CENTRAL NOVA AREA SERVICE COMMITTEE OF NARCOTICS ANONYMOUS

For September 27th Area (2026)

	Attendance: Home Groups – GSRs, Alternates, & Representatives			
	Group	Representative	Present?	Vote?
1	90 in 90	No Rep	No	No
2	Amherst Hope	Jeremy M	No	No
3	Beacon of Hope	Clay N	Yes	Yes
4	Breaking Free	Danny	Yes	Yes
5	Candlelight	Angie S	Yes	Yes
6	Changes	Dawn B	No	No
7	Clean and Strait	Phillip B	No	No
8	Foundation		No	No
9	Gateway to Freedom		No	No
10	Guiding Principles		No	No
11	Her Reclaim to Freedom		No	No
12	I Can't We Can	Bill H	No	Yes
13	Just for Today		No	No
14	Last Chance	Morgan	Yes	Yes
15	Liberation	Thi	No	Yes
16	Love Life	John A	No	No
17	NA Lengths	Lindsay M	No	No
18	Nature of Recovery	Darrell P	Yes	Yes
19	New Vision	Em D	Yes	Yes
20	Nothing to Fear	Vadim	No	No
21	Orchard Valley	Joel Y	Yes	Yes
22	Phoenix Group (Kingston)	Willy W	No	Yes
23	Phoenix Group (Sydney)	Amy G	Yes	Yes
24	Pride in Our Recovery	Patty W Rep	No	No
25	Progress Not Perfection	Jeff S	Yes	Yes
26	Recovery Crew		No	No
27	Serenity Seekers	Deven	Yes	Yes
28	Sharing the Message	Maryann K	No	No
29	Shelter from the Storm	Em R	Yes	Yes
30	Starting Point	Sherry G	Yes	Yes
31	Strength in Numbers	Darrell A	No	No
32	Survivors	Tyler F	Yes	Yes
33	Taking Care of Business	JB	No	No
34	Talking Circle		No	No
35	Windsor……	Tracy	No	No
36	You Have a Choice Today	Chrissy	No	No
37	You're Not Alone	Ernie C	No	No

Area Service Committee Executive		
Chair	Jennifer M	Present
Vice Chair	Vacant	Vacant
Secretary	Vacant -JuleeAnn Acting	Present
Alternate Secretary	Vacant	Vacant
Treasurer	Vacant	Vacant
Alternate Treasurer	Kathleen M	Absent
RCM	Paula R	Present
Alternate RCM	Vacant	Vacant

Area Subcommittees		
Activities Committee Chair	Dolores F	Absent
Archives Committee Chair	Dave B	Present
Literature Committee Chair	Vacant	Absent
PR Committee Chair	Aubrey L (Fred, VChair)	Present

CNA website: www.centralnovaarea.ca CNA e-mail address: centralnovaarea@gmail.com
The meeting opened at 1:05 pm with the readings: 12 Traditions, 12 Concepts, A Vision for NA Service, and Service Prayer. Minutes Accepted
Attendance was taken with 10 groups present today out of 19 voting groups = quorum. Executive members are present. Every group present has a vote today which means we can make decisions today.
"(V)" = attended virtually
Any Observers: Ray K and Brian C New Groups to be seated: N/A

GROUP REPORTS:

90 & 90
GSR: Alt. GSR:

Amherst Hope
GSR: Jeremy

Beacon of Hope
GSR: Joanne N Alt. GSR:

Breaking Free
GSR: Danny Alt. GSR:
Group members: 10 at Business mtg: 5 Avg attendance: 19 # of newcomers:
Beginning Bal: $ 238.50 7th Trad: $108.30 Lit sold: $ Other: $ Total Income: $253.80
Rent: $ Lit order: $ Other: $ Regional Assembly Fund: $
ASC Contribution: $ Total Expenses: $346.80
Prudent Reserve: $ Total Regional Assembly Fund: $ End Balance: $
Group concerns:
Group info:
Announcements: Mike M 23 years October 21st
Group is doing ok. Worried about how a lot of members group is cussing. The rest of the meeting is going well.

