

## Volume 35 Number 3

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

Ray W., Area Chair, opened the 358<sup>th</sup> meeting of CASNA on 3/3/19 @ 2:00 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 9<sup>th</sup> 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: 18 @ 2:05 PM**

**Attendance Notes: None**

**New GSR's:**

- Walter – The Journey Continues
- Glenda – Exodus to Genesis

**New Meetings: None**

**Corrections to the minutes: None**

**Orders of the day:**

Moved by: Done

2<sup>nd</sup> by: Stephanie

**Opening Treasurer's Report:**

Moved by: Don

2<sup>nd</sup> by: Bill

**Groups with Problems:** Living Clean Group is struggling with attendance. Commitment to Change is moving meeting day to Wednesdays 7-8 beginning in April.

#### **GROUP REPORTS**

**Acceptance - NO REPORT**

**All Are Welcome - NO REPORT**

**Any Lengths** - Meeting running well – usually 25-30 in attendance. Strong rehab attendance. No donations to area this month. We will be hosting a speaker mini jam with Saturday at Swatara group 5.4.19 starting at 4 pm. at Swatara meeting place. Flyer attached. ILS – Zach W.

**Back to Basics** - NO REPORT

**Bottom Line** - NO REPORT

**Breath of Life** – NO REPORT

**Clean and Free** - NO REPORT

**Commitment to Change** - Changing meeting day to Wednesdays from 7p-8p John M.

**Cut & Dry** – NO REPORT

**Desire to Grow** - Group is doing well, attendance is high and coffee is warm. All commitments are filled. Anthony R.

**Exodus to Genesis** – NO REPORT

**H.A.N.A.** – This meeting has moved to 6<sup>th</sup> and Forrester. First meeting in new location was good. We are in need of homegroup members. Considering hosting a speaker jam in the near future. ILS Chris P.

**Honesty** – All is well. We discussed the Unity committee using our HG location and is completely on board as long as the facility is well maintained and cleaned. ILS, Rachelle W.

**Hope is Alive** – NO REPORT

**H.O.W.** – NO REPORT

**Journey Continues** – The group is doing well and will celebrate it's 6<sup>th</sup> year anniversary on the 1<sup>st</sup> of April. All are welcome for light refreshments at 6:00 pm followed by the meeting at 6:30 pm. Walter V.

**Just for Today** - NO REPORT

**Life or Death** – NO REPORT

**Linglestown Meeting** – NO REPORT

**Living Clean** - NO REPORT

**Lunch Bunch** – NO REPORT

**Message of Hope** – 3.8.19 celebrating 13<sup>th</sup> anniversary with two speakers and light refreshments. Megan R.

**New Life Group** - Annual spaghetti dinner 3.30.19 @ 6pm. Doors open @ 5:30 pm. \$7 donation, if you don't have the donation, come anyway! Speaker meeting @ 8pm Steph R.

**Non-Conformists** – NO REPORT

**Noon-Day Serenity** - NO REPORT

**Nothing to Fear** - NO REPORT

**ODOP** – Everything is good, rent is paid, could use some support. Slight format change. Phil D.

**Only Hams' Are Cured** - NO REPORT

**On Life's Terms** - NO REPORT

**Only the Desire** - Our homegroup attendance is down since we changed our day to Thursdays, we need support. TYFAMTS Kim M.

**Saturday at Swatara** -

**Share & Care** - We meet every Monday evening in New Cumberland and continue to have fantastic support. TYFAMTS Dawn B.

**Step and Tradition** – We meet every Thursday at 6:30 pm until 8:15 pm. Our rent is paid and we made a donation to area.

**Steps to Freedom** - Group is doing fine. Moved meeting back to the basement. Still in need for new members. Attendance is steady, we could use support. Derek C.

**The Gathering Place** - Attendance for business meeting was 6. Attendance for meeting has been good. 14 year celebration on 3.31.19 @ 4:30 pm. All are welcome, bring a newcomer! Nicole K.

**The Truth Will Set You Free** -

**Twisted Sister** – NO REPORT

**Value of Life** – NO REPORT

**We Do Recover** - NO REPORT

## **SUBCOMMITTEE REPORTS**

**Capital Area Unity Subcommittee** – Please see attached report

**Unity Treasurers Report** – Please see attached report

**Literature** – Sold \$730.10 – turned in \$726.25 (\$447 in cash, \$279.25 in checks) Julie L.

**Policy** – Turned in \$10 to area for copies of policy sold last month. Still have copies available for sale and for groups who have not yet received one. Please see Stef R. or Ryan B. to get one. Stef R.

