

## 20220109 CASC Meeting Agenda & Minutes

### [CASC Policy Manual \(click\)](#) section 5.01(c)

#### (c) Order of Business

The order of business shall be as follows (the CASC Chairperson may change the order of business as needed):

- Opening prayer
- Reading of the Twelve Traditions and the Twelve Concepts
- Minutes of previous months' meeting
- Old Business
- Treasurer's Report
- Subcommittee Reports
- Group Concerns
- New Business
- CASC Officer's Reports
- Closing Prayer

The order of business can be modified at the discretion of the CASC Chairperson.

- **Opening** CASC began at 2:10pm on January 9, 2022
  - Opening prayer
  - Twelve Traditions
  - Twelve Concepts
  - Service Prayer
  - Role call – See attached
    - CASC Officers and Subcommittee Chairs
    - GSRs (or alt. or proxy)
  - Agenda review – **(No longer will reports be voted on, only discussion)**
- **Old Business**
  - Motion to accept CASC minutes for previous month? Jame L made motion seconded by Brendan O. - passed
  - Sheryl M. (The Journey Continues) – Is the Region being prudent? Wants RCM to get financial report(s) from Region.
  - Resume Submitted: Position – Secretary Member – Jennifer O. - passed
  - Resume Submitted: Position – Public Relations Chair Member – Craig R. – passed
  - Motion Submitted by Darren L. (Peace In AM) – “To have our capital outreach chair remove from the area as a committee chairperson. Reason being our outreach chair over step his reach by 1) purging the capital area roll call list of hmgrps. 2) Did not promote unity with in the capital area. #) Sent a email va our capital area email in error.” Seconded by Together We Can Group. – after discussion, this motion was deemed unfounded by Jennifer O. (acting Chair)
  - Motion Submitted by Jesse N. (Sunday Serenity) – “Motion to delegate the responsibility to the Public Relations committee to set up a series of round table discussions regarding race and unity.” Seconded by Brendan O. ( Constantly Searching) - passed

- **Officer Reports**

- Chair - Donna N. – verbal and written
- Vice Chair - **VACANT**
- Treasurer - Leah P. – verbal and written
- Treasurer Alternate - **VACANT**

- Secretary – Jennifer O. - verbal and written
- Secretary Alternate - **VACANT**
- RCM - Michelle M. – Region meets 1/22/22
- RCM Alternate - **VACANT**

- **Subcommittee Reports**

- Hospitals & Institutions - Kelly T. – verbal and written
- Public Relations – Craig R. – verbal and written
- Policy - Richard J. – verbal and written

- Outreach - Sebastian D. - verbal and written
- Activities – **VACANT**
- Convention- Julius J. - verbal and written

- **Home Group Question and Answer and Concerns**

- James L. How long clean to be in service at H&I? Get James in touch with Kelly. Jennifer O. will do so.

- **New Business**

- Welcome new home groups joining Capital Area NA of NC (if any)
- Last call for new motions, proposals and service resumes
- Motion: Submitted by Delphyne F. “CASC will continue on the Zoom platform and revisit the issue of meeting in person vs, zoom at the March 6th, 2022 ASC.” Seconded by Jay. - passed

- **Closing Prayer** – CASC ended at 3:35pm

**Role Call**

Officers	Name & contact info	✓✓	
Chair	Donna N.	✓	
Chair Alt.	VACANT - submit a service resume if you are interested in this position		
Treasurer	Leah P.	✓	
Treasurer Alt.	VACANT - submit a service resume if you are interested in this position		
Secretary	Jennifer O.	✓	
Secretary Alt.	VACANT - submit a service resume if you are interested in this position		
RCM	Michelle M.	✓	
RCM Alt.	VACANT - submit a service resume if you are interested in this position		

Subcommittees	Chair name & contact info	✓	
H&I	Kelly T.	✓	
Public Relations	Craig R.	✓	
Policy	Richard J.	✓	
Outreach	Sebastian D.	✓	
Activities	VACANT - submit a service resume if you are interested in this position		
Convention	Julius J.	✓	

Home Group	GSR info	✓	
A New Beginning			
Came to Believe			
Candlelight Recovery	Owen M.		
Daily Reprieve			
Experience, Strength, and Hope			
Faith Through Principles	Delphyne F.	✓	
Freedom Thru Recovery	Maria M.	✓	
I Can't We Can			
Ladies Night Out	Chelsea D.		
Life On Life's Terms			
Living Clean & Serene	Mia E.		
Mid Day Miracles	Gloria G.		
NA at Noon			
Never Alone Never Again			
New Way Of Life II	Andrew R.	✓	
Peace in the AM	Joyce K.	✓	

