

Capital Area Service Committee Meeting Minutes

Sunday, August 4th, 2019

Opening

The meeting was opened at 2:00 p.m. with the Serenity Prayer.

The 12 Traditions of Narcotics Anonymous were read.

The 12 Concepts of NA Service were read.

The Narcotics Anonymous Service Prayer was read.

Roll Call and Approval of Minutes

Roll call was taken by the secretary.

- Twenty-one (21) Home Groups were present at the time that HG Roll Call was taken.
- Ten (10) Officers were present at the time that Officer Roll Call was taken.
- No minutes were produced for June or July, and thus there were no minutes to approve for those months.
 - *Home Group Roll Call sheet has been attached.
 - *Officer Roll Call sheet has been attached.
 - *An up-to-date Contact Sheet for GSRs will be attached to the email.

Update: Angela Repayment

- She made a payment today. She is all caught up as of today – well done.

Old Business

Motion from H&I (Seconded by Life on Life's Terms) to Reverse Proposal from Trust the Process (Voted Sept '18)

- A motion was presented from H&I to reverse a proposal presented by Trust the Process. This reversal would revert policy to the state that it was in before the proposal. Both the new motion and the old proposal are attached.
 - *Motion from H&I attached
 - *Original Trust the Process proposal attached
 - *THIS MOTION WILL BE VOTED ON IN SEPTEMBER

Motion from Primary Purpose (Seconded by Living Clean and Serene) to Alter Election Expectations in Policy

- A motion was presented from Primary Purpose to amend policy, affecting executive committee and subcommittee chair position elections.
 - *Motion from Primary Purpose attached
 - *THIS MOTION WILL BE VOTED ON IN SEPTEMBER

Motion from Primary Purpose (Seconded by Living Clean and Serene) to Implement a New Service Resume

- A motion was presented from Primary Purpose to implement a new service resume. The main differences are highlighted in yellow for ease of review, but this will be removed.
- *Motion from Primary Purpose attached, including new service resume
- *THIS MOTION WILL BE VOTED ON IN SEPTEMBER

New Business

Resume for Alternate Chair (Sam C.)

- Sam read his resume. His cleandate is 01-26-1992
- Question was asked: Ever stolen from NA? *When I first came in, yes, I misappropriated and put it back.*
- Question: Do you understand policy? *I am familiar, roughly, with policy.*
- Question: I saw there were a lot of moving parts to alternate chair. Can you articulate how you can benefit the area in this position? *I have the time, and I have previous experience going around, and the willingness to learn and participate – teachable.*
- Question: Will you be on time? *Yes, today my family had an extenuating health situation.*
- Question: Do you understand the difference between service work and dictatorship? *I have seen us ‘rally the wagons’, but we have to be more compassionate, not beat each other up. We ought to have empathy and not character assassinate each other.*
- Pros: (1) He has willingness and experience. (2) He has experience with 12 steps and 12 traditions.
- Cons: None
 - For - 23
 - Against - 0
 - Abstained - 4
- *Resume attached

Resume for Activities Chair. (Delphyne F.)

- Delphyne read her resume. 10-23-1993
- Question: Do you have experience with NA activities? *Yes, through convention committee.*
- Question: Ever chaired an activities based committee? *Yes, convention, 4 times.*
- Question: What ideas or plans do you have to bring this committee back to life? *I have a committee and I will be talking to the committee – these are members who have been on the committee before. Any and all ideas are welcome.*
- Question: Are you ready for potentially having minimal help? *I have already asked other people to come on and help.*
- Question: Will you sign the policy about misappropriation? *Yes.*

- Pros: (1) She is willing. (2) I have seen her over the years, and she's ready.
 - Cons: (1) Disputed con about family life.
 - For - 16
 - Against - 7
 - Abstained - 4
- *Resume attached

Officer Reports

Chairperson – given, attached

Secretary – absent

Treasurer – given, attached

RCM – given, attached

Subcommittee Chair Reports

H&I Chair – given, attached

PR Chair – given, notes attached

Policy Chair – given, attached

Outreach Chair – given, attached

Activities Chair – vacant (until today)

Convention Representative – given, attached

- We do not have enough money to have a convention in 2020

Homegroup Concerns

- Statement was provided by A New Beginning home group that they are supporting the Serenity Fellowship Reunion
- Susan G. was approached to start a meeting in Clayton. Where can we get a starter kit? Get with PR and Outreach.
- Herbert announces The NA Way needs support! Sunday @ 8:00PM
- Does the area plan to publish the list of dates when the area service plans to take place? Yes.
- If there is an NA event, you can follow the money. The CASC is vocal about not supporting the Serenity Fellowship Reunion, because is no strong money trail.

Second Roll Call

A second roll call was taken at this point.

- There were 15 of the original 21 GSRs still present.
 - o Thus, GSR retention was 71.4%.
- There were 8 of the original 9 CASC Officers / SC Chairs present at the end of the CASC.
 - o Thus, CASC Officer / SC Chair retention was 88.9%.

Close

The meeting was called to a close at roughly 4:30 p.m. with a unity circle and the “We” version of the Serenity Prayer.

The next CASC meeting will be held on September 1st, 2019.

This concludes the minutes for the August 4th, 2019 meeting of the CASC.

In loving service,

Acting CASC Secretary
Secretary@CapitalAreaNCNA.com

MOTION: That the former motion revoking the H&I's subcommittee budget and autonomy to conduct H&I Learning Days and Workshops be repealed and that the former budget and autonomy be reinstated effective immediately.

PURPOSE: H&I Learning Days and Workshops have been recommended and supported by the World Service Committee of Narcotics Anonymous since 1986, and advise in their H&I Handbook that "the purpose of an H&I learning day (and workshop) is to educate the members of the fellowship about hospitals and institutions work.... (They) are one of the ways to prepare the NA member to carry the message to addicts who do not have full access to regular NA meetings. We have learning days so that we may benefit from the collective experience of other NA members. It is the responsibility of area H&I subcommittees to conduct learning days to educate the members about H&I. By participating, members learn how to properly carry the NA message in an H&I setting." The WSC further recommends that such learning days are easier when held frequently since they provide "new members the opportunity to understand H&I work as a vital and positive part of their recovery." However, the purpose of an H&I Learning Day and/or Workshop is NOT to raise funds – it is to educate, and such days/workshops should NOT be scheduled at the same time as other local events.

