

Capital Area Service Committee Meeting Minutes

Sunday February 9, 2020

The meeting was called to order at 2:05PM by the Chair.

Roll call was conducted and there were **24 GSR's** present.

It was noted that the Area is in need of a Secretary (real bad)

Old Business:

The GRS's voted to reimburse the ASR \$49 food purchased at the Regional meeting which was hosted by the Capital Area in January.

New Business:

There was a proposal submitted by the Freedom thru Recovery Group to develop an Ad-hoc committee to research the possibility of the Capital Area joining the NC Region.

There was a proposal presented by the Area Convention Chair to bring back and restore the old convention policy with amended financial responsibly section. (to be completed by Sabastian.

H & I subcommittee submitted a proposal asking for \$500 to host a Learning Day. (see the details on the proposal)

Mercedes L. submitted a service resume to become the Hospitality Chair of the Convention and was voted in. (yeah)

See the attached reports and proposals.

The second roll card was conducted and there were **18 GSR's** present.

The meeting was adjourned at 4:10PM

Thanks for letting us be of service...

Capital Area Chairperson Report

Good afternoon Capital area ASC, I hope everybody had a great month and a good 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 8th 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. Also I would like to comment on the small amount of push back that was received about the area meeting being push back one week because of the Superbowl, In our area policy the area chairperson can reschedule at their discretion, but our area vice chair asked for a consensus on when would the GSRs like to meet and the Sunday after the Superbowl was chosen by an majority of GSRs. We had a mid-month meeting with the executive body of the capital area which went well. The New Hope Area convention committee chair was invited to attend to discuss some ideal that could possibly help the capital convention committee. Thank you again for allowing me to serve as your Capital Area Chairperson.

Darren L.

Capital Area Chairperson 2/9/19



CASC TREASURERS REPORT

Date: 02/09/2020
From: FitzGerald V., CASC Treasurer
Re: Treasury Report for the month of JANUARY 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 JANUARY 2019.

November 2019 STATEMENT

The beginning balance on 01/05/2020 was:	\$1673.75
Deposits in JAN totaled:	\$487.50
Checks and deductions totaled:	\$566.28 - See attached detailed Income & Expense Report
Ending balance on 01/30/2020:	\$1594.97 - See attached PNC Bank Statement
Outstanding checks not cleared:	\$
Available balance on 01/30/20:	\$1594.97

This available balance puts us \$205.03 **INTO** 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,

FitzGerald V., CASC Treasurer

Attachments:

- JAN 2020 Income & Expense reports
- PNC Bank Statement

February 9,2020

Greetings Family,

The Capital Area hosted the Regional Committee meeting on January 11th. Thank you to Darien for coming by in the morning to help set up coffee etc.

A proposal was sent back to the Area Homegroups that We need to vote on:

● Proposal 20-01/10- BACK TO HOMEGROUPS ○ To create an IT Standing Sub-committee for the Carolina Region of Narcotics Anonymous from the current PR web team. Move all budget line items under a new sub-committee budget, including travel funding for the chair to RSC's. ○ Financial Impact: Adding New committee- Travel, Room & Board: Lodging \$200.00 per Quarter, Gas \$\$25, Meals \$10, Web hosting, Domain Name, Software, Google License 309 Annually.

In Response to the Proposal our Area H&I subcommittee sent:

Proposal 20-01/01-SENT TO POLICY ○ Proposal Reads: All Carolina Region Sub-Committee Service (CRSC) meetings and subcommittee meetings be digitally available to all participating members so they can attend the meetings remotely without physically driving to Charlotte. And that the CRSC investigate Cost of Zoom for the Carolina Region. Aprx. \$449.70 annually. Reason: Charlotte metro was selected as 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 Wi-Fi internet digital service available. ○ Intent: Increase subcommittee and regional service committee meeting participation

A proposal to donate \$2,369. to NAWS passed. This was the amount over the Regions Prudent Reserve which is approximately \$17,000 of combined projected expenses for the year.