Home Group	GSR info	✓	
Principles B4 Personalities	Ron H.		
Recovery in The Hood	James L.	✓	
Rediscovery Thru Recovery			
Simple Solution	Robert M.		
Southside Recovery	John S.	✓	
Spiritual Change	John B.	✓	
Constantly Searching	Brendan O.	✓	
Sunday Serenity Group	Jessie N.	✓	
The Journey Continues	Sheryl M.		
The Primary Purpose Group			
Together We Can	Candice D.		
Trust The Process			
Tuesday Night Live			
Way to Grow Group			
We Do Recover			
Wolfpackin'			

9 GSR's present at Roll Call.

## **Items to cut-and-paste into Zoom chat as needed**

The Twelve Traditions of NA:

[https://na.org/admin/include/spaw2/uploads/pdf/litfiles/us\\_english/misc/Twelve%20Traditions.pdf](https://na.org/admin/include/spaw2/uploads/pdf/litfiles/us_english/misc/Twelve%20Traditions.pdf)

The Twelve Concepts of NA:

[https://na.org/admin/include/spaw2/uploads/pdf/litfiles/us\\_english/Booklet/Twelve%20Concepts.pdf](https://na.org/admin/include/spaw2/uploads/pdf/litfiles/us_english/Booklet/Twelve%20Concepts.pdf)

The NA Service Prayer

<http://www.yavapaina.org/assets/Files/NA%20Service%20Prayer.pdf>

Submit a new motion:

<https://forms.gle/WfWQ8AiE3VzXRPLW6>

Submit a motion for a new home group to join Capital Area NA of NC:

<https://forms.gle/dWaaJ6BQ7qJmEAh36>

Submit a service resume:

<https://forms.gle/4nV9FkPbgkRTigN87>

Submit a motion or service resume email:

[secretary@capitalareancna.com](mailto:secretary@capitalareancna.com). Suggestion: Include the same information required on a standard CASC form, which can be found at <https://capitalareancna.com/area-service-committee>.

Currently the following positions are open:

- Vice Chair
- Treasurer Alternate
- Secretary Alternate
- RCM Alternate
- Activities Subcommittee Chair

CASC

Thank you for allowing me to be of service, I also thank God for another year that he has kept me clean. This is a brand-New Year, so let us all get on board and let's have a terrific year and have unity within our Area. I have put together a calendar and submitted to the secretary. If anything, change I will let you know I will be getting with the convention committee chair to go to the storage so we can do an inventory. With, thank you for entrusting me as your Area Chair. Let's have a terrific year.

Area Chair,

Donna N.



## **CASC Meeting Year Calendar**

**2022**

January 9, 2022

February 6, 2022

March 6, 2022

April 3, 2022

May 1, 2022

June 5, 2022

July 10, 2022 (July 4<sup>th</sup> is on a Monday)

August 7, 2022

September 4, 2022

October 2, 2022

November 6, 2022

December 4, 2022

If any changes occur it will be announced before the month prior at the CASC meeting. Thank you for allowing me to be of service.

Donna N. 1/9/22



## CASC TREASURERS REPORT

Date: 1/1/2022  
From: Leah P, CASC Treasurer  
Re: Treasury Report for the month of December 2021

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. Please put your home group name in the note section when you make a donation. We donated \$105.02 to the World Service Office which is 40% above prudent reserve. We donated \$157.53 to the NC Region which is 60% above prudent reserve.

### December 2021 STATEMENT

The beginning balance on 12/01/2021 was:	\$2,062.55
Deposits totaled:	\$ 223.47
Checks and deductions totaled:	\$ 291.19 - See attached detailed Income & Expense Report
Ending balance on 12/31/2021:	\$ 1994.83 See attached PNC Bank Statement
Outstanding checks not cleared:	<u>\$ 262.55 -</u>
<b>Available balance on 12/31/2021:</b>	<b>\$1,732.28</b>

This available balance puts us **BELOW** the policy mandated prudent reserve of \$1,800.00. See attached PNC bank activity report and the Income and Expense statement. There will be a \$0 donation to World or and a \$0 donation to Regional Service Committee this month.

Thanks for allowing me to be of service.

