

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

Minutes for the **241** Regional Service Conference

Central Atlantic Region

October 18, 2026, via Zoom and In-Person 4468 Starly Road Roanoke VA

Hybrid meeting called to order at 10am

Open Forum discussion topics:

Saturday October 17, 2026, of the two day we had 14 in person and 6 on zoom. It was a day of planning which really came together and how to go forward serving our region. Thank you to everyone who was present and helped on this day. The plannings will be attached.

Shevana now has a pretty amazing newsletter you can find on shevana.org I also brought a copy

Suggest not to come back to this area for October 2 day it is a college area, rooms are double the price. Trying to secure location was an issue,

-Members being banned and a group conscious suspending persons from a meeting,

some experience shared about predatory behavior, safety is number one,

I would really hate to think that any member is being turned away for eating to many snacks and drinking to much coffee, no one member is more important we all came in broken and are still broken but trying to do the work, we don't put people out for stupid things time takes time,

What is the exact nature?

The person was very disruptive and gave examples of drinking from a cup and dumping it back in the pot

Our literature tells us we were reduced to animalistic levels

A member was banned because of voicing their opinion and they banned her from the church; you cannot wear two hats being the church member and NA and getting a person banned from the church

No one member is more important than another

Where is a higher power in this

This is so wrong I would die and use if I was asked to not come back to a meeting

Did the group try to address it or the elder of the church take it upon himself being a member of both. It was an NA gathering not a church gathering

-Chair needs to be quiet

-We received checks from areas and gave them to Roland since the treasurer was not present

-I would like to know about a letter that was received from US collaboration from a clinician stating that there are predators in the area according to their client. The chair and delegate got it and contacted the chair and vice chair, and the chair answered the email on his own accord to an outside entity. Email chain read

-guidelines updated to reflect VRCC name change

-if the person is not here but yet they email the report it will not be included

12:15 p.m. Serinity Prayer, Purpose Heather R, Traditions Roland, and Concepts Christina

Quorum: Need 5, 6 present

Position:	Admin Members	Oct 2026	Aug 2026	June 2026	April 2026	Feb 2026	Dec 2025	Oct 2025	Aug 2025
Chair	Roland	P	P	P	P	P	P	P	P
Vice Chair	vacant	V	V	V	V	V	V	V	P
Secretary	Heather	P	P	P	P	P	P	P	P
Treasurer	Larry B.	P	P	P	P	P	P	P	P
Vice Treasurer	vacant	V	V	A	V	V	V	V	V
Regional Delegate	Sherry V.	P	P	P	P	P	P	P	P
Regional Delegate Alternate	Cindi K.	P	P	P	P	P	P	P	A
Regional Delegate Alternate 2	Linda C	A	P	P	P	P	A	P	P
CARCC	Jim H	P	P	P	P	A	A	P	P
Hospitals and Institutions	vacant	A	V	V	V	V	V	V	V
Policy Chair	Kim C.	P	P	P	V	V	V	V	V
Public Relations Chair	vacant	V	V	V	V	P	P	P	V
Speaker Jam	vacant	V	V	V	V	V	V	V	V
Ad-Hoc	vacant	V	V		V	V	V	V	P
Areas	RCM/ALT	Oct 2026	Aug 2026	June 2026	April 2026	Feb 2026	Dec 2025	Oct 2025	Aug 2025
Almost Heaven	Mark	P	P	P	P	A	P	P	P
Appalachian	Christina R.	P	P	P	P	P	P	P	P
Beach	Avery G.	A	P	P	V	A	A	A	P
Blue ridge	Peter P.	P	P	P	P	P	P	P	P
Gateway to Freedom	vacant	V	V	A	P	P	A	P	P
New Dominion	Mary R.	A	P	P	P	P	P	P	A
New River Valley	vacant	V	V	V	V	V	V	V	V
Outer Limits	vacant	V	V	V	V	V	V	V	V
Peninsula	William K.	P	P	P	P	A	P	V	A
Piedmont	Dana R & Jim	A	P	P	A	P	P	A	P
Rappahannock	Josh C.	p	P	P	A	P	P	P	P
Richmond		A	A	A	P	P	A	P	P
Roanoke Valley	vacant	V	V	V	V	P	V	V	A
Shenandoah Valley	Chris M.	P	V	P	P	P	P	P	P
Southside		V	A	A	P	P	V	V	A
Tidewater	Anthony A.	A	P	P	P	P	P	P	P
Tri-Cities	vacant	V	V	V	V	V	V	V	A

New Members

Motion to approve the 240 RSC minutes

to approve Heather R.

