

**Volume 39 Number 4**

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

Heather, Chair, opened the 402nd meeting of CASNA on 04/02/2023 @ 2:00 pm with the Serenity Prayer, 12 Traditions read by Emily and 12 Concepts read by Hank.

**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- 17**

**New GSR's-** Sandy P. "Together We Can"

**New Meetings-** Together We Can; Penn State Campus Church Hall Room 302, Thursdays 6:30-7:30.

**Corrections to the Minutes-** NONE

**Opening Treasurer's Report-** See Attachment

**Groups with Problems-**

**Group Reports:**

**Acceptance-** NO REPORT

**All Are Welcome-** 51 Banks St., Penbrook 7:00pm - 8:15pm Wednesday: "Hello to everyone. Our homegroup is doing well and continuing to carry the message. We have a literature order of \$142.25, and we are donating \$50 to area. TFLMS"

**Any Lengths-** 210 W. Main St., Hummelstown, 17036; 7:30pm - 8:30pm Thursday: "No issues. We are hoping to have a speaker dinner on May 13th which would be hosted by Saturday at Swatara. It is not finalized, but if and when we will submit a flyer to the website moderator."

**Back to Basics-** NO REPORT

**Bottom Line-** NO REPORT

**Commitment to Change-** NO REPORT

**Clean and Free-** 750 S. 29th St., Harrisburg, PA 17111 12:00pm-2:00pm Saturday: "We continue to carry the message to the addict who still suffers. We are buying literature. Rent is paid."

**Cut & Dry-** NO REPORT

**Desire to Grow-** 300 Market St., Lemoyne 17043; 7:30pm - 8:30pm Tuesday: "We continue to carry the message to the newcomer. Our homegroup membership is up as well as our meeting attendance. All is well."

**Exodus to Genesis-** NO REPORT

**H.A.N.A-** 901 N. 6th St., Harrisburg 17102; 6:30pm - 8:00pm Friday; "Group is doing well. No problems or issues."

**Honesty-** 5th & Bridge St, New Cumberland PA 7:30-8:30pm Thursdays: "Attendance has been consistently between 15&25 members. No problems. Doing well!"

**H.O.W-** NO REPORT

**Just for Today-** 14th & Market St 12:00pm-2:00pm Sunday:"Our meeting is doing ok. Attendance is good and all is well."

**Just for Tonight-** 300 Market st Lemoyne Saturday 8:00pm-9:00pm:

**Keeping the Hope Alive-** JFT 300 Market st. Sunday at 7:30pm: "Our meeting is going well. Plenty of support and help for people who need it. We have ten homegroup members and we work together on everything we need to get done. Overall we help when we can."

**Life or Death-** NO REPORT.

**Linglestown Meeting-** Linglestown Rd, Wednesdays 7:00pm-8:00pm: "Good healthy meeting. 25 humans, 2 newcomers in past month, growing strong."

**Living the Dream-** NO REPORT

**Lunch Bunch-** 309 Herman Ave., Lemoyne 17043; M, W, F, S, 12:00pm-1:00pm: "The Lunch Bunch meets four days a week and in need of in-person help just by coming into our lunch time meeting. We also have Zoom meetings. We also are looking to meet additional days but need support."

**Message of Hope-** 4685 MT Zion Dr Enola PA, 17025 Friday 8:00pm to 9:00pm: "Attendance and 7th tradition is down. Voted to decrease donation to \$50 until we get 7th tradition up."

**Non-Conformist-** NO REPORT

**Noon-day Serenity-** NO REPORT

**Nothing to Fear-** 216 S Market St, Mechanicsburg 7:30pm-8:30pm Monday: "Our last business meeting we had voted on all motions for CAR/CAT report. Attendance is okay. We are getting rent paid and all supplies are stocked and we are carrying the message to the new or struggling addict."

**ODOP-** 600 Evergreen Rd., New Cumberland 17070; 7:00pm - 8:00pm Wednesday; "Attendance is good. No problems or concerns. Active homegroup members."

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

**Only Hams are Cured-** 901 N. 6th St., Harrisburg 17102 7:00pm-8:30pm Saturday: "We are doing well, we are able to pay our rent. Members are getting along well, and attendance has increased."

**Only the Desire-** NO REPORT

**Saturday at Swatara-** 4860 Lindle Rd., Harrisburg 17111; 7:00pm - 8:00pm Saturday: "Our group averages between 15-25 people each week. We are continuing to carry the message to the addict who still suffers."