The CAR report is out, Regional supplied one copy for our AREA which I have provided with this report. Tally's are due to our RD by April 1st and can be submitted on the Regional Web site or by mail. We may also email them to Michelle (the RD) @ 

There will be CAR a workshop held in Hickory NC on Saturday February 22 from 10-4pm. At A Place to Talk 154 Brookfield Church Rd. Hickory NC

The NC Region is also hosting a CAR Workshop on February 15th In Hillsborough NC from 1-4pm at Hillsborough United Church of Christ 200 Davis Rd. I plan to attend this workshop even though it is not our Region as it is the closer.

The first issue of the revived CaroliNA Freedom Express is out and is also available online. Our Regional Lit review and Development subcommittee is looking for submissions. Personal stories, poems, cartoons, art etc. and they can be sent to www.crna.org

Last there are positions open at Region for an Alt. Secretary, Finance Chair, H&I Chair, and PR Vice Chair. Subcommittee Chairs in the Capital Area are encouraged to get involved.

In Loving Service,

Elizabeth D. Alt RCM

**CAPITAL AREA NA H&I SUBCOMMITTEE
CHAIR'S REPORT TO ASC: February 9, 2020**

Hello Family!

We had two (2) subcommittee meetings before today's ASC – an interim H&I Learning Day planning meeting and our regularly scheduled monthly subcommittee meeting.

HIGHLIGHTS OF OUR H&I LEARNING DAY PLANNING SESSION:

As background, the World Service H&I handbook and our local H&I policy calls for an annual H&I Learning Day. This day is specifically described as a "NON-FUNDRAISING EVENT", but a day to educate and motivate NA members as to how they can help carry the message to addicts who do not otherwise have access to outside meetings. We feel confident we have an exciting day shaping up for everyone in our Area. Some of the highlights we are prepared to share with you now are:

- Tentative Date: Saturday, May 16, 2020 from noon-5pm
- Location: Fairmont United Methodist Church
- Proposed Budget: (presenting today so it can go back to home groups for vote)
- \$200 – Facility Rental (\$100 cleaning deposit; \$100 rental fee)
- \$200 – Food
- \$100 – Literature
- Historically, H&I has spent approximately ~~\$120~~¹⁹⁰/month for literature. During the current subcommittee administration, we discovered that we had a large backlog of literature, which has allowed us to order approximately \$120 worth of literature total since September 2019. This has saved Area expenditures for H&I funds approximately \$ 750.

HIGHLIGHTS OF OUR REGULARLY SCHEDULED MONTHLY MEETING:

The Carolina Region passed our proposal to establish a remote participation location. The Area RCM, Elizabeth D., can provide greater information about this!!

Locally, our core number of Panel Leaders has nearly doubled since June of 2019! Panel members are consistently carrying the message into the facilities we serve. We are especially pleased that the number of active panel leaders and panel members carrying the message into the Woman's Prison has increased in numbers and consistency. Thank you all for your dedicated service! Despite our continuing need for a secretary, we are managing well.

We welcome all willing NA members to help H&I carry the message to the addict who suffers!!

ILS,
Stephanie G., Capital Area H&I Subcommittee Chair



2/9/2020

Outreach Subcommittee Report February

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're continuing to visit homegroups who have not attended the CASC meeting recently, and the sentiment seems similar. Some home groups do not have enough members to have a formal GSR position who attends the ASC. Others seem to disagree with the way the CASC has been conducting business. Yet others feel as though they are doing well on their own, and do not feel the need to participate in the CASC. ~~It's good to know that the~~ recovery is there ~~regardless of attendance at the ASC meeting.~~ *whatever the case -*

While there are still a small few meetings we have not gotten out to attend, we plan on starting over with an updated list this month. Ideally I would like to get to these meetings bi-monthly or better to make sure that they have minutes from the CASC available, meeting schedules, and to be able to carry any concerns back to the area from the groups. We'd like to thank everyone who has offered to help, and we'll try to make good on the offer as we start to get settled into better groove in this sub-committee.

