

CENTRAL NOVA AREA SERVICE COMMITTEE OF NARCOTICS ANONYMOUS

January 25,2026

| Attendance: Home Groups – GSRs, Alternates, & Representatives | | | | | |
|--|-------------------------|----------------|----------|-------|--------|
| | Group | Representative | Present? | Vote? | Report |
| 1 | 90 in 90 | No Rep | No | No | No |
| 2 | Amherst Hope | Jeremy M | No | No | No |
| 3 | Beacon of Hope | Clay N | Yes | Yes | Yes |
| 4 | Breaking Free | Danny C | Yes | Yes | Yes |
| | | | | | |
| 5 | Clean and Strait | Kyle M | No | No | No |
| | Foundation | | No | No | No |
| | Guiding Principals | Nelson | Yes | Yes | Yes |
| 6 | Hope for Today | Tracey W | Yes | Yes | NO |
| 7 | Hope Not Dope | Steve S | Yes | Yes | Yes |
| 8 | I Can't We Can | Bill H | Yes | Yes | Yes |
| 9 | Just for Today | No Rep | No | No | No |
| 10 | Last Chance | Brian M | No | No | Yes |
| 11 | Liberation | No Rep | No | No | Yes |
| 12 | Living Clean | Cindy S | No | No | No |
| 13 | Love Life | John A | Yes | Yes | Yes |
| 14 | NA Lengths | Natasha | Yes | Yes | Yes |
| 15 | Nature of Recovery | Darrell P | No | no | No |
| 16 | New Vision | Em D | No | No | Yes |
| 17 | Nothing to Fear | Vadim | No | Yes | No |
| 18 | Orchard Valley | Charley M | Yes | Yes | Yes |
| 19 | Phoenix Group (Sydney) | Amy G | Yes | Yes | Yes |
| 20 | Phoenix Group (Valley) | Willy W | No | No | Yes |
| 21 | Pride in Our Recovery | Patty W Rep | Yes | Yes | No |
| 22 | Progress Not Perfection | Karen S | No | No | No |
| 23 | Serenity Seekers | Dolores F | Yes | Yes | Yes |
| 24 | Sharing the Message | | No | Yes | Yes |
| 25 | Shelter from the Storm | Em R | Yes | Yes | Yes |

| | | | | | |
|----|-------------------------|-----------|-----|-----|-----|
| 26 | Starting Point | Robert | No | No | No |
| 27 | Strength in Numbers | Darrell A | No | No | No |
| 28 | Survivors | Tyler | Yes | Yes | Yes |
| 29 | Taking Care of Business | JB | No | No | No |
| 30 | We Do Recover | Ray K | Yes | Yes | Yes |
| 31 | You Have a Choice Today | Chrissy | No | Yes | Yes |
| 32 | You're Not Alone | Ernie C | No | No | No |

| Area Service Committee Executive | | | Reports |
|----------------------------------|------------|---------|---------|
| Chair | Jennifer M | Present | Yes |
| Vice Chair | Vacant | Vacant | N/A |
| Secretary | Noelle | Present | N/A |
| Alternate Secretary | Vacant | Vacant | N/A |
| Treasurer | Vacant | Vacant | N/A |
| Alternate Treasurer | Kathleen M | Present | Yes |
| RCM | Paula R | Present | Yes |
| Alternate RCM | Vacant | Vacant | N/A |

| Area Subcommittees | | | Report |
|----------------------------|----------|-------------|--------|
| Activities Committee Chair | Vacant | Vacant | Yes |
| Archives Committee Chair | Dave B | Present | Yes |
| Literature Committee Chair | Vacant | Vacant | Yes |
| PR Committee Chair | Aubrey L | Not Present | Yes |

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

The meeting opened at 1:30pm with the readings: 12 Traditions, 12 Concepts, A Vision for NA Service, and Service Prayer.

Attendance was taken with 15 groups present today out of 15 voting groups = quorum. 4 executive members are present. . Quorum has been met

Any Observers:

New Groups to be seated: Danielle- Gateway to Freedom 60 Deny st St Peters Thursday @ 7pm

Fred M- Candlelight- 3 Kateri st Membertou Tuesday @ 7:30pm

Stephen- Recovery Crew- 326 main st Antigonish Wednesday @7pm

Please note newly seated Candlelight group requested and qualified to receive a starter kit from the ASC. GSRs agreed and Literature Committee provided one to them. Both Gateway to Freedom and Recovery Crew although seated do not yet meet the requirements to receive starter kit.

GROUP REPORTS:

90 & 90

GSR: Alt. GSR:

No Report

Amherst Hope

GSR: Jeremy

No Report

Beacon of Hope

GSR: Joanne N Alt. GSR:

Meeting successful

Breaking Free

GSR: Alt. GSR:

Beginning Balance: \$174.39 7th Tradition \$53.55 Litriture sold \$0 Other \$)

Total Income \$227.94 Rent \$90.00 Litriture Order \$58.50

GSR Fund \$0 ASC Contribution \$75.00 Total Expences \$218.50

Prudent Reserve \$0 Total GSR Fund \$0 Ending Balance \$ \$4.44

Home Group Members 9 Members at Business Meeting 5 Average Attendance 15

Group Concerns- None

Other Group Information- None

Announcements- Darren B February 4th

Candlelight

GSR: Fred M Alt GSR:

Meeting has ben running since dec

\

Clean and Strait

GSR: Kyle D Alt GSR: Thomas W

Gateway to Freedom

6 home group members Average attendance 7

Guiding Principles

GSR: Nelson S Alt GSR:

Group: Guiding Principles Report date: December 31st 2025

GSR: Nelson S. Alt GSR: Vacant

Group members: 1 at Business mtg: none Avg attendance: 9 #of newcomers: 0

Beginning Bal: \$ 10.35 7th Trad: \$ 70.60 Lit sold: 0 Other: \$ 0 Total Income: \$70.60

