

**Volume 37 Number 9**

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

Donald L, Area Chair opened the 352nd meeting of CASNA, on 9/9/18, at 2:05PM, with the Serenity Prayer. Nate S. read the 12 Traditions and Nate S. 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:** 15 at 2:12 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:** Ahmad A., Bottom Line Group

**New Meetings:** None

**Corrections to the Minutes:** Error on Unity Treasurer's report, Henry J. Forgot to attach RCM report, will add for October minutes, Heather R.

**Orders of the day:** Moved by Ray W.; 2nd by Heather R.

**Opening Treasurer's report:** Complete

**Groups with Problems:** None

**Group reports:**

**Acceptance Group** - Allison UMC 99 Mooreland Ave. Carlisle, Pa. 6-7PM. - No report.

**All Are Welcome** - 56 Banks St. Penbrook, Harrisburg Pa. Wed. 7-8PM. - Our meetings are going well. We donated \$20.00 to Area and placed a literature order for \$42.25. Our rent is paid through September. 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. - Meeting is progressing well. Attendance is progressing in numbers. We're establishing positions in the home group. We purchased \$50.55 in literature. Thank you for letting me serve. 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.- No report.

**Honesty Group** - 5th & Bridge St, New Cumberland, Pa. 7:30 - 8:30PM.- Attendance is steady. We are still looking for 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.- No report.

**Journey Continues** - 4200 Londonderry Rd. Harrisburg, Pa. 6:30-7:30PM.- No report.

**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. No report.

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

**Living Clean** - Calvary United Methodist, 7th & Market St., Lemoyne, Pa. 7:30-8:30PM. - No report.

**Lunch Bunch** - 313 Herman Ave, Lemoyne, Pa. 12-1PM., Mon-Sat.- No report.

**Message of Hope** - Wertzville Rd, Enola, Pa. 8-9PM.- After changing our format, our meeting attendance is great. Our camp out was a success. -Megan A., GSR

**New Life Group** - 14 State Rd. Mechanicsburg, Pa. 8-9PM- All is well, meeting well attended. -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.- The Monday night meeting group is going well. We get a lot of support from different facilities and other NA members. -Tanya R, GSR

**Only Hams Are Cured** - 6th and Forster St. Harrisburg, Pa. 7-8:30PM. - No report.

**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. - Group attendance is still great. We have two home group members celebrating in September! Thanks for letting me serve. -Heather R., GSR

**Step and Tradition**-750 S. 29th St. Harrisburg, Pa. 6:30-8:15PM.- Our rent is paid! We continue to carry the message, the meeting is still going well. We donated to Area. -Rochelle R., GSR

**Steps to Freedom** - 2221 N.6th St, Harrisburg, PA, (6th and Woodbine Streets). 630-8PM. - No Report

**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 report.

**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.

**Women with a message** - 4th and Reno in New Cumberland, Pa. 6-7PM.- Women with a message is changing it's name to "The Gathering Place (Where Friends Become Family)". We are an open meeting. We are in need of support. Also, our meeting room has been moved upstairs. -Julie L.-GSR

## **Subcommittee reports:**

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

**UNITY TREASURER'S' REPORT: None**

**LITERATURE:** We did not sell much literature today. Please remember to check orders for accuracy before leaving.

Literature sold- \$413

\$ turned in- \$418

Order total- \$993.40

Changes to meeting information needs submitted ASAP. New meeting list is coming out next month. Steve H., Chair

**POLICY:** No current updates. Will be meeting to review policy prior to next area service.

Current policy available online or see committee for a paper copy for your group. - Stef R.,- Vice Chair

**PUBLIC RELATIONS:** No report.

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

**MARATHON:** No report.

**AUDIT:** Met with treasurer and vice treasurer on August 18th, 2018. We will be meeting again tentatively on September 15th, 2018 to finalize Area audit. I will have a full report at next area. Thank you for letting me be of service! -David P., Chair

**HOSPITALS & INSTITUTIONS:** Good morning! Today 5 in attendance and 1 new member.

Open facilities:

SCI Camp Hill

Cumberland County Women's Prison

Dauphin County Men's Prison

Conewago Place

Capitol Pavilion Women's

H&I needs support! Have several open commitments and will have more in the coming months.

Come help and bring yo frands!

Thanks for letting me serve- Nick A., chair

**Facility reports:**

**ARC:** No Report.

**C-90: 2nd and 4th Thursday. 7-8pm-** No report.

**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.-**

August 14th- 7 Topic and reading IP, self-acceptance

August 28th- 7 facility took clients to outside meeting. I didn't mind due to injury on my back.- 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-**

All is well. Good attendance and participation.- Nick A.

**Dauphin County Prison: Women-every Sunday 9-10AM-** Roughly 6-20 women attend regularly.

Great participation today 09/09/18. We read the just for today IP, then held a discussion.

08/26 and 09/02 I did not attend, vacation.

