

**GSR CHEAT SHEET**

- **16/50** home groups had GSRs in attendance at the start.
- **2** motions/proposals were carried.
- **2** motion/proposal went back to home groups and will be up for a vote at the Dec. CASC meeting.
- **2** CASC service positions remain vacant – Secretary and Alt. Secretary. Subcommittees also need help, particularly the Convention Subcommittee.
- **Let The Healing Begin** needs support, and has no home group members that can attend CASC but *is* passing the basket.
- **1/5/2020** will be the next CASC meeting, due to 12/1 falls on holiday weekend.

❖ **Call to order** – 2:05 PM

❖ **Serenity prayer**

❖ **Readings**

The Twelve Traditions, Twelve Concepts and the Service Prayer were read.

❖ **Roll call**

16 out of 50 home groups

4 out of 8 officers*

3 out of 6 subcommittee chairs

*Secretary and Alt. Secretary position is vacant.

Home Groups			
A New Beginning		Our Common Welfare	
Basic Text Study Group		Out To Lunch	X
Came to Believe		Peace in the AM	X
Candlelight Recovery		Principles and Traditions	X
Constantly Searching		Principles B4 Personalities	
Daily Reprieve	X	Recovery in The Hood	
Expect A Miracle		Rediscovery Thru Recovery	
Experience, Strength, and Hope		Seeking Similarities	
Faith Through Principles	X	Serenity in the Morning	X
Freedom Thru Recovery		Southside Recovery	X
I Can't We Can		Spiritual Change	X
In From The Storm		Spiritually Connected	
Let The Healing Begin	X	Sunday Serenity Group	
Life On Life's Terms		The Journey Continues	X
Living Clean & Serene	X	The Primary Purpose Group	X
Lunatic Fringe		The Seekers Group	
Man Up		Together We Can	
Mid Day Miracles		Trust The Process	
Miracles In Progress		Tuesday Night Live	
NA at Noon		Way to Grow Group	X
NA ND PM		We Do Recover	X
NA Way Group	X	Welcome Home	
Never Alone Never Again		Why Are We Here	
New Horizons Group		Women In Recovery	
New Way Of Life II	X	Young Connections To Recovery	X

Officers	
Chair	X
Alt. Chair	
Secretary	[vacant]
Alt. Secretary	[vacant]
Treasurer	X
Alt. Treasurer	[vacant]
RCM	X
Alt. RCM	X

Subcommittee Chairs	
H&I Chair	
PR Chair	
Outreach Chair	
Activities Chair	X
Policy Chair	X
Convention	X

❖ **Minutes of previous months’ meeting**

Motion to approve Nov. minutes made, seconded and carried w/no amendments.

❖ **Old business – 2:18 PM**

- **Proposal from Activities Subcommittee** to spend \$200 (\$100 refundable) on facility for CASC anniversary celebration in Jan.

Discussion

- Minutes didn’t go out until late. Is it okay to vote on this? Comment was made that minutes not going out shouldn’t prevent a vote – GSRs that attended last month should be ready to vote this month, and those that weren’t there last month can abstain if they don’t feel comfortable placing a vote.
- A past Activities Subcommittee Chair commented that the budget for the Activities Subcommittee should still be there; the motion in Sep. 2019 didn’t really take it away. There was a bunch of discussion about this. and the Policy Chair re-read the motion from Sep. 2019 and explained the votes from Sep. 2018 and Sep. 2019 respectively that led up to the current policy. The Sep. 2019 motion unequivocally states that the Sep. 2018 motion is rescinded, and this reverts Activities Subcommittee budget back to what it was in the Jan. 2017 CASC Policy Manual. It was also debated whether the Activities Subcommittee should have to keep requesting money over and over versus having a fixed budget, and the fact that originally the Activities Subcommittee was chartered to work directly with home groups to make events happen and that’s why they didn’t have a fixed budget to begin with. Bottom line is that any home group that doesn’t like the policy / Activities Subcommittee Budget the way it is now can make a new motion.
- It was highlighted that the remaining budget needed for this event is unknown, but the Activities Subcommittee Chair circulated a home-group sign-up sheet during the CASC meeting for home groups that want to directly participate in putting the event on.

Voting result:

Carried (y-14 / n-0 / a-0).

❖ **New business – about 2:45 PM**

➤ **Resumes**

None submitted.

Discussion

- Convention Subcommittee open positions:

Arts and Graphics	Sec. / Alt. Sec.
Alt. Registration	Alt. Fundraiser
Hospitality	Hotel Liaison
Alt. Treasurer	Merchandise and Alt. Merchandise
- H&I open positions:

Panel Coordinator(s)
Sec. / Alt. Sec.

- CASC open positions:

Secretary
Alt. Secretary
Alt. Treasurer

➤ **Motions and Proposals**

Note: All motions and proposals attached unless otherwise noted.

- **Proposal from Policy Subcommittee Chair**

Combine Secretary and Policy Subcommittee chair positions.

Discussion

- The Policy Subcommittee Chair commented that it's the same skillset, and now that the CASC Policy manual is up to date maintaining it isn't much work. Using November as an example, it took about 2 hours to put together minutes, but only 15 minutes to update and publish the CASC Policy manual.
- Question (to the Policy Chair): Are you willing to do this?
Answer (from the Policy Chair): Yes – would not have submitted proposal otherwise.
- Pro: This makes sense for right now. Deal w/next year next year.
Pro: It's the same skillset and we have no one stepping up as Secretary.
- Con: Too much work for one position.
Con: What about next year when Sebastian isn't around? Then what do we do?

Back to home group for vote.

- **Proposal from RCM**

Requesting \$100 buy lunch for regional meeting hosted in our area in Jan.

Discussion

- Comment (from RCM): Usually regional meetings are out of town for us and travelling RCMs expense the travel and related expenses, and that costs more.
- Question: So the bottomline is this will cost CASC less than when we send an RCM to a regional meeting out of town?
Answer: Yes.
- Question: Do other areas do this?
Answer: Yes, this is customary.
- Question: Date of this meeting?
Answer: Jan. 11.
- Question: Are we just assuming that other areas do this or do we know for sure?
Answer: We know for sure – note that this info is usually in minutes.
- Question: Host area provides customarily?
Answer: Yes.
- Question: Can we afford the \$100?
Answer (given by Treasurer): Yes.

- Pro: Follows custom.
Pro: Nice thing to do.
- Cons: None.

Back to home group for vote.

▪ **Proposal from H&I**

Have our RCM bring a proposal to CRNA (regional service committee) to enable remote access (online meeting) for regional service committee and subcommittee meetings.

Discussion

- It took some discussion to get clarity on this motion, but the summary is in the above bullet.
- Region requires a proposal from one of the areas to make this change.
- Question: Would this cost CASC any money?
Answer: No.

Voting result:

Carried: y-11, n-1, a-1.

- Christopher B. made a motion from the sidelines to adjourn right after this vote but nobody listened lol.

❖ **Officer reports – 3:20 PM**

Note: All reports are attached unless otherwise noted.

➤ **Chair**

Report given verbally and in writing.

Discussion

- Suggestion was made for the Chair to set CASC calendar for the rest of the year.

Report was accepted.

➤ **Vice Chair**

No report / not present.