INTENT: Our subcommittee believes that the World Service Office's recommendation that H&I Subcommittee learning days and workshops be autonomous is clear, and that our Motion will restore us to be able to fulfill and honor that recommendation.



**Capital Area Service committee
Proposal Form**

Date: August 5th 2018

Proposed by: Trust the Process

What is being proposed?:

Reason for this Proposal:

To consolidate and enhance our service efforts.

Intent:

To be prudent with service related funds.

Result:

Proposa/

To revise Section 8 (Activities Committee) To state:

The Activities Committee is a standing committee of the CASC. It is responsible for (1) promoting NA unity within the Capital Area of Narcotics Anonymous and (2) attracting members to NA. The committee (Activities) will develop and hold three scheduled functions each ASC fiscal year and those events will include: Capital Area Anniversary/ Service/ Unity Day (All ASC Subcommittees will have input on the Service/Learning Day portion of this event), Capital Area Picnic, plus one other event. CASC will allot, \$250.00 for the Homegroup Picnic and the third event planned by Activities and \$500.00 for the Area Anniversary/Unity Day (\$200.00 Learning Day funds from H&I budget will become a permanent part of the Area Anniversary/Unity Day funds). Activity Committee members as well as all CASC Trusted Servants should be mindful that, all NA funds should be managed responsibly. Any funds not used must be returned (with receipts) and no funds will roll over to the next event. Activity Committee funding is contingent on CASC being above Prudent Reserve. In the event CASC is at or below prudent reserve final authority for providing funds will rest with the Groups.

Intent:

To consolidate and enhance our service efforts and be prudent with service related funds.



Capital Area Service Committee
Motion Form

Date: June 2, 2019

Motion made by: Primary Purpose home group

Second: _____

Motion reads as follows: _____

New policy sub-section 1.4.E (current sub-sections 1.4.E to 1.4.H will become sub-sections 1.4.F to 1.4.I), that reads as follows:

All nominees for CASC officer or sub-committee chairperson service positions should have previous experience in that position or the related alternate position, and that experience should be denoted on their service resume. When a nominee for a CASC officer or sub-committee chairperson service position doesn't have such experience it is strongly suggested that they consider the related, alternate position instead.

Intent: For CASC officer or sub-committee chairperson service positions: 1) Prevent nominations to fill these positions with people that don't have direct experience learning them or performing in them. 2) Ensure that the overall service committee body's expectation of ASC officers, sub-committee chairs, and related alternate roles are accurately aligned with the nominee's actual experience.

Note that if there is no nominee available that meets the above criteria, resulting in an officer or sub-committee chair position being left vacant, per CASC Policy the alternate or Vice Chair will be responsible for fulfilling the responsibilities of that position.

Carried _____ Failed _____ Tabled _____

Amended _____ Back to Home Group _____ Policy Change _____

Yes _____ No _____ Abstain _____



Capital Area Service Committee
Motion Form

Date: June 2, 2019

Motion made by: Primary Purpose home group

Second: _____

Motion reads as follows: _____

Use the service resume attached to this for all elected CASC service committee and sub-committee positions, effective immediately. (Nominees that have already submitted a resume for consideration at the June 2019 CASC meeting can answer new questions verbally and do not have to fill out another resume.)

Note that the differences between the service resume being proposed in this motion and the current service resume is highlighted in yellow. Should this motion pass the final version will have the highlighting removed.

Intent: For elected CASC service committee and sub-committee positions: 1) Prevent nominations to fill these positions with people that don't have direct experience learning them or performing in them. 2) Ensure that the overall service committee body's expectation of ASC officers, sub-committee chairs, and related alternate roles are accurately aligned with the nominee's actual experience.

Carried _____

Failed _____

Tabled _____

Amended _____

Back to Home Group _____

Policy Change _____

Yes _____

No _____

Abstain _____



CASC NA Service Resume

Date: _____

Name:	Clean Date:
Street address:	Phone:
City / State / ZIP:	Email:
Service position interested in:	
If the above is <i>not</i> an alternate position, do you have previous experience in this position or the related alternate position ('yes' or 'no')?	
Do you understand the responsibilities defined in CASC Policy this position ('yes' or 'no')?	
List <u>all</u> <i>Group</i> service positions held, and dates served:	
List <u>all</u> <i>Area</i> service positions held, and dates served:	
List <u>all</u> <i>Regional</i> service positions held, and dates served:	
List <u>all</u> <i>World</i> service positions held, and dates served:	
Were all service commitments completed ('yes' or 'no')?	
If you answered 'no' to the above question then please explain fully:	
Are you employed full-time ('yes' or 'no')?	
Can you travel in conjunction with this service position ('yes' or 'no')?	

Use the backside of this resume or a separate page to expand answers or include additional comments, if applicable.



N.A. Service Resume

Date: 8/4/91

Name: SAM [REDACTED]	Clean Date: 1/26/92
Address: [REDACTED]	Phone: [REDACTED]

Service position interested in: VICE CHAIR

List group service positions and dates served:
HUGGER, coffee maker, CHAIR, SECRETARY.
VICE CHAIR Lit. Comm. CHAIR Lit. Comm. C.P.R.A.
GSR, ASR, ATL ASR.

List area service positions and dates served:
ASR

List regional service positions and dates served:
ASR

List world service positions and dates served: N/A

Have you completed all service commitments? Yes () No

If no, why not?

Please list anything additional: "Willingness to SERVE"

Are you employed full-time? *Retired* () Yes No

Can you travel in connection with this service commitment? Yes () No



N.A. Service Resume

Date: 8/5/2019

Name: *Delphine Williams* Clean Date: *10-23-1993*
 Address: *Raleigh, NC*
 Phone: *[Redacted]*

Service position interested in:

Activities

List group service positions and dates served:

*BSR, Treasurer, Alter. Treasurer, Alt BSR
 Speaker-Chair, Secretary, Alt. Secretary
 Policy maker*

List area service positions and dates served:

*(1994-2019) 2015/2019
 Convention Comm, Policy, H & I (1995-96) Liter. 93
 All positions on Convention Comm (except Treasurer)
 H & I Coordinator, Panel Leader, Literature, Panel member*

List regional service positions and dates served:

not yet

List world service positions and dates served:

not yet

Have you completed all service commitments? Yes No

Step down Programming & Policy
 If no, why not?