Seconded Christina R.

A 0, no o, yes 6

Trusted Servants Reports:

Chair

241st Regional Service Conference Chair Report 10-18-2026

First I want to apologize to our Policy Chair and any other member who attempted to access the September subcommittee meeting as I was traveling to Central America and didn't get the Policy Chair the info needed to host. That said I want to thank our Policy Chair, Delegate team, Dennis our Facilitator Secretary, Webservant all who attended any other members who attended and more importantly assisted the presentation, accommodations and refreshments for the October 2 day event it is a labor of love. Outside of working to further the development of any core issues arising from Saturday's planning session and creating any Task groups you our member feel would better help us accomplish our goals to better service the areas within. I look forward to the work ahead. Again special thanks to Dennis and the NEZF for making us the priority this weekend listening to our internal assets and liabilities and helping us chart a more direct path to our stated goals. I and the treasurer are available by phone between now and the December RSC if anyone needs any addition clarification on the 2027 proposed budget, please bring back your groups/area's conscience to the December meeting so as not to delay our work for 2027.

ILS

Roland C

Vice Chair vacant

Secretary

Electronic motion forms are on CAR-NA.ORG

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. (157th)

2. All reports will be limited to ten (10) minutes each. Any items needing to be addressed will be placed under Old or New Business as appropriate.

3. The following suggested format should be used in all RCM reports: (A) Total number of groups and meetings in your area (B) How many GSRs attending ASC (C) Area trusted service positions open (D) Area trusted servants elected (E) Group news (F) Area news (G) Subcommittee news (H) Area concerns (I) Area special events calendar (J) Brief summary (K) Next ASC meeting (L) Total number of H&I commitments and facilities being served by your Area's Subcommittee (190th)

4. RCMs are asked to turn in an updated meeting list, Area Contact Information and written reports to the Secretary at every Conference.

5. RSC Minutes shall include the nominee's qualifications (including clean-time and area) for anyone accepting a Regional nomination.

Treasurer

Read on floor attached

Vice Treasurer **vacant**

Regional Delegate

Good morning everyone

I want to thank everyone who participated yesterday in our regional planning to help us set goals to better carry our message, and especially Dennis M (who traveled from Upstate New York) and the Fellowship Development Committee of the Northeast Zonal Forum for helping us with this effort.

On Sept 19, 2026 we had a Conference participate webinar (CP webinar). Jack explained that, as in recent conference cycles, the first CP web meetings of this cycle center around framing the Issue Discussion Topics (IDTs) selected by the previous conference. The discussion of the day would focus on the topic of Area Service and the topic of Attracting Members to Service and Mentoring Them. We had 13 groups that worked on 2 topics. Here is Group 1 and the outcome that we will use to help frame these issue discussion topics our fellowship wants to work on.

Topic 1: Attracting Members to Service and Mentoring Them

Question A: What do we want the IDT workshops on this topic to accomplish? What do we want to get out of the discussions? [Intended outcomes can be tangible or intangible. For example, a tangible outcome might be the development of a written piece about this topic. An intangible outcome could be a stronger sense of unity in our local communities.]

