

**Volume 38 Number 4**

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

Jan A, Area Chair, opened the 390<sup>th</sup> meeting of CASNA on 04/03/2022 @ 2:00 pm with the Serenity Prayer, 12 Traditions read by Carly and 12 Concepts read by Chris.

**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.
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/Alt RCM Reports

Old Business

New Business

Discussion Topics

Closing Treasurer's Report

GSR Count:	15
New GSRs:	Message of Hope- Chris ODOP- Cameron Value of Life- Eric Commitment to Change- Skip
New Meetings:	
Corrections to the minutes:	
Opening Treasurer's Report:	See attachment
Groups with Problems:	





The Gathering Place	P	A	P	P								
Twisted Sister	P	P	P	P								
Value of Life	P	P	P	A								
We Do Recover	A	A	A	A								
We Do Recover- Millersburg	A	A	P	A								

**LEGEND: P- Present A – Absent O - Open**

**GROUP REPORTS**

<u>Group</u>	<u>Update</u>
Acceptance	
All Are Welcome	51 Banks st- Wednesday @ 7:00pm-8:15pm- Our meeting is going well. We have been averaging about 50-60 people per week. We donated \$50.00 to area. Thank you for allowing me to serve- Henry J.
Any Lengths	
Back to Basics	
Bottom Line	7. N 14th st. 12:00-2pm- Bottom Line is doing well. We have between 20-35 people per day.-Peggy L.
Breath of Life	
Clean and Free	118 state st harrisburg @12:00pm-2:00pm- We continue to carry the message to the addict who still suffers. Our rent is paid. We are not donating to area at this time, but we bought literature. Yours and service.- Randy D
Commitment to Change	
Cut & Dry	
Desire to Grow	JFT- 300 Market st, Lemoyne @ 7:30pm- All is well. Average attendance is 25-35 people. No donation.- Carly B.
Exodus to Genesis	5th and Camp st Harrisburg @ 6:00pm- 7:30pm- The group is doing well. 15-20 members in attendance regularly. Supplies are stocked (coffee, cream, sugar etc). Rent is paid prudent reserve is \$25. Meeting is stable. Khadijah
Friday Late Night	
Friday Night Lights	
H.A.N.A.	

Honesty	New Cumberland, PA @ 7:30 Thursday- Attendance has been steady and home group attendance has been steady as well. Thank you for letting me be of service.- David P.
Hope is Alive	
H.O.W.	
Journey Continues	
Just for Today	
Just for Tonight	Lemoyne- 8pm- All is good! -John J.A
Keep the Hope Alive	
Life or Death	
Linglestown Meeting	
Living Clean	
Lunch Bunch	
Message of Hope	New Cumberland @8pm friday- Meetings have been going well. Attendance in meeting is on the rise. 7th tradition has still been running on the low side. Close to dipping into our prudent reserve but haven't done so yet. We will not be sending money to area due to low funds.- Chris T
Non-Conformists	
Noon-Day Serenity	
Nothing to Fear	216 S Market st MEchanicsburg, PA 7:30-8:30pm Monday/Thursday- Meeting is doing well. We have 5-15 people per meeting. We Donated \$37 to our area this month and bought \$13.25 in literature. Our rent has been paid and we are full on all supplies. We could always use and would love more support and new faces!-Candice M
ODOP	
Only Hams' Are Cured	6th and Forster st HBG, PA @ 7:00pm- We are doing very well. As far as our group meeting, we are able to support our group through our 7th tradition. We are having a good turn out. Most of all our members are working together and are getting along very well. But we can use your prayers.- Marlin J.
On Life's Terms	
Only the Desire	
Saturday at Swatara	

Share & Care	New Cumberland, PA @ 7:00pm-8:05pm Monday- No issues to report! Our meeting has been large weekly and we've had solid topics. All is well. Thank you for letting me serve.-Heather R.
Step and Tradition	
The Gathering Place	Reno st, Lemoyne PA @6pm- 7pm Sunday- Group needs support. Attendance been 3-4 people including myself.- Patricia N.
Twisted Sister	
Value of Life	Mechanicsburg @ 6pm-7pm- Our homegroup is still doing well with 10-15 attendees each week. We'd love your support!- Kate M.
We Do Recover	

