

GSR CHEAT SHEET

- **43% of home group (18 out of 42)** had representatives in attendance.
- **1 motion passed:** move next Area convention to March-June of 2025, and hold a one-day convention-style event in June of 2024.
- **1 position elected:** Sheryl M. Vice Chair of the Convention Subcommittee of the CASC.
- **1 position resume back to home groups:** Aaliyah for Convention Subcommittee Secretary or Alternate Secretary.
- **Next CASC** will be April 7, 2024.

- **Opening**

- Opening prayer
- Readings
 - Concept of the month (Concept 3)
 - [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 and Introductions
- Accept minutes from previous month
- Agenda review

Role Call – CASC trusted servants

Chair	Richard J
Vice Chair	Leah P
Treasurer	Liam O
Alt. Treasurer	VACANT
Secretary	Ben M. (subbing for Jason S.)
Alt. Secretary	VACANT
RCM	Sebastian D.
Alt. RCM	VACANT
H&I Chair	VACANT
Policy Subcommittee Chair	Craig R.
PR Subcommittee Chair	VACANT
Outreach Subcommittee Chair	VACANT
Activities Subcommittee Chair	Shahid W.
Convention Subcommittee Chair	Kay W.
Flexible Service Delivery Ad Hoc Chair	Craig R. (subbing for Jason S.)
Literature Subcommittee Chair	VACANT

- **Home Group Concerns and Open Forum:**

- **Concern:** ██████ reads document about NA Service behavior and conduct, and the ongoing need to treat each other with respect.
 - **Discussion**
 - ██████ states that she was previously treated poorly by another NA member during a service body event. She was treated with bullying and rudeness. She doesn't want to be GSR anymore as a result of this kind of treatment. This treatment came at the hands of someone who stood last month as a candidate for a service position. She states that we are not treating one another well, and that it's unacceptable. States that we need accountability in our behavior.
 - ██████ states that the ASC is aware of multiple reports of abusive behavior by those engaged in service-related functions. He speaks to the question of addressing home group concerns by drawing a distinction between those that are amenable to redress by the ASC per Area policy and those that are not. He further states that the purpose of providing a forum to air group and individual concerns at ASC meetings is in large part to provide a forum in which many home groups can engage in open dialogue and provide feedback about these concerns.
 - ██████ responds by mentioning service material on disruptive and violent behavior.
[Secretary's note: this document can be found at [https://www.na.org/admin/include/spaw2/uploads/pdf/servicemat/Disruptive and violent behavior_Sep07.pdf](https://www.na.org/admin/include/spaw2/uploads/pdf/servicemat/Disruptive_and_violent_behavior_Sep07.pdf)]
- **Concern:** ██████ asks about a financial audit that she heard the ASC was looking to undergo. Asks why this was not public knowledge. Asks who initiated the financial audit process. Asks whether it was done by an outside party, and whether a cost was incurred.
 - **Discussion:**
 - ██████ addresses the question about the financial audit. She says that there has not been an audit conducted during this service year. She states that the ASC talked with a CPA about a financial review. She states that the CPA contacted declined to take on the task of performing the requested review. She states that there is now a search for qualified NA members from outside the Capital Area to conduct such a review at what would presumably be a lower cost than the one that would be associated with hiring a CPA firm.
 - ██████ asks why this process had not been communicated to the Area.
 - ██████ responds that the ASC was still waiting for an estimate for the requested services.
 - ██████ states that, as current policy subcommittee chair, he would clarify that not all financial decisions are required to return to home groups for consideration. He clarifies that only three items are required by Area policy to go back to home groups:
 - Conference Agenda Report motions
 - Changes to the existing Area budget
 - Changes to Area policy
 He also points out that, per upcoming policy recommendations, policy would require a periodic audit to be conducted.
 - ██████ raises a question to the Area chair regarding the outside audit under discussion. He states that he doesn't believe such an audit in in current policy.
 - ██████ responds that no decision has been made at this point. He states that the question is, what is an audit, and when should one be done? States that it is a good idea to have an objective 3rd party review our financial activities and status. He states that there will inevitably be an audit conducted at some point. He further states that discrepancies will inevitably be uncovered during that audit. He states that this is the very point and value of an external audit: so that we can be aware of our condition and thereby improve our processes.

- **Secretary's note: ASC financial audits are referenced in section 4.06 of CASC policy, in the context of Concept Eleven.**
- **Concern:** ██████ asks whether ██████ is present. ██████ responds that she is not. ██████ notes that, according to policy, a subcommittee chair absent for two consecutive ASC meetings is subject to removal from that role, per policy section 2.05. H&I Subcommittee Chair meets this criteria
 - **Discussion:**
 - ██████, in response to ██████ concern about absent H&I chairperson, clarifies that a subcommittee chair absent two consecutive ASC meetings, or four total ASC meetings over the course of a service year, is subject to removal. He recommends that the H&I chair be contacted in order to address the issue, prior to a vote to remove.
 - ██████ states that he had been contacted previously by ██████, and had expected her to be present at the March ASC meeting.
 - ██████ states that, at this point, it is no longer up to ██████ whether she wants to continue serving as H&I chair or not.
 - Admin body will review w/H&I Subcommittee Chair.
 - **[Secretary's note: The H&I chair resigned on 3/4 – email attached.]**
- **Concern:** ██████ makes a comment regarding the monthly potluck: the Trust The Process home group hosted the February 2024 potluck. There were very few attendees. At \$50 rent plus food and supply costs, is it worth holding the potluck events? Is it prudent? **[Secretary's note: At this point a sign-up sheet for home groups to volunteer to host monthly potlucks is passed around]**
 - **Discussion:**
 - ██████ asks for a reminder / clarification as to the question of whether, in the event that a potluck is not held on a given month, we are nevertheless obligated to pay the hosting facility the agreed-upon \$50 event space rental fee.
 - ██████ responds that, no, in that case we are not obligated to pay for that month.
 - ██████ asks whether the event must be held at the usual location each and every month.
 - ██████ responds that, no, the event may be held elsewhere.
 - ██████ asks whether the event must be held on the last Saturday of the month every month.
 - ██████ responds that, yes, the event must be held on the last Saturday of the month.
 - ██████ states that she was under the impression that there was already a motion coming up in new business about whether or not to continue holding the monthly potluck.
 - ██████ responds that a decision was previously made that the ASC will no longer host the monthly potluck in the event that no home group agrees to host the event in a given month.
 - ██████ states that her home group may host next month's potluck
- **Concern:** ██████ raises a concern about a trusted servant, a GSR from another home group, exhibiting disruptive behavior and micromanaging.
- **Concern:** ██████ mentions that Unity in the Mornings now meets mornings seven days a week. She says the home group is considering joining an online "Virtual Area" with no geographical base, and leaving the Capital Area, owing to the "chaos and mess" that exist in the Capital Area at this point.
- **Concern:** ██████ asks whether there is a specified beginning and ending time for ASC meetings. She states that she wants to return to consistency in terms of beginning and ending time.
- **Concern:** ██████W raises a home group concern, asking whether a home group Treasurer is required to bring the home group's cash on hand to home group conscience meetings.

- Discussion:
 - [REDACTED] states that this is a home group issue in which Area has no role to play.
 - [REDACTED] says there is a piece of literature on this topic.
 - [REDACTED] replies that she has read the literature on this topic.
- Concern: [REDACTED] raises a group concern about ASC finances. He states that we've gone around about holding subcommittees responsible for their financial reporting obligations. He states that in 2018 policy was amended to require that financial documentation be brought to Area every month. He also states that receipts are required. He further states that bank statements are also required, if applicable, and notes that financial statements from subcommittees are not suitable substitutes for bank statements. He notes that policy stipulates consequences if these policy requirements are not met.
 - Discussion:
 - [REDACTED] responds that the Activities subcommittee has settled its reporting requirements, and that we expect the Convention subcommittee to supply the required documentation at this month's ASC meeting.
 - [REDACTED] asks for clarification as to whether these comments pertain to the Area treasurer, or to subcommittee treasurers?
 - Tim clarifies that this is in regard to the Activities and Convention subcommittees, and that he hasn't seen any problems with the Area treasurer's reporting.
 - [REDACTED] states that it would be helpful to clarify the distinction between money given by Area to subcommittees, and the money held in each subcommittee's bank account(s). Subcommittee chair reports to the ASC should include this financial information.
- Concern: [REDACTED] asks whether group and individual concerns are being recording, and asks how these concerns are to be addressed. He states that we serve the greater whole, and that we must remember that.
- Concern: [REDACTED] asks whether there are current templates for subcommittee reports. There is a general vocal response from the room that there are. [REDACTED] says that in that case subcommittees must use these templates.
- Concern: [REDACTED] states that there is a process for the chair to recognize members attending the ASC meeting before they simply begin speaking at will. States that one reason for the inordinate length of ASC meetings is that participants have been allowed to speak as much as they want without proper recognition from the chair. In regard to treasurer reports, he states that, when he started working in NA policy, he became aware that World-level service has many document templates available for use at the World level.
- Concern: [REDACTED] raises a personal concern: It is redundant or concerning that we continue to circle around many of the same issues without deadlines or plans of action, so achievement of our goals continues to get deferred indefinitely. She states that it is not fair to the Convention subcommittee to draw out this process over a prolonged period of time.
 - Discussion:
 - [REDACTED] responds that there is a motion to be presented later at this ASC meeting to address the situation surrounding the convention and the Convention subcommittee.
 - [REDACTED] asks how we will decide what will happen with Convention subcommittee members.
 - [REDACTED] states that this will depend on the outcome of the motion.
- Concern: [REDACTED] points out that it is 3:15 pm and we have yet to begin New Business.
- Concern: [REDACTED] asks how many ASC members attended the last mid-month admin meeting.
 - Discussion:
 - [REDACTED] responds that attendance at that meeting isn't mandatory so attendance isn't taken.

- Election of Sheryl M. for Convention subcommittee vice chair.
 - Result: 12 yea, 9 nay, 3 abstentions
- Motion from Basic Text Study Group tabled.
- ██████████ makes a motion to adjourn ASC meeting; ██████████ states that the meeting business hasn't yet been concluded. No vote to adjourn is held.
- Nomination: ██████████, for Convention subcommittee secretary or alt secretary.
 - ██████████ reads resume.
 - Discussion:
 - ██████████ asks whether she has attended convention subcommittee meetings.
 - ██████████ responds yes.
 - ██████████ asks how she feels about providing Convention subcommittee meeting minutes to the ASC.
 - ██████████ responds that she believes in transparency, in accordance with Area policy.
 - A member asks o you have experience as secretary / with taking minutes?
 - ██████████ responds that she doesn't have a wealth of experience in this area, but is willing to learn and ask for guidance as appropriate.
- Motion submitted by Principles B4 Personalities, seconded by The Journey Continues
 - Motion that ASC meetings be extended in 30 minute increments, by majority ASC meeting vote, and that the time be tracked by use of a timer.
 - Agreed to table motion until April ASC meeting pending policy subcommittee review and recommendation.
- Motion submitted by CASC Secretary regarding PO Box recommendations is tabled until next month.
- [Secretary's note: A motion to discontinue the monthly clean time celebration potluck, although submitted prior to new business, did not go to the floor.]
- *Motion to adjourn ASC meeting made, seconded, and approved by general assent.*
- **Closing Prayer**

Treasurer Report For February 2024

Hello Everyone, I appreciate your trust in me to serve as the Capital Area Treasurer. I have been doing my best to transition into the position. I am grateful for the experience, strength, and hope I have received from fellow addicts since taking this position and serving. I am so grateful to serve with so many dedicated members of Narcotics Anonymous. While I am still trying to get a grasp on the position I am doing my best to serve with transparency and provide straightforward answers to any and all questions. Also in this process I am trying to cover my bases so that questions are not needed but always welcome. Thank you again for your trust. Let me get to the business at hand.

