

Volume 32 Number 01

Capital Area Service Committee of Narcotics Anonymous (CASNA)

Crystal D., Area Chair opened the 372nd meeting of CASNA, on 01/03/2016, at 2:00PM, with the Serenity Prayer. Henry J. read the 12 Traditions and Nancy U. read the 12 Concepts.

Agenda

Serenity Prayer, 12 Traditions, 12 Concepts

GSR count/Attendance/Welcome new GSR's/New Meetings

Correction/approval of the minutes

Orders of the day

1. A member must be recognized by the chairperson to address the floor.
2. A member may speak once to an issue.
3. Subcommittee reports will be limited to 10 minutes, plus questions and approval.
4. Discussion topics must be in written form and given to the Chair.
5. For an item to be placed on the agenda, it must be in motion form with a second.

Opening Treasurers report

Groups with problems/Group reports

Subcommittee reports

RCM and Alternate RCM report

Old business

New business Discussion

Topics

Closing Treasurers report

GSR count: 24 at 2:05 PM

Attendance notes: Area vice chair, Area vice secretary, Area vice treasurer, Literature vice chair, H&I vice chair, and Unity vice treasurer positions are open.

****Next Area is February 14, 2016**

New GSR's: Art D. (Bridge to Recovery), Kathy W (Women with a message), Jess U. (Value of Life), Heather B. (Desire to Grow), Ozzy (New Life Group), Alice C. (We do Recover)

New Meetings: Bridge II Recovery (Tuesday & Thursday 4:30-5:30) 300 Market Street, Lemoyne. Tuesday is a Just For Today meeting, Thursday is a varied meeting: 1st Thursday – step, 2nd Thursday – ask it basket, 3rd Thursday – IP, 4th & 5th Thursday – open discussion. **The Journey Continues (Thursday 6:30-7:30) 4200 Londonderry Rd, Harrisburg.** Book study step & tradition meeting using “It Works How And Why”.

Corrections to the Minutes: none Motion to accept minutes by Nancy U., 2nd by Henry J.

Orders of the day: Motion by Donald L. 2nd by Nancy U.

Opening Treasurers report: *See attached. Motion by Nancy U. 2nd by Chris W.

Groups with Problems: Clean and Free: needs support

Group reports:

Acceptance Group – Grace UMC Carlisle, Pa Sun 6-7PM, Tues 7-8PM – Supplies are filled. Small business meeting. No area donation this month since we pay our rent on a yearly basis. Steve W. GSR

All Are Welcome - 56 Banks St. Penbrook, HBG. Pa. Wed. 7-8PM – Blessings to all. Our rent is paid through March (\$90 total). We have placed a literature order of \$32.50 for December. We sold \$23. 25 worth of literature... TFLMS. Henry Jr.

Any Lengths Group - Trinity United Methodist. 210 W. Main St. Hummelstown, Pa. 7:30-8:30PM – No report.

Back to Basics - First United Church. 135 W. Simpson St. Mechanicsburg, Pa – No Report.

Bottom Line Group – 6th & Woodbine St. HBG, Pa. Mon-Fri 12-2PM – We bought \$63.00 in literature, also made \$20 donation to area. Upcoming event January 29th speaker jam & dance, all are welcome. Don L.

Bridge II Recovery – 300 Market St. Lemoyne, PA Tues & Thurs 4:30-5:30 – New meeting starting Jan. 19th, 2016. Tuesday is a Just For Today meeting, Thursday is a varied meeting: 1st Thursday – step, 2nd Thursday – ask it basket, 3rd Thursday – IP, 4th & 5th Thursday – open discussion. Art. D

Clean and Free - 2nd and State 12-2pm Sat. –Need support & home group members. Meeting

just getting back on our feet. Also need help at times getting rent together so if you have any suggestions on how to get help and also home group members please let us know. We are also donating to Area in the amount of \$16. Yours in service Rochelle R.

