

**Mountaineer Regional Service Committee**

**of Narcotics Anonymous**

PO Box 2381

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**MRSCNA Minutes**

**April 6 & 7, 2019**

**OFFICERS:**

Chair: Nick L.

Vice-Chair: Anant V.

Secretary: Beverly R.

Treasurer: Kristyn G.

Treasurer II: Candie B.

RSD/RD: Ryan S.

RSD/RD Alt: Rob O.

**SUBCOMMITTEE CHAIRS:**

Convention: Matt K.

Literature: Matt K.

PR: Emily H.

H&I: Adam G.

P&A: Anant V.

Finance: Candie B.

Phone Line: Chance Y.

Web Servant: Kristyn G.

**REGIONAL COMMITTEE MEMBERS:**

NCASCNA: Buzz W.

Alt:

AFASCNA: Chance Y.

Alt:

NANA: Tony P.

Alt: Rob G.

METRO ASR: Nina Z.

Alt ASR: Sarah C.

MANA: Kay M.

Alt:

GTO: Sarah D.

Alt: Cassie C.

FANA: Jake S.

Alt:

UPANA: Frank P.

Alt:

JAFASCNA: Diane T.

Alt:

Web Maintenance: Shayne.

GMANA: Russel W.

Alt: Ryan F.

SCURA: Eric L.

Alt:



Those in attendance to the MRSCNA meeting for January 5-6, 2019

Shayne M. -- Member

Ryan S. – RDA

Kay M. – MANA RCM

Eric L. – RCM SCURNA

Nick L. – RSC Chair

Anant V. – RSC Vice-Chair

Adam G. – MANA RCM

Jake S. -- FANA RCM.

Buzz W. -- NC RCM

Russell W. -- GMANA RCM/Phone line  
vice chair

Frank P. -- Registration Vice Chair

Sarah D. –GTO RCM

Sarah C. –Metro ASR

Candie B—Treasurer II

Butch B.—Member

Ryan F.—GMANA RCM Alt.

Kevin E.—Refreshments Chair

Cooper B.—PR Vice Chair

Matt K.—Convention Chair

Nina Z. – Metro ASR

Emily H. – PR chair

Tony P.—NANA RCM

Eric M.—Member

Chance Y.—AFASCNA RCM

Celeste C.—AFASCNA RCM Alt.

### **MRSCNA Minutes**

**January 5-6, 2019**

- Opened with Prayer
- Twelve Traditions read (Eric L.)
- Twelve Concepts read (Candie B.)
- 10 RCM's/ASR's attended

## **Introductions**

**Secretary's Report:** Minutes were read from the October RSC and were approved by the body.

## **Treasurer I Report:**

1/6/2018-4/7/2019

Beginning Balance = \$28,304.66

### Expenses

1/7	Mailroom	390.00
1/8	Frontier	115.70
1/11	Ryan S (RD travel)	400.00
1/15	PayPal	4.95
1/22	BB&T	4.00
1/22	Adam G (H&I)	1,000.00
1/30	NAWS Donation	2,933.09
1/31	OneBox	85.17
2/5	Eric L (SCURA from PR)	200.00
2/7	Frontier	114.49
2/15	PayPal	4.95
2/21	BB&T	4.00
3/1	OneBox	85.17
3/12	Frontier	116.97
3/15	PayPal	4.95
3/21	BB&T	4.00
3/26	I-77 Mini Storage	321.30

4/1	OneBox	85.17
4/4	Lamar	2,800.00

Total Expenses = \$ 8,673.91

Deposits

1/15	Donations and Reimbursements	2,723.43
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Total Deposits = \$2,723.43

Bank Balance as of 1/5/2019 = \$22,354.18

Book Balance = \$22,354.18

**Quarterly Report**

4/2019 – Third Quarter of the Fiscal Year 2019

Income:	Donations	2471.75
	Reimbursements	251.68
	Convention	0.00
	Total	2723.43

Expenses	Administrative	12.00
	Convention	321.30
	RD	400.00
	PR	5007.52
	NAWS	2933.09
	Total	8673.91

