

## **Volume 32 Number 8**

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

Crystal D., Area Chair opened the 378th meeting of CASNA, on 08/07/16, at 2:05PM, 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:** 15 at 2:10 PM

**Attendance notes:** Area vice chair, Area vice secretary, H&I vice chair, Public Relations vice chair, Unity vice treasurer positions are open

**\*\*Next Area is September 11, 2016\*\***

**New GSR's:** ODOP Barry H. GSR, Alt GSR Mike S. All are welcome Michael B GSR. Lunch Bunch Phil GSR.

#### **New Meetings:**

**Corrections to the Minutes:** Women with a message group report had wrong time for doors to open for upcoming event. Doors open at 4:30, diner is at 5. Kathy W. was elected to the position of vice treasurer. Public Relations sub-committee submitted verbal report in July, minutes on website updated to include written report. Motion to accept minutes by Jada B., 2<sup>nd</sup> by Jess U.

**Orders of the day:** Motion by Henry J., 2<sup>nd</sup> by Nancy U.

**Opening Treasurers report:** \*See attached. Motion by Nancy U. 2<sup>nd</sup> by Steph W.

**Groups with Problems:** Bridge to Recovery that meets at JFT on Tuesday and Thursday at 4:30 is in need of support.

### **Group reports:**

**Acceptance Group** – Grace UMC Carlisle, Pa Sun 6-7PM, Tues 7-8PM – Area fund flow & \$89.50, literature order of \$8. Attendance is doing well, meeting is consistent. Steve W. GSR

**All Are Welcome** - 56 Banks St. Penbrook, HBG. Pa. Wed. 7-8PM – Blessings to everyone. Our meetings are going well. We are giving a \$25 donation to area, and placed a \$24 literature order. 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 – Everything going well from day to day in the meeting. Purchasing literature and upcoming events being planned. TFLUS Richard B.

**Bridge II Recovery** – 300 Market St. Lemoyne, PA Tues & Thurs 4:30-5:30 – Needs support – all is well. Art. D

**Changes in Chambersburg** – 800 South 4<sup>th</sup> St, Chambersburg, PA 17201 Friday 6-7pm – no report.

**Clean and Free** - 2nd and State 12-2pm Sat. – no report.

**Commitment to Change** - 1422 Market St, HBG, Pa. Tues 7-8:30PM – Meeting going well and on time. We need home group member support Hedy W.

**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. – no report.

**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 3<sup>rd</sup> St, HBG, PA 6:30-8:30PM – No Report

**Honesty Group** - 5th & Bridge St, New Cumberland. Thursday 7:30 - 8:30pm. – Meeting attendance has been fine. There have been no problems to speak of. Members looking for a home group are welcome. Will A.

**Hope Station** - 149 W Penn St, Memorial Park, Carlisle- Friday 7pm-8pm – Attendance good! Home group member Steve W. with 22 years. Literature order for \$10. All good, don't use. Chuck K.

**H.O.W. Group** - Carlisle UMC. Carlisle, PA. Mon and Thurs 8-9pm – Attendance fluctuates weekly. Please visit us. Chris W.

**Journey Continues** – Mon. & Thurs. 6:30-7:30pm @ 4200 Londonderry Rd. Hbg- Meeting is going well. Monday living clean the journey continues book, August attendance 15-20. Thursday it works how and why step and tradition. Attendance has been struggling lately. Support would be appreciated. Jada B.

**Just for Today** - 15th and Derry, Hbg. PA. Sun. 10-12pm. – All is well. Opening and closing on time. We are having a clear NA message to help newcomers, return members and our fellowship as a whole. TFLUS

**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. – Hello family, Home group attendance is steady but 7<sup>th</sup> tradition is down greatly. We are still paying our bills but have not had extra money to purchase the amount of literature we would like to. We have had 2 new home group members join our home group and are happy to have them. TFLUS. ILS Rachelle W.

**Lunch Bunch** – Mon-Sat 12-1. Herman Ave, Lemoyne - All is well with lunch bunch. We are not having a campout, however we are planning our Holiday Dinner for some time after Thanksgiving and before Christmas. Phil D.

