

Piedmont Area Service Committee Minutes

January 8, 2023 - Hybrid Meeting

I. Call to Order and Serenity Prayer: 4:01 led by Amalie D.

Twelve Traditions: Matt S. Twelve Concepts: Dana R. Purpose of ASC: Amalie D.

II. Roll Call

Group Service Representatives:

1. Addicts in the Belfry	Vince S.	Present
2. Changing Perspectives	Patsy G.	Present
3. New Attitudes	Adam D.	Present
4. New Life	Matt S.	Present
5. No Matter What	Anand H.	Present
6. Off the Tracks	Roy C.	Present
7. SOS	Kyle W.	Present
8. Serene in Greene	Tracy A.	Absent
9. Spiritual Solutions	Jason B.	Present
10. Sunday Serenity	Linda L.	Present
11. We Choose Recovery	Megan B.	Present

Trusted Servants

Chair:	Amalie D.	Present
Vice Chair:	Dana R.	Vacant Present
Secretary:	Lauren H.	Present
Alternate Secretary:		Vacant
Treasurer:	Ben C.	Present
Vice Treasurer:		Vacant
RCM:	Brian K.	Present
RCM II:		Vacant
Literature Chair:	Kyle W.	Present
Alternate Literature Chair:		Vacant
Public Relations Chair:	Megan O.	Present
H&I Chair:	Jim W.	Present
Special Events Chair:	Anand H.	Present
Special Events Vice Chair:		Vacant
VRCC Director:	Tee T.	Absent
Alternate VRCC Director:	Tracy A.	Absent

Working minutes: These minutes have not been approved by ASC.

Quorum was met.

Groups to be removed from roll call: None

Groups to be added: No Matter What

4:08 III. Approval of Minutes - December minutes: Jim W. moved to approve, seconded by Megan O.; minutes were approved.

4:09 IV. Open Forum – Brian K. presented 5 copies of the Basic Text from ECCNA, 3 in English and 2 in Spanish. These were given to Lauren H. who will deliver to Olivia at ACRJ.

V. Reports

4:10 Chair Report: (*Amalie D.*) Amalie D.'s term as chair has ended and the position is now open. This is her last meeting as Chair.

Vice Chair Report: (*Dana R.*) No report.

Secretary Report: (*Lauren H.*) No report.

4:11 Regional Committee Member (RCM) Report: (*Brian K.*)

Good afternoon, Family,

The 218th Regional Service Conference of the Central Atlantic Region of Narcotics Anonymous took place at 10am on Saturday, December 17, 2022, via Zoom.

All 8 current executive members were present. Also present were 13 of the 17 current Regional Committee Members.

Highlights:

1. The annual CAR-NA budget (Motion 218-2) needs to be approved by the Areas it serves. This is very important. I am supplying copies of the proposed budget to GSRs and Executive Members today. I also have attached a copy to this report. I ask that GSRs bring a one copy to your respective homegroup for discussion and approval.

I will call for a vote from GSRs during next month's ASC meeting (2/5/23). Please return next month with your homegroup's conscience so I can carry our Piedmont Area conscience back to the next CAR-NA RSC, which will be held on 2/18/23.

The other budget issue that needs to be voted on by groups is Motion 218-3:

"Relocate Funds for the RD" Mover: Randy D. Shevana Area; Second: Roland C.

Tidewater Area. Description/Background: World asked that Regions who can fund their RDs participation at the WSC 2023

Working minutes: These minutes have not been approved by ASC.

Intent: To utilize RDA2 RSC Line Item to fund the RD for the upcoming 2023 WSC in the RDA2 planned absence to ease World funding.

Motion: RDA2 RSC line item to be utilized by the RD.

Needs to go back to groups to be voted on in Feb RSC

2. Etta L. is our new Region Treasurer
etta22701@yahoo.com
9815 Leavells Rd.
Fredericksburg VA 22407
3. The semi-annual GSR Assembly will take place on Saturday, April 15, via zoom. This is the place where GSRs come together with other GSRs in our Region, get support and information, and hear about the CAR (Conference Agenda Report) and CAT (Conference Approval Track). The following day will be the 220th Regional Service Conference. All of these meetings take place via zoom.

The CAR-NA website is <https://car-na.org/>

I have supplied fliers for GSRs and other trusted servants, as well as attached a flyer to this report.

4. The next Autonomy Zonal Forum (AZF) will be hosted by our region in a hybrid format on January 28 and 29, 2023, in Martinsburg, WV.

Find out what an Autonomy Zone is and learn about the history of Narcotics Anonymous. I have supplied fliers for GSRs and other trusted servants, as well as attached a flyer to this report.