Total Quarterly Income 2723.43

Total Quarterly Expenses 8673.91

5950.48 Deficit

First Quarter: 11153.78 Deficit

Second Quarter: 7862.21 Surplus

Third Quarter: 5950.48 Deficit

2019 Fiscal Year Total Thus Far: 9242.05 Deficit

- Donations: Areas, Groups
- Reimbursements: Areas reimbursement for Meeting Schedules or money returned
- Convention Income: Any money made at Spring/Fall convention
- Convention Expenses: Any money spent for conventions
- Administration: Secretary, bank fees, mailing cost, insurance
- RD: RD travel expense
- PR: Hotline, Website, H&I, PR expense
- NAWS: Donation to NAWS

**Old Business:**

**PROPOSAL #:** 19-01-04 P

**MAKER:** SCURA

**PROPOSAL:** Increase prudent reserve to \$7500 to cover RSC expenses.

**INTENT:** Have enough funds to do business in an emergency.

**RATIONALE:** To allow for increased expenses.

**RESULT:** Adopted

**Area Reports**

**UPANA:**

UPANA Area

We are still growing we have a total of seven home groups in our area one yet to be named. We have had several celebrations 1yr and 2yr want to thank Sara C from METRO for coming up and sharing her story. We are looking for a phone line workshop. All in all we are growing we now have a NA meeting every night of the week. We have no needs from the region except for schedules. No donation at this time.

Frank P

RCM UPANA

**NANA:**

**NANAANA RCM Report**

April 6, 2019

Greetings to the Mountaineer Regional Service Committee. The NANA (Never Alone Never Again) Area of Narcotics Anonymous continues to carry a message of hope throughout our area. We currently have 6 homegroups that are keeping the doors open from Hurricane to Ripley. Meeting attendance varies throughout from 5 to 30 people at any given meeting.

We recently held an area inventory to continue to hold ourselves accountable for how the area operates in unity and carries the message to the newcomer. We also have upcoming elections for officers of the area in keeping with the spirit of rotation.

The "No Weekends Off" homegroup has been willing to facilitate a moving H&I workshop to homegroups in the area. This way the workshop comes to the group rather than the groups having to come to the homegroup. One homegroup has already taken advantage of this opportunity and the workshop was held before the meeting and received a good turnout. This has been initiated to better help the H&I needs in surrounding areas as the NANA area does not currently have any H&I facilities/commitments.

Our annual picnic is scheduled, tentatively, for July 21<sup>st</sup> at the Valley Park (Wave pool Park) in Hurricane. As we discuss the specifics at further Area Service Committees, more will be revealed. We hope that you can attend. Look for a flyer in the future on the website.

We are requesting an additional 300 schedules in addition to the 200 given by the region, a total of 500. We have a reimbursement of \$33. We also have a regional donation of \$500.

We do not require anything of the region currently and have no proposals.

In Service,

Tony P

### **GMANA:**

#### GMANA Area Report

Greetings from GMANA! We have 17 meetings a week and 13 Home Groups. Our area is doing very well with attendance and service. We have had one new meeting start on Wednesday at noon. It is called simplicity is the key. It is doing great so far!! location has been updated on the regional website.

#### Literature:

Our literature committee continues to do very well. We have created a back up literature fund for home groups just starting that need help with literature. And also for home groups that may be struggling.

#### H&I:



The DDU is doing great! Willingness for service has been awesome! We have meetings there on Mondays and Fridays. The monthly Speaker meeting at John D Good, continues to do well. WVU Hope and Healing Treatment Center has opened and we are doing H&i there on Tuesday's and Saturday's.

PR:

Our PR sub-committee has a new char and he is doing well. We are looking to have an H&i learning day soon. Also subcommittee meetings have begun again for PR

Activities:

We had a very successful New Years dance./ Midnight meeting and brought the new year in with good clean fun. We also just had our March madness speaker jam all about sponsorship. Great turn out. Thank you to all speakers.

Odds and Ends:

We have art work for upcoming convention theme.

Donation for region of \$200

### **MANA:**

Mountain Area

Report to MRSCNA

April 6, 2019

The Mountain Area's meetings continue on the same schedule. We have a meeting on Sunday, Monday, Tuesday and Thursday. We have given out several key tags for various amounts of clean time, and celebrated 28 years and 16 years. The Lewisburg Group average attendance is 15 – 25 and has several new active home group members. The Just for Today Group attendance ranges from 3 – 8.