- Starting Balance 2/01/24: \$2654.48
- Homegroup Contributions February 2024: \$951.00 (Contributions collected in the form of Cash, Paypal, and Cashapp Transactions)
- Donation to Region: \$810.22 (Not Reflected in 2/21/24 Statement)
- Donation to World Services: \$540.14 (Not Reflected in 2/21/24 Statement)
- Expenses: \$455.12
- Ending Balance: \$1800.00 (As of 2/21/24) (After Donations to Region and World)

Any questions can be sent to capitalareatreasurerjft@gmail.com and I will do my best to answer them as promptly as possible. Thank you for allowing me to serve.

- Liam O.

Additional Documents Provided:

- Paypal Statement
- Cash App Statement
- Expense Spreadsheet
- Homegroup Contribution Spreadsheet
- PNC Bank Statement

February 2024 Expenses Summary

Expenses February 2024

Expense Name	Amount	Date	Bank Statement Description
Zoom Platform	\$12.79	02/20/24	RECURRING DEBIT CARD XXXXX [REDACTED] ZOOMUS XXXXX [REDACTED] WWWZOOMUS CA
Mass Text Blast Software	\$10.17	02/16/24	RECURRING DEBIT CARD XXXXX [REDACTED] TWILIO INC TWILIO.COM CA
ASC January + February Rent	\$100.00	02/12/24	CHECK [REDACTED]
Storage Unit	\$124.99	02/08/24	DEBIT CARD PURCHASE XXXXX [REDACTED] PY Security Self Stor XXXXX [REDACTED] NC
H&I Order	\$185	02/06/24	DEBIT CARD PURCHASE XXXXX [REDACTED] PAYPAL NAWSUS XXXXX [REDACTED] CA
Web Domain	\$22.17	02/06/24	RECURRING DEBIT CARD XXXXX [REDACTED] DNHGODADDYCOM XXXXX [REDACTED] AZ

Total: \$455.12

February 2024 PNC Account Transactions

Date	Description	Withdrawals	Deposits	Balance
02/20/2024	RECURRING DEBIT CARD XXXXX ZOOMUS XXXXX WWWZOOMUS CA	\$12.79		\$3,150.36
02/16/2024	ACH CREDIT XXXXX PAYPAL TRANSFER		\$87.00	\$3,163.15
02/15/2024	RECURRING DEBIT CARD XXXXX TWILIO INC TWILIO.COM CA	\$10.17		\$3,076.15
02/14/2024	DEBIT CARD CREDIT VIS CASH APP*CAPITAL AREA* San Francis CA		\$61.00	\$3,086.32
02/12/2024	CHECK	\$100.00		\$3,025.32
02/08/2024	DEBIT CARD PURCHASE XXXXX PY Security Self Stor XXXX NC	\$124.99		\$3,125.32
02/07/2024	DEBIT CARD CREDIT VIS CASH APP*CAPITAL AREA* San Francis CA		\$50.00	\$3,250.31
02/07/2024	DEBIT CARD CREDIT VIS CASH APP*CAPITAL AREA* San Francis CA		\$20.00	\$3,200.31
02/07/2024	DEBIT CARD CREDIT VIS CASH APP*CAPITAL AREA* San Francis CA		\$125.00	\$3,180.31
02/06/2024	DEBIT CARD PURCHASE XXXXX PAYPAL NAWUS XXXX CA	\$185.00		\$3,055.31
02/06/2024	RECURRING DEBIT CARD XXXX DNHGODADDYCOM XXXX AZ	\$22.17		\$3,240.31
02/05/2024	ATM DEPOSIT DEPOSIT RALEIGH NC		\$26.00	\$3,262.48
02/05/2024	ATM DEPOSIT DEPOSIT RALEIGH NC		\$54.00	\$3,236.48
02/05/2024	ATM DEPOSIT DEPOSIT RALEIGH NC		\$97.00	\$3,182.48
02/05/2024	ATM DEPOSIT DEPOSIT RALEIGH NC		\$121.00	\$3,085.48
02/05/2024	ATM DEPOSIT DEPOSIT RALEIGH NC		\$210.00	\$2,964.48
02/05/2024	ACH CREDIT XXXXX PAYPAL TRANSFER		\$100.00	\$2,754.48
02/01/2024	DEBIT CARD CREDIT VIS CASH APP*CAPITAL AREA* San Francis CA		\$49.51	\$2,654.48

February 2024 HG Contributions					
Homegroup	GSR	Amount	Method	Transferred Y/N	
NA at Noon	Cynthia D.	\$87	Paypal	Yes (2/15/24)	
Freedom Through Recovery	Sarah S.	\$61	Cashapp	Yes (2/11/24)	
Spiritually Connected	Dan M.	\$204	Cash	Yes (2/4/24)	
Recovery at Noon	Margaret L.	\$43	Cash	Yes (2/4/24)	
Southside Recovery	Donna N.	\$186	Cash	Yes (2/4/24)	
NA Way	Stephanie G.	\$30	Cash	Yes (2/4/24)	
A New Beginning	Emma	\$25	Cash	Yes (2/4/24)	
Recovery In The Hood	Kendel	\$20	Cash	Yes (2/4/24)	
Unity In The Morning	-	\$50	Cashapp	Yes (2/4/24)	
Trust The Process	-	\$25	Cashapp	Yes (2/4/24)	
Peace In The AM	Bradley G.	\$100	Cashapp	Yes (2/4/24)	
Serenity In The AM	Latoya H.	\$20	Cashapp	Yes (2/4/24)	
Tuesday Night Live	Tim H.	\$100	Paypal	Yes (2/4/24)	
Total Cash		\$508			
	Total Paypal	\$187			
	Total Cashapp	\$256			
	Contribution Total				\$951 (As of 2/15/24)

CashApp Report

Transaction ID	Date	Transaction Type	Currency	Amount	Fee	Net Amount	Asset Type	Asset Price	Asset Amount	Status	Notes	Name of sender/receiver	Account
	2024-02-20 16:43:00 EST	Sent P2P	USD									North Carolina Region	Visa Debit ****
	2024-02-11 12:58:28 EST	Cash out	USD	-\$610.22		-\$610.22				PAYMENT SENT	Capital Area NA February Donation	Your Cash	Your Cash
	2024-02-09 13:51:46 EST	Received P2P	USD	\$61		\$61				TRANSFER SENT	freedom thru recovery home group	Sarah S.	Your Cash
	2024-02-04 14:17:33 EST	Cash out	USD	-\$20		-\$20				TRANSFER SENT		Latoya H.	Your Cash
	2024-02-04 13:46:45 EST	Received P2P	USD	\$20		\$20				PAYMENT DEPOSITED	Serenity in the AM .home group Tradition 7		Your Cash
	2024-02-04 13:16:32 EST	Cash out	USD	-\$50		-\$50				TRANSFER SENT		Unity in the Mornings NA	Your Cash
	2024-02-04 12:24:05 EST	Received P2P	USD	\$50		\$50				PAYMENT DEPOSITED	7 tradition		Your Cash
	2024-02-03 22:34:28 EST	Cash out	USD	-\$125		-\$125				TRANSFER SENT	February's donation	Trust Process	Your Cash
	2024-02-03 10:47:13 EST	Received P2P	USD	\$25		\$25				PAYMENT DEPOSITED	Peace in the AM area donation	Bradley G.	Your Cash
	2024-02-03 09:38:27 EST	Received P2P	USD	\$100		\$100				PAYMENT DEPOSITED			Your Cash

February 2024 NAWS Contribution Receipt



Narcotics Anonymous World Services, Inc
February 21, 2024 . Money Sent

-\$540.14

Paid with

VISA Debit Card x [REDACTED] \$540.14
You'll see "PAYPAL
*NAWSUS" on your card
statement.

Ship to

Capital Area
P. O. Box 10953
Raleigh, NC 27605
United States

Transaction ID

[REDACTED]

Contact info

[Message Narcotics Anonymous World Services, Inc](#)
818-773-9999
custserv@na.org

Note

Capital Area NA February World Donation

Details

Sent to Narcotics Anonymous World Services, Inc	\$540.14
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Total	\$540.14
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Need help?

If there's a problem, make sure to contact the seller through PayPal by **August 19, 2024**. You may be [eligible for purchase protection](#)

March 2024 Secretary Report

Hello Capital Area,

This month's Secretary report contains a summary of actions taken in January.

- Attended the mid-month CASC admin body meeting
- Coordinated the Service Delivery ad-hoc meeting (see ad hoc report for additional information)
- Finished exploring options for “digital” Area mailbox (see following document)

Concerns Submitted Before Area

One specific topic discussed at the mid-month admin body meeting was about efficiency of our agenda at Area. We discussed how, while certainly not the only concern, it can be easier to manage the time at Area if everyone is aware of everything that will be on the agenda. Two specific times in the agenda that can add the most unexpected time are from homegroup/individual concerns/open forum and new motions. Most motions we receive these days are submitted before Area, so this is helpful! As of now though, we cannot estimate how many concerns will be presented. One suggestion is that individuals submit their concerns they plan to bring to Area ahead of time. This is not **required** at this time, but I encourage you to give it a try and email them to secretary@capitalareancna.com ahead of Area (as soon as possible)!

Resume Submissions

We continued our discussion in more detail about a more systematic and standardized approach to evaluating candidates for service positions. Nothing specific to share at this time, though there are several options that should be explored further – some more details in Policy Subcommittee Report.

Mailbox Alternatives

I have investigated alternatives to having our mailbox as a Post Office Box and have a proposed solution. I will not be at the March 2024 due to work travel. I am not submitting a motion until April so that GSRs have a chance to ask me questions while I am present. I am providing relevant information here for GSR/homegroup review.

Digital Mailbox Recommendations

“Digital” mailboxes are **real** mailboxes, but instead of being hosted by the Post Office, they are hosted at other businesses (e.g., a local Staples store [no affiliation]).

Primary Advantages of Current System (P.O. Box)

- Easily recognizable service

Primary Disadvantages of Current System (P.O. Box)

- Limited hours of access (e.g., 9-5, Monday-Friday)
- Limited individuals with access (e.g., 1 key)
- Need to go in-person to find out if you have mail
- Total cost (\$413/year in 2023)

Primary Advantages of Digital Mailboxes:

- Receive notifications when new mail has arrived; removes need to check an empty mailbox
- Expanded pickup hours (i.e., not limited to 9-5 M-F of Post Office)
- Receive picture of the outside of every mail item (scanning for additional cost)
- More individuals capable of having access
- Saves money (with recommended vendor/options, estimated at ~\$179.88* a year)
 - **Final monthly cost dependent on additional services requested*

Primary Disadvantage(s) of Digital Mailboxes:

- Unlikely to be accepted by banks as a business address... but banks usually don't accept P.O. Boxes either, so this is no different than our current system of using a personal address as the registered address

Specific Recommendations

- Choose the location at 3064 Wake Forest Road in Raleigh
 - *Different locations cost different amounts*
 - *Most central location available for the cheapest price (win-win)*
 - *This location is a Staples store (no affiliation to NA)*
 - *Open 8A-9P M-F; 9A-9P Sat; 11A-6P Sun*

(Continued on next page)

- Choose “Virtual Business” over “Virtual Personal”
 - *Allows mail to be addressed directly to 1 business name (e.g., Capital Area NA) and 6 individual recipients per address*
- Choose the “Business Green” plan
 - *Allows 30 mail items per month (does not include junk mail, which can be discarded for free)*
 - *Additional items cost \$0.35 each; would have to have a total of **45** mail items to “lose money” on not choosing higher-cost plan*
 - *No exact numbers, but our mailbox averages 0-5 pieces of mail per month*
- Choose monthly payment to start while we evaluate the service (i.e., don’t lock in to a full year)
 - *\$14.99 a month (totaling \$179.88 a year) versus \$149 a year if purchased annually*
 - *Consider annual savings in the future*
 - *Monthly costs *may* be higher than above, depending on added services (e.g., mail opening and scanning, mail forwarding, faxes)*
 - *Personal thoughts: Not particularly necessary most of the time*

Please take time to review these recommendations with your homegroups. I will be available to answer any questions via email or at the April CASC.