**Share & Care-** NO REPORT

**Step and Tradition-**NO REPORT

**Steps to Freedom-** NO REPORT

**The Gathering Place-** NO REPORT

**Together We Can** - 777 W. Harrisburg Pike, Middletown 17057; Thursday 6:30 - 7:30: "We are a new meeting located on campus of Penn State Harrisburg. We could use support! Flyers were handed out at area. Location Church Hall 3rd floor Room 302. Turn at Sheetz/CUS and go through stop sign. Turn Right on Alumni Drive. 1st building on right. 3rd floor. Room 302. \*NON-SMOKING CAMPUS\*"

**Twisted Sister-** NO REPORT

**Value of Life-** 130 Nittany Rd., Mechanicsburg 6:00pm - 7:00pm Sunday: "Needs Support."

**We do Recover-** NO REPORT

**We do Recover Millersburg-** NO REPORT

### **SUB-COMMITTEE REPORTS**

**Audit-** NO REPORT

**Unity-** "Due to conflict in dates with Ocean City and Unity Day (April 15) Unity Day will be held on April 29th at Camp Curtain School. The committee has obtained the insurance certificate. Learner's Day will be held at St. Paul's Lutheran Church on May 20, 2023 from 12-6:30. T-Shirts for Unity Day will be sold. S, M, L, will be sold for \$20. Any size over Large will be sold for \$25."

**Unity Treasurer's Report-** SEE ATTACHMENT

**Literature-** "2,000 meeting lists. Staying new order so get new meetings/meeting changes in before July. Lit Order \$720.65 \$922.55 take in."

**Policy-** NO REPORT

**Public Relations-**

Accomplishments:

- Attended Regional Service PR Subcommittee (3/11/23)
- Regional PR would like to create a PA phone number for NA.
- Proposed phone number would connect the caller to the Area phone line that has meetings where the caller is located.
- Currently brainstorming how to achieve this goal. Regional PR needs help from Area PR.
- Began conversations with H&I subcommittee to assist with bringing H&I meetings into new locations.
- Ordered copies of PR & Phone Line Handbooks for the Vice Chair. (\$15.55)

Short Term Goals:

- Plan PR presentation and phone line training for Learner’s Day.

Long Term Goals:

- Facilitate decision making for website hosting.

**RCM-** “ I attended my first Regional as RCMA. This will be Carly’s last month as RCM, I will step up. While at Region I was elected to the RDSA position. Consequently I am going to the WSC on April 28th to represent our Region. The CAR & CAT tally sheets are due by 4/15/2023. On March 28 a workshop was held to further understanding of CAR motions. 7 groups were represented. I am obviously hold two positions RCM - RDSA this is not against policy. However, it is a great deal of responsibility. I will allocate the RCM position to anyone who is willing to take over.”

**Hospitals & Institutions** - NO REPORT

**Marathon-** NO REPORT

**Marathon Treasurer-** NO REPORT

**OLD BUSINESS-**

Journey Continues meeting has been closed with having donated meeting items generously to a struggling home group as well as H&I.

- Discussion Topic: “Area Policy provides guidelines for meeting changes. Groups don’t seem to be following these guidelines. Should the guidelines (policy) be changed to better serve the groups? New meetings are not utilizing PR to explain NA to facility, not sending GSR’s to Area meetings and closing without notifying the Literature committee. Discussion held: GSR’s will bring conversation to their home groups.” Written by Emily C.
- Motion: “To update Policy to reflect the current rent being paid for Area meeting. Currently states rent is \$25, and needs to state \$75 in Expenses section B. Intent: To correct policy.” Written by Candice M., Second by Rob W.
- Motion: “To change the hosting service for casna.info website. Intent: for more prudent use of Area funds. (potential to save up to \$70/year.” Written by Emily C., Second by Malvern O.
- Please see comparison analysis below:

Option 1: Stay with GoDaddy (\$120 per year)
Option 2: Change to Name Cheap (\$44.88 per year)
Option 3: Change to Shock Hosting (\$63 per year)

Go Daddy	Name Cheap	Shock Hosting
WordPress	WordPress	Drag & Drop Website Builder
25GB Storage	20GB Storage	Unlimited Storage
Daily Backups	2x/week Backups	Daily Backups
SSL Security	SSL Security	SSL Security
No Web Transfer	FREE Web Transfer	FREE Web Transfer

**NEW BUSINESS-**





H.O.W.	A	A	A	A								
Just For Today	P	P	P	P								
Just For Tonight	P	P	P	A								
Life or Death	P	P	P	A								
Linglestown Meeting	P	P	P	P								
Living the Dream	A	A	A	A								
Lunch Bunch	P	P	A	P								
Message of Hope	P	P	P	P								
New Life Group	A	A	A	A								
Non-Conformists	A	A	A	A								
Nothing to Fear	P	P	P	P								
ODOP	P	P	P	P								
Only Hams are Cured	P	P	P	P								
On Life's Terms	A	A	A	A								
Only the Desire	A	A	P	A								
Saturday at Swatara	A	A	A	P								
Share & Care	A	P	A	P								
Together We Can	*	*	*	P								
Twisted Sister	P	P	P	P								
We Do Recover	A	A	A	A								
We Do Recover - Millersburg	A	A	A	A								

