

# January 2020

**Subcommittee Meeting Schedule:**  
 Activities – Last Tuesday – 8:30pm @By His Grace Ministries  
 H & I – 1st Sunday – 3:00pm @ Spotsylvania Regional Medical Center  
 PR – 4<sup>th</sup> Wednesday – 6:30pm @ Wegman’s  
 RACC – 2nd Tuesday – 6:30pm @ Wegman’s

Welcome new and returning ASC members! There are currently 16 Homegroups in the Area!

## I. Serenity Prayer/Motion to Record

## II. Readings

- A. Service Prayer (Read by Jessi J.)
- B. Purpose of Area Service (Read by Summer M.)
- C. 12 Concepts of NA Service (Read by Dennis C.)
- D. 12 Traditions of Narcotics Anonymous (Read by Stephanie P.)
- E. Decorum Statement (Read by Jaren F.)

## III. Roll Call

### A. Executive Committee Members and Subcommittee Chairs

| POSTION      | NAME            | N | D | J | Report | Comment                |
|--------------|-----------------|---|---|---|--------|------------------------|
| Chair        | Victoria L.     | P | P | P | ✓      |                        |
| Vice Chair   | <i>Raissa K</i> | P | P | P |        |                        |
| Secretary I  | Akim E.         | P | A | P |        |                        |
| Secretary II | <i>OPEN</i>     | - | - | - |        |                        |
| Treasurer I  | Richard M.      | P | P | P | ✓      |                        |
| Treasurer II | <i>Mark M.</i>  | P | P | P |        |                        |
| RCM I        | <i>OPEN</i>     | - | - | - |        | Etta F. <i>Pro Tem</i> |
| RCM II       | <i>OPEN</i>     | - | - | - |        |                        |
| VRCC Dir.    | <i>OPEN</i>     | - | - | - |        |                        |
| Activities   | Britany M.      | P | A | P | ✓      |                        |
| H&I          | Ron M.          | P | P | P | ✓      |                        |
| PR           | John L.         | A | A | A | ✓      | Joe B. Rep             |

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|            |         |   |   |   |   |  |
|------------|---------|---|---|---|---|--|
| Literature | Jay H.  | P | - | P | ✓ |  |
| RACC       | Mark T. | P | A | P | ✓ |  |

Legend: P = Present    A = Absent    \* = Arrived Late

*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)**

**B. Group Service Representative/Home Group Roll Call**

| <b>GROUP NAME</b>              |   |   |   | <b>NAME</b>  | <b>POSTION</b><br>GSR/ALT/REP |
|--------------------------------|---|---|---|--------------|-------------------------------|
| Primary Purpose                | P | P | P | Mindy P.     | GSR                           |
| Welcome Home                   | P | P | P | Stephanie P. | GSR                           |
| Who Wants to Live              | P | A | P | Jessi J.     | GSR                           |
| In It to Win It                | P | P | P | Michelle C.  | REP                           |
| Spiritual Connection           | P | P | P | Summer M.    | GSR                           |
| Standing by Recovery           | P | P | P | Joe B.       | GSR                           |
| New Beginnings of King George  | A | A | P | Erin B.      | GSR                           |
| Clean Works                    | * | A | P | Dennis C.    | GSR                           |
| Start Living                   | P | A | P | Cat E.       | GSR                           |
| Welcome to the NAborhood       | P | P | P | Michele W.   | GSR                           |
| Freedom from Bondage/SNL       | P | A | P | Jaren F.     | GSR                           |
| Colonial Beach Survivors Group | P | A | P | James P.     | GSR                           |
| Back to Basics                 | A | P | P | Crystal M.   | GSR                           |
| Experience, Strength, & Hope   | A | P | P | Trea H.      | GSR                           |
| Alive & Free                   | P | A | A |              |                               |
| Men's Sharehouse               | P | P | P | Rich G.      | GSR                           |

Legend: P = Present    A = Absent    \* = Arrived Late

#### IV. 1<sup>st</sup> Quorum Call

| 1 <sup>st</sup> QUORUM CALL Must 8 per Bylaws |            |
|---|------------|
| Group Represented                             | 15         |
| Procedural Votes                              | 15         |
| Quorum Met?                                   | <b>YES</b> |

#### V. Adoption of the Agenda

**Motion #1/5-02:** To adopt August's Agenda as proposed.

Maker: Trea H.

