Volume 42 Number 11

Capital Area Service Committee of Narcotics Anonymous

Rachelle, Area Vice Chair, opened the 445th meeting of CASNA on 11/01/2026, at 2:00 PM, with the Serenity Prayer. **Stephen T.** read the 12 Traditions, and **Heather B.** read the 12 Concepts.

Agenda

Serenity Prayer, 12 Traditions, 12 Concepts GSR count/Attendance/Welcome new GSRs/New Meetings Correction/approval of the minutes Orders of the day

1. Discussion of motions will be limited to GSRs or a group representative only (supported by the 9th concept). Extended discussion rests with the chair.
2. A member may speak once on an issue.
3. The Chair must recognize a member to speak.
4. Subcommittee reports will be limited to 10 minutes, plus questions and approval.
5. 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 on a discussion topic for a maximum of 5 minutes. Opening the 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

Quorum: 9

GSR count: 17 @ 2:05 PM 18 @ 2:28 PM

Attendance notes:

Open Positions: Vice Treasurer, Unity Vice Chairperson, Alternate RCM

*****Next Area Meeting 12/06/2026*****

New GSRs: None to report

New Meetings: None to report

Corrections to Minutes: None to report

Orders of the Day:

Opening Treasurer's Report: See Attached

Groups with Problems: The Ties That Bind on Saturday's still needs Home Group members and support. GSR Peggy L.

Group Reports:

Acceptance- Tues 7-8 PM- 64 E North St, Carlisle, PA - No report
All Are Welcome- Wed 7-8:10 PM- 54 Bank St, Harrisburg, PA - No report
Any Lengths- Thurs 7:30- 8:30 PM- 210 W. Main St, Hummelstown, PA - No report
Back to Basics- Wed 7 - 8 PM- 135 W Simpson St, Mechanicsburg, PA - No report
Bottom Line- Mon-Fri 12- 2 PM- 7 N 14th St, Harrisburg, PA - No report

Clean and Free- Sat 12-2 PM- 750 S 29th St, Harrisburg, PA - No report
Commitment to Change- Wed 7- 8 PM- Cifelli House,1422 Market St, Harrisburg, PA - No report
Cut and Dry- Fri 7- 8:30 PM 914 S 21st St, Harrisburg, PA (21st & Derry) - No report
Desire to Grow- Tues 7:30- 8:30 PM- 530 Bridge St, New Cumberland, PA - No report
Exodus to Genesis- Sun 6- 7:30 PM- 5th & Camp St, Harrisburg, PA - No report
Gathering Place, The- Sun 6-7 PM- 323 Reno St, New Cumberland, PA - No report
H.A.N.A- Fri 6:30- 8 PM 901 N 6th St, Harrisburg, PA - No report
Honesty- Thurs 7:30- 8:30 PM- 530 Bridge St, New Cumberland, PA - Attendance has been strong and home group has been strongly attended as well. We had our BINGO event at BTO on 10/24 and there were a total of around 15 people who attended and played BINGO. Thank you for letting me be of service. GSR David P.
H.O.W Group- Mon 5:30 PM – JFT 300 Market Street Lemoyne, PA - No report
Just for Today- Sun 12- 2 PM- 7 N 14th St, Harrisburg, PA - No report
Just for Tonight- Sat 8- 9 PM- 300 Market St, Lemoyne, PA - no report
Life or Death- Sun 7-8 PM- 221 S 2nd St, Steelton, PA - No report
Linglestown Meeting- Wed 7- 8 PM- 5834 Linglestown Rd, Harrisburg, PA - Meeting is going well. 25-30 members in attendance during Oct. New addition to home group. Members willing to serve when they can. GSR Zach H.
Lunch Bunch- Mon-Sat 12- 1 PM 309 Herman Ave, Lemoyne, PA (In person & Zoom) - No report
Message of Hope- Fri 7-8 PM- 4685 Mt Zion Dr, Enola, PA - No report
Nothing to Fear- Mon 7:30- 8:30 PM- 216 S Market St, Mechanicsburg, PA - No report
O.D.O.P.- Wed 7- 8 PM- 600 Evergreen Road, New Cumberland, PA - No report
Only Hams are Cured- Sat 7- 8:30 PM- 901 N 6th St, Harrisburg, PA - No report
On Life's Terms- Mon 6:30- 8:15 PM- 901 N. 6th St. Harrisburg, PA - No report
Saturday at Swatara- Sat 7-8 PM- 6300 Chambers Hill Rd. Harrisburg, PA - No report
Share & Care- Mon 7- 8:15 PM- 613 16th St, New Cumberland, PA - No report
Solo Por Hoy- Tues 7-8:15 PM- 1459 Zarker St. Harrisburg, PA - No report
Steps and Traditions- Thurs 6:30- 8:15 PM- 750 S 29th St, Harrisburg, PA - No report
Steps to Freedom- Tues 7- 8:30 PM- 901 N 6th St, Harrisburg, PA - No report
The Ties that Bind Us Together Sat 12 - 1:30PM - 7 N 14th St. Harrisburg, PA- No report
Twisted Sisters Tues 7- 8 PM- 323 Reno St., New Cumberland, PA - No report
Value of Life- Sun 6- 7 PM- 130 Nittany Dr. Mechanicsburg, PA - Attendance is slowly growing, but we could use support. No problems to report. Thanks for allowing me to serve, GSR Stephen T.
We Do Recover- Mon 7- 8:15 PM- Cifelli House,1422 Market St. Harrisburg, PA - No report