Thank you for letting me serve,
Andrew
Outreach Chair



We oriented 3x GSR today. Anthony, Tim and Aaron. Welcome!
These new GSRs were provided a copy of A Guide to Local Service -
we have 1 copy left on hand. Will order more before next month.

The Convention Committee will be meeting around Feb 23rd. to discuss exactly when the committee will be restarting up 1st. Fridays.

~~There is nothing new to~~
new Business needed to share in WCAFRNA along with the New Hope Area are hosting a "May Day" in Recovery Fundraiser. This event will take place on May 2nd @ a neutral location

210 Chestnut St. Henderson from 3pm - 12am
Daily Reprieve donated Convention Homegroup Committee \$25

Julius J. Measner

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

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TDD terminal: 1-800-531-1648

For hearing impaired clients only

Business Checking Summary

NC Capital Area Family Reunion

Account number: [REDACTED]

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
4,279.93	250.00	30.00	4,499.93
		Average ledger balance	Average collected balance
		4,468.63	4,468.63

Deposits and Other Additions

Description	Items	Amount
Deposits	1	250.00
Total	1	250.00

Checks and Other Deductions

Description	Items	Amount
Checks	1	30.00
Total	1	30.00

Daily Balance

Date	Ledger balance	Date	Ledger balance	Date	Ledger balance
01/01	4,279.93	01/08	4,529.93	01/27	4,499.93

Activity Detail

Deposits and Other Additions

Deposits

Date posted	Amount	Transaction description	Reference number
01/08	250.00	Deposit	[REDACTED]

Checks and Other Deductions

Checks and Substitute Checks

Date posted	Check number	Amount	Reference number
01/27	1126 *	30.00	[REDACTED]

Business Checking

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

For the Period 01/01/2020 to 01/31/2020

NC Capital Area Family Reunion

Primary Account Number: [REDACTED]

Page 2 of 2

Business Checking Account Number: [REDACTED] continued

Detail of Expenses Used During Current Period

Home Group Name	Amount	Home Group Name	Amount	Home Group Name	Amount
A New Beginning	\$50	Lunatic Fringe		Seeking Similarities	
Basic Text Study Group	\$40	Man Up		Serenity In The Morning	
Came to Believe		Mid Day Miracles	\$25	South side Recovery	\$30
Candlelight Recovery		Miracles In Progress		Spiritual Change	
Constantly Searching		NA At Noon		Spiritually Connected	
Daily Reprieve	\$50	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	
Freedom Through Recovery	\$84	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	\$14	Way to Grow Group	\$60
In From The Storm	\$10	Peace in The AM	\$20	We Do Recover	
Let The Healing Begin		Principles & Traditions		Welcome Home	
Life on Life's Terms		Principles B4 Personalities		Why Are We Here	
Living Clean & Serene		Recovery In the Hood	\$10	Women In Recovery	
		Rediscovery Through Recovery	\$75	Young Connections to Recovery	
		Total Home Group Donations	\$487.50	Other Income	
		Misc:			
		Activities donation from			
		New Way of Life II			
		Total Other Income			\$0.00

Capital Area NA
Treasurers Report Income Expense

Beginning Balance:	1/5/2020	\$1,673.75		Period: 01/5/20 -02/09/20	
Income/ Revenue Section 1					
Type of Deposit/debit	Date	Amount	Notes	Description	
Group Donations/ Repayments - CASH	1/5/2020	\$487.50		Group donations received at Area Meeting	
Total Income/ Revenues		\$487.50			
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			\$214.50		Varies slightly - Quarterly Printing
Website - Auto Draft Go Daddy	16th monthly	AD	\$18.17		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			\$107.88	WD	\$35 Monthly allocation per policy
Policy			\$23.86		\$30 Monthly allocation per policy
Activities Committee available					\$500 For Area Aniversary Function(s)
AREA SERVICE COMMITTEE					
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					Per Policy
World Donations - 40% - NAWS					World Donation Per Policy
Total of All Expenses			\$566.28		
Revenue			\$487.50		
DIFFERENCE: Income-Expenses			-\$78.78		
Ending Balance			\$1,594.97		
Previous Month's Checks Not Yet Cleared					
Check Payable to:	Date	Check #	Amount	Description	
Regional					
World Donations					
		TOTAL:	\$0.00		
Available Balance			\$1,594.97		

