



CENTRAL NOVA AREA SERVICE COMMITTEE OF NARCOTICS ANONYMOUS
March 25, 2018

AREA SERVICE COMMITTEE EXECUTIVE OFFICERS

RCM	John B	Present
Alt. RCM	Vacant	Vacant
Chair	Mary R	Present
Vice-Chair	Jim F	Present
Secretary	Vacant	Vacant
Alt. Secretary	Vacant	Vacant
Treasurer	Supriya D	Present
Alt. Treasurer	Doug D	Present
Activities Committee Chair	David C	Absent
Literature Committee Chair	Dave B	Present
PR Committee Chair	Danielle P	Present

HOME GROUPS – GSR'S, ALTERNATES OR REPS – ATTENDANCE

(If there is an asterisk beside the GSR's name it means they were present but left before voting and was therefore marked absent.)

Group	Rep	Present	Report	Vote
1. 90 in 90	Philip M	No	No	No
2. A New Way to Live		No	Yes	No
3. Breaking Free	Darren B	Yes	Yes	Yes
4. Get Honest or Die	Tim I	Yes	Yes	Yes
5. I Can't We Can	Wade M	Yes	Yes	Yes
6. Just for Today	Stephane C	Yes	Yes	Yes
7. Last Chance	Julie C	Yes	Yes	Yes
8. Liberation	Cindy	Yes	Yes	Yes
9. Nature of Recovery	Matt W	Yes	yes	Yes
10. Never Alone	Kelly M	No	Yes	Yes
11. Nothing to Fear	Steven G	No	No	Yes
12. Open Arms Recovery	Crystal M	yes	yes	No
13. Pride in Our Recovery	Patty W	Yes	Yes	Yes
14. Road to Recovery	Angela B	Yes	Yes	Yes
15. Serenity Seekers	Devin W	Yes	Yes	Yes
16. Sharing the Message	Anne Marie H	Yes	Yes	Yes
17. Shelter from the Storm	Sierra H	Yes	Yes	Yes
18. Starting Point	Laurie G	Yes	Yes	Yes
19. Strength in Numbers	Billy G	yes	No	No
20. Survivors	Danni R	No	no	Yes
21. You Have a Choice Today	Ryan M	No	Yes	No
22. Young and Free	Danielle P	No	Yes	Yes

GROUPS OUTSIDE HRM - GSR'S, ALTERNATES OR REPS - ATTENDANCE

Group Vote	Rep.	Present	Report	
Circle of Hope	Joilta L	No	No	Yes
Clean if You Want to Be		No	No	Yes
Love Life	Grant M	No	No	Yes
New Vision	Emma C	Yes	Yes	Yes
Pathway to Peace	Georges N	No	No	Yes
Phoenix Group	Jim Y	No	No	Yes
Talking Circle		No	No	Yes
Taking Care of Business	Mark S	No	No	Yes
You're Not Alone	Ernie C	No	No	Yes
Super Nova	Mary F	No	No	Yes

CNA web-site: www.centralnovaarea.ca CNA e-mail address: centralnovaarea@gmail.com

The meeting opened with the 'we version' of the Serenity Prayer at 2:10 The 12 Traditions, 12 Concepts, Service Prayer and 'A Vision for NA Service' were read by the group. After corrections to last month's minutes were given: errors or omissions made. Minutes adopted by Laurie B and seconded by Matt W

Attendance 15 out of 18 groups present. Quorum was established.

New Group asking to be Seated: n/a

Group Reports: For the sake of consistency, the end balance will NOT include the group's prudent reserve or the total GSR fund.

90 in 90

Sunday 7:30-8:30 pm, Brunswick United Church, 2107 Brunswick Street, Halifax
GSR: Philip M Alt GSR: None
No Report

A New Way to Live

Monday 11:45 am - 12:45 pm, Main Floor, Boardroom Northwood, 2615 Northwood Terrace,
Halifax
GSR: Alt GSR:

7th: 20.65 Total Income: 20.65 Rent: 20.00 Total expenses: 20.00 Prudent reserve: 58.22
Home group members: 2 Members at business meeting: 1 Average attendance: 7

Breaking Free

Wednesday, 7:30-8:30 pm, Emmanuel Church, 322 Herring Cove Rd., Spryfield
GSR: Darren B Alt. GSR: Vacant
Beginning Balance: n/a Literature Order: 19.50 Home group members: 6
Members at business meeting: 4 Average attendance: 11
Treasurer is away. Report will be given in April.

