

**MOUNTAINEER REGIONAL SERVICE COMMITTEE
OF NARCOTICS ANONYMOUS**
PO Box 2381
Morgantown, WV-2381
Email: mountaineer.region.web@gmail.com
Helpline: 304-344-4442
800-766-4442

**MRSCNA Minutes (Virtual RSC)
October 3, 2020**

OFFICERS:

Chair: Cooper B.
Vice-Chair: Frank P.
Secretary: Erica P.
Treasurer: Candie B.
Treasurer II: Vacant
RSD/RD: Vacant
RSD/RD Alt: Vacant

SUBCOMMITTEE CHAIRS:

Convention: Erica P.
Literature: Inactive
PR: Cassie C.
H&I: Jake S
P&A: Frank P
Finance: Candie B.
Phone Line: Vacant
Web Servant: Kay M.
Web Maintenance: Shayne M.

REGIONAL COMMITTEE MEMBERS:

NCASCNA:
Alt:
AFASCNA:
Alt:
NANA: Donna C.
Alt: Jess F.
METRO ASR: Chris G
Alt ASR: Stacey B.
MANA: Kay M.
Alt:
GTO: Cassie C.
Alt:
FANA: Lynze S.
Alt:
UPANA:
Alt:
JAFASCNA:
Alt:
GMANA: Ryan F.
Alt:

MRSCNA OFFICER LIST

Chairperson

Cooper B.

Vice Chairperson

Frank P.

Treasurer

Candie B.

Treasurer II

Vacant

Secretary

Erica P.

RD

Vacant

RDA

Vacant

Web Servant

Kay M.

Web Maintenance

Shayne M.

SUBCOMMITTEE CHAIRS

PR Chair

Cassie C.

Convention Chair

Erica P.

Phone Line Chair

Vacant

H&I Chair

Jake S.

RCM AND RCM ALTS

AFASCNA

Report Submitted

Alt.

METRO

Stacey B.

Alt.

Chris. G.

GTOASCNA

Cassie C.

Alt.

MANA

Kay M.

Alt.

NANA

Donna C.

Alt.

Jess. F

NORTH CENTRAL WVASCNA

None Present

Alt.

FREEDOM AREA (FANA)

Lynze S.

Alt.

UNLIMITED POSSIBILITIES

None Present

Alt.

JAFASCNA

None Present

Alt.

GMANA

Ryan F.

Alt.

Those in virtual attendance to the MRSCNA meeting for October 3, 2020

1. Kay M. – MANA RCM
2. Cooper B. – RSC Chair
3. Jake S. – H & I Chair
4. Candie B. -- Treasurer I
5. Beverly R. – Convention
6. Frank P. – RSC Vice Chair
7. Donna C. - NANA RCM
8. Erica P. – RSC Secretary
9. Lynze S. – FANA RCM
10. Cassie C. – GTO RCM/PR Chair
11. Jess F. -- NANA RCM Alt.
12. Stacy B –Metro ASR
14. Sarah P.—PR Vice Chair
15. Ryan F-GMANA RCM
16. Chris G Metro

MRSCNA Minutes (Virtual RSC)

October 3, 2020

- Opened with Prayer
- Twelve Traditions read

- Twelve Concepts read
- 6 of 10 RCM's/ASR's attended

Introductions

Secretary's Report:

July 2020 virtual RSC minutes were read and accepted by the body.

Old Business:

None

Treasurer Report:

1st Quarterly Report 10/20

Donations

GTO check #726	\$ 150.00		
Progress Not Perfection check #1014	\$ 80.00		
Lewisburg Group check #110	\$1000.00		
FANA check #1198	\$ 125.00		
Metro check #1348	\$ 128.00		
No Reservations check #103	\$ 20.00		
GTO check #731	\$ 225.00	Total Donations	\$
1728.00			

Reimbursements

Metro check #1347	\$ 33.00		
NASW check # 513995	\$ 600.00		
Voided Check#1041	\$ 64.00	Total Reim.	\$
697.00			

Convention \$0

Total Income \$ 2425.00

Expenses

Admin	\$ 60.12		
Convention	\$ 0		
RD	\$ 0		
PR	\$ 3812.49		
NAWS	\$0	Total Expenses	\$3,872.61