➤ **Secretary**

No report / Secretary position is currently vacant. Substitute Secretary had no report.

➤ **Treasurer**

Report was given verbally and in writing by the Treasurer.

Discussion

- Question: Is Michelle the Alt. Treasurer? If so, is she planning to be run for Treasurer in 2020/2021?
Answer: No.

Report was accepted.

➤ **RCM**

Report was given verbally and in writing by both the RCM.

Report was accepted.

❖ **Subcommittee reports – 3:30 PM**

Note: All reports are attached unless otherwise noted.

➤ **Convention**

Report was given verbally and in writing by the Convention Subcommittee Chair.

Discussion

- Question: Who does the food at the fundraisers?
Answer: Hospitality workgroup.
- Question: Need more help w/that?
Answer: Yes.

Report was accepted.

➤ **Activities**

Report was given verbally and in writing by the Activities Subcommittee Chair.

Discussion

- Question: Did you discuss anything other than \$200 when visiting home groups?
Answer: No.
- Chair discussed that he met w/ATL and Charlotte activities subcommittees and discussed how they get such a huge draw to their events, and relayed related ideas to our Activities Subcommittee chair.
- Question: Anniversary will be at Fairmont?
Answer: Yes.
- Question: Is the flyer coming out?
Answer: Yes.
- Question: What was the \$200 for?
Answer: Rent and deposit.
- Question: What is the agenda for the anniversary event?
Answer: It's not set yet.
- Question: Should home groups donating specific items to the anniversary event just bring that stuff there?
Answer: Yes.

Report was accepted.

➤ **H&I**

Report was given verbally by Alt. Chair and in writing by the H&I Subcommittee Chair.

Report was accepted.

➤ **PR**

Report was given verbally and in writing by the Policy Chair in the absence of the PR Chair.

Report was accepted.

➤ **Outreach**

No report given / no subcommittee members in attendance.

Report was accepted.

➤ **Policy**

Report was given verbally and in writing by the Policy Subcommittee Chair.

Report was accepted.

❖ **Group concerns – 3:48 PM**

Discussion

➤ **Out to Lunch**

Quarterly printing of meeting lists is not often enough, particularly for groups that meet 5 days or more a week. Clarification was given that list printing was increased from quarterly to every other month.

➤ **Let the Healing Begin**

A concern was raised regarding this home group, which did not have a GSR in attendance. There is only one home group member, and they are a client at the facility where it meets. A basket was passed, but that member can't attend CASC. This meeting needs support. Is a home group still a home group if it has no members? Suggestion was made that Outreach reach out. This home group needs support (Secretary's note: This home group's need for support was also raise last month / was included in last month's minutes.)

❖ **Second home group roll call – 3:55 PM**

8 out of 50 home groups present.

- | | |
|----------------------------|------------------------------|
| 1. Daily Reprieve | 5. Primary Purpose |
| 2. Living Clean and Serene | 6. Principles and Traditions |
| 3. New Way of Life II | 7. Way to Grow |
| 4. Out to Lunch | 8. Young Connections |

❖ **Meeting adjourned / serenity prayer – 4:00 PM**

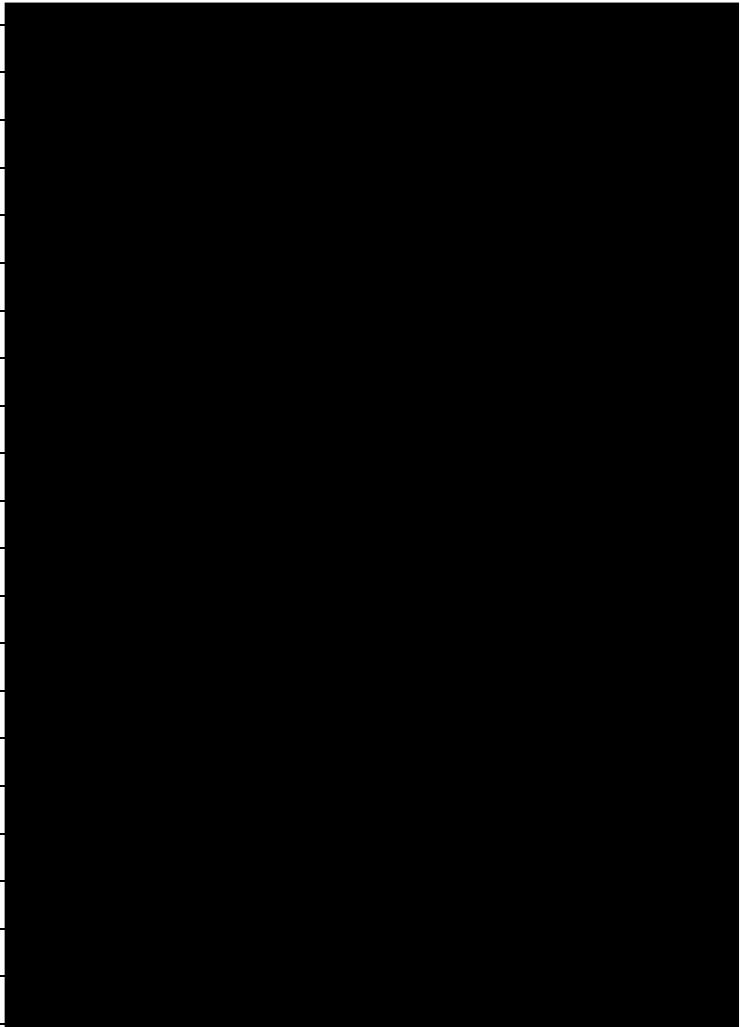
ATTACHMENTS

GSR List

	Name	Home Group
1	Curtis J	A New Beginning
2	Tanya H	Basic Text Study
3	Donna H	Faith Through Principles
4	Shell M	In From The Storm
5	Amy C	Let The Healing Begin
6	Kelvin H	Life on Life's Terms
7	Leah P	Living Clean and Serene
8	Phillip E	Man Up
9	Nelson S	Mid Day Miracles
10	Kimberli B	Miracles In Progress
11	John L	NA Way
12	Andrew R	New Way of Life II
13	Danny C	Out To Lunch
14	Benjamin F	Peace In The AM
15	Ray L	Primary Purpose
16	Janice H	Principles & Traditions
17	Susan G	Recovery In The Hood
18	Jamar M	Southside Recovery
19	John B	Spiritual Change
20	Annette W	The Journey Continues
21	Julius J	Together We Can
22	Lorraine R	Trust the Process
23	Michele W	Way To Grow
24	Christopher B	Young Connections
25	Anita L	
26	Clay C	
27	James H	
28	Richard J	
29	Sarah R	
30	Saroya R	

CASC Officers and Subcommittee Chairs

Position	Name	
Chair	Darren L	
Chair Alt.	Sam C	
Secretary		
Secretary Alt.		
Treasurer	Fitzgerald V	
Treasurer Alt.		
RCM	Kay W	
RCM Alt.	Elizabeth	
Activities Subc. Chair	Delphyne F	
Activities Subc. Chair Alt.		
Convention Subc. Chair	Teresa P	
Convention Subc. Chair Alt.	Jasper L	
H&I Subc. Chair	Stephanie G	
H&I Subc. Chair Alt.	Leah P	
Outreach Subc. Chair	Andrew V	
Outreach Subc. Chair Alt.	Jeffery F	
Policy Subc. Chair	Sebastian D	
Policy Subc. Chair Alt.		
PR Subc. Chair	Maria M	
PR Subc. Chair Alt.	Christina T	





**Capital Area Service committee
Proposal Form**

Date: 12/08/2019

Proposed by: Stephanie G., Capital Area H&I
Subcommittee Chair

What is being proposed?:

All Carolina Region Service Committee
(CRSC) meetings and subcommittee
meetings be digitally available to all
participating members so they can
attend the meetings remotely without
physically driving to Charlotte

Reason for this Proposal:

Charlotte metro was selected as a ^{most central} location of
choice for the 20+ areas to participate,
including subcommittees. But, subcommittee
participants are not eligible for gas
and/or travel reimbursement. The ability
to coordinate remote participation is there,
but the current location has little to no
wifi, internet digital service available

Intent:

Increase subcommittee and regional
service committee meeting participation
while reducing cost.