Get Honest or Die

Thursday 7:30 – 8:30 p.m., St. Peter's Church Hall, 3 Crichton Avenue, Dartmouth

GSR: Tim I Alt GSR:

Average attendance: 18 Literature order: 28.25 End balance: 5.05

Get Honest or Die is requesting the copy of the insurance be given to all the gsr's. This a concern because this is a requirement for occupancy. A copy of the insurance was initially requested in September of 2017 by the group. The concern is that the meeting space manager will loose patience and the group will loose its meeting space. Get Honest or Die is looking for home group members.

I Can't We Can

Thursday 8-9:00 p.m., St. Matthew's United Church, 1479 Barrington Street, Halifax

GSR: Wade M ALT GSR: Gigi P

Beginning Balance: 133.50 7th: 46.55 literature sold: 13.00 Total income:193.05
Rent:90.00 Literature order: 19.00 Total expenses: 109.00 Prudent reserve: 70.00
Ending balance: 14.00

Just for Today

Saturday 11:30 a.m. - 12:30 pm, 2096 Windsor Street (door on Allan St), Halifax

GSR: None Alt. GSR: None

Beginning Balance: \$321.06 7th Tradition: \$95,25 Literature Sold: \$31.50 Other: \$0.00
Total Income: \$126.75 Rent: \$0.00 Literature Order: \$72.90 Other: \$20.98 GSR Fund:
\$0.00 ASC Contribution: \$190.00 Total Expenses: \$283.88 Rent Reserve: \$150.00 Total
GSR Fund: \$0.00 Ending Balance: \$13.93
Home Group Members: 7 Members at Business Meeting: 2 Average Attendance: 20

Last Chance

Saturday 8:00-9:00 pm, Calvin Presbyterian Church, 3311 Ashburn Avenue, Fairview

GSR: Julie C Alt GSR: Spencer G

Beginning Balance: \$41.50 7th Tradition: \$75.00 Literature Sold: \$0 Other: \$0.00 Total
Income: \$116.50 Rent: \$0 Literature Order: \$0 Other: \$0.00 GSR Fund: \$ ASC
Contribution: \$0 Total Expenses: \$0.00 Prudent Reserve: \$40.00 Total GSR Fund: \$0.00
Ending Balance: \$76.50
Home Group Members: 4 Members at Business Meeting: 0 Average Attendance:10-15
Other Group Information: Hello everyone we did not have a business meeting this month.
Announcements: Doug D 18 Years April 21

Liberation

Monday 7:30-8:30 pm, St. Catherine's Church, 6476 Bayers Road, Halifax

GSR: Louise G Alt GSR: None

Beginning Balance: 57.17 7th: 105.00 Rent: 25.00 literature order: 16.50
ASC contribution: 60.00 Prudent reserve: 50.00 Ending balance: 10.67

Nature of Recovery

Thursday 7:30-8:30 pm, Bethany United Church, 7171 Clinton Street

GSR: Matt W Alt GSR: Ray K

Beginning balance: 140.97 7th: 96.56 Literature sold: 14.00 Total income: 110.56
Rent: 40.00 Literature sold: 49.00 Other: 4.95 ASC Contribution: 157.58
Total expenses: 93.95 Prudent reserve: 120.00 GSR fund: 20.00 Ending Balance: 0

Never Alone

Tuesday 7:00-8:30 p.m., Dalhousie Student Union, Rm 224, 6136 University Ave, Halifax

GSR: Kelly M Alt GSR: None
No Report

Nothing to Fear

Sunday 2-3:00 pm, All Nations Church, 2535 Robie Street, Halifax

GSR: Steven G Alt GSR:
No Report

Open Arms Recovery

Saturday 7pm St. Bernard's Catholic Church - 253 Highway 2, Enfield, NS

GSR: Crystal M Alt GSR: Patti A

Beginning Balance: \$14.89 7th Tradition: \$40.30 Literature Sold: \$0.00 Other: \$0.00 Total
Income: \$40.30 Rent: \$30.00 Literature Order: \$0.00 Other: \$0.00 GSR Fund: \$20.00
ASC Contribution: \$0.00 Total Expenses: \$30.00 Prudent Reserve: \$100.00 Total GSR
Fund: \$50.00 Ending Balance: \$5.19

