

Rappahannock ASC Minutes for  
**2 December 2018**



Welcome new and returning ASC members!

**16 homegroups** are members of the Rappahannock Area Service Committee of Narcotics Anonymous.

There are **22 meetings** in the Rappahannock Area every week!

**Website:**  
[www.rappahannockareaofna.com](http://www.rappahannockareaofna.com)  
**Helpline Number: (800) 777-1515 (24 hours)**

**I. Serenity Prayer**  
**II. Readings**

- a. Service Prayer (Read by John L.)
- b. Purpose of Area Service (Read by Michelle W.)
- c. 12 Concepts of NA Service (Read by Joe S.)
- d. 12 Traditions of Narcotics Anonymous (Read by John F.)
- e. Decorum Statement (Read by Dennis D.)

**III. RANA Trusted Servants & Subcommittee Chairs Roll Call**

Legend: P = Present    A = Absent    O = Open Position    \* = Arrived Late

POSTION	NAME	O	N	D	Report	Comment
Chair	John L.	A	A	P	Due Jan.	-
Vice Chair	Victoria L.	P	P	P	✓	-
Secretary I	Robb B.	P	P	P	✓	-
Secretary II	OPEN	-	-	-	-	-
Treasurer I	Richard M.	A	P	P	✓	-
Treasurer II	Derek V.	P	A	A	-	-
RCM I	OPEN	-	-	-	-	-
RCM II	OPEN	-	-	-	-	-
VRCC Dir.	Antoinette	P	P	P	✓	Report Not Submitted...
Activities	Britany M.	P	P	P	✓	-
H&I	Michelle G.	P	*	P	-	RESIGNED
PR	Art M.	A	A	P	-	
Literature	OPEN	P	P	P	-	Jay H. Pro Tem
RACC	Mark T.	*	A	A	✓	Absent @ ASC

#### IV. Group Roll Call

Legend: P = Present    **A** = Absent    O = Open Position    \* = Arrived Late

GROUP NAME	O	N	D	NAME	POSTION
Primary Purpose	P	<b>A</b>	<b>A</b>		
Welcome Home	P	P	P	Stephanie C.	GSR
Who Wants to Live	<b>A</b>	P	P	Mark M.	REP
In It To Win It	P	P	P	Dennis D.	GSR
Spiritual Connection	P	P	P	Summer M.	GSR
Standing by Recovery	<b>A</b>	<b>A</b>	<b>A</b>		
New Beginnings of King George	<b>A</b>	<b>A</b>	<b>A</b>		
Clean Works	P	<b>A</b>	<b>A</b>		
Start Living	P	P	<b>A</b>		
Welcome to the NAborhood	<b>A</b>	P	P	Michelle W.	REP
Freedom from Bondage/SNL	P	<b>A</b>	P	Joe S.	GSR
Colonial Beach Survivors Group	<b>A</b>	<b>A</b>	<b>A</b>		
Back to Basics	<b>A</b>	P	P	Brandon H.	REP
Experience, Strength, & Hope	P	P	<b>A</b>	John T.	GSR
Alive & Free	P	<b>A</b>	P	John F.	ALT
Men's Sharehouse	*	<b>A</b>	P	Akim E.	GSR

#### V. Adoption and Approval of Agenda

**Motion #12/2-02:** To adopt November's Agenda as proposed

Maker: Dennis D.

2<sup>nd</sup> By: Brandon H

**VOTE:** For: 9    Against: 0    Abstain: 0

**Motion: PASSED**

#### VI. Approval of Minutes

**Motion #12/2-03:** To approve October's minutes

Maker: Dennis D.

2<sup>nd</sup> By: Summer M.

**VOTE:** For: 9    Against: 0    Abstain: 0

**Motion: PASSED**

#### VII. Secretary I Report and Q&A – Robb B.

Good Afternoon RANA ASC,

I would like to take this time to thank everyone for their patience with me this past month. I know the minutes were incredibly tardy. I've had some family emergencies pop up, as well as my laptop die. Needless to say, it's been a little hectic. Thank you for your well-wishes for my family, and condolences for my laptop. RIP.

