



CENTRAL NOVA AREA SERVICE COMMITTEE OF NARCOTICS ANONYMOUS

October 25, 2020

Amendments to September minutes: Remove GSR Supriya D from New Vision and there are some errors in last months Treasurer's Report - amended copy will be sent out

Where it says Executive, Acting Chair – someone who comes from within the committee would be a representative. Out of Town Groups, Freedom Group has disseminated. Bridgewater Group is now known as Living Clean (for future minutes)

AREA SERVICE COMMITTEE EXECUTIVE OFFICERS

RCM	Acting: Jennifer M	Present
Alt. RCM	Vacant	Vacant
Chair	Jim F	Present
Vice-Chair	John B	Present
Secretary	Julee A	Present
Alt. Secretary	Vacant	Vacant
Treasurer	Supriya D	Present
Alt. Treasurer	Vacant	Vacant
Activities Committee Chair	Pete B	Present
Literature Committee Chair	Acting: Dave B	Present
PR Committee Chair	Bill H	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		No	No	No
2. A New Way to Live	Rosey K	No	No	No
3. Breaking Free	Darren B	No	No	Yes
4. Get Honest or Die	Jewlz M	Yes	Yes	Yes
5. I Can't We Can	Wade M	No	No	No
6. Just for Today	Kevin C	Yes	Yes	Yes
7. Last Chance	Julie C	No	No	No
8. Liberation	Cindy M	No	No	No
9. Nature of Recovery	Matt W	No	No	No
10. Never Alone	Kelly M	No	No	No
11. Nothing to Fear		No	No	No
12. Pride in Our Recovery	Patty W	Yes	Yes	Yes
13. Road to Recovery	Angela B	Yes	Yes	Yes
14. Serenity Seekers	Dolores F	Yes	Yes	Yes
15. Sharing the Message	Andrew M	Yes	Yes	Yes
16. Shelter from the Storm	Laura C	No	No	No

17. Starting Point	Daryl G	Yes	Yes	Yes
18. Strength in Numbers		No	No	No
19. Survivors	Rick E	No	No	No
20. We Do Recover	Ray K	Yes	No	Yes
21. You Have a Choice Today	Kimberley R	No	Yes	Yes

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

Group	Rep.	Present	Report	Vote
Circle of Hope	Jimmy Y	No	No	Yes
Clean if You Want to Be	Keith M	No	No	Yes
Foundation Group (info tbc)				
Freedom Group (info tbc)				
Fresh Start	Mike	No	No	Yes
Love Life	Kyle	Yes	No	Yes
NA Hope	Joey B	No	No	Yes
New Vision		No	No	Yes
Pathway to Peace	Georges N	No	No	Yes
Phoenix Group	Kathy M	Yes	No	Yes
Spirit of Recovery (info tbc)				
Super Nova		No	No	Yes
Taking Care of Business	Mark S	No	No	Yes
You're Not Alone	Ernie C	Yes	Yes	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 2:07 pm. 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: No errors or omissions. Minutes adopted by Kathy M and seconded by Jewlz M.

Attendance was taken with 8 out of 10 voting Groups present and 3 out of town groups equaling quorum. Total of 11 out of 13 voting Groups.

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.

SUB-COMMITTEE REPORTS

Activities Committee Report: Pete B

Hello CNANA,

The Activities committee held our meeting yesterday on Oct 24th on the zoom platform, we had 6 out of 7 voting members present at this meeting. We have 3 positions filled out of 12 and as it stands right now, the chair is open. I have filled the position twice and am unable to fill it for a third term. I would like to thank this body for the opportunity to serve the fellowship and compliment my fellow committee members that made my position such a great experience.

Now for my final report,

Ongoing event:

Pumpkin Patch Chat is a 2-hour presentation with four speakers. It'll be held on zoom following the Just For Today meeting on Oct 31st from 1:00-3:00 pm. The zoom ID and password are the same as the Just For Today zoom ID and password. A poster is up on our website, and on the CARNA website.

Moving forward:

Interest shown in a new event on Nov 28th similar to Pumpkin Patch Chat. "Remember Where We Came From" would be a 2-hour event on Zoom focusing on our growth in recovery from who we were to who we are.

Inn Out of the Cold. Thu-Sat 24-26 Dec. We're looking for groups to host a meeting during the Zoom IOOTC. We could have games, meetings with a "spin-the-wheel" topic selector, talent show, etc. Groups could come up with their own meeting, speaker, games, etc. We'd use cnaseventh@gmail.com as the way to contribute. The online "You Have A Choice Today" password can be used for the event.