Capital Area NA
Treasurers Report Income Expense

Prudent Reserve- Per Policy		\$1,800.00	ment
Amount Above/ Below P.R.		-\$205.03	

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new Business needed to share is MCAFRNA done with the New Hope Area all hosting a "May Day" in Recovery Fundraiser. This event will take place on May 2nd @ a neutral location

210 Chestnut St. Henderson from 3pm - 12am

Sally Reprieve donated Convention Homegroup Committee

\$25



CASC NA Service Resume

Date: 2/9/2020

Name: Mercedes [Redacted]	Clean Date: 9/19/1990
[Redacted]	[Redacted]

Service position interested in:
Hospitality Convention Committee Chair

If the above is *not* an alternate position, do you have previous experience in this position or the related alternate position ('yes' or 'no')?
Yes Both ALternate + chair

Do you understand the responsibilities defined in CASC Policy for this position ('yes' or 'no')?
From Previous experience have not yet seen this Area

List all Group service positions held, and dates served:
Vice chair + chair Hospitality TAC NA 2000 + 2001
ASR + Vice 1993 - 1994
MANY other Position At the group level

List all Area service positions held, and dates served:
Also in 1997 - 1998
H+I JAIL Commitment 1991 - 1992

List all Regional service positions held, and dates served:
None

List all World service positions held, and dates served:
None

Were all service commitments completed ('yes' or 'no')?
Yes

If you answered 'no' to the above question then please explain fully:

Are you employed full-time ('yes' or 'no')?
No Part time (Retired)

Can you travel in conjunction with this service position ('yes' or 'no')?
if Necessary

Policy But would like a copy please

GSR, Secretary Treasurer
Most of ALL Ded Group member

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



Capital Area Service Committee
PROPOSAL ~~Motion~~ Form

Date: 2-9-2020

Motion made by: Stephanie T. Freedom Thru Recovery

Second: Christopher B Yerry Connectors to Recovery

Motion reads as follows: To develop an ADHOC Comm.
to research our Area joining the NC Region

Intent: We are the Capital Area and should be
apart of the NC Region

Carried _____ Failed _____ Tabled _____

Amended _____ Back to _____ Policy _____
Home Groups Change

For _____ Against _____ Abstain _____



**Capital Area Service committee
Proposal Form**

Date: ~~4/3/2019~~ 2/9/2020

Proposed by: ~~Sebastian D. / Policy Subcommittee Chair~~ *Jessica P. [redacted]*
committee chair

What is being proposed?:

~~Amend section 5-02 (g) to reflect current practice at CASC meetings.~~

***** SEE ATTACHMENT *****

Bring Back old policy

Reason for this Proposal:

~~CASC Policy doesn't accurately reflect current practice of anonymous voting at CASC meetings.~~

Chairperson does not feel as the new policy is constructive enough and has been too minimized. Please include the new financial portion to the old policy

Intent:

~~Amend CASC policy to reflect the collective group conscience of the home groups of CASC.~~

More guidance & transparency without minimization. The financial part of the new policy should be included in the old.

Result:



Capital Area Service Committee
Motion Form

Date: 02/09/2020

^{Proposal}
Motion made by: H&I Subcommittee (Stephanie G,
Chair)

Second: _____

^{Proposal}
Motion reads as follows: ^{subcommittee} H&I requests \$500.00
to put on annual Learning Day. Breakdown
is : \$200-facility rental (\$100 fee; \$100 deposit)
\$200-food
\$100-literature

Intent: To fulfill the Learning Day requirements
for which \$200 is allocated under our
policy & \$190^{for literature} allocated in policy.
We will need \$110 above allocated
amount.