(A "proposal" was submitted pursuant to a policy
section 5.04(b), which requires subcommittee
chairs to submit "proposals" rather than a
motion.

Result:

A vote "for" could bring proposal to
next CRSC meeting in January 2020,
which would/could result in digital access
for February 2020 subcommittee regional
meeting.



Capital Area Service Committee Motion Form

Date: 11/3/2019

Motion made by: Activities Committee

Second: Maria, PR Committee.

Motion reads as follows: Activities committee
is asking for \$200 for the facility for the
area anniversary in January. This
is to reserve the building. And \$100 for the
rental and \$100 the deposit. The deposit
will be paid a wk before the event.

Intent: To further carry the message
to the still sick and suffering addict seeking
recovery.

Carried _____ Failed _____ Tabled _____

Amended _____ Back to _____ Policy _____
Home Groups Change

For _____ Against _____ Abstain _____



Capital Area Service committee Proposal Form

Date: 12/8/2019

Proposed by: Sebastian D. / Policy Subcommittee Chair

What is being proposed?:

Combine Secretary and Policy Subcommittee Chair service roles at the CASC.

*** See page 2 for full details of this proposal. ***

Reason for this Proposal:

Over the last few years CASC has had difficulty filling either Secretary, Policy Subcommittee Chair, or both with a responsible and skilled trusted servant. Since these positions use the same skillset, only having to find one person to fulfill responsibilities of Secretary and Policy will be easier. Note that, now that the CASC Policy is up to date, keeping CASC policy manual up to date is relatively low maintenance.

Intent:

Simplify fulfillment of Secretary and policy responsibilities at CASC by combining these two roles that require the same skillset into a single role.

Result:

Combine Policy Subcommittee Chair and Secretary positions.

- ❖ Position name: Secretary and Policy
- ❖ Responsibilities: Same responsibilities current defined for Secretary and Policy Subcommittee chair, but combined under one service position.
- ❖ Additional notes:
 - Policy Subcommittee would cease to exist. The Secretary and Policy trusted servant would instead form workgroups and/or ad hoc subcommittees as needed.
 - This position would continue to be a part of the CASC Members as defined in CASC policy Section 1.04(a).
 - Alt. Secretary position would be updated appropriately to reflect the above.

Proposal No. _____

Carolina Region of Narcotics Anonymous
PROPOSAL FORM

Date: Dec. 8, 2019

Proposal Made By: BCM - Kay W. ~~SECRET~~

The Proposal Reads as Follows:

Requesting \$100 to provide lunch
for the regional meeting when we
host on January 11th.

(any ~~cost~~ money not spent will
be returned to the Area).

Modifications (if any):

intent: it is customary but not required
for the hosting region to provide lunch

Intent:

Assent w/reservations:

Stand Aside:

Blocks:

Approved

Not Approved

Amended

Withdrawn

Capital Area Chairperson Report

Good afternoon Capital area ASC, I hope everybody had a great month and a good Thanksgivings weekend. I would like to thank the ASC for allowing me to serve as the area chairperson. I would like to mention that this is our 6th month working together as Chairperson and GSRs, and yes we have face some challenges as we move forward but I believe we have made positive decision as an area; the Capital area will continue moving in a positive direction. The Capital area still faces challenges, but this area has elected new people that will continue moving our area in a positive direction. I would also like to mention that if we as elected officers of this body make a mistake it is because we are not perfect and a mistakes can and will happen, but once we realize that a mistake has been made, we will bring that mistake to this body and do our best to correct our mistake. And lastly; there is a motion that we discuss at our last area meeting about our activities committee having a budget, but because our area didn't get the minutes out in time for our GSRs to discuss this matter with the homegroups we will again take up this matter during motions presentations. Thank you again for allowing me to serve as your Capital Area Chairperson.

Darren L.

Capital Area Chairperson 12/8/19



CASC TREASURERS REPORT

Date: 12/08/2019
From: [REDACTED] Treasurer
Re: Treasury Report for the month of NOVEMBER 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 NOVEMBER 2019.

November 2019 STATEMENT

The beginning balance on 11/03/2019 was:	\$1848.07
Deposits in NOV totaled:	\$294.00
Checks and deductions totaled:	\$316.58 - See attached detailed Income & Expense Report
Ending balance on 11/30/2019:	\$1825.49 - See attached PNC Bank Statement
Outstanding checks not cleared:	<u>\$ 19.23 – WSC Donations</u>
Available balance on 11/30/19:	\$1825.49

This available balance puts us \$25.49 **ABOVE** 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,

[REDACTED] Treasurer

Attachments:

- NOV 2019 Income & Expense reports
- PNC Bank Statement

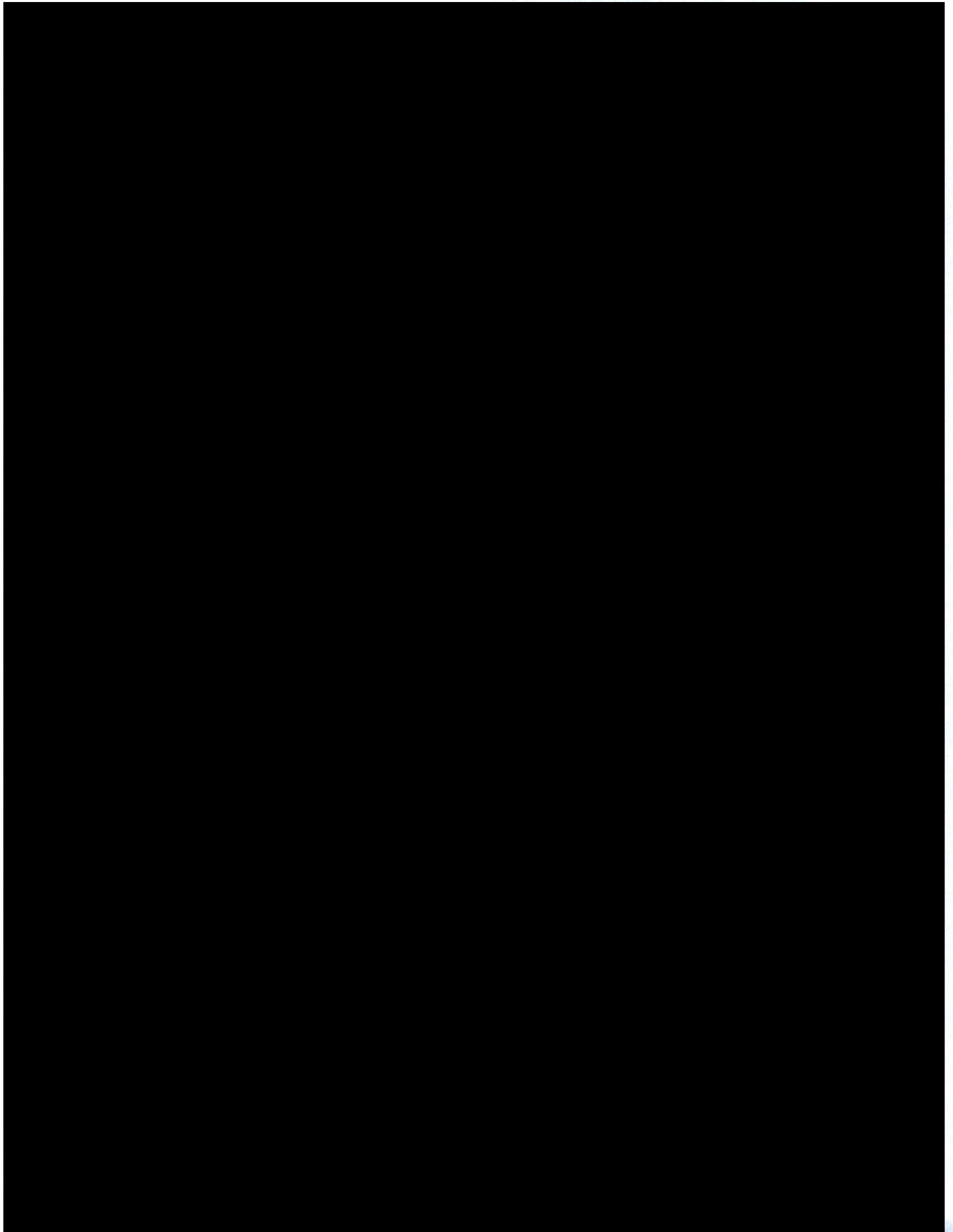
Home Group Name	Amount	Home Group Name	Amount	Home Group Name	Amount
A New Beginning	\$25	Lunatic Fringe		Seeking Similarities	
Basic Text Study Group		Man Up		Serenity In The Morning	
Came to Believe		Mid Day Miracles	\$32	South side Recovery	
Candlelight Recovery		Miracles In Progress		Spiritual Change	
Constantly Searching		NA At Noon		Spiritually Connected	
Daily Reprieve		NA In the PM		The Seekers Group	
Expect a Miracle		NA Way Group		The Journey Continues	
Experience, Strength, and Hope		Never Alone Never Again		The Primary Purpose Group	\$20
Faith Thru Principles		New Horizons Group		Together We Can	\$25
Freedom Through Recovery	\$45	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	\$10	Way to Grow Group	\$50
In From The Storm		Peace in The AM	\$22	We Do Recover	\$10
Let The Healing Begin		Principles & Traditions	\$30	Welcome Home	
Life on Life's Terms	\$5	Principles B4 Personalities		Why Are We Here	
Living Clean & Serene		Recovery In the Hood	\$20	Women In Recovery	
		Rediscovery Through Recovery		Young Connections to Recovery	
		Total Home Group Donations	\$294.00	Other Income	
				Misc:	
				Total Other Income	\$0.00

Capital Area NA
Treasurers Report Income Expense

Beginning Balance:	12/8/2019	\$1,848.07		Period: 11/3/19-12/08/19	
Income/ Revenue Section 1					
Type of Deposit/debit	Date	Amount	Notes	Description	
Group Donations/ Repayments - CASH	11/3/2019	\$294.00		Group donations received at Area Meeting	
Total Income/ Revenues		\$294.00			
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				8 Repayments to date - last payment on 08/5/18	
Sub Total Income/ Revenues			\$0.00		
Expense Section					
Type of Bill or Payment	Date	Check #	Amount	Notes	Policy Description
SUB COMMITTEES					
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/ month
Meeting Directories					Varies slightly - Quarterly Printing
Website - Auto Draft Go Daddy	16th monthly	AD			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			\$66.64		\$35 Monthly allocation per policy
Policy					\$30 Monthly allocation per policy
Activities Committee available					\$500 For Area Aniversary Function(s)
AREA SERVICE COMMITTE					
Fairmont United Methodist Church	1st monthly		\$50.00		ASC - Rent
Secretary					Varies slightly
Treasurer - Office Supplies					Checks Replenished/Harland Clarke
Treasurer -Storage Rent	9th monthly	AD	\$105.00		Security Self Storage
Chairperson					
RCM Travel/ Expenses					Refund Reciepts
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			\$28.84		Per Policy
World Donations - 40% - NAWs			\$19.23		World Donation Per Policy
Total of All Expenses			\$316.58		
Revenue			\$294.00		
DIFFERENCE: Income-Expenses			-\$22.58		
Ending Balance			\$1,825.49		
Previous Month's Checks Not Yet Cleared					
Check Payable to:	Date	Check #	Amount	Description	
Regional					
World Donations					
		TOTAL:	\$0.00		
Available Balance			\$1,825.49		

Capital Area NA
Treasurers Report Income Expense

Prudent Reserve- Per Policy		\$1,800.00	ment
Amount Above/ Below P.R.		\$25.49	



PNC Online Banking

Account Activity

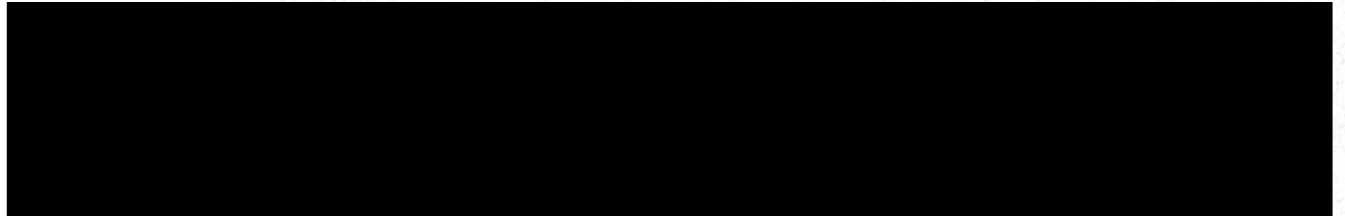
Saturday, December 07, 2019

Business Checking XXXXXX Available Balance: **\$1,739.72**

Account Summary

Available Balance:	\$1,739.72	Interest Paid to Date:	\$0.00
Ledger Balance:	\$1,844.72	Interest Paid Last Year:	\$0.00
Pending Withdrawals:	\$105.00	Last Deposit Amount:	\$294.00 11/04/2019
Pending Deposits:	\$0.00	Last Statement Balance:	\$1,991.18 11/29/2019

Account Details



Pending Transactions

These transactions have been submitted to us since the last business day and are not yet posted to your account. When they have posted, they will be reflected in your Posted Transactions. Pending items may affect your Available Balance and are not a statement of your account.