I'm excited for another calendar year with RANA. Thank you for helping me serve this past year as I learned the ins-and-outs of being a secretary. I am excited for the new things 2019 will bring! Jay and I will be working on

developing a new Literature Order Form to reflect changes in availability, demand, and new material. I will also be tinkering with the minutes and announcements format, so if it looks different, please provide me with your feedback. I have brought a rough draft of the Q1 2019 Meeting List with me, so please take a copy to glance over and make me aware of any changes that need to be made to it before we send it out to print.

Please continue to email me a copy of reports as soon as you are able to do so. Thank you for continuing to help me serve, please do not hesitate to call on me with any questions or comments.

Yours in Service,  
Robb.

**VIII. Secretary II Report and Q&A – OPEN POSITION**

**IX. Chairperson Report and Q&A – John L. – Report Due Jan. 2019**

**X. Vice Chairperson Report and Q&A – Victoria H.**

Hi RANA Family,

Our subcommittees are working hard to fulfill our primary purpose, to carry the message to addicts who still suffer.

Activities hosted a marathon meeting on Thanksgiving that provided continuous meetings to addicts struggling on the holiday. Thank you to the subcommittee and other members who stepped up to provide a much-needed service to our area.

H&I is busy as always, carrying the message to addicts in treatment centers and the jail. With an upcoming change in H&I leadership, I would like to take moment to recognize and thank our dedicated H&I chairperson, Michelle, for all of the service she has done with H&I over the past several years.

The RACC recently hosted another successful speaker jam. Their efforts to hold events outside of downtown Fredericksburg, in other parts of the Rappahannock Area, have allowed addicts from all over RANA to participate and hear our message of recovery.

Thank you for allowing me to serve.

Victoria L.

**XI. Treasurer I Report and Q&A – Richard M.**

Good Afternoon ASC. Our beginning balance at the start of today is \$4806.04. This includes a deposit of \$1474.97 with an additional \$3.00 in cash from the closing of the Carter Bank and Trust account. So, the total deposit is \$1477.97. Total Debits were \$915.92, this includes \$286.44 for a literature order. Checks written include ck#1009 to NAWS for \$300.00, ck#1010 to Victoria L for \$4.40, ck#1011 to Britany Morrison for \$300.00 and lastly ck #1012for\$25.08 to Antionette old school. Checks that haven't cleared yet include ck# 1004 for \$500.00 to the Central Atlantic Region, ck# 1006 for \$11.05 to Erin B and lastly ck#1010 for \$4.40 to our one and only Victoria L. These checks have been considered for the beginning balance. With that being said the Carter account is now officially closed. Our Prudent reserve is \$1167.25 so with our current balance we are over our prudent reserve by \$3638.79. I would like to discuss something. I know as an area we look at prudent reserve and anything over prudent reserve we are supposed to donate. Coming into 2019 I would like to discuss a different approach, I would like to look at the total money needed to finish the year. For example, in January 2019, if we need \$5000.00 to finish the year and we have \$6000.00 then we donate \$1000.00. Whereas if we stay with the prudent reserve which is set at \$1167.25 and we have \$2000.00 in the bank we should donate the difference. I am not trying to hoard money or not follow our 7<sup>th</sup> tradition, I am simply trying to look at ways that will protect our budget but still move money as to not have too much in the account at any one time. Please think about this so we may be able to discuss it in open sharing. In loving Service Richard M.