**Message of Hope** - Wertzville Rd, Enola Pa Fridays 8-9pm – Meeting attendance continues to be good and there are no issues to report. Our fourth annual campout will be August 29, 20 & 21 at Paradise Stream Family Campground in Loysville, PA. There is a flyer attached, please feel free to reach out to a contact listed at the bottom with any questions. TFLUS Steve H.

**New Life Group** – 14 State Rd. Mech. Sat. 8-9pm- – no report.

**Nothing to Fear** - Corner of Simpson & Market St. - Mechanicsburg, PA. Monday 730-830pm, Fifth Tradition Thursday 7:30-8:30pm Survivors: Revisited Friday 10-11pm. – Hello. All is well. Attendance fluctuates. No problems. Donation for this month is \$2.50. Steve P.

**O.D.O.P. (One Disease, One Program)** – Fairview Brethren in Christ Church, 600 Evergreen Rd, New Cumberland, Wed 7-8pm – Group conscious of 10. Discussed motion topics and voted. Barry H.

**Old School Recovery** – Grace UMC “Simpson & Market, Mechanicsburg, PA. Mon, Tues, Weds, Thurs & Friday 9:30-10:30am – No report

**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. 6<sup>th</sup> & Forester St. – The group is maintaining about 20-30 people in attendance. However, we do need more support, members to be more committed to the positions they volunteered for. Rob W.

**Only the Desire Group** - 15th & Market St., Hbg, PA. Wed 7-8:15PM. – Our home group is doing well. We open on time and good attendance. Donated \$40 to Area. TFLUS Muhtadi

**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.

**Safe harbor** – 55 W. King St, Shippensburg, PA. Tues, Thurs, Sun 8-9PM. -

**Share and Care** - Baughman U.M. Church, 3rd & Bridge St., New Cumberland, Mon-7-8:15PM – Attendance is good. Nothing new to report. Jessie F.

**Step and Tradition** – 1524 Walnut St., Hbg, PA. Thurs. 6:30-8:15pm –Our attendance is consistent. We've made our monthly donation to area. We are having a Speaker Jam/cookout August 20, 2016 from 1-8pm at Choice Community Center 1524 Walnut St, Harrisburg PA

17103. We would love for all to attend. Thanks for letting me serve. Felicia M.

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

**The truth will set you free** – 25 S. Penn St, Shippensburg, PA Mon, Weds, Thurs & Sat 8-9PM, Friday 12-1pm -

**Value of Life** – 131 Nittany Dr, Mechanicsburg, PA. Sunday 7-8 PM. – All is well with the group. Attendance is regular – around 25 people every week. Made a \$10 donation to area service. Jess U.

**Women on a Journey**- 300 Market St, Lemoyne, PA Thursday 7-8PM. – Need support and home group members. Kathy

**We Do Recover** - 15th & Derry St, Hbg, PA, 8PM to 9:30PM Monday – Meeting is staggering, we need some support. Michael 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. – Women with a message is celebrating its 11<sup>th</sup> anniversary with a free dinner for all. “Italian Extravaganza” doors open at 4:30, dinner at 5:00, meeting at 6. Amanda V. from Philly will be the speaker. All are welcome. Donations appreciated. We are in need of home group members.

## **Subcommittee reports:**

**Ad-Hoc:** Adhoc had 1 present today. There was no discussion topics as I do not feel comfortable making decisions without group conscious present. (1) Wormlesyburg is not capable of storing our two cabinets, waiting on call backs from Silver Spring and Carlisle.

**Audit:** No report

**POLICY:** No report

**Marathon:** No Report

**HOSPITALS & INSTITUTIONS:** 9 members attended the meeting. 4 open facilities: Conowego men’s, Carlisle men, Carlisle women & Perry County Prison. We voted in one new panel leader, Brian B. Flyers on the table for H&I, please hand out to home groups. Need donated books and outdated/old editions. Mary Ann R.

### **Facility reports:**

**ARC: -Mondays first of the month** – No report

**C-90: 2nd and 4th Thurs. 7-8pm-** 7/8 Will shared, good attendance, many questions. 7/22 Olivia shared, many questions.

**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.** – In the process of switching day of meeting to Thursdays from Tuesday 7-8. Should begin in September. Steve V.