Kind Regards,

Jason S.

Secretary



Capital Area Service Committee

Subcommittee: Policy/ Craig R Chair, James L Alt Chair

Date: March 3, 2024

Thank you for placing your trust in us and allowing us to serve you. We look forward to carrying out our responsibilities and searching for opportunities to improve how your group's conscience is honored and how business is conducted during the CASC meeting.

Activities

- Discussed a couple of suggestions and additional revisions to our policy:
 - a) Developing a set of standard questions for nominees for ASC positions to help provide GSRs better information in their selection process and eliminate questions that have no relevance to a person's qualifications. This is in the spirit of the 4th Concept
 - b) Create a set of standard questions for groups joining the area to help reduce the discrepancies and variances in questions when making those decisions
 - c) Changing who votes during elections from an all vote to only GSRs. The thought behind this change is that all resumes go back to home groups presently. And if we follow that, all motions that go back, are GSR only vote. But moreover, subcommittee chairs and officers are elected to serve the groups. And I believe we need to work to empower the groups and I think this is in that spirit. Any issue not going back or in new business new biz could still be an all vote. We are putting these suggestions in front of you now to begin the process of discussion first and in the spirit of CBDM

Upcoming Activities

- Review current policy language for proxy voting for clarification and possible modifications
- Develop Policy Basics document based on discussions with GSRs as to what they need to help empower them in understanding and applying their policy
- Continue collaboration with subcommittees in reviewing their internal guidelines to be consistent with CASC policy and/or improvements

March 2024 Service Delivery Ad Hoc Report

Goal: An area service structure that provides flexible service delivery and focuses on outcomes rather than process.

Hello Capital Area,

This report provides an overview of ad hoc activities from the previous month, as well as upcoming activities. **Our hope is that you feel involved and informed about the process, and that you can participate (at least at town halls) moving forward!**

Prior Activities

- Ad hoc members met on February 15th to discuss progress and establish next steps of working towards (proposed) comprehensive planning and service delivery processes for the 2024/2025 service year.
- We have recognized the risks in making rapid change recommendations with limited opportunities for input before the 2024/2025 service year. Over the next few months, we will continue to gather more input and work to institutionalize **Planning** into our annual cycle ahead of elections, even if a comprehensive service model is not adopted prior to the next election cycle.
- We are finalizing a survey or “scan” to identify the services available in NA that members are most interested in seeing in this Area. This includes not just what we are used to here already, but also the services that we might find if we traveled to another area or region in the world! I strongly encourage **everyone** to participate, especially if you are from another area that offered services/approaches that we do not typically see here!
 - We dedicated more time to this than originally anticipated so that it could be as digestible and efficient as possible
 - The data from this survey will be analyzed to identify a prioritized list, driven by member input, for services in this Area. This is critical data in the planning process, and we do not want to rush it.

- This will be distributed shortly -- **all** Capital Area members/GSRs are encouraged to participate! We are also exploring methods to gather broad participation (e.g., availability at Town Halls, visiting home groups)
- We are very much looking forward to collaboratively building a future for Capital Area NA service delivery that works better for the needs of our community.

Upcoming Activities

- Deploy service prioritization survey
- Meet again in March as an ad hoc (date TBD)
- Further consider feedback presented during town hall presentation, March CASC meeting, or any other time
- Incorporate feedback and elaborate on proposed plans, timelines, etc. without being overly prescriptive
- Return to you with these updates for additional feedback

Kind Regards,

Jason S.

Service Delivery Ad Hoc Facilitator

Subject **H&I report**
From toi [REDACTED]
To CASC Secretary <secretary@capitalareancna.com>
Date 2024-03-03 2:06 pm



March 3, 2024
H&I Chair Toi R

I apologize deeply for my absence. I also apologize. I did not reach out to anyone in advance letting you guys know that I will not be there. I also apologize for not letting someone know what's going on with me nevertheless, New waters, triangle springs, Wake detention and North Carolina corrections for women. No problems to report

-
-

- Received approval to bring in paper. Key tags to women's correctional
- Positions open, Vice Chair secretary panel coordinator
-
- Submitted names to wake detention for pria training.
-

Activities

Review current policy language for proxy voting for clarification and possible modifications

Develop Policy Basics document based on discussions with GSRs as to what they need to help empower them in understanding and applying their policy

Continue collaboration with subcommittees in reviewing their internal guidelines to be consistent with CASC policy and /or improvements.

Expenses:
\$185 Literature
Thank You

Sent from Yahoo Mail for iPhone



Capital Area Service Committee

Subcommittee: Policy/ Craig R Chair, James L Alt Chair

Date: March 3, 2024

Thank you for placing your trust in us and allowing us to serve you. We look forward to carrying out our responsibilities and searching for opportunities to improve how your group's conscience is honored and how business is conducted during the CASC meeting.

Activities

- Discussed a couple of suggestions and additional revisions to our policy:
 - a) Developing a set of standard questions for nominees for ASC positions to help provide GSRs better information in their selection process and eliminate questions that have no relevance to a person's qualifications. This is in the spirit of the 4th Concept
 - b) Create a set of standard questions for groups joining the area to help reduce the discrepancies and variances in questions when making those decisions
 - c) Changing who votes during elections from an all vote to only GSRs. The thought behind this change is that all resumes go back to home groups presently. And if we follow that, all motions that go back, are GSR only vote. But moreover, subcommittee chairs and officers are elected to serve the groups. And I believe we need to work to empower the groups and I think this is in that spirit. Any issue not going back or in new business new biz could still be an all vote. We are putting these suggestions in front of you now to begin the process of discussion first and in the spirit of CBDM

Upcoming Activities

- Review current policy language for proxy voting for clarification and possible modifications
- Develop Policy Basics document based on discussions with GSRs as to what they need to help empower them in understanding and applying their policy
- Continue collaboration with subcommittees in reviewing their internal guidelines to be consistent with CASC policy and/or improvements

Highlighted items added after the pre-read report was emailed out on 2/25/24.

Dear Capital Area NA,

RCM service

- I've received minutes from the Jan. 27, 2024 RSC meeting and they're attached to this report. Here are some highlights:
 - Closing RSC balance was \$5,000 (prudent reserve amount), after sending \$3,084.62 to NAWS and \$1,028.20 to Southeast Zonal Forum service body (SEZF).
 - Capital Area Service Committee donations to the NC Region NA for the last quarter, totalling \$407.89, are recorded in the RSC treasurer's report.
 - There are no regional motions for Capital Area NA to vote on this quarter.
 - The RSC voted to cover costs associated with sending our Regional Delegate Jacob S. to the North Eastern States Service Symposium of NA (NESSSNA). More info about this service symposium can be found here: <https://nesssna.org/what-is-nesssna/>.
 - The RSC voted in Kristen F. for Public Relations (PR) subcommittee chairperson. It's been awhile since this key position was filled, so this is great news.
 - The campout ad hoc subcommittee gave details of the upcoming May campout at Grandfather Mountain. You can find details and a flier at <https://ncregion-na.org/events/>, and I've also attached the flier to this report.
 - Highlights from our Delegate Team report below; [click here for the full report](#).
 - The [H&I Basics project](#) is seeking input with a survey at <na.org/survey>.
 - Part three of the new [NAWS Strategic Planning](#) process is taking place at the zonal forums, and we will be participating.
 - A version of the new [Meeting Finder](#) for na.org is available at <na.org/phoneweb>, and it will be available on the main website soon.
 - NAWS regularly holds [webinars](#), and there is an H&I Webinar on March 23 at 2pm EST. Visit <na.org/webinar> for more details.
 - The [audio version](#) of the Basic Text is now available in Greek.
 - The World Convention of NA (WCNA), taking place August 29 through September 1 this year in Washington DC, is now open for registration - visit <na.org/wcna> for info.
 - Three of the issue discussion topics for this cycle have workshop material posted on the NAWS website at <na.org/idt>. These three are Gender neutral and inclusive language, dealing with disruptive and predatory behavior, and DRT/MAT as it relates to NA.
 - The RSC's new virtual mailbox is working great.
- The next RSC meeting will happen on schedule, on Apr. 27, 2024.
 - The July RSC meeting will be held Aug. 3, 2024 so it doesn't conflict with the Southeast Zonal Forum service body meeting.
 - All RSC meetings are now planned to be hybrid. Event info will be posted at <https://ncregion-na.org/events/>.
- My term expires this Jun. - only three months from now. If Capital Area wants to continue to be represented at the RSC then we need a nomination or resume. I'm attaching CASC policy manual sections 2.04(g) and 2.04(h) which cover the related trusted servant roles. And I'm always happy to help anyone learn more about any ASC trusted servant role, including RCM.

- Here's some interesting stats about our area home groups that I'll include in my next report to the RSC.

44 CT. of home groups
70 CT. of meetings per week
1.6 AVG. number of meetings per home group per week
36 CT. of home groups participating in ASC *
82% PCT. of home groups participating in ASC *†
63% AVG. ASC attendance of participating home groups ‡
51% AVG. ASC attendance of all home groups

* attended ASC ≥1 time during 2023-2024 service year

† Goal from May 2023 Town Hall: 75%

‡ Goal from May 2023 Town Hall: 75%

Other service

- I participated in the monthly "admin body meeting". For anyone that is unaware, CASC policy section 5.01(d) explains: ***If the need should arise, the officers and Subcommittee Chairs shall meet at an agreed upon time before the next CASC meeting to keep the lines of communication open and keep the area business running smoothly. Attendance is not mandatory, and no motions can be made or voted on outside the presence of the GSR's. The location may be selected on a month-to-month basis.*** Basically all we ever talk about is how we can better serve all Capital Area home groups, and that's no secret. I'm proud of the current as well as the last two admin bodies for meeting consistently overall in this way.
- I also serve on the Service Delivery Ad Hoc, but that report will be given by the chairperson of that ad hoc subcommittee Jason S.
- In support of Capital Area NA home groups who have asked for another convention, from July 2023 until the Feb. 2024 ASC meeting I served as a non-elected member of the Convention Subcommittee. I decided to stop after it decided last month that it was okay to meet behind closed doors (which it has since apologized for), and a *month-after-month-after-month* pattern of violations of CASC policy, their own guidelines, resistance to suggestions, questions and concerns from GSRs and other members of the ASC, double-talk and backstabbing, bullying, and more. I'm only human and I've reached my limit. I do really appreciate the efforts of a few subcommittee members who participate in good faith and the true spirit of service - it's too bad there aren't more serving like they do on that subcommittee. I'm sharing this with the ASC in the spirit of Tradition Nine.

