

**Volume 34 Number 10**

**Capital Area Service Committee of Narcotics Anonymous (CASNA)**

Donald L, Area Chair opened the 353rd meeting of CASNA, on 10/07/18, at 2:05PM, with the Serenity Prayer. Nate S. read the 12 Traditions and Stephen R. 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. Discussion of motions will be limited to GSR's or a Group Representative only. (Supported by the 9th Concept) Extended discussion rests' with the Chair.
2. A member may speak once to an issue.
3. A member must be recognized by the Chair to speak.
4. Subcommittee reports will be limited to 10 minutes, plus questions and approval.
5. In order for an item to be placed on the Agenda, it must be in motion form and with a second.
6. Discussion topics must be in written form and given to the Chair.
7. Each member may speak once to a discussion topic for a maximum of 5 minutes.

Opening Treasurer's report  
Groups with problems/Group reports  
Subcommittee reports  
RCM and Alternate RCM report  
Old business  
New business  
Discussion Topics  
Closing Treasurer's report

**GSR count:** 19 at 2:06 PM

**Attendance notes:** Unity Vice Treasurer, unity Vice Chair, Alt RCM, Literature Vice Chair, and Public Relations Vice Chair, Marathon Chair, Marathon vice chair, vice secretary positions are open.

**\*\*Next Area is October 7, 2018\*\***

**New GSR's:** Twisted Sisters- Kristen F.

**New Meetings:** None

**Corrections to the Minutes:** None

**Orders of the day:** Moved by Stef R.; 2nd by Rob G.

**Opening Treasurer's report:** Complete

**Groups with Problems:** None

**Group reports:**

**Acceptance Group** - Allison UMC 99 Mooreland Ave. Carlisle, Pa. 6-7PM. - The area donation was \$85.50. Meeting attendance does seem to vary every week. We do have a newer member willing to open Sundays. All supplies are stocked. Chris W., GSR

**All Are Welcome** - 56 Banks St. Penbrook, Harrisburg Pa. Wed. 7-8PM. - Our meetings are going well. We placed a literature order for \$30.00 and donated \$20.00 to Area. TFLMS- Henry Jr., GSR

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

**Back to Basics** - First United Methodist Church. 135 W. Simpson St. Mechanicsburg, Pa. 7:30-8:30PM. - No Report.

**Bottom Line Group** - 6th & Woodbine St. Harrisburg, Pa. Mon-Fri 12-2PM. - Attendance at the meetings has been fair. Home group members are beginning to step up and participate in service. We bought books and donated to area. Ahmad A., GSR

**Breath of Life** - 3 High St. Duncannon, Pa. 17020 7:30-8:30PM. - No report.

**Clean and Free** - 112 State St. Harrisburg, Pa 12-2PM. Sat. - No report.

**Commitment to Change** - 1422 Market St, Harrisburg, Pa. 7-8:30PM. - No report.

**Cut and Dry** - Epworth United Methodist Church 21st & Derry St. Harrisburg, Pa. 7-8:30PM.- No report.

**Desire To Grow** - 300 Market St. Lemoyne, Pa. 8:30-9:30PM.- No report.

**Exodus to Genesis** - Wesley Church. 5th and Camp Harrisburg, Pa. 6-7:30PM. - No Report

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

**H.A.N.A.** - 6th and Woodbine Harrisburg, PA. 7-8:30PM.-Homegroup is doing okay. We need more homegroup members. We struggle to pay rent sometimes but we get by. The message of recovery is being shared. Chris P., GSR

**Honesty Group** - 5th & Bridge St, New Cumberland, Pa. 7:30 - 8:30PM.- Attendance has been strong. We are still looking for more home group members. David P., GSR

**Hope is Alive**- 237 E North St. Carlisle, 7-8PM.- No report.

**H.O.W. Group** - Grace UMC. Carlisle, Pa. Mon and Thurs 8-9PM.- Brian committed to opening and chairing Thursday nights. Group now has a bank account with two signers. we celebrated two anniversaries in the previous month. Stephen R., GSR

**Journey Continues** - 4200 Londonderry Rd. Harrisburg, Pa. 6:30-7:30PM.- Both meetings are going well. Good attendance and participation. We ordered literature and donated to area. TFLMS. Diane R., GSR

**Just for Today** - 15th and Derry, Harrisburg, Pa. 10-12PM. - Meeting is open every Sunday per schedule. Message of recovery is being carried. Donation was made to Area. Thanks for the opportunity to serve. Clifton T., GSR

**Life or Death** - Sunday-7:30-8:30PM., 2nd & Swatara St, Steelton, Pa.- Meeting attendance has dropped. We need support. Jessie D. shared for his 5 year anniversary! Tim N., GSR