Group 1

- Getting more addicts involved

- Inspire ideas in how to get more people involved. Creating excitement
- Unity building ideas
- To raise understanding of importance of mentoring members who we attract to service
- Rotation of service. Stay to mentor. Just because you can take the position, you don't always have to
- Add to guidelines and event(s) about this topic. Create learning days. This helps the general member understand what certain positions "do".
- Workshops on mentoring! GSR workshops/orientations. Create packets that give the trusted servant the tools they need to do the job. This area has RD team help w/ this
- Service becomes an automatic pillar of staying clean. A tangible piece of literature that talks about service & mentorship
- How do we stress the importance of this topic? How do we rebrand "learning days"? Think outside the box to attract members and how to bring back the members that haven't served in a while.
- Zone created mentorship workshop (titled- Vacancy workshop) and handover guide. That helps members know what the position they are taking actually consists of. A tangible piece of literature that talks about service & mentorship (IP)
- Service Jam

Question B: What questions could help focus or probe the discussion? Or if you're uncertain about specific questions, do you have any other ideas for the workshop?

Group 1

- How can we better inform/train/mentor incoming trusted servants
- Get creative with titles/topics. Bait & switch tactics
- Service keytags...
- What do I need to give back to the fellowship that saved my life?
- Make the service events fun. Food/speakers/games
- Do we consider personal and specific skills of people who we attract to service? Do we make sure not to put people in a position where they have to do what they are not good at or have no information on how to do it or they are left alone with lots to do. We should take care of our

members, in service too, especially of newer members.

- One on one invitations/conversations. Sharing how service has helped me. Share our own enthusiasm
- Possible IP- explaining positions, service structure, etc
- Have you wanted to serve but didn't? Why not? Task based service as a common practice
- Mythbusters! What did you "hear" vs what you actually experienced. Share about service in positive way
- What skills can be gained with this position?

Becky, our executive director who replaced Anthony, reported on work toward an inmate tablet app.

This new app will allow simplification of some of the complexities of working with correctional facilities by allowing NAWS to work directly with the technology provider instead of individual institutions.

World Services is expanding its social media footprint with the addition of a YouTube channel. This will help improve the ways NAWS connects with members, potential members, and professionals.

Watch for the announcement on social media: @narcoticsanonymous on Instagram and NA World Services on Facebook. The primary focus will be on WCNA recordings and will expand to attempt to reach three target audiences: those looking for help, current members, and addiction professionals.

As reported at the 2026 WSC, the board is removing Bulletin 29 from na.org because it no longer reflects current board opinion and risks implying that NA has an official stance on an issue the Fellowship is still discussing.

It was reported that the 2026 fiscal year-end figures would be available in the financial update at the next CP web meeting. She added that the updated version of A Guide to World Services in NA would be posted to the website next week, having concluded its period of delegate review.

Counterfeit literature is a growing concern in some communities. Becky acknowledged that most members who buy or distribute this literature are simply trying to save money while carrying the message, and that most members do stop once they understand the issue. A smaller number of people, however, continue publishing our literature knowing it violates both copyright law and group conscience, and as a result the World Board has approved having its law firm send a formal cease-and-desist letter to one member who is publicly promoting counterfeit sales

☐ A poll was taken as a result of the Venezuela Region, here are the results Do you support a

proposal to add a special day to the annual calendar to celebrate our founding?

o 61% (75/122) Yes, 20% (25/122) No, 8% (10/122) Abstain, 10% (12/122) present not voting

☐ Do you support a proposal to add a special day to the annual calendar to celebrate the newcomer?

o 44% (53/121) Yes, 35% (42/121) No, 8% (10/121) Abstain, 13% (16/121) Present not voting

October 2-4, 2026 attended that Multi-Zonal Service Symposium (MZSS). The MZSS meets on the conference cycle so it's not happened for three years and will not happen for another three years. They have three workshops going on at a time. Linda was to report on one of the workshops. There were some other members that shared on the history of the Basic Text and it wasn't Boyd et al. Another cool info given us was the first literature committee met in Wichita KS and some of the members that worked on some of our first literature stayed at the hotel where we stayed. A lot of history. The MZSS I feel is a valuable service symposium. I attended the first one before I was on the delegate team and encourage all to attend. The powerpoints used are on the MZSS <https://mzssna.org/>

Save the date for NESSNA April 23-25, 2027 in Waterloo, NY Dennis's region. Serve on it virtually through Slack. Let me know and we can get you connected.

I will be attending the NEZF 2 day business weekend in S. Portland Maine. Our report has been sent as it is to be to the secretary ten days before the event.

