

## March 5, 2023 CASC Meeting Agenda

- **14/42** home groups had GSRs in attendance at the start.
- **1** proposal passed
- **0** motions/proposals to be brought back to homegroups
- **Several** CASC service positions remain vacant. Subcommittees also need help.
- **Basic Text Study Group** has reopened on Thursdays at 6:30pm
- **NA Way** reopened on Sundays at 8:00PM at Fairmont Methodist Church
- **Open NA meetings at Healing Transitions** need support from experienced members
- **Home Group Speaker Swap** needs homegroup participation  
<https://capitalareancna.com/hgss>
- **CASC will be hybrid** until GSRs decide differently
- **03/25/2023** will be the next **Monthly Clean Time Celebration Potluck**
- **04/02/2023** will be the next CASC meeting

### • **Opening**

- Opening prayer
- Concept of the month/ 3rd
- Vision for NA Service
- ASC Purpose

*“Workhorse” of the service structure—maybe that’s the best way to describe the area service committee. Most of the hands-on work of delivering NA services to the groups and the community occurs at the area level. Area service committees are ultimately responsible to the groups they serve. Narcotics Anonymous groups send group service representatives (GSRs) to serve on the area committee. While still maintaining final responsibility and authority for area services, they invest enough delegated authority in their GSRs—and through them, in the area committee—for the necessary work to get done. NA groups also send money to the area committee, money needed to coordinate panels, maintain phonelines, and conduct public information activities. Through their contributions of money and manpower, the groups exercise both their responsibility and their authority for NA services.*

- Roll call
  - CASC Officers and Subcommittee Chairs
  - GSRs (or alt. or proxy)
- Agenda review

*Note: New motions/proposals need to be submitted prior to start of new business*

### • **Old Business**

- Approval of CASC minutes from previous month
  - **None Opposed; Minutes approved**
- One person to be added to minutes recipients

### • **Home Group Q&A and Concerns**

- Welcome any new GSRs/Alternates:
  - Sarah for Freedom Through Recovery
  - Stephanie for NA Way
  - Margaret for Recovery at Noon
- Activities Chair:
  - Recovery at Noon, M/W/Fri at noon – 1:30; message being blurred due to personalities.
    - Requesting that experienced members attend to share their experience

- Business meeting is last Friday of the month
      - Any way that GSR orientation could be done at a different time besides 12-1:30 for members with time conflict?
      - Yes!
      - CAR Report Workshop at 2534 Lakewood Rd on Saturday 10-2; [REDACTED]
      - Unity in the Mornings is celebrating 1-year of Unity; this coming Tuesday (3/7), 9:30-11am;
    - Trust the Process: 7-8:30p Fridays having 10 year anniversary next month. Thinking about having a week of speaker swaps before the Friday, when people are invited to the meeting and have a Chili Dog Chow Down;
    - Suggestion: Potluck at end of the month generates a lot of extra food; would we be able to have those leftovers at Area?
      - Working to have people feel more welcome at NA events
    - Thursday Night LIT celebrating a 2-year anniversary on March 16<sup>th</sup>, 7-8pm
    - James L. 15 year anniversary on March 9<sup>th</sup> at Recovery in the Hood; setting up a separate anniversary celebration that Saturday.
  - **Officer Reports**
    - Chair - Craig R.
    - Vice Chair - Richard J
    - Treasurer - Leah P.
    - Treasurer Alternate - **VACANT**
    - Secretary - **VACANT**
    - Secretary Alternate - Jason S.
    - RCM - Joe M.
    - RCM Alternate – Sebastian D
  - **Subcommittee Reports**
    - Hospitals & Institutions – Toi R
    - Public Relations - **VACANT**
    - Policy - **VACANT**
    - Outreach – Donald D
    - Activities – Shahid W
    - Convention - **VACANT**
  - **Ad Hoc Reports**
    - Unity/ Chris G
  - **Q/A on Reports**
    - Treasurer:
      - Question: If monthly expenses aren't \$1800, should we lower prudent reserve?
        - Our expenses \*aren't\* \$1800/mo
      - Are we back above prudent reserve after several months of higher expenses?
        - Yes
      - Does the report created last week include donations from today?
        - No
        - Suggestion: Would be useful to find out what our total balance is as of Area
        - GSRs want reports a week in advance of Area
          - Treasurer report includes a breakdown of all monthly expenses – it would be useful to have GSRs review report before Area and bring a motion if they have a suggestion about how to budget differently
    - Activities Subcommittee:
      - There is a contract related to meeting at Christ the King for the last Saturday of the month for the next year (or 10 months); \$50/mo for the 2 hour period of 6-8pm on the last Saturday of the month
        - Any problems with executing the contract?
        - Concern: A monthly expense
    - RCM:
      - How can groups submit their manual form?
        - Can be done at homegroup (if notified), could send clear pictures to Sebastian
      - Can we put a link to the CAT forms in minutes? Yes
      - Address to RSC, April 22<sup>nd</sup> 1pm in the minutes? Yes
      - How can homegroups get more information about CAR motions?
        - There are a number of online resources at the Regional and World level
        - Faith Through Principles is hosting a homegroup discussion of the CAR report that others can attend as well
    - Outreach:
      - The NA Way on Sunday nights at 8pm needs support
      - Need support at meetings hosted at Healing Transitions (Men's and Women's – these meetings are **not** H&I meetings and anyone may attend).
        - **Asking experienced members to make a commitment to go to one of these meetings once a month**
        - Outreach is forming a committee to be able to attend different meetings to take burden off individuals; attempting to identify group GSRs that don't attend and what they need, etc.;

