

Volume 36 Number 3

Capital Area Service Committee of Narcotics Anonymous (CASNA)

Rob G., Area Chair, opened the 370th meeting of CASNA on 3/1/2020 @ 2:05 pm with the Serenity Prayer, 12 Traditions and 12 Concepts.

Agenda:

Serenity Prayer, 12 Traditions, 12 Concepts

GSR Count

Attendance

New GSR's

New Meetings

Corrections/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 Area 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 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 Treasurers report

Groups with problems

Group Reports

Subcommittee Reports

RCM/Alt RCM Reports

Old Business

New Business

Discussion Topics

Closing Treasurer's Report

GSR Count:	<u>24</u>
New GSR's:	Amanda – desire to grow
New Meetings:	
Corrections to the minutes:	Step writing meeting at JFT from 1pm – 2:15pm
Opening Treasurer's Report:	Given by Scott, see attached report
Groups with Problems:	

GROUP REPORTS

<u>Group</u>	<u>Update</u>
Acceptance	Recently moved from Grace United Methodist church to New Life community church. Attendance range 4 – 12 people.
All Are Welcome	

Any Lengths	Meeting attendance is good (20 ppl average) Conewago rehab regularly attends. No issues or concerns.
Back to Basics	Dontated \$20 to area, meeting is doing well with about 20 people a week. Group reviewed the care (CAR) and voted on motions.
Bottom Line	Group is doing well! Attendance has picked up with newcomers coming in daily seeking a new way of life! Rent is paid and purchasing \$82.00 in literature. Thanks for allowing me to serve.
Breath of Life	
Clean and Free	
Commitment to Change	
Cut & Dry	
Desire to Grow	Meetings are going well. Attendance is consistent and hom group members are growing.
Exodus to Genesis	
Friday Late Night	
H.A.N.A.	Our homegroup is still going strong we got some new homegroup members. The message of recovery is being spread. Thanks for letting me serve.
Honesty	All is well. Doors are open. Message is being carried.
Hope is Alive	
H.O.W.	Group recently moved to New Life Church in Carlisle. Meeting attendance is slowly improving after the move. We are hopeful the new location will lead to more regular members.
Journey Continues	All is well!
Just for Today	Our group is still carrying the message of NA. Attendance is low but we are still paying rent and keep hope alive.
Life or Death	
Linglestown Meeting	
Living Clean	
Lunch Bunch	Meeting attendance can always be better. Need experienced homegroup to show the newcomers it works.
Message of Hope	
New Life Group	Everything is great!
Non-Conformists	
Noon-Day Serenity	Needs support
Nothing to Fear	
ODOP	We had 3 new home group members join.
Only Hams' Are Cured	
On Life's Terms	
Only the Desire	
Saturday at Swatara	
Share & Care	
Step and Tradition	We are still carrying, there are no problems at this time, the message and our rent is paid and we are donating to area.
Step writing meeting	
The Gathering Place	We are having our 14 th annual home group celebration on April 26. Doors open at 4:30pm. Eddie from York is our guest speaker. No cost to get in.

	Donations accepted. We will be having pizza and appetizers. All ware welcome.
The Truth Will Set You Free	
Value of Life	Meetings have been going very well, 20 plus in attendance every week. 135.35 donation to area this month.
We Do Recover	

SUBCOMMITTEE REPORTS

<u>Sub committee</u>	<u>Update</u>
Audit	Nothing to report this month. Thank you for letting me be of service.
Capital Area Unity Subcommittee	Discussed the upcoming function illness in recovery. Also discussed flyers being made for the next 3 functions having a meeting to finalize the next 3 function. We have a balance of \$712.65.
Unity Treasurers Report	See attached. Speaker Jam Event on 2/15/2020. Ending balance of \$712.65.
Literature	Sold \$968.20. Turned in \$959.70.
Policy	Steff and Chris went to learners day and presented policy. Chris sold 2 policies at learners day. Turned in \$20 to are treasurer for policys sold.
Public Relations	In need of voice recording for phone line. We put the presentation on for learners day on Feb 15 th . We were also able to give away the old literature rack to a home group at that event. We are working to update the phone line and exploring member or professional assistance.
RCM	
Hospitals & Institutions	
Marathon	

OLD BUSINESS	Zonal forum motion Z20120 – NEZF wsc 2020 – that the northeast zonal forum sponsor the following new business proposal – abstain as area
NEW BUSINESS	
HOUSEKEEPING MOTIONS	
DISCUSSION TOPICS	Scott W. will not be here for the May area. David P is willing to step up and assume the role of treasurer for that month since there is no vice treasurer. No opposition.
FINAL TREASURER REPORT	See attached.
Open Positions	See attendance below.