Please list anything additional:

Willing to serve

Are you employed full-time? Yes No

Can you travel in connection with this service commitment? Yes No

Capital Area Chairperson Report

Good afternoon Capital area ASC, I hope everybody had a great month and a good weekend so far. This month I would like to thank the ASC for allowing me to serve as this area Capital Area chairperson. I believe with the areas new GRS and our newly elected area officers the Capital area will continue moving in a positive direction. I would like to see our area continue to move in this direction. So, with that being said, I will end my report because we had no issues in our area this month and now, we can focus on the business of our area. Thank you again for allowing to serve our area.

Darren L

Capital Area Vice Chairperson

8/4/19



CASC TREASURERS REPORT

Date: 8/4/2019
From: Michele M., CASC Treasurer
Re: Treasury Report for the month of JULY 2019

Dear Capital Area,

I would like to thank the Capital Area for allowing me to serve in this position. Service work is a suggestion of the program of Narcotics Anonymous and I am grateful to be doing so. Attached are the Income and Expense statements for July 2019.

July 2019 STATEMENT

The beginning balance on 7/01/2019 was:	\$1,333.92
Deposits in July totaled:	\$ 388.35
Checks and deductions totaled:	\$ 244.21 - See attached detailed Income & Expense Report
Ending balance on 7/31/2019:	\$1,478.06 - See attached PNC Bank Statement
Outstanding checks not cleared:	<u>\$ 0</u>
Available balance on 07/31/2019:	\$1,478.06

This available balance puts us \$321.94 **BELOW** the policy mandated prudent reserve of \$1,800.00. See attached PNC bank activity report and the Income and Expense statement.

Thanks for allowing me to be of service.

Your trusted servant,

Michele M., CASC Treasurer

Attachments:

- July 2019 Income & Expense reports
- July 2019 PNC Bank Statement

Capital Area NA
Treasurers Report Income Expense

Beginning Balance:		7/1/2019	\$1,333.92	Period: 7/1/19-7/31/19	
Income/ Revenue Section 1					
Type of Deposit/debit	Date	Amount	Notes	Description	
Group Donations/ Repayments - CASH	6/30/2019	\$388.35		Group donations received at Area Meeting	
Total Income/ Revenues		\$388.35			
Repayment of Mis-Appropriated Funds					
Amount shown here is included in the total of donations above					
Type of Deposit/debit	Date	Amount	Balance	Description	
Nikki			\$1,529.43	8 Repayments to date - last payment on 08/5/18	
Sub Total Income/ Revenues			\$1,529.43		
Expense Section					
Type of Bill or Payment	Date	Check #	Amount	Notes	Policy Description
SUB COMMITTIES					
H&I Committee					
H&I Literature					H&I Literature -
H&I Office Supplies					H&I - Office Supplies
H&I Learning Day one per year					One Learning Day - per Policy
PR and Website					
Phone Line - Auto Draft Monthly	5th monthly	AD	\$33.87		Varies slightly - averages \$30.93/
Meeting Directories					Varies slightly - Quarterly Printing
Website - Auto Draft Go Daddy	16th monthly	AD	\$42.34		On Autodraft
Text Blasting-Auto Draft Monthly	9th monthly	AD	\$10.00		On Autodraft-TEXTEDLY.COM
PR Literature					\$75 Monthly Budget-\$65 facebook
PR Chair Travel Expenses					
Outreach					\$35 Monthly allocation per policy
Policy					\$30 Monthly allocation per policy
Activities Committee available					\$500 For Area Anniversary Function(s)
AREA SERVICE COMMITTE					
Fairmont United Methodist Church	1st monthly		\$50.00		ASC - Rent
Secretary					Varies slightly
Treasurer - Office Supplies					
Treasurer -Storage Rent	9th monthly	AD	\$105.00		Security Self Storage
Chairperson					
RCM Travel/ Expenses					Refund Receipts
Bank Fees		AD	\$3.00		Service charge - Bank Account
Mail Box - Due yearly on Nov 1st					CASC Mailbox at Cameron Village
Misc. Lit Donation					
Convention deposit					
Regional Donations - 60% - CRNA					Per Policy
World Donations - 40% - NAWS					World Donation Per Policy
Total of All Expenses			\$244.21		
Revenue			\$388.35		
DIFFERENCE: Income-Expenses			\$144.14		
Ending Balance			\$1,478.06		
PREVIOUS MONTH'S CHECKS NOT YET CLEARED					
Check Payable to:	Date	Check #	Amount	Description	
Regional					
World Donations					
		TOTAL:	\$0.00		
Available Balance			\$1,478.06		
Prudent Reserve- Per Policy			\$1,800.00		
Amount Above/ Below P.R.			-\$321.94		

Homegroup Name	Amount	Homegroup Name	Amount	Homegroup Name	Amount
A New Beginning	\$20	Lunatic Fringe		Seeking Similarities	
Basic Text Study Group	\$37	Man Up		Serenity In The Morning	\$10
Came to Believe		Mid Day Miracles	\$24	Southside Recovery	\$30
Candelight Recovery	\$20	Miracles In Progress	\$23	Spiritual Change	
Constantly Searching	\$20	NA At Noon		Spiritually Connected	
Daily Reprieve	\$50	NA In the PM		The Seekers Group	
Expect a Miracle		NA Way Group		The Journey Continues	\$20
Exprience, Strength, and Hope		Never Alone Never Again		The Primary Purpose Group	\$15
Faith Thru Principles	\$10	New Horizons Group		Together We Can	
Freedom Through Recovery	\$60	New Way of Life II		Trust the Process	
I Can't, We Can		Our Common Welfare		Tuesday Night Live	
Hard Core Group		Out To Lunch		Way to Grow Group	
In From The Storm		Peace in The AM	\$24	We Do Recover	
Let The Healing Begin		Principles & Traditions	\$25	Welcome Home	
Life on Life's Terms		Principles B4 Personalities		Why Are We Here	
Living Clean & Serene		Recovery In the Hood		Women In Recovery	
		Rediscovery Through		Young Connections to	
		Total Homegroup Donations	\$388.35	Other Income	
				Misc: Prison	
				Nikki - Repayment	
				Total Other Income	\$0.00

Jul-19

8-4-19

Hi Family

I am an addict and my name is Kay. I would like to say thanks to this area for trusting in me as your RCM for the Capital area. I am more than grateful for finally having an alt. RCM which allows me some freedom from stress. However, I was not able to attend our last RCM meeting, but my alt. was and will be giving the report after I am fresh.

I am bring to the area a new concern that will be coming up in homegroup concerns.