### **SUBCOMMITTEE REPORTS**

<b><u>Sub committee</u></b>	<b><u>Update</u></b>
AD-HOC	Subcommittee formed for the purpose of finding a new bank for our area. A few banks have been reviewed. See attachment.
Audit	We will be planning an area audit for April or May, 2022. As soon as the audit has been conducted we will let area know the results.- David p.
Unity Committee	Learner's day went well. Thank you. Sub-committees met with the members who will help with unity day. Meetings are set. Speakers are set. Gym will be open until 8pm. Tee shirts for unity day are for sale.
Unity Treasurer's Report	See attachment
Literature	
Policy	
Public Relations	I had a member from our area reach out to me about volunteering with the PR subcommittee. I spoke with her on the phone and exchanged some ideas. I offered for her to take on the task of creating an organization outreach list for each of the 3 counties we serve. I do not believe that much progress has been made but i'm all about the assistance. The member also suggested that we add some local speakers to the website for streaming or downloading. I think that's a decent idea and wanted to present it to the area body for some feedback. I am also requesting my monthly \$100 subcommittee allotment to do some PR outreach printing. I want to do larger magnets to send to facilities and potentially some larger posters for public/organizational use. Since we are looking for ways to use our 7th tradition money to carry the message at an area level, I thought that this would be a good use of funds. I am exploring other options as well, since I believe PR and H&I hold the greatest responsibility to ensure the message of NA is being carried. H&I through addict outreach and PR through public outreach. I am still looking for a reasonable solution to the

	<p>subcommittee email situation. Steve and I had a conversation that we need to follow up on seeking an easily accessible solution.- Rachelle W</p>
RCM	<ol style="list-style-type: none"> <li>1. Positions open at Regional level include:        ***REGIONAL DELEGATE ALTERNATE***        REGIONAL SECRETARY        REGIONAL VICE TREASURER        PUBLIC RELATIONS VICE CHAIR        H&amp;I VICE CHAIR        WEB VICE CHAIR        INSURANCE LIAISON ALTERNATE</li> </ol> <p>Positions elected at RSC:        REGIONAL VICE SECRETARY – TinaMarie K. – ELECTED        REGIONAL PR CHAIR – Greg W. Nominated; ELECTED</p> <p>Next Regional Service Meeting is on May 14th. Subcommittees began at 12. Regional begins at 1:15 @First Presbyterian Church 97 S. Franklin St.        Wilkes Barre, PA 18701</p> <p>MARLCNA TREASURER: \$31,183.99 TO BE RETURNED TO THE REGION</p> <ol style="list-style-type: none"> <li>2. Little Apple Area – Convention is set. Sept. 23-25. Flier to follow as well by April.</li> <li>3. The Mid-Atlantic Region had to switch companies for insurance. The old company did not want to renew the policy, but did suggest a new outfit for us to use. Now covered by Tuscano Agency.</li> <li>4. <b><u>Send back to groups</u></b> - Beehive Motion Resubmitted P0122-P2 Regional Service Meeting to alternate between in-person and online. Discussion occurred about what’s in the motion. Will it be hybrid? Counterproductive? 2nd by another RCM; discussion ends. Sent back to groups.</li> <li>5. <b><u>New Business #1</u></b> – Reimbursement for Little Apple Area Activities Committee since RSC was held virtually due to weather. Timmy F. spoke w/ Little Apple Activities Chair. It cost the committee \$350 to buy supplies for today’s region. Should they be reimbursed? Megan A. 1st &amp; Sean M. 2nd – Vote; 9 Yes 1 Abstain – PASSES.</li> </ol> <p><b><u>New Business #2</u></b> – Treasurer – Sales Tax Exemption        \$750 charged by accountant every 5 years. Discussion. Pros given. Linwood (York) initiates motion. Timmy F 2nd. – Vote; 10 Yes – PASSES</p>

	<p><b><u>New Business #3</u></b> – RD/RDA Vote of Confidence  Asking for a vote of confidence to be trusted servants/voice of this body at the World Service Conference. Vote; 10 Yes</p> <p><b><u>New Business #4</u></b> – Basic Texts from East Coast Convention  These Basic Texts are to be distributed to the Areas. Typically given in-person. However, due to weather we did not meet in-person today. These are to be used in H&amp;I presentations at jails only. Distributed in a similar manner as the PPPs from MARLCNA. To be tabled till May’s Region. Vote; 10 Yes.</p> <p><b><u>New Business #5</u></b> – Regional Timeline  Suzi B. (RD) suggests adding a regional meeting every other December for CAR/CAT cycles. Suggests we seek out those with CAR/CAT workshop experience. To be brought back to May’s Region in motion form.</p> <p><b><u>New Business #6</u></b> – Budget for Insurance Company  Nancy U. was asking the regional body for a budget to be submitted to the Insurance company. They are requesting a budget for the new regional insurance policy. MARLCNA’s policy was renewed. They can provide a budget. Can our regional body provide one as well? Nancy U. plans on contacting the insurance company on Monday, March 14th.</p> <p><b><u>New Business #7</u></b> – Vote of Confidence for MARLCNA Committee  Can we give the MARLCNA Committee a vote of confidence to pick the site for MARLCNA ’23? April 24th is the next organizational meeting. Location will likely be The Wyndham (Formally, the Lancaster Host) due to cost of the event, etc. Vote; 10 Yes.</p> <p><b><u>New Business #8</u></b> – Communication between Region’s Trusted Servants  Timmy F. has suggestions/concerns about the method used to communicate about this region. Specifically, the cancellation of us meeting in-person. A trusted servant stated that Robert’s Rules of Order were followed. The Regional Chair did contact RCMs and the body either by telephone or e-mail. Asking for their vote. Other suggestions to communicate were WhatsApp &amp; Group Me.  - Eric M.</p>
Hospitals and Institutions	Meeting opened at 1:03pm by Chris T. 12 concepts read by Katie M. newcomers-4 Jenny P, Charles C, Marlyn J, Louis H. Newcomers were welcomed and given brief introductions to H&I. all current facilities are going well. Members are doing a great job covering commitments when needed. We're in contact with jails about bringing meetings back in but we still need more members to take on more commitments. 2 motions