08/19 we read the first step out of the It Works How and Why. H&I still needs recovering addicts to serve. TFLMS- 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.-**

Good attendance, sometimes good participation.

**DCP Women's Work Release-**

All is well.

\*Will need new panel leaders for both come November/December\*

**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-**

August 5th- Ashlee G. Shared her story. A lot of feedback from the people. Had about 50 in attendance.

August 19th- Eric M. Shared his story. It was short and sweet but held a solid NA message. Amazing group feedback and about 55 in attendance.

Nick A, Jeremy V.

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

1. 03.18.18- Rachelle W.- \*PASSED\* To add the website expenses to section V (expenses)

Article 1-A. Intent: To allow Area Treasurer to pay current web related expenses in case of area's temporary monthly cancellation. To update and clarify current policy.

- a. 2nd by Chris W.
- 2. 03.18.18- Rachelle W.- \*PASSED\* To remove from policy the budget committee from 05/01/1993. Intent: This committee is no longer in existence. To update and clarify current policy.
- a. 2nd by Chris W.

**NEW BUSINESS: \*\*2 New 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.

**Housekeeping:**

None.

**Discussion Topics:**

Will area be having holiday marathons since we do not have a chair or committee for the marathon sub committee?

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

Positions filled in September:

Unity Vice Chair- Tanya R.

Marathon Chair- Ahmad A.

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

**Next area is 10/07/2018. 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   |     |     |     |     |  |
| Area Vice Chair            |     |     |     |     | P   | /   | P   | P   |     |     |     |     |  |
| Secretary                  |     |     |     |     | P   | /   | P   | P   |     |     |     |     |  |
| Vice Secretary             |     |     |     |     | O   | /   | O   | O   |     |     |     |     |  |
| Treasurer                  |     |     |     |     | p   | /   | P   | P   |     |     |     |     |  |
| Vice Treasurer             |     |     |     |     | P   | /   | P   | P   |     |     |     |     |  |



|                             |  |  |  |  |   |   |   |   |  |  |  |  |  |
|-----------------------------|--|--|--|--|---|---|---|---|--|--|--|--|--|
|                             |  |  |  |  |   |   |   |   |  |  |  |  |  |
| Living Clean                |  |  |  |  | P | / | P | A |  |  |  |  |  |
| Lunch Bunch                 |  |  |  |  | P | / | P | P |  |  |  |  |  |
| Message of Hope             |  |  |  |  | P | / | P | P |  |  |  |  |  |
| New Life Group              |  |  |  |  | P | / | P | P |  |  |  |  |  |
| Non-Conformists             |  |  |  |  | A | / | A | A |  |  |  |  |  |
| Noon-Day Serenity           |  |  |  |  | A | / | A | A |  |  |  |  |  |
| Nothing to Fear             |  |  |  |  | A | / | A | A |  |  |  |  |  |
| ODOP                        |  |  |  |  | A | / | A | P |  |  |  |  |  |
| Only Hams' Are Cured        |  |  |  |  | A | / | P | A |  |  |  |  |  |
| On Life's Terms             |  |  |  |  | A | / | P | P |  |  |  |  |  |
| Only the Desire             |  |  |  |  | A | / | P | A |  |  |  |  |  |
| Saturday At Swatara         |  |  |  |  | A | / | A | A |  |  |  |  |  |
| Share & Care                |  |  |  |  | P | / | P | P |  |  |  |  |  |
| Step and Tradition          |  |  |  |  | P | / | P | P |  |  |  |  |  |
| Steps to Freedom            |  |  |  |  | P | / | A | A |  |  |  |  |  |
| The Truth Will Set You Free |  |  |  |  | A | / | A | A |  |  |  |  |  |
| Twisted Sisters             |  |  |  |  | A | / | A | A |  |  |  |  |  |
| Value of Life               |  |  |  |  | P | / | P | A |  |  |  |  |  |
| We Do Recover               |  |  |  |  | A | / | A | A |  |  |  |  |  |
| Women with a Message        |  |  |  |  | A | / | P | P |  |  |  |  |  |
|                             |  |  |  |  |   |   |   |   |  |  |  |  |  |

Legend:

P- Present

O- Open Position

A- Absent

Updated September 2018- Secretary- Heather R.