**Linglestown Meeting**-5834 Linglestown Rd. Harrisburg, 7-8PM.- No report.

**Living Clean** - Calvary United Methodist, 7th & Market St., Lemoyne, Pa. 7:30-8:30PM. - Attendance has been very low and we have been struggling to get donations for our 7th tradition. Otherwise, the doors are open and we are faithfully carrying the message! Ian H., GSR

**Lunch Bunch** - 313 Herman Ave, Lemoyne, Pa. 12-1PM., Mon-Sat.- Need home group members that are willing to take a chair commitment. Otherwise, we're making due as normal. Holiday dinner! December 8th, doors open at 5pm, Dinner is at 6pm, speaker at 7pm. \$5 at the door, come anyway. Tell yo frands! Nick A., GSR

**Message of Hope** - Wertzville Rd, Enola, Pa. 8-9PM.-All is well, attendance is great. -Megan A., GSR

**New Life Group** - 14 State Rd. Mechanicsburg, Pa. 8-9PM- Things are amazing! Group is having a solid meeting attendance. -Stef R., GSR

**Non Conformists** - 1099 2nd St. Enola, Pa. 7-8PM. No report.

**Noon Day Serenity**-300 Market St. Lemoyne, Pa. 12-1PM.- No report.

**Nothing to Fear** -216 S. Market St. Mechanicsburg, Pa. 7:30-8:30PM Survivors: Revisited Friday 10-11pm. - No Report.

**ODOP (One Disease, One Program)** 600 Evergreen Rd., New Cumberland, Pa. 7-8PM- Attendance is low, the group needs support. Rent is paid. -Phil D., GSR

**On Life's' Terms** - 6th and Forster St. Harrisburg, PA. 6:30-8:15PM.- No report.

**Only Hams Are Cured** - 6th and Forster St. Harrisburg, Pa. 7-8:30PM. - We had a great meeting even though a lot of people did not attend. We agreed to get some key tags for the meetings and we're hoping that more people show up in the near future., Marlin J., GSR

**Only the Desire Group** - 14th & Market St., Harrisburg, Pa. 7-8:15PM. - No report.

**Saturday at Swatara**-4680 Lindle Rd. Harrisburg, Pa. 7-8PM. No report.

**Share and Care** - Baughman U.M. Church, 3rd & Bridge St., New Cumberland, Pa, 7-8:15PM. -Attendance has been outstanding! Our rent is paid, we donated \$160.00 to area. The message of recovery is being carried and we have a lot of participation! Heather R., GSR

**Step and Tradition**-750 S. 29th St. Harrisburg, Pa. 6:30-8:15PM.- The group is running well. Our rent is paid. Meeting attendance is good and we have about 20-40 people some weeks, overall it varies. Rochelle R., GSR

**Steps to Freedom** - 2221 N.6th St, Harrisburg, PA, (6th and Woodbine Streets). 630-8PM. - Meeting is doing well. We can always use support! Yvette M., GSR

**The Gathering Place**-4th and Reno in New Cumberland, Pa. 6-7PM.- All is fine at the gathering place, "where friends become family". All are welcome, bring a newcomer. Julie L., GSR

**The Truth Will Set You Free**-25 S. Penn St. Shippensburg, PA. 8-9PM.- No report.

**Twisted Sisters**-32 S. Front St. Wormleysburg, Pa. 7-8PM. -No longer reading unapproved literature. All is well., Kristen F.

**Value of Life** - 131 Nittany Dr, Mechanicsburg, PA. 7-8PM. - No report.

**We Do Recover** - 15th & Derry St, Harrisburg, Pa, 8-9:30PM. - No report.

## **Subcommittee reports:**

**CAPITAL AREA UNITY SUBCOMMITTEE:** No report.

**UNITY TREASURER'S REPORT:** \*see attached\*

**LITERATURE:** Literature sold \$672.04. Money turned into Area treasurer was \$670.74. Please use 2018 Literature order forms.- Steve H., Chair

**POLICY:** Committee met and discussed changes to policy. Waiting for results from 06/18 policy motion and planning policy printing.- Rachelle W., Chair

**PUBLIC RELATIONS:** I apologize for neglecting to forward a report in September, I was out of town for a work training. There will be a phone line workshop before the end of the year. We do need more members that are willing to accept/return texts from answering service for calls from helpline numbers. For recovery month, we had the PR table set up at 3 events: West shore community day, Camp Hill town meeting and Dauphin County's Annual Recovery Day. There are some emails/calls that i need to pass onto H&I, but haven't gotten the chance to talk with Nick A., the chairperson. Just a reminder, the Newport meeting in Perry County is closed. Please cross it off the meeting list (Fresh Start, on Fridays). Also, Duncannon Breath of Life is now on Wednesday's, not Tuesdays. There are several upcoming events that NA can attend, however, I need people that are available for days and hours!- Chris W., Chair