Home Group Members: 6 Members at Business Meeting: 0 Average Attendance: 5

Pride In Our Recovery

Tuesday 5:30 - 6:30 pm, Plan B (large back room) 2180 Gottingen St, Halifax

GSR: Patty W Alt GSR: None
No Report

Road to Recovery

Saturday 7:30 - 8:30 pm, Holy Trinity Church, 30 Alfred Street, Dartmouth

GSR: Angela B Alt GSR: None

No Report

Needs home group members. Also needs members to help set up and clean up after the meeting.

Serenity Seekers

Wednesday 7:30 -8:30 pm, Sonlife Church, 152 Windmill Rd, Dartmouth

GSR: Devin W Alt GSR: Dolores F.

Average attendance: 27 GSR fund: 20.00 ASC Contribution: 75.00
Ending balance: 96.60 we have ordered cheques and do not know the price.

Sharing the Message

Monday 7:30-8:30 pm, Baptist Church, 6 Regal Road, Dartmouth

GSR: Anne-Marie H Alt GSR:

Beginning Bal: -\$0.05 7th Trad: \$86.20 Lit Sold: \$0.00 Other: \$0.00 Total Income: \$86.15
Rent: \$33.00 Lit Order: \$17.00 Other: \$0.00 GSR Fund: \$15.00 ASC Contribution: \$0.00
Total Expenses: \$65.00 Prudent Reserve: \$0.00 Total GSR Fund: \$30.00 End Bal: \$21.15
Home Group Members: 5 Members at Business Meeting: 5 Average Attendance: 11

Shelter from the Storm

Monday, Wednesday 7:30-8:30 pm, All Nations Church, 2535 Robie Street, Halifax

GSR: Sierra H Alt GSR:

Average attendance: 15 Literature order: 12.75 Ending balance: 120

Starting Point

Friday 8:00-9:00 pm, St. John the Baptist Church, 26 Purcell's Cove Road Halifax

GSR: Laurie G Alt GSR: None

Beginning Balance: 59.40 7th: 111.55 Other: 100.00 Total income: 211.55 Rent: 90.00
Other: 2.00 ASC contribution: 100.00 Total expenses: 218.00 Prudent reserve: 52.95
Ending balance: 26.00 Home group members: 25 members at business meeting: 7
Average attendance: 25

Strength in Numbers

Sunday 7:30-8:30 pm; St. James Church Hall, 181 Portland Street, Dartmouth

GSR: Billy G Alt GSR: none

7th: 39.50 Literature sold: 16.00 Rent: 50.00 Literature order: 38.10 GSR fund: 20.00
Prudent reserve: 50.00 Ending balance: 0 Home group members: 8 Members at business
meeting: 5 Average attendance: 18

Survivors

Tuesday 7:30 – 8:30 pm, Knox United Church, 567 Sackville Drive, Sackville

GSR: Danni R Alt GSR: Jimmy P
No Report

You Have a Choice Today

Friday 7:30-8:30 pm, St. James Church Hall, 181 Portland St. Dartmouth

GSR: Pete B Alt GSR: Ryan M

Literature sold: 55.00

Young & Free

Tuesday 7:30-8:30 pm, Holy Trinity Church, 30 Alfred Street, Dartmouth

GSR: Vacant GSR Alt: Rachael T
No Report

GROUP REPORTS FROM OUTSIDE HRM**Circle of Hope**

Thursday 8:30-9:30 pm, Nepisi Building, 70 Gabriel Street, Eskasoni First Nation, CB

GSR: Jolita L Alt. GSR: Jimmy Y
Absent; No Report

Clean if you Want to Be

Saturday 8-9:00 pm, Holy Trinity Church Hall, 78 Alexandria Avenue Bridgewater

GSR: None Alt GSR: None
Absent; No Report

Love Life

Wednesday, 8:00 p.m., Northside Learning Centre, 55 King St, Sydney Mines

GSR: Grant M Alt. GSR: Dave C

7th: 99.00 Literature sold: 69.00 Total income: 166.00 Literature sold: 92.00 Other:4.70
Prudent reserve: 300.00 Ending balance: 69.30 Home group members: 12 Members at
business meeting: 8 Average attendance: 21