If you or your home groups have any questions or concerns about this report or anything RSC related, don't hesitate to reach out to me directly using the contact info in the secretary's email. Don't wait until the next CASC monthly meeting.



Capital Area Service Committee Policy Manual section 2.04

<https://capitalareancna.com/area-service-committee>

(g) Regional Committee Member (RCM)

Commitment: 1 year

Term: 1 year

Suggested minimum clean-time: 3 years

A RCM is to an CASC what a GSR is to a group. As the representative of the area, the RCM's speak for the members and groups within the CASC. The primary responsibility of an RCM is to work for the good of NA, providing two-way communication between the Area and the rest of NA, particularly with neighboring CASC's. They represent the group conscience of an CASC at a regional level and provide the area with the agenda for the RSC at least ten days before the RSC meets. An RCM attends all RSC meetings and takes part in any decisions which affect the region, speaking as the voice of the CASC's group conscience. An RCM may serve on one or more of its CASC and RSC Subcommittees, but not as a Chairperson.

In addition to the regular qualifications for GSR's it is recommended that nominees to the post of RCM also have previous service experience, and the willingness to give the time and resources necessary for the job.

The RCM may receive an advance for anticipated expenses related to performing his or her duties – see Section 2.04 (e)(v). Additionally, the RCM will biannually hold a workshop(s) for the express purpose of covering the Conference Agenda Report (CAR) to familiarize our GSR's with motions in the report and to ease the voting process.

In the absence of an Alternate RCM, the RCM shall perform the duties of the Alternate RCM. It is suggested that the RCM has first served as an Alternate RCM, prior to becoming RCM.

(h) Alternate Regional Committee Member (Alternate RCM)

Commitment: 2 years

Term: 1 year

Suggested minimum clean-time: 2 years

While becoming orientated to the job of RCM, including attending all CASC and RSC meetings, the Alternate RCM also fills in for the RCM if he or she is absent.

Like the RCM, it is recommended that the Alternate RCM have previous service experience, and the willingness to give the time and resources necessary for the job.

The Alternate RCM will move up automatically unless the CASC allows a challenge. See Section 1.04 (b)(ii), hence this service position is considered a 2-year commitment.



North Carolina Regional Campout 3 “It’s In Tents”

May 15th-20th, 2024

Grandfather Mountain Campground
125 Profile View Road
Banner Elk, North Carolina 28734

Group Site off Hayride Dr on the Campground.
**\$7 / per person / per night, no advance reservation
required! Just come on up!**

Events, hiking, speakers, and much more planned for
the weekend.

Come join the Adhoc committee.
No clean time to get involved!

This is a Potluck event so bring your own food or share!
Cabins and RV hookups available, more information
available at grandfatherrv.com or call 800-788-2582.
Things to do guide: <https://highcountryhost.com/>



GPS Info. (Latitude, Longitude):
36°08'29.0"N 81°47'58.4"W

Located 10 miles south of Boone on Hwy. 105 or 7 miles north of Linville on Hwy. 105.

Annette P: (828) 506-5047
Danny G (973) 931-6239
<https://ncregion-na.org>



Subject **Fwd: Convention Committee Report**
From <admin@capitalareancna.com>
To Secretary <secretary@capitalareancna.com>
Cc Kay [REDACTED]
Date 2024-02-26 10:54 am



Hi Jason,

Including text of email with Convention Subcommittee report.

Kay, copying you in case you didn't send this to the secretary@capitalareancna.com email address. Any monthly reports or other items for the monthly CASC meeting ought to go to the Secretary email address (secretary@capitalareancna.com) address, rather than the web admin email address, so that they can be included in the pre-read review materials prior to the meeting.

Thanks,

Ben

----- Original Message -----

Subject: Convention Committee Report

Date: 2024-02-25 08:38

From: Kay Chambers <[kayc\[REDACTED\]](mailto:kayc[REDACTED])>

To: admin@capitalareancna.com, Kay Chambers <[kayc\[REDACTED\]](mailto:kayc[REDACTED])>

Good Morning Family,

My name is Kay and I would like to thank you for allowing me to serve as your upcoming Convention Chairperson. Sorry for the delay in this report but it goes as follows.

On Sunday, 2-18-24, the Convention Committee met to address the various concerns from our area. From the beginning of this term, the area has had great concerns and demands concerning the financial statements from the Convention Committee, because the Convention Committee was not in compliance with the financial policy. The committee along with Leah P., our area's Vice Chair, and other members have worked endlessly over the past few months to honor the request of the Area. Our records show that the Convention Committee didn't have a fundraiser event until October 6, 2023, so that is where the Statement begins, which we will be including in this report. As we know our last Vice Chair has resigned since then, and had information that we are not sure if we have retained it in its entirety. I reached out to our previous Convention Vice Chair and he gave me the key to the storage and the checkbooks that he had in his possession.

Our Policy Chair and Vice Chair continue to ask the Convention Committee sub-chairs to review policy for their committee and submit any changes that they see that are not working for the body and suggest what is and will work for the body. The Fundraising Chair submitted his report and most of his report will show itself within the financial Statement, however, two more fundraising events are scheduled for March. March 1, is March Madness which is being held at the Camel Club, and the Sponsorship Dinner will be held on March 23, at Fairmont Church on Clark and Horne Street. Tickets are being sold for \$15.00 to attend the Sponsorship Dinner. Everyone will need a ticket to attend and tickets are limited. Registration has agreed to set up a pre-registration table at the Sponsorship Dinner. Our Merchandise Chair has a Prudent Reserve of \$450. of which he has been ordering merchandise to sell. He has asked the Convention Committee to increase his budget to \$3000.00 for the year to purchase merchandise. The body has asked him to bring in an invoice of things he intends to purchase along with a reputable NA-approved vendor to purchase from, to start the discussion and vote for the increase in his budget. I have not been able to contact our Hotel Liaison and I will continue to reach out to her for updates on possible convention sites in the Raleigh area. Our Secretary was able to locate a possible accountant that we will be meeting with on Wednesday, 2-28-24,

to begin a financial Review. We will report the updates at the area monthly meeting. After the completion of our financial review, the convention-elected treasurer will take over all financial responsibilities. Lastly, we are working on submitting the motion asking the area to consider pushing the Convention to 2025. We intend to continue to assist the area with getting back to having the convention between March and June and to have it in the Raleigh/Surrounding local area.

We will be asking not to have the one-day event to assist in increasing funds to put on the Convention in 2025, being that the last quote we got from a hotel ranged from \$43,000. to \$60,000.00. We are praying for something much less than that. I have forwarded a copy of the financial statement to be included in the report. This is all I have for now, I will bring a copy of the Bank Statement to the area meeting in March. Thanks for allowing me to continue to serve'

Kay W.

Subject **Fwd: Financial Reports**
From <admin@capitalareancna.com>
To Secretary <secretary@capitalareancna.com>
Date 2024-02-25 9:40 am



Not sure if this ever made it to you; seems like there might have been some confusion about where to send this.

----- Original Message -----

Subject: Fwd: Financial Reports

Date: 2024-02-25 07:10

From: Kay [REDACTED]

To: admin@capitalareancna.com

----- Forwarded message -----

From: Leah Pierce <leah@capitalareancna.com>

Date: Sun, Feb 18, 2024 at 7:31 PM

Subject: Financial Reports

To: [REDACTED], Sheryl [REDACTED], Kay

Chambers <kay@capitalareancna.com>

Hello,

I made a couple of corrections. I still have some numbers to put in, but this should serve as Monthly Reports AND Closing Reports for Events.

Please let me know if you have any questions.

In loving Service,

Leah

Convention Committee Worksheets.xlsx [1]

Links:

[1] <https://1drv.ms/x/c/6A8250026374A293/EZ0idGMCUIIggGpuEQAAAAABc7ctH1Nef2Xjh6TZgH9R8g?e=T1gxgZ>

Subject **Letter of Resignation**
From toi williams <lovetoi7@yahoo.com>
To CASC Secretary <secretary@capitalareancna.com>
Date 2024-03-04 2:38 pm



Good afternoon CASC,

Unfortunately, With much regret I , Toi R. your H&I chairperson, Will have to resign from this position. My priorities have changed due to family situations.

Thank you CASC and H&I subcommittee for allowing me to serve as your chairperson. My resignation starts immediately.

Thank you.

Toi [REDACTED]

Sent from Yahoo Mail for iPhone

CASC Service Resume

Secretary note: to be heard in February; voted on in March

- ▶ Complete all required fields
- ▶ Answer 'n/a' if a field is required but not applicable
- ▶ Click or tap the Submit button

Service resumes, motions and proposals are typically presented, discussed and voted on at the monthly CASC meeting, following guidelines in the CASC Policy Manual.

Visit www.CapitalAreaNCNA.com for more info on Capital Area NA and the Capital Area Service Committee.

Name *

Sheryl M

Clean date *

MM DD YYYY

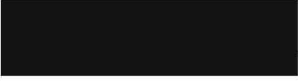
04 / 12 / 1991

Street Address/City/State/Zip *

Garner NC

Phone number(s) *

Email address *



Service position you are interest in *

- Chairperson
- Vice Chairperson
- Treasurer
- Alternate Treasurer
- Secretary
- Alternate Secretary
- Regional Committee Member (RCM)
- Alternate Regional Committee Member (RCM)
- Hospitals & Institutions (H&I) Chair
- Public Relations Subcommittee Chair
- Policy Subcommittee Chair
- Outreach Subcommittee Chair
- Activities Subcommittee Chair
- Outreach Subcommittee
- Convention Subcommittee Chair
- Other: Convention Vice Chairman

If the position you are interested in is *not* an alternate position, do you have previous experience in this position or the related alternate position? *

- Yes
- No
- n/a

Do you understand the responsibilities defined in CASC policy for this position? (Visit <https://capitalareancna.com/area-service-committee> to access the latest version of the CASC Policy Manual.) *

- Yes
- No

List all home group services position you have held and dates served. *

GSR

List all area service committee service position you have held and dates served. *

Chair

List all regional service committee service position you have held and dates served. *

Alt RCM and RCM

List all world service committee service position you have held and dates served. *

None

Were all home group, area, regional and world service positions held completed? *

Yes

No

n/a

If you answered 'no' to the previous question then please explain fully. *

NA

Are you financially stable? *

Yes

No

Can you travel if/when required by this service position? *

Yes

No

This content is neither created nor endorsed by Google.

CASC New Motion

Secretary Note: Significant discussion about amending this motion to break into two separate motions; not officially done before Area ended.

- ▶ Complete all required fields
- ▶ Answer 'n/a' if a field is required but not applicable
- ▶ Click or tap the Submit button

Service resumes, motions and proposals are typically presented, discussed and voted on at the monthly CASC meeting, following guidelines in the CASC Policy Manual.

Visit www.CapitalAreaNCNA.com for more info on Capital Area NA and the Capital Area Service Committee.

Motion made by *

Trust The Process

Motion seconded by (if seconded before being submitted)

Motion reads as follows *

The Capital Area Convention be canceled until March/June 2025. The current Capital Area Convention Committee will plan a one day convention style event for June 2024.

Intent: *

To reaffirm the original proposal that was presented by the Capital Area Convention Committee and went unopposed (Passed) by the groups during the November 2022 ASC meeting.

This content is neither created nor endorsed by Google.



