

Volume 37 Number 2

Capital Area Service Committee of Narcotics Anonymous (CASNA)

Erin M., Area Chair, opened the 377th meeting of CASNA on 02/07/2021 @ 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 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:	
New GSRs:	None
New Meetings:	None
Corrections to the minutes:	None
Opening Treasurer's Report:	See attached.

Noon-Day Serenity	A												
Nothing to Fear	P												
ODOP	P												
Only Hams' Are Cured	A												
On Life's Terms	A												
Only the Desire	A												
Saturday at Swatara	A												
Share & Care	P												
Step and Tradition	A												
Steps to Freedom	A												
Step writing meeting	P												
The Gathering Place	P												
Value of Life	A												
We Do Recover	P												

LEGEND: P- Present A - Absent O - Open

GROUP REPORTS

<u>Group</u>	<u>Update</u>
Acceptance	
All Are Welcome	
Any Lengths	
Back to Basics	
Bottom Line	Group is doing well and attendance has picked up. Purchased supplies for group this month and paid rent. Thanks for allowing us to serve! Had a speaker jam and had a good turnout. Paid \$50 for the day for rent for facility!
Breath of Life	
Clean and Free	We are doing very good all is great.
Commitment to Change	

Cut & Dry	
Desire to Grow	
Exodus to Genesis	
Friday Late Night	
H.A.N.A.	
Honesty	
Hope is Alive	
H.O.W.	
Journey Continues	
Just for Today	All is well meeting and opening and closing on time. Thanks for allowing us to serve.
Just for Tonight	
Keep the Hope Alive Life or Death	
Linglestown Meeting	
Living Clean	
Lunch Bunch	
Message of Hope	Attendance has been steady. We had 163 participants this month. We are still requesting masks be worn.
New Life Group	
Non-Conformists	
Noon-Day Serenity	
Nothing to Fear	
ODOP	
Only Hams' Are Cured	
On Life's Terms	
Only the Desire	

Saturday at Swatara	
Share & Care	
Step and Tradition	
Step writing meeting	
The Gathering Place	
The Truth Will Set You Free	
Value of Life	
We Do Recover	

SUBCOMMITTEE REPORTS

<u>Sub committee</u>	<u>Update</u>
Audit	
Capital Area Unity Subcommittee	
Unity Treasurers Report	
Literature	Turned in \$758.00. Discussion about rounding discount for other sum-committees. -Emily S.
Policy	I completed the restructure of 2021 policy. As long as it looks ok I will print for March area meeting -Chris P.
Public Relations	
RCM	I attended the Regional Area meeting and have attached information for the GSR's to be sure to go over with your groups. Region will not be doing a zoom presentation so I encourage our area to take a proactive position on reading the material about the NE Zone forum. I have asterisked important items but everything should be read. MARLCNA open positions are Secretary, Vice Secretary, alts, and graphic committee. Thanks for allowing me to serve. -Crystal D.
Hospitals & Institutions	We are now going into New Insights weekly on Saturday nights. Attendance around 15-20. H&I helping PR distribute magnets to facilities. Reached out to DayStar, interested and

	waiting to hear back. 2 new members. -Jen F.
Marathon	Preparing for future fundraisers!
Marathon Treasurer	

OLD BUSINESS	None
NEW BUSINESS	1. Table until Gerald comes up with guidelines
HOUSEKEEPING MOTIONS	1. \$99 for news years marathon events a. Intent – pay rent
DISCUSSION TOPICS	None
FINAL TREASURER REPORT	See attached.
Open Positions	See attendance

NEXT AREA SERVICE WILL BE HELD ON 3.7.2021 at JFT in Lemoyne.
SUBCOMMITTEES WILL MEET AT 1:00 PM, AND AREA STARTS AT 2:00 PM.

**In Loving Service,
Chris S. - Area Secretary**

CASNA MONTHLY TREASURER FEBRUARY

		Ck#
Opening Balance	\$2,613.96	
Less Prudent Reserve	\$1,500.00	
Working Balance	\$1,113.96	
INCOME		
Group Donations	\$752.25	
Literature Income	\$258.25	
T-shirt		
policy		
Misc		
Misc		
TOTAL INCOME		\$1,010.50
EXPENSES		
Answer First	\$26.76	
Verizon	\$41.32	
ASC Rent	\$25.00	3293
Literature Expense		
H&I		
Secretary		
P.R. Business cards	\$34.65	3294
Dex	\$10.00	
marathon rent	\$99.00	3295
unity T-shirt match		

TOTAL EXPENSES \$236.73

Working Balance	\$1,887.73
PLUS Prudent reserve	\$1,500.00
Ending Balance	\$3,387.73
Less Reserve to T-Shirts	\$600.00
Balance Available to use	\$2,787.73