New Year's Eve. Thu Dec 31st, 9:00 pm-12:30 am. We could have a speaker and a discussion meeting on the topic of gratitude, with games and a clean time count down prior to midnight. Virtual key tags could be used. We'd use cnaseventh@gmail.com as the way to

Treasurer Report

email: activitiestreasurercnana@gmail.com

Report is at: https://drive.google.com/file/d/1-0-AbJJxy6VjEAfs_ug82TJtgZ2WQeNz/view. YIS, John B.

Next regular Activities meeting, held on Zoom: 3:00 pm Sat Nov 21st.

ID number: 809117884

Password: cnana

Re: Representation at Area. It is important to have an actual person at Area to represent Activities. Not everyone reads the Area minutes, so a report by itself is not as effective a method of communication. This is why it is so important to have a chairperson, please take this to your home groups and step in if you are looking for a great way to give back.

Announcements are listed below

Yours in Service

Pete B.

ANNOUNCEMENTS:

- Pumpkin Patch Chat mini speaker jam on Zoom platform on Oct. 31st from 1-3pm. Following the Just For Today online meeting with same password. Come and join in to enjoy some great speakers.
- Event on Nov 28th 1-3pm similar to Pumpkin Patch Chat called "Remember Where We Came From" would be a 2-hour event on Zoom focusing on our growth in recovery from who we were to who we are.
- Inn Out of the Cold. Thu Dec 24th -Sat Dec 26. We're looking for groups to host a meeting during the Zoom IOOTC. We could have games, meetings with a "spin-the-wheel" topic selector, talent show,

etc. Groups could come up with their own meeting, speaker, games, etc. Contact an activities member for more details.

Bill - Do you have a Secretary or someone who will write reports until someone steps up as Chair?
Pete confirmed that they will have to look into this.

Literature Committee: Dave B, Representative

Meeting opened at 10:30 am with 5 of 8 voting members present to make quorum. No observers.

Reports

Treasurer: We have a \$500.00 Area contribution, which was e-transferred earlier today. The bank account was unavailable due to bank website maintenance, so a modified financial statement is included here.

Sales

Sales	\$752.25
Sales	+ <u>529.35</u>
Sub-total	\$1,281.60
Bank charges	- 11.80
Postage	- 5.09
NAWS order	- <u>1,278.66</u>
Total	- \$13.95 (plus the amount in the bank = +\$\$)

Accounts Receivable

<u>Facility</u>	<u>Amount</u>
Marguerite Centre (stale-dated cheque due to COVID)	\$20.50

Assets

Sales total	- \$13.95 (plus the amount in the bank)
Inventory	+ 4,042.89
Prudent Reserve	- 7,500.00
Accounts receivable reserve (net of credits)	- <u>20.50</u>
Balance	- \$3,491.56 (plus the amount in the bank = +\$)

New Business

Name(s) for Literature Chair for Area consideration: None. Dave will represent literature at Area today.

Proposals: None.

Announcements and Reminders to Groups

1. Reminder to members who would like to participate in literature or place orders: We meet in person on Area Sunday at 10:30 am at 322 Herring Cove Road (Breaking Free's site). The order submission deadline while under COVID measures is 12:00 noon sharp.
2. Groups absolutely MUST bring their bags when they submit their literature order. Without your bag, your order will be carried in your pockets or purses.
3. Until COVID measures allow us a semblance of normalcy, the literature committee will not be printing any meeting lists, as they are generally out-of-date within days of printing. Groups should circle or highlight the front of their printed meeting lists where it states: "If this list is more than 3 months old, please check our online meeting list at www.centralnovaarea.ca"
4. Reminder that we have 100 of the new pamphlet: IP #30 Mental Health and Recovery.

Meeting closed at 11:20 am with the Third Step prayer. Next committee meeting: 29 Nov 2020 at 10:30 am at 322 Herring Cove Rd. YIS, Dave B.

Public Relations Committee: Bill H

Hello CNA,

Phone line has been slow lately.

There was a PI presentation on September 30th at the Maritime Business Academy in Sackville.

Currently, there are no plans for any PI presentations.

I spoke with the Web Servant and he expressed his concern with why we are not yet utilizing the BMLT. Concept 5 confirms that there should be a single point of accountability.