CASC NA Service Resume

Date: 3/3/24

Name: Aaliyah W.	Clean
Street address:	Phone
City / State / ZIP: Raleigh, NC	Email
Service position interested in: Secretary (or Alt Secretary) of CACC	
If the above is not an alternate position, do you have previous experience in this position or the related alternate position ('yes' or 'no')? NO	
Do you understand the responsibilities defined in CASC Policy for this position ('yes' or 'no')? Yes and will get w/ current Sec and or Policy for clarity	
List all Group service positions held, and dates served: GSR A New Beginning 2018 GSR Principles B4 Personalities Oct/Nov 2022-Jan 2024 Alt GSR Principles B4 Personalities Jan 24 Jan'24-Feb'24	
List all Area service positions held, and dates served: N/A	
List all Regional service positions held, and dates served: N/A	
List all World service positions held, and dates served: N/A	
Were all service commitments completed ('yes' or 'no')? NO, Yes, NO	
If you answered 'no' to the above question then please explain fully: - Too early in my recovery so stepped down - ended membership of HG P B4P	
Are you employed full-time ('yes' or 'no')? NO	
Can you travel in conjunction with this service position ('yes' or 'no')? If need be, Yes	

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



Capital Area Service Committee
Motion Form

Date: MARCH 3, 2024 [Sub] BDM

Motion made by: CAPITAL AREA CONVENTION COMMITTEE

Second: BASIC TEXT STUDY [STMP] (DONALD SAYRE SECONDS) - BDM 3/3/2024

Motion reads as follows: CACC WOULD LIKE TO EXTEND 2024 CONVENTION TO THE YEAR 2025 IN ORDER TO ENSURE A 2025 CONVENTION. NO (ONE) DAY CONVENTION SHOULD BE HELD IN 2024. WE WOULD LIKE TO HAVE A ONE DAY "WRITE IN THE PARK EVENT" TO INCLUDE ALL HOMEGROUPS IN THE CAPITAL AREA

Intent: IN ORDER TO GENERATE ADEQUATE REVENUE AND SECURE A RALEIGH HOTEL IN THE SPRING SEASON (MONTH (MAR.-JUNE)) ALSO TO ALLOW ALL HOMEGROUPS TO PARTICIPATE IN THEIR VOTE FOR THEIR CAPITAL AREA CONVENTION.

Carried _____	Failed _____	Tabled _____
Amended _____	Back to Home Group _____	Policy Change _____
Yes _____	No _____	Abstain _____

Greetings Capital Area GSR's

Thank you for allowing the Convention Subcommittee be of service to our area. The Convention Committee have been made aware of some concerns and have come together to address them. We the body would like to respond by letting you know that the solutions we have come to believe would be best is as follows:

1. All Subcommittee Chairs have submitted Financial report to Convention Chairperson of every event held since beginning of term.
2. The body requested and voted to have an professional (special Worker) conduct an audit of Convention Bank Account.
3. In the spirit of Unity for our Capital Area the Convention we would like to have a 1 Day "Unite In The Park Event where all Homegroups participate with an activity.
4. Allow current subcommittee chairs (if they want to) continue to serve in their positions until 2025 Convention is over, unless their there are motions submitted to remove due to not fulfilling duties stated in position.
5. Last but not least All Convention Committee funds remain in Convention account and be used soley for Convention activities to ensure a 2025 Convention



Capital Area Service Committee
Motion Form

Date: 3-3-24 [Sub] BDM'

Motion made by: CONV. Committee

Second: Delphyn F. Gurney Continues

Motion reads as follows: [allowed] BDM

That if the Convention is allowed
to make convention to Spring / Summer
2025. The members that want to
stay on the body stay and for the ones
that want to leave be allowed to resign.

Intent: To see the fruits of their works
come to fruition.

Carried _____	Failed _____	Tabled _____
Amended _____	Back to Home Group _____	Policy Change _____
Yes _____	No _____	Abstain _____



Capital Area Service Committee
Motion Form

Date: 1/31/21

Motion made by: Principles B4 Personalities

Second: Journey Continues

Motion reads as follows: _____

An ammendment be made to policy
"Stating/addressing": the need to
have the ~~are~~ present members at an
CASC meeting do a simple majority vote
(by raising hands) whether to extend
the meeting by no more than 30 min
increments at a time. A timer must be
utilized.

Intent: To employ group conscience and not
solely a chairperson decision in consideration
and application of Tradition 1 "Unity"

Carried _____

Failed _____

Tabled _____

Amended _____

Back to
Home Group _____

Policy
Change _____

Yes _____

No _____

Abstain _____

CASC New Motion

- ▶ Complete all required fields
- ▶ Answer 'n/a' if a field is required but not applicable
- ▶ Click or tap the Submit button

Service resumes, motions and proposals are typically presented, discussed and voted on at the monthly CASC meeting, following guidelines in the CASC Policy Manual.

Visit www.CapitalAreaNCNA.com for more info on Capital Area NA and the Capital Area Service Committee.

Motion made by *

Jennifer O, Unity In The Mornings

Motion seconded by (if seconded before being submitted)

Motion reads as follows *

End the celebration clean time pot luck monthly dinner.

Intent: *

Low attendance and not financially responsible.

This content is neither created nor endorsed by Google.

Google Forms

CASC New Motion

- ▶ Complete all required fields
- ▶ Answer 'n/a' if a field is required but not applicable
- ▶ Click or tap the Submit button

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Motion made by *

CASC Secretary

Motion seconded by (if seconded before being submitted)

Motion reads as follows *

Replace CASC Post Office Box from USPS with a "digital" mailbox in the local area. More details provided in separate document.

Intent: *

Adopt more cost-effective mail solution that: 1) is more easily accessible (not limited to 9-5 Mon-Fri), 2) eliminates need to travel if mailbox is empty, and 3) expands who can access (as appropriate).

This content is neither created nor endorsed by Google.

Google Forms

OPEN: 1:00pm SERENITY PRAYER: Unicorn 12 TRADITIONS: could not hear

12 CONCEPTS: could not hear ROLL CALL: SECRETARY

OFFICERS	NAME	PRESENT	PRESENT AFTER BREAK	EMAIL	PHONE
CHAIR	Unicorn P	Yes	Yes		
VICE CHAIR	vacant				
SECRETARY	Annette W	Yes	Yes		
ALT SECRETARY	Vacant				
TREASURER	Michael Mc	Yes	Yes		
ALT TREASURER	Vacant				
REGIONAL DELEGATE	Jacob S	Yes	Yes		
ALT REGIONAL DELEGATE	Jonathan B	Yes	Yes		
HOSPITALS & INSTITUTIONS CHAIR	Vacant				
ALT H&I CHAIR	Vacant				
PUBLIC RELATIONS CHAIR	Kristen F	Yes	Yes		
ALT PR CHAIR	Vacant				
POLICY CHAIR	Trey C	Yes	Yes		
ALT PC	Vacant				
OUTREACH	Vacant				
WEB COORDINATOR	Ben C	No	No		

NORTH CAROLINA REGION OF NARCOTICS ANONYMOUS QUARTERLY RSC MEETING MINUTES JANUARY 27, 2024

AREAS	NAME	PRESENT	PRESENT AFTER BREAK	EMAIL	PHONE
CAPITAL RCM	Sebastian	Yes	Yes		
CAPITAL ALT RCM	Vacant				
CAPITAL PR CHAIR	Craig C				
CROSSROADS RCM	Raven	Yes	Yes		
CROSSROADS ALT RCM	Vacant				
CROSSROADS H&I CHAIR					
CROSSROADS PR CHAIR	Brian C				
DOWN EAST RCM	Rene' N	Yes	Yes		
DOWN EAST ALT RCM	Vacant				
DOWN EAST H&I CHAIR	Melodie M				
DOWN EAST H&I	Ryan O				
DOWN EAST PR CHAIR					
FOOTHILLS RCM	Eric				
FOOTHILLS ALT RCM	Vacant				
FOOTHILLS					
GREATER SANDHILLS RCM	Magali	Yes	Yes		
GREATER SANDHILLS ALT RCM	Ivory	Yes	Yes		
GREATER SANDHILLS H&I CHAIR	Anita C				
GREATER SANDHILLS PR CHAIR	Bobby D				
GREENSBORO RCM	Jordan N	Yes	Yes		
GREENSBORO ALT RCM	Johai L	Yes	Yes		
GREENSBORO H&I CHAIR	Michael T				
GREENSBORO PR CHAIR	Jeff C				
GREENSBORO VICE CHAIR	David S				
NEW HOPE RCM	Steve L	No	Yes		
NEW HOPE ALT RCM	Vacant				
NC MOUNTAIN RCM	Vacant				
NC MOUNTAIN ALT RCM	Vacant				
OUR PRIMARY PURPOSE RCM	Nicole	Yes	Yes		
OUR PRIMARY PURPOSE ALT RCM	Ross R	Yes	Yes		
OUR PRIMARY PURPOSE PI CHAIR	Abbie V				
SOUTHERN PIEDMONT RCM	Rod H	Yes	Yes		
SOUTHERN PIEDMONT ALT RCM	Vacant				

NORTH CAROLINA REGION OF
NARCOTICS ANONYMOUS QUARTERLY RSC
MEETING MINUTES

JANUARY 27, 2024

TAR-ROANOKE RCM	Kevin C	Yes			
TAR-ROANOKE ALT RCM	vacant		Yes		

OTHERS	NAME	PRESENT	PRESENT AFTER BREAK	EMAIL	PHONE
	Danny G	No	Yes		
	Jeremy B				
	Leah P			secretary@greensborona.org	
				info@greensborona.org	
				webservant@greensborona.org	
				ganasubcommittee@gmail.com	

QUORUM ACHIEVED: YES

QUORUM REQUIRES 2/3 MAJORITY OR 9 OF 11 AREAS (MUST HAVE AT LEAST 7) **quorum removed from policy in 2023

ELECTIONS:

Kristen F voted in as PR Chair (unanimous vote)

Open positions in the RSC that need new nominations:

- All positions need to be filled for new terms at the April 2024 meeting
 - Bring resumes (descriptions can be found at www.ncregion-na.org)
 - Chair
 - Vice-chair
 - Secretary
 - Alt secretary
 - Treasurer
 - Alt treasurer
 - H&I chair
 - Alt H&I chair
 - PR chair
 - Alt PR chair

- Policy chair
- Alt Policy chair
- Outreach chair
- Alt Outreach chair

OFFICER REPORTS:

Chairperson: Unicorn P, report attached

Vice-Chair: vacant

Secretary: Annette W

Treasurer: Michael Mc- opening balance \$9, 585.15

Please mail contributions to: Michael McBride

1900 Daniel St

Roanoke Rapids, NC 27870-4208

Make checks payable to NC Region NA

CashAPP: \$NorthCarolinaRegion

If you would like to donate for refreshments for the next meeting, please give to Michael

RD: Jacob S report attached and can also be found at [Delegate Team – NC Region of Narcotics Anonymous \(ncregion-na.org\)](#)

AD: Jonathan B reports can be found here [January 2023 Delegate Team Report – NC Region of Narcotics Anonymous \(ncregion-na.org\)](#)

SUBCOMMITTEES:

H&I: vacant

PR: Kristen F asking for \$245 registration and \$100 for literature for a table at NC Women's treatment Community

POLICY: Trey C-nothing new to report since removing quorum, will send out updated policy (attached)

OUTREACH: vacant

WEB COORDINATOR: Ben C

Purchase of new equipment for hybrid meetings; completed

Cherokee-Danny, nothing new, work continues

Camp Out-Danny, has gotten the campground, history speaker, Danny paid \$70 which he will submit for reimbursement at the end, has send out flyers, please post to websites.

