



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

**Committee Executive, Sub-Committee Chairs, and Region Representatives**

<b>Position</b>	<b>Officer</b>	<b>Present</b>
Chair	Mary R	Absent
Vice-Chair	Jim F (Sitting in as Chair)	Present
Secretary	Open	Open
Alt. Secretary	Open	Open
Treasurer	Supriya D	Present
Alt. Treasurer	Doug D	Present
Activities Committee Chair	Pete B	Present
Literature Committee Chair	Open	Present
PR Committee Chair	Danielle P	Present
RCM	John B (Sitting in as Vice-Chair)	Present
Alt. RCM	Stephane C	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.)

<b>Group</b>	<b>Representative</b>	<b>Present</b>	<b>Report Submitted</b>	<b>Vote</b>
1. 90 in 90	Phillip M	Yes	Yes	No
2. A New Way to Live	Rosey K	Yes	Yes	Yes
3. Breaking Free	Darren B	Yes	Yes	Yes
4. Get Honest or Die	Kevin M	Yes	Yes	Yes
5. I Can’t We Can	Wade M.	Yes	Yes	Yes
6. Just for Today	Stéphane C (Alt-RCM)	No	Yes	Yes
7. Last Chance	Spencer G	Yes	Yes	Yes
8. Liberation	Louise G	No	Yes	Yes
9. Live Clean or Die	Jamie S	Yes	Yes	Yes
10. Nature of Recovery	Matt W	Yes	Yes	Yes
11. Never Alone	Kelly M	Yes	Yes	Yes
12. Nothing to Fear	Steven G	No	No	No
13. Open Arms Recovery	Crystal M	No	No	No

14. Pride in Our Recovery	Patrick M	Yes	No	Yes
15. Road to Recovery	Angela B	No	No	No
16. Serenity Seekers	Devin W	Yes	Yes	Yes
17. Sharing the Message		No	No	No
18. Shelter from the Storm	Joey B	Yes	No	Yes
19. Starting Point		No	Yes	Yes
20. Strength in Numbers	Billy G	Yes	Yes	Yes
21. Survivors	Shelley D	Yes	No	Yes
22. You Have a Choice Today		No	Yes	Yes
23. Young and Free	Rachael T	Yes	Yes	Yes
24. Live Clean Or Die	Jamie S	Yes	Yes	Yes
25. We Do Recover	Nelson S	Yes	Yes	Yes

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

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

CNA web-site: [www.centralnovaarea.ca](http://www.centralnovaarea.ca) CNA e-mail address: [centralnovaarea@gmail.com](mailto:centralnovaarea@gmail.com)

The meeting opened with the 'we version' of the Serenity Prayer at 2:08 pm. The 12 Traditions, 12 Concepts, shared read and 'A Vision for NA Service' was read. After corrections to last month's minutes were corrected Kevin M motioned and Danielle P seconded that the minutes be accepted with changes. Passed.

Attendance was taken. Quorum was established.

**New Groups asking to be seated?** No

**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: Rodney B Alt. GSR: None

**Beginning Balance:** \$63.80 **7<sup>th</sup> Tradition:** \$86.45 **Literature Sold:** \$0.00 **Other:** \$0.00 **Total Income:** \$86.45 **Rent:** \$30.00 **Literature Order:** \$6.00 **Other:** \$0.00 **GSR Fund:** \$0.00 **ASC Contribution:** \$54.00 **Total Expenses:** \$ **Prudent Reserve:** \$60.00 **Total GSR Fund:** \$0.00 **Ending Balance:** \$.25

**Home Group Members:** 6 **Members at Business Meeting:** 5 **Average Attendance:** 12

Kevin: Are you running a bank report with \$.25?

John B: No we have a prudent reserve in the bank right now with a balance of \$90.00.

