

**Minutes for the 200th Regional Service  
Conference Central Atlantic Region  
December 21<sup>st</sup>, 2019 Charlottesville VA**

**Open Forum began at: 10:00am**

**RSC began at: 11:15am**

Serenity Prayer

**Open Forum:**

Antoinette B discussed how subcommittees should be notified that the meeting should continue regardless to the amount of people in attendance.

David H clarified AZF information needed to inform areas of the things regional service does. Asking RCM to do an anonymous inventory of the executive body. Roland & Greg will get info for H&I and Outer Limits for ISW for Nancy and Etta.

- Reading of 1- Purpose: Sherry V
- 2- Traditions: Zack C
- 3- Concepts: Dee P

- Roll Call: Quorum Met Quorum

roll call after break

Chair	Etta F	Almost Heaven	Jennifer	
Vice Chair	Antoinette B	Appalachian	absent	
Secretary	Julie T	Beach	Julie B	
Treasurer	Brian C	Blue Ridge	absent	
Regional Delegate	Dee P	Gateway	absent	
Regional Delegate Alternate	Randy D	New Dominion	Michael L	
Regional Delegate Alternate 2	Sherry V	Outer Limits	absent	
VRCC Chair	absent	Peninsula	Zack C	
Hospitals and Institutions Chair	Vacant	Piedmont	David H	
Policy Chair	vacant	Rappahannock	absent	
Public Relations Chair	Richard S	Richmond	absent	
Speaker Jam Chair	absent	Roanoke Valley	absent	
		Shenandoah Valley	David G	
		Southside	Sue Ann	

		Tidewater	Roland C	
		Tri-Cities	Greg F	

**Note: Any area that missed two consecutive RSC will be referred to the Outreach Subcommittee (Project Driven).**

Recognition of new attendees: RCM alt Shenandoah Valley Chris M. Visitor Lauryn Kurt RCM alt.

Approval of Prior Minutes: Minutes approved.

## Trusted Servants Reports

**Chair Report:** 200th RSC Chair Etta F Reporting I have no major reporting to do at this time except reminding everyone to participate in the upcoming CAR workshops so that we will be ready to vote in April. Also, please support our upcoming Regional Convention (AVCNA) Jan 10-12 and the regional workshop. I am very excited to facilitate our 200th

RSC! Our commitment to serving the areas in our region continues. I hope that you experience the kind of enthusiasm that it takes to keep service attractive to those who are yet to come. Happy Holidays to all and may you enjoy it Clean!

ILS Etta F.

**Vice Chair Report:** Regional Report Vice-Chair December 14, 2019 Happy Holidays to All, The Regional Subcommittee was held on November 16th, 2019. I first want to extend my deepest apologies to the Gateway Area who were disappointed that Regional members were not onsite however the PR subcommittee showed up at the time of their committee was due to participate yet I did not have the information which led to the members walking out of the subcommittee meeting. By the time this report is read this issue will be clarified moving forward. The Topics covered in the by the subcommittee was as follows: The Inmate Step Writing will be developed as a Task Force which will include Chair, Vice-Chair and Subcommittee Chairs to help with gaining participation and to include all Areas in this process that desire to help with supporting addicts that want to work steps while incarcerated. The Public Relations Subcommittee introduced a new number update # 540-277-9265 I will allow the PR Subcommittee to further expand on the options and how each Area will be able to manage their Area's inclusion of the helpline. We still have to work on the disposal of old out dated property. I have inherited this issue and would like to have input and information to aid in coming into a solution. This could possibly involve a change to policy yet, my concern is that this issue has been on the table for approximately a year. As your Vice-Chair and Policy Pro -temp to resolve this to prevent backlog and to ensure we have a system moving forward to aid with equipment being dead weight with no destination once it is outdated. I have nothing further I am grateful for the opportunity to be of service to the Region. In Loving Service, Antoinette B.

**Secretary report:** I have purchased stapler binder and a hole puncher; these things will better help me serve as secretary of the region. Thank you, Etta for your help with the minutes.