Rent: \$ 0 Lit order: \$ 0 Other: \$ 0 Regional Assembly Fund: \$ 0

ASC Contribution: \$ 0 Total Expenses: \$ 0

Prudent Reserve: \$ 80.95 Total Regional Assembly Fund: \$ 0 End Balance: \$ 0

Group concerns: No business in December due to no area

Group info: next business meeting Jan 24th 9:00

Announcements: The beginning balance has been added to the prudent reserve until the group votes on a prudent reserve

Group: Guiding Principles Report date: January 24th 2026

GSR: Nelson S. Alt GSR: Vacant

Group members: 1 at Business mtg: 5 Avg attendance: 8 # of newcomers: 0

Beginning Bal: \$ 80.95 7th Trad: \$ 62.40 Lit sold: \$ 0 Other: \$ 0 Total Income: \$62.40

Rent: \$ 40.00 Lit order: \$ 0 Other: \$ 0 Regional Assembly Fund: \$0

ASC Contribution: \$ 0 Total Expenses: \$40.00

Prudent Reserve: \$ 100.00 Total Regional Assembly Fund: \$ 0 End Balance: \$3.35

Group concerns: we voted on a 100.00\$ prudent reserve

Group info: Next business meeting Feb 21st 9:30

Announcements:

Hope for Today

GSR: Leigh K Alt. GSR: Tracy W

Average attendance 3-11 Making progress with new comers

We are due to make a contribution
Meeting will be moving from room 1B to 2A February 19th

Hope Not Dope

GSR: Steve S Alt GSR:

Average attendance 20 Group members 12 Literature order \$284.80

I Can't We Can

GSR: Bill H ALT GSR:

Average Attendance 12-15 5/6 members at business meeting
Just put in a large lit order as we have decided to carry 2 of each book
Donation of \$100 to area

Just for Today

GSR: Kristen C Alt. GSR

No Report

Last Chance

GSR: No Alt GSR: No

Date of Report: Jan.25/26

Beginning Balance: \$496.45 7th Tradition: \$50.70 Literature Sold: \$ Other: \$

Total Income: \$547.15 Rent: \$110.00 Literature Order: \$ Other: \$

GSR Fund: \$0 ASC Contribution: \$ 386.45 Total Expenses: \$496.45

Prudent Reserve: \$0 Total GSR Fund: \$ Ending Balance: \$50.70

Home Group Members: *3 Members at Business Meeting: 2 Average Attendance:15

Group Concerns: Need Home Group Members

Other Group Information: Joey and Nancy have stepped down as GSR and Treasurer. The meeting key has been given to Morgan (The Church has approved her to be a key holder). The Treasurer Binder and money bag (containing \$50.70) have been handed over to the Group.

Announcements: Need Home Group Members to take Service Positions.

Liberation

GSR: Alt GSR:

Group: Liberation Report date: Dec 2025 and Jan 2026

GSR: vacant Alt GSR: vacant

Group members: 13 at Business mtg: n/a Avg attendance: 12 # of newcomers: unknown

Beginning Bal: \$38.01

7th Trad: Dec 37.00 and Jan 35.50+ Lit sold: \$0 Total Income: \$72.50

Rent: paid: to end of Feb Lit order: \$0 Regional Assembly Fund: \$ 0

ASC Contribution: \$ 50.00 Total Expenses: \$28.00

Prudent Reserve: \$ 100. End Balance: \$19.51

Group concerns: nothing to report – no business meeting held in January.

We do not have all our group positions filled although we continue to submit reports and follow the fund flow.

Group info: nothing to report

Announcements (please add this to the Feb ASC announcements):

· Rick F – 34 years – Feb 23

Living Clean

GSR: Alt GSR:

No Report

Love Life

GSR: John A Alt. GSR: Brie Y

Travel expenses \$30.00 Rent Paid And put in a literature order

Announcements: Jeff 4 years Feb 4th

Julie 1 year Feb 11th

John A !8 years Mar 4

NA Lengths

GSR: Natasha Alt GSR: Lindsay Group: NA Lengths Report date: Jan 22, 2026

GSR: Natasha Alt GSR: Lindsay M

Group members: 7 at Business mtg: 3 Avg attendance: 12 # of newcomers: 1

Beginning Bal: \$0.96 7

th Trad: \$164.40 Lit sold: \$ 0 Other: \$ Total Income: \$164.40

Rent: \$ Member food contribution Lit order: \$ Other: \$100 (VHT)

Regional Assembly Fund: \$10

ASC Contribution: \$50 Total Expenses: \$160

Prudent Reserve: \$100 Total Regional Assembly Fund: \$300 End Balance: \$5.36

Group concerns:

Group info: Weeded out a few group members that no longer wanted to be a part of the

group

Announcements:

Valentines High Tea Feb 14 2-4pm

Wear your best - or don't!

Bring a little tea party/ Valentines Snack or don't!

Fun and Games!

