

Volume 31 Number 9

Capital Area Service Committee of Narcotics Anonymous (CASNA)

Will A., Area Chair opened the 368th meeting of CASNA, on 9/13/2015, 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: 21 at 2:07 PM

Attendance notes: Policy Vice Chair, and Unity Vice Treasurer, positions are open.

****Next Area is October 4, 2015****

New GSR's: None

New Meetings: None.

Corrections to the Minutes: an amended copy of the treasurer's report for September has been included in the attachments to this month's minutes

Motion to accept minutes by Rob G., 2nd by Henry J.

Orders of the day: Motion by Nancy U., 2nd by Steve B.

Opening Treasurers report: *See attached. Motion by Henry J. 2nd by Marianna H.

Groups with Problems:

Rise to freedom: the Friday meeting 5pm – 6pm is listed as a bi-lingual meeting but they have no Spanish speaking members that attend so it is not actually a bi-lingual meeting

Hana: new meeting location & time provided in group report

Group reports:

Acceptance Group – Grace UMC Carlisle, Pa Sun 6-7PM, Tues 7-8PM – Area fund flow \$40.

Literature order of \$20.50. Lively discussion at monthly business meeting regarding info in area minutes: Unity Treasury, Regional Motions & NA service structure/zones. Chris W., home group member for Steve W. GSR

All Are Welcome - 56 Banks St. Penbrook, HBG. Pa. Wed. 7-8PM – Blessings to everyone. Our meeting is continuing to bring in new faces and is going good. We have placed a literature order and are giving a small donation to area. 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 – Group is doing well, 30-40 + addicts daily attending the meeting. Upcoming speaker jams 10/17 and 10/31, come support your area. Purchasing \$70 literature. TFLMS. Richard B.

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

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

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 – Hana group would like to announce that we have

a new meeting location at 1801 N 3rd St. Any questions, call me 717-805-2040. Chris A
Honesty Group - 5th & Bridge St, New Cumberland. Thursday 7:30 - 8:30pm. –Attendance has been steady and we are getting new home group members to help out. No issues or problems at this time. David P.

Hope Station - 149 W Penn St, Memorial Park, Carlisle- Friday 7pm-8pm – All good. Chuck K. GSR

H.O.W. Group - Carlisle UMC. Carlisle, PA. Mon and Thurs 8-9pm – \$22.50 for literature order. We will be making our yearly area and World donations this month. New home group members in attendance so discussion of area information in the minutes was streamlined. Chris W. GSR

Journey Continues – Mon. 6:30-7:30pm @ 4200 Londonderry Rd. Hbg- Good group attendance, no issues to report. TFLUS. Marianna H.

Just for Today - 15th and Derry, Hbg. PA. Sun. 10-12pm. – Our group continues to function without problems. Attendance has been down during the summer. TFAMTS. Betty W.

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. –Attendance has been good and regular. Planning semiannual bon-fire event, date not currently set. Mark M.

Lunch Bunch – Mon-Sat 12-1. Herman Ave, Lemoyne – Attendance is down, all are welcome. The annual holiday dinner is in the works, more information to follow. Kathy W.

Message of Hope - Wertzville Rd, Enola Pa Fridays 8-9pm – Attendance has been consistent. The camp out had a decent turn out and was successful. We will be having a cook out Sept 19th at the church where our meeting is held at noon to sunset with a meeting at 4pm. Flyers are out. We have no problems to report. Olivia N.

New Life Group – 14 State Rd. Mech. Sat. 8-9pm- Thank you for your support at our summer picnic. October 31, 2015 is our annual Halloween Party at 9PM following the meeting. \$2 donation, if you don't have it show up anyway. 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. – Attendance steady. Attendance is steady, all is well. Manny D.

O.D.O.P.(One Disease, One Program) – Fairview Brethren in Christ Church, 600 Evergreen Rd, New Cumberland, Wed 7-8:15pm – Meeting attendance is going well. No issues with facility, no group issues. David H.

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

On Life's' Terms - 6th and Forster St. Hbg, PA, Monday 6:30-8:15pm. – Our meeting is going good. Other than that we have nothing to report. Ramona B.