Carried _____ Failed _____ Tabled _____

Amended _____ Back to _____ Policy _____
Home Groups Change

For _____ Against _____ Abstain _____

The Journey Continues Group

HAS MOVED

THE NEW LOCATION IS 124 S. SALISBURY ST.



COME OUT AND GET A SHOT OF HOPE

WEDNESDAY'S FROM 6:30 8PM





Carolina Freedom Express

2020 Volume 1st Edition | January-May 2020

**“What is a Newsletter?” “Most importantly, they build N.A. unity through communication.”
“N.A. news is provided to help unify an area or region, so that in keeping with our first tradition;
personal recovery is made more available.” “Our primary purpose is to carry the message to the
addicts who still suffer.”**

From the Handbook for Narcotics Anonymous Newsletters - page 1

The Freedom Express is Back on Track!

The Freedom Express has been circulating through this region for decades now, serving as a communication tool through personal stories, poems, shared experiences, puzzles and much more!

Through collaborative efforts of members in this region, we have now been able to revive this newsletter!

So let us first say “Thank You” to everyone involved in reviving this region's newsletter. Whether you donated previous versions of the newsletter, shared your experience with putting a newsletter together, or personally helped put this newsletter together, we are grateful for all of your help!

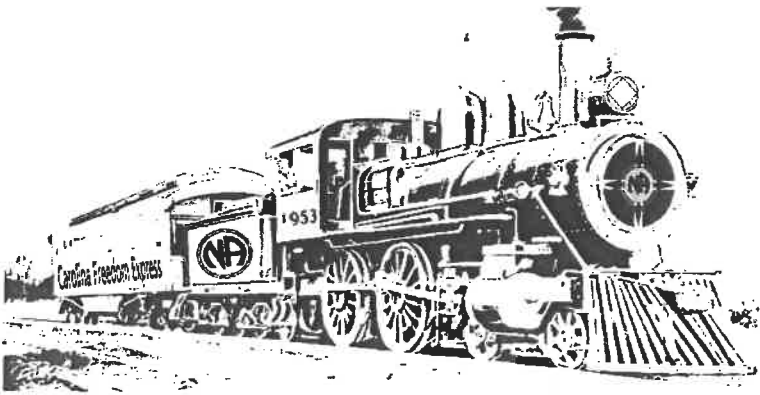
With everyone's help, we have developed a new train logo, put together a new format and worked closely with the web team on the option for members to digitally subscribe to the newsletter and also submit personal stories, poems, etc digitally!

Our goal with this newsletter is to continue carrying the message of recovery to our members as well as keeping members informed with current events or projects going on in N.A.

Each newsletter will follow a topic or theme that members are asked to submit on, as well as introduce the next topic/theme for the following newsletter. To submit any items for the upcoming newsletter, simply follow the instructions on Page 3.

What's in this Edition:

- ◊ The Freedom Express is back: A note from the editors
- ◊ What's around the corner? : CRNA Updates, Events, & Schedules
- ◊ Members Submission: How and what to submit & Submission topics



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2020 Volume 1st Edition | January-May 2020

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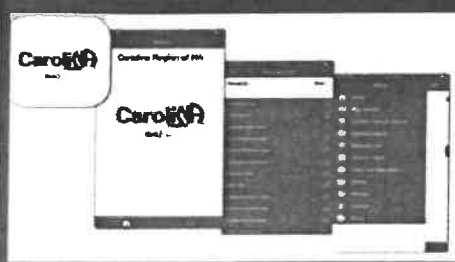
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-  Members Submission: How and what to submit & Submission topics

What's Around the Corner



We have an App for that!!!