Service Symposium-Brian, working on doing together with Carolina's Region

AREA REPORTS:

AREA	REPORT SUBMITTED TO SECRETARY
Capital	Yes
Crossroads	
Down East	
Foothills	
Greater Sandhills	Yes
Greensboro	
New Hope	
NC Mountain	
Our Primary Purpose	Yes
Southern Piedmont	
Tar-Roanoke	Yes

OLD BUSINESS:

Regional IRS number. The current bank will not allow us to just update our tax id number and keep the same account. They are requiring us to close it and open a new account. Discussed changing banks and how hard it would be to start over. We decided to leave that up to Michael Mc to handle changing the accounts. Unicorn advised Michael to let her know when he does that so she can get with him and sign the new signature cards. In the meantime, Sebastian will hold off on submitting the Zoom information to be auto charged to our Regional Debit card since it will most likely change with a new account number.

OPEN FORUM:

1. We discussed moving the July Regional meeting to August 3rd due to the conflict with the NC Region hosting the SEZF on the weekend of July 27th. It was decided to move the Regional meeting to August 3rd.

2. Discussed sending Jacob to Nessa – NA – the cost will be about \$900.00 we decided to do it and discussed again whether to fund any additional person – delegate or not – who would want to attend the symposium. No resolve came to the point of funding any other person, as we got off track with the possibility of NC Region collaborating with the Carolina Region to do a similar symposium sometime this year.
3. PR – Kristine was voted in and asked for funds for \$100 for literature and \$245 or less for the entry fee for the NC One Community and Recovery function. We all agreed it would be great to fund this so PR could get our message out.
4. Steve brought up services for those with additional needs. Jacob suggested Steve start with the SEZF additional needs committee who is putting together some amazing material, assistance and resources for our addicts with additional needs.
5. We paid the United Methodist Church \$75 for today's rental fee.
6. Discussed the lack of audio regarding our hybrid meeting, Sebastian is going to check some settings to see if we can fix the issue or need to purchase a different type of audio device.

Next meeting, April 27th @1:00 pm, possible in the Down East Area. Rene will get with Unicorn regarding same before the end of February. Please bring resumes and be prepared to serve! descriptions can be found at www.ncregion-na.org

NEW BUSINESS:

ANNOUNCEMENTS:

TREASURER'S CLOSING BALANCE: Closing balance \$9,112.82 (see treasurers report attached) (\$5,000 prudent reserve)

PLEASE SEND ALL ANNOUNCEMENTS TO:

WEBSERVANTS@NCREGION-NA.ORG

Good Afternoon NA Family. I have a few notes to share. I have met with the Ad-Hoc committee regarding the purchase of the Hybrid Equipment and Sebastian will give his final report on same. Once that is complete, I believe we can disband that Ad-Hoc. I currently have possession of the Hybrid Equipment. Second, we had a homegroup request proof of insurance, which was provided. An incident occurred where the contact person of the facility in which they meet contacted our insurance agent and asked that the facility itself be added as an insured. I immediately addressed the situation, ensuring that they were not added as an insured, and made it clear that only the Chair, myself, and the Vice-Chair, currently vacant, can make any changes and/or additions to our Regional Policy, and that is only after it has been approved by the Regional Area. I did make sure they had our new PO Box Mailing Address as well. This is just a point of information, to keep this body informed and within the concept of transparency. Also, I reached out to Ron in the Down East area to see if they wanted to host the next Regional Meeting. Today, I have not heard back from him. To my knowledge, the IRS number was updated to all necessary facilities accordingly.

In loving service,

Unicorn P
NC Regional Chair



North Carolina Region Treasurer's Report 1/27/2024

October Ending balance \$6,696.30 Audio video purchase will reduce balance to near prudent reserve, no donations to NAWs or SEZF

Deposits since last regional report totaling \$5650.66 were \$228.29 and \$179.60 from Capital Area, \$25.00, \$26.00, and \$19.00 from Courage to Change homegrp, \$1,522.43 and \$903.05 from Down East Area, \$66.00, \$62.00, and \$45.00 from Freedom thru Recovery homegrp, \$100.00 from Mountain Area, \$7.00 from New Way to Live Group, \$7.97, \$26.92 and \$12.00 from Sunday Serenity Group, \$376.84, \$502.00, and \$520.00 from Tar-Roanoke Area, & \$3.75 from Women of Substance Homegroup, \$474.81 from Our Primary Purpose Area, \$77.00, \$340.00, and \$126.00 from Southern Piedmont Area..

Deductions since last region totaling \$2,804.81 were Bank service fees \$12.00, direct debit for phoneline and webhosting (Linode/Twillio) \$427.78, RD SEZF travel \$782.18, Hybrid Equipment purchase \$1,475.18, and Philadelphia Insurance late payment fee \$25.75
 Account has been reconciled.

RECONCILED BANK BALANCE \$6,745.72 OPENING BALANCE \$9,585.15

Donations:

Capital Area Donation (CASH APP)(for Dec)	\$228.29
Capital Area Donation (CASH APP)(for Nov)	\$179.60
Courage to Change (CASH APP)	\$25.00
Courage to Change homegrp Durham (Cash app)	\$26.00
Courage to Change homegrp Durham (Cash app)	\$19.00
Down East Area donation	\$1,522.43
Freedom Through Recovery homegrp (Cash app)	\$66.00
Freedom Through Recovery homegrp (Cash app)	\$62.00
Freedom thru Recovery (CASH APP)	\$45.00
Mountain Area Donation(CASH APP)	\$100.00
New Way to Live Group(Cash app)	\$7.00
Sunday Serenity HG (Capital Area)(Cash app)	\$7.97
Sunday Serenity HG (Capital Area)(Cash app)	\$12.00
Tar-Roanoke Area Donation	\$376.84
Tar-Roanoke Area Donation	\$520.00
Tar-Roanoke Area Donation	\$502.00
Women of Substance (CASH APP)	\$3.75
Sunday Serenity Homegroup (Cash app)	\$26.92
Our Primary Purpose AREA (CashApp)	\$474.81
Southern Piedmont Area Donation	\$77.00
Southern Piedmont Area Donation	\$340.00
Southern Piedmont Area Donation	\$126.00
Down East Area donation	\$903.05
	\$5650.66

Deductions:

Bank Charges for Oct, Nov, Dec	\$ 12.00
Linode (web hosting) & Twillio (phoneline)	\$ 427.78
RD SEZF travel	\$ 782.18
Sebastian purchase of hybrid meeting equipment	\$1277.85
Home Depot case for hybrid meeting equipment	\$ 138.35
Sebastian purchase of hybrid meeting equipment	\$ 55.98
Philadelphia Insurance Late fee	\$ 25.75
	\$2804.81

\$9,585.15
Today's Checks written:

United Methodist Church
Jonathan B AD travel SEZF by car
75.00
1775.98
\$1850.98

1775.98

Checks received:

Greater Sandhills Area	\$1,035.00	1/27/2024
Crossroads Area	\$343.65	1/27/2024
	<u>\$1,378.65</u>	

Closing \$9,112.82

Checks for NAWs \$3,084.62 (75%) and SEZF \$1,028.20 (25%) to bring the account to the prudent reserve of \$5000.00.

With Gratitude in Loving Service.

Michael Mc. (847)

Please send ALL donations to:

Make all checks out to North Carolina Region of NA and mail to Michael McBride
1900 Daniel St Roanoke Rapids, NC 27870 or Cash app
\$NorthCarolinaRegion

Effective September 18, 2023, Truist will no longer consider reinitiated or represented items against your account as a separate "item" for purposes of the overdraft/ returned item fee even if represented multiple times.

Effective November 01, 2023, Truist will no longer charge an Overdraft Protection Transfer Fee when the funds are transferred from another Truist business deposit account through the automated overdraft protection process.

Effective November 20, 2023, Truist will no longer charge a Negative Account Balance Fee when your account balance remains overdrawn for seven consecutive calendar days.

Pricing Change Notification

DATE	DESCRIPTION	AMOUNT(\$)
10/02	MOBILE DEPOSIT	1,166.88
10/03	* Cash App Cash App JXY9 North Carolina Region	20.70
10/06	* Cash App Cash App AP40 North Carolina Region	32.00
10/26	MOBILE DEPOSIT	200.00
10/26	MOBILE DEPOSIT	427.81
10/27	* Cash App Cash App TFSG North Carolina Region	669.59
10/31	* Cash App Cash App TRNF North Carolina Region	702.76
Total deposits, credits and interest		= \$3,219.74

DATE	DESCRIPTION	AMOUNT(\$)
10/02	DEBIT CARD RECURRING PYMT LINODE . AKAMAI 10-01	7.00
10/23	DEBIT CARD RECURRING PYMT Twilio L6HMT8637FJ 10-21	40.05
10/23	SERVICE CHARGES - PRIOR PERIOD	4.00
Total other withdrawals, debits and service charges		= \$51.05

Your previous balance as of 09/29/2023	\$6,034.18
Checks	- 0.00
Other withdrawals, debits and service charges	- 51.05
Deposits, credits and interest	+ 3,219.74
Your new balance as of 10/31/2023	= \$9,202.87

■ TRUIST COMMUNITY CHECKING 00 [REDACTED]

Your account statement
For 10/31/2023

Contact us
Truist.com

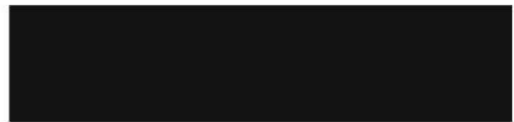
(844) 4TRUIST or (844) 487-8478



Effective November 20, 2023, Truist will waive Overdraft / Returned Item fees on items that are less than \$5.00 and Truist will limit total Overdraft / Returned Item fees to three (3) per day.

Important: Fee Changes. Truist has completed an annual review of additional banking fees and services. As of January 1, 2024, fees will change for select deposit, treasury solutions and digital products. Additional detail will be available in your next statement.

The most current version of the Business Deposit Accounts Fee schedule can be obtained at any Truist branch or online at www.truist.com/business-fee-schedule. If you have any questions about this change, contact your local Truist branch, your relationship manager, or call 844-4TRUIST (844-487-8478).



Your account statement

For 11/30/2023

Contact us Truist.com

(844) 4TRUIST or (844) 487-8478

Account summary

Your previous balance as of 10/31/2023	\$9,202.87
Checks	- 150.00
Other withdrawals, debits and service charges	- 4,528.13
Deposits, credits and interest	+ 2,234.53
Your new balance as of 11/30/2023	= \$6,759.27

Checks

DATE	CHECK #	AMOUNT(\$)
11/06	1567	150.00
Total checks = \$ 150.00		

Other withdrawals, debits and service charges

DATE	DESCRIPTION	AMOUNT(\$)
11/02	DEBIT CARD RECURRING PYMT LINODE . AKAMA1 11-01	7.00
11/08	DEBIT CARD RECURRING PYMT TWIIIO NWLGS9HPWXK 11-07	40.01
11/15	DEBIT CARD RECURRING PYMT TWIIIO HKDPNDNWWXK 11-14	71.67
11/15	DEBIT CARD RECURRING PYMT TWIIIO WVZ6RBTMHTM 11-14	41.99
11/15	DEBIT CARD RECURRING PYMT TWIIIO ZB3N3LJ5W4Q 11-14	42.09
11/15	DEBIT CARD RECURRING PYMT TWIIIO JNBFNZQTC58 11-14	41.99
11/15	DEBIT CARD RECURRING PYMT TWIIIO BDW5F5SNWWXK 11-14	55.59
11/15	DEBIT CARD RECURRING PYMT TWIIIO FMLZNPJTJ48D 11-14 844	72.01
11/21	SERVICE CHARGES - PRIOR PERIOD	4.00
11/28	DEBIT CARD RECURRING PYMT TWIIIO DW5XQZPP8VD 11-27	41.43
11/29	DEBIT CARD PURCHASE HOMDEPOT.COM 11-27	138.35
11/29	ACH CORP DEBIT INS IN PHILA INS CO	3,972.00
Total other withdrawals, debits and service charges = \$4,528.13		

Deposits, credits and interest

DATE	DESCRIPTION	AMOUNT(\$)
11/06	MOBILE DEPOSIT	1,857.69
11/24	MOBILE DEPOSIT	376.84
Total deposits, credits and interest = \$2,234.53		

Questions, comments or errors?