Only Hams Are Cured – Sat. 7-8:30. 6th & Forester St. – The home group members who are committed are holding down the meeting. We can always use more committed members to help. Otherwise we are averaging 40 addicts every Saturday and all is well. TFLMS. We donated \$19.16 to area today. Crystal D.

Only the Desire Group - 14th & Market St., Hbg, PA. Wed 7-8:15PM. – We are doing good, the meeting opens on time and attendance is good. Mike T.

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- there has been a change to Thursday groups. Thursday 12-1PM is now an open meeting. Jose W. For Richard

Saturday at Swatara – 4680 Lindle Rd. Hbg, Sat 7-8 PM. – \$67.27 area donation. Group is doing well. Attendance is consistent. Tracey M.

Share and Care - Baughman U.M. Church, 3rd & Bridge St., New Cumberland, Mon-7-8:15PM – Meetings are going well, many nights the need for extra chairs is our only issue. Thank you for your support. Faith W.

Step and Tradition – 15th & Derry St., Hbg, PA. Thurs. 6:30-8:15pm – No Report

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. – Meetings going well, attendance has been steady. We have a traditions workshop on the 2nd Sunday of every month at 6PM before our normal meeting. All are welcome. Stefanie R.

We Do Recover - 15th & Derry St, Hbg, PA, 8PM to 9:30PM Monday – No report

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. – No report

Subcommittee reports:

CAPITAL AREA UNITY SUBCOMMITTEE: The Labor Day picnic had a great turnout and was a great time. Enough money was made from selling drinks to financially sustain the committee for the next event. The speaker jam/fundraiser was a success. Enough money was raised to cover the Labor Day Event. ILS Rachelle W. Unity Chair

UNITY TREASURERS' REPORT: See Attached.

LITERATURE: Sold \$1,139.10 of literature today giving \$1,155.90 to area. \$16.80 difference came from petty cash. \$26.70 petty cash start, \$9.90 left in petty cash. Betty Jo H.

POLICY: Work on Policy continues. A 3rd draft is available and includes policy votes through the end of 2014. I will continue to update policy and policy logs. Policy sub-committee needs help! TFLMS. Steve H.

PUBLIC RELATIONS: No report

RCM: See Report and attached is a flyer for next region and North Eastern zonal forum and conference in Jamaica, NY. The flyers are here MARLCNA, the primary purpose packets will be distributed in December. Faith W.

AUDIT: Committee will meet at the end of September to finish the audit of area's books. They will have a report at area's monthly meeting in October.

Marathon: The committee has been able to attain the location for all 3, 24 hour events. The location will be at 15th & Derry for all 3 events. Flyers for all 3 events are being updated at this area's sub-committee meeting and will be emailed to area and regional web chairs to be put on websites. Flyers will also be available for all events at next area. ILS. Jose H.

HOSPITALS & INSTITUTIONS: 17 members in attendance. Word is getting out that sub-committee needs help. Thank you to all have helped pass the word. Still need members to apply to all area prisons. Thank you for allowing me to serve. We are also in need of secretary for sub-committee. Rob G.

Facility reports:

ARC: -Mondays first of the month – The meeting went well. I introduced myself to the staff and let them know I will be coming in from now on. TFLMS. Nikki M.

C-90: 2nd and 3rd Thurs. 7-8pm- Missed miscommunication with subs on 1st Thursday. 2nd Thursday - 35 in attendance, Faith shared, lots of sharing afterward, meeting went to 8:30. 3rd Thursday-50 in attendance, Michelle shared.

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. Literature with some speakers, all is well. TFAMTS. Steve B.

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

Conewago Place: Women 1st & 3rd Tuesday, 5:30-6:30pm – 1st week we took a speaker and when finished all participated, grateful for us coming, 10 women in attendance. 3rd week took a speaker, all participated, 11 women attended. Everything is going well. Betty Jo H.

Cumberland County Prison: Womens'-Mon. 630-730pm- Cat & Bridget will commit to once a month so we can have a break. Do have 1 application for approval in. Chris W.