The meeting location will be held: Comfort Inn Aikens Center
1872 Edwin Miller Boulevard
Martinsburg, WV, 25404
(304) 263-6200

Zoom details: <https://us02web.zoom.us/j/82545381039> Meeting ID: 825 4538 1039
+1 301 715 8592 US (Washington DC)

5. The ECCNA has donated 5 English and 2 Spanish Basic Texts to our Area from ECCNA. Tee T. has offered to pick up the literature from Randy D (RD CAR-NA) this weekend at the AVCNA in Virginia Beach. Thank you, Tee!

Working minutes: These minutes have not been approved by ASC.

6. OPEN REGIONAL SERVICE POSITIONS:

- a. Piedmont Area Regional Committee Member (RCM)– this service commitment is one Zoom conference meeting every other month. Two of the meetings are 2-day conferences. All meetings currently take place via Zoom. Just like your local group is represented at an area service level with a GSR, our Piedmont Area is represented on a regional level with an RCM. This is a great way to give back to your recovery.
 - b. CAR (Central Atlantic Region):
 - Vice Treasurer - open since 173rd (June 20th 2015)
 - Speaker Jam - open since 203rd RSC (June 20th 2020)
 - Vice Chair - open since 209th RSC (June 19th 2021)
 - H&I Chair - open since 213th RSC (Feb 18th 2022)
 - Policy Chair - open since 214th RSC (April 17th 2022)
 - Secretary - open by nominations only
7. The next Regional Subcommittee Meeting will be held at 10am on Saturday, January 21st 2023 via Zoom. Meeting ID: 304 156 278
8. The next RSC will be held at 10am on Saturday, February 18th, 2023 via Zoom Meeting ID: 304 156 278
9. The CAR-NA website is <https://car-na.org/>

In Grateful Service,
Brian K
RCM - Piedmont Area NA

4:19 David H. explained the “relocation of funds for the RD” motion to the GSRs. In an effort to make the World budget more fiscally responsible, there is the recommendation that Regions move to opt-in funding. This means that instead of NAWs paying for delegates to attend the World Service Conference unless they opt-out, Regions would have to notify World that they are opting-in in order to receive funding. This motion anticipates this change by providing funding for the Regional Delegate to attend the World Service Conference.

Working minutes: These minutes have not been approved by ASC.

4:27 Public Relations Report: (Megan O.)

Good afternoon,

The Public Relations Subcommittee met virtually today at 1:30p. We had 7 people in attendance.

We still have the Panel Presentations Coordinator position open. Please continue to announce this position at meetings.

Our next meeting is scheduled for February 5, 2023 at 1:30p.

Megan Osborne

C: 434-249-8896

4:33 H&I Report: (Jim W.)

January H&I subcommittee Report

The committee met today 1/8 virtually at 2:30. There were 8 addicts in attendance; all panel leaders were present except 1, who submitted a report.

Men's ACRJ had no meetings last month. Our contact there has made arrangements for the men to be moved to a room for meetings which will hopefully take care of the audio issues we've been having. If the issues remain, they will look at possibly restarting in-person meetings. So, there is some progress in this area. There were 2 meetings scheduled for this month, but the first has been canceled due to an outbreak of covid among the male inmates.

One Women's ACRJ meeting took place last month. But Lauren reported difficulty finding volunteers; we are relying on the same s for two inmates. We have two meetings scheduled for this month, but we still need more volunteers.

5 East had 3 of the scheduled 6 meetings take place; 3 were canceled due to sickness and last-minute occurrences. We have one opening in January on the 29th and February is completely open. We have a need for more volunteers.

All four scheduled Boxwood meetings took place, though the holidays saw a decrease in residents, from 9 down to 3-4. There continues to be good engagement in the meetings. January's schedule is full, but no one is scheduled for February yet. See Erick H. if interested.

Working minutes: These minutes have not been approved by ASC.

Four of the 5 Mohr Center meetings scheduled for December took place and the meetings continue to go well. We are fully scheduled for this month. The one meeting that didn't happen was due to the Mohr Center canceling last minute to go to an in-person meeting where a former client was celebrating 18 months.

The Mohr Center is now going out to in-person meetings, so we discussed whether we would make an exception to the policy that H&I meetings are for those who can't get out to meetings and continue to go twice a month, as Requested by the Mohr Center Director.

After some discussion, a motion to table the decision until next month and continue to go this month was passed.

We also discussed a request from the Director of the Wellness Center for us to resume meetings now that they are reopening at the end of this month. Concern was expressed over diluting the already limited pool of volunteers, but the motion to begin the process of restarting the meeting was passed.

We are awaiting info from GSRs at Area today re: a meeting for Fluvanna's Women Prison to look at whether/how we will have a meeting there.

I have decided to continue to serve as Chair until the end of my second year in May. We still have a vacancy for Secretary- though Will P. will continue to serve for the time being. We also now need a Panel Leader for the Wellness Recovery Center now that we're restarting that meeting. We also continue to have a need for more volunteers for all meetings, especially Women's ACRJ and 5 East.