- meeting regularly to discuss their findings
- Suggestion: discussing with PR to provide presentations to these facilities
  - Meeting at Women's HT meeting is hybrid and open to all
  - Recovery in the Hood is at Men's HT; open to all

- **New Business**

- Welcome new home groups joining Capital Area NA of NC (if any).
- Last call for new motions, proposals, and service resumes.
  - **Proposal:** Admin body or appointed ad hoc establishing annual service planning sessions as part of one of our Town Halls. The results/recommendations/ideas would be presented at the April ASC meeting for possible implementing of a May Town Hall
    - Intent: To help us better engage and listen to our homegroups, better carry the message through more effective and efficient services, and work towards common goals. This will also help us find possible new solutions to old problems
      - Should we have quarterly town halls, at one of those we should have a Planning discussion (what services do GSR want delivered, what is our priority?)
      - Bring back recommendations on how to implement annual planning sessions
      - Opposition to having admin take point and invite any other members who are interested in an adhoc? **None**
    - Suggestion: Can we have planning investigation findings proposed before the new admin cycle?
      - **Yes**

- **Approved**

- Discussion: Nailing down the one-day event in June 2023
  - Do we still want this?
    - GSR feedback: great for newcomers to see what a min-convention looks like, fund flows to Area, has workshops and other activities
    - Considering that we still focus on the newcomer at these events and make sure they're aware of them
    - Suggestion: Should form an ad-hoc committee for this event
    - Question: Is there enough time to plan this event?
    - Decision point: Who will plan the event?
    - Suggestion: Go ahead and set aside money above prudent reserve
    - Question: What should One-Day Adhoc explore?
      - Scope until end of June, location, itinerary,
      - Stephie G. [REDACTED] between 7a-10p <- Secretary note: contact hours
      - **First ad-hoc meeting to take place on Sunday, March 19<sup>th</sup> from 12-2pm on Zoom – use same Zoom credentials as monthly CASC (located on Area Service Committee tab of website)**
- Where are the new supplies (coffee maker, coolers, etc.) going?
  - Passcode to storage needs to be gathered and changed, and then the supplies can be put in our storage unit
- Question: Tuesday Night Live made donations this month and last month. Confirmation these payments were received?
  - **Yes**
- Difficulty finding Stepworking Guides and white keytags besides World Services and Florida
  - **Florida, WSO, Baltimore**
- Delphyne would like to run for Policy Chair next month
- Question: Do we print meeting schedules any more?
  - **No; the most up-to-date will be on the website**
  - **There is a link on the meeting list that will generate a current up-to-date list of groups in the Area for anyone that is interested in printing.**

- **Elections**

- Nominations for open ASC positions
  - Alternate treasurer
  - Secretary
  - Policy (has to go back to homegroups since recently vacated)
  - Public Relations chairperson

- **Closing Prayer**

Officers	Name & contact info	✓	
Chair	Craig R. [REDACTED]	✓	
Vice Chair	Richard J. [REDACTED]	✓	
Treasurer	Leah P. [REDACTED]	✓	
Treasurer Alt.	VACANT - submit a service resume if you are interested in this position		
Secretary	VACANT - submit a service resume if you are interested in this position		
Secretary Alt.	Jason S. [REDACTED] secretary@capitalareancna.com	✓	
RCM	Joe M. [REDACTED]		
RCM Alt.	Sebastian D. [REDACTED] admin@capitalareancna.com	✓	

Subcommittees	Chair name & contact info	✓	
H&I	Toi R. [REDACTED]		
Public Relations	VACANT - submit a service resume if you are interested in this position		
Policy	VACANT - submit a service resume if you are interested in this position		
Outreach	Donald D. [REDACTED]	✓	
Activities	Shahid W., [REDACTED]	✓	
Convention	VACANT - submit a service resume if you are interested in this position		