I have been confronted by the chair person from Serenity Fellowship regarding. From what I have been told the person has taken down their fund raising events from the Region website. I have been asked as RCM for capital area to send an e-mail to the regional chair confirming that they are being supported by a home group in Capital Area. Which as I stated will be addressed in homegroup concerns. I don't know how to handle this and my primary responsibility is just to this area. I am reaching out to the area for how to handle this issue.

In Loving Service
Ray W. Kent

RCMA Report July 13, 2019 Wilmington NC

Call to order at 10:30 am. After approving the minutes from the previous regional meeting, the morning was spent going over various proposals (See minutes from Regional secretary).

After lunch Area concerns were addressed, of note was the discussion for a regional phonelines as a couple of Areas are struggling to keep their phone lines active due to lack of participation from Area members.

On this note an idea was presented that we frame Service work as "Service Opportunities" as most addicts/people are put off by the idea of something being work as apposed to giving back what was so freely given.

An invitation was extended to our PR Chair to attend the next regional PR meeting. It will be held in Charlotte on Saturday September 14th (perhaps our former PR chair will be willing to attend with our new chairwoman?)

Contact information:

Karen [REDACTED]
[REDACTED]

An invitation was extended to our H&I Chair to attend a NAWS H&I Webinar on September 25th at 7PM

Contact information:

Janine [REDACTED], Regional H&I Chair
[REDACTED]

Financial Report was given by Finance committee Vice Chair Sam M. who was later voted in as Chair, he is being mentored by the policy chair Liz it appeared she has held the position in the past (?).

Contact information: Sam M. [REDACTED]

Attached are the balance sheet and profit and loss statements June 2019

Sam stated that on cursory inspection it does not appear that any funds have been misappropriated by former finance chair or treasurer and that monies are accounted for they were just not being entered into Quick Books correctly. I gathered this question was raised as both have stepped down from their respective positions. One stating that they were holding down three jobs and their home had flooded; the other to deal with health issues. He did state that he inherited a "mess" from the other the last three years but is learning quick books (again Liz is mentoring him with this software).

Dates of note:

September 14th, 2019

Service Day workshop & learning day, new RCM's and RCMA's will be oriented.

October 12th, 2019

Next Regional Service Committee meeting will be held in Rock Hill SC at the Serenity Club

December 7th, 2019

CAR Workshop to be held in Charlotte

In loving service,

Elizabeth D.

Carolina Regional Service Committee

BALANCE SHEET
As of June 30, 2019

	TOTAL
ASSETS	
Current Assets	
Bank Accounts	
Wells Fargo Checking (x1973)	17,290.65
Total Bank Accounts	\$17,290.65
Other Current Assets	
Prepaid Expenses	6.40
Prepaid Debit Card	2,006.58
Prepaid Insurance	731.70
Prepaid Lodging	100.00
Prepaid Meal Allowance	700.00
Prepaid Rent Meetings	320.00
Prepaid Travel/Gas Allowance	108.00
Prepaid Website Service	3,972.68
Total Prepaid Expenses	956.99
Undeposited Funds	956.99
Total Other Current Assets	\$4,929.67
Total Current Assets	\$22,220.32
Fixed Assets	
Furniture and Equipment	0.00
Elite Screen 8534	97.36
Depreciation	-36.00
Total Elite Screen 8534	61.36
Epson Printer	54.59
Optima X312 DLP Projector	359.00
Depreciation	-150.00
Total Optima X312 DLP Projector	209.00
Total Furniture and Equipment	324.95
Total Fixed Assets	\$324.95
TOTAL ASSETS	\$22,545.27
LIABILITIES AND EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	801.58
Total Accounts Payable	\$801.58
Total Current Liabilities	\$801.58
Total Liabilities	\$801.58
Equity	
Unrestricted Net Assets	16,590.93
Net Income	5,152.76

Total Equity	\$21,743.69
TOTAL LIABILITIES AND EQUITY	\$22,545.27

Carolina Regional Service Committee

PROFIT AND LOSS
May - June, 2019

Income	TOTAL
Contributions Income	
Area Contributions	
Coastal Carolina Area	101.07
Keep It Simple Area	400.00
North Central Carolina Area	2,000.00
Port City Area	80.00
South Coastal Area	1,652.44
Southern Foothills Area	840.77
Twin City Area	500.00
Upper South Carolina Area	379.06
Western North Carolina Area	3,000.00
Total Area Contributions	8,953.34
Home Group Contributions	
Clean Living Group	37.76
Flowertown Group	89.00
Lounge Around Group	150.00
Surrender To Win Group	111.00
Total Home Group Contributions	387.76
Total Contributions Income	9,341.10
Total Income	\$9,341.10
GROSS PROFIT	\$9,341.10
Expenses	
General Business Expenses	
Accounting Software	
Postage & Delivery	124.20
Treasurer Postage expense	9.13
Total Postage & Delivery	9.13
Storage Facility Rental	
Total General Business Expenses	161.90
RSC Operating Expenses	
Administrative Committee	
RD - Regional Delegate	
Area migs-travel/gas Allowance	74.75
Travel/Gas Allowance	31.58
RD CSRC Travel/fuel	14.99
RD SEZF Travel/Fuel	46.57
Total Travel/Gas Allowance	121.32
Total RD - Regional Delegate	121.32
Total Administrative Committee	121.32
Subcommittees	
Policy Subcommittees	

Travel/UGS Allowance	10,642
Total Policy Subcommittee	507,98
Public Relations Subcommittee	507,98
Public Relations Chairperson	507,98
Lodging Allowance	528,64
Total Public Relations Subcommittee	649,96
Total Subcommittees	\$945,19
Total RSC Operating Expenses	\$8,395,91
Total Expenses	\$8,395,91
NET OPERATING INCOME	\$8,395,91
NET INCOME	\$8,395,91