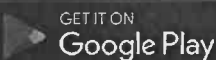
We've created an app that features:
a full, up-to-date meetings list,

a map of meeting locations and
driving directions to each meeting,

cleantime calculator, upcoming
Events in the Carolina Region ,

today's Just For Today, Contact
details (telephone, email and
websites)

for each of the areas in the Carolina
region.



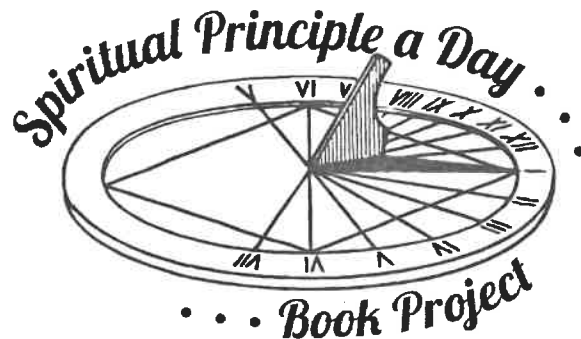
For more information about the app
please visit <https://www.crna.org/>

It's CAR/CAT Time!

PLEASE VOTE - It's time for the biennial World Service Conference 2020, please remind your Homegroup to vote on the Conference Agenda Report AND Conference Approval Track and submit ballots by March 31st to your RCM or by email to [REDACTED] or fax to [REDACTED]

The CAR and CAT are available at www.na.org/conference

Want a CAR/CAT workshop for your Area? Please contact your RCM or RD@CRNA.ORG as soon as possible.



Be a part of creating NA literature!

Give your feedback on the second batch of drafts at
<https://www.na.org/?ID=medibook&ID=medibook>
DEADLINE FOR INPUT IS 1 MARCH 2020

Send in your writing!

Principles to work on through February 2020 are:
Authenticity | Awareness | Courage | Freedom | Hospitality
Inclusiveness | Integrity | Patience | Prudence | Self-Acceptance

A new set of principals will be released soon for members to give input on, please check on <https://na.org/> for release of new principals.

If your area would like the Literature Review and Development Sub committee to host a workshop please contact the chair at [REDACTED]

If your area would like the Literature Review and Development Sub committee to host a workshop please contact the chair at [REDACTED]

Members Submissions

We can't do this without you... This is a "We" program and we value your input! We encourage you to submit personal experience, strength and hope, and artwork (poems, crossword puzzles, drawings, paintings, comics, etc.) In respect for the spirit of anonymity, you are invited to provide us with a first name & last initial or remain anonymous. Be sure to check the most recent version of the Freedom Express for the submission topic...

The submission Topic for the June Newsletter is:
"Staying Clean Through Reservations"

Please send in your submissions at <https://www.crna.org/>. The Lit Review and Development Subcommittee will review and consider all submissions. In the event that a submission is not selected for that issue of the Carolina Freedom Express, the committee will archive the submission for use in a later issue.

Blast From The Past

12 STEPS I TOOK

I took one step, began to moan
I can't do this on my own
I took two steps, began to pray
Restore me God, today
I took three steps, gave up my will
Maybe God loves me still
I took a fourth, I looked inside
Nothing more would I hide
And on to the fifth, I said aloud
I've done some wrong, and I'm not proud
I took six steps, and got prepared
To lose those defects, I was scared
Now I'm at seven, take them away
God for this I pray
And on eight, the list was long
Amends to make for all the wrong
I took nine steps, put down my pride
Forgiveness asked, I will not hide
Ten steps I take each day I pray
Make amends along the way
And on eleven I prayed to know
Each day his will, which way to go
I took twelve steps, I'm like a bird
To others now, I spread the word

(author unknown)

*Taken from Carolin Freedom Express
Volume XVII Issue I January - March, 2000*

PR Capital Area Report February 2020

PR CHAIR REPORT Report (from Maria)- Not much to report this month. We had a subcommittee chair member attend the Region meeting. We took notes on PR related info. The notes are attached in this report.