Home Group	GSR info	✓	
A New Beginning	James H	✓	
Came to Believe			
Candlelight Recovery			
Daily Reprieve			
Experience, Strength, and Hope			
Faith Through Principles	Delphyne	✓	
Freedom Thru Recovery	Sarah	✓	
I Can't We Can			
In From The Storm			
Ladies Night Out			
Let The Healing Begin			
Life On Life's Terms			
Lunatic Fringe			
Mid Day Miracles			
NA at Noon			
NA Way	Stephie	✓	
Never Alone Never Again			
New Beginnings			
Peace in the AM			
Pride in Recovery			
Principles B4 Personalities		X	

Home Group	GSR info	✓	
Recovery at Noon	Margaret	✓	
Recovery in The Hood	James L	✓	
Rediscovery Thru Recovery	Ben	✓	
Serenity in the Morning			
Simple Solution			
Southside Recovery			
Spiritual Change			
Spiritually Connected			
Staying Alive	Nick R	✓	
Sunday Serenity Group			
The Journey Continues			
The Primary Purpose Group	Elizabeth D	✓	
Thursday Night LIT	Luke	✓	
Together We Can			
Trust The Process	Chris G	✓	
Tuesday Night Live	Tim H	✓	
Unity in the Mornings	Jennifer O	✓	
Way to Grow Group			
We Do Recover			
Wolfpackin'			
Young Connections to Recovery			

**14/42 homegroups present**

\*\* Adding Basic Text Study Group back to the list; also present. [REDACTED]

Thursdays, 6:30PM-7:30PM; 130 Commerce Pkwy, Garner, NC; Book study; masks requested (and provided)



Capital Area Service Committee  
Proposal Form

Date: 3/5/23

Proposed by: Principles Before Personalities

What is being proposed?

Our group <sup>proposes</sup> that the Admin body or appointed ad hoc look at establishing annual service planning sessions as a part of one of our Town Halls. The results/recommendations/ideas would be presented at the April ASC meeting for possible implementing at May Town Hall.

Reason for this proposal:

Intent:

To help us better engage and listen to our homegroups, better ~~to~~ carry the message through more effective and efficient services, and work towards common goals. Also, this will help us find possible new solutions ~~to~~ to old problems.

Result:



Capital Area Service Committee

Name/Position: Craig R/ ASC Chairperson

Date: March 5, 2023

Greetings-

During our monthly admin meeting, we review the recent and upcoming ASC meetings for any issues and ways to improve our service to you.

- First of all, thank you for the trust your groups give us to be good stewards of the financial and human resources provided to deliver services on your behalf.
- Thanks to all who participated and contributed to the workshops during Unity Day. There was a lot of good information and experience shared. Our hope is to continue building on these events.

I consider our service to you as a partnership and all of us serving together in unity, to carry our message. We need each other and we need you to help us help you and your homegroup. At any time, your needs are not being met, please speak up.

Craig R

RCM Report - March, 2023

There are upcoming CAR workshops that can be found at a page on our regional website (<https://ncregion-na.org/wsc/>). Additionally, the RD and AD for our Region are holding a CAT (Conference Approval Track) workshop. This will be held virtually and be on April 15th at 1pm. The zoom info has yet to be distributed. The CAT where we will discuss and give input on what we will be working on during the upcoming conference term which is generally 2 years but might become 3 years after the next WSC depending on the outcome of the vote.

As a reminder, please have your votes for the CAR turned by the end of March or April 15th at the very latest. Votes can be turned in to Sebastian, Jonathan or myself. Ideally, your group will fill it out electronically by going to [ncregion-na.org/wsc/](https://ncregion-na.org/wsc/). If you'd like a hard copy of the tally sheet mailed to you, let me know and I will mail one asap.

There's also the literature survey that is still open for voting through April 1st and can be found on the same Regional webpage ([ncregion-na.org/wsc/](https://ncregion-na.org/wsc/)).

The Capital Area is confirmed to host the next RSC on April 22nd. It will be held at Greenwood Forest Church in Cary. Address is 110 SE Maynard Rd. The RSC will be hybrid. Here is the zoom info: <https://us02web.zoom.us/j/81187575427>

**NEXT RSC:** April 22nd at 1:00pm

If you have any questions, feel free to email me, Joe McC. at [REDACTED] or call me at [REDACTED]. You can also reach out to Sebastian.