Carolina Region of Narcotics Anonymous H&I

Sponsorship Behind the Walls

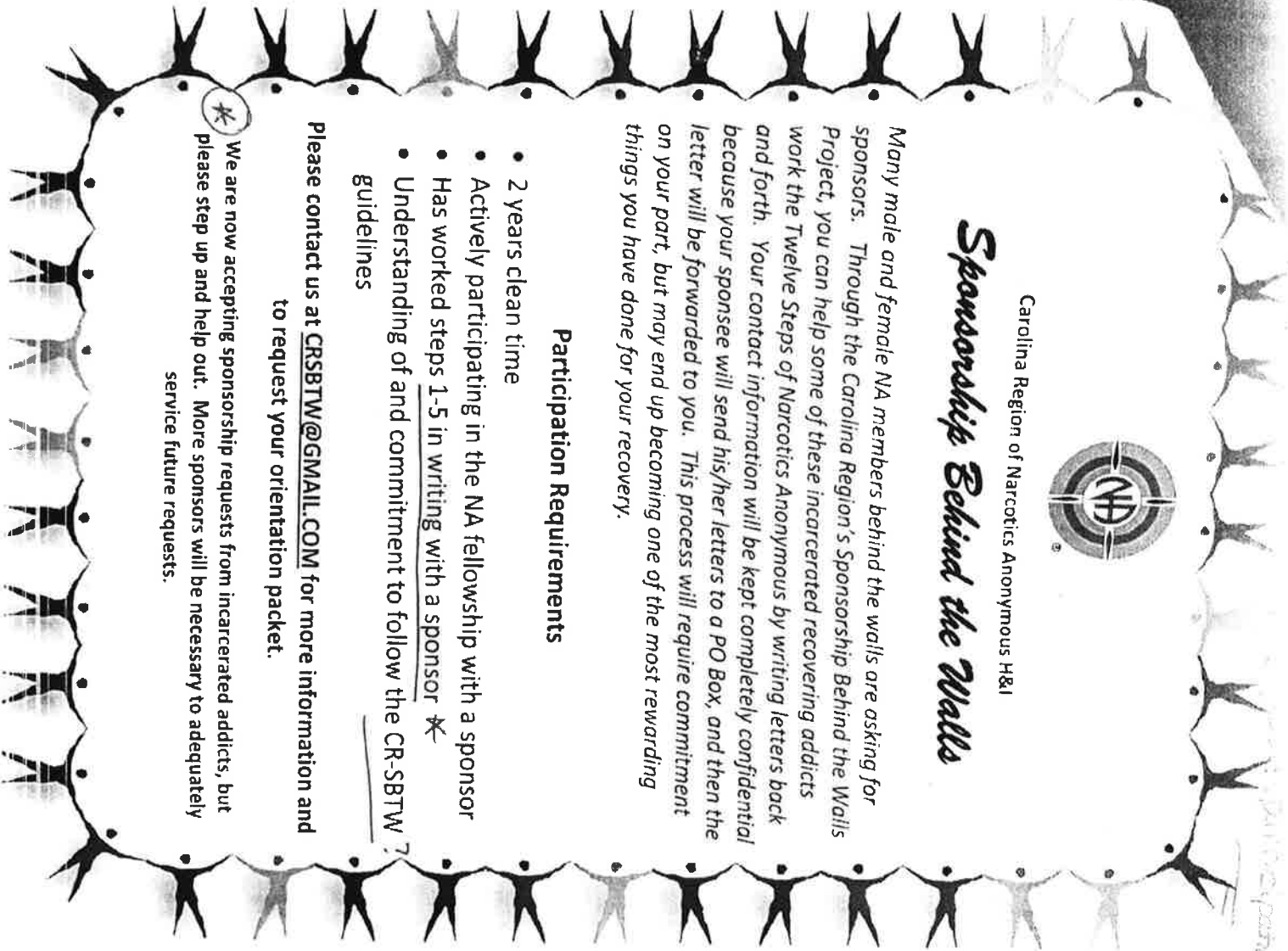
Many male and female NA members behind the walls are asking for sponsors. Through the Carolina Region's Sponsorship Behind the Walls Project, you can help some of these incarcerated recovering addicts work the Twelve Steps of Narcotics Anonymous by writing letters back and forth. Your contact information will be kept completely confidential because your sponsee will send his/her letters to a PO Box, and then the letter will be forwarded to you. This process will require commitment on your part, but may end up becoming one of the most rewarding things you have done for your recovery.

Participation Requirements

- 2 years clean time
- Actively participating in the NA fellowship with a sponsor
- Has worked steps 1-5 in writing with a sponsor ✪
- Understanding of and commitment to follow the CR-SBTW ? guidelines

Please contact us at CRSBTW@GMAIL.COM for more information and to request your orientation packet.

✪ We are now accepting sponsorship requests from incarcerated addicts, but please step up and help out. More sponsors will be necessary to adequately service future requests.



CAPITAL AREA NA ASC: H&I SUBCOMMITTEE CHAIR'S REPORT
(August 4, 2019)

Hello Family!

The state of the Capital Area H&I Subcommittee is healthy, active & expanding!

We oriented 9 new and/or returning members. We are now conducting our orientation at noon prior to our regularly scheduled meeting so all H&I members can participate fully at our meeting. *We invite all NA members to join us!*

We want to thank Michael A., the Capital Area web servant, for working with us to improve and update the H&I Subcommittee section of the website. We encourage everyone to check it out!

~~After the meeting when was a check was made?~~
In addition to new panel members, we are pleased to announce election of the following

officers:

SECRETARY: _____

PANEL COORDINATOR: _____

LITERATURE COORDINATOR: _____

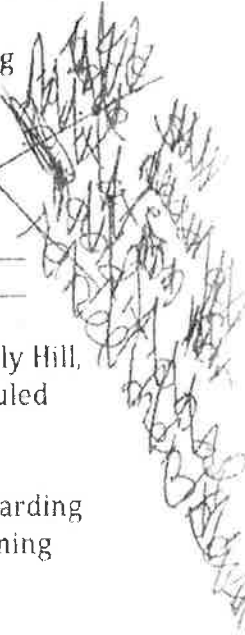
PANEL LEADERS: _____

ORIENTATION LEADERS: _____

We are currently holding consistent meetings and/or presentations at Wakebrook, Holly Hill, Triangle Springs, the Women's Prison and are hoping to announce our regularly scheduled meeting at the Wake County Jail's Detox facility.

We are hopeful the Area will consider our Motion today that was tabled last month regarding the repeal of this area's revocation of H&I's budget and autonomy to conduct H&I Learning Days and Workshops.

In Loving Service, STEPHANIE G. (2019-2020 Capital Area H&I Subcommittee Chair)



Guidance from Susan & Steph
Web service Report
Website sent 3 text blasts
~~Website sent 3 text blasts~~

Added a new mtg on the mtg list which will be printed next month

Sent out 6 emails *
Website got approx
~~4000~~ 4000 views.

Presentations ^{report Susan} scheduled for regular first step presentation this thurs the 8th

We have a presentation this ~~act~~ with NC state, - ask Susan.

