

MINUTES

**163rd Regional Service Conference
Central Atlantic Region
August 17th, 2013**

Note: RSC will be preceded by Open Forum, not to exceed one hour.

Open Forum begins: 11am2

- **Jimmy – Peninsula Area: Area learning day in Sept. Requesting RD Team to attend. It’s going to basically be a service workshop. Asking for RD team to contact Peninsula area PR chair, Lawrence C: 718-594-2998**
- **Jack C - Southside RCM Alt – brought up that Southside has been asked for a letter of support for AVCNA and had some questions regarding that.**

We had about 20 minutes of quiet time during open forum – with only a few addicts present until 11:30 or so.

- **Jeff H – ECCNA – we won the bid for 2014. Selected William and Mary College – June 20-22, 2014. Auction chair position still vacant. Next meeting Aug 22nd. 12:00 - conference calling is an option. Contact Jeff H. Pre-registrations guarantee a limited edition t-shirt. Asking for a rep from our region to be on the Advisory board for the ECCNA. Discussion ensued regarding the pros and cons of how the ECCNA operates outside of our service structure –**
 - **Chuck – Beach Area, - , talked about SOPS and how well that works.**
 - **Bill spoke on the new service structure and where we’re headed.**
 - **Sherry spoke on making sure we attract and encourage participation/responsibility from the newer members and not being exclusive – mentorship, the LSU, task based service vs. subcommittees.**

RSC begins: 12:15pm

1. Serenity Prayer
2. Reading of Purpose, Traditions, and Concepts
3. Roll Call: Quorum =10

	Roll call		roll call		roll call after lunch
Chair	Jim	Almost Heaven	Sherry		x
Vice Chair	Bill	Appalachian	ABS		
Secretary	Kim filled in	Beach	Chuck		x
Treasurer	Neil	Blue Ridge	Nancy		x
Regional Delegate	Donna Lee	Gateway to Freedom	ABS		
Regional Delegate Alternate	ABS	New Dominion	Joe		x
Regional Delegate Alternate 2	Kim	New River Valley	ABS		
VRCC Chair	Sheila	Outer Limits	ABS		
Hospitals and Institutions Chair	Nancy – pt	Peninsula	Jimmy		x
Policy Chair	Greg	Piedmont	ABS		
Public Relations Chair	ABS	Rappahannock	Rudolph		x
Speaker Jam Chair	otf	Richmond	Jackie		x
		Roanoke Valley	ABS		
		Shenandoah Valley	ABS		
		South Side	Gail		x
		Tidewater	Bill		x
		Tri-Cities	Tony		Came in after roll call X

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

4. Recognition of new attendees- Christal -Almost Heaven, Bill – Tidewater, Chris- Rappahannock,
5. Approval of Minutes - Motion to approve, Joe, Chuck Second – Gail F present – attendance shows absent, Joe motion to approve with amendment – 9-0-1
6. **Trusted Servants Reports -**

Chair Report - Jim, get report

Chair Report

August 17, 2013

Hello Family

We will be having our two day event in Roanoke. We will be staying at the Quality Inn 6626 Thirlane Road, 24019. 540-366-8861

Will have a sign-up sheet on the table at our lunch break and ask everyone to sign up that needs a room .There is smoking room available. Free breakfast on Sunday morning. If you plan on coming in on Friday you can get our rate of 59.00 plus tax, just let them know you are with the Central Atlantic Region. We will start Saturday at 11 and Sunday at 9 .Both days we will be at the Williamson Road Church of the Brethren, 3110 Pioneer Rd. Things just didn't work out to have it in the New River Valley Area.

We will be having our budget meeting in this room after Region is done.

I have started setting up our meeting places for next year.

Erin and Eddie have both contacted me and are unable to be here today.

In Loving Service

Jim H

Vice Chair Report - Bill , get report

Vice chair report

This is my first report as the Vice Chair of the Central Atlantic Region of Narcotics Anonymous.