NC REGION WEBSITE: [www.ncregion-na.org](http://www.ncregion-na.org)

Upcoming Dates:

**World Service Conference:** April 30th through May 6th.

**PR Week:** June 3 - June 9th

**WCNA 38:** August 29th - September 1st, 2024 in Washington, D.C.



## CASC TREASURERS REPORT

Date: 3/05/2023  
From: Leah P, CASC Treasurer  
Re: Treasury Report for the month of February 2023

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 via paypal or cash app. When using Paypal, please send payment to friends and family as there is now a large fee associated with Goods and Services payments.
- We donated \$0.00 to the World Service Office which is 40% above prudent reserve. We donated \$0.00 to the NC Region which is 60% above prudent reserve. There are three checks cleared our account from NC Region. Checks are accounted for below as the outstanding checks not cleared and on the Income and expense worksheet under the same title.
- No individual is making payments at this time.
- I mistakenly used the Capital Area paypal in place of my work paypal. I immediately called the person and she refunded the month within 5 minutes.
- Cash App is still not functioning. I am happy to meet anyone that needs to donate or we can come up with another arrangement if there is no way to make an alternate payment.

### February 2023 STATEMENT

The beginning balance on 1/30/2023 was:	\$ 1,862.20
Deposits totaled:	\$ 745.76
Checks and deductions totaled:	\$ 800.02 - See attached detailed Income & Expense Report
Ending balance on 2/25/2023:	\$ 1,807.94 See attached PNC Bank Statement
Outstanding checks not cleared:	\$ _____
<b>Available balance on 2/25/2023:</b>	<b>\$ 1,807.94</b>

This available balance puts us \$7.94 ABOVE 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 \$3.18 donation to World or and a \$4.76 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 (with budget draft)
- PNC Bank Statement through 2-25-23
- Pay Pal Activity Statement
- Home Group Donations



Capital Area NA  
Treasurers Report Income Expense

Beginning Balance:	1/30/2023	\$1,862.20		Period: 1/30/23 -2/25/2023	
<b>Type of Deposit/debit</b>	<b>Date</b>	<b>Amount</b>	<b>Notes</b>	<b>Description</b>	
Group Donations	2/25/2023	\$745.76		Group donations received during the Month	
<b>Total Income/ Revenues</b>		<b>\$745.76</b>			
<b>Expense Section</b>					
<b>Type of Bill or Payment</b>	<b>Date</b>	<b>Check #</b>	<b>Amount</b>	<b>Notes</b>	<b>Policy Description</b>
<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			<b>Varies slightly - averages \$30.93/ month</b>
Twilio					<b>new phone line service</b>
Meeting Directories					<b>Varies slightly - Quarterly Printing</b>
Website - Auto Draft Go Daddy	16th monthly	AD	<b>\$20.17</b>		<b>On Auto draft</b>
Text Blasting-Auto Draft Monthly	9th monthly	AD	<b>\$16.00</b>		<b>On Autodraft-TEXTEDLY.COM</b>
PR Literature					<b>\$75 Monthly Budget-\$65 facebook</b>
PR Chair Travel Expenses					
Car Workshop					<b>\$35 Monthly allocation per policy</b>
Coolers/Coffee Pot. Approved by gsr					<b>\$30 Monthly allocation per policy</b>
Activities Committee available			<b>(\$53.62)</b>		<b>coffee pot returned</b>
<b>AREA SERVICE COMMITTE</b>					
Fairmont United Methodist Church	1st monthly		<b>\$100.00</b>		ASC - Rent
Greenwood Forest Baptist			<b>\$100.00</b>		
Christ The King			<b>\$50.00</b>		
St. Ambrose			<b>\$50.00</b>		
Secretary					<b>Varies slightly</b>
Treasurer - Office Supplies					<b>Checks Replenished/Harland Clarke</b>
Treasurer -Storage Rent	9th monthly	AD	<b>\$108.95</b>		<b>Security Self Storage</b>
Chairperson					
Area Supplies					
RCM Travel/ Expenses			\$96.53		<b>Refund Receipts</b>
Bank Fees		AD			<b>Service charge - Bank Account</b>
Mail Box - Due yearly on March 31st					<b>CASC Mailbox at Cameron Village</b>
Misc. ZOOM and Website					
ZOOM			<b>\$11.99</b>		
Activities Ad-Hoc Unity Day			<b>\$300.00</b>		
Regional Donations - 60% - CRNA					<b>Per Policy</b>
World Donations - 40% - NAWWS					<b>World Donation Per Policy</b>
<b>Total of All Expenses</b>			<b>\$800.02</b>		
<b>Revenue</b>			<b>\$745.76</b>		
<b>Beginning Balance:</b>			<b>\$1,862.20</b>		
<b>DIFFERENCE: Income-Expenses</b>			<b>-\$54.26</b>		
<b>Ending Balance</b>			<b>\$1,807.94</b>		
<b>Previous Month's Checks Not Yet Cleared</b>					
<b>Check Payable to:</b>	<b>Date</b>	<b>Check #</b>	<b>Amount</b>		
Regional					Fairmont Dec
Fairmont United Methodist Church					St. Ambrose Town Hall
World Donations					
		<b>TOTAL:</b>	<b>\$0.00</b>		
<b>Available Balance</b>			<b>\$1,807.94</b>		
<b>Prudent Reserve- Per Policy</b>			<b>\$1,800.00</b>		
<b>Amount Above/ Below P.R.</b>			<b>\$7.94</b>		