\*TOPIC OF PRUDENT RESERVE MOVED TO OPEN SHARING\*

**XII. Treasurer II Report and Q&A – Derek V.**  
ABSENT – No Report, No Discussion.

**XIII. RCM I Report and Q&A – OPEN POSITION**

**XIV. RCM II Report and Q&A – OPEN POSITION**

**XV. VRCC Director Report and Q&A – Antoinette B. “Old School”**

**\*\* REPORT NOT SUBMITTED BEFORE END OF AREA...REPORT NOT INCLUDED IN MINUTES. \*\***

\*TOPIC OF AVCNA/VRCC MOVED TO OPEN DISCUSSION\*

## **XVI. Subcommittee Reports and Q&A**

### **A. Activities – Britany M.**

Good afternoon everyone,

I would like to say the thanksgiving marathon meeting went well. We spent \$135.06 from the \$300. We have a remaining \$164.94 for the Next holiday marathon meeting. Which that will be held on December 25th at the dumpster following the nooner going on till 6pm. I will be returning both 7th tradition money at the next area. We do need people to sign up to help chair the meetings. As well on December 31st we will be hosting a New Year's bash located at the dumpster following the Monday night meeting. It will begin at 9pm with food and drinks. It will be \$3 dollars a person. It will end at 11:30-11:45 in order for us all to walk downtown to watch the ball drop. I would also like to say we need activity members there is no clean time requirement to participate in activities, and it is a great way to start getting involved in service. As well as to show other addicts you can have fun and stay clean.

In loving service,  
Britany

### **B. Hospitals & Institutions – Michelle G.**

No Report – Read Letter of Resignation

*Thank you for your service, Michelle!*

*H&I Chairperson is now an available position to be announced in meetings.*

*Hospitals and Institutions Chair – Qualifications and Duties*

*A. Two (2) years clean time*

*B. Two (2) year ASC experience*

*C. Two (2) year term*

*D. Keep detailed records of expenditures and current balance.*

*E. Read and become familiar with H&I Subcommittee Handbook.*

*F. Attend weekly budget review meetings in October of each year.*

### **C. Literature – Jay H. Pro Tem**

*Thank you for stepping into the Literature Chair position for the time being, Jay!*

**D. Public Relations – Art M.**

I am truly grateful to be here with you today in service. My involvement in service have afforded me the opportunity to meet new people (other Recovering Addicts), which continue to fuel my passion for service. I suggest that other recovering addicts continue to get involved with service. Anyone can receive the benefits and personal growth that comes with giving away what was so freely given. As PR Chair I will continue to show my gratitude in service. At the present time the PR Subcommittee is actively working with the NORVANA & RVANA. In Hopes of hosting a learning day for this area, in doing so this effort will continue to help some very strong, loving relationships and the experience that is greatly needed for our subcommittee and area as a whole. I will also be attending the two above mentioned subcommittee meetings later this month.

In loving service  
Art M. PR Chair

**E. RACC Convention Committee – Mark T.**

Good afternoon,  
The RACC met on November 13th at Wegman's. There were six people in attendance. The October speaker jam raised \$682.26. The November fundraiser realized \$697. All funds were collected through food sales, Our 7th Tradition, t-shirt sales and preregistrations. The total amount for both events after expenses is \$1,229.30, which was given to our treasurer. Eventbrite, our online registration program, is working just fine with some minor adjustments to be made. We currently have a total of 56 preregistrations. The Programming committee is planning a spiritual breakfast to be held sometime in February. More will be revealed. Our standing meeting schedule is the 2nd Tuesday of the month and will be held Tuesday, December 11th, 6:30pm at Wegmans. I am grateful for all the support and the Convention Committee's tireless efforts in these great endeavors.

I.L.S. --- Mark T.

Rappahannock Area of Narcotics Anonymous  
Area Service Committee Meeting Minutes – December 2018