**Treasurer Report:** Good afternoon! As you will see in the report attached to the minutes, we started this reporting period with 12,722.43 in the bank; there was \$3710.87 in income and \$3675.40 in expenses, leaving us

with a balance of 12757.90. We have \$1000.78 in uncleared checks, which puts us under our prudent reserve by \$2271.63. (I am not concerned about this because this past week I received a check from NDANA that had mismatched written and numeric amounts; if the check had been written out correctly, this would put us over prudent reserve, and we would have been making a donation to NAWS.)

The budgeted vs. actual report is attached to the minutes; for the fiscal year thus far we have spent \$18,702.86, which is \$10,853.95 less than we budgeted. Good job keeping expenses down!

I did some more research on ways to inexpensively provide the RD Team with debit cards. This is necessary before we consider any changes to policy. One method which would have cost the region nothing through our current bank did not pan out (the offering was not available in the state of Virginia), and all the other techniques I researched cost several hundred dollars a year. I will continue to research this, but at this time I recommend we remove the debit card motion from policy because there is currently not a cost effective way to provide them to the RD Team.

To make accounting more easy for the treasurer, I'm be working with policy to introduce a motion that all requests for funds be accompanied by a funds request form This is a bit more complicated than just the form itself, as we have to separate monetary policy from Treasurer duties in policy. Receipts and/or a summary of projected expenses can be attached to this form, making auditing the books much simpler should the need arise.

### **RD Report:** December 21, 2019

The Planning committee has continued to meet to come up with Action Plans following the October Regional 2 day. David is going to present the Action Plans that we have come up with at some point during the meeting. I was unable to attend the Webinar on December 7 due to working. I have the notes from the drop box from NAWS.

The Central Atlantic Region is hosting the Autonomy Zonal Forum on January 25 th and 26th, 2020. NAWS world board members will be on site to facilitate the CAR/CAT workshops and NAWS update. We will begin at 10 am and continue to 5 pm. This meeting will be held at the Courtyard Marriott here in Charlottesville at 1201 West Main Street. There is a \$5.00 parking fee at the hotel. We will also be having a Zonal Panel meeting from 7 to 8 pm and a Comedian Improv Show will follow from 8:30 to 10 pm. The Autonomy Zonal business meeting will be held on Sunday, January 26 here in this room.

If you have never attended a Zonal meeting, this is the one to attend. Please come out and support your region. April 2 day is coming up sooner than we think. I need the RCMs from Quadrant 2 to meet with me to determine what area will host the 2-day. We need to get this done ASAP. ILS, Dee P. zikidee@yahoo.com

### **RDA REPORT:**

DECEMBER 21, 2019

Autonomy Zonal Forum is set up for January 25, 26 2020. Agenda flyer is available on hard copy today or at the Autonomy Zonal Forum website for download. We are excited to have Comedian Improv Show as our entertainment. I did attend the November 18, 2019 AZF teleconference and hope to attach those minutes when they are posted. We wanted you guys to look at the Guidelines for the AZF.

December 7, 2019 Conference Participant Webinar I was unable to attend this Webinar as I was on vacation and could not keep a signal to stay connected. I have since went to the drop box and retrieved the information that was presented. The meeting had 123 Delegates, Alt and Zonal contacts. In addition, 11 staff and 9 board members,

Brazilian translator, 2 WSC Cofacs and 2 HRP members. The meeting topic was questions about the CAR and being an effective Delegate that broke into 7 small groups. I do have a copy of the minutes of the webinar outcome. WSC 2020 I am making plans for this event. I filled out the housing form with a roommate from the Free State Region that must be approved. The cost of the room without a roommate is \$167.62 and half would be \$83.81 for a total of 9 nights = \$754.29. \$55.00 a day per diem = \$550.00. Gas to Airport from home and back = \$40.00. I am still checking on flights. Flight estimated at \$500.00 totaling \$1399.29 out of a \$2000.00 budget. Hopefully they will have locals shuttling people from the airport to the hotel in Woodland hills like last time and I will not have to ride the shuttle bus. I have a copy of the CAR order form if anyone wants to make copies. I also have a copy of motion and amendment form. I have with me the important dates flyer as well. This year we were contacted by NAWS asking for our services to reach people that have contacted NAWS that were in or around our Region. The Delegate Team has made contacts with Fredericksburg Area for a in Church in Stafford County wanting to have a NA meeting. Another request came from Moyock NC wanting to start an NA in their town. Contacted RCM from the Beach who knows that town and has made contact along with the RCM from tidewater. Correspondence has been made back to NAWS regarding our progress.