New Vision

Sunday, Tuesday, Thursday, 8-9 pm, St. Andrews Church, 55 King St. Truro

GSR: Emma C Alt GSR: Chrissy B

7th: 108.25 Total income: 108.25 Rent: 100.00 Literature order: 19.50 Other: 29.20 GSR
fund: 20.00 Total expenses: 168.70 Prudent reserve: 200.00 Total GSR fund: 40.00
Ending Balance: -60.45 Home group members:13 Members at business meeting: 3
Average attendance: 7

Pathway to Peace

Tuesday 6:30-7:30 pm, 120 St. Ninian Street behind St. Ninian's Cathedral, Antigonish

Absent; No Report

Phoenix Group

Sunday 7 – 8pm and Friday 8 – 9pm, Heritage Church 500 Charlotte Street, Sydney

GSR: Jimmy Y Alt GSR: John A

Literature order: 56.50 ASC contribution: 50.00 Home group members: 6 Members at
business meeting:3 Average attendance: 4

Super Nova

Sunday 7-8:00 pm, 25 Beacon Church, 25 Beacon St. Yarmouth

GSR: Wanda F Alt GSR: None

Absent; No Report

Taking Care of Business

Sunday 8-9:00 pm, Trinity United Church, 151 Temperance St. (Side entrance), New
Glasgow

GSR: Mark S Alt GSR: None

Absent; No Report

Talking Circle

Tuesday 8-9:00 pm, Theresa Cremo Health Ctr., 93 Reservation Rd, Waycobah First Nation, CB

GSR: None Alt GSR: None
Absent; No Report

You're Not Alone

Saturday, 7-8:00 pm, Alano Club Rear, 10 McKeen St., Glace Bay

GSR: None Alt GSR: None
Absent; No Report

SUB-COMMITTEE REPORTS

Literature Committee: Dave B (standing in for this month)

The meeting opened at 10:25 am with 5 of 9 decision-making members, and one observer.

Reports

Treasurer: We have no Area contribution today, as we are \$320.27 below our prudent reserve. We're not asking Area to top us up.

Bank and Cash

Opening bank	\$3,134.48	Opening cash	\$65.00
Deposited	+ 348.80	Cash sales.....	+ 64.00
NAWS Orders.....	- 1,515.01	Deposited	- 17.25
Bank charges	- <u>1.95</u>	Copying/Supplies	<u>46.75</u>
End bank	\$1,966.32	End cash	\$65.00
 Bank and Cash total	 \$2,031.32		

Accounts Receivable

<u>Facility</u>	<u>Date</u>	<u>Invoice</u>	<u>Amount</u>
Corrections			
Women's Corrections (Burnside)	Jan 2018	519493	\$38.50
Women's Corrections (Burnside)	Feb 2018	231893	<u>59.50</u>
			\$98.00..... \$98.00
NS Health			
Withdrawal Management I & II.....	Mar 2017	305836	\$32.00
Withdrawal Management I & II.....	Apr 2017	131361	23.50
Withdrawal Management I & II.....	Aug 2017	684125	42.75
Withdrawal Management I & II.....	Sep 2017	519451	3.00
Withdrawal Management I & II.....	Oct 2017.....	519476.....	3.00
Withdrawal Management I & II.....	Jan 2018	231869	36.00
Withdrawal Management I & II.....	Feb 2018	231887	<u>3.00</u>
			\$143.25..... 143.25
Withdrawal Management III.....	Jan 2018	231868.....	47.00
Marguerite Centre	Jan 2018	231865	\$3.00
Marguerite Centre	Feb 2018	231865	<u>8.50</u>
			\$11.50..... <u>11.50</u>

Total Accounts Receivable\$299.75

Assets

Bank and Cash total\$2,031.32
 Inventory.....+ 4,448.16
 Prudent Reserve.....- 6,500.00
 Accounts receivable reserve - 299.75
 Balance after Prudent Reserve .- \$320.27