Date	Description	Withdrawals	Deposits
12/07/2019	SECURITY SELF STOR CARD#8669	\$105.00	

Posted Transactions

Date	Description	Withdrawals	Deposits	Balance
12/04/2019		\$33.87		\$1,844.72
12/03/2019		\$28.84		\$1,878.59
12/03/2019		\$80.75		\$1,907.43
12/02/2019		\$3.00		\$1,988.18
11/13/2019		\$121.12		\$1,991.18
11/12/2019		\$105.00		\$2,112.30
11/08/2019		\$10.00		\$2,217.30
11/05/2019		\$66.64		\$2,227.30
11/04/2019		\$50.00		\$2,293.94
11/04/2019		\$33.87		\$2,343.94
11/04/2019			\$294.00	\$2,377.81
11/01/2019		\$3.00		\$2,083.81

10/22/2019		\$45.00		\$2,086.81
10/17/2019		\$22.99		\$2,131.81
10/09/2019		\$105.00		\$2,154.80
10/08/2019		\$33.79		\$2,259.80
10/08/2019		\$10.00		\$2,293.59
10/07/2019		\$21.90		\$2,303.59
10/07/2019		\$110.51		\$2,325.49
10/07/2019		\$50.00		\$2,436.00
10/07/2019			\$479.00	\$2,486.00
10/04/2019		\$33.87		\$2,007.00
10/01/2019		\$3.00		\$2,040.87
09/09/2019		\$50.00		\$2,043.87
09/09/2019		\$10.00		\$2,093.87
09/09/2019		\$105.00		\$2,103.87
09/09/2019			\$729.00	\$2,208.87



12-8-19

Hi Family

I would like to once again thank this area for allowing me to serve as your RCM.

As you all know the Capital area has been allowed to host our next Regional meeting.

It was first decided to host it at the location of Primary Purpose home group. It was brought to our attention that our first location may not be large enough to host the meeting. Since then a new location was found and the January Regional meeting is being hosted at Fairmont Church here on Clark and Horne St.

With that being said I and the alt. RCM is making a proposal to the area to serve lunch for the Regional meeting.

I will discuss more on this topic when it comes up in proposals.
To Loving Service
Ray W.

Good afternoon Capital Area ASC.
The Convention Committee ~~has~~ had
two successful Fundraisers.

The current bank statements will
reflect this.

Our next fundraising events
will be hosted as follows

Dec. 21st Speaker Open
@ Wilson Med.

Dec. 2nd - Food sold @
Recovery in the Hood
Anniversary Celebration
@ Healing Transition,
@ 7pm.

Everything is going well. We
as a team is providing committed
service.

In loving
service
Jessa P.

11-08-19

END OF FUNCTION CLOSEOUT SHEET

FUNDRAISING

DOOR \$ 300⁰⁰

DJ \$ 100⁰⁰ DJ. CLASSICO

GIFTS \$ _____

RENT \$ 30⁰⁰ Paid After Function

PRUDENT RESERVE \$ 100 + 50

_____ TINA Inherited As 1-loop + Fundrais

PROGRAMMING

7th TRADITION \$ _____

MERCHANDISE \$ _____

PRUDENT RESERVE \$ _____

HOSPITALITY

\$ 180⁰⁰

PRUDENT RESERVE \$ 100 + 50

_____ Sports 191⁰⁰ Re-plant Puckett 190⁰⁰

REGISTRATION

\$ 0

DONATIONS

\$ 10⁰⁰
Pharo (Milk)

Total \$ 507 Total 1 - Gross
Net 201.00 - Deposit
Rent 30.00 - check
171.00

12-06-19

END OF FUNCTION CLOSEOUT SHEET

FUNDRAISING

DOOR \$ 210⁰⁰

DJ \$ 125⁰⁰

GIFTS \$ _____

RENT \$ 30⁰⁰ Paid on Sunday 12-08-19 - By check

PRUDENT RESERVE \$ _____

PROGRAMMING

7th TRADITION \$ _____

MERCHANDISE

\$ _____

PRUDENT RESERVE \$ _____

HOSPITALITY

Net 44.17 Profit

\$ 170⁸⁵

PRUDENT RESERVE \$ 150⁰⁰

Receipts 1034⁸⁴ Return 8.16 (Replacement 126.68)

REGISTRATION

\$ 0

DONATIONS

\$ _____

Total \$ 380⁸⁵ (Gross)
Ded. 125⁰⁰
255.85
Deposit = 137⁰⁰
After Rent Net = 107⁰⁰

Business Checking

For 24 hour account information, sign-on to
pnc.com/mybusiness

For the Period 11/01/2019 to 11/29/2019

Page 2 of 3

Holidays Can Bring Increased Scams

Watch out for Phishing, Vishing, and SMiShing scams, which often increase during the busy holiday season. These scams target potential victims via email, telephone, and text message, and are social engineering attempts to harvest sensitive personal information or to install malware onto your computer or mobile device. If a message looks suspicious, do not respond to it and do not open attachments and don't click links. Forward the message to PNC at abuse@pnc.com.

Business Checking Summary

NC Capital Area Family Reunion

Overdraft Protection has not been established for this account.
 Please contact us if you would like to set up this service.

Balance Summary

Beginning balance	Deposits and other additions	Checks and other deductions	Ending balance
3,489.41	378.00	39.48	3,827.93
		Average ledger balance	Average collected balance
		3,764.19	3,764.19

Deposits and Other Additions

Description	Items	Amount
Deposits	2	378.00
Total	2	378.00

Checks and Other Deductions

Description	Items	Amount
Checks	2	39.48
Total	2	39.48

Daily Balance

Date	Ledger balance	Date	Ledger balance	Date	Ledger balance
11/01	3,489.41	11/12	3,867.41	11/27	3,827.93
11/04	3,666.41	11/13	3,857.93		

Activity Detail

Deposits and Other Additions

Deposits

Date posted	Amount	Transaction description	Reference number
11/04	177.00	Deposit	
11/12	201.00	Deposit	

Checks and Other Deductions

Checks and Substitute Checks

* Gap in check sequence

Date posted	Check number	Amount	Reference number	Date posted	Check number	Amount	Reference number
11/13	1040 *	9.48		11/27	1041	30.00	

Business Checking

PNC Bank



For the Period 11/01/2019 to 11/29/2019

Primary Account Number: [REDACTED]

Page 1 of 3

Number of enclosures: 0

NC CAPITAL AREA FAMILY REUNION
PO BOX 10953
RALEIGH NC 27605-0953

For 24-hour banking sign on to
 PNC Bank Online Banking on pnc.com
FREE Online Bill Pay

For customer service call 1-877-BUS-BNKG
Monday - Friday: 7 AM - 10 PM ET
Saturday & Sunday: 8 AM - 5 PM ET

Para servicio en español, 1-877-BUS-BNKG

Moving? Please contact your local branch

Write to: Customer Service
PO Box 609

Pittsburgh, PA 15230-9738

Visit us at PNC.com/smallbusiness

TDD terminal: 1-800-531-1648

For hearing impaired clients only

IMPORTANT ACCOUNT CHANGE FOR ALL BUSINESS ACCOUNTS WITH TREASURY MANAGEMENT SERVICES

Effective JANUARY 1, 2020, charges for certain Treasury Management services will change. The impact of these changes on your organization will depend on the mix of services you use at PNC and your transaction volume. If applicable, the fees for some of the services may be reduced or offset by the Earning Credit for your account.