Regional Planning, I have attended the teleconferences and we are presenting action plans and asking for clarity on some. Thanks, Randy D RDA

### **RDA2 Report:**

December 21, 2019

We have been working hard on developing action plans for the area that you have given us. We are working on the upcoming AVCNA workshop, Autonomy Zonal 2-day event and schedules for the Conference Agenda Report (CAR) and the Conference Approval Track (CAT) Workshops. We have tentative schedules for them.

Already available for download are copies of the CAR. The CAT will be out the end of January. In the meantime anyone wanting to can go on line and read the Lit survey Intro Essay [https://www.na.org/admin/include/spaw2/uploads/pdf/conference/2020CAR\\_WEBsurvey.pdf](https://www.na.org/admin/include/spaw2/uploads/pdf/conference/2020CAR_WEBsurvey.pdf)

And then do the on-line lit survey <https://www.surveymonkey.com/r/CAR2020-Lit> or you can wait and do it with your CAR/CAT Talley form (which is also online) [https://www.na.org/admin/include/spaw2/uploads/pdf/conference/2020CAR\\_WEBtally.pdf](https://www.na.org/admin/include/spaw2/uploads/pdf/conference/2020CAR_WEBtally.pdf)

It's a busy time and a wonderful time to include your voice in our global fellowship. I have submitted my estimated expenses for the upcoming events.

Please feel free to email or call if any questions. ILS

Sherry V

CARNA RDA2

Zonal

2 night \$144.87

gas \$20.00

parking \$15.00

Tentative Cost \$179.87

Marlona Hotel 2 nights \$219.78 Gas \$25.00 Per Diem \$70.00 \$314.78, Conference, Airplane Ticket \$361.60

Baggage \$60.00 Super Shuttle \$112.00 round trip Per Diem \$495.00

Hotel 9 days \$754.29 Tolls \$24.00 \$1,806.89

### **VRCC Report: No Report**

## **H&I Report:** H&I Subcommittee Meeting

November 16, 2019

The CARNA H&I subcommittee met on November 16, 2019 via Zoom. Those attending were Sherry V., Coleen C., Lee S., Antoinette B., and Nancy H. The meeting was opened with the Serenity Prayer.

I read the minutes from the last RSC meeting which was on October 20th. We discussed the Inmate Step Writing program (ISW) and the bi-weekly meeting of the group who were meeting by Microsoft Teams. There are about 3 or 4 people who regularly join in the meeting. Some of those concerns are the same things we have encountered throughout the time we have worked on this program such as: lack of volunteers to write to the inmates, lack of people to pick up service positions on the committee. One of the things we needed to establish a list of the facilities in each area that we are covering either by ISW or by trusted servants taking the meetings into the facilities. I hope to accomplish that today or at least start on it by asking the RCM's to provide me with a list of the facilities in their area as well as if they are being covered by H&I. If you as an RCM don't have that information, please take it back to your area H&I chair to get that information and bring it back to the RSC in February or email it to me on the car-na.org website. We talked about opening the meetings by using Zoom and talked about "renaming" the meeting as a task force. First and foremost, though we want to promote UNITY

in all aspects of the H&I subcommittee as well as getting the information obtained back to the H&I chair.

Because of the diligent work of Coleen C. and the other people who have worked on the ISW project since it began, we have made some changes and hopefully some baby steps forward. The ISW Task Force will be using the Zoom app for the meetings. Zoom is on the regional website and can be accessed easily. We have decided to meet on the first Saturday of the month from 9:30 – 10:30 am to eliminate any conflict with other regional meetings/events. That will make the first meeting January 4, 2020. However, there is a downside to this and that is John B. withdrawing from the ISW program due to his personal situation and journey in his recovery work. I told Coleen about the information gathering as far as the number of facilities being served in each area, that Lawrence E. did have a list or a partial list of them from his time serving as H&I chair. I'm not sure if he still has it or not.