	submitted to area, jails requesting zoom meetings and more money for literature from 100 to 200 monthly.-Chris T
Marathon	
Marathon Treasurer	
Treasure	See attachment

OLD BUSINESS	Motion to update policy for Unity's monthly "dance" to "event" Passed with 11 votes.
NEW BUSINESS	<p style="text-align: center;">*1 POLICY MOTION*</p> <p>0322-01- literature is asking that area provides \$99 cash to begin a petty cash fund and will be maintained monthly with literature funds. Update policy to remove 1992 checking account. Intent is to hold a prudent reserve for literature. (Will be discussed May, Voted in June)</p> <p style="text-align: center;">*2 HOUSE KEEPING MOTIONS*</p> <p>0322-02- H&amp;I requests \$99 from area to get more literature to take into new facilities that are opening back up and allowing H&amp;I members in for presentations. Intent is to be able to have literature to take into all the new facilities that are opening while still having literature for the ones we are currently going into. (motion was voted on and passed)</p> <p>0322-03- We motion that area service moves back to Bethany AME Church at 914 S. 21st, Harrisburg PA 17104 (21st and Derry) so all subcommittees have space for their meetings. Rent will be \$50-\$75 Intent is to have more room for subcommittees to meet without having to talk over each other. (Area tabled motion until May to find out exactly what rent will be)</p>
DISCUSSION TOPICS	<p>01. The treasure needs a new computer to do the treasury business. A new one would be best as it wouldn't have a bunch of use on it and would be an improvement for this area.- Nancy U, Dawn G</p> <p style="padding-left: 40px;">a. Area body requested we have some different prices or possibly other options and will be discussing more in May.</p> <p>02. Considering adding local speaker mp3's to our website and wanted area body input.</p>
FINAL TREASURER REPORT	See attachment
Open Positions	Vice PR Chair, Vice Secretary, Unity Vice Treasure, Marathon vice Chair
Notes	1. Our Area has passed the motion to stop fund flow to Region, but to ensure our 7th tradition money is being used to carry the message

to addicts, we are asking homegroups to come up with a few ideas on what to use these funds for.

2. Our insurance companies have been changed so please make sure all homegroups have filled out insurance forms found on our website and email them to Nancy at nueberroth52796@gmail.com

**NEXT AREA SERVICE WILL BE HELD ON 5/1/2022 at JFT in Lemoyne. SUBCOMMITTEES WILL MEET AT 1:00 PM, AND AREA STARTS AT 2:00 PM.**

In Loving Service, Candice M.

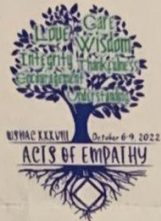
CASNA MONTHLY TREASURER APRIL						
			Group Donations		Rcpt #	Ck #
6	Opening Balance	\$3,948.51	Ck#	Acceptance Group		
7	Less Prudent Reserve	\$1,500.00		All Are Welcome	\$50.00	218345
8	Working Balance	\$2,448.51		Any Lengths	\$50.00	218347
9				Back To Basics		
10	<b>INCOME</b>			Bottom Line Group		
11	Group Donations	\$471.00		Clean And Free		
12	Literature Income	\$646.50		Commitment To Change		
13	T-shirt match	\$25.00	8342	Cut & Dry		
14				Desire To Grow		
15				Keeping The Hope Alive	\$50.00	218341
16				H.A.N.A.		
17				Honest Group	\$60.00	218349
18	<b>TOTAL INCOME</b>	\$1,142.50		Hope Is Alive		
19				H.O.W. Group		
20	<b>EXPENSES</b>			Journey Continues		
21	Answer First	\$52.40	auto	Just For Today		
22	Verizon	\$41.57	auto	Just For Tonight	\$32.00	218350
23	Dex Media	\$10.00	auto	Linglestown Meeting		
24	Area Rent	\$25.00	3335	Lunch Bunch		
25	literature expense	\$99.00	cash	Message Of Hope		
26	public relations expense	\$100.00	cash	New Life Group		
27	treasurer stamps	\$11.60	cash	Non-Conformists		
28				Noon-Day Serenity		
29				Nothing To Fear	\$37.00	218346
30				ODOP	\$132.00	218344