Rather than listing all the detail for all services, we would be happy to review with you the changes that are applicable to your account and to discuss other services and options that may address the evolving needs of your company. If you are interested, please contact Treasury Management Client Care (TMCC) at 1-800-669-1518

Among the changes that become effective January 1, 2020, Branch Initiated Wire fees will be impacted for Business Banking clients, including but not limited to the following:

The fee for OUTGOING BOOK TRANSFERS will be \$70.00 each.

The fee for DOMESTIC OUTGOING WIRE TRANSFERS will be \$90.00 each.

The fee for INTERNATIONAL WIRE TRANSFERS (SAME CURRENCY) will be \$125.00 each.

The fee for INCOMING FED WIRES will be \$13.00 each.

The fee for WIRE TRANSFER MANUAL REPAIRS will be \$17.00 each.

The fee for WIRE COPIES will be \$20.00 each.


The fee for MAIL ADVICE will be \$12.00 each.

The fee for a CLIENT REQUESTED CANCELLED WIRE will be \$15.00 each.

Cyber Security Awareness

Do you know what to do if you receive a fraudulent email, text or phone call that appears to come from PNC? Forward the message to PNC at abuse@pnc.com. If you responded to a fraudulent text or email, clicked on a link, opened an attachment and/or disclosed personal information, immediately change your online banking password, using another device if possible. Then contact PNC Bank's Online Banking Team at 1-800-762-2035, select 1 for personal account or 2 for a business account, then select option 3.

Business Checking

 For 24 hour account information, sign on to
pnc.com/mybusiness/

For the Period 11/01/2019 to 11/29/2019

NC Capital Area Family Reunion

Primary Account Number [REDACTED]

Page 3 of 3

Business Checking Account Number [REDACTED]

Detail of Services Used During Current Period

Note: The total charge for the following services will be posted to your account on 12/02/2019 and will appear on your next statement as a single line item entitled Service Charge Period Ending 11/29/2019.

Description	Volume	Amount	
Account Maintenance Charge		.00	Requirements Met
Combined Transactions	4	.00	Included in Account
Checks Paid	2	.00	Included in Account
Deposit Tickets Processed	2	.00	Included in Account
Branch - Consolidated Cash Deposited	3	.00	Included in Account
Branch - Security Vault Deposit Bag	1	3.00	
Total For Services Used This Period		3.00	
Total Service Charge		3.00	

12-8-2019

Hi Family,
All is well with Activities Committee. We are praying that GSK's have talked with their Home groups about the \$200 budget for Area anniversary January 25, 2020 Fairmont Church and are ready to vote on the budget today. Also, I've sent around a list for GSK's to fill out what they would bring as donation to Area anniversary. If anyone would like to join the Activities Committee please feel free to join us Jan 5th @ 1pm @ small room for a meeting.

Stay safe and blessed for the Holidays see ya next year.

In loving service,

Alp Hume J.

Activities Chair

CAPITAL AREA NA ASC: H&I SUBCOMMITTEE CHAIR'S REPORT
(November 8, 2019)

Hello Family!

I regret that I cannot be with all of you in person today. I have family business out of town I am attending to. Thank you/shout out to Leah P., our H&I Alternate Chair, for stepping up today to run our regularly scheduled meeting!!

We are pleased that 3 new women were oriented at the Women's Prison yesterday. This will enhance our ability to serve the incarcerated addicts in that facility, and we are excited and grateful to welcome these 3 women to our active service structure.

We are currently beginning to plan for an H&I Learning Day that will hopefully take place in the mid-to-late Spring of 2020. More will be revealed!

Leah and I will be travelling to Rock Hill, SC (just south of Charlotte) on December 14 for the Regional H&I Subcommittee Meeting. We're excited!! Unfortunately, the Region advised me that reimbursement for gas is NOT available to area subcommittee chairs. I'm grateful my Higher Power has blessed me with the ability to drive to Rock Hill to attend anyway! We will report on that meeting in January.

Finally, Leah P. is submitting a PROPOSAL for the Area's consideration today. It involves requiring the Carolina Region Service Committee meetings and subcommittee meetings to be digitally available to all participating members. I am presenting this as a proposal since our Area policy directs area subcommittee chairs to submit proposals - as opposed to motions - to the Area when it involves a matter to be voted on that does not have to go back to home groups for consideration first.

I remain grateful for the continuing opportunity to serve this Area. I personally want to extend my heartfelt wishes to everyone for a healthy, happy and CLEAN holiday season!

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

CASC Public Relations Subcommittee Report - 12/8/2019

Maria M [REDACTED] [REDACTED] [REDACTED]

- PR presentations
 - Delivered monthly presentation at First Step recovery (second Thursday of each month).

- Meeting schedule
 - No updates were made to the meeting schedule in the last month.
 - Meeting lists will be printed again in January.

- Phone line
 - 22 calls received.
 - 19 responded to. (3 didn't leave a number).
 - Most inquiries were about finding a meeting, including one caller who wanted info on a Thanksgiving marathon meeting.

- Email / text / web
 - Website
 - The website was updated as requested to reflect events in our area events and an updated CASC Policy Manual.
 - Stats - *See attached web-servant report.*
 - Email
 - Outgoing - 2
 - Incoming - 2
 - Test blasts - 1

- Other
 - Participated in monthly CRNA (regional) PR meeting via Zoom. Minutes attached.

If you are interested in serving on the PR Subcommittee then please join us at our monthly subcommittee meeting on the first Sunday of every month at 12:30 PM, or contact me directly at [REDACTED]

Maria M.

WEB SERVANT Report (from Michael A.) – for November 3rd to December 7th, 2019

1. Sent out Two E-Blasts:
 - a. November 6th – Daily Reprieve HG was going to be at a different location that week
 - b. November 30th – Letting people know that area was moved due to the holiday.

2. One text message went out this month.
 - a. November 30th – Letting people know that area was going to be held the following weekend due to the holiday.

3. Angel P. emailed us saying: “I would like to learn about NA and the 12 Step program. How to get involved.”
 - a. I replied to him providing basic information and how to obtain more via our website.

4. Daniel M. emailed us asking to have a flyer sent out on Dec. 22nd. I set that up in the MailChimp account to go out then.

