

CENTRAL NOVA AREA SERVICE COMMITTEE OF NARCOTICS ANONYMOUS
September 26, 2021

AREA SERVICE COMMITTEE EXECUTIVE OFFICERS

RCM	Jennifer M	Present
Alt. RCM	Vacant	Vacant
Chair	John B	Present
Vice-Chair	Vacant	Vacant
Secretary	(Volunteer: Kathy, Phoenix)	Present
Alt. Secretary	Vacant	Vacant
Treasurer	Supriya D	Absent
Alt. Treasurer	Vacant	Vacant
Activities Committee Vice Chair	Dolores	Present
Literature Committee Chair	Lisa A	Present
PR Committee Chair	Bill H	Present
Saving Spaces Adhoc Chair	Kate A	Present

HOME GROUPS – GSR’S, ALTERNATES OR REPS – ATTENDANCE (needs updating)

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	David C	No	No	Yes
4. Dignity Group	Rachel L	No	No	No
5. Get Honest or Die	Kevin M	No	Yes	Yes
6. I Can't We Can	Wade M	No	No	Yes
7. Just for Today	Kevin C	Yes	Yes	Yes
8. Last Chance	Greg	No	No	No
9. Liberation	Cindy M	No	No	No
10. Nature of Recovery		No	No	No
11. Nothing to Fear		No	No	No
12. Pride in Our Recovery	Patty W	No	No	No
13. Road to Recovery	Angela B	Yes	No	Yes
14. Serenity Seekers	Robert B	No	No	Yes
15. Sharing the Message	Andrew M	Yes	Yes	Yes
16. Shelter from the Storm	Tristan	Yes	Yes	Yes
17. Starting Point	Daryl G	No	No	Yes
18. Strength in Numbers	Andre S	No	No	Yes
19. Survivors	Rick E	No	No	No
20. We Do Recover	Ray K	Yes	No	Yes
21. You Have a Choice Today		Yes	Yes	Yes

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

Group	Rep.	Present	Report	Vote
Circle of Hope	Jimmy Y	No	No	No
Foundation Group	Jack	No	No	No
Freedom Group (info tbc)				
Fresh Start	Mike	No	No	No
Living Clean	Cathy S/Laura H	No	No	No
Love Life	Kyle P	No	No	No
New Vision	Gary P	Yes	No	Yes
Pathway to Peace	Georges N	No	No	No
Phoenix Group	Kathy M	No	No	No
Taking Care of Business	Mark S	No	No	No
You're Not Alone	Ernie C	No	No	No

CNA web-site: www.centralnovaarea.ca

CNA e-mail address: centralnovaarea@gmail.com

The meeting opened with the Serenity Prayer at 2:10 pm. The 12 Traditions, 12 Concepts, Service Prayer and 'A Vision for NA Service' were read by the group.

Note to Secretary: Dolores F and Mike L did not receive the minutes this month. Please update the group email list. They have agreed to send their email to the secretary.

There were no errors or omissions in the minutes for last Area (August 29, 2021). Motion to adopt the minutes as they are Just for Today-Keven C motioned and Mike L from You Have a Choice Today second the motion. Passed, minutes adopted.

Attendance was taken with 8 voting groups plus 1 out-of-town group which equals 9. We have 7 out of those 9 groups present today. Every group present has a vote today which means we have quorum. New Vision out-of-town group was in attendance.

Observers: None

New groups asking to be seated: None

SUB-COMMITTEE REPORTS

ACTIVITIES COMMITTEE: Dolores F, Vice-Chair

Good afternoon CNA

Hope all is well. Our sub-committee met Saturday morning at 10:30 am on the zoom platform with 7 of 11 voting members present on the zoom platform opening with the Serenity Prayer.

Baseball is done for the season. Thank you Peter F. Thank you to everyone who showed up. See you next year.

Activities Treasurers report

Treasurer Report

email: activitiestreasurercnana@gmail.com

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

Chair the committee brings forward Dolores F to the area table for a nominee

Hospitality Co Vacant

Convention Co Vacant

Please bring this back to your home groups events are starting to happen and would be nice to have these positions filled.

UP COMING EVENTS

1. October 30th Fall into Recovery on Herring Cove Rd Spryfield at the Breaking Free location. There will be a PR meeting from 12:00-1:00pm. If you aren't going to the paid event this meeting is free to all members. 1:30pm doors open for the event. It is \$15.00 for the day, \$5.00 for the dance only. There will be Halloween Costume Dance prizes for the top 3 costumes. Costume prizes for all kids. Literature will have a table set up there. Canteen will be available. Flyer will follow.