public relations expense	\$100.00	cash	New Life Group		
7 treasurer stamps	\$11.60	cash	Non-Conformists		
8			Noon-Day Serenity		
9			Nothing To Fear	\$37.00	218346
0			ODOP	\$132.00	218344
			Only Hams' Are Cured		
			On Life's Terms		
<b>TOTAL EXPENSES</b>	<b>\$339.57</b>		Only The Desire	\$10.00	218343
			Saturday At Swatara		
Working Balance	<b>\$3,251.44</b>		Share & Care		
PLUS Prudent reserve	\$1,500.00		Step And Tradition		
Ending Balance	\$4,751.44		Steps To Freedom		
			The Gathering Place		
Less Reserve to T-Shirts	\$150.00		Twisted Sister		
Balance Available to use	\$4,601.44		Sunday Night Meeting		
			Value Of Life		
			We Do Recover		
			Exodus To Genesis	\$50.00	218348

# WSNAC X XXVIII



Email Address:  
napeacemaster@gmail.com



Mailing Address:  
514 N. 4th St.  
Manitowoc, WI 54220

## Narcotics Anonymous Family

Just reaching out to let everyone know that we are interested in receiving some speaker tapes/recordings for WSNAC 38. WSNAC has always been an incredible experience! The only way this continues to happen is because of the incredible members of Narcotics Anonymous.

No matter where anyone in the room is, they are equal the minute they walk in the door. Rewarding for those who need to hear it, as well as those who need to speak it. Everyone is ultimately there for the same reason.

There is only one requirement when submitting these tapes: That you consider yourself a member of NA. There are just a few things to keep in mind:

- Recordings can be on any topic. It is about carrying the message of experience, strength, and hope
- Anybody who wishes to share their message can send it in on a C.D., USB, or a file in an email.
- When you send your recording in, please include your basic information like **name, email address, and phone number**, so we may contact you if needed.

"That's why it's such a privilege in our recovery to be able to serve others, for we come to know ourselves only in looking beyond ourselves and we keep what we have only by giving it away. By empathizing with other members, by learning to appreciate their needs, by placing them ahead of our own—by these things we learn to love others, and in so doing we learn to love ourselves." (A Guide to Local Services in NA, Introduction, Pg.11)

**All speaker tapes for workshops/meetings must be received by 4/30/22,**

Anyone interested in being a main speaker must submit their recording by 3/15/22.



**WSNAC XXXVIII  
Programming Committee**

*Should you have any questions or concerns, feel free to contact Brian T.  
by calling (920)686-0675 or at the email listed above.  
Check us out on Facebook, and on our web site [www.wsnac.org](http://www.wsnac.org)*

# Bottom Line Group

*Presents*

## **TRAFFIC JAM MARATHON**

**Date:** *April 8, 2021 2022*  
**Time:** *12:00 P.M. - 8:00 P.M.*  
**Place:** *7 North 14th Street  
Harrisburg, PA 17103*

**FOOD      FUN      FELLOWSHIP**

***Come Out and Support Your Area***

**More Information Contact**

Rich B - (717) 317-7589

Wanda H - (717) 370-3741

Larry M - (717) 678-1698

## Bank Comparison for Area Account

Bank Name	Monthly Service Fees	Minimum Balance Requirements to Waive Fees	Change of Name Requirements	Deposit Fees per period	Transaction Fees per period	Other
Members 1 <sup>st</sup>	\$0.00	\$0.00	?	?	?	Interest accrues
First National Bank Business Checking or Nonprofit Acct	\$0 or \$5	\$100 waives \$5 fee or tax-free Tax ID Number	?	?	150 free trans monthly Or unlimited	\$0 min to open For both
Wells Fargo	\$10	\$500 daily \$1000 average	?	\$0 for first \$5000, \$0.30 every \$100 after that (Every 25-35 days)	\$0 for first 100 trans. \$0.50 each trans after (every 25-35 days)	\$25 min to open

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

EVENT DATE: 3-19-22

STARTING BALANCE: \$ 1,110.00

INCOME

ADMISSION: Dance \$ 125.00

FOOD: \$ 182.00

MISCELLANEOUS ITEMS: Donations \$ 129.00

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

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

EXPENSES

FACILITY RENT: \$ 75.00

D.J.: \$ 200.00

FOOD: \$ 74.00

MISCELLANEOUS ITEMS: \$ 200.00 for more T-shirts

SUB-TOTAL: \$ 25.00

ENDING BALANCE: \$ 997.00

ending balance  
\$ 957.00

COMMENTS: Start up \$40.00

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