Total Quarterly Income \$2,425.00

Total Quarterly Expense \$3,872.61 \$1,447.61 Deficit

Treasurer's Report 07/10/20-10/02/20

Beginning Balance \$19,083.40

Expenses

7/15 GoDaddy \$ 256.67

7/16	GoDaddy	\$	45.30	
7/21	BB&T	\$	4.00	
7/22	Zoom	\$	16.04	
7/31	Onebox	\$	85.17	
8/07	Frontier	\$	123.51	
8/10	Google	\$	292.51	
8/21	BB&T	\$	4.00	
8/24	Zoom	\$	16.04	
5/01	Onebox	\$	95.09	
9/09	Google	\$	295.97	
9/09	Frontier	\$	123.18	
9/21	BB&T	\$	4.00	
9/21	Zoom	\$	16.04	
9/24	LAMAR	\$	2400.00	
10/01	OneBox	\$	95.09	Total Expenses= \$3,872.61

Deposits

7/15	check #	1347	\$	33.00	
	check #	726	\$	150.00	
	check #	1014	\$	80.00	
7/27	check #	110	\$	1000.00	
8/21	check #	1198	\$	125.00	
	check #	513995	\$	600.00	
9/8	check #	1348	\$	128.00	
9/18	check #	103	\$	20.00	
9/24	check #	731	\$	225.00	Total Deposits= \$ 2,361.00

Voided Check #1041 \$64.00
9/24 LAMAR \$2400.00 hasn't cleared

Bank Balance	\$20,035.79
Book Balance	\$17,635.79

Area Reports:

NANA:

We have 5 Homegroups, 2 meeting in person, 3 on Zoom.

With a heavy, we are announcing that we are canceling Thanksgiving It Away, due to circumstances beyond our control. We have no donation for Region at this time.

We have no needs from Region at this time.
Grateful to serve, Donna C.

NCWVASCNA:

No Report Submitted

GTO:

GTO as an area continues to have regular meetings as well as ASC. We have 15 active homegroups at this time with 17 weekly meetings. Some are in person outside and some on zoom virtually. All updates are on our local website gtoana.org in the blog section. Our ASC met outdoors this past month with average participation. Our area voted to donate \$225 to Region, the check has already been mailed to the treasurer. GTo will have its annual Halloween extravaganza on Saturday Oct 10 at Old town campground in Pt. Pleasant beginning at 4:30 with a phone line workshop, dinner (Chili cook off) and speaker Sabrina E at 7pm. The event will be outdoors so bring a chair and dress for the weather. PR is discussing flyer day and ways to send literature which are safe and effective, H&I are taking on a new commitment at an inpatient facility, Laurelwood, as no other facilities are allowing H&I meetings. Literature subcommittee is fulfilling its purpose and supplying homegroups with the opportunity to purchase literature during ASC. Our area has been discussing what winter will look like for meetings and difficulties finding meeting places for some homegroups who have been displaced due to covid restrictions by facilities. Our GSRs are in support of allowing appointees, Cassie, Frank and Sarah to continue in their positions. Grateful to serve, Cassie C

METRO:

We have a campfire / campout meeting coming up on October 17th at Kanawha State Forrest. It begins at noon and will feature a phonenumber workshop and an H and I workshop at 1pm and 3pm. We will have a speaker, (Krista W.), at 6pm. Then we will have a marathon campfire meeting. Some will choose to campout that night. Wrapped snacks and drinks will be provided. It is suggested that folks bring their own picnic food.

We have now once again begun H and I at Highland hospital on Tuesday mornings at 11am.

Our meetings are currently: Monday night, at 7:30 is being held at Joplin Park. Tuesday night, in Dunbar is still being held in person. Wednesday night, (Usually in Dunbar), at 7pm will be at Joplin Park. The meeting on Elizabeth and Jackson at 8pm is being held on Zoom. Thursday night, at 7:30 Will be held at Joplin Park. Friday night, at 6:30pm, Will be held at Joplin Park. Saturday night at 7:30pm, will still be in person. Sunday night is suspended until further notice. Shrewsbury at noon, M-S and 2pm on Sundays are suspended until next spring.

Thank you for your time. Grateful to serve, Chris G. ASR

UPANA:

No Report Submitted

FANA:

No Report Submitted

GMANA:

No Report Submitted

MANA:

Hello from the Mountain Area of Narcotics Anonymous. All of our four groups are open for in person meetings held outside. Three of them are hybrid, zooming the live meeting so that addicts can still attend meetings if they feel uneasy about meeting in person. The schedules and ID numbers of our Zoom meetings are listed on the BMLT which can be viewed on the region's web page. Groups are beginning to plan for having inside meetings as the weather gets colder. The Mountain Area has a meeting on Monday, Tuesday, Thursday, Friday and Sunday. Groups report meeting attendance to be variable, ranging from 3 to a dozen or so in attendance.

We continue to celebrate clean time anniversaries, although in a more socially distanced way. The area has celebrated an 8 year, two 6 years, a 5 year, a 3 year, a 2 year, an 18-month anniversary, and varying amounts of newcomer clean time.