For general questions/comments or to report errors about your statement or account, please call us at 1-844-4TRUIST (1-844-487-8478) 24 hours a day, 7 days a week. Truist Contact Center teammates are available to assist you from 8am to 8pm EST Monday-Friday and 8am to 5pm EST on Saturday. You may also contact your local Truist branch. To locate a Truist branch in your area, please visit Truist.com.

Electronic fund transfers (For Consumer Accounts Only. Commercial Accounts refer to the Commercial Bank Services Agreement.)

Services such as Bill Payments and Zelle® are subject to the terms and conditions governing those services, which may not provide an error resolution process in all cases. Please refer to the terms and conditions for those services.

In case of errors or questions about your electronic fund transfers, if you think your statement or receipt is wrong or if you need more information about a transfer on the statement or receipt, IMMEDIATELY call 1-844-487-8478 or write to:

Fraud Management
P.O. Box 1014
Charlotte, NC 28201

Tell us as soon as you can, if you think your statement or receipt is wrong, or if you need more information about a transfer listed on the statement or receipt. We must hear from you no later than sixty (60) days after we sent the FIRST statement on which the problem or error appeared.

- Tell us your name and deposit account number (if any)
- Describe the error or transfer you are unsure of, and explain as clearly as you can why you believe it is an error or why you need more information
- Tell us the dollar amount of the suspected error

If you tell us orally, we may require that you also send us your complaint or question in writing within ten (10) business days. We will tell you the results of our investigation within ten (10) business days after we hear from you, and we will correct any error promptly. If we need more time, however, we may take up to forty-five (45) days to investigate your complaint or questions for ATM transactions made within the United States and up to ninety (90) days for new accounts, foreign initiated transactions and point-of-sale transactions. If we decide to do this, we will re-credit your account within ten (10) business days for the amount you think is in error, minus a maximum of \$50. If we ask you to put your not re-credit your account and you will not have use of the money during the time it takes us to complete our investigation.

Tell us AT ONCE if you believe your access device has been lost or stolen, or someone may have electronically transferred money from your account without your permission, or someone has used information from a check to conduct an unauthorized electronic fund transfer. If you tell us within two (2) business days after you learn of the loss or theft of your access device or the unauthorized transaction, you can lose no more than \$50 if someone makes electronic transfers without your permission.

If you do NOT tell us within two (2) business days after you learn of the loss or theft of your access device or the unauthorized transaction, and we can prove we could

How to Reconcile Your Account			
1.	List the new balance of your account from your latest statement here:	Date/Check #	Amount
2.	Record any outstanding debits (checks, check card purchases, ATM withdrawals, electronic transactions, etc.) in section A. Record the transaction date, the check number or type of debit and the debit amount.		
3.	Subtract the amount in Line 2 above from the amount in Line 1 above and enter the total here:		
4.	Record any outstanding credits in section B. Record the transaction date, credit type and the credit amount. Add up all of the credits and enter the sum here:		
5.	Add the amount in Line 4 to the amount in Line 3 to find your balance. Enter the sum here. This amount should match the balance in your register.	Date/Type	Amount
Outstanding Checks and Other Debits (Section A)			
Date/Check #			
Amount			
Outstanding Deposits and Other Credits (Section B)			
Date/Type			
Amount			

For more information, please contact your local Truist branch, visit Truist.com or contact us at 1-844-4TRUIST (1-844-487-8478). MEMBER FDIC

you had told us, you could lose as much as \$500. Also, if your periodic statement shows transfers you did not make, tell us at once. If you do not tell us within sixty (60) days after the statement was mailed to you, you may not get back any money you lost after sixty (60) days if we can prove we could have stopped someone from taking the money if you had told us in time.

Important information about your Truist Ready Now Credit Line Account

Once advances are made from your Truist Ready Now Credit Line Account, an INTEREST CHARGE will automatically be imposed on the account's outstanding "Average daily balance." The INTEREST CHARGE is calculated by applying the "Daily periodic rate" to the "Average daily balance" of your account (including current transactions) and multiplying this figure by the number of days in the billing cycle. To get the "Average daily balance," we take the beginning account balance each day, add any new advances or debits, and subtract any payments or credits and the last unpaid INTEREST CHARGE. This gives us the daily balance. Then we add all of the daily balances for the billing cycle and divide the total by the number of days in the billing cycle. This gives us the "Average daily balance."

Billing Rights Summary

In case of errors or questions about your Truist Ready Now Credit Line statement If you think your statement is incorrect, or if you need more information about a Truist Ready Now Credit Line transaction on your statement, please call 1-844-4TRUIST or visit your local Truist branch. To dispute a payment, please write to us on a separate sheet of paper at the following address:

Card and Direct to Consumer Lending
PO Box 200
Wilson NC 27894-0200

We must hear from you no later than sixty (60) days after we sent you the FIRST statement on which the error or problem appeared. You may telephone us, but doing so will not preserve your rights. In your letter, please provide the following information:

- Your name and account number
- Describe the error or transfer you are unsure about, and explain in detail why you believe this is an error or why you need more information
- The dollar amount of the suspected error

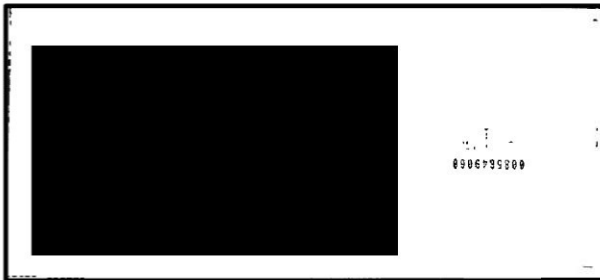
During our investigation process, you are not responsible for paying any amount in question; you are, however, obligated to pay the items on your statement that are not in question. While we investigate your question, we cannot report you as delinquent or take any action to collect the amount in question.

Mail-in deposits

If you wish to mail a deposit, please send a deposit ticket and check to your local Truist branch. Visit Truist.com to locate the Truist branch closest to you. Please do not send cash.

Change of address

If you need to change your address, please visit your local Truist branch or call Truist Contact Center at 1-844-4TRUIST (1-844-487-8478).



0055629068

1567
 NORTH CAROLINA REGION OF NA
 P.O. BOX 4581
 GREENSBORO, NC 27404-4581

Date: 11/28/23

Pay to the Order of: *Holly Springs United Methodist Church* \$150.00
One hundred fifty and no/100 Dollars

For: *RSC rent*

1557

CHECK#: [REDACTED] \$150.00



Changes are being made effective February 2, 2024, to the Commercial Bank Services Agreement ("CBSA") that governs your account, including a new paragraph titled "Fraud Detection Products. Continued use of your account after the effective date constitutes your acceptance of the changes. The most current version of the CBSA can be obtained at any Truist branch or online at www.truist.com/CBSA. All future transactions on your account will be governed by the amended CBSA. If you have any questions about this change, contact your local Truist branch, your relationship manager, or call 844-4TRUIST (844-487-8478).

DATE	DESCRIPTION	AMOUNT(\$)
12/04	MOBILE DEPOSIT	1,522.43
12/15	* Cash App Cash App ZQ0G North Carolina Region	88.97
12/26	MOBILE DEPOSIT	520.00
12/27	* Cash App Cash App EHSV North Carolina Region	8.00
Total deposits, credits and interest		= \$2,139.40

DATE	DESCRIPTION	AMOUNT(\$)
12/04	DEBIT CARD RECURRING PYMT LINODE , AKAMA1 12-01	7.00
12/21	SERVICE CHARGES - PRIOR PERIOD	4.00
12/26	DEBIT CARD RECURRING PYMT Twilio PGC383LVT2 12-23	41.24
12/29	DEBIT CARD RECURRING PYMT Twilio M3ZKSJMZXZ9 12-28	40.68
Total other withdrawals, debits and service charges		= \$92.92

DATE	CHECK #	AMOUNT(\$)
12/08		1,277.85
12/08		782.18
Total checks		= \$ 2,060.03


Your previous balance as of 1/30/2023	\$6,759.27
Checks	- 2,060.03
Other withdrawals, debits and service charges	- 92.92
Deposits, credits and interest	+ 2,139.40
Your new balance as of 12/29/2023	= \$6,745.72


Account summary

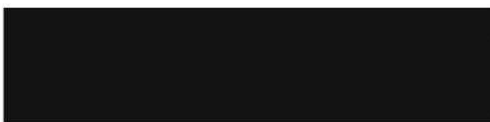
■ TRUIST COMMUNITY CHECKING 00 [REDACTED]

Your account statement

For 12/29/2023

Contact us  Truist.com

 (844) 4TRUIST or (844) 487-8478



CHECK# 1569 \$782.18

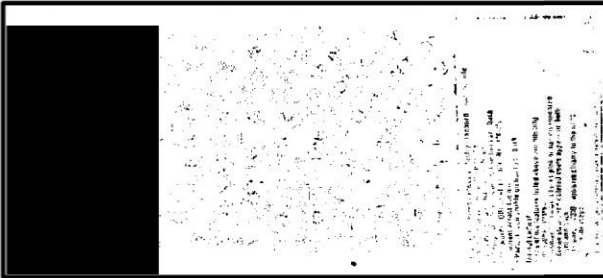
1569 NORTH CAROLINA REGION OF NA
P.O. BOX 4581
GREENSBORO, NC 27404-4581
R# 11/28/11

Pay to the Order of Jack [REDACTED] \$782.18
Date 12/19/13

Seven hundred eighty two and 18/100 Dollars

For Deposit Only
P.O. BOX 4581
GREENSBORO, NC 27404-4581
R# 11/28/11

1569



CHECK# 1568 \$1,277.85

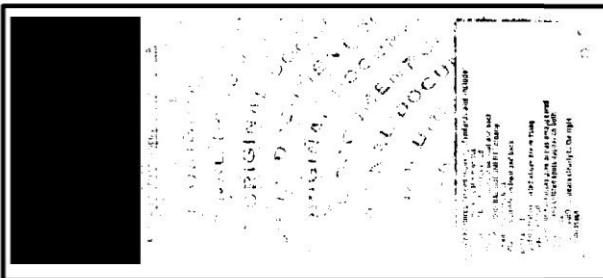
1568 NORTH CAROLINA REGION OF NA
P.O. BOX 4581
GREENSBORO, NC 27404-4581
R# 11/28/11