RECOVERY IN THE HOOD FREE ANNUAL HOMEGROUP
ANNIVERSARY

CELEBRATING 24 YEARS OF KEEPING THE DOORS OPEN

FEATURING THE FAMOUS*DJ INFERNO













***FREE ADMISSION**

***SPEAKER MEETING**

5. Here is a list of the top sources as to how people found our website:

Source / Medium ?	Acquisition
	Users ? ↓
	1,285 % of Total: 100.00% (1,285)
1. google / organic	919 (70.53%)
2. (direct) / (none)	328 (25.17%)
3. bing / organic	30 (2.30%)
4. yahoo / organic	8 (0.61%)
5. wake.nc.networkofcare.org / referral	5 (0.38%)
6. duckduckgo / organic	3 (0.23%)
7. m.facebook.com / referral	3 (0.23%)
8. info.com / referral	2 (0.15%)
9. ask / organic	1 (0.08%)
a. 10. carezi.com / referral	1 (0.08%)

6. Here's a list of the top 10 pages visited during the month:

Page ?	Pageviews ?	↓
	3,701 % of Total: 100.00% (3,701)	
1. /meeting-schedule 	2,682 (72.47%)	
2. / 	724 (19.56%)	
3. /event-calendar 	64 (1.73%)	
4. /area-service-committee 	35 (0.95%)	
5. /frequently-asked-questions 	29 (0.78%)	
6. /contact-us-2 	23 (0.62%)	
7. /convention-nccafna 	19 (0.51%)	
8. /policy 	19 (0.51%)	
9. /service-opportunities 	14 (0.38%)	
a. 10. /activities 	11 (0.30%)	

CRNA – Public Relations Zoom Conference

NOTES – 11.24.2019

Open video-conference at 7:00pm

WELCOME!

Who's on the conference/call?

- Karen H, CRNA-PR Chair; Kevin C, Webteam; Shawn H, New Hope Area; Randy T, Alt Delegate; Christina, Capital Area PR Vice-Chair; Addie H, Greater Charlotte Area


Report on events/presentations in past month:

- Resource Breakfast (DACI) – November 1 in Mooresville, NC – flyer was sent, no one able to attend
- PeeDee Area – Learning Day on November 16th/23rd in Florence, SC – No report or update

Upcoming Events:

- Information is out about upcoming **“NC One Community in Recovery” Conference - March 11-13, 2020 Wyndham Garden, 415 S Swing Rd, Greensboro, NC 27409** – NC Region exhibited last year; Karen to make contact with NC Region reps to see if they need/want support; and if yes, how so?
- **Addiction Medicine Conference in Asheville – April 30-May 2, 2020** – Details not available yet, but this Conference is in PR's budget and is a productive exhibit opportunity. MWBR...
- **Additional events – None at this time**

Webteam:

- Updates:
 - o Re: Events posted on calendar – if information changes or is incorrect (Ex. A meeting cancelled for 1 week due to inclement weather), there is no simple way for the person who posted the event to change the posting. BMLT team is working on a solution – new plug-ins to allow “temporary” messages to be posted without going through BMLT – these to show as a “rolling” message.
 - o New Hope Area's Wordpress site is in progress!
 - o Webteam currently receives weekly report of changes made to BMLT listings. Working on “Contacts” plug-in to show true update information.
 - o Be aware that using MS Explorer (others?) to update the BMLT does not work well!
- PROPOSAL to be written for a Technology Subcommittee to be created, separate from Public Relations, to include duties of Webteam and to also support the YAP phoneline. It is evident that Web/IT work is stretching the current structure thin. New committee can include a dedicated member to focus on YAP technology; one for Slack; another for Google suite; another for BMLT; etc.
 - o Intent is to maintain accountability while channeling services in a way that makes sense.
 - o Randy brought up concern about policies – any change to Regional policy, especially the creation of a new Committee, sets off a cascade of changes to Policy documents. Suggestion to reach out to Policy Chair (Liz) before submitting a proposal – process will take TIME.
- Shawn asked how YAP system works – Kevin provided information! Ex. Fully customizable for each Area; Areas can keep their existing phone numbers, if able to purchase; system will find 5 meetings closet to the callers' phone; caller can specify who to speak to, such as Spanish-speaking, male/female, etc. Karen is also to send the YAP ad hoc committee's recommendation document to the CRNA-PR group, for detailed information.
- Kevin let us know that ALL Areas in our Region have a designated BMLT Admin person – this is GREAT NEWS! Questions about CRNA.org and related functions can go to Kevin at:


South Eastern Zonal Forum

- Coming to Charlotte, NC - **December 7-8**
 - **Fairfield Inn & Suites Charlotte Airport, 2220 West Tyvola Road, Charlotte, 28217**
- **Public Relations** workshop to be planned for Saturday afternoon, time permitting – on Agenda for around 2pm-ish
 - To present “Best Practices” – not to steal Webteam’s thunder, but we will brag a bit!
 - Will point out that a BMLT workshop is later in the schedule
 - Successes and challenges of being a 2-state Region – have been communicating well, regularly exhibiting at professional conferences, etc.
 - To include proposal coming, to create a Technology committee, separate from PR
 - Intent: To keep PR focused on relationships/interactions, rather than tech!
 - Information (and practice? – hypothetical questions) for participation in documentary
 - UNC-TV – Spring-Summer 2020 – correct way to present information about NA
 - How to provide “local flavor” without breaking anonymity? Ideas: show shots of empty meeting room; pictures of meeting place/church?
 - Karen to contact NAWS, seek out experienced members; already getting info from PR Handbook and Bulletins.
 - P.S. **Paul W.** from Twin City Area will be attending and is willing to help with the PR workshop – Who else will be there, please, support is appreciated! 😊

Open Discussion:

- Update from Shawn/New Hope Area: Met with staff at Duke Medical Center – Result: Area approved and is supporting a new H&I meeting in the facility’s treatment center!

CLOSE AT 8:00pm

NEXT CRNA-PR MEETING DATE:

Saturday, December 14, 10:30am– Serenity Club of York County, 209 Grayson Rd, Rock Hill, SC, 29732

*Wifi “booster” to be used – **CONNECTION MAY STILL BE POOR**, so Area PR representatives are **strongly encouraged to attend the meeting in person, if at all possible!** Please be prepared to follow up, in case the Zoom meeting does not happen

CONFERENCE CALL/ZOOM: 4th Sunday each month that PR Subcommittee does not meet, 7:00pm

- **Next dates:**
 - **Sunday, January 26th, 2020**
 - **Sunday, February 23rd, 2020**

Thank you ALL for helping to carry the NA message!
In Loving Service,

Karen H.

CRNA-Public Relations Chairperson



12/4/2019

Outreach Subcommittee Report December

The Outreach subcommittee would like to remind all homegroups that if they get a new GSR (or are a new GSR) and haven't been oriented, we meet before the CASC meeting at 1:00pm to do new GSR orientations. It is suggested that any new GSR, proxy or group representative, even if you are not new to an area meeting but maybe this area, get oriented. It greatly helps cut down on the confusion during the meeting, as well as provides useful information that not only helps GSRs know what to expect at the CASC meeting, but also how to be a liaison between your homegroup and the CASC.

We are close to accomplishing the goal of visiting all the outlying groups who have not attended the Area recently. By next month we should have this completed and can get a rotation started to where all groups receive a visit as often as possible. Outreach is a very important service that Area provides- it is sometimes the only voice a homegroup can provide to the area.

We received the 7 additional copies of the "Guide to Local Service" books. We currently have 9 of them on-hand (3 others came in last month, and one was given to a home group). The running idea is that the book should remain property of a home group, so when a new GSR steps in, we need not have to provide another copy of the book.

We look forward to seeing you all in January, and as always- thank you for letting me serve.

Andrew V.
Outreach Chair.

Hello.