Mountaineer Region joined NEZF. We now have 16 regions in our zone.

Also can we follow up with the treasurer to see if the \$800.00 to NEZF for the year has been sent. It's a line item in our budget

Please keep Linda in your thoughts with your higher power.

ILS

Sherry V

RD CARNA

Regional Delegate Alternate

RDA Report to CAR-NA Region 10/18/2026

Greeting CAR-NA Fam!

We had a very productive regional planning session yesterday with Dennis M (NEZF) which followed up on our initial “Why Plan” and information session at our GSR Assembly in April.

We ‘scanned’ participating members asking the following

What “breaking news” headline would you like to see (NAWS News, public newspaper, etc) that represents something awesome /amazing that our region has accomplished in furthering our primary purpose? Lots of responses ranging from ‘All Service Positions Filled in Areas” to “CAR-NA Public Relations Hosts Learning Day for Professionals’.

We then looked at what IS going well in our region/areas and our ‘issues’ which are actually our opportunities for growth and change. This list was substantial. We grouped ideas into 7 main concepts and then proceeded to prioritize them, coming up with 3 areas to focus. From that point, we set goals for each and established approaches we could take to accomplish those goals. The next steps will be to review our results in the form of project plans and set up workgroups for each one to put our plans in motion. Stay tuned for more information on these workgroups, contact information and how to get involved.

Want to see and effect change in your area/region? This is a fabulous way to get involved, have your ideas heard and be part of the solution!

According to the Regional Two Day Event rotation posted on our website – the next two are:

GSR Assembly/RSC April 2027 Quad 3 (Appalachian, New River, Roanoke, Southside)

Workshops/RSC Oct 2027 Quad 2 (Almost Heaven, Blue Ridge, Gateway to Freedom, SHEVANA)

On 9/19/2026 Sherry and I both attended the CP Webinar (Conference Participant) which covered updates from NAWS and focused on further discussions to help frame this cycle’s Issue Discussion Topics via small groups.

NAWS Updates additional to RD report:

A Whatsapp page has been created for both PR and H&I. (I am on the PR page, amazing connecting with members around the world for best practices, projects, insights, etc),

Re-emphasized that using/distributing 'counterfeit literature' may have the intent to save money but undermines our World Service efforts and goes against the FIPTS (Fellowship Intellectual Property Trust). For more information you can refer to World Board Bulletin 34 "Group Conscience and NA Literature' and WB Bulletin 35 "NA Copyrights and Literature".

An app "My NA" will be launched soon, which will be an updated meeting search app. E-blast will be sent out when live. Note: the 'NA Meetings Near Me" app recently sent around was created by a member and not affiliated with NAWS/NA by the creator's own statement on the app. This does pull from the BMLT data – and works well. Please remember that NAWS is no longer updating area meeting information—it is up to your homegroup and area/region to keep that information current.

Small group discussions were the main part of the webinar, where I was in a breakout group with other RDAs looking at Attracting Members to Service/Mentoring. We looked at "What do we want the IDT workshops on this topic to accomplish? What do we want to get out of the discussions?" and "What questions could help focus or probe the discussion? Or if you're uncertain about specific questions, do you have any other ideas for the workshop?" There were many great ideas and lots of experience shared. RD and I were in differing groups with the same topic.

I was invited to be a part of a Public Relations focus group which met for the first time on Oct 3. We had three questions to focus on/prompt our discussion –

What would it look like if all areas had enthusiastic PR work?

What PR tools would you want to see created?

How can areas better motivate their members into PR service?

There was an abundance of great ideas, experience and best practices shared around the group. Many of these we can start to consider and discuss within our region and

areas. It is my hope that we can begin to collaborate around the region and build these enthusiastic PR committees, task groups and projects to help let our communities know that NA exists, is available and changes lives. I do have notes /compilation of these ideas and past successes in other regions/countries – please feel free to reach out if you would like them.

I will be attending the NEZF planning workshops/meeting in Portland ME next weekend.

I am looking forward to connecting with other members in our zone and bringing back more information and ideas!