Activities Committee Financial Report:

Included in Activities Committee Report

Group Reports:**90 in 90**

GSR: Philip M Alt GSR: None
No report

A New Way to Live

GSR: Rosey K Alt GSR: None
No report

Breaking Free

GSR: Darren B Alt. GSR: Darrel F
No report

Get Honest or Die

GSR: Jewlz M Alt GSR: Kevin M

Beginning Balance: \$0.00 7th Tradition: \$46.00 (2 months of zoom) Literature Sold: \$0.00
Other: \$0.00 Total Income: \$46.00 Rent: \$0.00 Literature Order: \$0.00 Other: \$\$ 3.90 (2
months bank fees) GSR Fund: \$0.00 ASC Contribution: \$0.00 Total Expenses: \$49.90
Prudent Reserve: \$ Total GSR Fund:40.00 Ending Balance: -3.90
End Total GSR Fund: \$40.00 End Total Rent Fund: \$0.00 Prudent Reserve: \$54.13 - \$3.90 = \$50.23
Moneys in reserve will be used to pay the next 3 months rent .
Home Group Members: 5 Members at Business Meeting: 3 Average Attendance: 10

I Can't We Can

GSR: Wade M ALT GSR:
No Report

Just for Today

GSR: Kevin C Alt. GSR:

Beginning Balance: \$0.00 7th Tradition: \$0.00 Literature Sold: \$0.00 Other: \$0.00

Total Income: \$0.00 Rent: \$0.00 Literature Order: \$0.00 Other: \$3.75

GSR Fund: \$0.00 ASC Contribution: \$0.00 Total Expenses: \$3.75

Prudent Reserve: \$188.26 Total GSR Fund: \$0.00 Ending Balance: \$0.00

Home Group Members: 3 Members at Business Meeting: 3 Average Attendance: -

Is your Group reopening? If so, when? Potentially in NovemberIs your Group continuing with a Zoom Meeting? If so, what is the ID and Password?

Yes, 204 349 650 no password

Other Group Information:

We are looking into opening our meeting in person possibly in November. We might move to 181 Portland St since the space can accommodate so many.**Last Chance**

GSR: Julie C Alt GSR:

No report

Liberation

GSR: None Alt GSR: None

No report

Nature of Recovery

GSR: Matt W Alt GSR:

No report

Never Alone

GSR: Kelly M Alt GSR: None

No report

Nothing to Fear

GSR: Steven G Alt GSR:

No report

Pride In Our Recovery

GSR: Patty W Alt GSR: Patrick M

Beginning Balance: \$83.25 7th Tradition: \$ Literature Sold: \$ Other: \$

Total Income: \$ Rent: \$ Literature Order: \$ Other: \$3.90

GSR Fund: \$ ASC Contribution: \$ Total Expenses: \$

Prudent Reserve: \$50 Total GSR Fund: \$29.35 Ending Balance: \$ 0

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

Is your Group reopening? If so, when? NoIs your Group continuing with a Zoom Meeting? If so, what is the ID and Password?Yes. ID: 870 503 780 Password: pride

Road to Recovery

GSR: Angela B Alt GSR: Kathleen T

Beginning Balance: \$ 33.99 7th Tradition: \$32.65 Literature Sold: \$ 0.00 Other: \$0.00

Total Income: \$ 32.65 Rent: \$ 40.00 Literature Order: \$ 17.25 Other: \$ 63.41

GSR Fund: \$ 0.00 ASC Contribution: \$ 0.00 Total Expenses: \$ 120.66

Prudent Reserve: \$ 65.98 Total GSR Fund: \$ 0.00 Ending Balance: \$ 0.00

Home Group Members: 7 Members at Business Meeting: 4 Average Attendance: 13

Group Concerns: Other Group Information: We expect to be back to Alfred St location Nov 7

Serenity Seekers

GSR: Dolores F Alt GSR: None

We have not had a business meeting...

Attendance is good about 10-15 and about 6 on zoom platform....we could use support on zoom platform...

Dolores F.

Sharing the Message

GSR: Andrew M Alt GSR: Jade H

Beginning Balance: \$0.00 7th Tradition: \$148.70 Literature Sold: \$0.00 Other: \$0.00

Total Income: \$148.70 Rent: \$33.00 Literature Order: \$0.00 Other: \$0.00

GSR Fund: \$0.00 ASC Contribution: \$100.00 (via e-trans to cnaseventh@gmail.com 24 Oct)

Total Expenses: \$133.00 Prudent Reserve: \$0.00 Total GSR Fund: \$105.00 Ending Balance: \$15.70

Home Group Members: 6 Members at Business Meeting: 4 Average Attendance: 13

Shelter from the Storm

GSR: Laura C Alt GSR:

No report

Starting Point

GSR: Brian M Alt GSR: None

Beginning Balance: \$74.95 7th Tradition: \$ 94.10 Literature Sold: \$ 0 Other: \$ 0