Your trusted servant,

Leah P., CASC Treasurer

### Attachments:

- Income & Expense reports
- PNC Bank Statement
- Pay Pal Activity Statement
- Home Group Donations

**Business Checking XXXXX [REDACTED] Available Balance: \$1,960.46**

**Account Summary**

<b>Available Balance:</b>	\$1,960.46	<b>Interest Paid to Date:</b>	\$0.00
<b>Ledger Balance:</b>	\$1,960.46	<b>Interest Paid Last Year:</b>	\$0.00
<b>Pending Withdrawals:</b>	\$0.00	<b>Last Deposit Amount:</b>	\$73.06 12/14/2021
<b>Pending Deposits:</b>	\$0.00	<b>Last Statement Balance:</b>	\$1,994.83 12/31/2021

**Account Details**

<b>Nickname:</b>	None
<b>Type:</b>	Business Checking
<b>Text Banking Nickname:</b>	None
<b>Address:</b>	PO BOX 10953 RALEIGH, NC 27605 - 0953

**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.

<i>Date</i>	<i>Description</i>	<i>Withdrawals</i>	<i>Deposits</i>
You have no pending transactions			

**Posted Transactions**

<i>Date</i>	<i>Description</i>	<i>Withdrawals</i>	<i>Deposits</i>	<i>Balance</i>
01/04/2022	RECURRING DEBIT CARD XXXXX8004 J2 ONEBOX SERVICES XXXXX5400 CA	\$34.37		\$1,960.46
12/22/2021	RECURRING DEBIT CARD XXXXX8356 EIGBLUEHOSTCOM XXXXX4678 UT	\$119.88		\$1,994.83
12/20/2021	RECURRING DEBIT CARD XXXXX8353 ZOOMUS XXXXX9666 WWWZOOMUS CA	\$11.99		\$2,114.71
12/14/2021	ACH CREDIT XXXXX8444 PAYPAL TRANSFER		\$73.06	\$2,126.70
12/08/2021	RECURRING DEBIT CARD XXXXX8342 TEXTEDLY HTTPSTEXTED CA	\$16.00		\$2,053.64



12/08/2021	RECURRING DEBIT CARD XXXXX8342 PY Security Self Stor XXXXX9038 NC	\$108.95		\$2,069.64
12/06/2021	RECURRING DEBIT CARD XXXXX8339 J2 ONEBOX SERVICES XXXXX5400 CA	\$34.37		\$2,178.59
12/03/2021	ACH CREDIT XXXXX5083 PAYPAL TRANSFER		\$38.35	\$2,212.96
12/03/2021	ACH CREDIT XXXXX4692 PAYPAL TRANSFER		\$112.06	\$2,174.61
11/22/2021	CHECK 1989 083523904	\$198.79		\$2,062.55
11/22/2021	ACH CREDIT XXXXX0506 PAYPAL TRANSFER		\$67.51	\$2,261.34
11/19/2021	RECURRING DEBIT CARD XXXXX8323 ZOOMUS XXXXX9666 WWWZOOMUS CA	\$11.99		\$2,193.83
11/18/2021	DEBIT CARD PURCHASE XXXXX5198 NA WORLD SERVICES HTTPSINSTAG CA	\$132.52		\$2,205.82
11/15/2021	ACH CREDIT XXXXX0697 PAYPAL TRANSFER		\$86.35	\$2,338.34
11/09/2021	RECURRING DEBIT CARD XXXXX8313 PY Security Self Stor XXXXX9038 NC	\$108.95		\$2,251.99
11/08/2021	RECURRING DEBIT CARD XXXXX8312 TEXTEDLY HTTPSTEXTED CA	\$16.00		\$2,360.94
11/04/2021	RECURRING DEBIT CARD XXXXX8308 J2 ONEBOX SERVICES XXXXX5400 CA	\$34.37		\$2,376.94
11/01/2021	ATM DEPOSIT 83253379 DEPOSIT 4000 CAPITAL BL RALEIGH NC		\$280.00	\$2,411.31
10/25/2021	CHECK 1988 084488944	\$106.73		\$2,131.31
10/20/2021	DEBIT CARD PURCHASE XXXXX5198 NA WORLD SERVICES HTTPSINSTAG CA	\$71.15		\$2,238.04
10/19/2021	RECURRING DEBIT CARD XXXXX8292 ZOOMUS XXXXX9666 WWWZOOMUS CA	\$11.99		\$2,309.19
10/12/2021	ACH CREDIT XXXXX8995 PAYPAL TRANSFER		\$49.00	\$2,321.18
10/08/2021	RECURRING DEBIT CARD XXXXX8281 TEXTEDLY HTTPSTEXTED CA	\$16.00		\$2,272.18
10/08/2021	RECURRING DEBIT CARD XXXXX8281 PY Security Self Stor XXXXX9038 NC	\$105.00		\$2,288.18