2. There will be a convention in Truro at the Holiday Inn May 21-23, 2022. The theme is "Welcome home". We need a logo; any NA member can participate. Winner will be announced at the November Area. You can also give your submissions to anyone on the committee. The winner will receive free registration. Pre-registration is \$30.00 up to and including March 31. It will be \$40.00 after that. More will be revealed.

3. Game Days and Nights are on hold till our next area in October.

The Meeting adjourned at 12:45 pm with the 3rd Step Prayer. The next regular meeting will be held on Zoom at **10:00am on Saturday, September 23rd**.

Zoom ID **809 117 884** with password "**cnana**" (all lower case).

YIS Dolores Vice Chair Activities

LITERATURE COMMITTEE: Chair, Lisa A (Report read by Gerald D)

Meeting opened at 10:32 am on Zoom with 6 of 6 voting members present to make quorum. No observers.

Reports

We've no Area contribution today. We're \$388.46 over our prudent reserve but, will need to make a NAWS order. A NAWS order was not made prior to now due to NAWS running out of Basic Texts and the extra shipping it would cost us to make two orders.

Bank and Cash

Opening bank balance: \$495.94 Opening cash: \$65.00 petty cash Deposit (Aug 30) 427.50 Sales:
 Cash \$113.0 5 orders Bank charge (Aug 31) \$1.95 Cheques: 0.00 0 orders
 E-transfer: \$880.45 6 orders Total sales: \$993.45 11 orders Closing Bank Balance: (Sep
 25) \$901.49 Contribution 1.50 End cash: \$65.00 Bank and Cash total \$1,961.44
 To be deposited: \$994.95

Accounts Receivable

Facility	Date	Invoice	Amount
*Public Relations	08 Aug 2021	742210	\$55.50

Expenses

None

Assets

Bank and Cash total	\$1,961.44
Inventory	5,982.52
Expenses	0.00
Prudent Reserve	- 7,500.00
Accounts receivable reserve	- 55.50
Available Balance	\$388.46

Old Business

Elections:

1. Chair: Lisa's term will end in October. Elections for new term beginning in October, we discussed Alternate Treasurer: no volunteers or nominations. We ask that GSR bring this to their respective groups.

New Business Proposal 2021-01

Proposal: To lower the prices of the pocket-sized editions of the Basic Text, It Works How & Why, and Just for Today at the October 30th Fall into Recovery event.

Intent: To encourage sales of these three items, and to free up space in our inventory.
 This passed unanimously.

Also, there were 2 (two) housekeeping proposals which were accepted and adopted by this committee.

Announcements and Reminders to Groups

1. Reminder to groups/members who would like to place orders: We meet on the Zoom platform on Area Sunday at 10:30 am. Zoom ID is: 876 2256 5688. Password is: 383748. While under COVID restrictions, orders can be emailed to literaturechaircnana@gmail.com. Payments may be made via e-transfer to the same email.
2. Until COVID measures allow us a semblance of normalcy, the literature committee will not be printing any meeting lists, as they may be out-of-date within days of printing. Groups should refer members to check our online meeting list at www.centralnovaarea.ca”

Meeting closed at 11:25 am with the Third Step prayer. Next committee meeting: Sunday 26 Sep 2021 at 10:30 am on Zoom. ID: 876 2256 5688. Password: 383748.

YIS, Gerald D.

PUBLIC RELATIONS CHAIR Bill H

Oral report given; no written report submitted.

SAFE SPACES ADHOC COMMITTEE CHAIR (SSC): Kate A

We have so far had 10 different groups take part and a regular 5-6 groups that take part regularly. Any group is welcome to take part by sending a representative and any member is welcome to attend.

Going forward our meetings will be at 3pm on the Sunday the week prior to the monthly ASC meeting.

Our next meeting is Oct 24th at 3pm.

We have been working hard and have finalized our survey and are currently awaiting it's posting on the website.

We have also finalized an information sheet about the committee to help dispel some misinformation and also

an info sheet about the survey. We have strived to keep everything based in NA spiritual principles.

Once the

survey and information sheets are posted on the website we would like to distribute the information to groups

and include in announcements.

While awaiting the survey results, which will help us fine-tune and offer direction to our work, we have

begun working on creating a large collection of resources and info that has been already done in other areas.

We were grateful to see that NAWS recently circulated some resources as well! We are going through these

resources and literature to find information that could be helpful and will also make all resources available

to anyone interested. Until we have a manner to do this feel free to email the committee and we will send

them to you (safespacesnana@gmail.com).

GROUP REPORTS: (Note: For the sake of consistency, the end balance in our group reports should NOT include the group's prudent reserve or the total GSR fund, thanks.)