**XVII. Group Service Representative (GSR) Reports**

Home Group	GSR/ALT/REP	Meeting Day & Time	Homegroup Members	Avg. Weekly Attendance / Newcomers	Group Donation to Area	Literature Order
<b>Welcome Home</b>	Stephanie C.	Sun. 7:30 – 8:45 PM	10	50 / 5	50	38.5
Ron – 14 Years – January 6						
<b>Who Wants To Live</b>	Mark M.	Mon. – Fri. 12 – 1:15 PM	6	100 / 25	98	61.94
<b>In It To Win It</b>	Dennis D.	Mon. 7:00 – 8:30 PM	9	25 / 10	-	11.25
Tommy A. – 2 Year – December 10      Jason S. – 1 Years – December 17						
<b>Spiritual Connection</b>	Summer M.	Tue. 7:00 – 8:30 PM	10	15 / 1-2	20	44.50
New Location – 261 Cambridge Street 22405 – CLOSED CHRISTMAS DAY – SORRY IN ADVANCE						
<b>Standing By Recovery</b>	<b>ABSENT</b>	Tue. 7:30 – 8:30 PM	-	-	-	-
<b>Clean Works</b>	<b>ABSENT</b>	Wed. 7:00 – 8:15 PM	-	-	-	-
<b>Start Living Group</b>	<b>ABSENT</b>	Thu. 7:00 – 8:30 PM	-	-	-	-
<b>Freedom from Bondage / SNL</b>	Joe S.	Thu. 9–10 PM Sat.10:00PM-?	4	9 / 4	-	-
Still a comfy meeting!						
<b>Welcome to the NAborhood</b>	Michelle W.	Thu. 7:00 – 8:30 PM	4	15-20 / 1	-	-
Michelle G. – 7 Years – January 17						
<b>Back to Basics</b>	Brandon H.	Fri. 7:00 – 8:30 PM	7	40-50 / 10	-	3.75
Chris R. – 5 Years – December 14						
<b>Primary Purpose</b>	<b>ABSENT</b>	Sat. & Sun. 12– 1:30 PM	-	-	-	-
Antoinette B. “Old School” – 37 Years – January 26						
<b>Experience, Strength, &amp; Hope</b>	<b>ABSENT</b>	Sat. 7:00 – 8:15 PM	-	-	-	-
Victoria L – 4 Years – January 19						
<b>Final Surrender</b>	<b>ABSENT</b>	M,W,F,Sat. 7:00 –8:00 PM	-	-	-	-
<b>Colonial Beach Survivors</b>	<b>ABSENT</b>	Fri. 7:00 – 8:00 PM	-	-	-	-
<b>New Beginnings of King George</b>	<b>ABSENT</b>	Tue. 6:00 – 7:00 PM	-	-	-	-
<b>Alive &amp; Free</b>	John F.	Wed. 8:00 PM & Fri.7:00 PM	4	20 / 2	100	-
Gena I. – 5 Years – December 5      Charlie B – 10 Years - December 21						
<b>***Men’s Sharehouse</b>	Akim E.	Tue. 7:00 – 8:30 PM	-	11 / 1	-	-
New Location – 261 Cambridge Street 22405 - SAME CLOSING ON DECEMBER 25 AS WOMEN’S MEETING						

Rappahannock Area of Narcotics Anonymous  
 Area Service Committee Meeting Minutes – December 2018

**Second Quorum**

HOME GROUP NAME	P/A	NAME	POSTION
1. Welcome Home	P	Stephanie C.	GSR
2. Who Wants to Live	P	Mark M	REP
3. In It to Win It	P	Dennis D.	GSR
4. Spiritual Connection	P	Summer M.	GSR
5. Standing By Recovery	A		
6. Clean Works	A		
7. Start Living Group	A	Cat E.	GSR
8. Freedom from Bondage/SNL	P	Joe S	
9. Welcome to the NAborhood	P	Michelle W	
10. Back to Basic	P	Brandon H	
11. Primary Purpose	A		
12. Experience, Strength & Hope	A	John T.	GSR
13. Colonial Beach Survivors	A		
14. New Beginnings of King George	A		
15. Alive & Free	P	John F.	
16. Men's Sharehouse	P	Akim E.	GSR

<b>2<sup>st</sup> QUORUM CALL -Must 8 per Bylaws</b>	
Group Represented	9
Procedural Votes	9



**XVIII. Old Business – Motions from November’s ASC**

**Motion #11/4-08:** Pass the proposed RANA Budget 2019.

**Intent:** To have a budget.

**Maker:** Britany M.

**2<sup>nd</sup> By:** Stephanie C.

**VOTE: For:** 7

**Against:** 0

**Abstain:** 2

**Motion:** **PASSED**

**XIX. Open Sharing**

**MEETING LIST** – Deadline is Dec. 14 for changes. Submit Changes to Robb B.

**END OF THE YEAR EXPENSES** – We’ve made it to the end of another year, and we are doing quite well, as indicated in Richard M.’s Report. We have a few expenses left to pay – rent on the facility for ASC for the next calendar year and the ASC P.O. Box. Those are items in the bylaws and do not require a motion.