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Start  
10/08/21

End  
01/06/22

Search activities



### Completed

#### Dec 2021

**PNC BANK, NA** **- \$73.06**  
Dec 13  
Transfer to Bank

**Shawn [REDACTED]** **+ \$48.06**  
Dec 12  
Money Received  
"NA at Noon 7th Tradition Donation"

[Print shipping label](#) [Add tracking info](#)

**Kathleen [REDACTED]** **+ \$25.00**  
Dec 8  
Money Received  
"Trust The Process (7Tradition)"



**PNC BANK, NA**

- \$38.35

Dec 2

Transfer to Bank

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ED

**Elizabeth** [REDACTED]

+ \$38.35

Dec 2

Money Received

"November contribution/Primary Purpose"

[Print shipping label](#)

[Add tracking info](#)

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**PNC BANK, NA**

- \$112.06

Dec 2

Transfer to Bank

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**Inia** [REDACTED]

+ \$64.00

Dec 1

Money Received

"Keep it Simple group donation"

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**Nov 2021**



**Shawn** [REDACTED]

+ \$48.06

Nov 19

Money Received

"NA at Noon 7th Tradition Donation"

[Print shipping label](#)

[Add tracking info](#)

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**PNC BANK, NA**

**- \$67.51**

Nov 19

Transfer to Bank

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**J Sebastian [REDACTED]**

**+ \$67.51**

Nov 19

Money Received

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**PNC BANK, NA**

**- \$86.35**

Nov 12

Transfer to Bank

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**Inia [REDACTED]**

**+ \$48.00**

Nov 12

Money Received

"Keep it Simple group donation"

---

ED

**Elizabeth [REDACTED]**

**+ \$38.35**

Nov 5

Money Received

"Primary Purpose donation"

[Print shipping label](#)

[Add tracking info](#)

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**Oct 2021**



**PNC BANK, NA**

**- \$49.00**

Oct 9

Transfer to Bank

Transfer to Bank

DK

David [REDACTED]

+ \$20.00

Oct 8

Money Received

"Candlelight Recovery"

Inia [REDACTED]

+ \$29.00

Oct 8

Money Received

"Keep it Simple group donation"

Capital Area NA  
Treasurers Report Income Expense

Beginning Balance:	12/1/2021	\$2,062.55		Period: 12/1/21 -12/31/2021	
<b>Income/ Revenue Section 1</b>					
Type of Deposit/debit	Date	Amount	Notes	Description	
Group Donations	12/31/2021	\$223.47		Group donations received during the Month	
<b>Total Income/ Revenues</b>		<b>\$223.47</b>			
<b>Expense Section</b>					
Type of Bill or Payment	Date	Check #	Amount	Notes	Policy Description
<b>SUB COMMITTIES</b>					
<b>H&amp;I Committee</b>					
H&I Literature					H&I Literature - \$190
H&I Office Supplies					H&I - Office Supplies
H&I Learning Day one per year					<b>One Learning Day - per Policy \$200</b>
<b>PR and Website</b>					
Phone Line - Auto Draft Monthly	5th monthly	AD	\$34.37		<b>Varies slightly - averages \$30.93/</b>
Meeting Directories					<b>Varies slightly - Quarterly Printing</b>
Website - Auto Draft Go Daddy	16th monthly	AD	\$119.88		<b>On Auto draft</b>
Text Blasting-Auto Draft Monthly	9th monthly	AD	\$16.00		<b>On Autodraft-TEXTEDLY.COM</b>
PR Literature					<b>\$75 Monthly Budget-\$65 facebook</b>
PR Chair Travel Expenses					
Outreach					<b>\$35 Monthly allocation per policy</b>
Policy					<b>\$30 Monthly allocation per policy</b>
Activities Committee available					<b>\$500 For Area Anniversary Function(s)</b>
<b>AREA SERVICE COMMITTEE</b>					
Fairmont United Methodist Church	1st monthly				ASC - Rent
Secretary					<b>Varies slightly</b>
Treasurer - Office Supplies					<b>Checks Replenished/Harland Clarke</b>
Treasurer -Storage Rent	9th monthly	AD	\$108.95		<b>Security Self Storage</b>
Chairperson					
RCM Travel/ Expenses					<b>Refund Receipts</b>
Bank Fees		AD			<b>Service charge - Bank Account</b>
Mail Box - Due yearly on Nov 1st		1978			<b>CASC Mailbox at Cameron Village</b>
Misc. ZOOM and Website					
ZOOM			\$11.99		
Regional Donations - 60% - CRNA					<b>Per Policy</b>
World Donations - 40% - NAWS					<b>World Donation Per Policy</b>
<b>Total of All Expenses</b>			<b>\$291.19</b>		
<b>Revenue</b>			<b>\$223.47</b>		
<b>Beginning Balance:</b>			<b>\$2,062.55</b>		
<b>DIFFERENCE: Income-Expenses</b>			<b>-\$67.72</b>		
<b>Ending Balance</b>			<b>\$1,994.83</b>		
<b>Previous Month's Checks Not Yet Cleared</b>					
Check Payable to:	Date	Check #	Amount	Description	
Regional		1991	\$157.53		
World Donations			\$105.02		
		<b>TOTAL:</b>	<b>\$262.55</b>		
<b>Available Balance</b>			<b>\$1,732.28</b>		
<b>Prudent Reserve- Per Policy</b>			<b>\$1,800.00</b>		
<b>Amount Above/ Below P.R.</b>			<b>-\$67.72</b>		