NEXT AREA SERVICE WILL BE HELD ON 4.5.2020 SUBCOMMITTEES WILL MEET AT 12:30 PM, (H&I STARTS AT 12:45PM) AND AREA STARTS AT 2:00 PM.

In Loving Service,

Chris S. – Area Vice Secretary

Life or Death	P	P	A										
Linglestown Meeting	A	A	P										
Lunch Bunch	P	P	P										
Message of Hope	P	P	A										
New Life Group	P	P	P										
Non-Conformists	A	A	A										
Noon-Day Serenity	A	A	A										
Nothing to Fear	A	A	A										
ODOP	P	P	P										
Only Hams' Are Cured	P	P	P										
On Life's Terms	A	A	A										
Only the Desire	P	P	A										
Saturday at Swatara	P	P	A										
Share & Care	P	P	P										
Step and Tradition	P	P	P										
Steps to Freedom	P	A	P										
Step writing meeting			P										
The Gathering Place	P	P	P										
Value of Life	A	P	P										
We Do Recover	A	A	A										

Legend:

P- Present

A- Absent

O- Open

CASNA MONTHLY TREASURER MARCH

		Ck#
Opening Balance	\$2,421.89	
Less Prudent Reserve	\$1,500.00	
Working Balance	\$921.89	

INCOME

Group Donations	\$777.99	
Literature Income	\$959.70	
T-shirt		
policy	\$20.00	8211
Misc		

TOTAL INCOME \$1,757.69

EXPENSES

Answer First	\$54.95	
Verizon	\$43.62	
ASC Rent	\$25.00	3273
Literature Expense	\$370.83	3274
H&I		
Secretary		
region donation	\$1,050.00	3277
Dex	\$10.00	

TOTAL EXPENSES \$1,554.40

Working Balance	\$1,125.18
PLUS Prudent reserve	\$1,500.00
Ending Balance	\$2,625.18
Less Reserve to T-Shirts	\$25.00
Balance Available to use	\$2,600.18

Group Donations

		Rcpt #	Ck #
Acceptance Group			
All Are Welcome	\$25.00	8215	141
Any Lengths	\$100.00	8225	
Back To Basics	\$20.00	8212	
Bottom Line Group			
Breath Of Life			
Clean And Free			
Commitment To Change	\$22.00	8216	
Cut & Dry			
Desire To Grow	\$40.65	8221	
Exodus To Genesis			
Fresh Start			
H.A.N.A.			
Honest Group	\$20.00	8217	
Hope Is Alive			
H.O.W. Group			
Journey Continues	\$31.47	8223	
Just For Today	\$10.00	8227	
Life Or Death			
Linglestown Meeting	\$200.00	8220	
Living Clean			
Lunch Bunch	\$20.00	8226	213
Message Of Hope	\$54.37	8210	599
New Life Group	\$39.15	8224	
Non-Conformists			
Noon-Day Serenity			
Nothing To Fear			
ODOP			
Only Hams' Are Cured	\$30.00	8213	
On Life's Terms			
Only The Desire	\$5.00	8218	
Saturday At Swatara			
Share & Care			
Step And Tradition	\$15.00	8214	
Steps To Freedom	\$10.00	8219	
Value Of Life	\$135.35	8222	
We Do Recover			
Women With A Message			
Total Group Donations	\$777.99		

Capitol Area Narcotics Anonymous
Hospitals & Institutions Subcommittee
Monthly Committee Meeting Minutes
Sunday, March 1, 2020

I. Meeting Opened By: Sean M. @ 12:35PM

With a moment of Silence and the Serenity Prayer.

The Twelve Concepts were read by: Angela W.

II. Attendance:	Newcomers:
1) Sean M.	1) Matthew S.
2) Brendan R.	2)
3) Jen P.	3)
4) Jen F.	4)
5) Matthew S.	5)
6) Angela W.	6)
7) Boo V.S.	7)
8) Nick A.	8)
9) John F.	9)
10) Nicole J.	10)
11) Tabitha F.	
12) Mike N.	
13)	
14)	
15)	

III. Open Facilities:

- 1) Conewago Place
- 2) Dauphin County Men's Prison
- 3) Dauphin County Women's Prison
- 4) Perry County Prison
- 5) Cumberland County Men's Work Release
- 6) Cumberland County Women's Work Release
- 7)
- 8)
- 9)
- 10)

IV. Facility Reports:

1. Alternative Rehabilitative Communities (ARC):

Inactive

2. Capitol Pavilion Community Corrections Center Men's:

Inactive

3. Capitol Pavilion Community Corrections Center Women's:

Inactive

4. Conewago Place Hummelstown:

Open

5. Cumberland County Men's Prison:

02/03 – Nick A. Went in, no one attended the meeting.