Commitment to Change - 1422 Market St, HBG, Pa. Tues 7-8:30PM – no report.

Cut and Dry – Bethany AME Church 21st & Derry St. HBG, Pa. 7-8:30PM – no report.

Desire to Grow – 300 Market St, Lemoyne, PA. Tuesday 8:30-9:30PM – Step and Tradition.

Meeting attendance is going very well. Children are welcome now. No area donation due to being a new meeting, plan on donating in the future. Henry B.

Exodus to Genesis - Wesley Church. 5th and Camp Hbg. PA, Sun 6-7:30PM. – No report

Fresh Start- 7-8pm Fri. Newport, PA- No Report

H.A.N.A. – 1801 N 3rd St, HBG, PA 6:30-8:30PM – No Report

Honesty Group - 5th & Bridge St, New Cumberland. Thursday 7:30 - 8:30pm. – Attendance has been steady even through the slow month. Meeting was held on Thanksgiving, Christmas Eve & New Year's Eve with decent attendance. No issues to report at this time. David P.

Hope Station - 149 W Penn St, Memorial Park, Carlisle- Friday 7pm-8pm – Attendance is down. \$25.25 literature order placed. Cuck K. GSR

H.O.W. Group - Carlisle UMC. Carlisle, PA. Mon and Thurs 8-9pm – No literature needed. We ordered a Conference Agenda Report from WSO. Group members have looked at the motions summary (tally sheet). They also want to start looking at the Traditions Workbook. Chris W. GSR

Journey Continues – Mon. 6:30-7:30pm @ 4200 Londonderry Rd. Hbg- The Journey Continues home group is doing well. Attendance averages between 10-20 people each week. The original home group meets on Monday nights from 6:30-7:30 and is a book study meeting of “Living Clean The Journey Continues”. We are starting a new meeting beginning Thursday, January 7th, 2016 from 6:30-7:30 pm. It will be a book study step & tradition meeting using “It Works How And Why”. Flyers for the new meeting have been set out with the other announcements. Denise H.

Just for Today - 15th and Derry, Hbg. PA. Sun. 10-12pm. – no report.

Life or Death - Sunday-7:00-8:15PM, 2nd & Swatara St, Steelton, PA. – no report.

Living Clean - Calvary United Methodist, 7th & Market St., Lemoyne Tues 7:30-8:30PM. – Group is functioning well and carrying the message. Nicole K. will be celebrating 1 year clean this month. Group donated \$9.56 to area today. TFLUS! ILS Rachelle W.

Lunch Bunch – Mon-Sat 12-1. Herman Ave, Lemoyne – Meeting attendance is good. No issues at this time. Beginning to plan annual campout. Justin R.

Message of Hope - Wertzville Rd, Enola Pa Fridays 8-9pm – Attendance is good. We have no problems to report. We are beginning to discuss summer events. Olivia N.

New Life Group – 14 State Rd. Mech. Sat. 8-9pm- All is well. Game night is February 27th, 2016. Steve B.

Nothing to Fear - Corner of Simpson & Market St. (Rt. 114), Downtown - Mechanicsburg, PA. Monday 730-830pm, Fifth Tradition Thursday 7:30-8:30pm Survivors: Revisited Friday 10-11pm. – Meeting attendance is steady. Thanks for the MARLCNA new comer package. NYE celebration was great. No issues. Manny D.

O.D.O.P.(One Disease, One Program) – Fairview Brethren in Christ Church, 600 Evergreen Rd, New Cumberland, Wed 7-8pm – Meeting attendance is going well. No group issues. Having two anniversaries this month. Planning a 1 year anniversary for our home group. David H.

Old School Recovery – Grace UMC “Simpson & Market, Mechanicsburg, PA. Mon, Tues, & Weds 9:30-10:30am – Nothing new to report. Attendance is steady. Meeting is going good. Eric M.