### A NEW WAY TO LIVE

Monday 11:45 am - 12:45 pm, Main Floor, Boardroom Northwood, 2615 Northwood Terrace, Halifax  
GSR: Rosey K Alt. GSR: None

**Beginning Balance:** \$66.00 **7<sup>th</sup> Tradition:** \$30.50 **Literature Sold:** \$0.00 **Other:** \$0.00 **Total Income:** \$96.50 **Rent:** \$0.00 **Literature Order:** \$5.00 **Other:** \$8.95 **GSR Fund:** \$0.00 **ASC Contribution:** \$0.00 **Total Expenses:** \$13.95 **Prudent Reserve:** \$60.00 **Total GSR Fund:** \$0.00 **Ending Balance:** \$82.55

**Home Group Members:** 2 **Members at Business Meeting:** 1 **Average Attendance:** 8

**Other Group Info:** In September's financial report we did not deduct the \$60. For Prudent Reserve from the ending balance. The ending balance should have been \$66.00.

### BREAKING FREE

Wednesday, 7:30-8:30 pm, Emmanuel Church, 322 Herring Cove Rd., Spryfield  
GSR: Darren B Alt. GSR: Vacant

**Beginning Balance:** \$72.50 **7<sup>th</sup> Tradition:** \$78.00 **Literature Sold:** \$0.00 **Other:** \$0.00 **Total Income:** \$78.00 **Rent:** \$0.00 **Literature Order:** \$0.00 **Other:** \$20.00 **GSR Fund:** \$0.00 **ASC Contribution:** \$54.00 **Total Expenses:** \$20.00 **Prudent Reserve:** \$0.00 **Total GSR Fund:** \$0.00 **Ending Balance:** \$130.50

**Home Group Members:** 7 **Members at Business Meeting:** 5 **Average Attendance:** 8

**Other Group Info:** The 7<sup>th</sup> Tradition on Dec. 5<sup>th</sup> will be contributed to Inn Out of the Cold.

### GET HONEST OR DIE

Thursday 7:30 – 8:30 p.m., St. Peter's Church Hall, 3 Crichton Avenue, Dartmouth  
GSR: None Alt GSR: Kevin M

**Beginning Balance:** \$4.50 **7<sup>th</sup> Tradition:** \$91.95 **Literature Sold:** \$0.00 **Other:** \$0.00 **Total Income:** \$96.45 **Rent:** \$30.00 **Literature Order:** \$0.00 **Other:** \$1.95 (bank fee); \$40.00 (Inn Out of

the Cold Contribution) **GSR Fund:** \$0.00 **ASC Contribution:** \$20.00 **Total Expenses:** \$91.95 **Prudent Reserve:** \$0.00 **Total GSR Fund:** \$0.00 **Ending Balance:** \$4.50

**Home Group Members:** 7 **Members at Business Meeting:** 4 **Average Attendance:** 21  
**Other Group Info:** This group will be having a candle light meeting on the last Thursday of each month, starting Nov. 29<sup>th</sup>. Since we will no longer be doing a Traditions meeting, we will be giving 5 How and Why books to Shelter from the Storm who does a Traditions meeting.

**Matt W:** It says you have a prudent reserve of \$0.00 in the report.

**Kevin:** Yes, the prudent reserve is in the bank.

### 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: Joe M

**Beginning Balance:** \$106.48 **7<sup>th</sup> Tradition:** \$50.20 **Literature Sold:** \$0.00 **Other:** \$0.00 **Total Income:** \$172.18 **Rent:** \$60.00 **Literature Order:** \$20.50 **Other:** \$9.50 **GSR Fund:** \$0.00 **ASC Contribution:** \$0.00 **Total Expenses:** \$90.00 **Prudent Reserve:** \$80.00 **Total GSR Fund:** \$0.00 **Ending Balance:** \$2.18

**Home Group Members:** 6 **Members at Business Meeting:** 3 **Average Attendance:** 8

### JUST FOR TODAY

Saturday 11:30 a.m. - 12:30 pm, 2096 Windsor Street (door on Allan St), Halifax  
GSR: Stéphane C Alt GSR: Carrie L

**Beginning Balance:** \$468.35 **7<sup>th</sup> Tradition:** \$56.70 **Literature Sold:** \$0.00 **Other:** \$0.00 **Total Income:** \$56.70 **Rent:** \$0.00 **Literature Order:** \$0.00 **Other:** \$60.45 **GSR Fund:** \$0.00 **ASC Contribution:** \$0.00 **Total Expenses:** \$0.00 **Rent Reserve:** \$150.00 **Total GSR Fund:** \$0.00 **Ending Balance:** \$317.45