MANA has literature racks in 4 locations in our communities; we put our banner up for National Recovery month in September

The 29th Annual Fellowship in the Forest Campout was cancelled for the first time in 29 years. We were so sad. Some from our area went camping anyway — but it just wasn't the same; we needed you guys!!

We are having a picnic activity on October 10 at 4:00. This activity is on the MRSCNA event calendar on the web page. We will meet at Harts Run, Greenbrier State Forest at the pavilion at 4:00. Bring your own bag lunch, drinks and chairs; we will caravan up to the lookout spot on the top of Kate's Mountain, eat, fellowship, look at the fall colors, watch it get dark, and then caravan down the other side of the mountain into White Sulphur Springs. Please contact me if you want to come or have any questions.

We made a donation earlier in the quarter; we do not have a donation today but will probably make one later this month.

Grateful to serve. Kay M., RCM

AFASCNA:

No Report Submitted

JAFASC:

No Report Submitted

Open Sharing:

NANA area brainstorming how to continue to carry the message in times when meetings/H&I/functions are down. Social media presence came up as a solution. Social media discussion moved to PR subcommittee by the Chair. YouTube ad discussion also moved to PR. Treasurer suggested to train the entire body on treasurer position responsibilities since no willingness for treasure 2. Chair moved discussion to finance. NANA concerned about 7th tradition options for convenient cash flow electronically. Discussion on what other areas are doing to handle 7th tradition donations. Some groups have PayPal or Venmo set-up. Some homegroups seeing an increase in 7th tradition during pandemic with the addition of electronic donation capability.

New Area Motions and Proposals:

NANA-Billboard practicality sent to PR. (No official proposal form submitted)

Subcommittee Reports:

CONVENTION:

The election was held, and we voted in the following positions.

Chair: Erica P.
Vice Chair: Vacant
Registration Chair: Cassie H.
Registration Vice Chair: Vacant
Refreshment Chair: Kevin E.
Refreshment Vice Chair: Nina Z.
Merchandise Chair: Lynze S.
Merchandise Vice Chair: Jake S.
Audio Chair: Jerrod R.
Audio Vice Chair: Shayne M.
Audio Vice Chair #2: Vacant.

The body agreed not to host the Fall 2020 convention. We will host the virtual convention. Kay to add update announcement to the webpage. Erica to contact Cedar Lakes about dates for 2021 convention and report to Kay. Committee will revisit the policy changes at the Jan 2021 convention subcommittee meeting.

Virtual convention:

Body voted to host workshops and a speaker meeting/clean time countdown. No official "topic" will be named the "MRSCNA Virtual Convention Fall 2020"

Workshops

Topics: Virtual Recovery, Working the Steps, Staying Grateful, Why We Stay
Date/Time: November 1st from 3pm-4:30pm (30min break) before speaker meeting.

Platform: Zoom

Format: Breakout Sessions

Workshop Chairs: Kay, Cassie, Cooper, Sarah

Speaker Meeting/Clean-time Countdown

Date/Time: November 1st 5-7pm

Platform: Zoom

Format: 1 speaker (Phil K, Brendan M (Alt)

Last 30 min will be a coordinated clean time countdown.

Service Positions

Chair: Erica

Slide Runner: Linsey

Waiting Room Attendant: Ryan

Mute Button Czar: Cassie

Recorder: Jake

Readings

Who is an addict: Sarah

How it works: Donna

Traditions (front): Beverly

Alt: Frank P.

Future Convention Dates:

Spring 2021 April 30th - May 2nd, 2021

Fall 2021 Oct. 29-31st, 2021

Spring 2022 April 29-May 1st, 2021

Reserved 17 rooms for Spring 2021 in Holt Lodge. Names will be submitted about 1 month prior. Will release leftover rooms to the waiting list about 1 week prior. Names can be changed as needed.

There will be no price change in 2021.

Reservations for Cedar Lakes will NOT roll over to Spring 2021.

Communication to the fellowship regarding reservations.

"The Mountaineer Regional Service Committee of NA announces the cancellation of the IN-PERSON fall convention Oct. 30-Nov.1 2020 in Ripley, WV. Please join us for a Virtual Convention.

If you placed a deposit for lodging for the spring or fall 2020 convention you need to contact Cedar Lakes for a refund or to reallocate the funds to 2021. New registration forms for the Spring 2021 convention must be submitted and

postmarked no earlier than November 2, 2020. Please contact Cedar Lakes directly at (304) 372-7860."

PR UMBRELLA:

Public Relations:

No Report Submitted

H&I:

No Report Submitted

Phone-line:

No Report Submitted

Web Page:

My interaction with the web page this quarter has been to update meeting information and keep the calendar current.