Cumberland County Prison: Mens'-Thur. 700-800pm – No longer meetings. Facility in process of addressing attendance. Thomas G. has stepped down after 20+ years of service. Wayne S.

Dauphin County Prison: Women-every Sunday 9-10am- I was only able to bring the meeting in 3 out of 5 Sundays. The attendance varies weekly from 5-12 ladies. They are grateful for this meeting. TYFLS. Jan A.

Dauphin County Prison: Men, every Thurs 6:30- No report

DCP Men's Work Release- Weds 6-7pm. – Participation has dwindled. Hoping there will be more participation as it gets colder. There has been good results for those that attended on regular basis, I have seen people in NA meetings that were from DCPWR. Dean L.

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

Salvation Army: 2nd and 4th Sunday 7pm- Meeting is good, attendance is good. TFLMS. Brendan R.

Woodside: Sunday 6-7pm – No report

OLD BUSINESS:

Motion 8-15-1- In reference to the 8th tradition, the ODOP home group asks that the chair solicit bids from three CPAs to perform an audit. We would like the bids be brought to next Area business meeting. (September 6, 2015) **Intent:** To have a full thorough accounting of Area funds as per the 11th concept. In light of the fact that it has been neglected for three years. This is to provide accountability of NA funds. **Written by:** David H and **2nd by:** Rachelle W. **Discussion** (September 13, 2015) **Vote** (October 4, 2015). *****motion tabled 16-0-0*****

NEW BUSINESS:

None

DISCUSSION TOPICS:

None

Notes: During the beginning of area service it was brought to the attention of those in attendance by a GSR that the number of GSR's counted as being present is not equal to the number of group reports being submitted. There are usually more GSR's present then reports submitted so GSR's are showing up to area but not filling out group reports or are leaving early so they may not have all the information to take back to their groups. Also, that in the group reports there is not an accountability of funds such as what is being spent on literature orders and was being fund flowed. To keep an accountability of NA funds these things should be included. *****this was not submitted as a discussion topic or reported during a group report but offered as a point of information*****

FINAL TREASURERS REPORT: **See attached**

****Motion to adjourn meeting at 3:46, Moved by Nancy U. & 2nd by Marianna H****

Next area is 10/04/15. Subcommittees meet at 12:30pm, (H&I starts at 12:45pm), and Area Service starts at 2pm.

Chrissy F. – Area Secretary

Stef R. - Area Vice Secretary

	Jan	Feb	Ma	Apr	Ma	Jun	Jul	Au	Sep	Oct	No	De
*****POSITIONS*****												
Area Chair	P	P	P	P	P	P	P	P	P			
Area Vice Chair	O	O	O	O	O	P	P	P	P			
Secretary	P	P	P	P	P	P	A	P	P			
Vice Secretary	P	P	P	P	P	A	P	P	P			
Treasurer	P	A	P	P	P	P	P	A	P			
Vice Treasurer	P	P	P	P	P	P	P	P	P			
Unity Chair	P	A	P	P	O	P	P	P	P			
Unity Vice Chair	O	O	O	O	O	A	P	P	A			
Unity Treasurer	P	P	P	P	P	P	P	P	P			
Unity Vice Treasurer	O	O	O	O	O	O	O	O	O			
RCM	P	P	P	P	P	P	P	P	P			
Alt RCM	P	P	P	A	P	P	P	P	P			
H&I Chair	P	P	A	P	A	P	P	A	P			
H&I Vice Chair	P	P	P	P	P	P	P	P	P			
Public Relations Chair	P	P	P	P	P	P	P	A	P			
Public Relations Vice Chair	P	P	P	P	A	P	A	P	P			
Literature Chair	P	P	P	P	A	P	P	P	P			
Literature Vice Chair	P	P	P	P	P	O	P	P	P			
Policy Chair	P	P	P	P	P	P	P	P	P			
Policy Vice Chair	O	O	O	O	O	O	O	O	O			
Marathon Chair								A	P			
Marathon Vice Chair								P	P			
*****GROUPS*****												
Acceptance Group	P	P	P	P	P	P		P	P			
All Are Welcome	P	P	P	P	P	P	P	P	P			
Any Lengths												
Back to Basics												
Bottom Line Group	P	P	P	P	P	P						
Clean and Free	P	P	P				P	P				
Commitment to Change								P				
Cut & Dry				P				P				
Exodus to Genesis	P		P	P	P	P	P					
Fresh Start												
H.A.N.A.		P		P		P			P			
Honesty Group	P	P	P	P	P	P		P	P			
Hope Station Meeting	P	P	P	P	P	P		P	P			
H.O.W. Group	P	P	P	P	P	P		P	P			
Journey Continues	P	P	P	P		P	P	P	P			
Just for Today	P	P	P	P		P	P	P	P			
Life or Death	P	P	P				P		P			
Living Clean	P	P	P	P	P	P	P	P	P			