**Conowago Place: Men 1st and 3rd Tues, 5:30-6:30** – No Report.

**Cumberland County Prison: Womens’-Mon. 630-730pm-** No Report

**Cumberland County Prison: Mens’-Thur. 700-800pm** – No report

**Dauphin County Prison: Women-every Sunday 9-10am-** 7/10 4 women, open topic, good participation. 7/17 5 women, quiet meeting. 7/24 6 women, good participation. 7/30 did not go, flat tire. 8/7 8 women, great participation. Very good meeting. Mary Ann R.

**Dauphin County Prison: Men, every Thurs 6:30-** The meeting was taken in 1 time for July. There are no readings, literature or books. I have asked to receive the materials so I may continue in August. TFMS Jan A.

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

**DCP Women’s Work Release: Tuesdays 7-8pm.** I am stepping down from this commitment. I am working with Nikki to get this set up for her to cover for another day as she takes this commitment every other week. Other than that all is well.

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

**Salvation Army: 2nd and 4th Sunday 7pm-** no report

**Woodside: Sunday 6-7pm** – No report

**UNITY SUBCOMMITTEE:** We held our monthly dance on 7/16/16. Turnout was light, we did lose a little bit of money. We are looking for a new location to hold our monthly dance. I have made a lot of phone calls and to date have not had a solid yes, however, I spoke with sister Johnson from this church today and she is open to us holding a dance here. She will check with her Board of Trustees tomorrow. I will have an answer by Tuesday. If we do not find a new location for the 8/20 dance it will be at 15 & Derry and the kitchen will be closed. There is a Labor Day picnic at Brightbill Park on Monday September 5 from noon until 7pm. I will get a flyer to the area

secretary to go into the minutes. Please spread the word. Dawn B.

**UNITY TREASURERS' REPORT: See Attached.**

**PUBLIC RELATIONS:** Answer first billing was still approaching monthly charges of close to \$300. Brendan discussed how to get it in line & decided a voice over prompting is the way to go. I worked with the answering service & now a caller will be asking if looking for meetings before an operator. Also, helpline members will be texted instead of called which is 20 cents a minute instead of \$1.05. However, this revamp added up to \$92.75 since they billed it at livetime, not the virtual rate. I sent an email that the initial salesman did too good of a job. This new format seems much better for our organization, but the changes almost equal the setup fee! Surprisingly, they responded by crediting us the full amount, apologized for the confusion in no one explaining how the updates would be billed. This should result in each month being around the \$115.00 of current invoice. In August, we attended 1 event in Duncannon on the 2<sup>nd</sup>. For September there are 2 scheduled. We need help to man table on 24<sup>th</sup>, 10AM-3pm at East Mall, Dauphin County Recovery Day. I spoke to Caprice in regard to Chambersburg meeting. That group more than likely will withdraw from Capital Area to form Cumberland Valley Area which has restarted again. We need to discuss whether or not to keep the Shippensburg meetings on our area list. This is not my decision. Today's subcommittee meeting was held on the phone since I wasn't sure I'd get here. A literature order of \$95.70 placed to replenish PR IP's & get 6 Basic texts, 3 are on backorder. Kathy W. will begin visiting local libraries to donate (in the county systems) where one is not available. She is also going to get a helpline # flyer ready so the area can have a poster day. Chris W.

**LITERATURE:** Today we sold \$727.40. I also want to note that we have had the same 4 people come to help fill literature orders for the last few months, which has been a great help for literature. Betty Jo H.

**RCM:** There are 2 motions to be voted on at September 10, 2016. Region. We as an area have voted on these motions and will carry the vote we already have noted. Next region will be in the Poconos in Tannersville on Sept 10. I am asking all home groups for the Flpt statement survey today if you have it. I need it before the end of August because it's due September 1, 2016. World Service is asking for a World Unity Day on September 3, 2016 to take a moment of silence and pray for the still sick and suffering addict in and out of the rooms. In our area this will be at 1pm. They are trying to do it worldwide at the same time. If you forget to do it at 1pm do it sometime that day. Also the NEZF survey that was in last month's minutes, the next NEZF will be in our region in the Poconos October 21-23 Holiday Inn 1863 W Main St Stroudsburg, PA 18360. Regional meeting on Sept 10 at 10AM, Subcommittees noon for region at St Pauls Lutheran Church 158 Fish Mill Rd Tannersville, PA 18372. Saturday from 11 to 4:30. We will be at St Pauls Church Sunday NEZF Business 10AM-3. Nancy U. & Will A.