Literature Order:
15 meeting lists

Total: \$0
Next meeting 2/5/23 at 2:30 online

ILS,

Jim W

Working minutes: These minutes have not been approved by ASC.

4:37 Special Events Report: (*Erick H.*)

Hello Family,

Wow! All I can say, is thank you! We had around 40 people including families attend our NYE Bringing in the New Year event. We had food, 2 speakers (one from Israel) and fellowshiping! We had people from the George's House and Mohr Center attend.

Local member Cecily and a member from Israel, Elli, spoke with incredible messages of hope, perseverance, and recovery in Narcotics Anonymous. Anand provided us with a great DJ! Erick H., Jamise O. and Israeli member Elli created a fabulous array of food. Ruth Ellen oversaw decorating a magical and festive space for New Year's Eve!

In addition, during the cleanup, many members jumped in and helped us get everything cleaned and put back together for the church. I was really grateful for the help after a very long day!

I'd like to thank the subcommittee for everything! Thank you, Piedmont Area, for the continued to support for the fellowship. The Fall Ball expenses which are as follows:

Given \$400 from the area.

\$282.89 for the main dish food items, beverages, and assorted food related items.

\$77.66 spent for decorations

\$360.55 spent (\$39.45 under budget)

\$86.00 in donations received at the event

Please be on the lookout for a possible "Spiritual Breakfast" in the Spring.

ILS

Erick H.

4:39 VRCC/ECCNA Report: (*Tee. T. and Tracy A.*) – no report

Working minutes: These minutes have not been approved by ASC.

4:40 Treasurer's Report: (Ben C.)

PIEDMONT AREA TREASURER REPORT			
Month	January '23	December '22	November '22
Beginning Balance	\$900.11	\$1,600.19	\$2,059.81
Donations	\$994.40	\$494.02	\$818.54
Expenses:			
Literature Order (NAWS)	\$121.21	\$315.22	\$303.69
PR Expenses*	\$0.00	\$205.34	\$0.00
Secretary Expenses	\$0.00	\$0.00	\$0.00
Treasurer Expenses	\$0.00	\$0.00	\$0.00
Special Events	\$0.00	\$400.00	\$0.00
PASC Rent	\$50.00	\$50.00	\$50.00
USPS PO Box	\$0.00	\$0.00	\$0.00
H&I Printing	\$0.00	\$0.00	\$0.00
Bank Fee	\$0.00	\$0.00	\$0.00
Miscellaneous (Includes VRCC)**	\$0.00	\$175.07	\$0.00
GoDaddy (Webpage)	\$16.99	\$16.99	\$16.99
CAR-NA Donation	\$70.00	\$0.00	\$438.00
NAWS Donation	\$70.00	\$0.00	\$438.00
ZOOM Account	\$31.48	\$31.48	\$31.48
Total Expenses	\$359.68	\$1,194.10	\$1,278.16
Ending Balance	\$1,534.83	\$900.11	\$1,600.19
Difference +/- From Prudent Reserve (\$1,600)	-\$65.17	-\$699.89	\$0.19
New checks were ordered during the month of December through a UVA Credit Union Third party. The transaction did not go through per staff. The \$110.75 amount was incorrect. Updated amount above. This figure includes shipping charges.			

4:41 Literature Report: (Kyle W.)

Hello all!

This past month we ordered \$315.22

We passed out \$262.10

An order was placed on January 9th for \$121.21

Reminder that this month starts the new prices from World!

Let me know if you have any questions.

Thanks!

Kyle W.

Working minutes: These minutes have not been approved by ASC.

4:42 VI. Old Business – H&I meeting at the Fluvanna Women’s Correctional Center. GSRs: in order to clarify the service needs requested of our Area two months ago by Fluvanna Women’s Correctional center, please email piedmontasc@gmail.com or call/text Jim W. at 434-989-3922. If you have willing members of your homegroups, please have them reach out.

4:47 VII. Elections – Dana R. voted into position of Chair of Area Service Committee

4:51 VIII. New Business – Brian K. introduced motions:

Motion 218-2 (the CAR-NA Budget): GSRs will vote on this at the February ASC meeting. Copy of the budget is attached.

Motion 218-3 (the relocation of funds for the RD)

IX. Back to Groups – Two (2) motions:

#1 Motion 218-3 (the relocation of funds for the RD): World asked that Regions who can, please fund their RDs participation at the WSC 2023.

#2 Motion 218-2 (the CAR-NA Budget): GSRs will vote on this at the February ASC meeting. Please return next month with your homegroup’s conscience so that Brian K. can carry the Piedmont Area’s conscience back the next CAR-NA RSC, which will be held on 2/1/2023.

Due to the formatting of the file of the proposed CAR-NA Budget, it is attached in 3 separate images. The budget is also attached in a .pdf file. If you need better clarity, please contact Lauren H. or Brian K.