Announcements and Reminders to Groups

1. NAWS is increasing their catalogue prices by 6% on July 1st. They are also increasing the foreign exchange rate for CAN\$ from 15% to 30%. You have three months to ensure your group has the amount of literature it wants or needs at the current low price. We suggest you take advantage of this.
2. If you're interested in any specialty items of literature, please view the NAWS 2017 catalogue at na.org. Let us know what you'd like and we can get it cheaper than you can, as we are charged approximately 25% over the US price, whereas you pay closer to 45-50% above the listed price.
3. We need a Chairperson, Vice-Chair, Treasurer, and Alternate Treasurer. For more info, see the Literature guidelines at www.centralnovaarea.ca. Click on SERVICE, and scroll down to CNA RESOURCES.
4. The groups in this Area need to take a long hard look at the services they want, and what it actually takes to provide them. Do you want literature for your group? –or the newcomer? Be a literature committee member and help provide this vital service. All subcommittees need members, as well as those who are ready, willing, and able to take on the responsibilities of the open positions within those committees. A member's recovery is strengthened by engaging in service work. Although there are clean time requirements for the various open positions, there are no clean time requirements to be a member of these committees.

Next committee meeting: 22 Apr 2018. Meeting closed at 11:45 am with the 3rd Step Prayer.

YIS, Dave B. literaturechaircnana@gmail.com

Activities Committee Financial Report: Jennifer M

March 17, 2018 Financial Report for period Feb 24, to March17, 2018

Prudent Reserve\$3,900.00 = \$3,000.00 (Convention) + \$900.00 (events/ activities)
 + 497.11 = CNACNA XV Fund Raising= 175.00 (raffle at SBTS) +179.11(Event 5
 tickets) + 47.50 (Area food sales to date) + 198.00 (Total Journal raffle
 + 101.00 Calendar raffle) - 28.50 expenses (#lit-3 journal for draw)
 +25.00 (JFT raffle)
 - 200.00 = expenses rug raffle
 + 620.00 = CNACNA XV registrations/banquet/brunch/prepaid merchandise
 - 1,400.00 = Payment for 40 banquet meals (required by contract)
 \$3,617.11 = Limit as what could be held in trust for this month in accordance with the
 guidelines re Article XII Fund Flow system.

Beginning Balance February, 2018.....**\$2,817.81**

Expenses:

2018-02-24 (cash #025) Merchandise Co-ordinator Jamie S. Re advance re merchandise for Speaker Jam	\$150.00	
2018-02-24 (cash #026) Fundraising Co-ordinator Pete B. Re advance for rug for rug raffle	200.00	
2018-02-25 (cash #027 store receipt) Acting Treasurer Jennifer M. Re receipt books/envelopes	9.80	
2018-03-01 Bank Monthly Fees	<u>6.75</u>	
Total Expenses	\$466.55	<u>466.55</u>
Sub Balance		2,351.26

Credits:

2018-02-24 (#024) Registration Coordinator Re: CNACNA XV registrations/banquet/brunch/prepaid merchandise	\$620.00	
2018-02-24 (Cash #025) Fundraising Co-ordinator Pete B. re: JFT raffle tickets	25.00	
2018-02-25 Hospitality Coordinator – Feb. 25 Games Night	<u>14.85</u>	
Total Credits	\$659.85	<u>659.85</u>
End Balance		\$3,011.11

There will be no contribution to Area this month as we are below prudent reserve. YIS
Jennifer M.

Activities Committee Report: David C.

We met March 17th with 6/9 voting members present and one observer.

All positions are being filled on a month to month bases or event to event. Positions that are vacant and need members to step up are Chair, Vice-Chair, Treasurer, Assist programmer, Registrar, and Assistant Registrar.

Thanks to all who helped out at yesterdays Planting the Seeds Spring into Recovery speaker Jam. No full report on the event until next month but the event was a success with no major upsets aside from fatigue but a good fatigue.

Not a lot to report as it was a short month. Game day is in Halifax and Dartmouth are being well attended and will continue with the next games day in Halifax after the JFT meeting April 7th and games night in Dartmouth after the Rd to Recovery meeting April 21st. Just a reminder to bring the snacky foods and drinks the 3.00 covers the rent and buys games.

Activities has a Ad Hoc Committee in place looking into compiling Guidelines for Consensus Based Decision making (CBDM) to eventually be implemented onto the committee as a sole source of conducting our business. More to be revealed.