Home Group Name	Donated	Deposited	Home Group Name	Donated	Deposited	Home Group Name	Donated	Deposited
A New Beginning	25	\$25	Mid Day Miracles			South Side Recovery	95	<b>\$95</b>
Basic Text Study Group			Miracles In Progress			Spiritual Change		
Came to Believe			NA At Noon	72.76	\$72.76	Spiritually Connected	27	\$27
Candlelight Recovery			NA In the PM			Sunday Serenity	48.8	48.80
Constantly Searching			NA Way Group			The Journey Continues		
Daily Reprieve			Never Alone Never Again			The Primary Purpose Group	28.2	<b>\$28.20</b>
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		
Freedom Through Recovery	\$50.00	<b>\$50.00</b>	Out To Lunch			Tuesday Night Live	60	\$60.00
I Can't, We Can			Peace in The AM	200	\$200	Unity and Positivity		
In From The Storm			Principles & Traditions			Way to Grow Group	52	\$52
Keep it Simple	9	<b>9</b>	Principles B4 Personalities	58	\$58	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	10	\$10	Women In Recovery		
anonymous	10	\$10	Young Connections to Recovery					
			<b>Home Group Donations</b>		<b>\$745.76</b>	<b>Total Other Income</b>		
						<b>Total Income</b>	<b>\$745.76</b>	

Search by name or email



Filter by

Date: This Month

## Completed

Last week



**PNC BANK, NA**  
Feb 17 · Transfer to Bank

- \$60.00



**Timothy** [REDACTED]  
Feb 17 · Money Received  
"Tuesday Night Live"

+ \$60.00



**PNC BANK, NA**  
Feb 16 · Transfer to Bank

- \$48.80



**Jonathan** [REDACTED]  
Feb 12 · Money Received  
"Sunday Serenity"

+ \$48.80

2 weeks ago



**LashandThings, LLC**  
Feb 9 · Refund

MISTAKE CORRECTION

+ \$115.00



**LashandThings, LLC**  
Feb 9 · Payment · Refunded

- \$115.00



**PNC BANK, NA**  
Feb 7 · Transfer to Bank

- \$72.76



**Shawn [REDACTED]**  
Feb 7 · Money Received  
"NA@NOON 7th Tradition Donation-Jan."

+ \$72.76



**PNC BANK, NA**  
Feb 2 · Transfer to Bank

- \$28.20



**Jesse [REDACTED]**  
Feb 1 · Money Received  
"Primary Purpose pt 2"

+ \$9.40



**Jesse [REDACTED]**  
Feb 1 · Money Received  
"Primary Purpose 7th trad"

+ \$18.80

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**Business Checking** [REDACTED] **Available Balance: \$1,807.94**

**Account Summary**

<b>Available Balance:</b>	\$1,807.94	<b>Interest Paid to Date:</b>	\$0.00
<b>Ledger Balance:</b>	\$1,807.94	<b>Interest Paid Last Year:</b>	\$0.00
<b>Pending Withdrawals:</b>	\$0.00	<b>Last Deposit Amount:</b>	\$9.00 02/24/2023
<b>Pending Deposits:</b>	\$0.00	<b>Last Statement Balance:</b>	\$1,812.20 01/31/2023

**Account Details**

<b>Nickname:</b>	None
<b>Type:</b>	Business Checking
<b>Text Banking Nickname:</b>	None
<b>Address:</b>	[REDACTED]

**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>
02/24/2023	ATM DEPOSIT [REDACTED] DEPOSIT [REDACTED] CAPITAL BL RALEIGH NC		\$9.00	\$1,807.94
02/22/2023	CHECK 2023 083387479	\$100.00		\$1,798.94
02/21/2023	RECURRING DEBIT CARD [REDACTED] ZOOMUS [REDACTED] WWWZOOMUS CA	\$11.99		\$1,898.94
02/21/2023	ACH CREDIT [REDACTED] PAYPAL TRANSFER		\$60.00	\$1,910.93
02/17/2023	ACH CREDIT [REDACTED] PAYPAL TRANSFER		\$48.80	\$1,850.93
02/10/2023	ATM WITHDRAWAL PNCPIX [REDACTED] [REDACTED] CAPITAL BLVD RALEIGH NC	\$300.00		\$1,802.13
02/09/2023	CHECK [REDACTED]	\$50.00		\$2,102.13
02/08/2023	RECURRING DEBIT CARD [REDACTED] TEXTEDLY HTTPSTEXTED CA	\$16.00		\$2,152.13
02/08/2023	RECURRING DEBIT CARD [REDACTED] PY Security Self Stor [REDACTED] NC	\$108.95		\$2,168.13
02/08/2023	ACH CREDIT [REDACTED] PAYPAL TRANSFER		\$72.76	\$2,277.08
02/06/2023	CHECK [REDACTED]	\$96.53		\$2,204.32
02/06/2023	CHECK [REDACTED]	\$50.00		\$2,300.85
02/06/2023	CHECK [REDACTED]	\$50.00		\$2,350.85
02/06/2023	RECURRING DEBIT CARD [REDACTED] DNHGODADDYCOM [REDACTED] AZ	\$20.17		\$2,400.85
02/06/2023	ATM DEPOSIT [REDACTED] DEPOSIT 1959 CLARK AVE RALEIGH NC		\$6.00	\$2,421.02