Snacks and tea/coffee provided

7th or non perishable food item collected

Nature of Recovery

GSR: Darrell P Alt GSR:

No Report

New Vision

GSR: Em D Alt GSR:

Group: New Vision Report date: 01/24/2026

GSR: Em. D Alt GSR:

Group members: 8 at Business mtg: 5 Avg attendance: 12 # of newcomers: 2 or 3

Beginning Bal: \$ 7th Trad: \$ Lit sold: \$ Other: \$ Total Income: \$

Rent: \$100 (Dec/Jan) Lit order: \$110.75 Other: \$94.40 Regional Assembly Fund: \$0

ASC Contribution: \$0 Total Expenses: \$305.14

Prudent Reserve: \$34.95 Total Regional Assembly Fund: \$0 End Balance: \$34.95

Group concerns: we raised concerns about meeting timer and all voted on adding a timer during the sharing portion

Group info: Announcements

Nothing to Fear

GSR: Ashley Alt. GSR: Kary H

Orchard Valley

GSR: Charlie M Alt GSR: Jonah W

Beginning Balance: \$ 1162.43 7th Tradition \$ 158.50 Literature sold \$50.00

Total income \$208.50 Rent \$50.00 literature order \$ 340.00 Other \$ 30.00

GSR Fund \$200.00 ASC contributions \$ 200.00 Total Expenses \$90.00

Prudent Reserve \$500.00 Total GSR Fund \$ 200.00 Ending balance \$740.00

Homegroup Members 12 Members at Business meeting 7 Average Attendance 16

Phoenix Group (Sydney)

GSR: Amy G Alt GSR:

Beginning Balance: \$ 695.18 7th Tradition \$514.40 Literature sold \$17.50

Total income \$1254.08 Rent \$270.70 literature order \$149.00 Other \$

GSR Fund ASC contributions Total Expenses \$419.70

Prudent Reserve \$ Total GSR Fund Ending balance \$834.38

Homegroup Members 8 Members at Business meeting 5 Average Attendance 25

Phoenix Group (Valley)

GSR: Alt GSR: Willy W

Date of Report: 24 Jan 26

Beginning Balance: \$ unknown (uk) 7th Tradition: \$ uk Literature Sold: \$ Other: \$

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

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

Prudent Reserve: \$ 500 Total GSR Fund: \$ Ending Balance: \$

Home Group Members: 4 Members at Business Meeting: 0 Average Attendance: 5

Group Concerns:

Other Group Information:

Announcements: Angela S will be celebrating 30 years at the Bridgetown group at 7:30 pm on 22 Feb 26

Pride In Our Recovery

GSR: Alt GSR:

No Report

Progress Not Perfection

GSR: Karen S Alt GSR: Lisa H

Group: Progress Not Perfection Report date: Jan 20 2026

GSR: Karen S Alt GSR:

Group members: 5 at Business mtg: 5 Avg attendance: 9 # of newcomers: 5

Beginning Bal: 0 7

th Trad: \$629.85 Lit sold: \$ Other: \$ Total Income: \$629.85

Rent: \$ 260.00 Lit order: \$92.00 Other: \$ Regional Assembly Fund: \$77.85

ASC Contribution: \$200.00 Total Expenses: \$ 352.00

Prudent Reserve: \$390.00 Total Regional Assembly Fund: \$296.35 End Balance: \$0

Group concerns:

Group info:

Announcements: Feb 17th - Joe M celebrating 1 yr

Mar 3rd - Ben D celebrating 1 yr

Mar 10th - Justin B celebrating 3 yrs

Mar 17th - Jeff S celebrating 29 yrs

Serenity Seekers

GSR: Joe B Alt GSR:

Group: Report date: January 2025

GSR: Absent Alt GSR: none

Group members: 7 at Business mtg: 2 Avg attendance: 12 # of newcomers: 0

Beginning Bal: \$100.00 7th Trad: \$167.20 Lit sold: \$0.00 Other: \$ Total Income: \$167.20

Rent: \$90.00 Lit order: \$12.50 Other: \$3.90 (BSC Nov/Dec) Regional Assembly Fund: \$0.00

ASC Contribution: \$60.80 Total Expenses: \$167.20

Prudent Reserve: \$100.00 Total Regional Assembly Fund: \$ End Balance: \$100.00

Group concerns:

Group info: Church has asked us to increase our rent due to higher heating costs. We increased from \$40/month to \$50/month starting January 2026.

Announcements: Paula R 36 years March 11.

Sharing the Message

GSR: Alt GSR:

Sharing the Message group report: 19 Jan 2026

GSR: open. Alt GSR: open

Secretary: active group members: 4 at Business mtg: 3 Avg attendance: 8 Newcomers: 1

Beginning Bal: \$0.80 7th Trad: \$173.95 Lit Sold: \$17.50 Other: \$0.00 Total Income: \$192.25

Rent: \$67.00 Literature Order: \$109.15 Other: \$0.00 Regional Assembly Fund: \$0.00

ASC Contribution: \$16.10 Total Expenses: \$192.25

Prudent Reserve (Rent fund): \$0.00 Total Regional Assembly Fund: \$0.00 End Balance: \$0.00

Group concerns: We're concerned about the number of struggling groups in our area. What can be done to help them?

Group info:

Announcements: Sharing the Message group needs addict support. Maryann K. celebrates 12 years on Monday, Feb 2nd.

Shelter from the Storm

GSR: Em R Alt. GSR: Group: Shelter From the Storm Report date: January 19, 2026

GSR: Emily R Alt GSR: Mariam C Group members: 20 # at Business mtg: 10
 Avg attendance: 18 # of newcomers: 2 Beginning Bal: \$761.99 7th Trad: \$325.30

Lit sold: \$0 Other: \$0 Total Income: \$325.30 Rent: \$240.00

Lit Order: \$363.00 Other: \$0 Regional Assembly Fund: \$0

ASC Contribution: \$ 244.29 Total Expenses: \$240

Prudent Reserve: \$240 Total Regional Assembly Fund: \$ 0

End Balance: \$0

New Business:

1. Open Service Positions Brought to Group (Area & PR)

o Alternate RCM

o Treasurer

o Area Vice Chair

o Activities Chair

o Literature Chair

o Alternate Secretary

o PR Committee:

o Vice Chair, Outreach Coordinator, H&I Coordinator, Margueritte coordinator

Group Concerns:

1. Confusion in announcements, coming too frequently

o New Year's event wasn't on announcements for awhile, website events is broken

o Makes it difficult to print off most up to date version to pass around at meetings

o Is there a way to have a form on the website for members to submit new
 announcements and/or updates?