90 in 90

GSR: Philip M Alt GSR: None
Absent, no report submitted.

A New Way to Live

GSR: Rosey K Alt GSR: None
Absent, no report submitted.

Breaking Free

GSR/Rep: Rotating monthly

Beginning Balance: \$260.42 7th Tradition: \$183.60 Literature Sold: \$28.50 Other: \$0.00
 Total Income: \$472.52 Rent: \$75.00 Literature Order: \$28.50 Other: \$115.00 Zoom GSR Fund:
 \$254.00 ASC Contribution: \$0.00 Total Expenses: \$472.52 Prudent Reserve: \$0 Total GSR
 Fund: \$254.00
 Ending Balance: \$0.00

Home Group Members: 7 Members at Business Meeting: 3 Average Attendance: 30

Other Group Info: Zoom and in-person for October.

Dignity Group

GSR: Rachel L Alt GSR:
 Absent, no report submitted.

Get Honest or Die

GSR: Vacant Alt GSR: Kevin M
 Absent, no report submitted.

I Can't We Can

GSR: Wade M ALT GSR: Bill H
 Absent, no report submitted.

Just for Today

GSR: Kevin C Alt. GSR:
 Oral report given; no written report submitted.

Last Chance

GSR: Greg M Alt GSR: Karlee D
 Absent, no report submitted.

Liberation

GSR: Cindy M or Louise G (Group Reps) Alt GSR: None
 Absent, no report submitted.

Nature of Recovery

GSR: Alt GSR:

Hello everyone,

Nature of Recovery will be reopening starting Oct 5th. Going forward they will meet on Tuesdays at 730pm - 9pm. Location: Emmanuel Church, 322 Herring Cove Rd, Halifax (Same place as Breaking Free group).

They will have the following format rotation during the month:

The first Tuesday will be a Basic Text study meeting with a speaker. The second and third Tuesday will be a regular Basic Text study meeting. The fourth Tuesday will be a Living Clean study meeting. If there is a fifth Tuesday it will be a regular Basic Text study meeting. They will be following all provincial guidelines and all church guidelines.

Yours in Service, Jim F

Nothing to Fear

GSR: Alt GSR:
Absent, no report submitted.

Pride In Our Recovery

GSR: Patty W Alt GSR: Patrick M
Absent, no report submitted.

Road to Recovery

GSR: Angela B Alt GSR: Kathleen T
No written report submitted

Serenity Seekers

GSR: Robert B Alt GSR: Robert B
Absent, no report submitted.

Sharing the Message

GSR: Andrew M Alt GSR: Jay H
Oral report given; no written report submitted

Shelter from the Storm

GSR: Tristan K and Jo T

Beginning Balance: \$33.72 7th Tradition: \$191.00 Literature Sold: \$ 0.00 Other: \$0.00 Total Income: \$224.72 Rent: \$150.00 Literature Order: \$ 0.00 GSR Fund: \$ 0.00 ASC Contribution: \$25.00
Total Expenses: \$25.00 Prudent Reserve: \$49.71 Total GSR Fund: \$ 0 Ending Balance: \$0.00

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

**Is your Group reopening? If so, when?

Yes we are open (in person) Monday nights at 7:30pm.

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

Yes, we will continue with our Wednesday night Zoom meetings (at 7:30pm) for the foreseeable future.
ID: 724 677 669 No password required.

Starting Point

GSR: Daryl G (Rep) Alt GSR: None
Absent, no report submitted.

Strength in Numbers

GSR: Andre S Alt GSR:
Absent, no report submitted.

Survivors

GSR: Rick F Alt GSR:
Absent, no report submitted.

We Do Recover

GSR: Ray K Alt. GSR:
Oral report given; no written report submitted

You Have a Choice Today

GSR: Mike L Alt GSR: Natasha N
Oral report given; no written report submitted

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

GSR: Jimmy Y Alt. GSR:
Absent, no report submitted.

Foundation Group

Submitted by Jack A, Secretary
GSR: None Alt GSR: None
Absent, no report submitted.

Fresh Start

Absent, no report submitted.

Living Clean (Bridgewater)

GSR: Cindy S Alt GSR: None
Absent, no report submitted.

Love Life

GSR: Kyle P Alt. GSR: Brie Y
Absent, no report submitted.