Sept. 2018

Opening Balance  
Less Prudent Reserve  
Working Balance

\$ 1159.68  
\$ 700.00  
\$ 459.68

Income

Group Donations  
Literature Income  
Misc \_\_\_\_\_  
Misc- \_\_\_\_\_  
Misc- \_\_\_\_\_  
Misc- \_\_\_\_\_

Includes 100.00 From - \$ 556.69  
- Sarah - old sec. \$ 418.00

\$ \_\_\_\_\_  
\$ \_\_\_\_\_  
\$ \_\_\_\_\_  
\$ \_\_\_\_\_  
\$ \_\_\_\_\_  
\$ 974.69

Total Income

\$ 974.68

Expenses

AnswerFirst  
Verizon  
Secretary  
ASC Rent  
H&I  
PI  
Literature Expense  
Misc- \_\_\_\_\_  
Misc- \_\_\_\_\_  
Misc- \_\_\_\_\_  
Misc- \_\_\_\_\_

\$ 102.57  
\$ 39.03  
\$ \_\_\_\_\_  
\$ 25.00  
\$ 90.75  
\$ \_\_\_\_\_  
\$ 993.40  
\$ 10.00  
\$ \_\_\_\_\_  
\$ \_\_\_\_\_  
\$ \_\_\_\_\_

Total Expenses

\$ 1260.74

\$ 1260.74

Working Balance  
Plus: Prudent Reserve  
Ending Balance

\$ 173.62  
\$ 700.00  
\$ 873.62

Less: Reserve to T-Shirts  
Balance Available to be Used

\$ 150.00  
\$ 723.62



## RCM Report

Art D. RCM

7/1/2018

Good afternoon everybody. Here's my report for July, 2018. Last month I gave my report, but forgot to hand it in. If you need to see my report from last month, I have it here with me. I also have some more final drafts of the CAR report if you didn't get one last month. Last month I was asked about our groups insurance policy. Paying for our insurance is not mandatory. It is a suggestion that we donate \$15.00 per year. Our total insurance cost for the year is \$585.00 dollars for the whole region. All home groups are entitled to a copy of the insurance policy. If your group wants one you will need to contact [John@fpzinc.com](mailto:John@fpzinc.com). John is our insurance liaison.

At our previous regional meeting there was a problem with our previous secretary. She had possession of some of our archives and receipts for \$400 dollars spent. I didn't put it in my last report because we were allowing our vice chair to get in contact with her. Our vice chair made contact and we got the archives, but no accountability of the money. They are going to get in contact with her and see if they can get her to sign a promissory note for the \$400 dollars. The web chair is going to scan those archives and we'll store the paper copies elsewhere.

The MARLCNA committee turned in \$22,748.69 to the region from the conference/convention. They believe that they could keep better track of the money if they had a book-keeper. So they've created a new position called Book Keeper. Witch is well within the committees rights. MARLCNA sub-committee guidelines were also passed. No one came up with any new ideas for distributing PPP's, so if you have any ideas let me know and I'll try to get them to the committee.

If you read the CAR final report then you should know that zones are now part of our service structure. N.A. as a whole is now looking for the best way to utilize them. This will be ongoing for a while. I'll do my best to keep you posted. One of the questions from our RD is do we need a new position (NEZF Liaison) to be a means of communication between our region and the zones. An adhoc committee has been formed to look into this. The chair is our previous RD Kathleen and Pam is our vice chair. I also volunteered to be part of the committee. They are supposed to notify me when they have their next virtual meeting.



**Elections:**

These are the position that were filled at region:

*RDA* - Suzie B. York

*Alt Ins Liaison* - Bo Lebanon

*Web Vice Chair* - Bob

*Step Writing Vice* - Adam York

*Regional Vice* - Tim F. Little Apple

*Vice Secretary* - Beverly Bee Hive

If you have any interest in any positions at region please see me after area. At this time regional minutes are not available. F.Y.I. I am not asking for reimbursement for mileage because it wasn't too much of a cost. Upcoming events from around the region I will be giving to the secretary to put into next months minutes.

**NEXT REGIONAL MEETING**

10am Subcommittee meeting

12am Regional meeting

@ State College

ILS,  
Art D.

**NEXT REGIONAL MEETING**

10am Subcommittee meeting

12am Regional meeting

@ 19 E. Walnut St.

Lancaster, Pa.

ILS,  
Art D.

## RCM Report

Art D. RCM

6/3/2018

Good afternoon everybody. Here's my report for June, 2018. This month at region all positions are up for election. At the last regional meeting three people were nominated for R.D.A. They are Suzi B. (York), Timmy F. (Little Apple) and Pam H. (Lebanon). All positions are to be nominated and voted in next week. If you are interested in a position at the region you may want to attend the next regional meeting.

The C.A.R. and C.A.T. motions have been voted on. I've made some copies of the final votes. They are on the chairs with the rest of the event fliers. Please take one per home group so we can share that information. Literature prices at the world is going up 5% this month, so expect a change in prices. If you have any questions on the motions feel free to ask.

At the last region we were asked if there was a better way to distribute PPP's. It appears that only about 50% of the PPP's handed out were used. Do we have any ideas that may be more effective? If you do let me know and I'll introduce them at the region. If you have anything else that needs to go to region let me know or bring it to me now. Do we have a regional donation? That's all I got.

### NEXT REGIONAL MEETING

10am Subcommittee meeting  
12am Regional meeting  
@ 29 E. Walnut St.  
Lancaster, Pa.

ILS,  
Art D.