Home Group Name	Donated	Deposited	Home Group Name	Donated	Deposited	Home Group Name	Donated
A New Beginning			Mid Day Miracles			South Side Recovery	
Basic Text Study Group			Miracles In Progress			Spiritual Change	
Came to Believe			NA At Noon	96.12	\$96.12	Spiritually Connected	
Candlelight Recovery			NA In the PM			Sunday Serenity	
Constantly Searching			NA Way Group			The Journey Continues	
Daily Reprieve			Never Alone Never Again			The Primary Purpose Group	38.35
Expect a Miracle			New Horizons Group			The Seekers Group	
Experience, Strength, and Hope			New Way of Life II			Together We Can	
Faith Thru Principles			Our Common Welfare			Trust the Process	25
Freedom Through Recovery			Out To Lunch			Tuesday Night Live	
I Can't, We Can			Peace in The AM			Unity and Positivity	
In From The Storm			Principles & Traditions			Way to Grow Group	
Keep it Simple	64	\$64	Principles B4 Personalities			We Do Recover	
Ladies Night Out			Recovery In the Hood			Welcome Home	
Living Clean & Serene			Rediscovery Through Recovery			Why Are We Here	
Lunatic Fringe			Sunday Serenity			Wolfpacking	
Man Up			Serenity In The Morning			Women In Recovery	
						Young Connections to Recovery	
			<b>Home Group Donations</b>		<b>\$223.47</b>	<b>Keep It Simple</b>	
						<b>Brian B. 4.12</b>	
						<b>Total Other Income</b>	
						<b>Total Income</b>	<b>\$223.47</b>









## CASC Secretary Report

January 2022

**01/09/2022**

Hello members!

Happy New Year! Welcome to all the new GSRs. Please email [secretary@capitalareancna.com](mailto:secretary@capitalareancna.com) your name and last initial, your home group, and your phone number. I will assume the email address you send me the email from is the one you want the minutes sent to unless you notify me otherwise. If you did not receive last month's minutes please also email me the same information.

It has been a busy month, but a good month of service. I attended the Mid-Month Interterm Meeting on 12/13/21 and will again on 1/17/22. I sent December minutes out to all current GSRs, Subcommittee Chairs, and Admin. I helped the Convention Subcommittee with a flyer and passing on information on events. I emailed Public Relations Subcommittee updates. I have been in contact with all the Chairs of Subcommittees and members of the Admin as well as many members of the Capital Area. I have been posting event information on Capital Area Serenity. I attended the Treasure's



Audit with Michele M. and Leah P. on 01/09/22. These are just some highlights. It's been a month of learning, reflection, and goodwill.

Thank you for allowing me to be of service. Let's keep the communication flowing. If I can help, please don't hesitate to contact me.

Jennifer O.

CASC Secretary

## January 2022 CASC H&I Subcommittee Report

Hi family,

As always, thank you for allowing me to serve as the H&I Chair for this term, I am very grateful to be able to be of service. H&I is going right along. We are still taking presentations into Wakebrook on Sundays and Triangle Springs on Thursdays.

We have a core group of subcommittee members who are really carrying these presentations in each week, so any and all members who are interested in getting oriented, re-oriented, or who already are oriented and are willing to be of service on one of these nights, please reach out to me. If you are interested in getting oriented/re-oriented and are unable to be at the regularly scheduled subcommittee meeting in February, I am happy to work with you to find a time that we can get together.

Still no word on the women's prison and when it will be opening back up for us to bring presentations in; however, I do know that the liaison has a list of people that are up for card renewals and will be reaching out to them during their specified renewal months.

Our next subcommittee meeting/orientation will be:

Sunday, February 6<sup>th</sup> @ 12:30pm.  
Zoom ID: 81405280277  
Pw: subcommit. (With the period)

In loving service,

Kelly M.