**RCM:** \*\*SEE ATTACHED\*\*

**MARATHON:** The committee has secured a location to have the event in November. Flyers will be ready by 11/8/18. Everything is proceeding well! I will need \$25.00 this month and the following month i will need \$75.00.- Muhammad A., Chair

**AUDIT:** Met with members of area to perform a review of the Area books. Will meet again before area next month to finalize. Findings to date include a \$100 check written to Rachelle in April that was returned by Rachelle and was never added back into the monthly treasurer's report. Also, in March, unity donation of \$25 was included twice on the report. Will have final audit report next area. Thank you for letting me serve. -David P., Chair

**HOSPITALS & INSTITUTIONS:** Small meeting, 7 members in attendance. Commitments that are filled are doing well, we still need support, spread the word.

Open facilities:

SCI Camp Hill

Cumberland County Women's Prison

Dauphin County Men's Prison

Gaudenzia Sienna House, inactive/facility not communicating

Capitol Pavilion Women's/Men's, Inactive/lack of attendance

Conewago Men's, Inactive

Perry County Prison, Inactive/prison stopped answering

Cumberland County Work Release, Men's/Women's, NEW- Nick A.,Chair

## **Facility reports:**

**ARC:** No Report.

**C-90: 2nd and 4th Thursday. 7-8pm-** Meeting went very well, everyone participated. Sharing was very deep! There were 36 clients and everyone shared!- Claude, Vice Secretary

**Capital Pavilion: 7-8pm 2nd Tues. of month-** No meeting was held in the month of August. - Jeremy V.

\*Capital Pavilion Woman's Facility is open\*

**Chambers Hill A/C:** No report.

**Common Ground: 2nd and 4th Tuesday, 7-8PM.-**

09/08 topic was IP #17 in treatment

09/24 Did not hold a meeting, roommates son was having issues.- Tim N.

**Conewago Place: Men+Women 1st and 3rd Tues – (Women)-** No report.

**(Men)-** No Report.

**Cumberland County Prison:**

**Womens'-Tues. 6-7:00PM-**

\*Open\*

**Mens'-Thur. 6:30-7:30PM and 7:30-8:30PM-**

09/02- Labor day did not go in, did clarify we can go in on holidays so we will from now on.

09/16- 9 in attendance- talked about people places and thing, how to make different choices

09/30- 3 in attendance- talked about behaviors- Nick A.

**Dauphin County Prison: Women-every Sunday 9-10AM-** All is well! -Lorain P.

**Men, every Thursday 6:30-7:30PM- \*Open\*-** looking for men to send. Minimal record in the last 10 years via John Addison

Minimum 1 year clean via H&I policy

**DCP Men's Work Release- Wednesday 6-7PM.-**

All is well. Good attendance, good participation! Awesome show, great job!- Jesse D.

**DCP Women's Work Release-**

09/5- Good attendance, good participation

09/12- Mental health and recovery. Good participation, 8 people

09/19- Emily S. read excerpt from basic text, discussion followed.

09/26- Discussion about comparing yourself, good participation

09/03- Did not attend.

**Keystone: Tuesday 6:30-7:30PM** – No Report.

**Perry County Prison- Thursday-6-7PM** -No report.

**SCI Camp Hill**-\*Open\*

**Salvation Army: 2nd and 4th Sunday 7-8PM-**

09/16- Speaker cancelled at the last minute- had one of the guys in house tell his story, went well, good feedback

09/30- Ray W. shared his story and it was awesome- lots of good participation and feedback

**OLD BUSINESS: \*\*4 Regional Motions\*\***

06.03.18- To change area policy to reprint and distribute area policy once per year. Intent- to reduce unnecessary waste as well as to follow through with out 11th concept and be fiscally responsible with our 7th tradition monies. -Rachelle W., 2nd by Chris W. \*PASSED\*

**NEW BUSINESS: \*\*2 New Motions\*\***

\*See attached\*

**Housekeeping:**

10.07.18- Reimbursement for mileage to and from State College

63mi x 2= 126mi x .14= \$17.64.

1. Intent- To pay for gas. -Art D., RCM
2. 2nd by Nate S.

11.07.18- Requesting \$75.00 this month

1. Intent- to pay for the use of a facility and refreshments for the upcoming Thanksgiving Marathon.- Muhammad A., Chair
2. 2nd by Stef R.