I attended the H&I subcommittee meeting in July. I will leave it to the H&I ad-hoc subcommittee chair to report on the meeting. Other than that, I have nothing further to report.

ILS,

Bill M.

Secretary Report – no report

Treasurer Report –

163rd RSC Treasurer's Report

08/15/13

All the bills that I know of up to today are paid. We had a bank balance of \$15,596.26 at the 162nd RSC. Since then we have deposited \$4736.91 and we have had debits totaling \$3061.35 to give us a current bank balance of \$17,271.82.

Attached is the financial statement since the 162nd RSC. This report is based on the information that I was able to get online. The last activities reported were on 08/06/13.

Our YTD (2013) expenses have been \$7,187.73 and our YTD income has been \$8,697.74.

Our prudent reserve as determined by the formula approved by the RCMs is \$15,637.00. If we subtract this from our current bank balance the difference is \$1,634.82. This will be sent to World.

I still need the receipt for the laptop.

Our budget meeting will be right after this meeting and it shouldn't take very long at all. Please attend and help create the 2014 budget.

163rd RSC Treasurer's Report Financial Statement 08/15/13

Opening balance (closing balance from 162nd RSC report): \$15,596.26

Credits :	BRANA contrib:	\$212.59	
	Almost Heaven contrib:	\$171.36	
	NRVANA contrib:	\$30.00	
	Gateway Area contrib:	\$319.94	
	Peninsula contrib:	\$1015.12	
	Tidewater contrib.:	\$2500.00	
	Southside area contrib:	\$157.90	
	RANA contrib:	\$280.00	
	Survivors group	\$40.00	
	New Vision group	<u>\$10.00</u>	
	TOTAL:	\$4736.91	+\$4736.91

Debits:	check 1121:	\$75.00	
	check 1135:	\$46.40	
	check 1136:	\$200.65	
	check 1137:	\$25.00	
	check 1138:	\$150.00	
	check 1139:	\$75.00	
	check 1140:	\$82.80	
	check1141:	\$111.35	
	check 1142:	\$75.00	
	check 1143:	\$40.00	
	check 1144:	\$100.00	
	debit card 06/19:	\$722.72	
	debit card 06/24:	\$39.40	
	debit card 07/19:	\$150.37	
	debit card 07/29:	\$372.57	
	debit card 08/13:	<u>\$795.09</u>	
	TOTAL	\$3061.35	-\$3061.35

Closing balance: \$17,271.82

DETAILS

Ck 1121 Summer Institute- PR event Ck 1143 D L Peters- RD gas for wkshp
 Ck 1135 Lawrence Elliott- H&I travel Ck 1144 hotel- food deposit Oct 2day
 Ck 1136 NAWS- lit order for H&I Debit 06/19- PCMS
 Ck 1137 Kim Adams- reimb RDA2 gas for wkshp Debit 06/24- NAWS H&I lit
 Ck 1138 UVA Hosp Aux- mtg space for 2 RCMS Debit 07/19- Primus
 Ck 1139 Churchland Baptist- May subcomm mtg space Debit card 07/29- AZF motel
 Ck 1140 Ed Wms- RDA reimb & AZF Debit card 08/13- PCMS
 Ck 1141 D L Peters- RD reimb & AZF
 Ck 1142- Kim Adams- RDA2 AZF ILS- Neal Griffin

RD Report Donna Lee , no report submitted.

Regional Delegate Alternate Report - ABS

Regional Delegate Alternate 2 Report -

On Saturday July 13th Donna Lee, Eddie W and I presented "Supporting Our Vision" at the "Support Our Vision Fundraiser" held by Southside Area in South Boston, VA. Everyone who attended the event seemed to have a lot of fun and Southside was able to raise over \$400.00 for World Services.

I attended the Autonomy Zonal Forum hosted by the Greater Philly Region with Donna Lee and Eddie on July 27th, 2013. The minutes from this event are available on <http://autonomyzonalforum.org>. At the risk of duplicating information you will probably already have heard in Donna Lee and Eddie's reports I will just summarize a few things that I thought were important to report on.