**Public Relations** – Web servants met today. We uploaded all available flyers and the most current meeting list. I am currently updating any meeting changes that we have received. Steve and I have planned a PR phone line workshop/training for all phone line volunteers and individuals who have a desire to volunteer. ILS, Rachelle W.

**RCM** – See Attached

**Marathon** – NONE

**Audit** – Had to postpone the area audit from February 16<sup>th</sup> to March 2<sup>nd</sup>. During the audit we discovered 3 checks totaling \$297.64 that were omitted from the monthly treasurers report in October 2018. After making this adjustment, we had to make a minor adjustment of \$11 to balance the books. As of not the bank statement balance, monthly treasurers report balance and check book balance all match. TYFAMTS, David P.

**Hospitals & Institutions** – 16 in attendance 1 – newcomer Jen F. – 2 voted in as H&I Panel Leaders. Zach W. and Justin C. Assigned new members people to shadow for commitments. No issues with any facilities.

**Open Facilities:** Cumberland County Women's Prison, DCP Men's, CCP Work Release Women's, SCI Camp Hill.

**Inactive Facilities:**

**Facility Reports:**

**ARC** –

**C-90** – 2/14 – I took a meeting into C-90. There were 36 clients in attendance. It was a great meeting and almost everyone shared. 2/28 – the meeting went well and almost everyone shared. There were 37 clients attending. TYFAMTS Claude V.S. (Boo)

**Capital Pavilion** NO REPORT

**Men's** - NO REPORT

**Women's**- NO REPORT

**Common Ground**- NO REPORT

**Conewago Place** NO REPORT

**Cumberland County Prison**

- **Men's** – NO REPORT
- **Women's** – NO REPORT

**Dauphin County Prison** – NO REPORT

**DCP Work Release**

- **Men's** – 7 in attendance – Topic: What NA means/has done for me. Great feedback, literature taken, meeting lists picked up. A couple of guys that are getting out soon asked for meeting list and phone numbers for when they get out. Once guy said that we restored his faith in NA. Shadowed by John F. 2/13 17 in attendance. Topic: why are we here. Shadowed by John F and Mike N. Amazing response, lots of gratitude for us coming. Good participation, literature taken. I feel that we carried a good message and really connected with those that came.
- **Women's** NO REPORT

**Keystone** NO REPORT

**Perry County Prison** NO REPORT

**SCI Camp Hill** NO REPORT

**Salvation Army** – 2/3 no meeting due to super bowl. 2/17 Nick A. shared his story. Great NA message and had very good feedback. Attendance was great.

**OLD BUSINESS –**

Regional Motions

- #1 – 10 in favor, 6 abstain
- #2 – 6 in favor, 10 abstain
- #3 – 7 in favor, 9 abstain
- #4 – 3 in favor, 13 abstain
- #5 – 0 in favor, 16 abstain

**NEW BUSINESS**

Motion #1 – To increase prudent reserve from \$700 to \$1500. Intent: to avoid bank fees and ensure prudent reserve is a sufficient amount. Written: Rachelle W. Second: Dawn B.

**HOUSEKEEPING MOTIONS**

Unity requesting \$99 for Unity Day - passed

**DISCUSSION TOPICS**

To combine the marathon committee back into the Unity committee. The intent is to make sure not one person or persons is responsible to plan events that we all can plan.

**Welcome to our new trusted servants:**

Unity Vice Treasurer – Chris A.  
PR Chair – Rachelle W.

**Open Area Positions –**

Treasurer Vice Chair  
PR Vice Chair  
Marathon Chair and Vice

**Final Treasurer’s Report** - see attached report

**NEXT AREA SERVICE WILL BE HELD ON 4.7.19. SUBCOMMITTEES WILL MEET AT 12:30 PM, (H&I STARTS AT 12:45PM) AND AREA STARTS AT 2:00 PM.**

In Loving Service,

Sandy F. – Area Vice Secretary



New Life Group			P										
Non-Conformists			A										
Noon-Day Serenity			A										
Nothing to Fear			A										
ODOP			P										
Only Hams' Are Cured			P										
On Life's Terms			A										
Only the Desire			P										
Saturday at Swatara			A										
Share & Care			P										
Step and Tradition			P										
Steps to Freedom			A										
The Gathering Place			P										
The Truth Will Set You Free			A										
Twisted Sister			A										
Value of Life			P										
We Do Recover			A										

**Legend:**

**P- Present**

**A- Absent**

**O- Open**

## RCM Report

Art D. RCM

03/03/2019

Hello everyone here's my report. First there was some motions that we needed to vote on. The motions are; P1,P2,P3,Z1 and Z2. Next up is my report from MARLCNA World Board workshops. Based on past workshops these were kind of light. Friday was attended by me and Dawn (RCM alt.). She can tell you about that. Saturdays was in four (4) parts.