Programming for the upcoming convention is looking good and just a reminder March 31st is the cut off date to save yourself 10.00. so please pre-register with Dave B or David C.

No financial contribution this month as we are below our prudent reserve. A full financial report will be included with this report for the area minutes.

Your in service
David C.

Public Relations Committee: Danielle P
Good Morning & Thank You for Coming,

We had a great session at The Spring into Recovery event yesterday, discussing with our local Fellowship The 11th Tradition and Social Media. Members brought forth their own experiences and possible ways to improve maintaining privacy and anonymity. Rick F. shared a great solution, stating there is nothing wrong with speaking to the fact that one is a recovering addict in Social Media but that there is no need to include the fact that one is a member of NA.

I have received communication from a member in Cape Breton who is struggling with some activities in the area that he was concerned was not following our Traditions and wanted advice as to how to carry the message in the best way. I have spoken to Jim F and John B and am now bring it to this committee in hopes to include the Outreach Coordinator and Hospitals and Institutions Coordinator in providing assistance. I hope to speak to you both with more details and potentially plan a trip in order to better support the groups.

Following the sudden departure of our Web Servant we are still working to ensure our on- line activities are up to date. The web site has not been updated but I understand James D met with Travis L and this should be resolved shortly. Doug D has the passwords and has looked at the web site function and does not see any significant issues. I have been monitoring the web-servant email and have received one email from a concerned family member.

At the last Area meeting the Outgoing Literature Chair was very concerned with the fact that the PR committee is not bringing the "20 Things to Do Before Taking That First Drug" pamphlet into our commitments as it has been approved for use by The Central Nova Area. I pointed that our committee hand out that the facilities pay for their own literature and it may be a conflict of interest to suggest a pamphlet that clearly states it is not Fellowship Approved. It is important to note that the efforts we undertake as a Public Relations Committee are focused on representing NA as a whole and not specifically Central Nova Area. If the committee feels we should be using this pamphlet we might suggest presenting this pamphlet to the organizations and allowing them to decide if they would like to order it.

Thank you for all of your continued hard work.

Yours in Service,

Danielle P.

EXECUTIVE REPORTS

Regional Committee Member (RCM): John B
Report not received

Vice-Chair Report: Jim F
Report not received

Area Chair: Mary R
Report not received

Treasurer Report: Supriya D
Report not yet received

Alternate Treasurer's Report: Doug
Report not received

OLD BUSINESS:

Nominations for Positions:

Literature Chairperson
No nominations or volunteers

Alternate RCM
No nominations or volunteers

Activities Chairperson
No nominations or volunteers

Secretary
No nominations or volunteers

Alternate Secretary
No nominations or volunteers

OPEN FORUM

- Matt Positions on going come to area and run for a position not go to the subcommittee is that right.
- Reading a reading that should not be read at area
- Danielle when do we ask question...we should think about cancelling area because of functions outside our area. We would have to move area again in June because of a function outside our area. Please be mindful.

GROUP CONCERNS:

-
-
-

MOTIONS:

Motion #1: To change Article II Voting policy- section I Change “who miss 2 consecutive meetings...until they attend 3 consecutive meetings. Change # consecutive meetings to 2 consecutive meetings.

Intent: simplify and make the voting policy consistent.

Maker: RCM John B **Second:** Ryan M. You Have A Choice Today

In Favor 14 Against 0 Abstains 0

Motion Passed

Motion #2: To Read only “A Vision for NA service” during our meeting opening.

Intent: To ensure our area meeting is compliant with our spiritual not religious program. The “Service Prayer” refers to a religious entity, rather than a spiritual Higher Power, which the vision for NA service refers to.

Maker: Ann-Marie H Sharing the Message

Second: Matt W Nature of Recovery

In Favor 13 Against 0 Abstains 1

Motion Passed

Breaking Free motioned to adjourn I Can't We Can seconded; All were in favor. The meeting ended at approximately 4:30pm with a closing circle and the 3rd Step Prayer.

Yours in Service,

Dolores F.

The next Area meeting will be held April 22, 2018. Please see the list below for dates, times and location.

April 22:

Room 5132, Dickson Building, VG Literature 10 a.m.

Room 5150, Dickson Building, VG Public Relations 11 a.m.

Room 5150, Dickson Building, VG Area 2 p.m.