## Capital Area Officer/Subcommittee Report Form

Name/Position: Craig R/ PR Chairperson

Date: January 9, 2022

### Activities:

- Midmonth meeting on December 16 was held; began planning of round table open forum as delegated; selected January 15 in south-east Raleigh location; site secured; flyer created and distributed to GSRs and Facebook group page; Craig/Joe to facilitate
- Reviewed current Facebook group guidelines; modified guidelines to help maintain an atmosphere and more clarity over what can be posted and approved; changes communicated to GSRs and on Facebook group page

### Website

906 Users

2,633 Sessions

3,873 Page Views (2,744 are the meeting schedule page)

Average time spent on site is 1:34

36% entered in our web address or had it bookmarked

62% found us via Search Engines

1% were linked to us from other sites: the following sites brought us traffic:

- The Our Primary Purpose Area website
- [addicted.org](http://addicted.org)
- [Recovertogether.withgoogle.com](http://Recovertogether.withgoogle.com)

### Financial Expenses:

None this month

### Upcoming Activities:

- Facilitation of January 15 open forum/round table; requesting \$100; rent and refreshments
- Discuss transition of phonenumber oversight back to PR
- Discuss other uses for mass text messaging to GSRs
- Review of internal guidelines for updates and/or changes
- Discuss participation in 2022 Hybrid NC Prevention Conference May 2022; \$200 exhibitor expenses
- Build work plan
  - Discuss/review website, Facebook page for possible rebrand
  - Discuss/review current services for improvement and opportunities
  - Recruitment of new members

Miscellaneous:

We also need a Vice Chair, Secretary, and others to assist with the phonenumber and presentations. Come out to our subcommittee meeting every first Sunday at 12:30. We also have a midmonth subcommittee meeting. Please share that information with your homegroup members and sponsees. If anyone is interested or need more information, you can contact me at 919.618.7771. We really need all our home groups (especially GSRs) engagement, direction and involvement in what we do, to deliver effective services!!

Everything we do is contingent on the ideas and active participation of the members in this area in carrying our message on your behalf. Help us help you!! If there is something we need to stop, start, or continue doing, let us know.

Thank you Capital Area for allowing us to serve!!

Craig R,  
919.618.7771



Capital Area Public Relations Hosts

## ***Commitment to Unity!!***

***A forum/round table for discussion of the issues  
facing our NA community***

***How do we navigate our differences? What are some solutions? How  
can I contribute to understanding, empathy, service, and unity?***



***Come out and bring your voice, ideas, frustration, hopes and  
experience. All voices are equal, have value and are welcomed!***

Saturday January 15, 2022, 11:00 AM-3:00 PM

St. Ambrose Episcopal Church, 813 Darby Street  
Raleigh, NC 27610

Questions call Craig R 919.618.7771 or Joe Mc 919.457.6724

*We encourage people to come in person as we will observe masking and social distancing to provide a safe  
environment but we will provide a virtual link so you can listen in*

**Zoom** <https://us02web.zoom.us/j/7609197158>

Meeting ID: 7609197158

Members of the North Carolina Capital Area.

ATTENTION, please observe the following guidelines for this group:

1. This group is for posting NA related announcements only. Please refrain from posting anything else including inspirational quotes.
2. Please do not add anyone to this group that has not expressed an interest in joining this group.

New:

Members of the North Carolina Capital Area.

Please observe the following guidelines for this group:

1. This group is for posting NA related announcements only. Please refrain from posting anything else including:
  - Inspirational quotes.
  - Debates about NA related services such as motions, proposals or other events.
  - Profane language, name calling, judging and bullying.
  - Videos
  - Non-NA related topics

Treat people in this group with the same principles you would inside an NA meeting.



Good Afternoon:

Past month's activities:

- 1) Policy subcommittee meeting was held at 12:30 before CASC meeting.
- 2) No printed policy manuals until CASC resumes face to face meetings but it is available on the area site.
- 3) CASC Policy web site has been updated with the motions passed by the CASC in accordance with our policy.
- 4) The current updated policy is posted to the web site.
- 5) Contact phone numbers for committee members:  
(267) 997-0896 (Richard J)

Thank you again for your votes of confidence to serve our area in this position.

Richard J.