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

Updated June 2015

RCM Report September 12, 2015

Motions from old business: as a reminder our area abstained from votes as that was our area conscience

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. Passed 10-3-2

This means they will vote no on all motions are that changed in any way.

0616P2 To add to the treasurer's duties to submit a 990 form or copy of our yearly tax submission to the region's insurance carrier. Passed 13-0-2

The treasurer will submit the information.

0615P3 To increase the startup funds for MARLCNA from \$15,000 to \$17,000 Failed 8-6-1

Startup funds will not increase

Motions from new business to be voted on in December 2015

0915P1 Motion: Would the groups of the Mid-Atlantic Region like the MARLCNA event to continue after 2017, the end of the current signed contract.

Intent: To have the voice of the fellowship, at the group level, heard on the continuing this event. To fulfill the 2nd [*The final responsibility and authority for NA service rests with the NA groups*] and 3rd [*The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it*] concept as well as tradition 9 [*NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve*] Submitted by MARLCNA committee
Seconded by York Area ARCM

There were 2 other motions, one house keeping to have the MARLCA treasurer to submit an itemized list of expenses, to be broken down monthly. This should be reported at the next region in December.

Intent: To be fully accountable to region and our members. Passes 13-2-0

MARLCNA did turn in an expense report already and will do so again in December and will be done.

The other motion died on the floor.

Step writing needs support, especially women. This is a commitment you can do from home and after attending one meeting of the subcommittee. One requirement is that you have completed a 4th step however, if you are in the process of that please consider at least attending the next meeting at the Sacred Heart Hospital in Allentown on 4th and Chew streets (18102). Just a reminder this is a communication with prisoners of the same gender as the NA member, training is provided. Faith also has a phone number for the chair if you have specific questions for him. *October 25th 2:00pm*

Many positions were filled however we need new people to get in to service and bring fresh eyes and ears to our area and region.

OPEN POSITIONS

Region Vice Chair

Secretary

Secretary Vice Chair

H&I Vice Chair

Web Vice

Insurance Liaison Alternate

Next Region is December 12, 2015 in Lebanon a flyer will be available in the minutes in October

**Mid-Atlantic Regional
Service Committee Meeting of NA**

Hosted by: Lebanon Valley Area

When: Saturday, December 12, 2015

Where: Salem Lutheran Church

Address: 119 N. 8th St.

Lebanon, PA. 17042

Sub Committees start @ 10:00 AM
Regional Meeting starting @ 12:00 PM

Kriston D. (717)376-9565

Ken B. (717)639-5366





The Eastern New York Region of Narcotics Anonymous
and the Northeast Zonal Forum present the

**NORTHEAST ZONAL FORUM AND CONFERENCE
JAMAICA, NEW YORK
OCTOBER 23 - 25, 2015**

Come join the 12 Regions that make up the Northeast Zone for a day of unity, service, and fun! Registration for the conference is free. Pre-register online and complete our anonymous survey for our Family Feud game at www.nanewyork.org

Friday, October 23, 2015 from 5 pm - 9 pm

Northeast Zonal Forum Business Meeting
Hampton Inn JFK, Liberty Room, 144-10 135th Avenue, Jamaica, NY