Candlelight (Membertou)
GSR: Angie S Alt. GSR:
Hi family, I am Angie and I am here representing Candlelight Membertou in Sydney. We have 2 meetings: 1 on Tuesdays which is going great with attendance from 10 – 15 addicts. Thursday being the newer addition. It is a little slow coming out of the gate. Having 3 – 5 addicts attending. We will be having a new speaker

meeting starting October 1st and will take place the first Thursday of every month in hopes to bring attendance up, We had our last business meeting September 22nd with 3 in attendance but we got it done. We had 2 celebrations since our last meeting: Fred M celebrated 32 years and Craig M celebrated 4 years. Both meetings were speaker meetings and were well attended. Jimmy will be celebrating 35 years November 3rd.and I will be celebrating 18 months. Our group is growing which are most grateful for. We are putting in a large literature order and will be selling literature at our meetings soon
Yours in Service, Angie S

Changes
GSR: Dawn Alt GSR:

Clean and Strait
GSR: Philip B Alt GSR: Thomas W

Foundation:
GSR: Alt GSR:
Gateway to Freedom
GSR: Alt GSR:
Guiding Principles
GSR: Alt GSR:
Beginning Balance: $0 7th Tradition: $ 91 Literature Sold: $ 44 Other: $
Total Income: $ 135 Rent: $ 25 Literature Order: $ 51 Other: $
GSR Fund: $ ASC Contribution: $ 59 Total Expenses: $
Prudent Reserve: $ 100 Total GSR Fund: $ Ending Balance: $ 0
Home Group Members: 5 Members at Business Meeting: 7 Average Attendance: 9
Group Concerns:
Other Group Information:
Announcements:

Her Reclaim to Freedom
GSR: Alt GSR:

Hope for Today
GSR: Tracy W

I Can't We Can
GSR: Bill H ALT GSR:

Just for Today
GSR: Kristen C Alt. GSR

Last Chance
GSR: Morgan K Alt GSR:

Liberation
GSR: Thi N Alt GSR:

Living Clean
GSR: Alt GSR:

Love Life
GSR: John A Alt. GSR: Brie Y
Beginning 7th Tradition: Literature Sold:
Balance:$630.00 $117.90 $ Other: Total Income: $30.00 Rent: Other: $150.00
Literature Order:$125.00 $ GSR Fund:$100.00 ASC Contribution:$0 Total expenses:$275
Prudent Reserve: $500 Total GSR Fund:$ Ending Balance:$470
Number of GroupMembers:10 Number at Business Meetings:4 Number of Average Attendance:10-15
Number of Newcomers:3 Group Concerns: none at this time
Other Group information:
Anniversaries and Group Announcements:

NA Lengths
GSR: Natasha Alt GSR: Lindsay
Beginning Bal: $22.36 7th Trad: $80.35 Lit sold: $0 Other: $ Total Income: $80.35
Rent: $ member food contribution Lit order: $7.00 Other:$ Regional Assembly Fund: $0
ASC Contribution: $0 Total Expenses: $ Prudent Reserve: $100 Total Regional Assembly Fund/event fund: $240 End Balance: $102.71
Group concerns:
Group info: Weren't able to have a business meeting this month, will convene for next month for contribution agreement.
Announcements:

Nature of Recovery
GSR: Darrell P Alt GSR:

New Vision
GSR: Em D Alt GSR:
Group members: 12 at Business mtg: 7 Avg attendance: 13 # of newcomers: 2
Beginning Bal: $0.00 7 th Trad: $124.80 Lit sold: $25.00 Total Income: $149.80
Rent: $75.00 Lit order: $65.50 Other: $54.74 (bank fees, supplies) Regional Assembly Fund: $0 ASC Contribution: $0 Total Expenses: $195.24
Prudent Reserve: $179.26 Total Regional Assembly Fund: $0 End Balance: $ - 45.44
Group concerns: none
Group info:
Announcements:

Nothing to Fear
GSR: Ashley Alt. GSR: Kary H

Orchard Valley
GSR: Joel Y Alt GSR: Wayne P
Group members: 21 at Business mtg: 5 Avg attendance: 15 # of newcomers: 2
Beginning Bal: $ 720.26 7 th Trad: $ 137.50 Lit sold: $ 0 Other: $ Total Income: $ 137.95
Rent: $ 60 Lit order: $ Other: $ Regional Assembly Fund: $ ASC Contribution: $ Total Expenses: $ 139.50
Prudent Reserve: $ 600 Total Regional Assembly Fund: $ End Balance: $ 718.71
Group concerns: None
Group info:
Announcements:

Phoenix Group (Sydney)
GSR: Amy G Alt GSR:

Phoenix Group (Valley)
GSR: Alt GSR: Willy W
Beginning Balance:$500 7 th Tradition: 125 Literature Sold: 47$ Other:
Total Income: $172 Rent: $ 500 Literature Order: $ Other: $ GSR Fund: $ ASC Contribution: $ Total Expenses: $ Prudent Reserve: $ 500 Total GSR Fund: $ Ending Balance: $ 370
Home Group Members: 4 Members at Business Meeting: 3 Average Attendance: 2-7
Group Concerns: Attendance has been very low.
Other Group Information: We are considering taking a more proactive approach to getting our group info to the local area using posters and newspaper adds. We may change the meeting day as well. More will be revealed. Announcements:

Pride In Our Recovery
GSR: Alt GSR:

Progress Not Perfection
GSR: Jeff Alt GSR:
Group members: 7 at Business mtg: 2 Avg attendance: 7 # of newcomers: 2
Beginning Bal: $0 7th Trad: $216.55 Lit sold: $48.00 Other: $0 Total Income: $264.55
Rent: $130.00 Lit order: $ 24.00 Other: $ 10.55 Regional Assembly Fund: $100.00
ASC Contribution: $ 0 Total Expenses: $264.55
Prudent Reserve: $390.00 Total Regional Assembly Fund: $300.00 End Balance: $0
(Treasurer amount is in wrong spot on form. Jeff will confirm with me what the correct amount

Serenity Seekers
GSR: Joe B Alt GSR: Deven D
Group members: 7 at Business mtg: 3 Avg attendance: 17 # of newcomers: 0
Beginning Bal: $100.00 7 th Trad: $104.95 Lit sold: $ 0 Other: $ 0 Total Income: $104.95
Rent: $50.00 Lit order: $6.50 Other: $1.95 (BSC) Regional Assembly Fund: $0
ASC Contribution: $46.50 Total Expenses: $104.95
Prudent Reserve: $100.00 Total Regional Assembly Fund: $ 0 End Balance: $104.95
Group concerns: none
Group info: none
Announcements: none

Sharing the Message
GSR: Vacant Alt GSR: Vacant
Secretary: Active group members: 7 at Business mtg: 2 Avg attendance: 7 Newcomers: 0
Beginning Bal: $0.00 7 th Trad: $84.00 Lit Sold: $0.00 Other: $0.00 Total Income: $84.00
Rent: $33.00 Literature Order: $0.00 Other: $0.00 Regional Assy Fund: $0.00
ASC Contribution: $51.00 Total Expenses: $84.00
Prudent Reserve (Rent fund): $66.00 Total Regional Assembly Fund: $0.00 End Balance: $0.00
Group concerns: CNA needs members to fill positions at the Area table and in the subcommittees.
Group info: Our consensus regarding the PR proposal was to Stand Aside. Our rationale was:
1. The proposal is not clearly worded. The intent cannot be clearly understood.
2. The proposal may not be required, as the stated positions already may serve for 2 consecutive terms (using “may” provides flexibility to allow incumbents to serve beyond their term, permitting PR work to continue).
3. This proposal didn’t need to come to Area for 2 reasons:

a. It asks for something that is already given (the capability to serve beyond 2 terms).
b. The intent of the original guideline is to state the capability to serve beyond 2 terms. As the proposal doesn't change the intent of the guideline, the proposal could've been addressed within the PR committee.
It's now autumn & we've returned to having coffee. We had iced tea over the summer.
Our Cookie Social (which celebrates our group anniversary) will be held on Monday, 21 Dec. Doors open at 7:00 pm. You can bring cookies, or bring an appetite for cookies.
Announcements: Jennifer M. celebrates 29 years on Monday, 28 Sep.