Subcommittee Reports:

Audit: We met with the Unity Tresurer on October 15, 2026. Present were David P., Steven T., and Unity's Ashley B. We reviewed two of their large more recent event reports and determined they were in line with the receipts presented. Everything presented matched the monthly reports. We also counted their cash and determined it to be off by a few dollars. An adjustment will be made by Unity Treasurer on the current report. We concluded that the balance now is accurate and the Treasurer is doing a great job with the reports. We will be recommending that the Area Treasurer open a secondary bank account for Unity and should present them with a debit card to be used for all major purchases for their future events. Thank you for letting me serve,David P. Audit Chairperson

Hospitals & Institutions: All meetings going well. There were 5 members, Jim, Jody, Rob, Zach and Georgeanna, in attendance. We need support for panel leaders and meeting speakers.
Facility Reports:
- Arkview - is on Tuesdays 7:30 - 8:30 PM. Jim M. and Matt - no issues
- C-90 - is on Thursdays 7 - 8 PM. Damien gave report - no issues

● Common Ground- is on Thursdays 6 - 7 PM. Rob G and Zach H - no issues
● Conewago - is on Mondays 7 - 8 PM. OPEN - No report
● DCP Women's – is on Mondays 3:30 - 4:30PM. Georgeanna - no issues
● DCP Men's – is on Mondays 3:30 - 4:30PM. Marlin - no report.
● New Insights – is on Saturdays 7 - 8 PM. No issues
● Women's Work Release (DC) – is on Wednesdays 7 - 8PM - Georgeanna - no issues
● Men's Work Release (DC) – is on Tuesdays 7 - 8 PM. Marlin - no report.

Literature: Our starting balance was $66.01. We brought in a total of $543.65. I gave the Treasurer $445 in cash, $68.90 check and $25 for H & I. Jody will be picking up meeting lists 11/02/2026. Candace M. Literature Chairperson

Marathon: Marathon bowling party was very successful. It was a nice turnout and participation was good. We will not have to ask the Area for money for upcoming events. We raised enough money to cover costs for our 3 events. We will be asking for donations. Lisa H. Chairperson

Marathon Treasurers Report: No report

Policy: The Policy Committee met once breifly this month. Most of our work was on the Policy Guide, which we are preparing for printing at the December 2026 Area Service meeting. We reformatted the Guide so each policy stands as its own item and every committee follows the same layout. We corrected typos, made names and abbreviations consistent (CASNA and MARSCNA), expanded and alphabetized the Glossary, and rebuilt the table of contents. A Changes Log records every edit, with the original text next to the new text. Thank you for allowing us to serve. Stephen T. & Heather B.

Public Relations: We did a PR Presentation for A SPOT, so they can have H & I meetings. Cesar J. PR Chairperson

RCM: No report

Unity Committee: Committee is doing well. Upcoming event planned for the 21st of November. The speaker jam for October was a success. Big shout out to Life or Death! Game night and dance afterwards was a success. Rich B. Chairperson

Unity Treasurers Report: *see attached*

Elections:

New Business:

House Keeping Motions:

M11.26 H1 - That the Capital Area Service Committee advance the Area Policy Subcommittee $300.00 to print the annual Policy Guide for distribution as required by the Policy Subcommittee Guidelines. Receipts will be given to the Treasurer, and any unspent money will be returned to the Treasurer. Intent: The Policy Sub-Committee Guidelines reequire the policy committee to distribute up-to-date copies of the policy and guidelines once per calendar year. One free copy goes to each member of the executive committee, each subcommittee (chair or vice chair), and each group. The guidelines also say the area service committee

provides the funds for the cost of duplicating them. This motion provides those funds for the December 2026 Policy Guide. The estimated cost is $282.00 for 47 copies, printed double-sided in black and white at $0.30 per sheet (20 sheets per copy). The advance of $300.00 covers that estimate with a small amount left over. Written by Steven T. Seconded by Rob G. *****PASSED*** 17 Yay 1 AB 0 NAY**