**Discussion Topics:**

NOTES: Open positions: Vice secretary, unity vice treasurer, marathon vice chair, alternate RCM and public relations vice chair.

**FINAL TREASURER'S REPORT: \*\*See attached\*\***

**Next area is 11/04/2018. Subcommittees meet at 12:30pm, (H&I starts at 12:45pm), and Area Service starts at 2pm.**

**Heather R. - Area Secretary**

**\*\*\*ATTENDANCE\*\*\***

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
<b>*****POSITIONS*****</b>													
Area Chair					P	/	P	P	P				
Area Vice Chair					P	/	P	P	P				
Secretary					P	/	P	P	P				
Vice Secretary					O	/	O	O	O				
Treasurer					p	/	P	P	P				
Vice Treasurer					P	/	P	P	A				
Unity Chair					P	/	P	A	P				
Unity Vice Chair					O	/	O	O	A				
Unity Treasurer					P	/	O	OA	A				
Unity Vice Treasurer					O	/	O	A	O				
RCM					P	/	P	O	P				
Alt RCM					O	/	O	P	O				
H&I Chair					P	/	P	P	P				
H&I Vice Chair					P	/	P	A	A				
Public Relations Chair					P	/	P	A	P				
Public Relations Vice Chair					O	/	O	O	O				
Literature Chair					P	/	P	P	P				
Literature Vice Chair					O	/	O	P	P				
Policy Chair					P	/	P	A	P				
Policy Vice Chair					O	/	O	P	P				
Marathon Chair					O	/	O	O	P				
Marathon Vice Chair					O	/	O	O	O				
<b>*****GROUPS*****</b>													
Acceptance Group					A	/	P	A	P				
All Are Welcome					P	/	P	P	P				
Any Lengths					A	/	A	A	A				
Back to Basics					P	/	P	P	A				
Bottom Line Group					P	/	P	P	P				
Breath Of Life					P	/	P	P	A				
Clean and Free					P	/	A	A	A				

Commitment to Change					A	/	P	A	A				
Cut & Dry					A	/	A	A	P				
Desire to Grow					A	/	A	A	A				
Exodus to Genesis					P	/	P	P	P				
H.A.N.A.					P	/	P	A	P				
Honest Group					P	/	P	P	P				
Hope Is Alive					A	/	A	A	A				
H.O.W. Group					P	/	P	A	P				
Journey Continues					P	/	P	A	P				
Just For Today					P	/	P	P	A				
Life or Death					A	/	A	A	A				
Linglestown Meeting					A	/	A	A	A				
Living Clean					P	/	P	A	P				
Lunch Bunch					P	/	P	P	P				
Message of Hope					P	/	P	P	P				
New Life Group					P	/	P	P	P				
Non-Conformists					A	/	A	A	A				
Noon-Day Serenity					A	/	A	A	A				
Nothing to Fear					A	/	A	A	A				
ODOP					A	/	A	P	P				
Only Hams' Are Cured					A	/	P	A	P				
On Life's Terms					A	/	P	P	A				
Only the Desire					A	/	P	A	A				
Saturday At Swatara					A	/	A	A	A				
Share & Care					P	/	P	P	P				
Step and Tradition					P	/	P	P	P				
Steps to Freedom					P	/	A	A	P				
The Gathering Place					A	/	P	P	P				
The Truth Will Set You Free					A	/	A	A	A				
Twisted Sisters					A	/	A	A	P				
Value of Life					P	/	P	A	A				
We Do Recover					A	/	A	A	A				

Legend:

P- Present

O- Open Position

A- Absent

Updated September 2018- Secretary- Heather R.

October 2018

Opening Balance  
Less Prudent Reserve  
Working Balance

\$ 873.62  
\$ 700.00  
\$ 173.62

Income

Group Donations \$ 654.04  
Literature Income \$ 671.74  
Misc check 3160 Returned by Rachelle W. \$ 100.00  
Misc- Cash from Unity Comm for T-Shirts \$ 25.00  
Misc- \_\_\_\_\_ \$ \_\_\_\_\_  
Misc- \_\_\_\_\_ \$ \_\_\_\_\_  
Misc- \_\_\_\_\_ \$ \_\_\_\_\_  
Misc- \_\_\_\_\_ \$ \_\_\_\_\_

Total Income

\$ 1624.48

Expenses

AnswerFirst \$ 144.06  
Verizon \$ 40.20  
Secretary \$ 100.00  
ASC Rent \$ 25.00  
H&I \$ 64.54  
PI Public Relations \$ 96.20  
Literature Expense \$ 519.73  
Misc- Dex Media \$ 10.00  
Misc- monthly fee Sept \$ 7.50  
Misc- monthly fee Aug \$ 7.50  
Misc- \_\_\_\_\_ \$ \_\_\_\_\_