The only matter of business for this body as H&I issue is the following: I received an email from Tom B. who serves on the H&I subcommittee of the Tidewater Area. He had a meeting with the warden of Sussex II prison in Waverly, VA. She was requesting H&I service for her prison. Tom made no promises to the institution regarding our ability to provide services there but is asking for some information/help in giving her an answer either way. I let him know about the meeting today but he has a conflict in his schedule and is unable to come. The question I need

an answer for first is what area covers Waverly VA? Just looking at the area map, it looks to be covered by the Outer Limits area. If someone could relay that information to me, I will be glad to take the next step(s) to give him an answer,

In closing, I had planned to attend the meeting today, but my children's father passed away unexpectedly last Friday from injuries sustained in a car accident and things are very chaotic still. Any questions or comments can be sent to me via email or text. I will be available by phone today as well.

The next H&I Subcommittee meeting is on January 18, 2020 via Zoom or by attending the meeting in person at Trinity UMC, 409 Arnett Blvd, Danville, VA 24540. The H&I portion starts at 11 am,

NA Luv and Hugz, Nancy

**Policy Subcommittee Report:** Vacant

**Public Relations Report:** The website has been moved to the new host. The domain name is car-na.org.

Currently it redirects to

www.centralatlanticregionofna.org however this will be updated shortly and all pages will be under car-na.org.

The phonenumber test server is up and we are asking for everyone to test 540-277-9265

This number is a temporary test phone number. Please take some time to test and email any feedback to pr@car-na.org

Thank you for letting me serve,

Richard S PR Chair

**Speaker Jam Report:** No Report

## Area report:

**Almost Heaven:** Almost Heaven Area Report

Hi Everyone

We have 21 groups, with an average of 10 GSR's present at area

Our ASC meets the first Saturday of the month except July and August and then it's the second.

We have several positions open: Vice Chair, RCM, RCM-Alt, VRCC Rep, and convention chair. The following were elected in Nov. ASC Chair, Treasurer and Secretary:

Our Area Service had to find a new location due to change of admin at the facility we had been using and they didn't want to spend the money having someone there on Saturdays. It was held in a county facility We will now be meeting in Martinsburg, WV at Immanuel's House. They didn't want any money but we said we would make a donation to the House.

LSU Report H&I: Rob H&I coordinator looking into doing orientation, gave him all information. Anyone interested ask for number.

Public Relations has been working with the admin of the Mountaineer Recovery Center for the past two months. We are scheduled to take our first meeting in on December 16<sup>th</sup>. We still need members to go into the Paloma Detox center. Still working on this with H&I. PR is schedule to be a part of a panel discussion at the Maryland Theater in Hagerstown, MD. We are in the Health and Wellness part of a full day event. The hope to set up a table there. The Area Chair along with the PR facilitator will be the attendees with the Area Chair on the panel for NA...PR Task Group: Next PR 12-10-19

Our Special Events Task Group has tickets available for our NY eve Dance being held in Martinsburg, WV The, Start to Live Group will be hosting a Gratitude Dinner on January 10 th 2020 @6:30pm in Shepherdstown, WV Our Next ASC will be January 4 th 2020 @1:30pm. We have a Nov donation of: \$98.57 We went over Prudent Reserve at Dec. ASC. For a total of \$98.57 In Service Jennifer D. (RCM Pro-tem)

## **Appalachian: Absent**

### **Beach:** BANA Area Report

Hello all,

We have a donation of \$200 for CARNA

Beach Area met the first Saturday in December with 18 out of 20 home groups in attendance.

During open forum we discussed the idea of forming an official PR sub-committee, and the process of creating one, was discussed at length. We also discussed a request from a Sentara IOP program for us to hold a biweekly presentation to clients. No decisions were made as of yet.

Lori W was elected as our Emergent Needs Committee, Joe B was elected as our H&I Chair. All positions are currently filled.