02/06/2023	ATM DEPOSIT [REDACTED] DEPOSIT [REDACTED] CLARK AVE RALEIGH NC	\$44.00	\$2,415.02
02/06/2023	ATM DEPOSIT [REDACTED] DEPOSIT [REDACTED] CLARK AVE RALEIGH NC	\$52.00	\$2,371.02
02/06/2023	ATM DEPOSIT [REDACTED] DEPOSIT [REDACTED] CLARK AVE RALEIGH NC	\$425.00	\$2,319.02
02/06/2023	DEBIT CARD CREDIT [REDACTED] VIS 0205 WALMART.COM WALMART.COM AR	\$53.62	\$1,894.02
02/03/2023	ACH CREDIT [REDACTED] PAYPAL TRANSFER	\$28.20	\$1,840.40
01/30/2023	CHECK [REDACTED] \$50.00		\$1,812.20
<hr/>			\$1,862.20

## March 2023 Secretary Report

Hello Everyone,

February was an exciting time for events in our Area. Most recently, the second Capital Area Monthly Clean Time Celebration Potluck (CAMCTCP anyone?) was a successful and fun event, bringing together people who may not regularly see each other to celebrate being clean. Attendees ranged from having a couple months to a couple decades and the event was a good time of food and fellowship. I encourage you to come to the next one on March 25<sup>th</sup> – whether or not you have a clean time milestone in March!

Additionally, the Capital Area anniversary event was a success, including our third area round table. Part discussion of Tradition/Concept 2 and part discussion of specific issues affecting our local NA community, the round table again seems to be a useful way for members to discuss topics in ways that do not fit squarely into our local meeting formats or Area business “To-Dos” such as motions and proposals. The minutes from the February round table discussion are attached separately and I encourage you to come out for the next one when it is scheduled.

Kind Regards,

Jason S.

Alternate Secretary

### **Activities Subcommittee Chair Report, March 2023**

My name is Shahid, thx for allowing me to be of service as Activities chair. There's not a lot to report other than our monthly potluck was another success. We had maybe 4 people who had a clean date in February. Everyone clean time was recognized. Members had the opportunity to meet other members for the first time (spiritual). It was more than enough food for everyone & fellowshiping as we did bridge the gap for some. A donation was collected which was counted & turn over to our area treasurer.

Thx for allowing me to be of service.

Activities chair (Shahid)



## Outreach Subcommittee Report, March 2023

Glad to be of service. If anyone needs to contact me, feel free to do so. I have formed a subcommittee to help me and I am open for help and suggestions. I have an opportunity to go to some meetings that don't have GSRs coming to our meeting and groups that need support. I will be talking a little about that at our next area meeting. Also the Basic Text Study group will be opening their meeting back up on Thursday nights from 6:30 – 7:30. The new address is 130 Commerce Pkwy #103, Garner NC.

Thanks for allowing me to be of service.

Donald D.

Phone: [REDACTED]; [REDACTED]

Email: [REDACTED]

**Business Checking** [REDACTED] **Available Balance: \$8,016.39**

**Account Summary**

<b>Available Balance:</b>	\$8,016.39	<b>Interest Paid to Date:</b>	\$0.00
<b>Ledger Balance:</b>	\$8,016.39	<b>Interest Paid Last Year:</b>	\$0.00
<b>Pending Withdrawals:</b>	\$0.00	<b>Last Deposit Amount:</b>	\$871.16 01/03/2023
<b>Pending Deposits:</b>	\$0.00	<b>Last Statement Balance:</b>	\$8,016.39 02/28/2023

**Account Details**

<b>Nickname:</b>	None
<b>Type:</b>	Business Checking
<b>Text Banking Nickname:</b>	7056
<b>Address:</b>	[REDACTED]

**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>
01/03/2023	DEPOSIT [REDACTED]		\$871.16	\$8,016.39
12/19/2022	CASHED CHECK 1067 [REDACTED]	\$350.00		\$7,145.23

Good afternoon,

Greetings from your Unity Ad hoc. All is well. We want to thank everyone that supported the Ad Hoc since its inception in August of last year, as usual it has been a pleasure to serve the groups of the Capital Area. Our Unity/Awareness Day/ Area Anniversary was held February 18, 2023, and we want to thank everyone that supported the area event. Information was shared and a great time was had.