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

**VOTE:** For: 15    Against: 0    Abstain: 0    **Motion: PASSED**

#### VI. Adoption of Last Month's Minutes

**Motion # 1/5 -03:** To approve December's minutes.

Maker: Trea H.

2<sup>nd</sup> By: Jessi J.

**VOTE:** For: 15    Against: 0    Abstain: 0    **Motion: PASSED**

#### VII. Secretary Report

A. Secretary I – Akim E. (No Report)

B. Secretary II – OPEN

#### VIII. Chairperson Report – Victoria L.

Hi RANA Family,

Happy New Year to everyone! The final quarter of 2019 was a full one for the Rappahannock Area. Our subcommittees have been hard at work providing services for our area. A special thanks is due to all subcommittee chairs, members, and trusted servants who work selflessly to put on events, carry our message, and otherwise serve RANA.

- Activities hosted several fun events to help our area celebrate being clean, including their 5<sup>th</sup> annual RANAween event and a New Year's Eve party.
- PR ordered presentation materials and began preparing to present to professional members around our community. They have raised a significant amount of interest from law

enforcement, treatment, and medical groups and are gearing up to begin sharing how NA can help their organizations reach sick and suffering addicts.

- H&I has continued to provide the vital service of carrying our message of recovery into facilities in our area.
- The RACC hosted fundraising events in preparation for the upcoming RACNA 3, which will be held in September of this year. Registration is open for the convention!

A few housekeeping items:

- Meeting Lists are scheduled to be printed this month for distribution at February's ASC. Please make sure any changes to your home group's meeting location, meeting time, or format (open vs. closed, etc) are submitted ASAP so we can make sure our meeting lists are as accurate as possible.
- Bylaw Printing – Bylaws were scheduled to be distributed at today's ASC. However, I was out of the country last week and dropped the ball on making sure they were ready to go. I apologize for the delay, but these will be ready by February's ASC.
- 2020 Calendar – During open sharing today, we will be looking at the ASC meeting dates for 2020 to ensure there are no conflicts.

Finally, I would like to humbly remind everyone that smoking is absolutely not allowed on hospital grounds. If you need to smoke during the break, please go to your cars. This is one of the only rules put forth by this facility, and it is non-negotiable. Thank you for helping us maintain this meeting space.

In loving service,  
Victoria L.

## **IX. Vice Chairperson Report – Raissa K. (No report)**

## **X. Treasurer Report**

A. Treasurer I – Richard M.

Good Afternoon ASC,

Beginning balance as of today is \$3516.00. This includes a deposit of \$364.49, \$224.56 was from group donations and \$139.93 was from literature. Checks written include ck# 1045 to Britany M for activities in the amount of \$400.00 . Ck#1046 to John L for PR in the amount of \$200.00 and lastly ck# 1047 to Raissa K for bi-law printing in the amount of \$153.00. The only check that hasnt cleared is ck#1042 to the central atlantic region in the amount of \$500.00. This check has been sent to the region and is also accounted for in the beginning balance. We had a literature order of \$472.64.

In loving service

Richard M

- B. Treasurer II – Mark M. (No Report)

## **XI. RCM Report**

- A. RCM I – OPEN

- B. RCM II – OPEN

## **XII. VRCC Report – OPEN**

## **XIII. Subcommittee Reports**

- A. Activities – Brittney M.

Good evening everyone

Activities New Year's Eve bash turned out better than expected. We had a decent amount of people attend. We spent 232.10 out of the 400 dollars. 182.10 went towards decorations and snacks and 50 to the church. We are returning 165.00 to area today. We will be meeting January 28th @8:30 after the men's and women's meeting to discuss the next year and events we will be putting on.

Thank you Britany M.

- B. Hospitals and Institutions (H & I) – Ron M.

Hello everyone,

Today we had 15 in attendance, filled January's calendar, got 2 new panel leaders and a few new speakers showed up. We had no cancellations last month, will be planning a workshop soon, more to be revealed. Thank you for letting me serve, Ron M

- C. Literature – Jay H.