**Home Group Members:** 6 **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:** \$4.00 **7<sup>th</sup> Tradition:** \$115.00 **Literature Sold:** \$0.00 **Other:** \$0.00  
**Total Income:** \$119.00 **Rent:** \$50.00 **Literature Order:** \$0.00 **Other:** \$0.00 **GSR Fund:** \$0.00  
**ASC Contribution:** \$50.00 **Total Expenses:** \$0.00 **Prudent Reserve:** \$0.00 **Total GSR Fund:** \$0.00 **Ending Balance:** \$19.00

**Home Group Members:** 8 **Members at Business Meeting:** 6 **Average Attendance:** 15-20

### LIBERATION

Monday 7:30-8:30 pm, St. Catherine's Church, 6476 Bayers Road, Halifax  
GSR: Louise G Alt GSR: None

**Beginning Balance:** \$106.37 **7<sup>th</sup> Tradition:** \$50.00 **Literature Sold:** \$0.00 **Other:** \$0.00 **Total Income:** \$50.00 **Rent:** \$90.00 (this was paid out of pocket) **Literature Order:** \$18.50 **Other:** \$9.00 **GSR Fund:** \$18.80 **ASC Contribution:** \$0.00 **Total Expenses:** \$43.50 **Prudent Reserve:** \$50.00 **Total GSR Fund:** \$0.00 **Ending Balance:** \$12.87

**Home Group Members:** 2 **Members at Business Meeting:** 2 **Average Attendance:** 5  
**Group Discussion/Concerns:** We are in need of members to attend.

### LIVE CLEAN OR DIE

GSR: Jamie S Alt GSR:

**Beginning Balance:** \$ 6.15 **7<sup>th</sup> Tradition:** \$21.65 **Literature Sold:** \$0.00 **Other:** \$0.00 **Total Income:** \$21.65 **Rent:** \$90.00 (Out of pocket) **Literature Order:** \$0.00 **Other:** \$0.00 **GSR Fund:** \$18.80 **ASC Contribution:** \$0.00 **Total Expenses:** \$9.00 (supplies, coffee) **Prudent Reserve:** \$0.00 **Total GSR Fund:** \$18.80 **Ending Balance:** \$71.20

**Home Group Members:** 2 **Members at Business Meeting:** 2 **Average Attendance:** 5  
**Other Group Information:** We are in need of members to attend.

**Danielle:** Do you feel this group is viable? **Jamie:** Yes, I do.

**Danielle:** I would suggest really thinking about continuing in the group. I would support it but it's during the day and I work.

### NATURE OF RECOVERY

Thursday 7:30-8:30 pm, Bethany United Church, 7171 Clinton Street  
GSR: Matt W Alt GSR: None

**Beginning Balance:** 135.00 **7<sup>th</sup> Tradition:** \$47.85 **Literature Sold:** \$0.00 **Other:** \$0.25 **Total Income:** \$48.10 **Rent:** \$40.00 **Literature Order:** \$ 36.00 **Other:** \$1.95 **GSR Fund:** \$0.00 **ASC Contribution:** \$0.00 **Total Expenses:** \$0.00 **Prudent Reserve:** \$105.00 **Total GSR Fund:** \$0.00 **Ending Balance:** -\$15.00

**Home Group Members:** 14 **Members at Business Meeting:** 5 **Average Attendance:** 10

### NEVER ALONE

Tuesday 7:00-8:30 p.m., Dalhousie Student Union, Rm 224, 6136 University Ave, Halifax  
GSR: Kelly M. Alt GSR: None

**Beginning Balance:** \$69.61 **7<sup>th</sup> Tradition:** \$45.35 **Literature Sold:** \$0 **Other:** \$0.00 **Total Income:** \$114.96 **Rent:** \$0 **Literature Order:** 0 **Other:** \$25.00 **GSR Fund:** \$40.00 **ASC Contribution:** \$0 **Total Expenses:** \$3.90 **Prudent Reserve:** \$150.00 **Total GSR Fund:** 40.00 **Ending Balance:** \$89.96

**Home Group Members 7. Members at Business Meeting: 2 Average Attendance: 8**

We did not have enough HG members to conduct business this month. Previous month's financials are carried forward.