PRESENTATIONS- We had our first step presentation.

MEETING LISTS- I do have some meeting lists left from last month but only a few. We can make a few copies if necessary to hold the homegroups

PHONE LINE (from Nelson)- We recieved 12 phone calls. There were a few needing talk throughs. A woman called whom had showed up at a meeting and no one was there so we directed her to another meeting.

WEB SERVANT Report (from Michael A.) – for January 5th, 2020 to Feb. 7th 2020

1. Sent out One E-Blast:
 - a. February 7th – Recovery in The Hood Free Annual Homegroup Anniversary Flyer
2. Three text messages went out this month.
 - a. January 7th – ATTN. Meeting Place Change - Beginning next Tuesday, the "Experience Strength and Hope" Group that met at Hope Community Church on Buck Jones Rd will now be meeting at White Plains Methodist Church at 313 S.E. Maynard Rd, Room # C-203. Please help spread the word in meetings this week!
 - b. January 8th - Meeting Location Change - The "Journey Continues" group that used to meet on Wednesdays at 6:30pm on Morgan Street HAS MOVED to a new location. They will now be meeting at 124 South Salisbury St. in Raleigh North Carolina at the same time (6:30 - 8:00 pm Wednesdays). Thanks!
 - c. February 6th - REMINDER: Area will meet THIS Sunday, February 8th. The ASC meets at the Fairmont Church at the corner of Clarke Ave and Horne Street in Raleigh. The subcommittees start at 12:30pm and the ASC starts at 2:00pm. All members of NA are welcome to attend. Hope to see you there!
3. We received 4 emails via Contact Form (and we replied to them):
 - a. Jordan from Fargo gave us big ups on having an "excellent website".
 - b. Ronda asked for active NA meetings in Garner / Fuquay Varina.
 - c. Sandi from the Wake County Health Dept. asked if there are any NA meetings that are conducted in Spanish in the Capital Area.

- d. Maggie, a BSW student at NC State said she needed to attend an NA meeting for her addiction recovery course and asked where open meetings were.
4. I put up the redacted January Minutes on the ASC tab of our website.
 5. Here is a list of the top sources as to how people found our website:

<input type="checkbox"/>	Source / Medium ?	Acquisition
		Users ? ↓
		1,257 % of Total: 100.00% (1,257)
<input type="checkbox"/>	1. google / organic	867 (68.21%)
<input type="checkbox"/>	2. (direct) / (none)	341 (26.83%)
<input type="checkbox"/>	3. bing / organic	30 (2.36%)
<input type="checkbox"/>	4. duckduckgo / organic	11 (0.87%)
<input type="checkbox"/>	5. baidu.com / referral	5 (0.39%)
<input type="checkbox"/>	6. yahoo / organic	4 (0.31%)
<input type="checkbox"/>	7. m.facebook.com / referral	3 (0.24%)
<input type="checkbox"/>	8. crossroadsarea.org / referral	1 (0.08%)
<input type="checkbox"/>	9. gopher.com / referral	1 (0.08%)
<input type="checkbox"/>	10. hildasherwood.top / referral	1 (0.08%)

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

REGION PR
1/11/20

Regional meeting. Started at 10:30am. I took just notes pertinent to PR.

The new phone service passed. No indication on how they will implement it at this time. This will save NA a bunch of money.

They voted on a new alt treasurer, Gregory.
It passed.

Break at 11:20am

Resume at 11:35am

Passed out green booklets to RCMs at 11:46am.
Has to do with voting. Ballots. I didn't get one so I'm not sure.

People started asking questions about Zones. As far as funding and how they work. And asking how task forces are created.

They said the people in those zones will figure out where the most important needs for that area are.

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] and [REDACTED]

Activity since last report

- There were no policy manual updates.
- Brought 5 printed copies of policy to the CASC meeting, 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>.

Asks

- We need an Alternate Policy Subcommittee Chair.
- 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 the CASC meeting.
- 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,