Total Income: \$94.10 Rent: \$90.00 Literature Order: \$0 Other: \$ 0

GSR Fund: \$0 ASC Contribution: \$0 Total Expenses: 91.95 Prudent Reserve: \$77.10

Total GSR Fund: \$0 Ending Balance: \$ 0

Home Group Members: Several Members at Business Meeting: 4 Average Attendance: 20

Other Group Information: Meeting well attended but 7th is down a little

Announcements: Gerald D – 1 Year on Nov. 20/20

Strength in Numbers

GSR: Nick B Alt GSR: Adam B

No report

Survivors

GSR: Rick F Alt GSR:

No report

We Do Recover

GSR: Ray K Alt GSR:
No report

You Have a Choice Today

GSR: Chrissy B Alt GSR: None

Beginning Balance: \$76.88 7th Tradition: \$ 358.10 Literature Sold: \$90 Other: \$0
Total Income: \$448.10 Rent: \$ 75 Literature Order: \$160.50 Other: \$58.47 GSR Fund: \$ 22.25
ASC Contribution: \$40 Total Expenses: \$356.22 Prudent Reserve: \$75 Total GSR Fund: \$39 .13
Ending Balance: \$0
Home Group Members:15 Members at Business Meeting: Average Attendance:15

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

GSR: Jimmy Y Alt. GSR:
No report

Foundation Group

No report

Fresh Start

No report

Living Clean (Bridgewater)

GSR: Cindy S Alt GSR: None
No report

Love Life

GSR: Kyle P Alt. GSR: Brie Y
No report

NA Hope

GSR: Joey B Alt. GSR:
No report

New Vision

GSR: Alt GSR:
No report

Pathway to Peace

GSR: Alt GSR:
No report

Phoenix Group

GSR: Kathy M Alt GSR: None
No report

Super Nova

GSR: Wanda F Alt GSR: None
No report

Taking Care of Business

GSR: Mark S Alt GSR: None
No report

Talking Circle

GSR: None Alt GSR: None
No report

You're Not Alone

GSR: None Alt GSR: None

Beginning Balance: \$0.00	7 th Tradition: \$23.00	Literature Sold: \$0.00	Other: \$0.00
Total Income: \$23.00	Rent: \$23.00(zoom)	Literature Order: \$0.00	Other: \$0.00
GSR Fund: \$0.00	ASC Contribution: \$0.00	Total Expenses: \$23.00	
Prudent Reserve: \$50.00	Total GSR Fund: \$0.00	Ending Balance: \$0.00	
Home Group Members: 5	Members at Business Meeting: 2	Average Attendance: 10(On Zoom)	

**Is your Group reopening? If so, when? Yes, We plan on reopening but the date is unknown.

**Is your Group continuing with a Zoom Meeting? If so, what is the ID and Password?

Yes We are continuing with Zoom until we figure out re opening. ID: 724-709-53247 PW: 123

EXECUTIVE REPORTS

Regional Committee Member (RCM): Jennifer M – Acting RCM

Nothing new at this time except that Region is November 8th.

I would like to know if groups are doing well or floating along. Jim suggested that notes be taken from this meeting and if any further information needed, please let Jim know.

NL will be hosting the CANA Convention 2021 and is scheduled for September 3rd – 6th 2021

Vice-Chair Report: John B

Took a poll from Groups and Members about holding Area in person. A couple things looked at were: 1) accessibility 2) spacing of 6 feet apart can make it difficult for people to hear, 3) financial concern – we are not receiving the 7th that we normally have and there is a cost for renting the space for Area (cleaning and reimbursement cost of any out of town groups who attend), and 4) health concerns – we have some people in the area who cannot attend and by remaining on Zoom allows all to attend and 5) limiting attendance and the possibility of having to turn away people – don't even want to have possibility of that.

Bill – I believe you were going to look into how to transfer the Freedom Foundation to another format. John confirmed that it is going to happen today as he has just received the information. Using John's credit card for payment of bill monthly. Currently no other option.

Area Chair: Jim F

No report

Treasurer's Report: Supriya D**Treasurer's Report**

August 29 through September 27, 2020

Opening Balance: \$2,360.48

IncomeASC Contributions: +865.00

Total: \$ 3,225.48

Expenses

Cellphone: 59.28

Bank fee: 4.95

Insurance Premium: 120.00

Aug. Rent: 50.00

Sept. Rent: 50.00

Freedom Voice: 111.26

Total 395.49

Total Credits: \$3,225.48

Total Expenses - 395.49

\$2,829.99

Less Prudent Reserve -1,250.00

Total Above Pr. Reserve: \$ 1,579.99

Alternate Treasurer's Report: Vacant**OLD BUSINESS:**

In August & September, we take nominations for all positions and then elect in October.