I will be submitting a reimbursement request for \$262.08 for lodging expenses for myself and the RSC Secretary Saturday 10/17. We had unforeseen issues with the contracted hotel for this weekend, and we were not able to stay at that property as they had cancelled rooms. We found the next best available/affordable option in the area. This should still fall well within the budget for Oct 2 day lodging established, as we did not have more than 5 rooms requested at the initial property.

I offer the suggestion for our region to consider creating a Facebook Group/Page to be private, where members from across the region can be invited, join and have broader access to events, experience and other happenings across our region. I would be willing to get this going and if approved/agreed on, would ask for at least 3-4 other members to assist with administrative duties.

Could we please check that I am linked to the delegate team emails? I am not receiving them.

As always, it is a pleasure and honor to serve this region. I look forward to hopefully continuing to serve as RDA and potentially RD going into the next 3 years.

In loving service

Cindy K 410 905 0994 savedtoserve98@gmail.com

Regional Delegate Alternate 2 absent

CARCC

Good afternoon family.

We lost a member of our service body last month. Tee, our vice treasurer passed away

last month due to natural causes.

The 43 rd CARCNA has filled most of their subcommittees. The two open positions are merchandise and arts and graphics. Their next meeting is October 25 th at 4 pm. More information can be found on their website. Currently it's still the avcna.org

We are currently working on updating everything with our new name, the Central Atlantic Regional Convention Corporation Inc.

I have a press release statement to be read today. Our next meeting is in November 15 th 2026. Currently, we have three positions: open secretaries, vice treasurer and policy.

Our next meeting is on November 15, 2026, at UVA.

In Loving Service

Jim H.

CARCC Chair

Central Atlantic Regional Convention Corporation (formerly VRCC) Announces Name and Website Changes

This name change better reflects the Narcotics Anonymous Areas served across Maryland, West Virginia, Virginia, and North Carolina

September 20, 2026 — The convention corporation serving the Central Atlantic Region of Narcotics Anonymous has officially changed its name from the Virginia Regional Convention Corporation (VRCC) to **Central Atlantic Regional Convention Corporation, Inc. (CARCC)**. The new name more accurately reflects the Areas and communities represented throughout Maryland, West Virginia, Virginia, and North Carolina.

The corporation also approved changing the convention website name from AVCNA to **CARCNA—Central Atlantic Regional Convention of Narcotics Anonymous** for the same purpose of better reflecting the Areas and communities served. The corporation website will use carccinc.org, while carcna.org will serve as the convention-specific website. Separating the corporation and convention websites will give each Host Committee greater autonomy to make creative updates specific to the current convention. The avcna.org domain will be maintained in perpetuity to redirect visitors to the current websites, preserve AVCNA's history, and prevent the name from being used by entities unaffiliated with Narcotics Anonymous.

Action Requested of Central Atlantic Region Service Areas

To complete implementation of the corporate name change, each local Area is asked to review its policy documents, service position descriptions, forms, contact lists, and related materials. References to **VRCC Director** should be updated to **CARCC Director** or **Regional Convention Corporation Director**, as appropriate for the Area's policies.

CARCC is willing to assist any Area that would like support identifying or updating affected policy language. This outreach is intended to help all Areas complete the transition consistently while preserving local autonomy.

Corporation name-history details are publicly available through the Virginia State Corporation Commission Clerk's Information System at <https://cis.scc.virginia.gov/>. Search by any former or current corporation name or by Entity ID **02951796**. As of August 14, 2026, the official entity name is **Central Atlantic Regional Convention Corporation, Inc.**

[Areas Receiving This Notice](#)

This release is directed to the Central Atlantic Regional Service Committee and the following Areas of the Central Atlantic Region of NA:

- Almost Heaven Area
- Appalachian Area
- Beach Area
- Blue Ridge Area
- Gateway to Freedom Area
- New Dominion Area
- New River Valley Area
- Outer Limits Area
- Peninsula Area
- Piedmont Area
- Rappahannock Area
- Richmond Area
- Roanoke Valley Area
- Shenandoah Valley Area
- Southside Area
- Tidewater Area
- Tri-Cities Area

About Central Atlantic Regional Convention Corporation, Inc.