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

**NEXT AREA SERVICE WILL BE HELD ON 05/07/2023 at  
Bethany AME Church 914 S 21st Street Harrisburg PA, 17104**

**SUBCOMMITTEES WILL MEET AT 1:00 PM, AND AREA STARTS AT 2:00 PM.**

**PLEASE COME OUT AND SUPPORT OUR AREA!**

**In Loving Service, Megan Rene'e.**

# CASNA MONTHLY TREASURER APRIL

		Ck#
Opening Balance	\$4,331.15	
Less Prudent Reserve	\$1,500.00	
Working Balance	\$2,831.15	
<b>INCOME</b>		
Group Donations	\$482.80	
Literature Income	\$922.90	
T-shirt match	\$25.00	5608
<b>TOTAL INCOME</b>	<b>\$1,430.70</b>	
<b>EXPENSES</b>		
Answer First	\$41.90	
Verizon	\$44.84	
Dex Media	\$10.00	
Area Rent	\$75.00	114
Meeting List	\$140.89	118
Literature order	\$720.65	115
P.O. Box (yearly)	\$176.00	116
P.R. Lit order	\$15.55	117
Unity	\$99.00	119

**TOTAL EXPENSES**     **\$1,323.83**

Working Balance	\$2,938.02
PLUS Prudent reserve	\$1,500.00
Ending Balance	\$4,438.02
Less Reserve to T-Shirts	\$50.00
Balance Available to use	\$4,388.02

## Group Donations

		Rcpt #	Ck #
Acceptance Group			
All Are Welcome	\$50.00	5614	
Any Lengths			
Bottom Line Group			
Clean And Free			
Commitment To Change			
Cut & Dry			
Desire To Grow			
Exodus To Genesis			
Keeping The Hope Alive	\$30.00	5609	
H.A.N.A.	\$20.00	5610	
Honest Group			
H.O.W. Group			
Journey Continues			
Just For Today			
Just For Tonight			
Life Or Death			
Linglestown Meeting			
Living The Dream			
Lunch Bunch			
Message Of Hope	\$200.00	5607	
New Life Group			
Non-Conformists			
Nothing To Fear			
ODOP	\$38.00	5615	
Only Hams' Are Cured			
On Life's Terms			
Only The Desire			
Saturday At Swatara			
Share & Care			
Step And Tradition			
Steps To Freedom	\$5.00	5611	
The Gathering Place	\$7.55	5616	
Twisted Sister	\$39.00	5612	
Value Of Life	\$93.25	5613	
We Do Recover-HBG			
We Do Recover-Millersburg			
<b>Total Group Donations</b>	<b>\$482.80</b>		

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

EVENT DATE: 3/18/23

STARTING BALANCE: \$570.29

INCOME

ADMISSION: Ø

FOOD: \$49.00

MISCELLANEOUS ITEMS: Donations - \$ 3.15

SUB-TOTAL: \$52.15

NEW BALANCE: \$ 622.44

EXPENSES

FACILITY RENT: \$35.00

D.J.: Ø

FOOD: \$99.56

MISCELLANEOUS ITEMS: T-shirt Match \$25.00

SUB-TOTAL: \$159.56

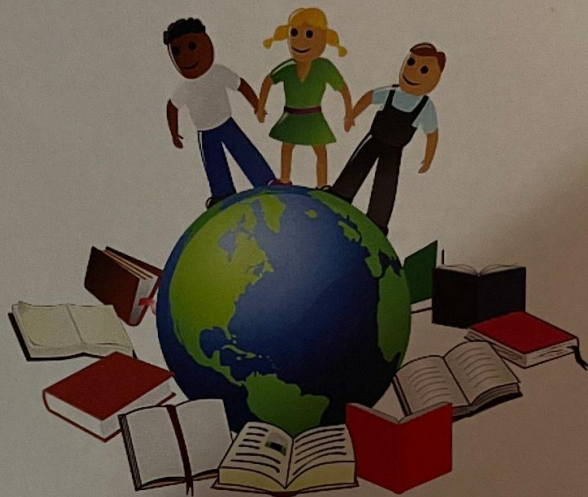
ENDING BALANCE: \$462.88

COMMENTS: Game night went well considering  
a lot of people didn't come out to  
support the area. We only had to pay  
\$35.00 since the event started at 5pm.

Thanks for allowing  
US to serve.



# UNITY COMMITTEE CANA LEARNERS DAY



MAY 20, 2023

ST. PAUL'S LUTHERAN CHURCH

530 BRIDGE ST. NEW CUMBERLAND, PA 17070

12 P.M. – 6:30 P.M.

PARK IN BACK PARKING LOT

ELEVATOR TO BASEMENT

CONTACTS

ROCHELLE R. – 570-560-3749

KIM – 717-551-9291