We discussed the AZF website and what we felt we needed to do in order to make it as useful as it could be. We decided to set it up on it's own domain so that there would be enough space to be able to set up a bulletin board, an interactive map, etc. The AZF accepted my offer of free website hosting and we discussed how we would handle the Domain Name Registration fee (\$15.00/yr). We agreed to seek our regions support in covering the cost of the yearly domain registration fee which will amount to each region spending \$7.50 every 3 years. At the conclusion of the Zonal Inventory it was felt there was a need to move away from simply being an information exchanging body. Consensus was reached and the AZF is moving forward with becoming more involved with addressing our zone's needs for mentorship and the sharing of information directly impacting our fellowship. To this end the decision was made to try and hold three conference calls in between each zonal forum. Our first was scheduled for August 10th. Donna Lee, Merle (EPARNA), and Zoe (Greater Philly) volunteered to represent the AZF at the Mountaineer 3rd Tradition Workshop. We anticipate being able to participate in more events throughout our zone in the future. You can contact the AZF to request zonal delegate participation in your upcoming events by visiting www.autonomyzonalforum.com and clicking on the contact link. We also made the decision to proceed with more communication between ourselves and the other zones. Several RD's volunteered to contact other regions and they will report back on their progress in the upcoming tele-conferencing meetings. The next Zonal Forum will be in our region on January 25th, 2014.

The conference call on August 10th seemed to go pretty well. We were able to achieve our goal of exchanging information and made progress with the ongoing projects. Donna Lee chaired the meeting. There were 11 participants. The RDs voted unanimously for the new zonal website domain name: www.AutonomyZonalForum.org. The next conference call is scheduled for October 13th.

Eddie and I were able to carpool to the AZF, which was really a great bonus for me and my learning curve. In our 16 hours on the road I had ample opportunity to pick his brain. Not for nothing, we also were able to save a lot of money in gas. I drove up to Lynchburg and picked up Eddie there. The total mileage for this trip was right about 850 miles.

**Regarding expenses related to Southside's "Support Our Vision Workshop Fundraiser", and the Autonomy Zonal Forum in Philly: I had no reimbursable expenses for the Southside Workshop. Neil and I spoke about my expense reimbursement for the AZF and he shows that he made out a check for \$75.00 (\$40.00 for gas and \$35.00 per diem) but he can't remember if he sent it and I don't remembering receiving it. He will watch the statement to see if it clears and we'll go from there.*

Tolls: \$21.60 (plus \$4.00 - with no receipt)

Gas: \$110.06

Total: \$131.66

-\$40.00 Gas reimbursement from Eddie = \$91.66 – assuming Neil sent the check, I am looking to receive another \$51.66 today.

In Loving Service, Kim A. (CARNA RDA2)

VRCC Report –

We continue to prepare of the 32nd AVCNA being hosted in Hagerstown, MD.

To date we have not received any bis for the 33rd AVCNA. **Please take that info to your area.**

We have a donation of \$1,377.68 from the 31st AVCNA.

In Loving Service,
Shiela S.

Hospitals & Institutions Report –

I went as pro-temp chair person for the H&I Subcommittee Meeting on July 27, 2013 to Colonial Heights. Sadly and unfortunately, I was the only person to attend except for Bill M who came to give me moral support. There was one person who came in about 12 noon from the Tri-City area and we spoke with her, bringing her up to where the subcommittee is (or is not) at this point. At this time, I am thinking I will have to revisit the idea of meeting in another way; whether it be Webinar, Skype or simply by using the phone line access available. This committee is one of my passions and I was told not to judge the whole big picture by this one meeting, so I'm open to suggestions and would like to see the projects we have underway to be finished.