CARCC provides administrative services for the Central Atlantic Regional Convention of Narcotics Anonymous (CARCNA). Our purpose is to help make available the program of recovery from addiction that has been developed by the Fellowship of Narcotics Anonymous to the Areas of the Central Atlantic Region of NA (CARNA) across Maryland, West Virginia, Virginia, and North Carolina. The name change reflects the corporation's full regional reach while its service purpose continues.

Approved for release by vote of the CARCC Board of Directors

For more information email us at contactus@carccinc.org

Corporation Name History Details are publicly available from the State Corporation Commission Clerk's Information System at <https://cis.scc.virginia.gov/> by searching Entity Name for any of the previous or current names of the corporation or searching for Entity ID 02951796.

As of 8/14/2026 the official entity name of the convention corporation is Central Atlantic Regional Convention Corporation, Inc. On 8/12/2026 the entity name was incorrectly changed to Central Atlantic Regional Convention Corporation Incorporated by the State Corporation Commission. (See pages 4 and 5)

On 8/14/2026 the entity name was correctly changed to Central Atlantic Regional Convention Corporation, Inc. from Central Atlantic Regional Convention Corporation Incorporated by the State Corporation Commission. (See pages 2 and 3)

The State Corporation Commission Form SCC888N ARTICLES OF AMENDMENT CHANGING THE NAME OF A VIRGINIA NONSTOCK CORPORATION By Unanimous Consent of the Members or by the Directors Without Member Action is pictured on page 6. The Articles of Amendment signed on 7/17/2026 are pictured on page 7. The Minutes of the Board of Directors meeting of 5/17/2026 wherein Motion 05-3-26 passed in New Business are available at https://drive.google.com/file/d/1EwkC6md9XOKDIO3RglbAiOB5FMm_uWKyX

From 06/19/1989 to 08/12/2026 the entity name was VIRGINIA REGIONAL CONVENTION CORPORATION, INC.

From 11/17/1986 to 06/19/1989 the name of the business entity was REGIONAL SERVICE COMMITTEE OF THE VIRGINIANS, NARCOTICS ANONYMOUS, INC

Policy

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 September 19, 2026 for the Policy Committee meeting..

Our discussions were:

- We were delayed due to technical issues.
- Discussion on when policy is addressed and read, that there is no overturning it. For example, with duties or qualifications if a candidate for a position does not have the required qualifications and is unable to fulfill the duties in any area we abide by the policy. No one member can override the policy.
- I have attached The 2026 - 2036 quadrant rotations and the areas for each quadrant. This can be found on car-na.org website under For members - Regional Delegates - Rotation for 2-day events.

Love in Service, Kim C. Regional Policy Chair

Public Relations **vacant**

Hospitals and Institutions **vacant**

Speaker Jam **vacant**

AD-Hoc Virginia Summer Institute **vacant**

Area Reports:

Almost Heaven

18 Home Groups and 30 meetings weekly within West Virginia's Eastern Panhandle and Washington County, Maryland.

The last Area Service Committee meeting was held in Martinsburg, WV, on October 3, 2026, with 14 GSRs present.

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

PR Events: Washington County Goes Purple Block Party, August 12, 2026; Washington County

Behavioral Health Mutual Aid Support Group event, September 18; Eastern Regional Jail Reentry to Recovery event, September 23, 2026; West Virginia Goes Purple Recovery Fest, September 26, 2026.

H&I Meetings: Ten H&I meetings were held in five facilities from August 15 to September 11, 2026.

Facilities include the Berkeley Medical Center Behavioral Health Unit, Pyramid Healthcare treatment center, Roxbury Correctional Institution, Maryland Correctional Training Center, and Washington County Detention Center. H&I at the Martinsburg VA Medical Center will begin in November 2026. H&I

Orientation was held on 30 August in Charles Town, WV.

Area contribution to region: \$74.37 (September) and \$157.41 (October).

Next Area Service Committee meeting: November 7, 2026, in Hagerstown, Maryland.

In loving service, Mark S

RCM Alt

Appalachian

RCM: Christina R.

RCM Alternate: Wayne H.