o Midmonth update instead of every few days with a single update

2. Any News on Convention Committee? Spring into Recovery?

Group Info:

• Attendance at Regional Assembly February 7th

o Emily R

o Danielle P

o Mariam C

o Aubrey L

Announcements & Anniversaries

• Yousef S 1 Year February 16, 2026

Starting Point

GSR: Steve T Alt GSR: None

No Report

Strength in Numbers

GSR: Alt GSR:

No Report

Survivors

Survivors Report date: January 20th, 2026

GSR: Scott M - Alt GSR: Tyler F

Group members: (70) Business mtg: 6 Avg attendance: 25

of newcomers: 5 Beginning Bal: \$13

7th Trad: \$875.95 Lit sold: \$60 Other: \$0

Total Income: \$935.95

Rent: \$240 Lit order: \$366.00 Other: \$65.17

Regional Assembly Fund: \$0 ASC Contribution: \$277.78 Total Expenses: \$892.78

Prudent Reserve: \$300 Total Regional Assembly Fund: \$0

End Balance: \$0

Group concerns: N/A

Group info: N/A

Announcements: Tim B - 3 years - Feb 17

Kelvin C - 15 years - Feb 19 Robert B - 12 years - Mar 15 Brendon M - 2 years - Mar 17

Taking Care of Business

GSR: Alt GSR:

No Report

We Do Recover

GSR: Ray K Alt. GSR:

Group: We Do Recover Report date: January 25, 2026 for December 2025

GSR: Ray K. Alt GSR:

Group members: 4 at Business mtg: 2 Avg attendance: 6 # of newcomers: 0

Beginning Bal: \$0 7th Trad: \$83.00 Lit sold: \$0 Other: \$0 Total Income: \$83.00

Rent: \$80.00 Lit order: \$0 Other: \$2.50 bank fee Regional Assembly Fund: \$0

ASC Contribution: \$0 Total Expenses: \$82.50

Prudent Reserve: \$160.00 Total Regional Assembly Fund: \$0 End Balance: \$0.50

Group concerns: Group info: Announcements:

Group: We Do Recover Report date: January 25, 2026 for January 2026

GSR: Ray K. Alt GSR:

Group members: 6 at Business mtg: 5 Avg attendance: 7 # of newcomers: 1

Beginning Bal: \$0.50 7th Trad: \$128.00 Lit sold: \$0 Other: \$0 Total Income: \$128.50

Rent: \$80.00 Lit order: \$0 Other: \$2.50 bank fee Regional Assembly Fund: \$0

ASC Contribution: \$46.00 Total Expenses: \$128.50

Prudent Reserve: \$160.00 Total Regional Assembly Fund: \$0 End Balance: \$0

Group concerns:

Group info: We would like to welcome two new members to our group, Vicki and Cathy. Their presence made for a very good business meeting this month.

Announcements:

You Have a Choice Today

GSR: Chrissy B Alt GSR: Dominic

Group members: 18 at Business mtg: 7 Avg attendance: 20# of newcomers: 2

Beginning Bal: \$470.00 7th Trad: \$ Lit sold: \$0 Other: \$2.50 Total Income: \$

Rent: \$80.00 Lit order: \$137.00 Other: \$2.50 bank fee Regional Assembly Fund: \$0

ASC Contribution: \$25.00 Total Expenses: \$

Prudent Reserve: \$150.00 Total Regional Assembly Fund: \$0 End Balance: \$2.20

Group concerns: Need members to step up for service

Announcements Chrissy B 10 years February 27

You're Not Alone

GSR: Ernie C Alt GSR:

NO Report

ACTIVITIES COMMITTEE

The activities committee met at a special meeting on December 6 2025 to address the details for the Inn out of the Cold event as well as the New Year's Eve potluck and dance that were coming up.

Both of these events provided the opportunity to share in the fellowship and celebrate in recovery. It was no small feat to pull off an amazing holiday meal with no working stoves on the day of Inn out of the Cold. Thank goodness for Dutch ovens and members coming together to find solutions in the challenges as they occur. People enjoyed themselves and memories were made. A big thank you to both the Activities members, the volunteers and to all who took part.

At the business meeting yesterday there was a lot of discussion on how we are going to approach what we do and how we go about it going forward. We would like feedback and suggestions from the fellowship. For instance the games day does the fellowship want there to be a regular schedule games day. Is there something the fellowship would like to see taking place perhaps we haven't done before. What about what we should be keep doing. If you have a suggestion pass it on to an activities member and let them know. If there is something you would like to see happen and be a part of making it happen volunteer for it.

In the works at the moment is a crib tournament, as well as the Spring in Recovery event. As soon as the date and location for each have been confirmed it will be announced and flyers will be made and sent out. The crib tournament will be an afternoon or an evening event

The Activities Committee still has many open positions including Chair, Vice Chair, Treasurer, Hospitality Coordinator, Assistant Registration Coordinator, and Assistant Hospitality Coordinator.

We are happy to announce that Dolores F has our full committee recommendation and support to be considered for the position of Activities Chairperson.

A cheque for \$3,486.00 will be given to the Area Alt Treasurer. This is the convention seed money and includes monies raised for the convention by the Activities Committee.

There is no Activities financial report as not all receipts have been handed in from the Inn Out of the Cold and New Years Eve events.

YIS Jennifer M (Acting Activities Chairperson for Dec-January)

ARCHIVES COMMITTEE: ARCHIVES COMMITTEE 15 Jan

We met 15 Jan with 2 of 4 members.

More work was done to sort, scan, and archive old paper files as PDFs. All documents, minutes, etc., emailed by our Area Secretary are filed in their original format, whether it's a Word doc or a PDF.