Old Business:

M09.26 P1 - That the Capital Area Service Committee authorize submission of MARSCNA Proposed Policy Motion 1 — “Three-Meeting Voting Process” to the Mid-Atlantic Regional Committee at its December 2026 meeting, and direct the Area RCM to carry the motion to home groups for group conscience; with discussion at the October 2026 CASNA meeting and a vote at the November 2026 CASNA meeting. Intent: This motion would codify the Region’s established practice – in place since 2023 – of requiring three RSC meetings for any motion that creates, changes, or removes Regional Policy: one meeting where it is introduced, one where it is discussed, and one where the vote is taken. It would also amend Policy 0004.09 to link the notification requirement to the minutes of the meeting of introduction, correcting an existing inconsistency. Before submitting this motion to the Region in December, CASNA is seeking group conscience from its home groups. Written by: Stephen T. 2nd by Heather B. **Discussion October, Vote November ***PASSED*** Yay 13 AB 5 Nay 0**

M09.26 P2 - That the Capital Area Service Committee authorize submission of proposed Policy Motion “Quorum and Attendance Credit” to the Mid-Atlantic Regional Service Committee at its December 2026 meeting, and direct the Area RCM to carry the motion to home groups for group conscience; with discussion at the October 2026 CASNA meeting and a vote at the November 2026 CASNA meeting. Intent: This motion would put in writing the rule that a vote is valid based on who was present when the vote was taken – not who stayed until the end of the meeting. It would also define when an Area gets attendance credit for a RSC meeting (present through adjournment), and say what the chair must do if quorum is lost during a meeting. Before submitting this motion to the Region in December, CASNA is seeking group conscience from its home groups. Written by: Stephen T. 2nd by Heather B. **Discussion October, Vote November ***PASSED*** Yay 9 AB 9 Nay 0**

M09.26 P3 - To remove policy stating that the Unity Committee will charge $5 admission at the monthly dance. Intent: to resolve any confusion when the Unity treasurer gives their report and because of lack of participation at the monthly dances. Written by: Heather B. 2nd by: Rich B. **Discussion October, Vote November ***PASSED*** Yay 15 AB 1 Nay 1**

Discussion Topics:

Discussion Topic #1 - Issues with property being used for other events or meetings when they were purchased and stored by another event or meeting. Meaning people using things for personal use or for other groups. Every group should be fully self-supporting. Damion B. Unity Vice Chairperson

ATTENDANCE

Position	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Area Chair	P	P	P	P	P	P	A	P	P	A	P	
Area Vice Chair	P	P	P	P	P	P	P	P	P	P	P	
Secretary	P	P	P	P	P	P	P	P	P	P	P	
Vice Secretary	O	P	P	P	P	P	A	P	P	P	P	
Treasurer	P	P	P	P	A	P	P	P	P	P	A	
Vice Treasurer	O	O	O	O	O	O	O	O	O	O	O	
Audit Chair	/	/	/	/	/	/	/	P	A	P	P	
Audit Vice Chair	/	/	/	/	/	/	/	A	P	A	A	
Unity Chair	P	P	P	P	P	P	P	P	O	P	P	
Unity Vice Chair	P	A	P	A	P	P	P	P	P	P	P	
Unity Treasurer	P	P	P	P	P	A	P	P	O	P	A	
Unity Vice Treasurer	P	A	P	A	A	O	O	A	P	O	O	
RCM	A	P	P	A	A	P	P	P	A	P	P	
Alt RCM	O	O	P	A	P	P	A	P	P	O	O	
H&I Chair	P	P	P	P	P	P	P	P	P	P	A	
H&I Vice Chair	P	P	P	P	P	P	P	P	P	P	P	
PR Chair	P	P	P	P	A	A	P	P	A	A	P	
PR Vice Chair	P	A	A	P	A	P	A	A	P	P	A	
Literature Chair	P	P	P	P	P	P	A	A	P	P	P	
Literature Vice Chair	P	P	P	P	P	P	A	P	P	P	P	
Policy Chair	P	P	P	P	P	P	P	P	P	P	P	
Policy Vice Chair	P	P	A	P	P	P	P	A	P	P	P	
Marathon Chair	P	P	P	P	P	P	P	P	P	P	P	
Marathon Vice Chair	P	O	P	A	P	A	A	A	P	A	A	
Groups												
Acceptance	A	A	A	A	A	A	P	A	P	A	A	
All Are Welcome	P	A	A	A	P	P	P	P	P	P	P	
Any Lengths	A	A	A	A	A	A	A	A	A	A	A	
Back to Basics	P	P	P	P	P	P	P	P	A	P	A	