Good Evening RANA trusted servants and area service attendees. I would like to start my report by asking if you have a literature order form you please turn it in to me as soon as possible. I do have a home group obligation and am trying to leave as soon as I can get the orders filled. On that note if anybody is unaware Ronald M. is celebrating 15 years tonight at Welcome Home. It is my understanding there will be food and a speaker so please feel free to come out

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and join us. Now, if you haven't had an opportunity yet to do so I strongly suggest everybody grab a copy or 2 of the newly updated order forms. There have been price changes that will go into effect directly following the conclusion of today's area service. I would like to state that our primary purpose is to carry the message not to make money. However we are not here to lose what money we do have Therefore all prices have been careful calculated to include the price of the items as well as a shipping fee we pay to have the orders shipped. Orders do not ship for free. I will continue to monitor inventory and orders over the next few months to make sure these changes are obtaining the desired results. If further changes are necessary we will make them as needed. If any groups have any issues with these price changes there is a portion in the second half for these issues to be discussed and/or debated. Lastly while on the subject of inventory. It has been noticed we have a stockpile of certain material which is not necessarily needed or necessary to have. And in my opinion is a waste of space and energy to store and carry around. My plan over the next month or 2 is to compile these items and attempt to work some motions as to what the area might be able to do with this surplus of literature we have that may not be needed. However this will be an issue for later discussion I am available for questions at this time. Thank you.

D. Public Relations (PR) – John L.

This report will be short and sweet... PR met on Wednesday, December 18th and there were 3 members in attendance. We discussed our timetable for getting started with presentations and each member was tasked with becoming familiar with the frequently asked questions and answers sections found in the PR Handbook. We're also looking at scheduling an orientation workshop during the 1st quarter of 2020 for members of RANA to attend and look forward to finalizing the plan at this month's subcommittee meeting and reporting announcing the details to the ASC in February.

ILS,  
John L.

E. RACC (Convention) – Mark T.

Good afternoon,

The RACC met Tuesday December 10<sup>th</sup>, 6:30pm at Wegman's. There were five people in attendance.

The Old School Speaker Jam fundraiser was a success and the results were as follows: Pre registrations 15 online, 13 cash= \$280, T-shirts 46= \$580, 7 spiritual breakfast sold = \$35 and \$71 in donations.

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RACNA III is “Change I Must, or Die I Will” and will be held at the Hospitality House on September 11<sup>th</sup>-13<sup>th</sup>, 2020.

Our next RACNA III Fundraiser, a spiritual breakfast, will be on February 1<sup>st</sup> at St. George Episcopal Church from 9am-12pm.

Our next meeting is on January 14<sup>th</sup>, 6:30pm at Wegmans.  
I.L.S. Mark T.

F. Ad-Hoc Committees

**XIV. Group Service Representative Reports / Q&A**

| 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 P./GSR | Sun. 7:00 – 8:15 PM            | 8                 | 45/3                               | -                      | 16               |
| Victoria L. 1/19 5yrs, Lianna W. 1/26 2yrs  |                  |                                |                   |                                    |                        |                  |
| <b>Who Wants to Live</b>  | Jessi J./GSR     | Mon. – Fri. 12 – 1:15 PM       | 10                | 22/8                               | 161.31                 | 31.85            |
| <b>In It to Win It</b>  | Michelle C./ALT  | Mon. 7:00 – 8:30 PM            | 8                 | 25-30/5                            | -                      | 7.50             |
| Mark C. 2/10 1yr, We voted on the motion and it passed.   |                  |                                |                   |                                    |                        |                  |
| <b>Spiritual Connection</b>   | Summer M./GSR    | Tue. 7:00 – 8:30 PM            | 4                 | 6/1                                | -                      | -                |
| <b>Standing by Recovery</b>   | Joe B./GSR       | Tue. 7:30 – 8:30 PM            | 2                 | 5/3                                | -                      | -                |
| <b>Clean Works</b>  | Dennis C./GSR    | Wed. 7:00 – 8:15 PM            | 5                 | 30/10                              | -                      | -                |
| <b>Start Living Group</b>   | Cat E./GSR       | Thu. 7:00 – 8 PM               | 5                 | 25/2-3                             | 100                    | 18.75            |
| Steve S. 1/9 6yrs, Growing in attendance  |                  |                                |                   |                                    |                        |                  |
| <b>Freedom from Bondage / SNL</b>   | Jaren F./GSR     | Thu. 9–10 PM /Sat.10:00PM-12am | 5                 | -                                  | -                      | -                |
| I have been looking for a new meeting location as of yet I haven't found one. So I am reporting to area to please announce that as of right now we are still closed. I am working on this on a daily basis. I will keep the area updated with my progress in this matter. In Loving Service –Jaren F. |                  |                                |                   |                                    |                        |                  |