New Vision

GSR: Gary P Alt GSR: None

Beginning Balance: \$0 7th Tradition: \$110.60 Literature Sold \$0 Other: \$0 Total Income: \$110.60
 Rent: \$50 (Oct) Literature Order: \$39.50 Other: \$3.00 (Bank Fee) GSR Fund: \$ 0 ASC
 Contribution: \$21.10 Total Expenses: \$113.60 Prudent Reserve: \$100.00 Total GSR Fund: \$0
 Ending Balance: \$ 3 under prudent reserve

Home Group Members: 6 Members at Business Meeting: 5
 Average Attendance: 13

**Is your Group reopening? If so, when? In person Sunday evenings 8-9PM

**Is your Group continuing with a Zoom Meeting? No

Group Concerns: None. We support the ongoing Area initiatives of (1) the Safe Spaces Subcommittee, and (2) the implementation of Consensus Based Decision Making

Announcements: Mary R, New Vision, 15 years Oct 17th.

Pathway to Peace

GSR: Alt GSR:

Absent, no report submitted.

Phoenix Group

GSR Jimmy Y Alt GSR:

Beginning Balance: \$48.15 7th Tradition: \$72 Literature Sold: \$20 Other: \$0
 Total Income: \$72 Rent: \$36 Literature Order: \$0 Other: \$0
 GSR Fund: \$0 ASC Contribution: \$0 Total Expenses: \$36 Prudent Reserve: \$0
 Total GSR Fund: \$0 Ending Balance: \$104.15
 Home Group Members: 10 Members at Business Meeting: 8 Average Attendance: 20-24

**Is your Group reopening? If so, when?

Both Friday and Sunday Night is open and online

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

Yes Both Friday and Sunday both meetings start at 7pm

ID: 72470953247 Password: 123 (same ID and PW for both nights)

Taking Care of Business

GSR: Kenda H Alt GSR: Mark S

Absent, no report submitted.

Talking Circle

GSR: Mark S Alt GSR: None

Absent, no report submitted.

You're Not Alone

GSR: Ernie C Alt GSR: None
Absent, no report submitted.

EXECUTIVE REPORTS**RCM:** Jennifer M

Sept 26, 2021, RCM report for Central Nova Area

A reminder that CARNA needs a Treasurer as well as a Web Co-ordinator. If you know of someone in the fellowship that would be a good fit in either of these positions, please contact James D or myself.

It is hoped to have the next GSR Regional Assembly in person, at the Moncton Hospital on February 12. Are the groups preparing for this? Have they started putting money aside in order to send their GSR or a representative if an in-person assembly does occur? If due to health restrictions it is impossible to have an in-person Assembly, are the groups planning to take part via zoom?

Important Dates:

CARNA Nov 14, 2021, Via zoom ID 943 5236 6400

GSR Regional Assembly Feb 12, 2021 Moncton Hospital

Yours in service, Jennifer M.

Question: Kathy M asked for a time for CARNA on Nov. 14, 2021. Jennifer said the event starts at 11am.

VICE-CHAIR: Vacant

TREASURER: Supriya D

OPENING BALANCE: \$1,859.36 (Prudent Reserve \$1,250)

INCOME

ASC Contributions: \$46.10 (\$25.00 Shelter; \$21.10 New Vision)

EXPENSES:

Cellphone:	\$56.98
Bank fee:	4.95
Freedom Voice:	11.07
Insurance Premium:	<u>120.00</u>
Total expenses:	\$193.00

Opening balance:	\$1,859.36
ASC Contributions:	<u>+ 46.10</u>

Total Income	\$1,905.46
Total expenses:	<u>-193.00</u>
	\$1,712.46
Prudent Reserve:	<u>- 1,250.00</u>
Closing Balance	\$462.46

(Treasurer's note: The amount \$21.10 was added into New Vision's cheque of \$64.55 which includes last month's deposit of \$43.45.)

Alternate Treasurer: Vacant

<u>OLD BUSINESS:</u>	RCM:	1 nomination
	Atl RCM:	1 nomination-person declined
	Chair:	John B-volunteered
	Vice Chair:	1 nomination-Mike L-accepted
	Area Secretary:	1 nomination-Kathy M-accepted
	Alt Secretary:	no nominees
	Treasurer:	1 nomination-Supriya D
		No other nominations
	Alt Treasurer:	1 nomination-Dave B-he declined
	Activities Chair:	1 nomination-Dolores F-accepted
	PR Chair:	no nominations
	Literature Chair:	1 nomination-Gerald D
	Alt RCM:	no nominations

Motion from last Area.....

BREAK:

OPEN FORUM

Sharing the message Dave B asked anyone who submits a group report after Area opens they should be read at the Area meeting.

How can we or what can we do about including the out of town groups – let them know in a polite way that they are just as important to Area etc...

Open Forum closed at 4:20pm

GROUP CONCERNS

**** I have saved a group report in my files as Group Report123 couldn't copy and paste