Participated in ^{my} first regional service call.

ie got 9 phone calls.

mtg list - ^{11/10/11} Printing
250 - Schedule
~~300~~ - mtg schedule
for H&I

750 - rest of the year
ideally every 1250 - ~~and~~

Actual Size of system
flip on short

- Request from
staples
\$175 ~~2250~~
or 1250

Karen Howard -
Region PR chair

Sheriff - central
Joe Mr - ~~and~~
How to do ~~and~~

College President

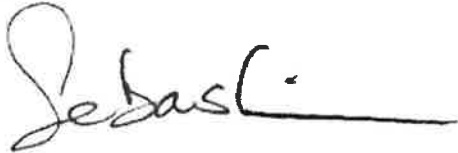
Hello, and thanks for letting me serve.

There are no changes since last months report, since no policy related motions have gone to the floor for a vote since last month, or for several months now. I'm attaching a copy of last months report since everything in it still applies.

Note that the DRAFT CASC Policy revisions, which went back to home groups months ago and incorporates policy changes carried from Jan. 2017 to Jan. 2019, is still waiting on a vote. *This means your current CASC Policy is now 2 years and 8 months out of date, including changes carried after Jan. 2019.* I haven't received a single question or comment about this DRAFT, and hope it will go to the floor for a vote today.

As mentioned last month, the Policy Subcommittee is now meeting at 12:30 (just like the other subcommittees), and we welcome anyone with questions, comments, concerns or suggestions for CASC Policy and how it is applied. I'm also available in between CASC meetings at (████) ██████████ and ██████████@gmail.com.

Signed,

A handwritten signature in black ink that reads "Sebastian". The signature is written in a cursive style with a long horizontal line extending to the right.

Summary of Policy Subcommittee Items for GSRs

- CASC Policy is the main tool for home groups in this area to direct CASC Officers and subcommittees on how to conduct business overall. The goal of the 2019-2020 Policy Subcommittee is to work proactively with GSRs to shape policy to best serve this purpose.
- The Policy Subcommittee now meets at 12:30 PM before the CASC monthly meeting (just like the other subcommittees).
- If you have CASC Policy questions or want to learn more about it (any member), or need help creating a policy motion (GSRs and home groups) come to the Policy Subcommittee meeting, or contact me at (919) 627-7607 or j.sebastian.dorin@gmail.com any time.
- The DRAFT CASC Policy GSRs were notified about on April 19, 2019 needs a vote, and will hopefully be voted on today.
- Policy motions carried after Dec. 2018 will be added to policy once the above DRAFT is voted on.
- An FAQ on NA events and functions is included in this report.

Hello, and thanks for letting me serve.

For those of you who aren't familiar, the Policy Subcommittee is charged with helping the CASC better conduct its business by maintaining, organizing, and explaining the policies that have been voted on by the CASC. These policies are generally concerned with how the CASC conducts the monthly business meeting and how its subcommittees are run.

Friendly reminder: CASC Policy is meant to reflect the group conscience of the home groups in this area. No policy changes can happen without a GSR vote, after they've had the opportunity to discuss the change at a home group business meeting.

Here is my report for the Policy Subcommittee of the CASC.

- **Policy Q&A and Policy Orientation**

Effective immediately the Policy Subcommittee will be available at 12:30 PM before the CASC monthly meeting to answer CASC Policy questions and try to help any NA member who wants to better understand CASC Policy, including but not limited to GSRs. I am also happy to help any GSRs and home groups that want to create a policy related motion.

I am also available between CASC meetings - just call me at [REDACTED] or email me at [REDACTED]@gmail.com.

- **DRAFT CASC Policy**

A DRAFT CASC Policy was posted to the website on April 19, 2019 and GSRs were notified

by email. Originally drafted in Jan. 2019 for the main purpose of bringing it up to date to include policy motions carried since the last time it was updated in Jan. 2017, issues with outline numbering, consistent use of terms, organization of content and general accuracy were also addressed as they were discovered along the way of creating the DRAFT.

An informal proposal (no proposal form was used) to vote on this DRAFT was made at the May 5, 2019 CASC meeting, by the CASC chair. This DRAFT still needs to be voted on.

- **Policy motions carried since Jan. 1, 2019**

Motions that change CASC Policy that were carried after Jan. 1, 2019 are *not* included in the DRAFT mentioned above. Those changes will be made within 30 days of when that DRAFT is voted on, because that will determine whether version of CASC Policy those changes need to be applied to.

- **Future improvements to CASC Policy**

There are a number of ways the CASC Policy Manual clarity and organization of content might be further improved. Once we have caught up with past changes I'll be bringing some ideas for this here.

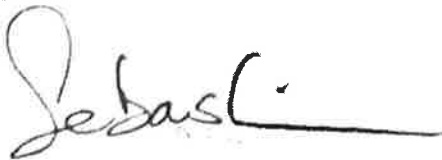
- **Subcommittee policies and guidelines**

Per CASC Policy, the Policy Subcommittee shall make monthly efforts to reach and collaborate with designated Subcommittees' points of contact with the purpose of reviewing and incorporating CASC Policy for consistency.

I have been doing this since last February and will continue to do so as new subcommittee chairs are elected (hopefully) over the coming months. If you are a subcommittee chair or member please don't hesitate to reach out to me if there's anything about your subcommittee guidelines that doesn't seem right or you think might be improved.

Eventually, if it is the will of the home groups in this area, subcommittee policies and guidelines could be maintained as appendices to the CASC Policy Manual.

Signed,



FAQ: NA Events and Functions

- **Any event or function that is sponsored by a home group, or coordinated by a service committee that was elected by home groups, and uses NA literature can consider itself an NA event.**¹ NA events can be a fun way to further the home group primary purpose of home groups of carrying the message to the addict who still suffers². NA events can also create unity within a NA Area, Region or in general, and create an opportunity for anyone wanting to know more about NA to be able to find us.
- **NA events and functions sponsored by a home group are not automatically considered affiliated** with the NA Area or Region that the sponsoring home group belongs to. For example, when a home group sponsors a fundraiser for a service committee outside of the area that home group belongs to.
- **NA is a non-profit organization.**³ **Transparent financial accounting is not only required by law for non-profit organizations, but helps NA unity.**⁴ When it comes to money, transparent accounting is the main tool used in NA for ensuring we remain unified, and resistant to outside issues, influences and affiliations.
- **Failure by any NA entity to provide transparent financial accounting can have a negative effect** on an NA Area, Region, or NA as a whole by creating legal problems for NA, by causing distrust within the NA fellowship, and by causing suspicion regarding NAs integrity overall.⁴
- **Failure by any NA entity to work in the spirit of cooperation with its NA and non-NA members, or to be up front about its affiliation (or lack thereof) can also have a negative effect** on an NA Area, Region, or NA as a whole by damaging NA unity and NAs reputation in general.⁵
- **Both individual NA members and NA home groups are free to choose what NA events they want to support.**⁶ **However, NA unity and its ability to keep its promise that *any addict can stop using, lose the desire to use and find a new way of life* is best served when the principles above are being followed.**

¹ NA Traditions Four and Nine (indirect), and confirmed by the Carolina Region of Narcotics Anonymous.