**PRUDENT RESERVE** – Concerning the prudent reserve, going into this coming year, we are very well off. We are well over prudent reserve, and it has been expressed that there is a historical reason as to why we do not hold on to more money that is necessary. Several ideas were discussed as to options that we can explore to lower our balance, as well as continue to serve the still sick and suffering addict. These ideas will be drafted into motion in New Business.

**NEW MEETING STARTUP KIT** – We have gone through the math of what is to be ordered for the new meeting startup kits and at least for the prices that we have now, **the total per kit is \$90.65**. This is compared to what is in the budget as **\$154.00 for 2 kits**. This will need to be a motion.

**AVCNA** – There was a brief discussion on the possibility of submitting a bid for the AVCNA 2020. However, the deadline for this is far too close for a vote to be carried back to homegroups, and the discussion became moot.

**XX. Elections for Open Positions**

Billy M. has been appointed H&I Chairperson *Pro Tem*

**XXI. New Business**

**Motion #12/2-04:** Amend new budget. Line Item – New Meeting Startup list is at \$154.00 and needs to be at \$181.30

**Intent:** Accuracy.

**Maker:** Richard M.

**2<sup>nd</sup> By:** Stephanie C.

**Motion:** **BACK TO HOMEGROUPS**

**Motion #12/2-05:** Requesting \$400 for Activities for the New Year's Bash.

**Intent:** To provide a safe and fun environment on New Year's Eve.

Maker: Britany M.

2<sup>nd</sup> By: Stephanie C.

**Motion:** **BUDGETED**

**Motion #12/2-06:** Reimburse VRCC Director for travel - \$10.97.

**Intent:** 7<sup>th</sup> Tradition.

Maker: Antoinette B.

2<sup>nd</sup> By: John F.

**Motion:** **BUDGETED**

**Motion #12/2-07:** Purchase 100 Basic Texts to donate to the groups equally to give away.

**Intent:** Tradition 5.

Maker: Billy M.

2<sup>nd</sup> By: Mark M.

**Motion:** **BACK TO HOMEGROUPS**

**Motion #12/2-08:** \$1000 donation to World, \$1000 donation to Region.

**Intent:** To spread the message.

Maker: Joe S.

2<sup>nd</sup> By: Dennis D.

**Motion:** **BACK TO HOMEGROUPS**

**Motion #12/2-09:** *Was redacted and deemed **OUT OF ORDER**.*

**Motion #12/2-10:** To reimburse Victoria L. \$22.20 for GSR Orientation.

**Intent:** 7<sup>th</sup> Tradition.

Maker: Victoria L.

2<sup>nd</sup> By: Summer M.

**Motion:** **BUDGETED**

**Motion #12/2-11:** Reimburse John L \$2.75 for printing for today's ASC.

**Intent:** 7<sup>th</sup> Tradition.

Maker: Victoria L.

2<sup>nd</sup> By: Summer M.

**Motion:** **BUDGETED**

**Motion #12/2-12:** Reimburse \$22.28 to John L. for the cost of pizza at GSR orientation.

**Intent:** 7<sup>th</sup> Tradition.

Maker: John L.

2<sup>nd</sup> By: Joe S.

**Motion:** **BUDGETED**

**Motion #12/2-13:** To give Victoria L \$100 of the Vice Chair budget for policy printing. \$80 for copies, \$20 for stapling, taxes, etc.

**Intent:** Bylaw requirement.

Maker: Victoria L.

2<sup>nd</sup> By: Stephanie C.

**VOTE:** For: 7

Against: 0

Abstain: 2

**Motion:** **PASSED**

## **XXII. Review of Group Status and Business**

The following groups have missed at least 3 consecutive ASC's:

- Standing by Recovery
- New Beginnings of King George
- Colonial Beach Survivors Group

\*ALL GROUPS REPORTED AS FUNCTIONAL BY AREA ATTENDEES\*

## **XXIII. Adjournment and Serenity Prayer**

Submitted to RANA ASC for approval: 12/9/2018 by Secretary I Robb B.