On Life's' Terms - 6th and Forster St. Hbg, PA, Monday 6:30-8:15pm. – No report

Only Hams Are Cured – Sat. 7-8:30. 6th & Forester St. – no report.

Only the Desire Group - 14th & Market St., Hbg, PA. Wed 7-8:15PM. – No report

Rebels on The Hill: 6300 Chambers hill rd., HBG wed 7:30-8:30 – No Report.

Rise to Freedom- Thurs at 12pm, Friday 5-6PM Cameron St, HBG- No Report

Saturday at Swatara – 4680 Lindle Rd. Hbg, Sat 7-8 PM. – no report.

Share and Care - Baughman U.M. Church, 3rd & Bridge St., New Cumberland, Mon-7-8:15PM – Handicap access available. Attendance is good. No problems with home group. Brian B.

Step and Tradition – 1524 Walnut St., Hbg, PA. Thurs. 6:30-8:15pm –At this time Step & Traditions is still in need of support. The new location is at Choice Community/Allison Hill Center 1524 Walnut St starting 1/7/16 at 6:30-8:15. For the month of January we were only able to donate \$10.00. Once again we are still grateful to have the doors open. TFLMS Wanda H.

Steps to Freedom, (6th and Forrest), Tuesday 7:00-8:30pm. – No Report

Value of Life – 131 Nittany Dr, Mechanicsburg, PA. Sunday 7-8 PM. – All is well, attendance is steady. Rent is paid through June. Made a donation to are of \$15.00 Jessica U.

We Do Recover - 15th & Derry St, Hbg, PA, 8PM to 9:30PM Monday – Out attendance is low – occasionally we get a local treatment facility. We are attempting to fill all our trusted servant positions. Also our meeting will be 40 years old in February of 2016. We would like to celebrate that. TFLMS Alice C.

Women with a message - 4th and Reno in New Cumberland. Church of God Sunday(s) @ 6:00, In the Ladies Parlor on the 2nd floor. – The meeting could use some support. We are also in need of some home group members. Kathy W will be stepping in as GSR for this month. Kathy W.

Subcommittee reports:

CAPITAL AREA UNITY SUBCOMMITTEE: Our monthly dance was well attended last month. Our New Year event was not so well attended but did not turn out to be a financial drain on the committee. We have planned a fundraiser bowling event for March. This event will be to raise money for Unity Day in April. Flyers and tickets will be out this month. A committee meeting was held outside of Are to finalize plans for Learners Day. TFLUS Rachelle W. - Chair

UNITY TREASURERS' REPORT: See Attached.

LITERATURE: We sold \$645.50 in literature today. Remember to use new order forms. Betty Jo H.- chair

POLICY: Working on updating policy and making correction on motions that were missing or any other correcting. Thanks – The policy committee

PUBLIC RELATIONS: We are still waiting for the box of materials from Georgianna who is in Ca this weekend. Our long term goal for the year will be to contact & hopefully meet with Parole/Probation officers. In February, we will participating at the Learners Day and Regional workshop in Lancaster. Kathy W. has accepted responsibility for taking & distributing the CASNA meeting lists at MARLCNA. There are still major concerns with the Area website. Brandon is not here today. He has consistently ignored my requests to add new meetings. We also will update the PR flyer. Treasurer brought to my attention the answering service billing from Steri-Cycle has almost doubled in cost. He will forward me copies of past billings for me to address the situation. Chris W. – chair

RCM: Good afternoon family. Region met December 12th in Lebanon, PA. The Regional Delegates brought back basic text from the North East Zonal forum to be donated to H&I (2 in Spanish, 3 in English) There are still open positions available. Nancy will submit for gas/travel reimbursement as she drove. One motion will need a vote returned March 2016

Motion 1215P4 – To rescind motion 0615P1 : That the RD and RDA of the Mid-Atlantic Region when attending the World Conference vote “no” in old business on any group conscience motion in the CAR that is changed in any way from its original wording. **Intent** The passing of motion 0616P1 will most likely cause the RD and RDA to have to vote no on the recently passed regional motion that will be appearing in the next CAR report.