² NA Tradition Five.

³ Narcotics Anonymous basic text, *What is the Narcotics Anonymous Program?*

⁴ NA Eleventh Concept.

⁵ NA Tradition Four.

⁶ NA Tradition Two.

8/1/2019

Outreach Subcommittee Report for July

The Outreach Subcommittee would like to extend a welcome for anyone who would like to be of service. We need help with people going to outlying meetings as well as a solid part of some of the local meetings who have not recently participated in CASC. Please contact me first at [REDACTED] if you would like to get to a meeting that maybe you don't regularly attend. If you regularly attend any of these meetings and wouldn't mind meeting me or another of the staff member there for a quick word with the homegroup. Below is a quick list I have compiled of meetings who have not been recorded as participating in CASC for the last 12 months or more. If anyone has any information regarding these groups (GSR Homegroup member, contact info, etc) please let me know.

Came To Believe (does this meeting exist? They are not called during CASC)

Sunday 10:00-11:00am

South Wilmington St. Men's Shelter

1420 S. Wilmington St., Raleigh, NC 27603

Expenience Strength and Hope

Tuesday 12:00-1:00pm

Hope Community Church

821 Buck Jones rd., Raleigh, NC 27606

I Can I We Can

Sunday and Thursday 7:00-8:00pm

St. James Church

3808 St. James Church rd., Raleigh, NC 27604

In From the Storm

Thursday 8:00-9:00pm

Healing Transitions Men's Campus


1251 Goode St., Raleigh, NC 27603

Lunatic Fringe

Monday 8:00-9:00pm

St. Giles Church

5101 Oak Park Rd., Raleigh, NC 27612



NA at Noon
Saturday 12:00-1:00pm
Fountain Church
9621 Six Forks Rd., Raleigh, NC 27615

NA ND PM
Saturday 1:00-2:00pm
Glass Storefront
124 S. Salibury St., Raleigh, NC 27601

Never Alone, Never Again
Friday 7:00-8:00pm
Faith Baptist Church
1004 US 64 Apex, NC 27523

New Horizons Group
Friday 8:00-9:00pm
Millbrook United Methodist Church
1712 E. Millbrook rd., Raleigh, NC 27609

Seeking Similarities
Saturday 2:00-3:00pm
Healing Transitions Men's Campus
1251 Goode St., Raleigh, NC 27603

Welcome Home
Thursday 8:00-9:00pm
Grace Lutheran Church
5010 Six Forks rd., Raleigh, NC 27609

In other news, the GSR orientation has been condensed into a more reasonable and concise format (Thanks, Joe!). Orientations have been successful and we appreciate the opportunity to meet with new GSRs and help them understand what to expect when they come to our area meetings. We also look forward to this coming month and getting to some of the above referenced meeting to see if there is anything that CASC can do for them.

Thank you for allowing me to serve.
Andrew



Convention Report

August 2, 2019

Hi Family,

Greetings from convention. All is well. Since we last met, we held one event. That event was not well attended which resulted in a financial loss for the committee. I can say with all confidence that the convention committee made sure the event was promoted in a timely manner and that's all we can do. As we move forward, we will need the support of the fellowship if we want our convention to take place in June 2020.

Last month we attempted to submit a proposal for a combined convention with the New Hope Area. That proposal was defeated during the New Hope Area last Sunday. In discussion, New Hope groups expressed past financial concerns from previous dual fundraisers with this area. While the New Hope Area decision was unexpected that decision will not prevent us from moving forward with our efforts.

Thank you for your continued support and we look forward to seeing all of you at our next fundraiser.

Chris G.

Open convention positions

Secretary

Hotel & Facilities

Arts and Graphics

Alt. Arts & Graphics

Alt. Secretary

Alt. Hotel & facilities

Alt. Registration

Alt. Programming

Alt. Hospitality

Alt. Fundraising

Alt. Treasurer

END OF FUNCTION CLOSEOUT SHEET

FUNDRAISING

DOOR \$ 160⁰⁰
DJ \$ 80⁰⁰
GIFTS \$ _____
RENT \$ 100⁰⁰
PRUDENT RESERVE \$ (-124⁰⁹) Back
Spent

PROGRAMMING

7th TRADITION \$ _____

MERCHANDISE \$ _____

PRUDENT RESERVE \$ _____

HOSPITALITY

Spent
PRUDENT RESERVE \$ (-133⁸⁸) 133⁸⁸ Back

REGISTRATION

437⁸⁸ - (277⁸⁸)