Good morning, everyone. I'm Christina, an addict, and I serve as the RCM for the Appalachian Area.

Our Area currently has 8 home groups with 24 NA meetings held weekly.

At our September ASC meeting, we had 4 GSRs in attendance, and at our October ASC meeting, we had 5 GSRs in meeting quorum.

We also have two groups included on our Area meeting list that do not currently send GSR representatives to Area Service. We continue to encourage participation and communication among all groups.

Area Service Updates

Robin M. will be stepping into the Area Chair position beginning in November, and Carrie W. was elected as our new Treasurer.

We currently have three open service positions: Vice Chair, CARCC Alternate, and Phone Line.

Our next ASC meeting will be held on Sunday, November 1, 2026, from 3:30 PM to 5:30 PM at [1001 5th Street](#) in Lynchburg, Virginia.

Policy Subcommittee

Two policy motions were submitted at our October 4 ASC meeting.

The first proposes clarifying the nominations and elections process, allowing duly elected alternates to be confirmed through acclamation when certain trusted servants complete their terms.

The second proposes allowing qualified subcommittee vice-chairs to transition into Chair positions through acclamation when the current Chair announces the vacancy two ASC meetings in advance.

Both motions are intended to support continuity in leadership and clarify our Area's election procedures. Their approval status has not yet been confirmed.

Public Relations

Our Public Relations Subcommittee continues working to keep meeting information current and accessible.

Recent meeting-list updates included

- Gretna: Currently meets on Mondays only.

Hospitals and Institutions

Our H&I Subcommittee meets on the third Saturday of every month at 1:15 PM at [3000 Langhorne Road](#) in Lynchburg.

Our current H&I commitments include Pathways, Mainspring, and Amherst Jail.

We appreciate the members who continue giving their time to carry the message into these facilities.

Special Events

Our Area has an upcoming event scheduled for Saturday, December 5, 2026, from 2:00 PM to 7:00 PM.

The event will be held at Saint Andrew's Presbyterian Church, [21206 Timberlake Road, Lynchburg, Virginia](#).

The event is not affiliated with the church.

A flyer is not yet available, but we wanted to share the date, time, and location with Region.

Area Donation

The Appalachian Area is making a donation of \$157.41 to Region.

Closing

Our Area continues working toward strengthening unity, encouraging participation in service, and supporting our home groups.

We are grateful for the willingness of our trusted servants and members who continue showing up and carrying the message.

That's all I have to report from the Appalachian Area.

Thank you for allowing me to be of service.

In Loving Service,
Christina R.
Regional Committee Member
Appalachian Area of Narcotics Anonymous

Beach Received but not present

Blue Ridge

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

RCM Report- 241 th RSC October 18,

2026

- 11 Home Groups – 10 active at Area.. 8 GSRs attended 07/12/26 ASC; 14 members total attended
- ASC Trusted Service Positions Open: Vice Chair, VRCC & VRCC alternate, RCM Alternate. We just elected a new

Special Events chair! (ps my RCM position is pro temp as I hold The Treasurer Position)

- Group news: Groups are vibrant with fellowship VIBES, a sense of belonging and connection. Newer members express

hope and struggle in authentic voices. Some groups struggle more than others with a broad commitment to Service and

knowledge of Literature and Steps and Traditions is lean. Yet there is a resonant mood of Recovery and relapses seem

rare. Groups are hosting activities from anniversaries to campouts and dances.

- Struggling meetings: Back To Basics has lost some key members who felt compelled to detach for their personal life focus. The call for support continues.

- Area news: Policy rewrite is still in process. We just elected a new Special Events chair! We have struggled with the concept of “outside issue” versus NA involvement with the local community, trying to uphold the Sixth Tradition and yet still

embrace the many organizations trying to support Recovery in many ways. The BRANA Campout Ad hoc Committee still

lacks leadership and focus.

☐ BRANA Campout Incorporated has a wave of re-invigoration with new members taking board positions following the

departure of long time board members Robert W and Shani A. We have a new Secretary Vinnie L and yours truly –

Perer P hopes to soon move from Vice Treasurer to Treasurer. Fez from the no BS meeting has been nominated for

Programming Chair and Jessica is vying for the position of Registration Chair.