We have a new area, The Central Pennsylvanian area (Near State College). The full motion will be posted as soon as Region minutes are available. The CAR will be available for purchase from NA.org. The next Region is to be determined and the Beehive area will be hosting. Faith W. & Nancy U

AUDIT: no report.

Marathon: All 3 events went well. We had plenty of food to feed everyone donated by members. The doors were kept open and the message was carried to anyone who attended. 3 motions are being submitted for payment to facility for each different event. TFLUS Rachelle W. – secretary

HOSPITALS & INSTITUTIONS: 12 in attendance, 2 new volunteers. Open facilities: Dauphin Co work release women's, Perry County Prisons men. 9 applications were sent in for consideration to Dauphin Co prisons. John Addison contacted Jan advising her the applications are being processed. We received 3 English and 2 Spanish basic texts from The North East Zonal Forum. Mary Ann R.

Facility reports:

ARC: -Mondays first of the month – Budget was just passed but funds weren't released yet. We are hoping to start back up in Feb. TFLMS. Nichole M.

C-90: 2nd and 4th Thurs. 7-8pm- 2nd Thursday 50 in attendance. I shared my story & we has open meeting. Good response. 4th Thursday (New Year's Eve). 11 in attendance. Kathy W. shared her story. All had the opportunity to share where they were in recovery. Mary Ann R.

Capital Pavilion: Men 7-8pm 2nd Tues. of month – No Report.

Capital Pavilion: Women 7-8pm 2nd Tues. of month – No Report.

Common Ground: 1st and 3rd Tuesday, 7-8pm. – All is well. Steve B.

Conewago Place: Men 1st and 3rd Tues, 6:00-7:00pm – Going every other Tuesday. Meeting attendance is great, 20-40 guys. Men very involved in meeting. Men want NA to come weekly. Great participation. Very positive meeting. Manny D.

Conewago Place: Women 1st & 3rd Tuesday, 5:30-6:30pm – No report

Cumberland County Prison: Women's-Mon. 630-730pm- Meetings have been averaging 14-20 inmates. The disrespectful person is gone, very intimate group now. Was late 1 week but they let me back anyway. We do get interrupted by visits which are scheduled at same time. Chris W.

Cumberland County Prison: Mens'-Thur. 700-800pm – Not currently meeting

Dauphin County Prison: Women-every Sunday 9-10am- attendance has been low, 3-4 people 3 out of 4 weeks the meeting was taken in. will keep bringing the meeting.

Dauphin County Prison: Men, every Thurs 6:30- Nothing to report. Still can't go due to having to use a cane. I'm not allowed in with a cane.

DCP Men's Work Release- Weds 6-7pm. – No report

Perry County Prison- 2nd and 4th Weds 7-8pm- No report

Salvation Army: 2nd and 4th Sunday 7pm- Meeting is good, as always. The 4th Sunday of December meeting did not occur. I was out of town and forgot to find someone else to go in. I contacted the facility but on very short notice. I believe everything is okay on their end. TFLMS. Brendan R.

Woodside: Sunday 6-7pm – No report

OLD BUSINESS:

Area vice chair, Area vice secretary, Area vice treasurer, Literature vice chair, H&I vice chair, and Unity vice treasurer positions are still open.

NEW BUSINESS:

Housekeeping motions:

1. To reimburse Nancy U. mileage amount to attend Region 80 miles x .575 = \$46 **Intent** – to follow policy. Submitted by Nancy U. Motion passed 24:0:0
2. Payment of \$50.00 for Thanksgiving marathon event facility rent. **Intent** – to fulfill our 7th tradition. Submitted by Rachelle W. 2nd by Tara A. Motion passed 24:0:0
3. Payment of \$50.00 for New Year marathon event facility rent. **Intent** – to fulfill our 7th tradition. Submitted by Rachelle W. 2nd by Tara A. Motion passed 24:0:0
4. To change our area meeting date next month from February 7th to February 14th. **Intent** – not to be in conflict with the MARLICNA event going on the same weekend. Submitted by Don L. Motion passed 22:2:0