We are submitting receipts in the amount of \$246.05 and returning \$163.83 of the \$400.00 budget. We are also including \$67.00 in donations for a total of \$230.83.

Rent: \_\_\_\_\_ \$100.00

DJ: \_\_\_\_\_ \$50.00

Coffee/Creamer/Cups/Sugar/Creamer/Markers/Posterboard/Pens/Pencils \$62.31

Thanks for the opportunity to be of service to the Fellowship of NA. Thanks to everyone who served on and supported this Ad hoc committee.

## February 18, 2023 Capital Area Unity Round Table

Facilitated by Nancy J and Elizabeth D

Initial Topics: Tradition 2 and Concept 2

### **Tradition Two:**

For our group purpose there is but one ultimate authority – a loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.

The final responsibility and authority for NA services rests with the NA groups

*One member's experience with Tradition and Concept Two:*

- Service is an honor and a personal experience.
- Diversity comes also in the form of experiences and perspectives.
  - Diversity isn't a strength unless we recognize it and cherish it.
- Step work lays the groundwork for other services.
- Group conscience is not just applicable in NA meetings, but other NA events and services.
  - More than one member coming together to identify different ways to carry the message.
- Group conscience is not uniformity.
  - There are often multiple ways to get to the same destination.
- New doesn't just mean new to NA; it could be new to the Area or a group.
  - Good ideas and perspectives don't solely come from longstanding members.
  - By allowing people to feel safe sharing their perspective and by groups listening to the minority opinion, we can get better.

### **Second Tradition and Concept Q&A Discussion**

1. What is a conscience, and how do I get in touch with mine? What does group conscience mean to me, and how do I participate in it? What is the difference between the group conscience and my individual conscience?
  - a. The feeling of rightness or wrongness internally

2. How does participating in group conscience help develop my sense of a Higher Power? How do I allow my Higher Power to influence my decision making? What helps me cultivate that influence?
  - a. Sometimes it may look like sharing something that you have a strong conviction about and stepping out of the way for other people to make the decision.
3. How does my understanding of open-mindedness help me apply the Second Tradition? How do I encourage or welcome the ideas of new members? Do I consider the needs of views of those who aren't in the room? How do I find the courage to ask difficult questions in business meetings?
  - a. We won't move forward and grow without new ideas.
  - b. These can come through considering topics during quiet time.
4. How do we invite a loving Higher Power into our decision-making process?
  - a. A reminder that the discussion at hand often doesn't \*need\* to be decided right now. We can often discuss more than once or over a period of time so we can provide everyone the opportunity to come to their decisions.
5. What is our shared understanding of group conscience? Is it the same as or different from a majority vote or consensus? How does our group establish a group conscience?
  - a. We need to have everyone involved and not exclude anyone.
6. Does a service body have a group conscience? How do we exercise group conscience in service? How do we invite a loving Higher Power into our decisions?
  - a. One member does believe that service bodies have group conscience like homegroups, and we invite a loving Higher Power into our decisions by inviting more people into the conversation.
7. What does a good group conscience process look like? What would an observer notice about decision making in our service body?
  - a. One member believes "good" means healthy, and we can create a ground to flesh out our disagreements and conflicts.
8. How best do we involve groups in our process? How does our work impact other service bodies? What's the relationship between communication and Tradition Two?
  - a. Not relying just on one point of contact (like an Outreach chair) to visit meetings and ensure they have what they need.
  - b. One-way communication streams aren't effective here – we need discussion and back-and-forth.

## Concept Two

- The most important title I have in NA is “Member.”
- If groups are not at the service body, they cannot provide direction for the service body.
- Area Service Committee was set up to provide services on behalf of groups, to do things that would be difficult for homegroups to do themselves.
- We don’t cut off those that aren’t participating, but their participation is still essential.
- NA is not a business practicing spiritual principles; it’s a spiritual program practicing business principles.
- One of the best ways in service bodies is to have a planning session to identify group needs and establish a way forward to meet those needs.

## Money Matters

- Donations and contributions do not mean the same thing.
- When we contribute to and invest in NA, we contribute to ourselves, other addicts, and our message.
- We can do more together with more involvement.
- Area, Region, and World all provide different services that would be difficult for smaller bodies to provide.
  - All our literature and translations comes from World Service.
- It takes individual accountability to be prudent with NA funds and we can assist other addicts by not holding onto funds (past a prudent reserve).
- Question: What to say to meetings that are having trouble supporting themselves?
  - Struggling groups don’t see people from Area supporting these groups.
  - Why don’t we send Area money to groups that are struggling?
    - We want these groups to come and tell where the need is so that something can be done.
    - Fully self-supporting means more than just providing finances.
  - There’s accountability for the Area treasurer by having multiple signatories.
  - The idea of fund-flow comes with the idea that there are additional funds to fund flow – it’s not an expectation of groups who don’t have excess funds after expenses.