Our digital archives are divided into sections for easier access. Eg- Area's folder is divided into decades, then by year within that decade, then into one of three folders. Using 2025 as an example, the folders are 2020s (under which are 10 folders), 2025 (under which are 3 folders: 2025 Area Documents, 2025 Area Minutes, & 2025 Area Proposals). Each year from 1980 onwards follows that pattern. Some years may end up being empty folders, as there may be no motions in 1980, for example. We keep the year as part of each folder's name to eliminate errors that may arise when dealing with 40 or more similarly-named folders.

Our Vice-Chairperson position is open.

Our next meeting will be at 7:00 pm on Tuesday, 17 Feb, at 16 Arklow Dr., Cole Harbour.

YIS, Dave B., Archives Chairperson

archivescnana@gmail.com

LITERATURE COMMITTEE:

Literature Committee report. January 24, 2025

The Literature Committee has held 2 business meetings, a potluck lunch, and took an inventory of the stock together as a committee since the last area occurred. The positions of Chair and Vice Chair are still open, and we would ask the GSRs please take this back to your home groups.

It is encouraging that at our January 18 business meeting an observer attended and took part in it. It is not a requirement to be a member of the Literature Committee to come out and help with the processing of the orders for the groups or simply attend to the Literature Committee meeting. In many ways this is a great opportunity to give back to NA without having to make a huge commitment of time. At the present time the groups are asked to put their orders in by Sunday and then are processed on Mondays from 12:00 noon to 1-1:30. Pick up or delivery remains the same as before and varies from group to group in the arrangements that works best for each group.

The committee has decided to continue to carry out its business meetings using the zoom platform.

We have a proposal today for consideration by the ASC that may help newly-forming groups that haven't yet met the requirements of being seated at this Area Table, and at the same time being prudent with NA funds. It has been submitted.

After talking it over at the literature committee business meeting, it was decided to ask Area for direction on whether they would want to keep the starter kit that area gives to newly seated groups or would they want the Literature committee to come up with a suggested pared-down list. With the recent price increase it would now cost \$122.55 per kit. If the ASC wants to keep the contents as they as it is, no further action other than charging the new price will be taken. If the ASC would like a pared down suggested list the committee will work together to come up with what they would recommend be in our area's basic starter kit.

Literature has no area contribution this month.

Treasurers financial report is included.

Our next business meeting is February 15, 2026, at 9:30 am Zoom id: 830 5446 3712. PW: cnana

YIS Jennifer M. (Acting Literature Chair for Dec-Jan)

Literature Treasurer's Report

Date: **18 Jan 2026**

We're \$3.15 above our prudent reserve.

Bank and Cash

| | | | |
|-----------------------|------------|--------------|--|
| Opening bank (note 1) | \$1,226.00 | Opening cash | \$65.00 (petty cash) |
| Bank charge (Dec 31) | -\$1.95 | Sales: Cash | \$1,083.15 9 orders |
| Deposit (Jan 15) | \$1,457.95 | Cheque | \$193.20 3 orders |
| | | E-transfer | \$505.00 3 orders |
| | | Total sales | \$1,781.35 15 total orders |
| | | | -\$1,038.15 Already deposited |
| | | | \$743.20 To be deposited |
| End bank (Jan 18) | \$2,682.00 | End cash | \$65.00 |
| Bank and Cash total | \$3,490.20 | | |

Accounts Receivable

None

Expenses

| <u>Item</u> | <u>Provider</u> | <u>Date</u> | <u>Amount</u> | <u>Notes</u> |
|----------------------------|-----------------|-------------|---------------|---------------------|
| Lit order 202582, chq 0247 | NAWS | 21-Dec-25 | \$1,500.00 | received this order |
| Lit order 204043, chq 0248 | NAWS | 11-Jan-26 | \$1,641.50 | received this order |
| Lit order 202582, chq 0249 | NAWS | 18-Jan-26 | \$255.00 | received this order |
| Total expenses | | | \$3,396.50 | |

Assets

| | | |
|--------------------------|---------------|--|
| Bank and Cash total | \$3,490.20 | |
| Inventory | \$9,999.45 | |
| Expenses | -\$3,396.50 | |
| Prudent Reserve | -\$10,000.00 | |
| Petty cash reserve | -\$65.00 | Petty cash allows timely cash transactions to be completed |
| Bank account reserve | -\$25.00 | Ensures unforeseen charges don't leave a negative balance |
| Available Balance | \$3.15 | |

Literature Treasurer's ReportDate: **21 Dec 2025**

We're **\$13.42** above our prudent reserve, but need to make a NAWS order before prices rise on Jan 1st.

Bank and Cash

| | | | |
|-----------------------------|-------------|--------------|--|
| Opening bank (Nov 22) | -\$139.49 | Opening cash | \$65.00 (petty cash) |
| Deposit (Nov 27) | \$1,789.55 | Sales: Cash | \$298.20 6 orders |
| Bank charge (Nov 28) | -\$1.95 | Cheque | \$852.55 8 orders |
| Overdraft interest (Nov 28) | -\$1.68 | E-transfer | \$444.50 6 orders |
| Deposit (Dec 15) | \$946.13 | Total sales | \$1,595.25 20 total orders |
| Cheque #0246 (Dec 15) | -\$1,261.97 | | -\$1,304.95 Already deposited |
| Cheque #0245 (Dec 18) | -\$104.59 | | \$290.30 Total to be deposited |
| End bank (Dec 20) | \$1,226.00 | End cash | \$65.00 |
| Bank and Cash total | \$1,581.30 | | |

Accounts Receivable

none

Expenses

| <u>Item</u> | <u>Provider</u> | <u>Date</u> | <u>Amount</u> | <u>Notes</u> |
|------------------|-----------------|-------------|---------------|---------------------|
| Lit order 202582 | NAWS | 02-Feb-25 | \$1,500.00 | received this order |
| Expenses total | | | \$1,500.00 | |