NA Luv and Hugs,
Nancy H

Policy Subcommittee Report -

Dear RSC,

I tried to have conference call meetings and failed miserably. The first one was scheduled for July 17th and because I didn't fulfill my duties by emailing a notice to put on the website, it didn't get announced on the website. I thought that having it in my report warranted a notice to be posted on the website. I stayed on the phone for 30 minutes and gave up. I then decided to schedule a second one the next week and had that on the website immediately. No one called in. Epic failure #2.

There were no motions committed to Policy committee for this cycle but I wanted to discuss with the subcommittee a motion regarding RCMs requesting to send a motion back to groups. I don't feel comfortable writing this motion without some input from a committee, so I will bring it up next month when I hoped a subcommittee meeting in a physical location. I am not sure where or when or who is supposed to schedule the subcommittee meetings. I have not been handed any type of rotation schedule with the cities I we should be holding these meetings. Some direction would be helpful.

I apologize in advance but I have to leave at 3 today. I informed the vice chair and he is willing to act on my behalf if any policy questions arise.

The policy subcommittee budget, in my opinion, should remain at \$300 for next year. This will not be able to fund making copies of policy as fancy as the current ones, but we should be able to print without a problem.

ILS, Greg G

Public Relations - ABS

Speaker Jam Report - OTF

7. Area Reports

Almost Heaven

Hi Everyone

Almost Heaven is doing well with a message of recovery be shared. We finally received back from one of H&I commitments of a list of cleared members. Some of our member didn't get cleared. But at least we have more than before. Our round table session facilitated by our delegate went well. I polled our gsr's last week at Area and they are support. Some members said some of the info that was discussed have actually been implement in their homegroup. The topic was Building strong homegroups. Hopefully in the future we will maintain some form of this training/mentor aspect of our Area.

Our convention went well. We still do not know have our financial yet but we are hopeful that we will be up and running next year. We are grateful to all who attended and to our own Donna Lee for sharing her ESH on Friday night.

We've been asked to come to some of the local missions in Martinsburg, WV. Will probably do some PR with administration and then go from there. More will be revealed.

We have a \$77.02 donation for region.

In Loving Service

Sherry V
RCM Almost Heaven Area

Appalachian – not present

Beach – Chuck A - no report submitted

Blue Ridge Area –

Hello from the BRANA area. The last BRANA ASC was held on August 8, 2013 with 6 of the home groups represented so quorum was met and business was conducted as usual. Overall, the weekly meetings are keeping their attendance up with the exception of the *Triumph Over Tragedy* group who has had to close two meeting times because of the program changes at the Community Service Board. On the other hand, the Never Alone Group in New Market is considering adding another New Market meeting and will be having a speaker meeting on the last Wednesday of the month. The H&I commitments are being fulfilled but as many of the other areas we could always use more committed members to help out.

At this time we have the following ASC positions open: RCM Alternate, VRCC Rep and Policy Chair. However, the Policy Chair has a nomination to be voted on next month. Peter P was nominated in July but was unable to attend the ASC in August. The two newest positions filled are Tony M. as Special Events Chair and myself as the RCM.

The 32nd Annual BRANA Campout was again a success. There was an estimated 600 people who attended. That included 425 registered campers and the rest were day visitors. The budget was \$72.62 under the expected operating cost however the books are still open and there has been no final statement yet.

The finding a New Way To Live home group will be sponsoring it's annual "Go Jump In The Lake" picnic tomorrow Aug 18th starting with a cookout at 1:00 pm. There are flyers here with all the details as well as directions on it. The next upcoming event will be held in September to celebrate National Recovery Month. More will be revealed as soon as the plans are finalized. It will be posted on the BRANA website which is brana.org.

We have a donation today of \$52.62 to the region. Our next ASC meeting will be held on September 12, 2013 at 6:30 pm at First Presbyterian Church in Harrisonburg.