- There are several options for gathering support for a meeting (GSR responsibilities, constant sharing about needs, etc.)
  - Opinion: If groups still do not have attendance after requesting support for a significant period of time, it may not be satisfying a need for the current area.
- Question: What to say to groups that don't trust Area?
  - Any service body puts safeguards in place.
    - Deterring people from misappropriation of funds
    - Idea is for people to feel comfortable with deterrents.
    - Including accountability so that any wrongdoing is uncovered very soon.
  - We've all done regrettable things in the past and we shouldn't hold service bodies at fault forever for individual decisions from the past.
  - You can send anyone (as a GSR-proxy) to Area – it doesn't even have to be monthly. It could be as regularly as you can make it. But not having a GSR does not mean your group can't have a voice at Area.
  - Individual members have had the experience of having Area be divisive and problematic.
    - Service bodies don't work with perfect efficiency and getting things right all the time.
    - There are some things that get done that can't get done any other way.
      - Online meeting list, H&I meetings in your institution, phone lines
    - Things get messed up sometimes, but Area (and larger service bodies) *still* help homegroups carry the message.
    - In the past decade we have had 3 misappropriations of funds – 2 were fully repaid and one was partially repaid. Consideration: What do we want to focus on here?

### **Disruptive Behavior – Discussion and Q&A**

- Discussing the Violent & Disruptive Behavior IP, including strategies to address these behaviors.
- One member sharing about why violent and disruptive behavior in our Area needs to be addressed.

- These also include behaviors such as preying on newcomers and vulnerable people, sexually or otherwise.
- Discussion that there is likely more benefit to have predators leave than to close the meeting – meetings shouldn't have to close because of individual actions.
- Members can feel excommunicated or no longer welcome when these things happen to them, and other members don't address it seriously.
- Necessary for men to call out other men.
- Moving away from victim blaming and moving towards believing victims
- Addressing topic of what the “signs” are to look out for
- Solutions sourced from NA and other 12 step programs:
  - Utilizing candid language – calling behavior what it is and not making it more palatable.
  - Educating others of what is and isn't acceptable and what to be done about it
  - Discussing how groups incorporate language into their format proactively.
  - Discussing: What can calling out your friends' behavior look like?
  - Ad-hoc committee on researching what predatory behavior looks like in meetings, what can be done about it, and creating a hotline.
    - Ad-hoc can provide resources with support.
  - Having workshops on what predatory behavior looks like
  - Creating and maintaining culture and support for each other.
- Discussion
  - Largely what happens before and after meetings that contribute the most to members not feeling safe – less so what's happening during the meeting itself, though still possible.
  - People not feeling safe in meetings is a common experience.
    - Could be purposeful, could be people that think their behavior is acceptable when it isn't.
  - Suggestion of speaking to people that appear to be getting closer to someone who is identified to be an active predator.
  - Suggestion of speaking to someone's sponsor to inform them of their sponsee's behavior.



- Men are often unaware of how their behavior affects women.
- It's often triggering to be around violence and sexually inappropriate behavior, especially when people don't know the effects their behavior has on other people.
- We're responsible for our own recovery, but that doesn't mean our behavior doesn't have an impact on other people.
- Our conversations need to evolve – our existing literature doesn't solve every problem.
- Not feeling safe contributes to women not being in our meetings.
- Drugs are the main problem, but they're not the only problem.
- This isn't a problem exclusive to young women, but all women.
- It's the responsibility of the group and the members within to maintain the safety and atmosphere of recovery at a meeting.
- Encouraging people to embrace the discomfort and talk about these things – talking to men and women about their behavior, but also talking to men and women about healthy boundaries and what is and isn't acceptable here in NA.

### **General Q&A**

- How does one get NA-approved literature?
  - CAR report includes topics that could make it to the WSC for what literature gets decided on.
  - On the regional website, we have links to provide feedback for the CAR report including new literature.
  - Na.org/survey
- Idea: Having a planning meeting once a year (around May/June) to define what our services for the coming year will be
  - Facilitated by NA members that have professional experience in this regard.
    - “Strategic Planning”
  - Benefit: We can be assured we're delivering services our homegroups want.
    - Most people will support their own ideas.
  - Benefit: Allows us to prioritize, delegate, and act upon
    - Allows us to measure how effective we are in our services.
- Bring your sponsor and/or sponsee to the next NA event you go to!