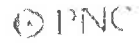
DONATIONS

*1 check \$ _____
Per Rent*

Total \$ 535⁸⁵

Account Number: ~~XXXXXXXXXX~~

3445.50



Post Date	Effective Date	Amount	Balance	DCN	Stm	Type	Description
07/26/2019	07/26/2019	\$125.00	\$3,245.50	D	Y	Check	CHECK 1031 083218605 083218605 XMKT
07/22/2019	07/22/2019	\$100.00	\$3,370.50	D	Y	Check	CHECK 1030 084070596 084070596 XMKT
07/16/2019	07/16/2019	\$80.00	\$3,470.50	C	Y	Deposit	DEPOSIT 049757401 049757401
07/01/2019	07/01/2019	\$6.00	\$3,390.50	D	Y	Fee	SERVICE CHARGE PERIOD ENDING 06/28/2019
07/01/2019	07/01/2019	\$154.00	\$3,396.50	C	Y	Deposit	DEPOSIT 048693198 048693198
06/24/2019	06/24/2019	\$356.59	\$3,242.50	C	Y	Deposit	DEPOSIT 049963965 049963965
06/21/2019	06/21/2019	\$150.00	\$2,885.91	D	Y	Check	CHECK 1032 086455920 086455920 XMKT
06/03/2019	06/03/2019	\$3.00	\$3,035.91	D	Y	Fee	SERVICE CHARGE PERIOD ENDING 05/31/2019
06/03/2019	06/03/2019	\$206.00	\$3,038.91	C	Y	Deposit	DEPOSIT 046411760 046411760
06/03/2019	06/03/2019	\$20.00	\$2,832.91	C	Y	Deposit	DEPOSIT 046466541 046466541
05/13/2019	05/13/2019	\$263.00	\$2,812.91	C	Y	Deposit	DEPOSIT 046652553 046652553
05/09/2019	05/09/2019	\$50.95	\$2,549.91	D	Y	Check	CHECK 1110 084173303 084173303 XMKT
05/09/2019	05/09/2019	\$200.00	\$2,600.86	D	Y	Check	CHECK 1109 084173302 084173302 XMKT
05/01/2019	05/01/2019	\$3.00	\$2,800.86	D	Y	Fee	SERVICE CHARGE PERIOD ENDING 04/30/2019
04/29/2019	04/29/2019	\$575.55	\$2,803.86	C	Y	Deposit	DEPOSIT 053933802 053933802
04/26/2019	04/26/2019	\$350.00	\$2,228.31	D	Y	Check	CHECK 1107 083664833 083664833 XMKT
04/26/2019	04/26/2019	\$84.00	\$2,578.31	D	Y	Check	CHECK 1105 083664832 083664832 XMKT
04/26/2019	04/26/2019	\$56.00	\$2,662.31	D	Y	Check	CHECK 1102 083664831 083664831 XMKT
04/08/2019	04/08/2019	\$45.00	\$2,718.31	D	Y	ACH	1104 RALENC PURCHASE SAMS CLUB STORES 00019095802447395
04/08/2019	04/08/2019	\$328.00	\$2,763.31	C	Y	Deposit	DEPOSIT 052332543 052332543
03/21/2019	03/21/2019	\$53.65	\$2,435.31	D	Y	Fee	#00943 11012000 CHK ORDER HARLAND CLARKE 00019079011875352
03/18/2019	03/18/2019	\$337.00	\$2,480.96	C	Y	Deposit	DEPOSIT 052911401 052911401
03/13/2019	03/13/2019	\$125.00	\$2,151.96	D	Y	Check	CHECK L083781252L083781252 XMKT



Account Number: ██████████

Post Date	Effective Date	Amount	Balance	DCN	Stm	Type	Description
03/12/2019	03/12/2019	\$150.00	\$2,276.96	D	Y	Check	CHECK L086851495L086851495 XMKT
03/04/2019	03/04/2019	\$100.00	\$2,426.96	D	Y	Check	CHECK 1024 085078390 085078390 XMKT
03/04/2019	03/04/2019	\$121.00	\$2,526.96	C	Y	Deposit	DEPOSIT 121 054186930 054186930
03/01/2019	03/01/2019	\$6.00	\$2,405.96	D	Y	Fee	SERVICE CHARGE PERIOD ENDING 02/28/2019
02/25/2019	02/25/2019	\$200.00	\$2,411.96	D	Y	Check	CHECK 1025 084475634 084475634 XMKT
02/25/2019	02/25/2019	\$527.63	\$2,611.96	C	Y	Deposit	DEPOSIT 049205906 049205906
02/11/2019	02/11/2019	\$100.00	\$2,084.33	D	Y	Check	CHECK 1023 084708802 084708802 XMKT
02/04/2019	02/04/2019	\$200.00	\$2,184.33	C	Y	Deposit	DEPOSIT 052917771 052917771
01/07/2019	01/07/2019	\$100.00	\$1,984.33	C	Y	Deposit	DEPOSIT 054655282 054655282
12/13/2018	12/13/2018	\$10.00	\$1,884.33	D	Y	Check	CHECK 1021 085159960 085159960 XMKT
11/05/2018	11/05/2018	\$200.00	\$1,894.33	C	Y	Deposit	DEPOSIT 047864621 047864621
09/27/2018	09/27/2018	\$10.00	\$1,694.33	D	Y	Check	CHECK 1005 085358528 085358528 XMKT
08/21/2018	08/21/2018	\$15.00	\$1,704.33	D	Y	Check	CASHED CHECK 1028 048937457 048937457 XMKT
08/15/2018	08/15/2018	\$225.00	\$1,719.33	D	Y	Check	CHECK 1020 L083417522L083417522 XMKT
08/06/2018	08/06/2018	\$40.00	\$1,944.33	D	Y	Check	CHECK 1026 L085251385L085251385 XMKT
08/01/2018	08/01/2018	\$2.00	\$1,984.33	D	Y	Fee	SERVICE CHARGE PERIOD ENDING 07/31/2018
07/13/2018	07/13/2018	\$20.00	\$1,986.33	D	Y	Check	CHECK 1015 086843531 086843531 XMKT
07/12/2018	07/12/2018	\$20.00	\$2,006.33	D	Y	Check	CHECK 1014 085733533 085733533 XMKT
07/09/2018	07/09/2018	\$49.94	\$2,026.33	D	Y	Check	CHECK 1076 083479276 083479276 XMKT
07/09/2018	07/09/2018	\$169.00	\$2,076.27	C	Y	Deposit	DEPOSIT 052753264 052753264
07/06/2018	07/06/2018	\$20.00	\$1,907.27	D	Y	Check	CHECK 1016 086211613 086211613 XMKT
07/05/2018	07/05/2018	\$10.00	\$1,927.27	D	Y	Check	CHECK 1004 085120782 085120782 XMKT
07/03/2018	07/03/2018	\$15.00	\$1,937.27	D	Y	Check	CHECK 1019 084612596 084612596 XMKT

Account Number: 5353057056



Post Date	Effective Date	Amount	Balance	DCN	Stm	Type	Description
07/03/2018	07/03/2018	\$10.00	\$1,952.27	D	Y	Check	CHECK 1018 084089521 084089521 XMKT
07/02/2018	07/02/2018	\$2.00	\$1,962.27	D	Y	Fee	SERVICE CHARGE PERIOD ENDING 06/29/2018
07/02/2018	07/02/2018	\$20.00	\$1,964.27	D	Y	Check	CHECK 1017 083638587 083638587 XMKT
06/22/2018	06/22/2018	\$10.00	\$1,984.27	D	Y	Check	CHECK 1010 086007013 086007013 XMKT