Shelter from the Storm
GSR: Emily R Alt GSR: Mariam C
Avg attendance: 16 # of newcomers: 2
Beginning Bal: $48.41 7th Trad: $111.29 Lit sold: $0 Total Income: $111.29 Opening Prudent Reserve: $100.00 Literature Order: $0 Other: $4.00 Regional Assembly Fund: $0 ASC Contribution: $0 Total Expenses: $75.31 Total Regional Assembly Fund: $0 Closing Prudent Reserve: $100.00
End Balance: $84.39
New Business
 Proposals
o PR Guideline Change: Group approved Proposal
 Elections
o Area Chair: Jennifer M *Group approved Jennifer*
o Secretary: JuleeAnn A *Group approved JuleeAnn*
o Alt Secretary: Ryan M *Group approved Ryan*
o PR Chair: Aubrey L *Group approved Aubrey*
Group Concerns
 N/A
Group Info
 WhatsApp Group: Agenda will now be made for the relevant updates for group business meeting (treasury report, area report, group concerns, facilities)
 Public access for NA pamphlets (blue metal stand) to be left out in the church —We'll continue to use our wood stand for our meeting's pamphlets
 Lease:
o Church requires Shelter to sign Annual Lease, $144.00 deposit upfront (30% of $480, yearly total)
 Literature Order (cost gets put into next month's report)
o 1x 5 Year Medallion ($7.00)
o 1x 11 Year Medallion ($7.00)
o Total: $14.00 *paid to Lit Chair Sept 26, 2026*
Old Business
 Chairing: Oct 5 Aubrey, Oct 12 Yousef, Oct 19 Emily, Johnston Oct 26
 Opening: Oct 5 Aubrey, Oct 12 Nate, Oct 19 Chad, Oct 26 Aubrey
 Our next business meeting: October 19
Announcements & Anniversaries
 Chad 5 Years October 12, 2026
 Nate 11 Years October 26, 2026

Starting Point
GSR: Sherry G, Acting Alt GSR: None
Group members: 6 at Business mtg: 4 Avg attendance: 14 # of newcomers:
Beginning Bal: $ 7th Trad: $ Lit sold: $ Other: $ Total Income: $
Rent: $ Lit order: $ Other: $ Regional Assembly Fund: $

ASC Contribution: $ Total Expenses: $
Prudent Reserve: $ Total Regional Assembly Fund: $ End Balance: $
Group concerns: Clarification. PR Proposal clarifications on "open readings". Clarification on "voting for gender-neutral" as long as it doesn't change the steps.
Yes to Aubrey continuing as PR Chairperson
Group info:
Announcements:

Strength in Numbers
GSR: Clarence S Alt GSR:
Balance - $117.55. Avg.attend last 4 weeks - 12. 7th $50.10. Rent is paid til end of sept. Home group members active - 3.

Survivors
GSR: Tyler F Alt GSR: Vacant
Beginning Balance: $0 7 th Tradition: $375.75 Literature Sold: $20 Other: $0
Total Income: $395.75 Rent: $0 Literature Order: $341.00 Other: $42 GSR Fund: $0 ASC Contribution: $12.75
Total Expenses: $395.75 Prudent Reserve: $300 Total GSR Fund: $0 Ending Balance: $0
Home Group Members: 80 Members at Business Meeting:11 Average Attendance: 25
Group Concerns:
Other Group Information:
Announcements:
Brian C - 3 years - Oct 4
Chris S - 1 year - Oct 11
Andrew S - 1 year - Oct 18
Melanie M - 2 years - Nov 12
Cody M - 18 months - Nov 15

Taking Care of Business
GSR: Alt GSR:

Windsor
GSR: Alt GSR

You Have a Choice Today
GSR: Chrissy B Alt GSR:
Group members: at Business mtg: 8 Avg attendance: 15 # of newcomers:
Beginning Bal: $ 369.40 7th Trad: $ Lit sold: $ Other: $ Total Income: $196 50
Rent: $ 75 Lit order: $139 Other: $2.50 Regional Assembly Fund: $
ASC Contribution: $ Total Expenses: $
Prudent Reserve: $ 175 Total Regional Assembly Fund: $ End Balance: $ in the red
Group concerns:
Group info:
Announcements: Tom M 1 year October 4th
Dominic T 4 years October 9th

You're Not Alone
GSR: Ernie C Alt GSR:

ACTIVITIES COMMITTEE: Dolores F
Hello Area
We opened our meeting at 7:05 pm on the zoom platform with 6 of 8 voting members present followed by the Serenity prayer.
We had 35+ in attendance for the corn boil. 7th collected was $76.00.
Thank you all who attended…See you next year.
The committee purchased a propane burner and pot set. The treasurers' report was given.
Canteen gave away all expired items. CNA gave the committee 5 cases of water a box of assorted chips and a box of 130 chocolate bars(Small) that were leftover from the convention. Thank you CNA.
OPEN POSITIONS
Chair Vice Chair Secretary Programmer Ass Programmer Hospitality Ass Hospitality
UP COMING EVENTS
Oct 31 2026 Fall into recovery 181 Portland St Dartmouth $20.00
Doors open 12:30 pm First speaker 1:00 pm workshop dinner clean time count down main speaker Halloween costume dance prizes. 7 th always welcome.
Dec 31 Inn Out Of The Cold Survivors Sackville is looking into the availability of the venue more to be revealed.
Dec 31 New Years Eve Potluck and Dance looking into a venue More will be revealed.
PLEASE MAKE OR BRING NUT FREE ITEMS. THANK YOU
Posters to follow.
If any members have any ideas for winter activities please see anyone on the committee.
Our next meeting is Oct 24 th 10:00 am on the zoom platform id 83564319628
Pw cnana
Closed at 8:10 pm with the 3rd Step Prayer.
YILS Dolores F