NA Luv and Hugs,
Nancy H

Gateway To Freedom – not present

New Dominion –

All is well at NDANA. We have 54 meetings a week. We have 2 new meetings. Common Bonds is held from 12pm-1pm Wednesday nights at Trinity Episcopal Church at 501 w. Nine mile rd. Highland Springs, VA. NA way of life is held 7pm-8pm on Wednesday nights at Gathering Grounds Ministry on 12211 Iron Bridge rd. Chester, VA. The 13th annual bonfire and Brunswick stew will be held on October 26th, 2013 from 4pm-Midnight at 2781 three bridge rd. Powhatan, VA 23139. Funds raised will go to ECCNA 18. There is a 5 dollar donation requested for dinner. We have an upcoming phone line workshop on September 30th 2013 at the Boulevard United Methodist annex building on 319 n. Boulevard Richmond, VA from 6pm-7:15pm.

ILS

Joe B.

New River Valley – not present

Outer Limits – not present

Peninsula –

Hello family,

The Peninsula area is alive and well. We are excited about the world convention. Tim B is our new area chair. On our last area meeting there was 21 GSRs in attendance. Those that are not able to make it to the World Convention will have the opportunity to be a part of the convention. We will be having it via conference call at the Waldo C. Scott Community Center from 11:30 pm to 1:30 pm on 9/1/13. Hospitals and Institutions are carrying on as well. Public Relations and Hospitals and Institutions will be hosting a learning day on 9/8/13 from 1:30 pm – 4:00 pm. They are asking for the Region to be a part of the event. PR is also having a poster drive to carry the message to those that may not know about Narcotics Anonymous. The posters will be coming from NAWS. We have several positions open in our AREA. ASC Vice Chair, RCM, Vice-Treasurer, VRCC, VRCC Alt, & Literature Chair.

Jimmy R.

Piedmont RSC report – not present

Rappahannock Area –

Good Morning RSC, my Rudolph C. the RCM for the Rappahannock Area of Narcotics Anonymous. As of now there aren't any events planned for our Area yet, Man-Up to the Flatbook group hosted a speaker jam on Traditions and Concepts on July 27th and from their proceeds they are donating \$50. Also, our Area had a 'Bonfire' on August 10th at Lake Land or, and it was awesome. Awesome job Jewelz and Kenneth F. I brought with me my Sponsee, Chris R., who step down as his GSR and would like to fulfill the open position, RCM II at our next ASC.

In the RANA Area there are 27 meetings weekly and 17 home groups. In the month of June, at the ASC, there were 13 out of 17 GSR's representing. In the month of June there were few celebrations: James D.(5 yrs.), Paul G.(6yrs.), and Kelly S.(1 yr.). Lastly, in June we have a few opened positions available j Treasurer II, Literature Vice Chair, Out reach Vice Chair, H&I Vice Chair, Area Chair (open in August), and PR Chair(open in August).

In the month of July at the ASC there were only 10 out of 17 GSR's representing their homegroups. In the month of July we had a few celebrants: Dominic E.(1yr), Ernest R.(7 yrs.), Julie C.(5 yrs.), Richard B.(2yrs), and Etta F.(17 yrs). Hope Fiends, Tuesday nights meeting which meets from 7:00-8:15pm, changed their format from It Works: How and Why to Living Clean: The Journey Continues. The same positions are still open.

In the month of August, I can only report celebrations, fulfilled positions, and any upcoming events. With that being said here are the celebrants for the month of August Dot G. 2 years on the first, Jerine 5 years on the 15th, and Regina 1 year on the 29th. The following position was voted on and filled: Area Chair- Lauchlan P. We have no upcoming events. All other positions are still open including now Vice Chair and RCM II.

In closing, our ASC meets the first Sunday of the month, from 4:00-6:30pm at 900 Charlotte Street, Fredericksburg, Virginia. We will be meeting again on September 1st. H&I/PR, meets on the 2nd Sunday of every month, from 5:00-7:00pm at the Thurman-Brisben Center, 471 Central Road, Fredericksburg, Virginia Our mailing address is P.O. Box 30 Fredericksburg, Virginia 22401. There aren't anyLastly, there are a few celebrations in September: Ricky O.,1 year on September 2nd; John T. 21 years on September 7th; Brandon H., 1 year on September 18th, and Rudolph C. 6 years on September 19th

In loving service,
Rudolph C.