The Policy Subcommittee upheld all defined responsibilities in policy section 3.04 (d). We meet at 12:30, and we welcome *any* NA members with questions, comments, concerns or suggestions for CASC Policy and how it is applied. I'm also available in between CASC meetings at [REDACTED]

Activity since last report

- Updated and published the CASC Policy Manual to reflect the motion carried on 11/3 regarding voting method.
- Printed 5 copies as required by policy. Current and previous versions of policy and the motions that changed them can be found online at <https://capitalareancna.com/policy>.
- Pushed for follow up on the interim meeting of CASC Officers and Subcommittee Chairs held in Oct., but no action was taken.
- Submitted proposal to combine Secretary and Policy Subcommittee Chair service positions.

Asks

- Anyone interested in being a party of the Policy Subcommittee policy DRAFT working group, please contact me.
- Please consider reviewing draft motions and proposals with the Policy Subcommittee before submitting. This is not about approval - it's about evaluating the impact to CASC policy and area overall prior to submitting a motion or proposal, which might save you some trouble when you bring it to the floor at area.
- Asking for anyone has any knowledge of policy related archives to please contact me. I received literally nothing during my transition to Policy Subcommittee Chair last June.

Signed,



CONFERENCE REGISTRATION

Name _____
 Address _____
 City _____ ST _____ Zip _____
 Telephone: () _____

NO CHILDREN ALLOWED AT THE CONFERENCE

Designated smoking areas will be posted.

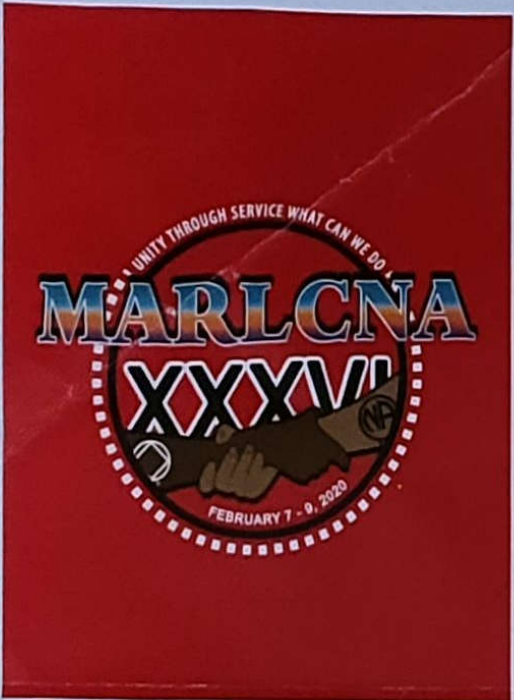
You must be registered and wear your badge to attend all functions at the conference, including both dances, which is included in registration packet.

The money that is collected from registration is used to pay for all conference related expenses. It is the support of each participant's registration that helps make our conference a success.

Postmarked ON/BEFORE 1/12/20		Postmarked AFTER 1/12/20
Registration	\$20.00 x ____ = ____	\$35.00 x ____ = ____
Dinner Buffet	\$38.00 x ____ = ____	\$38.00 x ____ = ____
Comedian*	\$10.00 x ____ = ____	\$12.00 x ____ = ____
Breakfast Buffet	\$17.00 x ____ = ____	\$17.00 x ____ = ____
OR		OR
Total Package	\$85.00 x ____ = ____	\$102.00 x ____ = ____
Newcomer Donation	= ____	= ____
Total Enclosed	= ____	= ____

NO REFUNDS Make checks payable/mail to: MARLCNA XXXVI
 P.O. Box 8346
 Lancaster, PA 17604
Online Registrations are Available at marscna.org with valid credit card. No checks accepted after January 25, 2020

Dinner buffet will include beef and chicken and vegetarian selections. *Comedian, Saturday after main speaker.
 Anyone not attending the banquet will not be allowed in the Expo Center to hear the speaker.
 There will be an alternative main speaker meeting for those participants who do not purchase a banquet ticket.



If you are interested in being a Main Speaker with five years clean, or Workshop Speaker with three years clean, please submit tape by 11/17/19,

Dates of Event

FEBRUARY 07, 08, 09, 2020

Meetings
 Recovery & Relapse
 Sponsorship
 NA Symbol
 Steps

MARLCNA XXXVI
 P.O. Box 8346
 Lancaster, PA 17604

Online Registrations are Available at marscna.org with valid credit card.

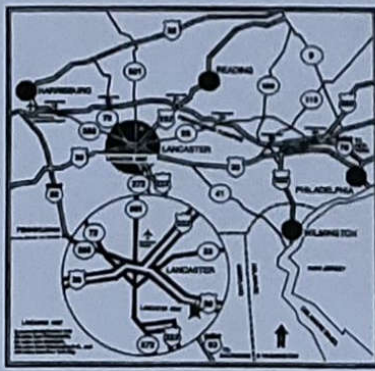
ROOM RESERVATION

Please make room reservations directly with the Wyndam Resort & Conference Center.

Deadline: 1/12/20

Mention **MARLCNA XXXVI** when making your reservation.

NO CHILDREN ALLOWED



ROOM RATE:

\$105.45 including tax

Single Double Triple Quad

Check in after 4:00 p.m.

Check out before 11:00 a.m.

Wyndam Resort & Conference Center (Formerly Lancaster Host)
 2300 Lincoln Hwy East Lancaster, PA 17602

Additional parking at Dutch Wonderland with shuttle service.

NC CAPITAL AREA
FAMILY REUNION OF NA
PRESENTS

SPEAKER JAM IN WILSON

Featuring 7 Speakers

FOOD (sold at cost)

EVENT BEGINS:

^{DEC}
~~November~~ 21st, 2019

Time 12– 6:00pm

Wilson Medical Center 1705 Tarboro St,
SE, Wilson, NC 27893

Contact Tina S. [REDACTED] or Jasper L.

[REDACTED] Julius J [REDACTED]



BasicText Study Annual Holiday/ 27 Anniversary.



December 24, 2019 until December 25, 2019

6:00 pm until 12 midnight

Speak @ 7:30 pm

Followed with dinner, fellowship and fun.

513 Branch Street

Please come out and join us.

**RECOVERY IN THE HOOD FREE ANNUAL HOMEGROUP
ANNIVERSARY**

CELEBRATING 24 YEARS OF KEEPING THE DOORS OPEN

FEATURING THE FAMOUS*DJ INFERNO



***FREE ADMISSION**

***SPEAKER MEETING**

***CLEAN TIME COUNT DOWN**

***PHOTO BOOTH**

***SPECIAL GUEST PERFORMANCE**

***FOOD SOLD BY CONVENTION COMMITTEE**

12.27.19 @ 7PM

MENS HEALING TRANSITION

1251 GOODE ST. RALEIGH NC 27603

CONTACT: DANIEL M. [REDACTED] OR MICHELEM. [REDACTED]

919-523-1512

**NC CAPITAL AREA
FAMILY REUNION OF NA
PRESENTS**

**FIRST FRIDAY FUNDRAISER
DANCE AND CARD TOURNAMENT**

FOOD (sold at cost)

Every First Friday of the Month Next:

January 3rd, 2020

Time 8– until

\$5 donation

**Men's Healing Transition 1251 Goode St
Raleigh, NC immediately following the
meeting**



**Contact Tina S. [REDACTED] or Jasper L.
[REDACTED]**