Working minutes: These minutes have not been approved by ASC.

Expense Type	Description	2021 Budget	2022 Budget	2023 Budget
A001-Phoneline	800 & Answering Services	\$ 3,500.00	\$ 1,200.00	\$ 500.00
A002-Mailbox	PO Box	\$ 170.00	\$ 250.00	\$ 300.00
A003-Website	Host & Domain Expenses	\$ 200.00	\$ 400.00	\$ 500.00
A004-Teleconferencing	ZOOM Teleconferencing Service - Annual Fee	\$ 150.00	\$ 160.00	\$ 160.00
A005-Service Charges	Bank Service Charges	\$ 40.00	\$ 40.00	\$ 40.00
B001-Conferences	RSC Meeting Expenses: rent, food & beverage, AV equipment rental, & office supplies	\$ 600.00	\$ 600.00	\$ 600.00
B002-Executive	Correspondence & report preparation & distribution expenses for RSC Chair and Vice Chair	\$ 100.00	\$ 500.00	\$ 100.00
B003-RD Team	Correspondence & report preparation & distribution expenses for RD Team (includes SurveyMonkey)	\$ 100.00	\$ 1,000.00	\$ 1,080.00
B004-Secretary	Secretary expenses associated with preparation & distribution of RSC minutes, reports, correspondence, and related office supplies	\$ 200.00	\$ 150.00	\$ 150.00
B005-Treasurer	Treasurer expenses associated with preparation & distribution of reports, correspondence, and related office supplies	\$ 120.00	\$ 120.00	\$ 120.00
B006-GSR Assembly	Expenses associated with refreshments, food & beverage, & office supplies	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
B007-RD Workshops	RSC pre-approved line item expenses associated with holding 4 multi-area workshops ****	\$ 1,200.00	\$ 1,200.00	\$ 1,200.00
B008-Zonal Forum	Expenses associated with holding Zonal Forum approximately ***	\$ 200.00	\$ 200.00	\$ 1,000.00
B009-Zonal Support	CARNA's portion of zonal expenses	\$ 457.00	\$ 700.00	\$ 700.00
C001-WSC/RDA	Expenses associated with RDA attendance of bi-yearly WSC with \$55 per diem *	\$ -	\$ 2,000.00	\$ 2,500.00
C002-WSC/RDA-2	Expenses associated with RDA-2 attendance of bi-yearly WSC with \$55 per diem *	\$ -	\$ 2,000.00	\$ 2,500.00
C004-Service and training/RD	Expenses associated with RD attendance of yearly	\$ 400.00	\$ 500.00	\$ 1,000.00
C005-Service and training/RDA	Expenses associated with RDA attendance of yearly	\$ 400.00	\$ 500.00	\$ 1,000.00
C006-Service and training RDA	Expenses associated with RDA-2 attendance of yearly	\$ 400.00	\$ 500.00	\$ 1,000.00
C006-AZF/RD	Expenses associated with RD attendance of Autonomy Zonal Forum	\$ 1,000.00	\$ 760.00	\$ 760.00
C007-AZF/RDA	Expenses associated with RDA attendance of Autonomy Zonal Forum	\$ 1,000.00	\$ 760.00	\$ 760.00
C008-AZF/RDA-2	Expenses associated with RDA-2 attendance of Autonomy Zonal Forum	\$ 1,000.00	\$ 760.00	\$ 760.00
C009-RD Service Events	Expenses associated with RD attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$ 2,500.00	\$ 1,000.00	\$ 1,000.00

Working minutes: These minutes have not been approved by ASC.

C010-RDA Service Events	Expenses associated with RDA attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$ 2,500.00	\$ 1,000.00	\$ 1,000.00
C011-RDA2 Service Events	Expenses associated with RDA-2 attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$ 2,500.00	\$ 1,000.00	\$ 1,000.00
D001-Policy	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, literature, and guideline printing (not to include refreshments)	\$ 300.00	\$ 300.00	\$ 300.00
D002-Project Driven	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 300.00	\$ 300.00	\$ 300.00
D003-Speakerjam	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 120.00	\$ 120.00	\$ 120.00
D004-Public Relations	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 300.00	\$ 300.00	\$ 300.00
D005-Hospitals & Institutions	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 300.00	\$ 300.00	\$ 300.00
E001-Hospitals & Institutions	Expenses associated with inmate literature purchases, correction facility library literature purchases, and H&I presentations, and events or workshops.	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
E002-Speakerjams	RSC line-item approved expenses associated holding speakerjams in March & September each year including travel	\$ 1,200.00	\$ 1,200.00	\$ 1,000.00
E003-Overnight RSC	Overnight RSC expenses including overnight lodging, and meeting space rent (\$3,000.00/overnight)	\$ 6,000.00	\$ 6,000.00	\$ 6,000.00
E004-RD Team	Travel expenses associated with RSC approved RD team attendance at Area events when requested by the Areas **	\$ 600.00	\$ 600.00	\$ 600.00
E005-Project Driven	RSC approved expenses associated with communicating and/or visiting with isolated groups & interested ASC's including gas and long distance phone calls **	\$ -	\$ -	\$ -
E006-Equipment	Repair, replacement, and maintenance of RSC laptop, projector, etc.	\$ 500.00	\$ 500.00	\$ 500.00

Working minutes: These minutes have not been approved by ASC.