Richmond –

The Richmond area is doing well. We have 36 groups with 42 meetings. We still average 15-20 GSRs at Area. We are still trying to come up with a workable contract between area and the addict that took the money from the area. The money is being payed back monthly; just not according to the original contract. We have elected a secretary and a vice secretary since the last region. We are still in need of a VRCC Director and alt VRCC Director. We also need a Public Relations Sub-Committee Chair and a Print Shop Chair. Our Area is in the process of forming a fun raising committee especially for the ECCNA 18. Our Web page has been redesigned to be accessed by Iphone, Smart Phone and mobile devises. It can be

accessed at www.metrorichna.org. Because we are still under prudent reserve we have not donation the region. Our next area will be Sept 8, 2013.

ILS, Jackie W

jasmineroberson@yahoo.com

804-737-0571

Roanoke Valley – not present

Shenandoah Valley – not present

Southside Area –

Hello Family,

The Southside Area of NA is doing well. We currently have fourteen active groups in our area, with ten being present at last area service. We have one new group in Danville called "Spiritual Principles". They meet twice a week and at present time SVMHH is transporting their in house clients to the facility for the meeting.

I am happy to report that we have a new Public Relations chair, Lawson H. from Danville. He is enthusiastic about the position and we all look forward to working with him. We have no open positions at this time.

We held our planned event on July 13th, 2013 at the Halifax Regional Hospital. We had a great turnout for the event. We raised a total of \$493.00 this included \$253.00 for food sales, \$228.00 in auction sales and \$12.00 from the seventh tradition basket. We gave the Hospital \$25 for hosting the event. We voted to repay the Area the \$150.00 given to put the event on. The rest \$318.00 was donated to world. The event was called "Support Our Vision". The delegate team gave a short presentation on fund flow and we broke into small groups to discuss questions they had brought with them. It was an informative day and everyone who participated felt they came away with some useful information. We had speakers from several areas who spoke on H&I. PR. and how funding has changed and the need to increase what we give to World. I think we all felt the need to carry back to our home groups what we learned that day.

We have a donation of \$155.34.

We had our policy books printed and each GSR and the executive committee members received one.

Once again I am grateful to serve Narcotics Anonymous which saves my life on a daily basis.

ILS,

Gail F. RCM Southside Area

Tidewater –

As per reports received from:

Literature: - All is in order with new spread sheets in place. Sales of \$1500.00 last month. We are looking into ordering a printer for meeting lists.

We have 9 meetings that have been absent from AREA for 2 consecutive months.

We will be forming a new committee to audit our budget.

All else is well.

ILS,

Bill I.

Tri-Cities –

'Hello my regional family,

My name is Toney W., the Tri-Cities RCM alt and this will be the first time for me giving an area report, so I ask that you bear with me. The Tri-Cities area is well and alive with newcomers attending and joining home groups on a regular. Our area has 12 home groups.

The Area has three positions that are currently open and they are: VRCC ALT, RCM & Treasurer. Our Subcommittees are doing well and with me are flyers of upcoming events, (which were placed on the table). Today we are having a Speaker Jam from 1pm to 7pm and a dance following from 9pm to 1 am. If anyone here is free tonight, come out and have fun with us. We now have a literature committee where the GSRs can pick up their previously ordered supplies when attending area service meetings. Chair person for the literature committee is Greg F.

Area Service meets on the first Sunday of each month at 350 Poplar Dr. (Poplar Springs Hospital). Due to the world convention and Labor Day holiday, our area will meet in September on the 8th.

Our mailing address is: Tri-Cities Area of Narcotics Anonymous, PO Box 947, Colonial Heights, VA 23834. Our Website is www.tricitiesareaofna.org

Tri-cities sent with me today adonation of \$379.24.