MANA is participating in an NA community PR committee made up of the groups in our geographic area. A couple addicts from different home groups and areas carried out a PR presentation at the Shepherd's Center in Lewisburg this past week. We are planning a flyer day, and an event to celebrate the national PR week in June. More will be revealed on that.

It's never too early to save the date for the 28<sup>th</sup> annual Fellowship in the Forest Campout which has been scheduled for July 31 – August 4.

Grateful to serve,

Kay M., RCM

## **METRO:**

The MVASANA (Merto Valley Area Service Committee of NA) is doing well with 9 home groups and 16 meetings per week. We have 15 open, and 1 closed, meetings that vary in formats — literature study, step study and discussion.

The H&I Sub-committee currently has 5 commitments — Highland hospital every Tuesday at 11:00 AM and we just added another panel every Saturday at 6:00 PM, the Charleston Work Release H&I presentation has resumed and attendance is struggling due to staff at the center. We plan to discuss that at our next ASC. We also started taking in a panel to Recovery Point at 8:00 PM and Riverside at 6:00 PM starting on Feb. 14th. We meet every other Thursday at both facilities. The NANA area has reached out to help with H&I due to our recent commitment increase for which we are very grateful.

We hosted an H&I workshop at our Chili Cook Off event and were excited to have 16 members attend.

Our PI Subcommittee continues to host quarterly flyer days to distribute contact information to the Metro area. In addition to flyer days, our current PI efforts include printing and posting bus signs with the phone line number and sending mailers to the court system and mental health providers.

Our PI and H and I subcommittees are in the process of working with Highland Hospital to pursue a new H and I panel on the Psych Unit. More will be revealed in the upcoming month.

The Activities Subcommittee held our annual Chili Cook Off and wants to thank everyone who supported. The next event will our Picnic on Saturday, June 15th at Shawnee Park Shelter 3 at noon. We hope to see you all there!

Our Literature Subcommittee continues to purchase and distribute Basic Texts, at no cost, to addicts and home groups.

In Loving Service,

Nina Z, ASR

## **GTO:**

Hello from GTO,

Our areas' campout will be May 24-27 at Old Towne Campground in Point Pleasant, WV. There will be a phone line workshop, H&I workshop, and area-provided picnic meal on Saturday, as well as 3 speakers: Aaron from GTO, Jaye M. from Cincinnati, and an undecided. The members of the activities subcommittee are working on creating a policy for the subcommittee at this time.

H&I subcommittee reports a lot of facilities showing interest in new panels, including Western Regional Jail and Boyd, KY. They are working on a new workshop guide, using

information drawn from the H&I handbook and collective gathering from the fellowship with anyone who wishes to be involved.

The area has been working on a budget for the treasury, and a budget ad hoc meeting took place in February.

At this time, GTO has a \$150 donation to the Region, as well as 2 separate donations from home groups.

Grateful to be of service,

Sarah D. & Cassandra H.

**SCURNA:**

Hello again from the Coal Fields. We currently have meetings in: Madison, Man, Oceana, and Gilbert. We have 5 weekly meetings by 4 home groups. The Gilbert meeting has moved to the same location as the Thursday night meeting. We would like to thank the region for funding for our PI subcommittee. We also used the leftover funds to buy Basic Texts for a couple home groups. The billboard is still up in Danville, WV. We have no needs from the region and no donation.

Gratefully,

Eric L.

**NCWVASCNA:**

NCWVASCNA Report

April 6, 2019

Things are well in the North Central Area.

We have 8 total home groups and 15 meetings held per week. Meeting attendance is good.

We currently support H&I in 3 different facilities located at Bob Mays, Fairmont General and Pruntytown. We have a lot of willingness to help support these meetings.

Our Spaghetti Dinner/ Throw a Pie for H&I was held on March 16<sup>th</sup> and Ryan S came from Beckley to speak. We had a horrible turn out for this event.

We have no upcoming events and would love to see more support from other areas.