- Contribution to Central Atlantic Region: NO CONTRIBUTION TODAY- we remain below our Prudent Reserve.
- Subcommittee news: Outreach is toying with a new H&I commitment to Harrisonburg/Rockingham Jail even though our

men volunteers remain few. Recently we changed schedule of men and women meetings a Middle River Regional Jail

and it has created greater satisfaction for H&I and the facility. We serve Western State Hospital and Middle River

Regional Jail.

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

-/+ Find A New Way to Live announced their December Holiday event on December 11 th . Also, they began a daytime

meeting in Waynesboro at 11 AM every Wednesday at the Waynesboro Public Library.

+/- Misfits- Luray – held a River float September 27!

+/- Chance for Gratitude- Staunton – held a Fall Campout on that same Weekend- September 27!

+ AREA participation healthy!

- Next ASC Meeting: November 8, 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 not present

New River Valley vacant

Outer Limits vacant

Peninsula

Piedmont not present

Rappahannock

October Rappahannock RCM Report

Quadrant 1

October 18, 2026

Area Open Positions:

☐ Vice-Chair

☐ Treasurer II

☐ Secretary II

RACCNA Open Positions:

☐ Alternate Secretary

☐ Alternate Treasurer

☐ Hospitality Chair

☐ Fundraising Chair

☐ Arts and Graphics Chair

☐ Merchandising Chair

GSR ASC Monthly Attendance:

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

☐ October ASC GSR Quorum: 9 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:

Gifts of Recovery

Holiday Marathon Meeting

Friday, December 25th, 2026

12:00 to 8:00 PM

308 Hanover Street, Fredericksburg, VA 22401

Link to flyer:

<https://rappna.org/events/gifts-of-recovery-holiday-marathon-meeting/>

RACCNA Convention

Holiday Inn Convention Center

560 Warrenton Rd, Fredericksburg, VA 22406

September 17th-19th of 2027

ASC Zoom Information:

Zoom Meeting Information

Meeting ID: 931 2131 8188

Password: ranaasc

RANA November ASC:

November 1, 2026

Starting at 4:00 pm

825 College Ave, Fredericksburg, VA, 22401

Current ASC Projects:

☐ Area Annual Budget Review

☐ Area Bylaw Review

Forever Circled,

Josh C.

RCM@rappna.org

Richmond not present

Roanoke vacant

Shenandoah Valley

Shenandoah valley has 18 homegroups with 24 weekly meetings

We had 10 groups present at ASC on 10.12.26

Open positions are carcc alternate

We made a donation of \$290.71 to CARNA

Sub committee news

Special events is holding a dance on oct. 24th 7-10 pm at market st. Church .. [131 s Cameron st. Winchester VA](#)

Also there will be a thanksgiving marathon meeting starting on 11-25 at 9pm

Ending on 11-26 at 6pm

Located at Winchester bible church

Next ASC will be November 9th 6:30pm at canvas community church Winchester VA

HNI has 4 facility commitments BHU,JDC,NRADC,and WATS

Next HNI subcommittee will be November 2nd at 7pm

Thanks

In service

Chris M

Southside vacant

Tidewater **not present**

Tri-Cities **vacant**

END of REPORTS

Old Business

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 1, N 0, Y 5 **passes**

Vice Chair Anthony A. Tidewater Area

A 1, N 1, Y 4 **Vice Chair**

Vacant Positions/Nominations

H&I

Public Relations

Speaker Jam

Vice Treasurer

RD Cindy K automatic nomination for December as she is the RD2

New Business

Budget 2027 back to groups

*On single day and Saturday of the two days will be at 11am. The Sunday of the two day will be 10am.

November 21, 2026, show up committee meeting use subcommittee zoom link on car-na.org #CARNAKNOWLEDGE

Policy committee 10am

Planning 11am

Task group created for CARNA website noon

Facebook task group 1pm

Motion to close: Heather R. seconded by Nate

Next location

December 19, 2026

2020 Library Ave Crozet VA 22932

February 20, 2027

TBA