**NOTHING TO FEAR**

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

**OPEN ARMS RECOVERY**

Saturday 7pm St. Bernard's Catholic Church - 253 Highway 2, Enfield, NS  
GSR: Crystal M Alt GSR: Patti A

**Group Information:** Our group will be closing its doors as of the end of January.

**PRIDE IN OUR RECOVERY**

Tuesday 5:30 - 6:30 pm, Plan B (large back room) 2180 Gottingen St, Halifax  
GSR: Patty W Alt GSR: Patrick M

**ROAD TO RECOVERY**

Saturday 7:30 - 8:30 pm, Holy Trinity Church, 30 Alfred Street, Dartmouth  
GSR: Angela B Alt GSR: None

**SERENITY SEEKERS**

Wednesday 7:30 -8:30 pm, Sonlife Church, 152 Windmill Rd, Dartmouth  
GSR: Dolores F Alt GSR:

**Beginning Balance: \$65.00 7<sup>th</sup> Tradition: \$128.40 Literature Sold: \$0.00 Other: \$0.00 Total  
Income: \$128.40 Rent: \$0.00 Literature Order: \$6.00 Other: \$0.00 GSR Fund: \$0.00 ASC  
Contribution: \$100.00 Total Expenses: \$0.00 Prudent Reserve: \$65.00 Total GSR Fund: \$0.00  
Ending Balance: \$22.40**

**Home Group Members: 8 Members at Business Meeting: 5 Average Attendance: 19**

**SHARING THE MESSAGE**

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

**SHELTER FROM THE STORM**

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

GSR: Alt GSR. Aaron

### STARTING POINT

Friday 8:00 pm- 9:00 pm St. John Baptist Church 26 Purcell's Cove Rd. Halifax  
GSR: Vacant Alt GSR: Vacant

**Beginning Balance:** \$ 67.80 **7<sup>th</sup> Tradition:** \$ 93.95 **Literature Sold:** \$ 00.00 **Other:** \$0.00 **Total Income:** \$ 93.95 **Rent:** \$0.00 **Literature Order:** \$ 0.00 **Other:** \$ 14.95 **GSR Fund:** \$ 0 **ASC Contribution:** \$0.00 **Total Expenses:** \$ 14.95 **Prudent Reserve:** \$146.80 **Total GSR Fund:** \$ 0  
**Ending Balance:** \$ 0

**Home Group Members:** Several **Members at Business Meeting:** 7 **Average Attendance:** 25  
Regards, Daryl G

### STRENGTH IN NUMBERS

Sunday 7:30-8:30 pm; St. James Church Hall, 181 Portland Street, Dartmouth  
GSR: Billy G Alt. GSR: Arron G

**Average Attendance:** 27 **Literature Order:** \$24.75 **GSR Fund:** \$0.00 **ASC Contribution:** \$80.00  
**Ending Balance:** \$ 0

**Other Group Information:** Ashleah H is becoming our new treasurer. She is looking for some mentorship from an experienced member.

**Matt W:** It might be helpful to use a basic ledger.

### SURVIVORS

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

Rep: Shelly M Alt GSR: Peter F

### YOU HAVE A CHOICE TODAY

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

**Average Attendance:** 21 **Literature Order:** \$0 **Total GSR Fund:** \$50.00 **ASC Contribution:** \$20.00 **Ending Balance:** 0

**Other Group Information:** Our 7<sup>th</sup> Tradition on December 14<sup>th</sup> will be donated to Inn Out of the Cold.