### **1.) Attracting Members to Service (IDT)**

A few questions were asked; Where would you be without NA? How have you personally benefited from NA service? How has it helped you stay clean and enhanced your recovery? Are there any things in your NA community that have made service attractive? These are some questions we may need to ask ourselves. I made a copy of Spiritual Benefits of Service excerpts from our literature which is in this report and will be in the minutes.

### **2.) Mental Health / Mental Illness IP**

This is a new IP being developed now. I have put a copy of the draft in my report for your review. It is still open to you for input and review at [www.na.org/mhmi](http://www.na.org/mhmi). Deadline for input is May 15<sup>th</sup> 2019.

### **3.) DRT / MAT Therapy and How it Relates to NA (IDT)**

This is an issue discussion topic about Drug Replacement Therapy (DRT) and Medication Assisted Treatment (MAT). This is NOT about the people on these medications, but how we treat people on these medications. NA has no opinion on outside issues. However NA is a program built on the principle of complete abstinence. While maintaining an emphasis on the importance of total abstinence, we still welcome using addicts into our meetings. How do we handle this and still maintain our stance on abstinence and encouraging them to keep coming back? I have placed Bulletin #29 from the World Board of Trustees in this report to help us

handle this problem.

#### **4.) S.P.A.D. (Spiritual Principles A Day) Book**

This is self explanatory. It's a book of spiritual principles to live by everyday. If you would like to give some input on this project, you can at [www.na.org/spad](http://www.na.org/spad).

The 2018 World Service Conference approved motions to have "special days" similar to what we have done with our Unity Day. These are some days they have come up with: May 1<sup>st</sup> Service Day, first week of June: Public Relations Week, and December 1<sup>st</sup> Sponsorship Day. Are these some celebrations we want to consider? I also picked up some pamphlets for H&I, PR, and Phone line sub-committees from the free table at the workshop. If you want them you can have them. I picked up some fliers of various events coming up. The ones later this year I will give to the secretary to put in the minutes and the events happening this month I've made copies of. Last Regional meeting we forgot to make a donation. Do we want to give a donation this time? That's it.

#### NEXT REGIONAL MEETING

10am Subcommittee meeting

12am Regional meeting

on March 9<sup>th</sup> @ Horizon Church

2613 West South St,

Allentown, Pa.

ILS,

Art D.

# Sub Comm. Reports

## DISCUSSION TOPIC

We The Unity Comm. This Body That OF Last month greg our project Date OF The 16<sup>th</sup> could not be Delievered Due To outside Intensity and Qty That we have no control over our new prospect Date is The 30<sup>th</sup> we Humbly appolize TO greg on behalf OF The Unity comm. OUR Committee Has Been Meeting every Sunday At 3:00 pm. We Have Planned Learner Day, and Have a FOR mat, FOR the event. We'ved Also Plan to Have Have Unity Day At Camp Curtin Middle School on the Turid SAT OF APRIL. Also to SECURE 6<sup>th</sup> Foster FOR our AREA Dance Going Foward the Unity Committee needs PARTICPTATION FROM the AREN Body to PROMOTE Diversity

SIGNED, (PLEASE PRINT)

Don Lyons

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

EVENT DATE:

March 3, 2019

STARTING BALANCE:

\$ 196.25

**INCOME**

ADMISSION:

\_\_\_\_\_

FOOD:

\_\_\_\_\_

MISCELLANEOUS ITEMS:

\_\_\_\_\_

*SUB-TOTAL:* \_\_\_\_\_

*NEW BALANCE:* \_\_\_\_\_

**EXPENSES**

FACILITY RENT:

\_\_\_\_\_

D.J.:

\_\_\_\_\_

FOOD:

\_\_\_\_\_

MISCELLANEOUS ITEMS:

\_\_\_\_\_

*SUB-TOTAL:* \_\_\_\_\_

*ENDING BALANCE:* \$ 196.25

COMMENTS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_