E007-Public Relations	Expenses associated with Professional conference & community event registrations, paid radio spots, professional contact data base production, annual PR mailing, printed materials for reports, training, presentations, and travel	\$ 1,500.00	\$ 1,500.00	\$ 1,500.00
F001-Policy	Expenses associated with travel in the performance of duties outlined in policy	\$ 600.00	\$ 600.00	\$ 600.00
F002-Hospitals & Institutions	Expenses associated with travel in the performance of duties outlined in policy	\$ 800.00	\$ 800.00	\$ 800.00
F003-Public Relations	Expenses associated with travel in the performance of duties outlined in policy	\$ 1,800.00	\$ 1,800.00	\$ 1,800.00
F004-Speaker Jam	Expenses associated with travel in the performance of duties outlined in policy	\$ 80.00	\$ 80.00	\$ 80.00
F005-Ad Hoc	Expenses associated with travel in the performance of duties as defined by RSC when ad hoc is created	\$ 1,200.00	\$ -	\$ -
G001-Discretionary	\$300 maximum per item	\$ 1,200.00	\$ 1,200.00	\$ 1,200.00
		\$ 37,537.00	\$ 34,900.00	\$ 37,130.00

4:54 X. Announcements and Anniversaries

ANNOUNCEMENTS

- ◆ Groups are asked again this month to please announce that Women AND Men volunteers are needed for H&I service, as requested by **Fluvanna Women's Correctional Center**. Men will be allowed to carry the message, provided that a female addict is also in-person or online for the meeting. Please ask your willing group members to provide you with answers to the following questions, needed for scheduling:
 1. Are you willing to attend the jail in-person?
 2. Are you willing to Zoom into a meeting with inmates?
 3. What days are best for you? What days are you NOT available?
 4. What times of day would fit easiest into your schedule? Are there times of the day that you are NOT available? If so, when?
- If you need more information, please either email piedmontasc@gmail.com or call/text Jim W. at 434-989-3922.
- ◆ Please see flyer below, and attached, for MANY Open Positions on Piedmont's Area's monthly service meeting. We need you! Get involved with YOUR Area.
- ◆ Public Relations and Hospitals & Institutions would love new volunteers for these fun and impactful service missions. H&I flyer is attached.
- ◆ The Area's Special Events committee would like for you to be on the lookout for a possible "Spiritual Breakfast" in the Spring!
- ◆ **The Next ASC meeting:** *The next Area Service meeting will be held in person, with a hybrid option on Sunday, February 5, 2023, at 4:00pm. Come learn about how our Area operates and how you can get involved!*

ANNIVERSARIES

Brian K. (17)	Monday, January 16 th at 8pm	New Attitudes	Hinton Ave Methodist
Carl H. (30)	Friday, January 20 th at 7pm	Off The Tracks	Main Street First Baptist
Megan O. (13)	Monday, January 30 th at 8pm	New Attitudes	Hinton Ave Methodist
Erick H. (34)	Saturday, February 11 th at 5pm	Changing Perspectives	Main Street First Baptist
Patsy G. (33)	Saturday, February 11 th at 5pm	Changing Perspectives	Main Street First Baptist
Connie P. (19)	Monday, February 20 th at 6pm	We Choose Recovery	Christ Episcopal

Working minutes: These minutes have not been approved by ASC.

4:58 Motion to Close: Matt S.

Seconded by: Kyle W.

4:59 Serenity Prayer said by all.

Note: Please see 5 flyers below (and .pdfs attached for you to print for your groups, etc.)

January and February Celebrations!

Brian K. (17)

Monday, January 16th at 8pm
New Attitudes
Hinton Avenue Methodist

Carl H. (30)

Friday, January 20th at 7pm
Off the Tracks
Main Street First Baptist

Megan O. (13)

Monday, January 30th at 8pm
New Attitudes
Hinton Avenue Methodist

Doubleheader!

Erick H. (34) & Patsy G. (33)

Saturday, February 11th
Main Street First Baptist

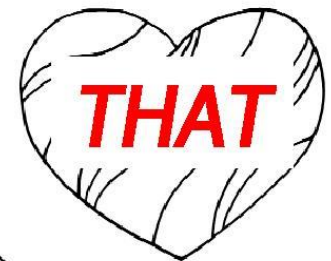
Connie P. (19)

Monday, February 20th at 6pm
We Choose Recovery
Christ Episcopal

Open Positions on A

S

C



Please join us on Zoom or in-person at **4pm**

On **Sunday, February 5th** at **Church of Our Savior** (1165 Rio Road, East) if you have a **willingness to serve** in any of open positions.