Assets

| | | |
|--------------------------|----------------|--|
| Bank and Cash total | \$1,581.30 | |
| Inventory | \$9,997.12 | |
| Expenses | -\$1,500.00 | |
| Prudent Reserve | -\$10,000.00 | |
| Petty cash reserve | -\$65.00 | Petty cash allows timely cash transactions to be completed |
| Available Balance | \$13.42 | |

PUBLIC RELATIONS COMMITTEE: Aubrey L

Public Relations Subcommittee Report 19/01 Hello Family, This report is prepared for today's PR meeting. The subcommittee met in-person today from 11:00-1:00 and we had a quorum of 15 out of 17 voting members present. Here are today's highlights in point form:

- Withdrawal Management – We got a panel leader, we lost a panel leader. Clients in detox are not coming to the meeting.

- Public Information – We have had interest from Cape Breton about a hybrid meeting for PR
 - H&I- issues with clients not showing up to the meeting, we as a committee have decided to do bi-weekly meetings there
 - Outreach Coordinator – Crissy B has stepped up for this position. Feel free to reach out to her with all your road trip meeting plans
 - Phone line - Phone line is going strong, lots of calls in January
 - Webservant- The events page has been fixed, sorry about the downtime.
 - Open Positions - please GSR's – take this information back to your homegroups for information purposes: H&I Coordinator
 - We continue to welcome new members and/observers to participate in our next in-person meeting on Feb 22nd 2026
- Yours in service, Aubrey L, PR Chair

EXECUTIVE REPORTS

RCM: Paula RCM Report January 2026 Area

Good day. I've been preparing for the RSC Assembly on Feb 7. I have a handout today which has the CAR motions for groups to have prior to the workshop. You can access the full Conference Agenda report at na.org/conference for back up of the discussion . There are survey questions on Literature, and although these will be reviewed during the Assembly, it is also important as individual members to complete the survey online – please visit na.org – projects and surveys. Your voice matters.

Please note the open positions at the Regional level – Web coordinator, PR Chair, Vice Chair, Alt RD. Last ASC you approved the nomination of Louise G for PR Chair. Please let me know prior to the Feb 8 meeting if there is any interest in the other open positions.

Regarding our ASC, I have been trying to familiarize myself, through minutes, with the groups, to better be able to carry a conscience. I'm concerned about the lack of participation from our member groups. According to the minutes, 15 of 31 have not attended the ASC at all in the last 4 ASC's. This is significant, as it represents half of our ASC conscience. What's even more disturbing is that of these 15 groups, 8 of them are local groups, many of which are the founding groups of our Area Service Committee.

I wonder if anyone has reached out to any of these groups. I believe, just as we should reach out to our home groups members with concern when they are missing from our meeting, so should we reach out to our member groups who are missing from our Area. I will try to reach out to these groups as RCM after the RSC Assembly, to see if there is anything we can do to attract them back. Any suggestions or assistance would be greatly appreciated. Perhaps we need a service workshop, to attract groups back to the ASC.

Yours in service,

Paula R. RCM

ACRONYMS

Here are some common acronyms and their meaning

GSR – Group Service Representative – serves to represent their home group at the Area Service Committee. Carries information back and forth between the Area Service Committee and their home group, and any other pertinent information from other levels of service

Alt GSR – GSR in training

RCM – Regional Committee Member – serves to represent their Area Service Committee. Carries information back and forth between the Area Service Committee and the Regional Service Committee, as well as any other pertinent information from other levels of service. Also performs other duties as requested by their local ASC's

Alt RCM – RCM in training

ASC - Area Service Committee – consists of local groups and any subcommittees as per that Area's guidelines

RSC – Regional Service Committee – consists of local ASC's and any subcommittees as per that RSC's Guidelines.

CARNA – Canadian Atlantic Region of Narcotics Anonymous – current members are Central Nova Area, Narcotics Anonymous New Brunswick Area, Northern New Brunswick Area, Prince Edward Island Area, and Newfoundland Area

RD – Regional Delegate – serves to represent their Region. Carries information back and forth between the Regional Committee and both CANA/ACNA and WSC, as well as any other pertinent levels of service. Also performs other duties as requested by their Regional Service Committee

Alt RD – RD in training

CANA/ACNA – Canadian Assembly of Narcotics Anonymous/Assemblée de Canadienne de Narcotiques Anonymes – A zonal forum – A national committee comprised of the Regions of Canada – serves Canadian interests, carries information between various levels of service. Also carries out other duties as required, Fellowship development, translations, Public information resources, etc.

WSC – World Service Conference – composed of Regional Delegates from around the world, serves the Regions and provides a voice and active conscience for the worldwide NA fellowship

WSO – World Service Office – the World Service headquarters (Los Angeles) and branch facilities in Canada and Europe

WSB – World Board – service board of the World Service Conference and provides support to NA; and oversees activities of NA World Services including the WSO, NA Fellowship rights for physical and intellectual properties

CBDM – Consensus Based Decision Making – a cooperative dec

VICE-CHAIR: Vacant

CHAIR: Jennifer M

Chairperson Report Jan 24, 2026

I have revised the Year financial report November 2024 to October 2025 as there was an error in it. My apologies to Breaking Free as they had made a contribution on January 12 of \$150.00 that had not been included in that report. If anyone has a question concerning that report I can address them. I feel it would be unfair to ask the newly elected Alt Treasurer to be familiar with a report that covers a period of time while she was not in that position.

I had received an email from a member in Cape Breton requesting \$150.00 financial assistance from Centre Nova Area for a hall rental. I will read the request now, asking the GSRs to sit with it and we will deal with it under new business.