We have a donation of \$779.62

Thank you for allowing me to serve,

Buzz W.

## **OPEN SHARING:**

### **New Area Motions and Proposals**

None submitted.

### **Subcommittee Reports:**

#### **PR UMBRELLA:**

##### **H&I**

H&I has been in contact with the division of corrections and rehabilitation frequently over the past quarter, on May 29th we will be having a PR/H&I presentation for the DOC&R. The morning of the presentation I will be hand delivering all of the basic text to be distributed to all the institutions in our region by Ashley Beasley. There is a great need for H&I in our region and not all areas have the ability to bring meetings in to some of the institutions in need, Our hope is that by doing this presentation we will better be able to help addicts inside these prisons carry on their own meetings by educating the counselors from each institution or what the purpose of NA meeting is and how it works.

As always, grateful to serve.

Adam G.

#### **Web Maintenance/ Web Page:**

I have not worked on the website very much in the past quarter, life had become very busy. The BMLT is almost ready to implement. I am looking for ideas from the Areas on how the Events and Calendar page should be set up. Please bring back examples if you can.

Thanks for letting me serve

Kristyn G.

#### **PR**

We distributed schedules and reminded RCMs/ASRs to please correspond with the Chair about how many schedules need to be ordered prior to the next Region. I had emailed RCMs/ASRs and did not hear back from everyone, despite multiple attempts.

We sent a money proposal to Finance in the amount of \$120 for literature for 2 facilities – Tiger Morton and Recovery Point Charleston. A CO from Tiger Morton contacted MRSCNA via email to request literature and the need from RPC was brought up by me.

The NASW Conference is in Charleston at the Civic Center on May 1, 2, and 3. The registration fee is \$540 and we need to purchase literature for distribution. We sent a money proposal to Finance in the amount of \$800 to cover these expenses. Cooper B, Cassie H, Kay M, Nick L, and Eric expressed willingness to serve at the booth.

Cooper B presented information on paying for PSAs on YouTube as a PR effort. We sent a money proposal to Finance for \$300/ month beginning in July.

We decided to pursue the YouTube efforts and not renew the leases on 2 billboards (Mercer Co and Madison) that have been up for 18 months. Madison expires April 18 and Mercer Co expires June 9. We will discuss the Morgantown billboard renewal at the July Region.

We held a discussion on PR Policy based on the recommendations from the Regional Inventory. Kay M advised that she has the new policy that was developed a few years ago to incorporate the PR Umbrella concept and will locate it. We will use this policy as a base and discuss changes at the July Region. We reached a consensus to dissolve the Literature subcommittee portion and add language about PR display and finance charts being displayed at Convention. Kay M volunteered to take the PR display to the Spring 2019 convention, along with the pie charts that were printed in the fall.

We held a brief discussion, initiated by Shayne in his role with the website, about the process for unaffiliated meetings to be added or removed from the MRSCNA schedule. Cooper advised that we have a policy that was adopted or created in recent years. We reached a consensus to locate this policy before July Region and revisit this discussion with the policy at that time. We also decided to remove the Spencer, Webster Springs, and Grantsville meetings until we have information from their reps due to the fact no one present could attest to these being NA meetings.

The following people were nominated for positions:

PR – Emily H

PR Vice – Sarah C

Phoneline – Chance Y

Phoneline Vice – Cassie H

H & I – Eric M

H & I Vice – None

Webservant – Kay M

Webservant Vice – None

We encouraged RCMs/ASRs to nominate people for the vacant positions in the 2 weeks following April Region.

Grateful to Serve,

Emily H

## **Phoneline**

### **Phone Line Report**

The phoneline received 204 calls during the 1st quarter of 2019 – 182 were directed to any member, 10 to PR, 5 to Convention, and 7 to other business. The average call duration was 3:11. The phoneline is doing very well. We only had 4 calls go through to voicemail in which I returned those calls myself.

If your Area is interested in having a Phoneline work shop please get with me this weekend before Regional Service is over.

I am going to be working on Area Phone lists as well to send out to everyone on the phoneline so they have those in front of them when they receive calls.

All RCMS please be sure to check with your Area to make sure volunteers' information that we have is correct. Please contact Chance or Cassie to update any members' info in your area that is incorrect.