Group Donations

		Rcpt #	Ck #
Acceptance Group			
All Are Welcome			
Any Lengths			
Back To Basics	\$150.00	513342	
Bottom Line Group			
Breath Of Life			
Clean And Free			
Commitment To Change			
Cut & Dry			
Desire To Grow	\$73.00	513339	
Exodus To Genesis			
Fresh Start			
H.A.N.A.			
Honest Group			
Hope Is Alive			
H.O.W. Group			
just for today	\$20.00	513345	
Just For Tonight	\$183.00	513343	
Life Or Death			
Linglestown Meeting	\$200.00	513344	
Living Clean			
Lunch Bunch			
Message Of Hope	\$65.25	513340	618
New Life Group			
Non-Conformists			
Noon-Day Serenity			
Nothing To Fear			
ODOP	\$41.00	513341	
Only Hams' Are Cured			
On Life's Terms			
Only The Desire			
Saturday At Swatara			
Share & Care			
Step And Tradition			
Steps To Freedom			
Value Of Life			
We Do Recover			
Women With A Message			
the gathering place	\$20.00	513338	
Total Group Donations	\$752.25		

**ALL POSITIONS THAT ARE OPEN FOR
NOMINATIONS/ELECTIONS IN MARCH 2021**

REGIONAL VICE CHAIR

REGIONAL VICE TREASURER

REGIONAL VICE SECRETARY

INSURANCE LIASON

INSURANCE LIAISON ALTERNATE

STEP WRITING VICE CHAIR

Hope all is well with everyone;

We have an update on the FIPT project, the draft is currently up and available for review on www.na.org/fipt. The review period is from December 2020 to May 2021. This is the revision resulting from the 2020 World Service Conference's decisions made by our delegates. Please review as these changes will be brought on from the fellowship and reflected in both the fipt and the "operational rules" and make their way to the next CAR.

I attended the recent CP Conference participants webinar last month. A lot was discussed on the virtual meeting progress in different regions within this pandemic as well as best practices for covid communication challenges. They have added and began to regularly maintain the virtual meeting lists and guidelines available in the virtual tool box on na.org.

They also gave us an update on the current law suit regarding the Autonomous Region petitioning to remove the NA World Services as trustee on the FIPT. The judge issued a final decision in September in favor of the NA World Services. The autonomous region has since filed for an appeal. If you would like to follow this case, the information is readily available online.

The World Board also touched base on the progress of NA's instagram and their resources to use with such on na.org/media. ([instagram.com/narcoticsanonymous](https://www.instagram.com/narcoticsanonymous))

PPP:

World services received money as part of a paycheck protection program rolled out from the us government during the 2020 pandemic. Per laws: the goal of the money was to keep special workers off unemployment. The program supplied a loan that was to be payed back with interest. The world board will be applying for a credit that would discount the amount to be payed back by 50% of the original value. Many members believed this was a violation of the seventh tradition and would be taking contributions from outside sources (this was discussed in detail at the world service conference). The world board believes this does not violate the traditions. They state that this credit is equivalent to a tax credit and is good business practices. They state that accepting credits and discounts is not contributions.

I received mail this week and sent it to the treasurer. Among that was many other checks from the Facebook fundraiser.

The NEZF also met this past month. Much was talked about regarding the Fellowship Development Committee and their plans to follow each region's direction on furthering our primary purpose. If anyone is interested in them presenting information, you may contact them through the website, they may hold a zoom seminar.

I am including (as requested per little apple) a simple sheet on the highlights of the NEZF. This includes its purpose, what they do, who is involved. The information is taken directly from the website and can be reached by any interested party. I have submitted a service ticket to the NEZF to hold a Q and A by zoom in the near future. Our next meeting Feb 28th is open to anyone who would like to come and observe and see first hand what the operations of our zone are. Link to be presented in the email chain once it is released, or any member may get it through the request slip on the nezf.org site.

We voted on several proposals at the NEZF meeting:

Proposal one: Modify the NEZF description on nezf.org - PASSED

Original Paragraph:

We meet twice a year in one of our member regions to discuss topics that affect Narcotics Anonymous as a whole. We believe that by sharing our experience, strength and hope in the service area, we can better fulfill our primary purpose. We are not a decision making body, we are solution based discussion forum dealing with topics from groups, areas and regions.

New Paragraph.

We meet six times a year. In the odd years, we meet twice in person in one of our member regions. In the even years, we meet once in person in a member region and perhaps once at the World Service Conference. In every year we also meet online four times. We have historically been a solution-based discussion forum dealing with topics from groups, areas and regions. In recent years, we have been transitioning to carrying out projects, public relations, and fellowship development.