Working minutes: These minutes have not been approved by ASC.

2023 CARNA Proposed Budget (updated)

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B004-Secretary	Secretary expenses associated with preparation & distribution of RSC minutes, reports, correspondence, and related office supplies	\$ 200.00	\$ 150.00	\$ 150.00
B005-Treasurer	Treasurer expenses associated with preparation & distribution of reports, correspondence, and related office supplies	\$ 120.00	\$ 120.00	\$ 120.00
B006-GSR Assembly	Expenses associated with refreshments, food & beverage, & office supplies	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
B007-RD Workshops	RSC pre-approved line item expenses associated with holding 4 multi-area workshops ****	\$ 1,200.00	\$ 1,200.00	\$ 1,200.00
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2023 CARNA Proposed Budget (updated)

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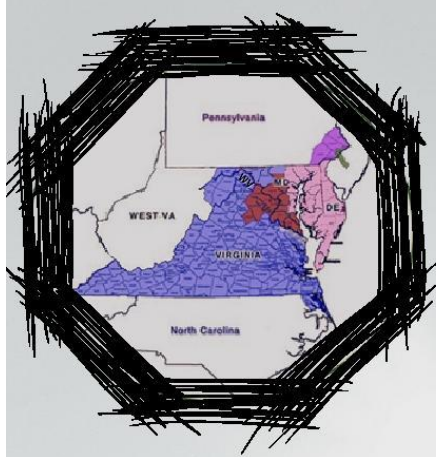
C010-RDA Service Events	Expenses associated with RDA attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$ 2,500.00	\$ 1,000.00	\$ 1,000.00
C011-RDA2 Service Events	Expenses associated with RDA-2 attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$ 2,500.00	\$ 1,000.00	\$ 1,000.00
D001-Policy	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, literature, and guideline printing (not to include refreshments)	\$ 300.00	\$ 300.00	\$ 300.00
D002-Project Driven	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 300.00	\$ 300.00	\$ 300.00
D003-Speakerjam	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 120.00	\$ 120.00	\$ 120.00
D004-Public Relations	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 300.00	\$ 300.00	\$ 300.00
D005-Hospitals & Institutions	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$ 300.00	\$ 300.00	\$ 300.00
E001-Hospitals & Institutions	Expenses associated with inmate literature purchases, correction facility library literature purchases, and H&I presentations, and events or workshops.	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
E002-Speakerjams	RSC line-item approved expenses associated holding speakerjams in March & September each year including travel	\$ 1,200.00	\$ 1,200.00	\$ 1,000.00
E003-Overnight RSC	Overnight RSC expenses including overnight lodging, and meeting space rent (\$3,000.00/overnight))	\$ 6,000.00	\$ 6,000.00	\$ 6,000.00
E004-RD Team	Travel expenses associated with RSC approved RD team attendance at Area events when requested by the Areas **	\$ 600.00	\$ 600.00	\$ 600.00
E005-Project Driven	RSC approved expenses associated with communicating and/or visiting with isolated groups & interested ASC's including gas and long distance phone calls **	\$ -	\$ -	\$ -
E006-Equipment	Repair, replacement, and maintenance of RSC laptop, projector, etc.	\$ 500.00	\$ 500.00	\$ 500.00

Working minutes: These minutes have not been approved by ASC.

2023 CARNA Proposed Budget (updated)

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E007-Public Relations	Expenses associated with Professional conference & community event registrations, paid radio spots, professional contact data base production, annual PR mailing, printed materials for reports, training, presentations, and travel	\$ 1,500.00	\$ 1,500.00	\$ 1,500.00
F001-Policy	Expenses associated with travel in the performance of duties outlined in policy	\$ 600.00	\$ 600.00	\$ 600.00
F002-Hospitals & Institutions	Expenses associated with travel in the performance of duties outlined in policy	\$ 800.00	\$ 800.00	\$ 800.00
F003-Public Relations	Expenses associated with travel in the performance of duties outlined in policy	\$ 1,800.00	\$ 1,800.00	\$ 1,800.00
F004-Speaker Jam	Expenses associated with travel in the performance of duties outlined in policy	\$ 80.00	\$ 80.00	\$ 80.00
F005-Ad Hoc	Expenses associated with travel in the performance of duties as defined by RSC when ad hoc is created	\$ 1,200.00	\$ -	\$ -
G001-Discretionary	\$300 maximum per item	\$ 1,200.00	\$ 1,200.00	\$ 1,200.00
		\$ 37,537.00	\$ 34,900.00	\$ 37,130.00