In loving service,
Toney W

8. quorum established
9. All New Business Motions turned in

10. Old Business:

Roll call – 9 after lunch

Motion 162-02 (smartphone app BMLT) Referred to PR

Mover: Travis Tidewater **Second:** Chuck BANA

Description/Background: When addicts go from area to area it is difficult to know where the meetings are located without a GPS and meeting list.

Intent: To have a Smartphone app that will sync the areas meeting list, so while traveling one can find the closest meeting in reference to date and location.

Motion: To join the data base of a free program made by NA members and used by 17 other regions known as “BMLT” in JavaScript.

Discussion: see minutes from 162nd.

Elections & Nominations

Treasurer - Neil – Voted in

Secretary – nominations = 0 please take to areas

H&I – Jack C nominated Chuck – Chuck accepted. (RCM commitment up in December)

Consensus in favor of Pro temping Chuck - Nominations still open for 164th.

Speaker Jam Chair – nominations = 0 please take to areas

Vice Treasurer – *Nominations opened for 164 to be voted on at the 165th*

NOMINATIONS FOR THE FOLLOWING POSITIONS ARE BEING SOUGHT.

Secretary, H&I, Speaker Jam & Vice Treasurer

Add to October agenda – discuss Speaker jam and it’s purpose

Chair asked Vice Chair to contact Appalachian area because they have missed 2 consecutive RSCs.

11. New Business

Motion 163-1

Mover: Chuck K **AREA:** BEACH

2nd: Jack W **AREA:** RICHMOND

Description/Background (Optional):

We are a new area and as such have many new GSR’s that would benefit from the mentorship of the region.

Intent:

To support our service efforts and help new members learn their responsibilities as GSRs.

Motion:

To have the Regional Delegate Team attend Beach Area Home Group, Wave of Recovery's Annual picnic and present the workshop "Role of a GSR" on October 26th and provide for their expenses incurred not to exceed \$40.00 each in advance

Motion Carries: 9-0-1

Motion 163-2

Mover: Bill M

AREA:

2nd: Nancy H

AREA:

Motion: For the Central Atlantic Region of Narcotics Anonymous to create a standing position to it's Regional Service Committee. The position would be called East Coast Convention of Narcotics Anonymous Representative, (ECCNA Rep).

Intent: For CARNA to fill 1 of the 23 Regional Director positions on the ECCNA Advisory Board (AB). ECCNA Rep would attend monthly AB conference call meeting, have a vote in AB business, and report at the CARNA bi-monthly RSCs. Motion should be referred to the Policy Committee to develop requirements and duties. This is an addition to the CARNA Policy and will need to go back to Areas for approval.

Motion referred to Policy to gather more information - Due back at the 164th

- 2 day October event: October 19, 20, 2013. After discussion the following decisions were made:
 - 11-5 with lunch break
 - Roanoke is the location - Quality Inn 6626 Thirlane Road, 24019. 540-366-8861 – sign up sheet available with the Chair
 - Kim agreed to work with Eddy to send flyers to all RCMs
 - schedule:
 - 11:00 – 12:30 – How to be an Effective and Valued RCM
 - 12:30 – 1:30 – lunch
 - 1:30 – 3:00 – Subcommittees round tables – policy, H&I, PR
 - 3:00 – 3:15 – BREAK
 - 3:15 – 4:45 – "Supporting Our Vision" presented by the RD Team
 - We are starting RSC at 10 on Sunday
 - Subcommittees meeting in Winchester, VA 3rd Saturday of September
 - Delegate Donna lee brought up the AZF website www.autonomyzonalforum.org asked for the regions support. Cost of the new domain name would be spread out among the regions in the zone. Asked for consensus on whether or not the body is in support. **We have consensus to create a line item in the budget for the \$7.50**
- 12. Next RSC – Sunday – October 20, 2013 – 10 AM - Williamson Road Church of the Brethren, 3110 Pioneer Rd.**
- 13. Close with Serenity Prayer and Announcements**