In Loving Service,

Chance Y

### **Convention:**

Read the 12 Traditions

Read the 12 Concepts

### **Old Business**

Voting on Artwork for Spring 2019 Convention

Voted and Design #1

## **Registration**

Need money from Region.

## **Refreshments**

Need money from Region.

## **Merchandise**

The order is in but were waiting on the artwork to get everything finalized. Trying to figure out how to get the merchandise from Parkersburg to Ripley. Trusted Servants from SCURNNA are going to be picking it up and bringing it back. Region will reimburse gas money spent.

## **Audio**

Everything is going well. Going to order 2 P Filters for microphones. Only needing around \$100 from Region to take care of the costs.

## **New Business**

Making Flyer available for areas to print off and handout.

Member made a notion to try to keep names of convention a little more positive and uplifting.

Suggestion- Existing policy is almost 10 years old. Want to know about possibly rewriting a new policy.

Suggestion- That the Convention Vice Chair be responsible for providing more in depth reports from Merchandise and Registration.

Talked about holding an ADHOC meeting regarding Regional Policy Saturday May 18<sup>th</sup> 3-4:15 at The Chapel during the Spring Convention.

Fall Convention 2019 Name From The Ashes We Rise (Chance Y)

## **Convention Nominations**

Chair- Beverly

Vice Chair- Chance

Registration Chair- Kay

Registration Vice Chair-

Merchandise Chair-

Merchandise Vice Chair- Chance

Refreshments Chair- Nina Z

Refreshments Vice Chair- Kevin

Audio Chair- Jake  
Audio Vice Chair-Jerrold  
Audio Vice Vice Chair-

**Sunday, April 7, 2019**

Nick L. opened with Serenity Prayer.

**RD Report**

**RDA Report**

Due to a change in my schedule I will no longer be able to fulfill my duties as alternate delegate. Thank you for allowing me to serve.

Rob O

**P&A**

**April 2019 P&A Report**

Our July RSC meeting will be held *in Holt Lodge* on Saturday and Sunday, July 13<sup>th</sup> to 14<sup>th</sup>.

Dates for the next three RSC meetings after July have been reserved with rooms yet to be determined; will know the room the RSC meeting prior.

- New schedule for RSC:

Saturdays

11:30-1:00 RSC  
1:00-2:00 Lunch  
2:00-3:30 RSC  
3:30-3:45 Break  
3:45-5:15 RSC  
5:15-5:30 Break  
5:30-6:30 RSC

Sundays

9:00-10:30 RSC  
10:30-10:45 Break  
10:45-12:15 RSC  
12:15-1:15 Lunch (optional)  
1:15-close RSC



6:30 Dinner

Old Business:

- Held the Regional Inventory on March 2<sup>nd</sup> → various subcommittees need to look at the various suggestions and address respective implementations along with updating respective policies
- Formed a policy ad-hoc subcommittee to implement “proposals” and formulate a flowchart when submitted, was held after Regional Inventory March 2<sup>nd</sup>
- Incorporated various policy changes that were made throughout the past year
- Eric M graciously volunteered to archive RSC files from past years → completed

New Business:

- 19-04-05P: To implement changes to policy as suggested by Regional Inventory → PASSED BY CONSENSUS
- Will need to input policy changes from each subcommittee’s policy once updated
- RSC Schedule has been amended to start at 11:30am beginning April RSC
- Upcoming RSC’s: July 13&14 (not to conflict with Area 4<sup>th</sup> of July celebrations), October 5&6, January 4&5, CAR Workshop: March 7<sup>th</sup> (8<sup>th</sup> if need be), April 4&5

New Business:

**PLEASE BE ADVISED THAT WE DID NOT HAVE PROPER PROPSAL FORMS SO NOT ALL PROPOSALS WILL HAVE THE INTENT AND RATIONALE INCLUDED.**