Proposal two: Use the April NEZF meeting to create a strategic plan - PASSED

"To effectively serve our member regions by planning and prioritizing our next two years of activities"

Proposal three: NEZF approves the initial "phase 1" recommendations of the meeting of us zones - POSTPONE/SLOW DOWN/GIVE REGIONS A CHANCE TO CATCH UP

(Please see attached report from the meeting of the zones workgroup for further detail)

Thank you for allowing me to serve,
Suzi B

2020-11 US Zones Strategic Planning Workgroup final report

Thank you for allowing us to serve and provide some recommendations. We met four times and these recommendations are based on our understanding of your direction and survey results. Attached are the raw notes from these meetings and a draft of a framework for a strategic plan. Even though the plan reflects prioritization, everything can't be done first or at the same time so we are providing a recommendation for where to start. My experience is that it helps to begin with the end in mind. Below are those suggestions that represent 'prioritizing our priorities'.

We believe these items capture the spirit and reflect the word of the meetings of the US zones, the survey, and the strategic planning task team. The website seems like the most logical starting point based on all those discussions, ideas, and preferences. Also, one key thought was not taking on too much, too soon and not trying to boil the ocean but rather starting with something that is helpful to our members/areas/regions which can be accomplished with limited resources. A website would be a prerequisite to other tasks and give us something to build on and demonstrate progress and value. The tasks in phase 1 can be worked on concurrently by a couple of task teams. All these tasks seem to meet the suggested requirement of being measurable and sustainable.

Phase 1

1. US Website with basic common PR information
2. Central shared email for each zone
3. Presenting as an IDT - Workshop for input – develop a session profile
4. FD inventory tool to evaluate current FD needs and strengths.

Phase 2

1. Assist/compliment NAWS with updating national BMLT
2. National PSAs

Phase 3

1. Public Relations coordinators
2. Central resource for internal communications for PR requests which is disseminated efficiently and effectively with good follow up.

Two other tasks we believe are important to begin with and that will contribute to our success are:

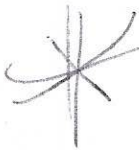
- Creating a name for this service body (collection of US zones) that includes a mission and purpose statement to help bring awareness, accountability, and guidance
- Incorporating strategic planning as an ongoing task

Other Topics for discussion:

Environmental scanning (internal/external), evaluation, ongoing maintenance, delegating tasks, approval process for tasks and initiatives

Thank you for allowing me to serve.

Craig R



Our Zone:

NEZF or North East Zonal Forum

Website where all information about the zone is located: nezf.org

"We are located in the north east part of the United States. The geographical area of the North East Zonal Forum includes all of or part of the following states: Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, and Pennsylvania.

We meet six times a year. In the odd years, we meet twice in person in one of our member regions. In the even years, we meet once in person in a member region and perhaps once at the World Service Conference. In every year we also meet online four times. We have historically been a solution-based discussion forum dealing with topics from groups, areas and regions. In recent years, we have been transitioning to carrying out projects, public relations, and fellowship development." -nezf.org

Member regions: ABCD, Connecticut, Eastern New York, Greater New York, Mid-Atlantic, New England, New Jersey, Northern New England, Northern New Jersey, Northern New York, Western New York.

NEZF Mission Statement: "The mission of the NEZF is to provide a regularly scheduled time and place in which representatives of our member regions can come together to help further our primary purpose – "to carry the message of recovery to the still suffering addict." As a unified body of NA service representatives, we have the potential to accomplish together much more than what we can accomplish individually.

It is our intention to help make recovery available to those in the regions we serve, to strengthen NA in our communities, and to reach out to other NA communities, bringing good will, recovery, conscience and our message of hope and the promise of freedom from active addiction."

NEZF Purpose: "We, the NA Regions of the Northeastern states, have joined together to discuss issues of mutual concern, address common needs, exchange ideas, and share experiences, in order to further our primary purpose. As a clearinghouse for the discussion of common problems and their solutions, we complement the existing service structure of NA by addressing our own specific needs through unity, cooperation, and communication."

Who is Welcome at NEZF Meetings? All NA members, please attend and ask questions, NEZF is currently meeting on ZOOM. Next meeting is February 28th 2021. Go to nezf.org and request zoom link on the left side of the page to receive an invite to attend.

HISTORY OF NEZF (Per nezf.org)

"The North East Zonal Forum was born out of an idea that was nurtured from the first East Coast Convention in 1980. During the eighties, several regions got together to discuss what NA is like in other parts of the country. A little later, at the WSC in Dallas, Texas in 1992, some of us learned that a few other parts of the NA World had already been meeting as Forums or Zones and a committee produced a paper about Zonal Forums. Several RSRs from the northeast discussed starting a North East Zonal Forum. Those RSRs approached the other regions of the northeastern USA present in Dallas about meeting together, and a small meeting was held.