### YOUNG & FREE

Tuesday 7:30-8:30 pm, Holy Trinity Church, 30 Alfred Street, Dartmouth  
GSR: Rachel T GSR Alt: Vacant

**Beginning Balance:** \$25.85 **7<sup>th</sup> Tradition:** \$44.65 **Literature Sold:** \$30.00 **Other:** \$0.00 **Total Income:** \$74.65 **Rent:** \$60.00 **Literature Order:** \$36.00 **Other:** \$0.00 **GSR Fund:** \$0.00 **Total Expenses:** \$96.00 **Prudent Reserve:** \$0.00 **Total GSR Fund:** \$0.00  
**Home Group Members:** 0 **Members at Business Meeting:** 0 **Average Attendance:** 0

### **WE DO RECOVER**

12:05 -12:55 pm Tuesday – Friday Saint George Round Church 2222 Brunswick St.  
Please use Cornwallis Entrance  
GSR: Nelson S Alt GSR: Adam B

**Beginning Balance:** \$71.04 **7<sup>th</sup> Tradition:** \$76.50 **Literature Sold:** \$0.00 **Other:** \$0.00 **Total Income:** \$76.50 **Rent:** \$80.00 **Literature Order:** \$32.50 **Other (supplies):** \$22.83 **GSR Fund:** \$0  
**Total Expenses:** \$96.00 **Prudent Reserve:** \$12.21 **Total GSR Fund:** \$0.00 **ASC Contribution:** 0  
**Ending Bal:** 0  
**Home Group Members:** 5 **Members at Business Meeting:** 2 **Average Attendance:** 10

Group Concerns: Guidelines for new group—abstain.

Other Group Info: Group is well attended. Our home group members are in the process of growing and chairing meetings.

### **GROUP REPORTS FROM OUTSIDE HRM**

#### **CIRCLE OF HOPE**

Thursday 8:30- 9:30 pm Nepisi Building 70 Gabriel St. Eskasoni First Nation CB  
GSR: Jolita L. Alt GSR: Jimmy Y.

#### **CLEAN IF YOU WANT TO BE**

Saturday 8:00-9:00 pm Hold Trinity Church Hall 78 Alexandria Avenue Bridgewater  
GSR: Alt GSR

#### **LOVE LIFE**

Wednesday 8:00 pm Northside Learning Centre 55 King St. Sydney Mines  
GSR: Grant M Alt. GSR: Dave C

#### **NEW VISION**

Sunday Tuesday Thursday 8:00-9:00 pm St Andrews Church 55 King St. Truro  
GSR: Emma C Alt GSR: Chrissy B

#### **PATHWAY TO PEACE**

Tuesday 6:30 – 7:30 pm 120 Ninian St. Ninian’s Cathedral Antigonish



### **PHOENIX GROUP**

Sunday 7:00 – 8:00 pm Friday 8:00 – 9:00 pm Heritage Church 500 Charlotte Street Sydney  
GSR: James Y Alt GSR: Kathy M

Present; oral report given. No written report submitted.

**Danielle:** Because you pay 50% of the 7<sup>th</sup> Tradition collected I'm wondering if you can talk about a new rate with the church.

**Jimmy:** We did bring it up a couple years ago and will bring it up to them again.

### **TALKING CIRCLE**

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

### **TAKING CARE OF BUSINESS**

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

### **YOU'RE NOT ALONE**

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

### **SUPER NOVA**

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

### **NA HOPE**

8:00 - 9:00 pm Baptist Church 411 King St. Windsor NS  
GSR: Jessie D

Our 7th Tradition for November was \$33.40 less expenses of \$3.50, plus prudent reserve of \$37.25 Total Cash on hand \$67.15 Average Attendance 9. We will be ordering a few Basic Texts at the next Area. Home group members are 9. Group is meeting to discuss positions. We need to get to Area! Please let me know if you need any more info. Thank you, Jessie D

### **SUB-COMMITTEE REPORTS**

#### **ACTIVITIES COMMITTEE CHAIR** Pete B

Dear Committee members,

The Activities Committee met on November 24<sup>th</sup>, at the Dixon building 5<sup>th</sup> floor with a quorum of 7 out of 14 voting members. We have had two positions filled this month: one by Carrie L who has been welcomed as our Assistant Hospitality Coordinator. Thank you, Carrie and John B has been voted in to the newly open position as treasurer. Thank you as well John. This now leaves us with 3 open positions on activities which are Vice-Chair, Registration Coordinator, and Convention Fundraising Coordinator. We are always looking for more people to join; come on out and check us out.

