 Helped start the "Love Is Love" meeting, taught trusted servants, and served as GSR.

Additional NA Service Experience

Traveled across the country for work from 2016-2023.

Assisted various home groups and Area service committees whenever possible while traveling.

Remained active in fellowship support, meeting participation, and NA service involvement across multiple regions.

Maintained relationships with NA members and service bodies outside my home Area, giving me experience with different approaches to carrying the NA message and conducting service.

Summer 2019 and Summer 2020 | Helped start and carry the NA message in Northern Wisconsin by holding meetings and carrying the message into hospitals and Native American reservations.

Oxford House Experience

2014 | Moved into Lake Smith Oxford House.

2015 | Transferred to Salem House.

Late **2015** | Opened Oxford House New Horizons and moved into the house.

2015-2017 | Served as Oxford House State Chair for Virginia.

2017-Present | Started the Oxford House Virginia Alumni organization and remain actively involved.

Held every house and chapter-level position multiple times, gaining experience in leadership, group decision-making, accountability, and conflict resolution.

Opened two Oxford Houses: New Horizons and **Gosport**.

Assisted men in finding safe, clean living environments that supported their continued recovery.

Continue to be called upon to help defuse delicate situations and resolve conflicts in high-stress environments.

Other Non-N/A Experience

Developed extensive experience working with individuals and groups during difficult or emotionally charged situations while maintaining a focus on communication, accountability, and practical solutions.

- Continue to assist men in finding safe, clean living situations in order to further their recovery and involvement in the Fellowship of Narcotics Anonymous. I remain available to help in difficult situations where experience, communication, patience, and the ability to remain calm under pressure are needed.

- My experience in NA service, Oxford House, sponsorship, and recovery has taught me the importance of humility, accountability, communication, and putting principles before personalities. I am committed to continuing to serve the Fellowship to the best of my ability.

Volunteered at soup kitchens, supervised overnight shelter efforts at churches when individuals experiencing homelessness needed a safe and warm place to stay, and helped provide essential supplies such as toiletry kits and basic clothing.

H&I

Public Relations

Speaker Jam

New Business

Resend back to groups

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

October 2 day event location.

Can we book here for December

Budget meeting after

Survey monkey for the 2 day region in October

rooms@carna.org send requests to. Food, drinks etc.

Motion to close: heather Anthony 2nd

Budget meeting:

Regional 2 day 17-18 2026, 11am

TBA in Lynchburg or Roanoke