ACTIVITIES TREASURER REPORT:

Activities Financial Report for August 28, 2026 to September 27

* Prudent reserve limit	$2,000.00
Prudent reserve	$1,000.00
Opening balance	**$872.91**
Income:	
Baseball 7th	$112.55
Corn boil 7th	76.00
Corn boil (recycle cans)	1.10
Income	**$189.65** **189.65**
Expenses:	
Literature re Fall into Recovery clean time countdown(#332)	$47.00
Corn boil supplies (#333)	81.45
Pot and burner set (#333)	130.72
Bank fee (PAD) September	8.75
Total expenses	**$267.92** **267.92**
Opening balance + Total income - Total expenses = **Closing balance**	**$794.64**

Yours in Loving Service, Jennifer M.

Event 1. Baseball May 24, 2026, to August 30, 2026

Income:

May 24 Individual Contribution	35.00*	
7th collected May 24	60.00	
7th collected 31	32.00	
7th collected June 7	44.00	
7th collected June 14	22.00	
7th collected June 21	19.55	
7th collected June 28	41.35	
7th collected July (12 or 19 one was cancelled due to rain)	55.00	
7th collected July 26	50.00	
August 2 Individual Contribution	25.00**	
7th collected August 2	41.80	
7th collected August (9 or 16 as one was cancelled due to rain)	54.85	
7th collected August 23	27.00	
7th collected August 30	30.70	
Total income	**$538.55**	**$538.55**

Expenses:

Baseball Field (May)rental paid by member	$35.00	
Baseball Field rental (June-July) (#318)	$279.07	
Baseball Field rental (August) (#319)	139.54	
Total expenses	**$453.61**	**-453.61**
Total income - Total expenses = **Closing balance**		**$84.94**

*Member paid for the May Field rental directly to HRM and did not want to be reimbursed. The cost for the May Field rental included credit from the previous year as well resulting from a rain date cancellation.

**Member sent e-transfer as a 7th contribution towards ball.

We will be credited next year for one unused rain date field cancelation from this year's ball season.

Event 2 Financial Report

Beach afternoons at various locations No financial cost to the committee.

Event 3 Financial Report

Beach Day at Crystal Crescent Beach Sambro-25 July **cancelled**, as beach had been closed due to presence of algae. No financial cost.

Event 4 Financial Report

Beach Day 1 August. Beach day at MacLeod's Beach, 1486 Broad Cove March Rd., Inverness. = No financial cost to committee. Various members from the local fellowship got together and contributed what they needed to feed those that came. No receipts were submitted.

Event 5. Financial Report

15 August, CNA Family Picnic. Willow Park, Wolfville. 11:00-3:00

No 7th was collected. Expenses were Hospitality (food) (#320) $43.00

Event 6. Financial Report

Corn Boil at Graham's Grove, Dartmouth 13 September, 3:30 pm-6:30

Income:

7th collected August 13	$76.00	
Recycled cans refund	1.10	
Total income	$77.10	**$77.10**

Expenses:

Hospitality (food)	$81.45	
Equipment purchase (burner and pots) (#333)	$130.72	
Total expenses	$212.17	**-212.17**
Total income - Total expenses = **Closing balance**		**-$135.07**