The last games day was very low in numbers with only 2 members attending but games night went a little better this month with 10 showing up. We have a couple more dates confirmed which are Dec 1 following the Just For Today meeting. No other games day/night until January. The dates are: January 12<sup>th</sup>

following the Just For Today meeting (dependent on how well attended the December 1<sup>st</sup> games day is), and January 26<sup>th</sup> following the Road to Recovery meeting.

The '*Fall into Recovery*' event went well over all with 83 addicts participating and we have had very positive feedback. The speakers were excellent and gave a clear message that NA works and is making a difference in their lives as they face life on life's terms.

This past month was Norval's last month as Activities Treasurer due to him leaving the country in early December. We would like to say thank you for your service Norval. Our outstanding balance is now \$4,623.79 and given our prudent reserve of \$3,900.00, we have \$670.00 which has been used for payments in upcoming events. A full treasurer report will be submitted to Area Secretary.

Upcoming events are '*Inn Out of the Cold*' and the *New Year's Eve Potluck and Dance*. The posters are ready for distribution and to be loaded on the website for 'Inn out of the Cold'. The CARNA website has been updated to include Inn Out of the Cold. The menu for the holiday supper has been completed and Rob C is heading the preparation and cooking of this meal. Please see Jennifer M for contributions or volunteering for the event. The New Year's Eve potluck and dance is a go at the Liberation location. It will start at 8pm and a poster will be available to up load this week.

Activities is turning its eyes and thoughts towards a dance in February called *Spring into Recovery* (maybe March), as well as our hosting the Regional Assembly in May. Our next activities meeting will be on January 27<sup>th</sup>, 2019 at 3pm at the Dixon building, all are welcome to attend.

Yours in service, Pete B

## **PUBLIC RELATIONS CHAIR**

Hello, the PR Committee met this morning at 11:00 and had 11 out of 12 voting members in attendance. We have elected Kelly M as our Secretary, with Supriya D mentoring her. Our current open positions are Public Information Coordinator, Hospitals & Institutions Coordinator and Outreach Coordinator. Can GSR's please take this back to your Home Groups?

All of our H&I commitments were met this month, with the exception of an inability to enter the correctional facility once for women and twice for men. Unfortunately, we are not able to receive advance notice of this. Norval C, an outgoing Panel Leader, expressed concern about the literature display in the new detox facility being disorganized and limited in space. We will ask the H&I Coordinator to discuss this with the facility. Our H&I and PI Coordinators did a joint presentation at the *Fall Into Recovery Event* and welcomed many interested members. A PI training session will be held early in the new year. In response to the Tri-County Women's Centre in Shelburne who asked if we could collaborate with them on a new project called Rural Truth Matters: Cannabis Education and Substance User Support Program, we have confirmed their interest in a "What is NA" presentation for their organization. Dates are being discussed.

We have identified a gap in our call forwarding process for the Phoneline. The appropriate information that is usually passed along with the physical phone is not being provided. We will work to create a digital copy that can be sent electronically to the member carrying the phone. This was identified when a

member holding the phone did not have the information. A number of members stepped forward to provide support and I would like to thank them.

This month I attended the Regional PR meeting and RSC meetings. We discussed adding the AVANA meetings to our online meeting list. If a member of the public “Google’s” NA Nova Scotia they will likely get to our web page. The fact that the Valley has a separate service Area is not something we can expect the public to understand and it is not clear on our meeting page either. In order to ensure people looking for a meeting anywhere in NS it was agreed including it in the Central Nova directory made sense. The committee has agreed to this and we will be submitting a motion to the Area today to this affect.

Our Regional Delegate (RD) also directed us to the new CANA Facebook page. The primary reason this has been developed is to allow CANA to use Facebook advertising as a way of carrying the message. In order to advertise an actual account must exist. There are privacy restrictions in place but of course this does not mean that one’s privacy is secure if commenting or contributing to this page. I raised concerns about a lack of communication to the fellowship regarding this effort. It was suggested that I participate in the Social Media working group for CANA and I have been put in touch with them, but there has been nothing further.

We are still reviewing the changes to our guidelines and we will submit them to the Area once we have agreed.