02/17 - #6 in attendance, we talked about what they were going to do once they got out of prison.

Nick A. & Jeremy V.

6. Cumberland County Women's Prison:

Great turn out for the meeting both weeks – averaging #10 in attendance each time.

2nd Week: We read the Triangle of Self-Obsession, All but one of the women shared.

4th Week: We discussed what you can do differently once we are released from prison.

Thanks for letting us serve, Jen P. & Ashlei G.

7. Dauphin County Men's Prison:

Open

8. Dauphin County Women's Prison:

Open

9. Dauphin County Men's Work Release Center:

Went in on 2/12 & 2/26, #7-10 in attendance each time, everything went well.

Went in on 2/5 & 2/19, 8-15 in attendance, both meetings went well, Marc G. came in on the 19th and shared on the first step and willingness.

John F. & Jason Mc.

10. Dauphin County Women's Work Release Center:

02/05 – Speaker: Carly B. – 8 in attendance. The women were really happy that I brought Carly in and many related directly to her experiences. A few women personally thanked her afterward.

2/15/20 – Small group, about 7 in attendance, talked about triggers and some women were being released the following week, so talked about getting to meetings in the area and recovery houses over going home.

02/19 – Speaker Sonia – 12 in attendance, one woman spoke most of the remaining time. She had previously been in work release for a few weeks before and had an entirely different outlook this time and had a really inspiring message.

2/30/20 – Didn't go as Megan had her Baby!!

Jen F., Emily S. & Megan A.

11. Gaudenzia Common Ground:

02/02 – Speaker cancelled so Nicole & I split the time and shared our stories. We had 21 in attendance – amazing feedback – talked about the stigma of addiction.

Nicole J. & Tabitha F.

02/09 – Couldn't make it, got called into work.

02/11 – Katie K. came in to speak, we had about 26 clients in attendance.

02/23 – Danny A. shared his experience, strength and hope, 18 in attendance, incredible feedback.

02/25 – Stacey L came in and shared her story, 28 in attendance.

03/01 – Shelby K spoke, about 28 clients in attendance.

12. Gaudenzia Concept 90:

02/13 – We had 33 clients in attendance, Denise came in and spoke for about 30 minutes, the clients shared for the rest of the time. We had great participation.

02/27 – The house was on lockdown – no meeting was brought in.

Thank you for letting me serve, Boo V.S.

13. Gaudenzia Sienna House:

02/12 – No meeting, could not attend due to family emergency.

02/26 – Speaker cancelled, brought a meeting in by myself, excellent participation.

Jeff H. & Sean M.

14. Perry County Prison:

Inactive.

15. Salvation Army:

02/02 – No mtg was held, they were having a Superbowl party.

02/16 – Becca M. spoke.

Meeting is good, attendance is good, no issues.

Thanks Brendan R. & Frank T.

Group with issues/problems:

None at this time.

V. Literature Report: We are fully stocked on everything, see Mike N. if you need anything.

a. Monthly Expenses:

b. Items Distributed:

- White Books to DCP Men's Work Release

-

VI. Committee Member Reports:

a. Chairperson: H&I met with 11 members today and 1 new member. We discussed our commitments. All active commitments are being fulfilled, We discussed updated application forms for Dauphin County, as well as potentially starting a meeting at

Perry County Prison. I attendended Learner's Day on 2/15 at 1:00pm and spoke on the virtues of H&I.

- b. Vice-Chair: Nothing to Report.
- c. Secretary: Sent background checks to John Addison from Dauphin County again, received work from him that they have apparently updated the background check forms again and he will be sending those to me this coming week, and will attempt to submit the ones that I sent to him. I also received a call from Cumberland County Prison, apparently Perry County Prison reached out to them about starting an NA Meeting, will report as that continues to develop.

VII. Old Business:

H&I met with 15 members and 2 new attendees. All facilities are being filled except for DCP Men's & Women's Prison and Cumberland County Men's and Women's Work Release. Good participation from those in facilities; NA H&I is being well attended by those in facilities. Will be looking into Learner's Day for next month, checking with the Unity Vice-Chair..

VIII. New Business:

Nothing to Report.

Motion to close by Sean M. @ 1:15pm.