**OLD BUSINESS:**

**Open Positions:** Area vice chair, Area vice secretary, H&I vice chair, Public Relations vice chair and Unity vice treasurer positions are open.

**Motion 6-16-02** To reimburse Public Relations Chairperson and/or Vice Chair for mileage when attending/providing NA literature tables at various events in our Area if they request it. **Intent:** To further our Area's reach as this sub-committee, as per the 9<sup>th</sup> & 11<sup>th</sup> traditions. Also, so that trusted servants do not incur excess out of pocket expenses. Written by Chris W. 2<sup>nd</sup> by Don L.

**Discussion** July 2016, **Vote** August 2016 **\*\*\*MOTION FAILED 4-8-4\*\*\***

**Motion 5-16-01** To reformat areas website to a website management system that can be updated and maintained by the public relations subcommittee. **Intent:** to maintain accountability for the website through the PR subcommittee and open opportunity for more participation. Written by Rachelle W. 2<sup>nd</sup> by Kathy W. **Discussion** July 2016, **Vote** August 2016 **\*\*\*MOTION TO TABLE, PASSED 11-0-5\*\*\***

**NEW BUSINESS:**

**House Keeping Motions:**

1. To move area service from the 1<sup>st</sup> Sunday to the 2<sup>nd</sup> Sunday in September, the 11<sup>th</sup> due to Labor Day. We are also asking for the regional donation today. **Intent:** To follow 7<sup>th</sup> tradition

and to not have Area on a holiday weekend. Written by Nancy U. 2<sup>nd</sup> by Jada B. **\*\*\*Motion passed 17-0-0\*\*\***

2. \$25.30 to H&I for copies of new panel leaders start up information. Written by Mary Ann R, 2<sup>nd</sup> by Jesse H. **\*\*\*Motion passed 15-0-0\*\*\***
3. To reimburse PR chairperson for mileage on August 2<sup>nd</sup> to Duncannon for requested attendance at their National Night Out. Requesting ½ of policy rate of \$0.54 so 52 miles mile round trip for .27 cents = \$14.04. **Intent:** To continue this sub committees reach into our communities. Written by Chris W. 2<sup>nd</sup> by Chuck K. **\*\*\*Motion ruled out of order by policy because Motion 6-16-02 had just failed\*\*\***

**Motion 8-16-01** To form an area web committee. If accepted, I will volunteer as chair to start and with the guidance of World Services, this area, and policy sub-committee, formulate guidelines for said committee. **Intent:** To attract specific members with specific abilities to maintain our areas website in order to prevent the website from falling under the responsibility of members that do not have experience with maintaining a website. Written by Brandon R. 2<sup>nd</sup> by Chris W. Discussion September 2016, Vote October 2016

**DISCUSSION TOPICS:** We need to revisit the policy which allows for travel expenses compensation. The guidelines need to be updated and the manner of how they are compensated needs clarified. Submitted by Brandon R.