Saturday, October 24, 2015 from 9 am to 5 pm

Northeast Zonal Forum Conference
Hilton JFK, Tribeca Ballroom, 144-02 135th Avenue, Jamaica NY
9 am - 10 am- Just for Today Meeting
10:00 am - 11:30 am- Planning our Future workshop
11:30 am - 12:30 pm- Lunch Break
12:30 pm - 2:00 pm- NA Family Feud game
2:00 pm - 3:30 pm- Open Forum and Presentation about Regional/Area Service
3:30 pm - 5:00 pm- Group Support/Welcoming New Members Issue Discussion
Topic workshop

Sunday, October 25, 2015

Northeast Zonal Forum Business Meeting
Hilton JFK, Lexington Room, 144-12 135th Ave., Jamaica, NY 11436
9 am - 1 pm

Hotel rooms are available at the **Hampton Inn JFK** at the price of \$159 per night plus tax. Please call the hotel directly at 718-322-7500 to reserve a room under the room block, "**Eastern NY Region of NA.**" There is a free hotel shuttle from JFK airport to the Hilton JFK.

For more information or to pre-register, contact Vanessa at (516) 639-0463 or rda@nanewyork.org

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

TREASURERS REPORT

EVENT DATE: Aug. 15th 2015
STARTING BALANCE:

Dance
176.85

INCOME

ADMISSION:
FOOD:
MISCELLANEOUS ITEMS

290.00
360.00
0

SUB-TOTAL

650.00

NEW BALANCE

826.85

EXPENSES

FACULTY RENT:
DJ:
FOOD:
MISCELLANEOUS ITEMS:

1160.00
200.00
123.05
67.00

SUB-TOTAL

550.05

ENDING BALANCE

276.80

*paid for
Laker Day
picnic*

COMMENTS:

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

TREASURERS REPORT

EVENT DATE: Sept. 7th 2015
STARTING BALANCE: 276.80 Labor Day Picnic

INCOME

ADMISSION: _____
FOOD: Soda & Waters 236.00
MISCELLANEOUS ITEMS 0
SUB-TOTAL 236.00
NEW BALANCE 512.80

EXPENSES

FACULTY RENT: _____
DJ: 0
FOOD: 201.49
MISCELLANEOUS ITEMS: 0
SUB-TOTAL 201.49
ENDING BALANCE 311.31

COMMENTS: Match for T-shirts
-25.00
\$ 286.31

CASNA Treasury Report

Date: 9-13-15

XX

	Debit column	Credit column		Balance column
Opening Balance				\$ <u>1111.79</u>
Less Prudent Reserve				\$ <u>700.00</u>
Working Balance				\$ <u>411.79</u>

INCOME

Group Donations		\$ <u>501.57</u>		
Literature Income		\$ _____		
Misc- <u>RETURNED MONEY FROM SECRETARY</u>		\$ <u>3.88</u>		
Misc- <u>UNITY T-SHIRTS WITH MATCH</u>		\$ <u>25.00</u>		
Misc- <u>LITERATURE</u>		\$ <u>1155.90</u>		
Misc- _____		\$ _____		

TOTAL INCOME

\$ 1486.35 \$ 411.79

EXPENSE

Stericycle		\$ <u>181.00</u>		
Verizon		\$ <u>46.15</u>		
Secretary		\$ <u>100.00</u>		
ASC Rent		\$ <u>25.00</u>		
H&I		\$ <u>89.60</u>		
PI		\$ _____		
Literature expense		\$ <u>72.73</u>		
Misc- <u>DEXMEDIA</u>		\$ <u>16.25</u>		
Misc- <u>BILANDON R</u>		\$ <u>8.95</u>		
Misc- <u>PATRICIA POPE</u>		\$ <u>53.00</u>		
Misc- <u>UNITY-JTH</u>		\$ <u>50.00</u>		
Misc- <u>RCM NANA MATCH</u>		\$ <u>40.00</u>		
<u>TOTAL EXPENSE</u>		\$ <u>1326.68</u>		

\$ 1898.14

Working Balance

\$ 576.46

Plus Prudent Reserve

\$ 700.00

Ending Balance

\$ 1276.46