Our next meeting took place at the Multi-Regional in New York City. Members of the Western States Forum and Canadian Assembly shared their experience, strength, and hope. We agreed to write a simple "Statement of Function and Purpose." We were beginning to see the benefits of talking and sharing with other regions. Several addicts met at the Connecticut Regional Convention in Stamford and wrote our Statement of Function and Purpose.

We met next after MARLCNA. We decided then that we would meet regularly, and would discuss issues in common to the areas and groups and our Regions. In the beginning, volunteer regions hosted the NEZF, now we have switched to an alphabetical rotation.

The NEZF is comprised of 12 Regions of the Northeast portion of the United States. They are: ABCD, Connecticut, Eastern New York, Greater New York, Mid Atlantic, New England, New Jersey, Northern New England, Northern New Jersey, Northern New York, Western New York, and Tri-State. As of 2010, we were the third largest zone by number of meetings. We meet twice a year for two days: once in the winter—usually in January or February, and once in the summer—usually June or July. Our meetings take place on weekends, with an orientation session and agenda review on Friday evening, topic discussion, regional reports and workshops on Saturday, and a business session on Sunday morning, usually ending around noon. We elect our chair and vice chair for one-year terms, and our secretary for two years. These are non-funded positions.

We appointed an ad hoc committee in 2000 to suggest a set of guidelines to the NEZF. During the discussion phase following the first draft of our proposed Guidelines, we hit upon the phrase, "Can You Live With It?" We came to believe that nothing we did was important enough that it couldn't be "lived with." We had no direct impact on the newcomer, or on the individual groups of our regions. At our June, 2002 meeting in Pittsburgh, after several painstaking discussions of these proposed Guidelines, we finally took the giant step forward and approved our Guidelines.

We are presently leaning towards a consensus-based decision-making process. We entertain proposals rather than motions, but we still vote. Typically we have a CAR workshop, and CAT if it is finished, at our January forum prior to the WSC, usually with board members present.

We've had an ad-hoc committee work on a PowerPoint presentation on "NA and the Services We Provide." In June we hold a Zone Wide Workshop, offering workshops to the local fellowship, our first being held in June of 2009. We also launched our website, www.nezf.org in 2009.

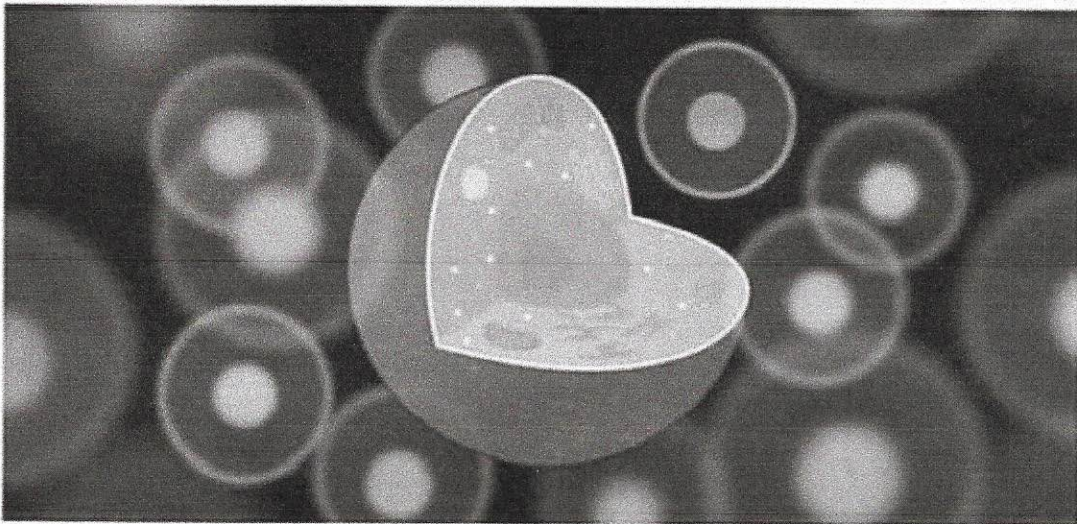
As of our most recent discussions regarding our purpose we seem to be interested in adding some type of service to our discussion based forum. We have added to our agenda reading of the Narcotics Anonymous Vision for Service and a time to prioritize a list of goals to achieve through collaboration. Currently, we are in the discussion phase of hosting a service symposium in the years we don't have the WSC."

1 of 1



**GSSANA LEARNING DAY
SATURDAY, FEB 13, 2021**

1:20 PM TO 6:00 PM



ZOOM CODE: 893 7483 1259

PASSWORD: 1953