*Please don't wait until the February CASC meeting if you have any questions or concerns about this report. Just give me a call at (919) 627.7607. -Sebastian*

**CASC Outreach Subcommittee Charter**

**CASC Policy section 3.04(f)**  
 To assist in carrying the NA message to the still suffering addict, thus supporting the continuing growth and unity of the fellowship. It is suggested that additional information about the Outreach Subcommittee may be found in applicable World Service and Regional Service documents. The Outreach Subcommittee will carry out its function and purpose by:

**CASC Outreach Subcommittee Report**

Policy Section	Report
<p><b>3.04(f)i</b> Acting as a resource and a coordinator in reaching out to: Loners, isolated groups, Loners and isolated groups in institutions and struggling groups.</p>	<ul style="list-style-type: none"> <li>• Talked with Madelyn from In From The Storm homegroup, which used to meet Thursday night at Healing Transitions, about options for restarting that meeting. (They stopped meeting when the facility stopped allowing outsider attendance.) She will follow-up with me once she's discussed w/other home group members.</li> <li>• Met with my one other subcommittee member, to discuss divide and conquer approach to visiting the 13 groups who are not recorded as having attended a CASC meeting so far this service year (since June 2021).</li> </ul>
<p><b>3.04(f)ii</b> To locate isolated members, groups, or meetings and to provide these members, groups and meetings with information about NA and its service structure.</p>	<ul style="list-style-type: none"> <li>• Reached out to my network and others on the CASC service body for experience and suggestions on how to do this. I need guidance on this one.</li> <li>• Suggestions received so far: Send out a survey, digital and/or hardcopy. If anyone has suggestions or experience with this let me know.</li> </ul>



Policy Section	Report
<p><b>3.04(f)iii</b> To provide orientation, group packets and CASC Policy Manuals to new GSRs. The orientation will be held 30 minutes prior to the monthly CASC meeting, and will be open to any NA member who wishes to attend, including experienced GSRs who may have missed or want a refresher.</p>	<ul style="list-style-type: none"> <li>• Promoted GSR orientation via email, text, Capital Area facebook page, announcing at meetings, and announcing at this CASC monthly meeting.</li> <li>• 0 GSRs have participated in CASC orientation since I took office, although 1 GSR did express interest.</li> </ul>
<p><b>4.07(c) Payment of Subcommittee Allocations</b>                      The CASC Treasurer will administer pre-approved Subcommittee allocations in the following amounts:                      - H&amp;I \$190.00 per month                      \$200 annually for the H&amp;I Learning Day                      - PR \$75.00 per month                      - Policy \$30 per month                      - Outreach \$35 per month                      The appropriate Subcommittee Chairpersons should collaborate to produce an itemized list of expected spending for the Learning Day in order to receive funding, and at the CASC meeting following Learning Day report actual spending. Funds not used in a given month will be added to the next month. No funds will be retroactive past three months unless approved by the CASC. If necessary, the monthly budgets may be decreased on a temporary basis by a simple majority vote of the CASC without affecting preapproved guidelines.</p>	<ul style="list-style-type: none"> <li>• No funds spent, as there is no current need or requests for printed GSR handbooks or CASC policy manuals.</li> </ul>

Other items
<ul style="list-style-type: none"> <li>• <b>Created this report format</b>, so that all Outreach activities are traceable to CASC policy or clearly delineated when they are not.  <u>Motive:</u> Increase clarity, especially for those who don't attend CASC monthly meetings and/or don't understand CASC Policy.</li> <li>• <b>Answered the Capital Area phone line</b> and helped callers find meetings and information about NA. I continue to be 1 of the same 3 people answering the CASC hotline for over 2 years now. I think it would be good to get some rotation in this role and have discussed it with the PR chairperson.  <u>Motive:</u> Answering the phone line is one of the primary ways an area service committee helps home groups carry the message to the addict that still suffers. After more than 2 years nobody else has stepped up, so I keep doing it.</li> <li>• <b>Scheduled recurring interim service body meeting</b> per CASC Policy section 5.01(d).  <u>Motive:</u> Increase communication and coordination between CASC executive body and subcommittee chairs. The more unified and on top of current</li> </ul>

**Other items**

business the CASC executive body is, the better it will function in helping the home groups they serve further the primary purpose of carrying the message of NA to addicts who still suffer.

- **Created a printable meeting list for December 2021** and gave it over to PR to review and determine whether to publish, along with the tools I used to create it when I was asked by GSRs to do so last Sept.  
Motive: Maintaining a meeting directory is one of the primary ways an area service committee helps carry the message to the addict that still suffers. Since I was the last person to do it (per GSR vote) I wanted to hand it over to PR in good shape, now that we have a PR chair again.
- **Compiled, redacted and inventoried all minutes for 2019, 2020 and 2021** that were sent from [secretary@capitalareancna.com](mailto:secretary@capitalareancna.com). Handed these over to the web admin and service body to decide what they want to do with them, e.g. post to our website.  
Motive: I've been bringing up the missing minutes for at least a year. Since noone stepped up and I did it myself. Enables ease of access to past minutes, although GSRs and others do receive them in email.
- **Coordinated w/PR on online meeting list** corrections and updates.  
Motive: Maintaining a meeting directory is one of the primary ways an area service committee helps home groups carry the message to the addict that still suffers. It takes everyone sharing the info they have about current meeting status to keep the list accurate and up to date. If you have an update to our meeting directory then please email [admin@capitalareancna.com](mailto:admin@capitalareancna.com) ASAP.
- **Created an online form for submitting proposals** (previously I did the same thing for motions and resumes).  
Motive: Make it easier for home groups and members to participate in CASC business.