Please remember to send your requests for the web servant to the mountaineer.region.web@gmail.com.

RCMs please make sure the following two items are completed:

1. PLEASE check your area's meeting schedule today and let me know of any changes. It is real easy to pull out your area's meetings:
 - a. **just bring up the web page, scroll down to the meeting list and click on the area tab; choose your area, and voila! There are your meetings.**
2. Also, **PLEASE print out the schedule** and look at it in the printed format (you can look at the print version on your screen if you don't want to print it);
 - a. I'd like to make sure that all the information is showing up on the printed version;
 - b. Zoom information and in person meetings will all fit if it is in the right place on the BMLT. I need to know if your information is not correct on the printed version

Jake S was nominated and elected for Web Servant II.

Truly grateful to serve, Kay M Web Servant

RD Report:

Hello all, Attached you will find the decisions from the long and drawn out WSC part 1 and part 2. Part 2 of course went smoother than one and I don't have much to add from what I reported last time. Thanks to all the RCM's and ASR's that rounded up what they could to turn in for votes. I also attached how we voted as a region. PNV Stands for present not voting which is what I did instead of abstaining. If you have any questions, feel free to call or message or email me

681-220-2954 or ryanstrain2013@gmail.com. Due to work schedules preventing me from being able to hunt I will not be present at this weekend's rsc hopefully you understand. I am still willing to do the Phone line Chair Position and will attend the next RSC. Thank you all for letting me serve at this capacity. It's been an honor to represent the mountaineer region of narcotics anonymous!

Grateful to serve, Ryan S

RDA Report:

No Report Submitted

P&A:

No Report Submitted

FINANCE:

Beginning Balance \$17,635.79 Projected Expense

Frontier \$ 375	Google \$ 900	OneBox \$ 256	BB&T \$
12	Zoom \$ 159.67	Web \$ 290	LAMAR \$3000

Total Projected \$4,992.67

Proposed Spending

No spending proposals this quarter

No NAWS donation is suggested at this time

- The body discussed protecting \$2500.00 in the checking account. Regular Convention costs approximately \$10,000 and we have a prudent reserve of \$7,500.00. That would give the Convention body a total of \$10,000 to cover the expenses. It was decided by the body that that would be a responsible thing to do.
- We read the responsibilities of Treasurer I and Treasurer II as we are still in need of a trusted servant to fill the position of Treasurer II. The policy makes the position sound complicated, yet the position duties are easy. If anyone has any questions, please contact the Treasurer I.
- The body decided to explore setting up a Venmo account for the region to make it easier for groups and individuals to donate to Region.

The treasurer has been in contact with the accountant and there isn't anything to be done at this time. We still have a Prudent Reserve of \$7500.00 and the Chairperson continues to oversee this account.

The Treasurer II position is currently open and anyone who is interested can contact their RCM or ASR to express their willingness. Suggested clean time is 3 years. The treasurer is asking everyone to continue to announce this open position in their areas. Such a role is vital to our region and NA as a whole. This position isn't complicated, but some training is necessary. This position is an incredible opportunity to learn how to manage accounts, budget finances, and project upcoming expenses to continue to explore how to spend money efficiently. Most importantly it is an honor to be trusted to safeguard funds that enable our region to continue to try and reach the still suffering addict.

It is an honor to report the largest percentage of money spent goes to Public Relations.

It's an honor to be of service, Candie B.

New Business:

Elected Frank P as RSC Vice Chair.

Discussion about roles of RSC officers and subcommittee chairs.

Discussion about addresses being excluded from the minutes. To discuss in P&A in Jan. 2021.

NAWS DONATION: None

NEXT REGIONAL SERVICE: 01/09/2021 – 01/10/2021

October 2020 RSC Order of the Day

01/09/2021

At Cedar Lakes-Vocational Building #1 (subject to change based on COVID19)

Open at 11:30am, Lunch Break from 1:00-2:00pm

Reading of the Twelve Traditions of NA

Reading of the Twelve Concepts for NA Service

Introductions

Secretary's Report (Reading of the Minutes from preceding RSC)

Treasurer I Report

Old Business

Area Reports

Open Sharing Session

New Area Motions/Proposals

Sub-committees

PR Subcommittee

Web Page

Phoneline

H&I

PR

Convention Subcommittee

Will adjourn at 6:30 pm and reconvene at 9:00 am Sunday

01/10/2021

Cedar Lakes-Vocational Building #1 (subject to change based on COVID19)

Representative Reports:

1. Regional Delegate (RD).
2. Regional Delegate Alternate (RD-Alt.)

P&A Sub-Committee

Finance

New Business

NAWS Donation

Set Agenda for Next RSC Meeting

Open Forum

Announcements

Closing Prayer