“To whom it may concern,

Some of you may be familiar with me, , from Love Life group in North Sydney, Cape Breton. I've been in touch with someone in Inverness who is looking to set up a meeting. We've tried to find proper locations. So far, we have contacted the Inverness Community Church but they've been bought out to build a community center. We are trying to reach two other locations, but one that has replied so far is the Inverness Fire Hall.

The only issue is that they ask for \$150.00 for the room rental. We are considering either having a one-time meeting to gauge public interest and need, followed by regular meetings at an alternate location when found. In the meantime, I was wondering if the area committee would consider helping us fund this one meeting, bringing members from all over the island, to connect and stay in touch for further gatherings in the Inverness county. There has been a desperate need for help for addicts still suffering on the west side of Cape Breton, as most meeting are in the South-East side. Any advice, support or suggestions would be helpful.”

YIS Jennifer M, CNA Chairperson areachaircna@gmail.com

TREASURER: Vacant

ALT TREASURER: Kathleen M, Alt Treasurer

Treasurer’s Financial Report for November 28 2025 to January 23 2026

| | | |
|------------------------------------|-----------------|-----------------|
| Prudent reserve | \$1,250.00 | |
| Insurance deductible reserve | 1,000.00 | |
| Insurance Premium reserve..... | <u>1,485.00</u> | |
| Total reserve | \$3,735.00 | |
| Opening balance | | \$00.00 |
| Income: | | |
| Liberation (# 085) | \$50.00 | |
| Love Life (#002) | 200.00 | |
| NA Lengths (et) | 100.00 | |
| Serenity Seekers (et) | 107.45 | |
| Starting Point (034) | 150.00 | |
| Survivors (#87) | 375.00 | |
| We Do Recover | <u>35.50</u> | |
| Total income..... | \$1,017.95 | + 1,017.95 |
| | | Sub total |
| | | \$1,017.95 |
| Expenses: | | |

| | |
|--|------------|
| Secretary printing expense Oct (#747)..... | \$13.92 |
| Secretary printing expense Nov (#747) | 39.84 |
| Phoenix Group CB travel expense (#748) | 102.12 |
| Void cheques (#749, #750)..... | 0.00 |
| PR PI Coordinator Mailing expense(#751) | 50.80 |
| U Store it locker Fee (Dec 9, Jan 6) (#752)..... | 325.60 |
| Starter Kit re (#753)..... | 106.30 |
| PR Literature order (#753)..... | 196.50 |
| RCM printing expense Nov (#754) | 46.43 |
| Rent (January) (#755) | 100.00 |
| Rent (February 7) Regional Assembly (#755) | 100.00 |
| Eastlink (cell phone) (PAD)..... | 113.22 |
| Bank fee (PAD)..... | 9.90 |
| Total expenses..... | \$1,534.63 |

Opening balance +Total income - Total expenses = Closing balance - \$516.68

Our reserves now stand at:

| | |
|-----------------------------------|-----------------|
| Prudent reserve..... | \$1,250.00 |
| Insurance deductible reserve..... | 1,000.00 |
| Insurance premium reserve..... | <u>1,815.00</u> |
| Total reserve | \$4,065.00 |

BREAK – 10 minutes

Attendance after break – 2 groups left (still have Quorum)

OLD BUSINESS:

Open Positions:

Area Vice Chair – No more nominations or volunteers

Activities Chair – Dolores F. volunteered and qualified

30 years clean, has a sponsor and a home group, Part of literature committee and PR Panel, knows her 12 traditions and 12 concepts, is willing to serve.

Literature Chair – No nominations or volunteers

Alternate Secretary – No nominations or volunteers

Alternate RCM – No nominations or volunteers

Treasurer – No nominations or volunteers

Bring back to groups.

Chair appointed Dolores F. as acting Activities Chair for February

2. Regional Assembly

Discussion occurred regarding the “bubbles” that are occurring in our Area so members can attend in group setting One is at the ASC location, while Phoenix in Cape Breton will be holding one at their homegroup location. Most groups had not gotten back to the RCM as to the numbers who would be attending so time was spent gathering this information. Phoenix group offered to host for those in Cape Breton since they had the space. Since they were planning for a potluck

they would need no financial assistance other than rent. The bubble in HRM was providing a light lunch so the expenses would include for food and hall rental.

3. Convention:

Round table opportunity was given so that all could express their viewpoint on whether they want to hold a convention in this area or perhaps go a different route. There seemed to be a large amount of groups that did not want to continue having a convention. As time was at a premium and concern about safety of travel in the coming storm, the Chair decided to end this conversation for now and that the convention seed funds which had been passed on to the Alternate Treasurer today would be held until a decision for it could be held.

Discussion regarding Convention- January Area

Bill: Convention money sent today will that go on next report or sent to region?

Jennifer (Chair) No that money will be kept as seed money if we decide to have a convention, we will need that money.

Ray: can't see a convention happening we don't have the people. \$3000 is not enough to start, we need to save money. It's not our money it's NAs money why are people holding on to it? We need to concentrate on strengthening our groups to be there for the next addict.

Bill: Conventions always do well members like it just because there is no help this year does not mean they won't be next year. They will come to help.

Tracey: if there is one I would be happy to be involved.

Charlie: Can we partner with another fellowship?

Emily: let's look at the positives we can get our new members there. We need the event, Maybe just have a one day event.

Jen: We should do the event, I suggest a ad-hoc committee, there has to be a middle ground.

John: we should have it they are inspiring. Where and when would be another discussion.

Clay: Opposed to the convention, we need at least 400 people to make it work. We can't find people maybe have one day events

Money- Money flow pamphlet (how money is moved) How are we spending our money?

Nelson: Likes all that was said. Where is the Balance and where is the 7th being spent?

Fred: Why are we making this complicated? Can't we join it with other activities?