In loving service,

Julie B Pro temp RCM

## **Blue Ridge: Absent**

### **Gateway: Absent**

### **New Dominion: Not Received**

### **Outer Limits: Absent**

**Peninsula:** Greetings from the Peninsula area we have 51 homegroups Michael P was voted in as treasurer. We still have no alternate RCM No VRCC or Alternate, Robin A is now our area secretary. Check cleared to the region for the CAR and the CAT ILS Zack C

**Piedmont:** 200th RSC – December 2019 Piedmont Area RCM report A. Groups: The Piedmont Area currently has 28 weekly meetings in 19 Home Groups'. ASC Attendance: At the December ASC Meeting there were 16/17 GSRs in attendance and quorum was met. Two homegroups have been temporarily removed from roll call due to missing two consecutive ASCs. C. Open Positions: Alternate Secretary, Vice-Chair, Literature Vice-Chair D. Elected: no elections

E. Group News: The Oak Ridge Gratitude group moved from the BRANA area and joined the Piedmont Area

F. Area News:

a. Donations: 200 dollars donated to CARNA today, 200 donated to NAWS b. The Piedmont area voted to put in a bid to co-host, along with New Dominion, Tri-Cities, and the Peninsula area the East Coast Convention of NA in 2021.

c. Our VRCC director asked for an Area Conscience regarding our feelings regarding whether a trusted servant should be allowed to serve while on Medical Marijuana. Our Area felt that while the use of medical marijuana by a member may be on outside issue, the use of medical marijuana should preclude that member from serving. G. Subcommittee news: a. H and I-i. We now have 6 H&I meetings in 5 facilities held in the Piedmont area, they are listed below

1. Men's ACRJ- 2/wk
2. Women's ACRJ – 1/wk
3. Boxwood- 1/wk
4. 5East-Uva. Medical Center- 1/wk.
5. Morris Creek Women's Center – 1/wk

b. Public relations

i. 1. We continuing to stock IPs in the respective facilities:

1. Region 10 Downtown
2. Region 10 Old Lynchburg Rd.

3. Piedmont House
4. JMRL Downtown
5. PVCC
6. Wellness Center
7. UVA 5 East
8. UVA Health System ID Clinic
9. Church of our Savior
10. St. Paul's 39 Memorial Church
11. Mohr Center on E. Market St.

2. Piedmont has a brand-new website that is mobile friendly

3. The Website is also being updated when needed. It Received 814 hits in the month of November

4. Our phone line has received 0 calls in the past eight months.

c. Special Events

1. The Piedmont Area will be hosting a Winter Special Event party, named "Starlite and Snowflakes" from 630-930p on January 4th at:

Church of Our Savior

1165 Rio Road East Charlottesville, VA 2290 H. Area Concerns:

a. No current concerns

I. Brief Summary: All is well in the Piedmont

J. Next ASC meeting: January 5 th , 2020

ILS,

David H.

**Rappahannock:** Antoinette B was given \$500.00 quarterly donation from Rappahannock which will be mailed into the treasure.

**Richmond: Absent**

**Roanoke Valley: Absent**

**Shenandoah Valley: Absent** *{David T, was in attendance and has notified the sec'y to correct this}*

**Southside:** December RCM Report for Southside Area

Hello family,

Last ASC was Dec. 1. Area positions open are treasurer, vice chair, alt. RCM, H and I, literature, activities, and vice treasurer. All our positions vote new members to fill these positions in January. Our vice chair moves up to chair, secretary will stay because she only served 3 months, treasurer agreed to stay if no one stepped up. H&I continues to take meetings weekly to mental health and the women's jail. Southside Virginia Mental Health is located at 381 Taylor Rd, Danville and the jail is located at Danville Adult Retention Center 1000 South Boston Rd. The contact for the mental health facility is Avery Dix and Rev. Abernathy for the jail. The jail had another orientation. The men hope to begin a men's jail meeting Wednesday after the first of the year. Beginning with the new year we will be taking 3 meeting into the jails and mental health.

We are having a New Year's Eve black and gala at Ascension Church starting at 5P.M. until the new year. We plan on offering a phone orientation so we can have more than 2 of us manning the phone. CAR-CAT meeting for our quadrant will be Jan.18, 10A.M.-2P.M. at Trinity Church on Arnett. In Danville. This is my last meeting serving as our area RCM, Helen will be taking over for our area. It has been a privilege to serve. Our donation is \$51.16. Our next ASC is Jan6,2020.



In loving service Sue N.