Bottom Line	P	P	P	P	P	P	P	P	P	P	P	
Commitment to Change	A	A	A	A	A	A	A	A	A	A	A	
Cut and Dry	/	/	/	/	/	P	A	A	A	A	A	
Desire to Grow	P	P	P	P	P	A	P	A	P	A	A	
Exodus to Genesis	P	A	A	P	A	P	A	A	P	P	A	
HANA	A	P	A	P	P	A	P	A	P	P	P	
Honesty	A	A	P	A	A	P	P	P	A	P	P	
HOW	A	A	A	A	A	A	A	A	A	A	P	
Just for Today	P	P	P	A	P	P	P	P	P	P	P	
Just for Tonight	A	A	A	P	A	A	A	A	A	A	A	
Life or Death	P	P	P	P	P	P	P	P	P	P	P	
Linglestown Meeting	A	A	A	A	A	A	P	A	P	P	P	
Lunch Bunch	P	P	A	A	A	A	A	A	A	A	A	
Message of Hope	/	/	P	A	P	P	P	A	P	A	P	
Nothing to Fear	/	/	P	P	P	P	P	P	P	P	P	
ODOP	P	P	P	P	P	P	P	A	P	P	P	
Only Hams Are Cured	P	P	P	P	P	P	P	P	P	A	A	
On Life's Terms	A	P	P	A	P	A	A	P	P	P	A	
Saturday at Swatara	A	A	A	A	A	A	A	A	A	A	A	
Share & Care	A	A	A	A	A	A	A	A	P	P	A	
Solo Por Hoy	/	/	/	/	/	/	/	/	/	/	P	
Step & Tradition	P	P	P	P	P	P	P	P	P	P	P	
Steps to Freedom	/	/	/	/	/	/	/	P	P	P	P	
The Ties That Bind Us	A	A	P	P	P	A	P	P	A	P	P	
Twisted Sister	P	P	P	P	P	P	P	P	P	P	P	
Value of Life	P	P	P	P	P	P	A	P	P	P	P	
Total Group Attendance	**17**	**16**	**17**	**16**	**16**	**17**	**18**	**14**	**19**	**18**	**17**	

CASNA MONTHLY TREASURER NOVEMBER

		Ck#
Opening Balance	$2,775.44	
Less Prudent Reserve	$1,500.00	
Working Balance	$1,275.44	
INCOME		
Group Donations	$463.89	
Literature Income	$538.90	
T-shirt match		
TOTAL INCOME	$1,002.79	
EXPENSES		
Answer First	$71.80	
Verizon	$52.09	
Dex Media	$10.70	
Area Rent	$50.00	270
Meeting List		
Lit Order#1072758	$1,755.68	271
H&I Lit order	$25.00	
Policy	$300.00	272
TOTAL EXPENSES	$2,265.27	

Working Balance	$12.96
PLUS Prudent reserve	$1,500.00
Ending Balance	$1,512.96
Marathon reserve	$100.00
Less Reserve to T-Shirts	$100.00
Balance Available to use	$1,312.96

Group Donations

		Rcpt #	Ck #
Acceptance Group	$8.00	567313	
All Are Welcome			
Any Lengths			
Back To Basics			
Bottom Line Group	$44.69	567314	
Commitment To Change			
Cut & Dry			
Desire To Grow			
Early Bird Gets The Warm			
Exodus To Genesis			
Gathering Place			
H.A.N.A.			
Honest Group			
H.O.W. Group	$104.00	567317	
Just For Today			
Just For Tonight	$30.00	567315	
Keeping The Hope Alive			
Life Or Death			
Linglestown Meeting	$129.00	567318	
Living The Dream			
Lunch Bunch			
Message Of Hope			
Nothing To Fear	$16.00	567319	
ODOP			
Only Hams' Are Cured			
On Life's Terms			
Saturday At Swatara			
Share & Care			
Step And Tradition	$55.00	567311	
Steps To Freedom	$30.00	567316	
The Ties That Bind Us			
Twisted Sister	$25.00	567312	
Value Of Life			
Step & Traditions	$12.20	567321	
Solo Por Hoy	$10.00	567320	
Total Group Donations	$463.89		

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

EVENT DATE: _____

STARTING BALANCE: 0

INCOME

ADMISSION: 1068.00

FOOD: 53.00

MISCELLANEOUS ITEMS: _____

SUB-TOTAL: _____

NEW BALANCE: 1121.00

EXPENSES

FACITLITY RENT: 315.00

D.J.: _____

FOOD: 41.48

MISCELLANEOUS ITEMS: Ice 10.00

SUB-TOTAL: 366.48

ENDING BALANCE: 754.52

22.58 copies

$731.94

COMMENTS:

_____

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