**Notes:** Nancy U. will return \$88.00 to area next month

**FINAL TREASURERS REPORT: \*\*See attached\*\***

**\*\*Motion to adjourn meeting at 3:55, Moved by Jessie F. & 2nd by Jada B.\*\***

**Next area is 9/11/16.** 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

	Jan	Feb	Mar	Apr	Ma	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>*****POSITIONS**</b>												
Area Chair	P		P	P	P	P	P	P				
Area Vice Chair	O		O	O	O	O	O	O				
Secretary	P		P	A	P	P	P	P				
Vice Secretary	O		O	O	O	O	O	O				
Treasurer	P		P	p	P	P	P	P				
Vice Treasurer	O		P	P	A	O	O	P				
Unity Chair	P		P	P	P	O	P	P				
Unity Vice Chair	P		O	O	O	O	A	A				
Unity Treasurer	P		P	P	P	O	A	A				
Unity Vice Treasurer	O		O	O	O	O	O	O				
RCM	P		P	P	P	P	P	P				
Alt RCM	P		P	P	P	A	P	P				
H&I Chair	P		P	P	P	P	P	P				
H&I Vice Chair	O		O	O	O	O	O	O				
Public Relations Chair	P		P	P	P	P	P	P				
Public Relations Vice	O		O	O	O	O	O	O				
Literature Chair	P		P	P	P	P	P	P				
Literature Vice Chair	O		A	P	P	P	P	P				
Policy Chair	P		A	P	P	P	A	P				
Policy Vice Chair	O		O	P	P	A	P	P				
Marathon Chair	A		P	P	A	P	P	A				
Marathon Vice Chair	A		A	A	A	O	O	O				
<b>*****GROUPS***</b>												
Acceptance Group	P		P			P	P	P				
All Are Welcome	P		P	P	P	P	P	P				
Any Lengths												
Back to Basics												
Bottom Line Group	P		P	P	P	P						
Bridge II Recovery	P		P	P	P	P	P	P				
Changes in Chambersburg							P					
Clean and Free	P		P	P	P							
Commitment to Change	P				P	P						
Cut & Dry												
Desire to Grow	P		P	P	P			P				
Exodus to Genesis	P		P	P		P	P					
Fresh Start			P									
H.A.N.A.				P								
Honesty Group	P		P	P	P	P	P	P				
Hope Station Meeting	P		P	P	P			P				
H.O.W. Group	P		P	P	P	P	P	P				
Journey Continues	P		P	P	P	P	P	P				

Just for Today	P		P	P	P	P	P	P				
Life or Death	P			P								
Living Clean	P		P	P	P	P	P					
Lunch Bunch	P		P	P	P	P	P	P				
Message of Hope	P		P	P	P	P	P	P				
New Life Group	P		P	P		P	P					
Nothing to Fear	P					P	P	P				
ODOP (One disease one	P		P	P	P	P	P	P				
Old School Recovery	P		P									
Only Hams' Are Cured					P	P	P	P				
On Life's Terms			P	P	P	P						
Only the Desire	P		P		P		P	P				
Rebels on the Hill												
Rise to Freedom			P	P		P	P					
Safe Harbor												
Saturday at Swatara												
Share & Care	P		P	P	P	P	P	P				
Step and Tradition	P		P	P	P		P					
Steps to Freedom					P		P					
The truth will set you free												
Value of Life	P		P	P	P	P		P				
We Do Recover	P				P							
Women on a Journey			P	P		P	P					
Women with a Message	P		P	P	P	P	P	P				

Updated July 2016





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

EVENT DATE: 7-16-16  
STARTING BALANCE: 498.00

INCOME

ADMISSION: 323  
FOOD: 101  
MISCELLANEOUS ITEMS: \_\_\_\_\_

SUB-TOTAL: 424.00  
NEW BALANCE: 922.00

EXPENSES

FACILITY RENT: 160  
D.J.: 200  
FOOD: 98.63  
MISCELLANEOUS ITEMS: 6.10

SUB-TOTAL: 464.73  
ENDING BALANCE: 457.27

June + - 50.00  
July 407.27

Area  
Deposit  
for Unity  
Day T-Shirt

COMMENTS:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MESSAGE OF HOPE ANNUAL  
HOMEGROUP CAMP OUT**

**PARADISE STREAM FAMILY CAMPGROUND  
693 PARADISE STREAM ROAD, LOYSVILLE, PA 17047**

**~ AUGUST 19, 20, AND 21 ~**

**\$15/PERSON – ALL WEEKEND  
\$7 FOR THE DAY ON SATURDAY  
THERE WILL BE DINNER SUPPLIED  
BY THE HOMEGROUP ON  
SATURDAY AND A BONFIRE  
MEETING AT 9 PM**



**THE CAMPGROUND HAS A BATH HOUSE, WIFI,  
LAUDRY ROOM, POOL, ARCADE, HIKING TRAILS,  
LAKES, MINI GOLF, VOLLEYBALL, BASKETBALL,  
SHUFFEL BOARD, DOG PARK, AND GOLF CARTS AND  
CANOES AVAILABLE FOR RENT.**

**FOR MORE INFORMATION OR QUESTIONS PLEASE  
CONTACT**

**Steve H. 717-805-1533 Or Cat 717-275-2693**