**Tidewater:** Good morning family,

The Tidewater Area is doing much better however we are still struggling to fill the positions of Vice-Chair, Secretary, Alt Secretary, Alt RCM, Alt VRCC, Treasurer and

Alternate Treasurer. Our current Treasurer and Secretary have been in office for 2 to 5 years with no relief in sight. We have approximately 19 active home groups attending Area. We recently voted back in our Old Policy manual revised prior to

5-2016 which ensures succession of officers and chairs as well as many other necessary Policy motions which was gutted in the 5-2016 version and contributed to many failures over the past 3 yrs. Our Special Events subcommittee will be hosting our New Year's Eve Marathon from 6 pm to 6 an at Wesleyan Grace Church 288 E. Little Creek Rd Norfolk

ILS Roland C

**Tri-Cities:** Hello family,

I am feeling somewhat sad that this will be my last report as RCM. Tim B. our current alternative has been given a vote of confidence to take over the RCM duties as of January per our policy. However, I am pleased to announce that our area has agreed to cohost the East Coast Convention in 2021. Our first official meeting will be held on January 26, 2020 at 1 pm at Hatcher Memorial Baptist Church. The other areas who have voted to cohost this event are Peninsula, New Dominion and Piedmont. The first meeting will elect the Executive Committee (Chair, Vice-Chair, Treasurer, Secretary and site liaison. The next priority will be selecting a college to host the event.

In other area news, we recently had elections and are as follows: Toney W. - Chair, Jennifer B. - Vice Chair, Maria H. - Secretary, Treasurer is vacant. RCM - Tim B. RCM/alt. All other positions are currently vacant. Our next ASC is scheduled for January 5, 2020 at 2pm.

We are having a marathon meeting on Christmas day and New Year's Eve. I have attached a flyer for specific times and location.

Our H & I have been committed to serving Riverside Regional Jail and Central State Hospital. We have had some issues with RRJ not having enough staff to allow us to attend. Hopefully we will be ba back on track for January.

It has been a joy and honor to serve this body again and hope to see everyone again soon. Best wishes to the newly elected officers and committee members. Always remember our primary purpose, "to carry the message to the still suffering addict!" In loving service, Greg F

Lunch Break/Time

### **New Business Motions**

1) 200-1 **Mover:** Randy D **Area:** Shevana **Second:** Sue D **Area:** Southside **Intent:** To fulfill my duties as RDA to attend WSC 2020 in April 2020 **Motion:** requesting \$1399.29 for travel, lodging and per diam for the April 26-May 2<sup>nd</sup> World service conference 2020. The budget is \$2000.00

2) 200-2 **Mover:** Brian C **Area:** New Dominion **Second:** Jennifer O **Area:** Almost Heaven 2020 Budget as presented in Oct. RSC. 1/7/N passed

3) 200-3 **Mover:** RDA2 **Second:** AHA **Intent:** For accountability **Motion:** To approve tentative expenses for RDA2 as per report.

### **Elections & Nominations**

1-Vice treasurer: Open (open since 173rd) no nominees at 200.

2-Policy chair: -No nominations.

3-H&I: - No nominations

4-Treasurer opens in February 2020

### **Old Business:**

195-2: For any Regional Event/Workshop being held in all four quadrants of the Region (ie CAR, CAT, strategic planning) that the RCMs of the particular quadrant be included in the decision making as to which area will host the event. If more than one area is interested in hosting the event and has a location that meets the required criteria for meeting space, ie WiFi, etc, that a ballot drawing be performed at the Regional Service Conference. Intent: To allow the RCM to have a voice as to what area hosts regional events for unity and inclusion and to honor the 12th tradition and eliminate principle over personalities. 8/0/0 **PASSED**

Motion: 199-6 Mover: RD Team 2nd Michael L Survey monkey was used to improve our ability to take the conscience of the members at the region directly and efficiently during the regional planning process. Money matter: Intent: To provide the funds necessary to allow multiuser use of survey monkey. Motion: To budget \$900.00 for the purchase of a one year 3 user subscription to survey monkey which will provide us with the technological capability to directly take the conscience of the of the CARNA region. Pro \$ spent may allow better access to members not participating in service structure to get their conscience. 7/0/1/**PASSED**

- **Announce Next RSC:** February 15<sup>th</sup>, 2020
- **Announce Location and Time of next Subcommittee Meetings:** January 18<sup>th</sup>, 2020 quadrant 3 hosted by southside area @ Trinity united Methodist church 10AM until 2PM
- **Close with Serenity Prayer and Announcements**