Nominations are for all Area positions:

Area Chair

Jim nominated John B – John B accepts and qualified

Voted in unanimous

Thank you John and welcome into the position!

Thank you to Jim F for his service as Area Chair for the previous 2 years!

Vice Chair

No nominations or volunteers

GSRs bring back to Groups

Regional Committee Member (RCM)

Jennifer nominated

Voted in unanimous

Thank you Jennifer and welcome to the position!

Alternate RCM

Jewlz M nominated

Voted in unanimous

Thank you Jewlz and welcome to the position!

Treasurer

Supriya volunteers

Voted in unanimous

Thank you Supriya, for your continued service and, welcome back into the position!

Alternate Treasurer:

No nominations or volunteers

Bring back to Home Groups

Secretary

Julee A nominated

Voted in unanimous

Thank you Julee for your continued service and, welcome back into the position!

Alternate Secretary

Dolores F withdraws

No nominations and no volunteers

Bring back to Home Groups

Literature Committee Chair

No nominations or volunteers

Bring back to Home Groups

Activities Committee Chair

No nominations or volunteers

Bring back to Home Groups

Public Relations Chair

Bill H volunteers

Voted in unanimous

Thank you Bill for your continued service and, welcome back into the position!

OPEN FORUM

- Kevin – there seems to be a lot of members hugging at in person meetings. If we could suggest that groups reiterate that there is no physical contact and by doing this, we keep our meetings safe.
- Jennifer – wondering if we could look at how Group Representatives are listing themselves on our Area Zoom Meeting. Maybe we could ask our Groups to put their names first (on Zoom) then their Group name.
- Dave – our Area archives, the Archivist is not a current member of Area – where is the accountability for the history of our Area. Also, what kind of access do we have to it – is it organized? Also, putting the archives online would be an option. Elections on Zoom platform –

today is learning process. Also, for the minutes, we have a position, the name and perhaps the term they are seeking. Voting positions – GSRs are the only ones who vote (or their Alternates or their Reps) – the Groups that vote. Executive members do not vote. Subcommittee Chairs do not vote. And the peanut gallery does not vote. There is only one vote – the Groups. Perhaps Area wants to look at consensus-based decision making. Perhaps guidelines would need to be looked at about who can read the Groups report.

- Supriya – want to talk about the Archives. Not sure that this is the right time as cannot go to that person’s house, at this time. Would love to work with the Secretary (once everything is deemed safe) and get all the totes of papers and go through them. Feel this should be brought up once things are safer.
- Angela – our Group, when we meet in person, we are putting pamphlets out. The members are not using one entrance for entering and one for exit. I have spoken to my group about this, but nothing has changed. Also, what is the guideline for wearing a mask in the meeting/when moving around.
- Dave – perhaps an ad hoc committee for reviewing policies, procedures and archives. The Edmonton area has a quite simple way of doing that with passwords. Accountability.
- John – about public health, I followed up as well not long ago about masks. The guidelines for us, we are a group of less than 50 (each meeting), while seated, masks are not necessarily required. If moving around, mask goes on. Regarding entrances and exits, you can ask that one entrance be used to enter and one used to exit. We want to be sure that it is a welcoming safe space for the newcomer.
- Dolores – if the groups are not following the guidelines and rules set out by Province, what can we do, as NA members? This effects NA as a whole and, it is serious. What can we do as a whole to ensure the safety of every addict?
- Motion to extend Open Forum – Kevin motioned and Angela seconded
- Patty – the 7th and the issue of hardly anyone contributing funds; I feel we are very complacent and we don’t see the basket, out of sight, out of mind. Suggest, contact be made to our group members and see if the members would like to etransfer to a group member and that group member can etransfer the lump sum to cnaseventh@gmail.com
- Kathy – I thought John said that if seated, we don’t have to wear mask. John confirmed that is true.
- Jewlz – important to reiterate the message about the 7th and the importance of it, through educating while reiterating the 3rd tradition.
- Jim – Secretary to resend out the letter that John drafted.
- Dave – we are not a private society. We are part of society and we need to follow the public health rules.

GROUP CONCERNS:

- Road to Recovery – about needing support for the Friday night Zoom online meeting. Angela mentioned that hosting their Zoom meeting during the day may be an idea. She will be bringing this up at her next group meeting.

New Business:

No Motions today.

Angela B motioned to adjourn and Dolores F seconded; All were in favor. The meeting ended at approximately 4:30 p.m. with a closing circle and the 3rd Step Prayer.

Next Area will be on November 29th – by Zoom.

Yours in Service,
Julee A, Area Secretary