Motion 1-16-01 to add to the duties of the treasurer reconciling the Area checkbook to the bank statement every month to Area Policy. **Intent** To minimize bookkeeping errors and omissions ensuing that the Area bank balance is always true and correct. Written by David P. 2nd by Brendan R. **Discussion** February 2016 **Vote** March 2016

DISCUSSION TOPICS:

1. Would like discuss relocating area to a more centralized location. Suggestion is the Just For Today Recovery Center Lemoyne. Submitted by Steve W.
2. Our Area should thoroughly discuss our website and move in a solution oriented direction. As far as the maintenance of the website and accountability. Submitted by Rachelle W.
3. We need to talk about the MARLCNA Primary Purpose Packages and what we are doing with them. Submitted by Nancy U.

Notes: none

FINAL TREASURERS REPORT: **See attached**

****Motion to adjourn meeting at 3:50, Moved by Faith W. & 2nd by Henry J.****

Next area is 2/14/16. Subcommittees meet at 12:30pm, (H&I starts at 12:45pm), and Area Service starts at 2pm.

Stef R. - Area Secretary

Open - Area Vice Secretary

Living Clean	P												
Lunch Bunch	P												
Message of Hope	P												
New Life Group	P												
Nothing to Fear	P												
ODOP (One disease one prog)	P												
Old School Recovery	P												
Only Hams' Are Cured													
On Life's Terms													
Only the Desire	P												
Rebels on the Hill													
Rise to Freedom													
Saturday at Swatara													
Share & Care	P												
Step and Tradition	P												
Steps to Freedom													
Value of Life	P												
We Do Recover	P												
Women with a Message	P												

Updated January 2016

C.A.N.A UNITY SUB-COMMITTEE
TREASURES REPORT

EVENT DATE: Dec. 19th 2015 Dance

STARTING BALANCE: 205.84

INCOME

ADMISSION: 332.00

FOOD: 150.88

MISCELLANEOUS ITEMS: ϕ

SUB-TOTAL: 482.88

NEW BALANCE: 688.72

EXPENSES

FACILITY RENT: 160.00

D.J.: 200.00

FOOD: 69.86

MISCELLANEOUS ITEMS: ϕ

SUB-TOTAL: 429.86

ENDING BALANCE: 258.86

COMMENTS:

C.A.N.A UNITY SUB-COMMITTEE
TREASURES REPORT

EVENT DATE: Dec. 31st 2015 New Year's Eve
STARTING BALANCE: 258.86

INCOME

ADMISSION: 354.00
FOOD: 76.80 (kitchen ^{soda +} water
MISCELLANEOUS ITEMS: Ø
SUB-TOTAL: 430.80
NEW BALANCE: 689.66

EXPENSES

FACILITY RENT: 50.00
D.J.: 200.00
FOOD: 192.83
MISCELLANEOUS ITEMS: Ø
SUB-TOTAL: 442.83
ENDING BALANCE: 246.83
- 25.00 match for T-shirts
221.83 Balance

COMMENTS:

2016 REGIONAL ASSEMBLY

JANUARY 30, 2016

12 PM - 4 PM



NURSES COLLEGE

17TH & CHEW

ALLENTOWN PA 18105

AUDITORIUM

ATTENTION: ALL RCM'S, RCMA'S,
GSR'S, GSRA'S AND OTHER
INTERESTED MEMBERS

THIS IS OUR REGION'S CAR/CAT WORKSHOP
PLEASE ATTEND SO YOU CAN HELP YOUR AREA
AND HOMEGROUP UNDERSTAND AND VOTE ON
ISSUES AFFECTING NA AS A WHOLE

Contact info:

Kathy M. 717-253-6875

Kathleen M. 570-972-5149