Dolores; Ad-Hoc committee Should be formed. It cost so much money to do so (no manpower) The prudent reserve for activities is \$1000 give activities the seed money and we will take care of day events.

Chrissy: we don't have the man power as an area we are struggling but we as activities could put on stuff for example a NA family feud.

Tyler: can't see us putting on a convention we can't fill positions, if Activities could put on day events and see if we can eventually put on a convention.

Amy: Just listing today

Dave: should split convention and activities. Activities were responsible, with convention being held in hotels may be prudent to have day things instead of 3 day event.

Paula: It came up because guidelines went out, there was a motion to split activities and convention and there is no convention committee.

Are there guidelines? And do activities need to have more money?- Put in a proposal to have more money.

Jennifer: We will keep the money for now and table this discussion

NO OPEN FORUM nor GROUP CONCERNS occurred at this ASC

NEW BUSINESS:

PROPOSALS:

1.Request for funds 150.00 as sent in email to Chairperson:

A quick consensus was taken, and it was unanimous that this was not a prudent use of NA funds. Chairperson will send an email letting the person know.

2.

| | |
|--|---|
| Committee: AREA | Money proposal? Yes: <input checked="" type="checkbox"/> No: <input type="checkbox"/> |
| Proposer: Literature Committee First name & initial, position (eg: Jimmy K., GSR, NA Group) | Date: 25 Jan 2026 (day – month – year) |
| Proposal: To provide a NAWS Group Starter Kit to any new group wishing to be seated at Area. | |
| Intent: To help newly-forming groups that don't yet meet the requirements of being seated at Area with their primary purpose by immediately providing an amount of literature NAWS deems sufficient to help new groups get established. This will help a new group get through their first 30 days. | |

Financial impact: NAWS Group Starter Kits cost \$18.00 per kit.

Background info / Proposal rationale / Contact persons outside the committee, etc. (if required, use other side)

1. A list of items in the NAWS Group Starter Kit is attached.
2. To ensure a new group is provided for, the Literature committee will ensure one NAWS Group Starter Kit is bought to each Area Meeting.
3. The provided NAWS Group Starter Kit would then be removed from any subsequent CNA Literature Starter Kit provided to that particular group.

This part is completed by the committee secretary

| | |
|--|------------------|
| Committee Decision | Consensus total: |
| Assent: _____, Assent with reservation: _____, Stand aside: _____, Block: _____ | |
| Reasons for Reservation/Stand aside (optional): | |
| Reasons for Block (mandatory): | |
| Person responsible for incorporating this proposal: Literature committee. | |
| This proposal is to be incorporated on or before the date of: upon Area approval. | |
| Signature: Secretary/Chairperson | Proposal #: |

NAWS Group Starter Kit contents

| Item | Description | Qty | \$ each | total |
|------|--|-----|---------|--------|
| 1500 | NA White Booklet | 2 | \$1.50 | \$3.00 |
| 1600 | The Group Booklet | 1 | \$0.55 | \$0.55 |
| 2202 | Group Business Meetings | 2 | \$0.55 | \$1.10 |
| 2203 | Group Trusted Servants: Roles and Responsibilities | 2 | \$0.55 | \$1.10 |
| 2204 | Disruptive and Violent Behavior | 2 | \$0.55 | \$1.10 |
| 2206 | Principles and Leadership in NA Service | 2 | \$0.55 | \$1.10 |
| 3101 | IP #1 Who, What, How, and Why | 2 | \$0.50 | \$1.00 |
| 3102 | IP #2 The Group | 2 | \$0.50 | \$1.00 |
| 3105 | IP #5 Another Look | 2 | \$0.50 | \$1.00 |
| 3106 | IP #6 Recovery and Relapse | 2 | \$0.50 | \$1.00 |

| | | | | |
|------|---|---|--------|--------|
| 3107 | IP #7 Am I an Addict? | 2 | \$0.50 | \$1.00 |
| 3108 | IP #8 Just For Today | 2 | \$0.50 | \$1.00 |
| 3109 | IP #9 Living the Program | 2 | \$0.50 | \$1.00 |
| 3111 | IP #11 Sponsorship | 2 | \$0.50 | \$1.00 |
| 3112 | IP #12 The Triangle of Self-Obsession | 2 | \$0.50 | \$1.00 |
| 3113 | IP #13 By Young Addicts, For Young Addicts | 2 | \$0.50 | \$1.00 |
| 3114 | IP #14 One Addict's Experience with Acceptance, Faith, and Commitment | 2 | \$0.50 | \$1.00 |
| 3116 | IP #16 For the Newcomer | 2 | \$0.50 | \$1.00 |
| 3119 | IP #19 Self-Acceptance | 2 | \$0.50 | \$1.00 |
| 3122 | IP #22 Welcome to Narcotics Anonymous | 2 | \$0.50 | \$1.00 |
| 3124 | IP #24 Money Matters: Self-Support in NA | 2 | \$0.50 | \$1.00 |
| 3127 | IP #27 For the Parents and Guardians of Young People in NA | 2 | \$0.05 | \$0.10 |
| 3128 | IP #28 Funding NA Services | 2 | \$0.50 | \$1.00 |
| 3129 | IP #29 An Introduction to NA Meetings | 2 | \$0.50 | \$1.00 |
| 3130 | IP #30 Mental Health in Recovery | 2 | \$0.50 | \$1.00 |
| 2110 | Group Treasurer's Workbook | 1 | \$4.00 | \$4.00 |
| 9111 | 7th Tradition Box | 1 | \$6.00 | \$6.00 |
| | Group QuickStart Guide | 1 | | |
| | | | | |

Total value \$36.05

Meeting closed at 4:35pm. The next Area will be February 22nd, 2026 - 322 Herring Cove Road

In loving service, Noelle, Area Secretary

Email: secretarycnana@gmail.com