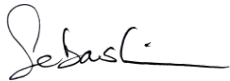
## **An open letter to Capital Area NA members.**

~~~~~  
I love NA. It saved my life, and made it so that I can be there for the people I love. And after literally years of seeking my higher power's will for me and the power to carry it out, one day I had a huge realization: I'm already living it by doing what I can to carry the life saving message of NA to addicts who still suffer.

Anyone that's known me for any length of time knows that my recovery story and NA service story is one of making mistakes, cleaning them up, and learning from it. There's no doubt in my mind this will continue to be my story. We all make mistakes. Integrity is when we admit them and clean them up.

The recent, coordinated effort to criticize my current service efforts, second guess my motives, and publicly disparage my character during the weeks leading up to and at the last CASC meeting did hurt. Luckily though, I've done enough work to know such attacks are not a reflection of *my* character.

I'd like to thank all who reached out to show love and support, on the CASC body and outside of it. You know who you are.

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.



# CASC Convention

## Subcommittee Chair Report

**January 9, 2022**

Good afternoon thank you for allowing me to serve ,We started December with a Balance of 7,093.39 and As of today We have A balance of 8,067.05\$ I am Extremely Proud of The Work Team 21/22 is Doing It is My Honor and Privilege to Work with this Group. We are Working on the Host Venue and Hotels To ensure We Present the Area with The Most Promising Options to Review. Also I don't Think It a good Idea to Move to A Smaller Storage Without Discarding Things that are Important A special thanks to All Capital Area Members who Have Been Supporting our Events Along With the Hope Group Support. I Know See this Body being Able to Accomplish the Task it Was Elected To Do.

In Loving and Committed Service,

Julius J.

Convention Subcommittee Chair



CASC Convention  
Subcommittee Chair Report




Available Balance: **\$8,067.05**


Ledger Balance: **\$8,067.05**


Pending  
Withdrawals: **\$0.00**

**VIEW MORE**

## RECENT TRANSACTIONS

 **DEPOSIT XXXXX8637** **\$100.00**  
*01/05/2022* *\$8,067.05*

 **DEPOSIT XXXXX5434** **\$868.66**  
*01/03/2022* *\$7,967.05*

 **DEPOSIT XXXXX9312** **\$105.00**  
*11/29/2021* *\$7,098.39*

# Business Checking

PNC Bank



For the Period 12/01/2021 to 12/31/2021

Primary Account Number: [REDACTED]

Page 1 of 1

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  
PNC accepts Telecommunications Relay Service (TRS) calls.  
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

## 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            |
|-------------------|------------------------------|-----------------------------|---------------------------|
| 7,098.39          | .00                          | .00                         | 7,098.39                  |
|                   |                              | Average ledger balance      | Average collected balance |
|                   |                              | 7,098.39                    | 7,098.39                  |

## Deposits and Other Additions

| Description | Items | Amount |
|-------------|-------|--------|
| Total       | 0     | .00    |

## Checks and Other Deductions

| Description | Items | Amount |
|-------------|-------|--------|
| Total       | 0     | .00    |

## Detail of Services Used During Current Period

Note: The total charge for the following services will be posted to your account on 01/03/2022 and will appear on your next statement as a single line item entitled Service Charge Period Ending 12/31/2021.

| Description                         | Volume | Amount |                  |
|-------------------------------------|--------|--------|------------------|
| Account Maintenance Charge          |        | .00    | Requirements Met |
| Total For Services Used This Period |        | .00    |                  |
| Total Service Charge                |        | .00    |                  |



CAPITAL AREA CONVENTION SUBCOMMITTEE  
FUNDRAISER

***"THE LOVE OF THE FELLOWSHIP"***

FEB 19th, 2022  
5pm-10pm

*(in person event)*  
1200 Old Wilson Rd  
Rocky Mount, NC 27801

\$5 DANCE, FOOD SOLD AT COST.

Contact persons:  
Shahid W. 919-758- 4332 - Fundraising  
Darren L. 919-798-2723 - Programming