Autonomy Zone 2-day Event

Hosted by Central Atlantic Region

January 28-29, 2023

Come in Person or Join Virtually

CAR and (if available)CAT Workshop

January 28, 2023

Time: 10:00 am - 5:00 pm

USA-Eastern Standard Time

10:00-11:30 am NAWS Update

11:30-11:45 am break

11:45-1:15 am CAR workshop

1:15-2:00 pm lunch

2:00-3:30 pm CAR workshop

3:30-3:45 pm break

3:45-5:00 pm CAR/CAT workshop

5:00-7:00 pm Dinner break

7:00-9:00 pm Chris&Boys must see

History of Narcotics Anonymous

Virtual Information

Zoom Platform

<https://us02web.zoom.us/j/82545381039>

Meeting ID: 825 4538 1039

+1 301 715 8592 US (Washington DC)

**Sunday January 29,
2023**

**AZF Business
Meeting**

**Learn more about our
Zone**

10:00 am to 2:00 pm

Same Location

Car/Cat Workshops

facilitated

by two World

Board Members

Virtually

Location:

Comfort Inn Aikens Center

(304) 263-6200

1872 Edwin Miller Boulevard, Martinsburg, WV, 25404, US

[https://www.choicehotels.com/west-](https://www.choicehotels.com/west-virginia/martinsburg/comfort-inn-hotels/wv023)

virginia/martinsburg/comfort-inn-hotels/wv023

Room Rates: \$99.00/night plus taxes Ask for Autonomy Zone

Cut off date for room block January 13, 2023

Free Hot Breakfast

Free Parking

Free Event

Working minutes: These minutes have not been approved by ASC.

The Central Atlantic Region of Narcotics Anonymous

GSR ASSEMBLY 2023

Saturday April 15, 2023 • <https://us02web.zoom.us/j/828898368>

Call In: 646 558 8656 Zoom ID: 828 898 368

Our GSR Assembly is where Group Service Representatives (GSR's) and all others throughout our region come together. We hear reports from our Regional Trusted Servants, Finalize our CAR/CAT motions and have training, mentoring, and best practices presentations. All times Eastern Daylight Savings

Hope to see everyone there!!

10:00 am - 11:15 am Reports from Executive body (10 minutes per policy)