Pay to the Order of J Sebastian I \$1,277.85
Date December 4, 2013

One thousand two hundred seventy seven and 85/100 Dollars

For Hybrid equipment purchase

1568



Check/Debit	Deposit	Balance	Date	From/To
\$7.00		\$6,925.06	1/1/2024	End of 2023 Balance
		\$6,918.06	1/7/2024	Linode (web hosting)
	\$228.29	\$7,146.35	1/20/2024	Capital Area Donation (CASH APP)
	\$25.00	\$7,171.35	1/20/2024	Courage to Change (CASH APP)
	\$45.00	\$7,216.35	1/20/2024	Freedom thru Recovery (CASH APP)
	\$3.75	\$7,220.10	1/20/2024	Women of Substance (CASH APP)
	\$502.00	\$7,722.10	1/20/2024	Tar-Roanoke Area Donation
\$58.98		\$7,663.12	1/20/2024	Sebastian reimbursement for Hybrid purchases
\$25.75		\$7,637.37	1/20/2024	Philadelphia Insurance Co late fee
	\$26.92	\$7,664.29	1/26/2024	Sunday Serenity Homegroup (Cash app)
	\$474.81	\$8,139.10	1/26/2024	Our Primary Purpose AREA (CashApp)
	\$77.00	\$8,216.10	1/26/2024	Southern Piedmont Area Donation
	\$340.00	\$8,556.10	1/26/2024	Southern Piedmont Area Donation
	\$126.00	\$8,682.10	1/26/2024	Southern Piedmont Area Donation
	\$903.05	\$9,585.15	1/26/2024	Down East Area donation
	\$343.65	\$9,928.80	1/27/2024	Crossroads Area donation
	\$1,035.00	\$10,963.80	1/27/2024	Greater Sandhills Area donation
\$75.00		\$10,888.80	1/28/2024	UMC for rent
\$1,775.98		\$9,112.82	1/28/2024	Jacob S RD travel flights, hotel, & transport
\$3,084.62		\$6,028.20	2/4/2024	NAWS donation 75%
\$1,028.20		\$5,000.00	2/4/2024	SEZF donation 25%

Reconciled
Yes

Color Key

REGION	
H&I	
PR	
POLICY	
OUTREACH	
RD & ARD	
Wkshop Travel	RD & AD
SEZF Travel	
WSC Travel	
WSC Donation	
SEZF Donation	

reconciled balance

RG500

NAWS

PO Box 9999

Van Nuys, California USA 91409

SEZF

2222 S Combee Rd

STE 6

Lakeland, FL 33801



December 17, 2023

Re: Letter of support for Kristen F. for PR Chair for Region

The Our Primary Purpose Area Service Committee fully supports the nomination for Kristen F., member of the Starlight homegroup, for Public Relations Subcommittee Chair for the North Carolina Region of Narcotics Anonymous. She is an active member of our area and has significant experience in service, particularly in PR service, and would be an asset to the region.

In loving service,



Carlar B.

Chair, Our Primary Purpose Area Service Committee 2023

Service Resume

Kristen F.

Clean date 8-1-07

Homegroup: Starlight, Our Primary Purpose Area (OPP)

2008-2009

- GSR, Survivors group, Cleveand, Ohio
- Member, H & I committee, Great Lakes Area of Narcotics Anonymous (GLASCNA) Area, Cleveand, OH

2009-2011

- Chair, Public Information/Public Relations Committee, GLASCNA Area, Cleveand, OH
- Member, Public Relations Regional Committee, Buckeye Region, OH

20011-2012

- Chair, GSR Orientation ad hoc committee, GLASCNA Area, Cleveand, OH
- Chair, Posting ad hoc committee, GLASCNA Area, Cleveand, OH

2012 – 2013

- Secretary, River Street Recover, (home group), Cleveand, OH
- GSR Alternate, River Street Recover, Cleveand, OH

2013

- Member, Public Information/Public Relations Committee, OPP Area, Chapel Hill, NC

2014-2015

- Chair, Public Information/ Public Relations Committee, OPP Area, Chapel Hill, NC
- Member, Public Relations Committee, North Carolina Region, NC

2015-2016

- Vice Chair, Public Relations Committee, North Carolina Region, NC
- Member, Public Information / Public Relations Committee, OPP Area, Chapel Hill, NC

- 2016 - 2020
 - Chair, Public Relations Committee, North Carolina Region, NC
 - Member, Public Relations Task Force, Southeastern Zonal Forum
- 2020 - 2022
 - Web Servant, North Carolina Region, NC
 - Member, Public Relations Task Force, Southeastern Zonal Forum
- 2024
 - Member, Public Relations Task Force, Southeastern Zonal Forum

January 27, 2024

Dear RSC -

Capital Area NA is alive and well, and continues to rebound from impacts experienced during the pandemic.

Highlights

- A concerted effort is underway to better facilitate and manage time at our monthly ASC meeting.
- Capital Area NA supports RD/AD motion for travel reimbursement.
- Capital Area Anniversary Celebration (39 years).
- After missing one, quarterly "town hall" meetings have resumed.
- Service delivery ad hoc gave its first presentation on what a "flexible service delivery" ASC might look like (presentation attached).
- December 25th Marathon Meeting (in-person).
- Monthly Clean-time Celebration & Potluck continues; responsibility has shifted to our home groups to host each month.
- Convention fundraisers continue.

Lowlights

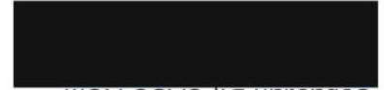
- Our H&I subcommittee is struggling a bit with coordinating resources, and recently reduced its recurring commitments.
- We continue to struggle in general with filling positions on our service body. For example, we just elected a treasurer (7 months into this service year) but still don't have an alt. treasurer.

We love to see our neighbors at any and all of our events, which can be found on capitalareancna.com/events.

Thanks for letting me share.



Sebastian D., CASC RCM



North Carolina Region

Of Narcotics Anonymous

Area/Subcommittee Report

Date: January 27, 2024

Name of Area/Subcommittee: Greater Sandhills Area

Area Address: P.O. Box 1107, Fayetteville, NC 28

RCM: Magali F.

Email: [REDACTED]

Address: same as above

Phone: [REDACTED]

Alt. RCM: Ivory B.

Email: [REDACTED]

Address: same as above

Phone: [REDACTED]

Report: The Greater Sandhills Area meets the 2nd Sunday of every month from 1pm to 4pm. The location varies depending on the host home group. Our next meeting will be Sunday, February 1st at the Surrender to Win Group location in Sanford.

The Greater Sandhills Area Convention VI took place in November in Sandford. It had good attendance and was seen as small and intimate, a lot of fun and a lot of work. The Convention Treasurer reported an ending monetary balance of 9,600.44. The next group in rotation to host the next convention is the Hope in Recovery Group in Hope Mills. They nominated a Chair and a Treasurer and they were voted in at the ASC this month.

The Greenlight and Search and Recover Groups joined and gave a Thanksgiving Event in Rockingham and reported it was surprisingly a huge success. A lot of people attended. December Holiday Marathon Meetings were held by the Our Primary Purpose and the Feal, Heal and Deal Groups. The Greater Sandhills Area held a New Years Eve Meeting Marathon in Lumberton.

Area/Subcommittee Report

January 27, 2024

RCM Report Continued

Our next Area Event will be on February 3, 2024. Everyone is welcome and it will also be on zoom. The information is on our North Carolina Region website under events. It will be an Issue Discussion Topic Workshop held at the Hoke County Library in Raeford and facilitated by our Regional Delegates, Jacob S. and Jonathan B.

The Public Relations Subcommittee Chair was given funds to print updated meeting lists. We haven't had any for months. This subcommittee needs support. It is also trying to get Phoneline up and running again.

The H&I Subcommittee is serving 2 facilities, Monarch in Lumberton and RI International (formerly Roxie) with a total of 4 meetings.

The Greater Sandhills Area Convention Committee and The Greater Sandhills Area are both currently working to review and revise their Policies/Guidelines. I have a donation to the NC Region of NA for \$1,035.

That's all for now. Thanks for letting me serve.

Area/Subcommittee Report

Date: 1/27/24

Name of Area/Subcommittee: Tar Roanoke

Area Address (Address & Town): PO Box 9035 Rocky mount NC

RCM/Chair Person Kevin C [Redacted] Email: Kcooke585@gmail.com

Address: [Redacted]

Phone: [Redacted]

City/ST/Zip: [Redacted]

Alt. RCM/Alt. Chair [Redacted] Email: [Redacted]

Address: [Redacted]

Phone: [Redacted]

City/ST/Zip: [Redacted]

Report: Tar Roanoke area has been discussing joining the down east area for the 2025 DEICNA convention

Use Back if Needed

AD-HOC Report on doing a Service Symposium with the Carolina Region of NA

Met with the CRNA symposium planning committee on Thursday 12/28/23 at 8pm by way of Zoom, in attendance were Rich W. (Chair), Larry (from the Sun City Area/Myrtle Beach), Craig R. (Capital Area) and myself. This was a very productive meeting. A lot of items were addressed and discussed. I got a very good feeling about this event and the individuals conducting this committee. The impression I got that the CRNA are very excited with the idea of collaborating with the NCRNA on putting on this event and are looking forward to possible doing more together in the future. We talked about a lot of things ... setting a date, a budget, location, topics, and speakers

... Discussed a budget of \$1400 for a one day event, in which includes:

\$200 donation to the meeting facility -- Weddington United Methodist Church, just southeast of Charlotte, apparently this is a church that CRNA has used before for events and it is large church with three different areas/rooms to conduct round table discussions, work shops and speakers. Food, the biggest expense, but necessary

\$200 for a breakfast buffet--(catered)

\$388 for a BBQ lunch (catered)

\$388 for a Dinner (catered), for what type of dinner is still up for discussion

And \$200 coffee and drinks

... Date and time, Talked about having it on Saturday Aug. 3rd from 8am to 7pm, this time may vary, nothing is set in stone at this point. August 3rd was settled on because we didn't to get into the winter months or to conflict fall conventions or the World Convention

... Topics and Speakers

Topics:

1) Strategic Planning, 2) GSR Assembly, 3) Area Finance

4) Having a gold box speaker meeting, where questions are submitted for the speaker to answer/discuss

Of course there will be more topics, this just all we come up with at this meeting

Campout Adhoc January 27, 2024

- Booked campsite at Grandfather Mountain Campground in Banner Elk for Wednesday May 15th to Monday May 20th. I put down a \$70 deposit to hold the site.
- No minimums or maximums required. We got both large group campsites. No RSVP required. \$7/per person/per night. Pay when you are up there. We have the large group campsite which is capable of holding 100 people.
- There are a few firepits set up, we usually have at least one going the whole time where we congregate round. People are expected to bring their own food and methodology of cooking. There is no electricity on the campsite. Propane is allowed.
- There are bathrooms and showers.
- There are cabins and RV hookups available, you'll need to go to the campground website and book directly with them. <https://www.grandfathertrv.com/>
- The Adhoc is going to be meeting soon to discuss the activities for the campout itself.
- There is also a 3rd party site highcountryhost.com that lists a lot of other activities around the area available.
- In the past we have had speakers, hiking, music, meetings, games, card, stuff for kids, etc.
- We have a flyer which was posted on the RSC website. We have also have reached out to ASC websites (that have them to post). For those areas that don't have website, can you circulate the flyer in whatever way seems best. (Greater Sandhills + Foothills). Also noticed that Tar-Roanoke doesn't list any events. Please announce it at meetings.

TFLMS,

Danny G

Campout Adhoc Chair