Total Expenses

\$ 1014.73

\$ 1014.73

Working Balance

\$ 609.67

Plus: Prudent Reserve

\$ 700.00

Ending Balance

\$ 1309.67

Less: Reserve to T-Shirts

\$ 175.00

Balance Available to be Used

\$ 1134.67



September 8, 2018

**NOTES from ADHOC meeting are in RED!**

1. Setting future meeting date & Time: Nov. 5th at 8pm via Zoom, invitation will be sent

2. How to Use Zoom: *Zoom Platform* (Invitation)

**SAMPLE INVITATION**

Kathleen Mastandrea is inviting you to a scheduled Zoom meeting.

Topic: Mid Atlantic ADHOC Meeting

Time: Aug 5, 2018 3:00 PM Eastern Time (US and Canada)

Join from PC, Mac, Linux, iOS or Android: Join our Cloud HD Video Meeting now

Or iPhone one-tap :

US: +16465588665,,6458193369# or +14086380986,,6458193369#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 646 558 8665 or +1 408 638 0986

Meeting ID: 645 819 3369

International numbers available: <https://zoom.us/j/6458193369>

Use either the highlighted link above or go to the Zoom website and put in the highlighted Meeting ID above to access the meeting

3. *Accessibility*. Proposals sent by Pocono Mtn. Area:

**Proposal (1):** To keep the calendar on the NEZF website up-to-date with all NEZF meetings. Members of the Zone should assign accountable participant. Calendar should be updated within 1 week from the time the meeting date and time has been established.

**Intent:** To allow for inclusive participation by members in the Regions of the NEZF and to improve communication within the Service bodies (Eighth Concept).

**Proposal (2):** To post on the NEZF website the invitation information for all virtual Zoom meetings 1 week prior to the meeting.

**Intent:** To allow for inclusive participation by members in the Regions of the NEZF and to improve communication within the Service bodies (Eighth Concept).

Dance in September:

Starting Balance: \$123.00

Door, food, drinks: \$263.00

Balance: \$608.00

Expenses:

DJ: \$200.00

Church: \$100.00

Supplies and food: \$111.00

Balance: \$411.00

Ending balance: \$197.00

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September 8, 2018- Cookout

Starting balance: \$197.36

Waters and Sodas: \$78.00

Balance: \$275.36

Expenses:

Drinks, food and supplies

Balance: \$264.88

Sub total: \$10.48

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September 15, 2018- Dance

Food, water, money at the door: \$130.00

Expenses:

DJ: \$100

Building; \$30

Ending Balance: \$0

September 8, 2018

4. *NEZF Proposal from ENYR*

*NOTES:* Duties and responsibilities are changing for the RD & RDA with the addition of the Zones being a decision making body. Example: should proposals from the Zone be brought back to the Groups &/or Region before our delegate votes on them. See Below:

On Mon, Aug 20, 2018 at 10:33 AM Wilvena Gordon wrote:

Hi Everyone:

At our recent Regional Meeting this past Saturday, the following proposal was put forward. We are looking forward to discussion on our next virtual call this coming Sunday.

Northeast Zonal Forum Proposal

August 19, 2018

Wilvena G. ENYR RD, Tommy G. RDA

To create a position for Zonal Treasurer

Intent: To have a single point of accountability for financial tasks to be performed

Financial Impact: TBD

Policy Affected: Section 4, Trusted Servants

Rationale: The creation of Treasurer would position our Zone to consider funding options for service delivery, events like service symposiums and to create ways to address non-funded positions at the Zone.

**NOTE:** *This Proposal is being sent back to groups for discussion/vote for group conscience*

Regional Motion:

To Amend Policy 0103.01, which currently states: That the RD and the Alternate RD vote our group conscience at the World Service Conference.

to

That the RD and the Alternate RD vote our group conscience at the **Northeast Zonal Forum** and at the World Service Conference.

1. **Intent:** 2nd Tradition (For our group purpose there is but one ultimate authority— a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.), 2nd Concept (The final responsibility and authority for NA services rests with the NA groups.) P91090818

That any Zonal proposal that affects N.A. in part or as a whole, be sent back to areas for group conscience. In the event that a Proposal is up for voting at a Zonal meeting and it has not been presented at Region, the RD will request the proposal to be tabled til the next Zonal meeting.

1. **Intent:** 2nd Tradition, 2nd & 8th (Our service structure depends on the integrity and effectiveness of our communications.) **Concept**