**PROPOSAL#: 19-04-01P**

**MAKER: H&I**

**PROPOSAL:** H&I request \$120 to purchase Basic Texts for Recovery Point Charleston and Tygert-Morton

**INTENT:** To provide literature to facilities that do not have NA literature.

**RESULT:** Adopted

**PROPOSAL#: 19-04-02P**

**MAKER: PR**

**PROPOSAL:** PR requests the \$800 for the NASW Conference in Charleston on May 1st, 2nd, and 3<sup>rd</sup>.

**INTENT:** To further expand our PR efforts with the professional community

**RESULT: Adopted.**

**PROPOSAL#: 19-04-03**

**MAKER: PR**

**PROPOSAL:** Budgeting \$300/month for YouTube ads beginning in the July RSC

**INTENT: TO GO BACK TO AREAS FOR INPUT WITH THE INTENT TO MAKE A DECISION DURING THE JULY 2019 RSC**

**RESULT: Adopted.**

**PROPOSAL#: 19-04-04P**

**MAKER: PR**

**PROPOSAL:** PR requests \$350.00 for A C&H Taxi sign for three months

**INTENT:** To further carry the message of NA.

**RATIONALE:** C&H Taxi is commissioned to take MAT clients to and from the clinics. They also travel state wide.

**RESULT: Adopted.**

**PROPOSAL#: 19-04-05P**

**MAKER: P&A**

**PROPOSAL:** To implement changes to our policy as suggested by the Regional Inventory.

**INTENT:** To clean up our Regional policy.

**RATIONALE:** To apply the suggested actions of the Regional Inventory.

**RESULT: Adopted.**

**PROPOSAL #: 19-04-06**

**MAKER:** Convention

**PROPOSAL:** Convention request \$100 to purchase P Filters for the microphones.

**INTENT:** To improve the quality of speaker CD's.

**RESULT: Adopted.**

**PROPOSAL #: 19-04-07**

**MAKER:** Finance

**PROPOSAL:** Finance requests that a savings account be opened to hold the \$7,500.00 Prudent Reserve and that the Regional Chair and Vice Chair be named on the account and that the bank statements be mailed to the Treasurer I.

**INTENT:** To protect the Treasurer and the Prudent Reserve.

**RATIONALE:** Keep the Prudent Reserve separate from the general funds to be used in case of an emergency.

**RESULT: Adopted.**

**FINANCE:**

Finance Report 4/07/19

Beginning Balance

\$22,354.18

Donations

Clean Possibilities \$20.00

GTO \$150.00

Choose to Live Group \$17.50

GMANA \$200.00

NCWVASC \$779.62

NANAANA \$500.00

Metro \$66.00

Reimbursements

NANAANA \$33.00

GMANA \$27.50

Metro \$66.00

+\$1,826.12

\$24,180.30				
Money Already Approved				
H&I	\$500.00			
Conv.	\$9,394.00			
Accountant	\$200.00			
Check not cleared	\$1,000.00			-\$11,094.00

\$13,086.30				
Projected Expense				
Frontier	\$348	Mailroom	\$790	
PayPay	\$40	BB&T	\$12	
OneBox	\$240	LAMAR	\$1,200	-\$2,630.00

\$10,456.30				
Proposal				
H&I	\$120	YouTube(PR)	\$300	
NASW(PR)	\$800	Taxi(PR)	\$350	
Audio(Conv)	\$100			-\$1,670.00

\$8,786.30				
Prudent Reserve				-\$7,500.00

\$1,286.30

The body discussed moving the Prudent Reserve into a savings account. A proposal was turned in asking that the savings account be held in the Chair and Vice chair's name with the monthly statements being mailed to the Treasurer I.

The Accountant expressed some frustration over paperwork not being turned in in a timely fashion. Treasurer II is now painfully aware of the importance of checking her email account and is now checking it daily. As for the paperwork the addresses for the officers was gathered and the paperwork will be turned in promptly May 1<sup>st</sup> as the accountant has requested.

The Treasurer II does not recommend a donation to NAWS at this time and the body agrees. All agree that next RSC we would be able to send them some money.

Grateful to Serve, Candie B.

**NAWS Donation**

-\$0

**NEXT REGIONAL SERVICE:**

**July 2019 RSC Order of the Day**

**07/13/2019 – 07/14/2019**

**At Cedar Lakes**

**In Holt Lodge**

***Opening at 11:30am***

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

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

Representative Report:

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