Yours in Service, Danielle P

**Matt W:** Did you say the PI Coordinator position is open? **Danielle:** Yes, Darrell A has agreed to keep the position in the interim. We are still looking to fill the position.

**LITERATURE COMMITTEE**

*(To receive the minutes of the literature committee, email: literaturechaircnana@gmail.com)*

Meeting opened with 9 of 12 decision-makers, with 1 observer.

**Reports**

Treasurer: We have no Area contribution today, as we’re \$195.18 below prudent reserve.

**Bank and Cash**

Opening bank .....	\$5,274.05	Opening cash .....	\$65.00
Deposited.....	+ 1,520.50	Cash sales .....	+ 385.50
NAWS orders .....	- 1,076.49	Deposited .....	- 357.90
Bank charges .....	- 4.37	Supplies .....	- <u>31.91</u>
ASC contribution .....	- <u>1,222.04</u>	End cash.....	\$60.69
End bank.....	\$4,491.65		
Bank and Cash total .....	\$4,552.34		

**Accounts Receivable**

<u>Facility</u>	<u>Date</u>	<u>Invoice</u>	<u>Amount</u>
NS Health			
Withdrawal Management I & II.....	Jun 2018.....	598299 .....	3.00
Withdrawal Management I & II.....	Aug 2018.....	777616 .....	3.00
Withdrawal Management I & II.....	Oct 2018.....	298844 .....	<u>39.00</u>

\$45.00		\$45.00
Withdrawal Management III .....	Jan 2018 .....	231868 .....
		47.00
Withdrawal Management III .....	Aug 2018.....	777615 .....
		<u>3.50</u>
\$50.50		50.50
Marguerite Centre .....	Aug 2018.....	777617 .....
Oct 2018	777637.....	<u>44.00</u>
\$102.50		<u>102.50</u>
Total Accounts Receivable .....		\$198.00

**Assets**

Bank and Cash total .....	\$4,452.34
Inventory .....	+ 1,973.99
Inventory in transit .....	+ 1,076.49
Prudent Reserve .....	- 7,500.00
Accounts receivable reserve.....	- <u>198.00</u>
Balance .....	- \$195.18

**New Business**

Nominations or volunteers for Literature Chairperson for Area consideration today: None. We discussed 5 proposals, 4 were adopted, and 1 was tabled.

**Announcements and Reminders to Groups**

We need a Chairperson, Vice-Chair, and Treasurer. For more info, see the Literature guidelines at [www.centralnovaarea.ca](http://www.centralnovaarea.ca). Click on SERVICE, and scroll down to CNA RESOURCES.

Next committee meeting: 27 January 2019 at 10:00 am in room 5132. YIS, Dave B.

**Danielle P:** So you have outstanding invoices... in the past we've had someone follow up on that. The PR Committee could assist. Do you need the help?

**Dave:** Yes, we do have someone to assist thanks.

**EXECUTIVE REPORTS**

**ALT RCM:** Stéphane C

Hello everyone my name is Stephane and I'm an addict. First I want thank you for the trust you're giving to me. I will try to be the best RCM you never had. More seriously, I take this position with humility and I will do everything I can to represent our Area.

At the November Regional Meeting in Moncton the following subjects were discussed:

- CCNA (Canadian Convention of NA) XXVI (26) in PEI had 229 attendees. CCNA XXVII will be in Niagara in September, 2019.
- During the week FD/PR (Fellowship Development and Public Relation) gave a presentation to professionals on how NA can be a resource for them. The people who attended had good things to say about NA and gave some suggestions. PR in PEI will follow up with these individuals.