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|   |                |                             |    |           |    |       |
|---|----------------|-----------------------------|----|-----------|----|-------|
| <b>Welcome to the NAborhood</b>   | Michele W./GSR | Thu. 7:00 – 8:30 PM         | 4  | 15-20/4   | -  | 9.25  |
| <b>Michelle G. 1/23 8yrs</b>  |                |                             |    |           |    |       |
| <b>Back to Basics</b>   | Crystal M./GSR | Fri. 7:00 – 8:30 PM         | 8  | 40+/6     | 20 | -     |
| <b>Corey C. 2/7 13yrs, Jaren F. 1/31 1yr</b>  |                |                             |    |           |    |       |
| <b>Primary Purpose</b>  | Mindy P./GSR   | Sat. & Sun. 12– 1:30 PM     | 8  | 15/1      | -  | 13.74 |
| <b>Tonya J. 1/11 2yrs, Antoinette B. (Old School) 1/25 38yrs</b>  |                |                             |    |           |    |       |
| <b>Experience, Strength, &amp; Hope</b>   | Trea H./GSR    | Sat. 7:00 – 8:30 PM         | 15 | 18/3      | 18 | 15    |
| <b>Ralph P. 1/25 29yrs</b>  |                |                             |    |           |    |       |
| <b>Colonial Beach Survivors</b>   | James P./GSR   | Fri. 7:00 – 8:00PM          | 3  | 12-15/1-2 | 30 | 20    |
| <b>Carla M. 12/27 5yrs, Group is doing well at the current time and is experiencing significant growth. Our most urgent need at this time is filling service positions. The motion to combine CB Survivors with King George New Beginnings has been tabled due to the recent growth and we are now hopeful the these positions will be filled soon.</b> |                |                             |    |           |    |       |
| <b>New Beginnings of King George</b>  | Erin B./GSR    | Tue. 7:00 – 8:00 PM         | 4  | 10-14/1   | 50 | 49.22 |
| <b>Erin B. 1/14 1yr, Always in need of support</b>  |                |                             |    |           |    |       |
| <b>Alive &amp; Free</b>   | -              | Wed. 8:00 PM & Fri. 7:00 PM | -  | -         | -  | -     |
| <b>Men's Sharehouse</b>   | Rich G./GSR    | Tue. 7:00 – 8:30 PM         | 6  | 8/1       | -  | -     |

**XV. 10 MINUTE RECESS**

**XVI. 2<sup>nd</sup> Quorum Call**

| HOME GROUP NAME         | P/A | NAME         | POSTION |
|-------------------------|-----|--------------|---------|
| 1. Welcome Home         | P   | Stephanie P. | GSR     |
| 2. Who Wants to Live    | P   | Jessi J.     | GSR     |
| 3. In It to Win It      | P   | Michele C.   | ALT     |
| 4. Spiritual Connection | P   | Summer M.    | GSR     |
| 5. Standing By Recovery | P   | Joe B.       | GSR     |



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|-----------------------------------|---|------------|-----|
| 6. Clean Works                    | P | Dennis C.  | GSR |
| 7. Start Living Group             | P | Cat E.     | GSR |
| 8. Freedom from Bondage/SNL       | P | Jaren F.   | GSR |
| 9. Welcome to the NAborhood       | P | Michele W. | GSR |
| 10. Back to Basics                | P | Crystal M. | GSR |
| 11. Primary Purpose               | P | Mindy P.   | GSR |
| 12. Experience, Strength & Hope   | P | Trea H.    | GSR |
| 13. Colonial Beach Survivors      | P | James P.   | GSR |
| 14. New Beginnings of King George | P | Erin B.    | GSR |
| 15. Alive & Free                  | A |            |     |
| 16. Men's Sharehouse              | P | Rich G.    | GSR |

| <b>2<sup>nd</sup> QUORUM CALL Must 8 per Bylaws</b> |            |
|---|------------|
| Group Represented                                   | 15         |
| Procedural Votes                                    | 15         |
| <b>Quorum Met?</b>                                  | <b>YES</b> |