11:15 am - 12:00 pm CAR/CAT Motions Discussion

12:00 pm - 1:00 pm Lunch

1:00 pm - 2:00pm Additional Needs

2:00-2:15 pm Break

2:15pm - 3:15 pm How to update your meetings in BMLT

3:15pm - 3:30 pm Break

3:30pm - 3:45 pm Updates

3:45pm - 4:00 pm Wrap up

For More Information Contact

Regional Delegate Randy D. (540) 327-3335

Regional Alternate Sherry V. (304) 261-0401

Regional Alternate 2 David H. (312) 545-5114

Email: carnadelegateteam@car-na.org

SUNDAY APRIL 16, 2023- 220TH RSC
REGIONAL SERVICE CONFERENCE 10:00 AM

<https://us02web.zoom.us/j/828898368> time slots may vary slightly

5
FEB

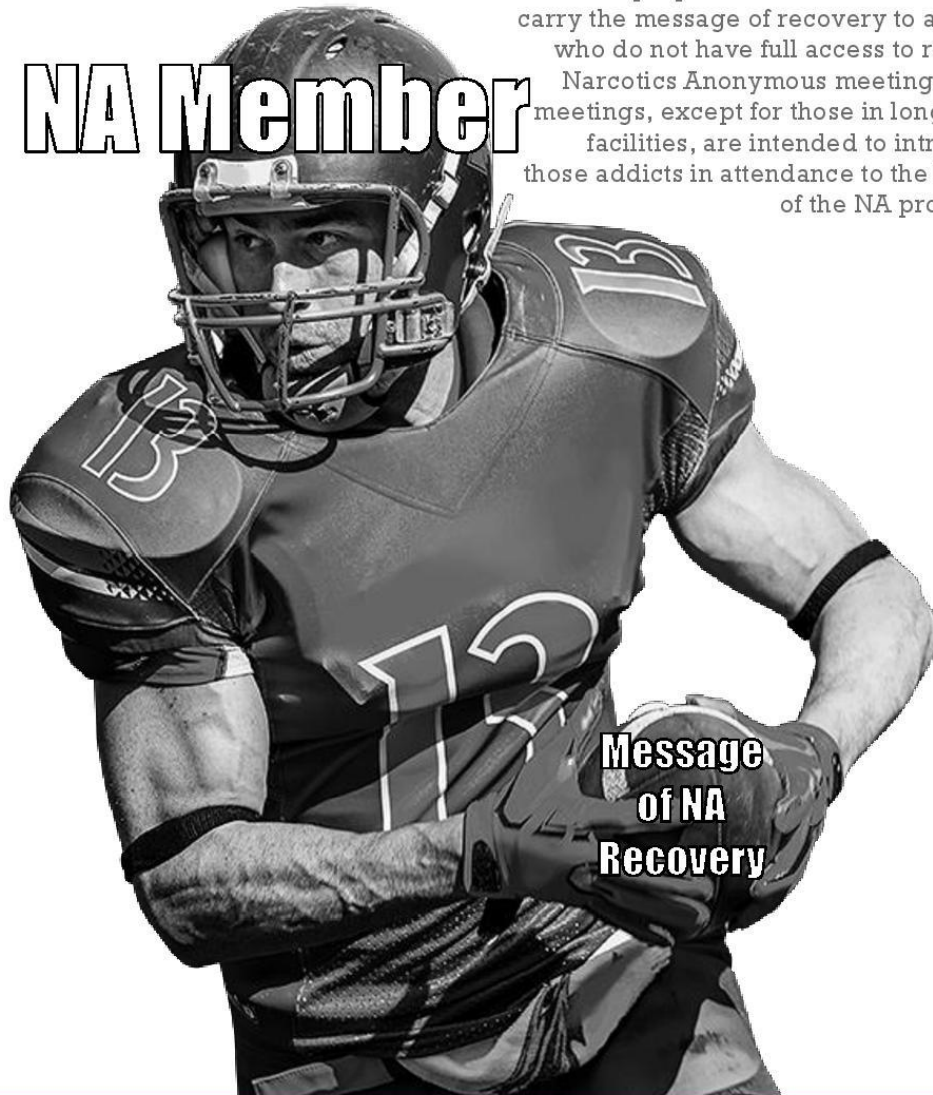
PIEDMONT AREA
MONTHLY SUBCOMMITTEE MEETING

H&I

2:30
PM
on Zoom

NA Member

The purpose of an H&I meeting is to carry the message of recovery to addicts who do not have full access to regular Narcotics Anonymous meetings. H&I meetings, except for those in long-term facilities, are intended to introduce those addicts in attendance to the basics of the NA program.



Albemarle-Charlottesville Regional Jail **CONTACT** Kyle W. (men) 434-465-1621 or Lauren H. (women) 804-402-4623
5 East at UVa Medical Center **CONTACT** Connie P. 434-409-4118
Mohr Center – Region Ten **CONTACT** Ky L. 434-825-3530
Boxwood Treatment Center **CONTACT** Erick H. 434-305-5731

RACNA 3: **"CHANGE I MUST OR DIE I WILL"**

September 15 -17 2023

Fredericksburg Expo and Conference Center

2371 Carl D. Silver Pkwy, Fredericksburg, VA 22401

JUST REGISTRATION:

UNTIL 12/31/22 - \$25
Jan 1 until March 31 - \$30
April 1 until June 30 - \$35
July 1 until Event - \$45



Scan QR Code to Register or
Fill Out Order Form Below!

REGISTRATION + SAT NIGHT BANQUET:

UNTIL 12/31/22 - \$65
Jan 1 until March 31 - \$80
April 1 until June 30 - \$85
July 1 until Event - \$95

Lodging Offered By:

HOMEWOOD SUITES

1040 Hospitality Lane
Fredericksburg, VA 22401
(540) 786-9700

Suite Room Rate: \$159.00/night

Mention "RACNA 3" when making
reservation to receive rate!

HAMPTON INN & SUITES

1090 Hospitality Lane
Fredericksburg, VA 22401
(540) 786-5530

Room Rate: \$139.00/night

Please Make All Checks/Money Orders Out To: **RACC**

Name: _____

Email: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone #: _____

☐ JUST REGISTRATION ☐ REGISTRATION + BANQUET ☐ ADDITIONAL NEEDS

Registration QTY: _____

Newcomer Donation: _____

TOTAL ENCLOSED: \$_____

Mail To: **RACNA 3 REGISTRATION**
P.O. BOX 30 FREDERICKSBURG VA 22401

RACNA 3: **"CHANGE I MUST OR DIE I WILL"**

September 15 -17 2023

Fredericksburg Expo and Conference Center

2371 Carl D. Silver Pkwy, Fredericksburg, VA 22401

COMMITTEE CONTACTS

Convention Chair: Ron M.	724 351 2513
Vice Chairperson: Mark T.	540 379 9056
Programming Chair: Rudy C.	540 429 5284
Programming Vice Chair: Etta L.	540 522 1199
Registration: Tressie B.	215 298 2525
Hospitality: Julie C.	540 429 1125

DIRECTIONS TO CONVENTION/HOTEL AREA

From Interstate 95:

Take exit 130B for VA-3 W toward Culpeper

Keep RIGHT, follow signs for Carl D Silver Parkway

Merge onto Carl D. Silver Parkway. Continue for 1.6 miles

Hospitality Lane (Hotels) will be on your RIGHT

Convention Center is immediately behind hotels

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