

Roanoke Valley Area of Narcotics Anonymous RCM Report to ASC March 10, 2019

Hello Family. I attended the 195th CARNA Regional Service Conference in Charlottesville, VA on Sunday Feb 16th, 2019. 11 of the 16 Areas in the CARNA were represented at the conference.

Open Forum stated at 11:03 AM. The RSC Opened following the end of Open Forum.

Roll call was done. New members and new attendees were recognized, and the prior minutes were approved as presented. Administrative and Area Reports were given.

*Regional phonline issues were discussed. I have updated the Roanoke Valley Area's contact info. I removed the phone number for the pager that the Area used to have and added myself as a contact. Ideally, we would like to have a male and a female contact for the phonline from each Area. If anyone is interested in being a phonline contact for addicts needing to contact another addict to talk to or get meeting location information, please let me know. This means you'd be asked to provide your phone number and be available to be contacted via phone call or text by addicts that are reaching out for help. There will also be a phone line training event held by Richmond Metro on May 11th from 1 - 4 pm for those interested please see the event information on our website <https://car-na.org/events/196-phoneline-training-richmond-metro.html>.

*To ensure everyone is aware, Areas can add events to our regional web site by going to <https://car-na.org/submitevent.html>

*We are in the process of completely revamping the CARNA web site and have created a web site task force. We are looking for volunteers to participate as either a technical resource or a review / opinion resource. Please email webservant@car-na.org if you wish to participate or to find out more information.

CAR-NA Regional Inventory

Why are we doing this Regional Inventory?

Inventories are designed to bring problem areas to light. The goal is for our Region to find workable solutions to any problems discovered and to build on any strengths that we are able to identify. We intend to make whatever changes prove necessary for the betterment of our Region, and to further every individual member's recovery.

You can vote your Home Group's conscience or your personal conscience here. We appreciate all input. The three ways you can participate in the Regional Inventory are:

Electronic - Here

Paper Ballot - Submit by the April GSR Assembly (see instructions below)

In person: At the GSR Assembly - Check the CAR-NA events page or the Delegate's page for more info.

Please visit <http://car-na.org/delegates> if you wish to download paper copies of the Inventory Questions and submit your input via paper ballot. You can send your input via your RCM to Regional Service or you can bring it to the GSR Assembly in April. The Delegate Team will be holding one workshop in each quadrant to try and explain the Inventory questions and gather input. Please check the Delegate page for more information.

****HIGHLIGHTS FROM ADMIN REPORTS:**

Treasurer Report: We had \$3217.71 in income and \$2985.86 in expenses since the last RSC, summary of income and expenses are attached to the minutes. We have \$18,449.82 in the bank currently and will be donating the \$4421.07 over prudent reserve to NAWs this month.

RD Report: Dee and Randy are preparing to hold workshops in each of our four quadrants to answer questions and train RCMS on helping our Areas to complete the Regional Inventory. **(RVANA is in Quadrant C)** Our current plan is to collect input on our Inventory from all of our Areas and perhaps work on the input we get at our April GSR Assembly. More will be revealed. The survey information will be used to improve any areas we identify that we are falling short and to expand on any areas where we think we are doing a good job.

*** Get involved in writing some literature!!!** Submit your entry for a spiritual principle a day meditation book. Please inform your areas/groups that anyone can write a meditation on a spiritual principle for possible inclusion in the book. Your input is greatly needed and wanted. **You can go online at na.org/meditationbook** and there is a place that you can write and submit online on the topics of: Acceptance, Love, Surrender, and Unity.

Elections & Nominations

Vice treasurer: Open No nominees at 195th.

RDA Randy D (current RDA2) is automatic nominee for RDA. **Sent back to areas for other possible nominations.**

Randy's quals: 22 years clean, working knowledge of 12, 12, and 12, service sponsor, has been RDA2 for one year and 10 months, served on homegroup and area level, has been to WSC, helped with H&I and PR and Outreach, have a sponsor, trying to live by spiritual principles ODAAT, willing to serve. Nominations closed at 195th.

Pro: 1) Is familiar with the position and has delivered well to the Region as RDA2) Gives concise reports. 3) Enthusiastic willingness Cons: none given

RDA2 - became open 195th. Teddy P nominated at 195th by Brian C. Teddy's qualifications: 29 years clean. **Sent back to Areas for other possible nominations.**

Regional Chair and Vice Chair positions come open in June. Etta F (current vice chair) is automatic nominee for Chair.

Old Business:

Motion 185-2: Background: Currently our guidelines are silent as to who is responsible for scheduling subcommittee meeting locations and how far in advance they should be scheduled. **Intent:** To establish a single point of accountability to ensure that subcommittee meetings are scheduled sufficiently in advance to allow time for them to be publicized.

Motion passed.

Motion 189-2: Provide bank cards to the Delegate team which access budgeted funds. Still in Policy. In Policy at 192nd. Still tabled at 193rd Still tabled at 194th. Still tabled at 195th.

New Business: None

****Next RSC will be held on April 27 and 28th in Fredericksburg, VA at the Fredericksburg Hospitality House and Conference Center 2801 Plank Rd. Fredericksburg 22401**

****The GRS Assembly will be held on Saturday April 27, 2019 11:00 AM to 5:00 PM – (GSR Assembly and Planning Workshop.) GSRs are encouraged to attend.**

For those GSRs and other interested members of CARNA requesting lodging for Friday night and/or Saturday Night, please email: rooms@car-na.org13 to reserve a room/bed. Please note that we may be sharing rooms with other members from different Areas within our Region.

**** Regional Subcommittees will meet on March 16, 2019 at 11:00 AM at:**

**BERKELEY COUNTY RECOVERY RESOURCE CENTER
400 West Stephen Street, 1st floor
Martinsburg, WV, 25401**

****To attend via Zoom conferencing see CAR-NA website for Zoom log on info.**

I am submitting a receipt to be reimbursed for gas in the amount of \$15.24.

**ILS,
Mike G.
RVANA RCM**