- A contribution of \$15,000 from CANA (Canadian Assembly of NA) to NAWS (NA World Services) was made.
- NAWS has four new project plans being worked on SPAD, Spiritual Principle A Day meditation book, Mental Health/Mental Illness IP, Service Tools and WSC ( World Service Conference) of the future.
- There are three new issue discussion topics.: Attracting Members to Service, Carrying The NA Message and Making NA Attractive and DRT/MAT ( Drug Replacement Therapy/ Medication Assisted Treatment) as it relates to NA.
- NA now speaks 82 languages of which 53 are published based on IP #1. Over 28,000 of the new PR pamphlet “*NA and Persons Receiving Medication Assisted Treatment*” have been sent out.
- There are 70,065 meeting worldwide. 87% of our income is generated by literature sales and 13% from contributions; this has shifted in recent years with over \$1 million USD in contributions.
- WCNA 38 (World Convention of NA) will be held in Melbourne, Australia. If you have a criminal record you will probably need a waiver/visa and should start this process earlier than normal.
- Current strategic plans were reviewed. Our PSA and social media is still ongoing. We have a Facebook page *Narcotics Anonymous Canada*. at [facebook.com/nacanada](https://www.facebook.com/nacanada)

For the RCM regarding the Adhoc Committee:

**Jamie:** Have you considered parking?

**John B:** Yes we have.

**Dolores F:** Are the members going to be required to register ahead of time?

**John B:** Yes and there will be a website set up to do so.

**Matt W:** Will there be a dinner?

**John B:** Yes it will be included in the registration.

The next Regional meeting will begin at 1:00pm on February 10<sup>th</sup>, 2019 at the Moncton City Hospital. The PR Committee meets at 10:00am and Admin meets at noon.

Yours truly in service, Stéphane C

**VICE CHAIR** Jim F

No report submitted.

**CHAIR:** Mary R

No report submitted.

**TREASURER:** Supriya D

Report attached.

## **OLD BUSINESS:**

**Maker:** Aaron G: GSR, Strength in Numbers; **Seconded:** Jennifer M: GSR, Get Honest or Die

**Motion:** Table the vote on new guidelines for seating new groups until next month.

**Intent:** To give groups time to discuss the new guidelines. **MOTION PASSED**

## **OPEN FORUM:**

**Jamie S:** If a member misses 2 consecutive meetings do they need 3 consecutive meetings to get their vote back?

**John B** (Acting Vice Chair): No, after 2 missed, they can come back and have the vote upon 2<sup>nd</sup> meeting attended.

**Matt W:** What happens to groups that close i.e. their money in the bank, literature etc.?

**Stéphane:** Who do we send reports to in absence?

**Danielle:** All we were trying to do was create a process for new groups to have guidelines. It is a change in guidelines for new groups. Looking at service, there are many members who are taking on multiple positions. Would the RCM create dialogue with others to find out the reasons why? It would be good to have one form instead of 3 forms for group reports to help with minutes for the secretary.

**Dave B:** Brought up the new literature we are able to purchase.

**Jamie S:** Live Clean or Die Group will look at the suggestion for help. We will also continue working on getting new members to help.

## **GROUP CONCERNS**

### **NEW BUSINESS**

#### **Elections:**

**Secretary: Supriya D volunteered.** To be taken back to the groups and voted on in January.

**RCM: Stéphane C:** 14 for; 0 against; 0 abstained.

**Vice Chair: John B:** 14 for; 0 against; 0 abstained.

Congratulations Stéphane C and John!

## **MOTIONS:**

#1. **Maker:** Danielle P, PR Chair; **No second required**

**Motion:** To include AVANA meetings on the Central Nova's daily meeting directory on [www.centralnovaarea.ca/meetings](http://www.centralnovaarea.ca/meetings).

**Intent:** To make it easier for the public to find meetings in the whole province of NS  
14 for 0 against 0 abstained **MOTION PASSED**

#2. **Maker:** Emma C, GSR New Vision; **Seconded by:** Joey B, GSR

**Motion:** To go down to one GSR report form; the one used for email.

**Intent:** To make it easier for understanding group finances and for the Area Secretary.  
12 for 1 Against 1 Abstained **MOTION PASSED**

Motion to adjourn by Dolores F    Seconded by Rodney B    All in Favor!

The meeting was closed with 3<sup>rd</sup> Step Prayer. Our next Area meeting will be held January 27<sup>th</sup> and the next Activities Committee Meeting will be held January 26<sup>th</sup> at 3:00 pm. Both at the QEII Dickson Building, 5820 University Ave (fifth floor), in Halifax.

Yours in Service, Supriya D