**XVII. Old Business**

**Motion 12-1/13#:** Strike the insurance policy from the budget.

**Intent:** To allow flexibility for future expenses at Area and Subcommittee levels.

Maker: Trea H.

2nd by: Summer M.

**VOTE: For: 13**

**Against: 0**

**Abstain: 2**

**Motion: PASSED**

**Motion 12/1-12#:** To use that \$350 surplus from the insurance, should it be removed from the 2020 budget to purchase one copy of the CAR for each home group in RANA.

**Intent:** To get the CAR into the hands of our RANA Home Groups.

Maker: Stephanie P.                      2nd by: Mindy P.

**VOTE: For:**                      **Against:**                      **Abstain:**                      **Motion: BACK TO GROUPS**

## XVIII. Open Sharing Session

- **Topic- ASC Meeting Calendar**  
The committee looked at the meeting dates for future ASC meeting to ensure that no upcoming meeting dates conflicted with any major holidays so that all could attend.
- **Topic- Meeting List Changes**  
It was put on the floor that if anyone needs any meeting list changes in meeting time to address it so it can be corrected as soon as possible.
- **Topic- Website Updates**  
It was put on the floor that the Secretary is working with the webmaster to update several things on the website. And asked if anyone has any updates that they get with the secretary or treasurer after the meeting.
- **Topic- RCM Representation**  
A member brought up that we have not had proper representation at the regional level in a long time and mentioned that we are in danger of being removed from the list as an area. And urged that we needed to get someone in that position as soon as possible. A discussion was held as far as the requirements and our situation as an area.
- **Topic- C.A.R**  
The Conference Agenda Report (a collection of information and motions gathered around the world and sent out bi-annually by World Services for home groups to vote on) went out this year and is available at [www.na.org/conference](http://www.na.org/conference) or you can ask for a printed copy to be mailed to you for \$13.50. Home groups vote on the motions in the C.A.R at the GSR assembly in April. The document is 147pgs long for those who would rather print it at home. There is also a downloadable pdf version of the report available on the website. There will be workshops put on by the region for those who would like to get more information between now and April. The workshops will be available online through Zoom Conference on the regional website. It's recommended that each home schedule several group conscious to go over these motions.
- **Topic- Unity Day**  
A member mentioned our area putting on another Unity Day event. Ron M. is the Ad Hoc chair. Last June we hosted a Unity Day all the Sub Committees set up booths to learn about different service positions and how you can get involved. For more information see Ron M.

## **XIX. Election Of New Officers**

### **OPEN POSITIONS**

**-RCM I**

**-RCM II**

**-VRCC Director**

**-Secretary II**

## **XX. New Business**

### **Motion # 1/5-4:**

To remove personal information from area website to protect and maintain personal Anonymity.

**Intent:** To take down personal information (full name) off of the Rana website.

Maker: Dennis C.                      2nd by: Trea H.

**VOTE: For:                      Against:                      Abstain:                      Motion: **OUT OF ORDER****

**Motion12/1-12#:** To use that \$350 surpluss from the insurance, should it be removed from the 2020 budget to purchase one copy of the CAR for each home group in RANA.

**Intent:** To get the CAR into the hands of our RANA Home Groups.

Maker: Stephanie P.                      2nd by: Mindy P.

**VOTE: For:                      Against:                      Abstain:                      Motion: **BACK TO GROUPS****

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

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

## **XXII. Adjournment and Serenity Prayer**

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Submitted to RANA ASC for approval by: Secretary I Akim E.

*The next ASC meeting begins at 4 p.m. on Sunday, February 2<sup>nd</sup>, 2020, at  
Spotsylvania Regional Medical Center, 4600 Spotsylvania Pkwy,  
Fredericksburg, VA 22408*