ARCHIVES COMMITTEE: Dave B, Chair
We met Tuesday, 15 Sep, at 1:00 pm with 3 of 5 members.
Welcome to our newest member. To familiarize them, we discussed Archives guidelines and conducted a tour of archives files and material.
Nominations were sought for Committee Chairperson, Vice Chairperson, & Secretary.
Chairperson: Discussed. I've been in the position for two terms. I'll contact all committee members to ascertain whether any of them would stand for Chairperson. That nomination would have to be sent to area for election.
Vice Chair: Discussed, but no volunteers or nominations.
Secretary: Requirements and duties were discussed. Willy W. volunteered and qualified for Secretary and was elected with unanimous consensus.
 Discussed moving this committee meeting to the third Wednesday of each month. This was approved by unanimous consensus.
 Discussed files for each individual group, which would include the group's name; date the group formed, any changes of venue, and photos of the meeting spaces to capture changes over time.
 Discussed the physical custody of Archive materials, taking into account Area's storage facility. As the present location allows for immediate access, and all scanning, etc., can be done on-site, it was decided that they'll remain where they are.
We had no new business to discuss.
Our next meeting will be at 1:00 pm, Wednesday, 21 Oct, at 16 Arklow Dr., Cole Harbour.
YIS, Dave B.

LITERATURE Report:
The Literature Committee had a short meeting on September 20th.
At this time we have no name to put forward to area as a recommendation for the election all committee members have other responsibilities that would prevent them from stepping up to be considered by area for this position.
We are still in need of someone to step up for the Vice Chairperson. The Literature committee remains actively functional in ordering literature , maintaining the inventory and filling orders as the groups require them.
Literature has a contribution this month of $400.00
Our next business meeting will be held in person on October 18, 2026, at 9:30 am Zoom id:8305446 3712 PW cnana.
Literature Treasurer Dave B will walk us through the Literature finance report and answer any questions concerning it.
YIS Jennifer M

LITERATURE Treasurer Report:

Literature Treasurer's Report Date: **20 Sep 2026**

We have a **$400.00** Area contribution this month. We need to make a NAWS order.

Bank and Cash

Opening bank (Aug 23)	$4,432.69	**Opening cash**	$65.00	(petty cash)	
Bank charge (Aug 31)	-$1.95	**Sales:** Cash	$475.00	8	orders
Deposit (Sep 09)	$2,494.90	Cheque	$625.90	5	orders
		E-transfer	$1,661.50	19	orders
		Dir Dep/Square	$0.00	0	order
		Total sales	$2,762.40	32	total orders
			-$2,494.90	Already deposited	
			$267.50	To be deposited	
End bank (Sep 17)	$6,925.64	**End cash**	$65.00		
Bank and Cash total	$7,258.14				

Accounts Receivable None

Expenses

Item	Provider	Date	Amount	Notes
Cardstock, chq 0263	Staples	22-Sep-25	$60.81	
NAWS order 204922, chq 0262	NAWS	02-Jul-26	$1,705.40	received order
NAWS order 205165, chq 0265	NAWS	04-Sep-26	$1,046.84	received order
NAWS order 205185, chq 0265	NAWS	09-Sep-26	$2,782.57	received order
NAWS order 205229, chq 0266	NAWS	17-Sep-26	$51.70	not yet received
Total expenses			$5,647.32	

Asset Summary

Bank and Cash total	$7,258.14	(current value of bank funds & petty cash)
Inventory	$10,451.26	(current value of physical stock)
Expenses	-$5,647.32	(funds owed by Literature Committee)
Prudent Reserve	-$11,500.00	(approximately 3 months' operations)
Accounts receivable reserve	$0.00	(funds owed to Literature Committee)
Petty cash reserve	-$65.00	(petty cash allows timely completion of cash transactions)
Bank account reserve	-$25.00	(ensures unforeseen charges don't leave a negative balance)
Available Balance	**$472.08**	
Sep Area contribution	$400.00	
Retained for future orders	$72.08	

PUBLIC RELATIONS COMMITTEE: Aubrey L

Fred standing in & gave verbal report

EXECUTIVE REPORTS

RCM: Paula R
September
Greetings folks. Not much to report this month. I did attend the PR roundtable and two workshops at CANA/ACNA. One was a workshop on proposed changes to IP#1 – please take the time and remind your group members to do the same and go to na.org and complete the survey under projects and surveys, this is open until the end of October. The other workshop was "Growing our Local Fellowship", which was a great workshop. I have the material and I think it would be great to have this workshop here in our local area. The PR roundtable was well attended, and our PR Chair, Aubrey, spoke and provided a great message with lots of feedback.
Regarding the CBDM (consensus based decision making) workshop, I opted to ask the Activities committee to hold this at the Fall Recovery event, so that it can be an in person event. Hope to see you all there.
Yours in service,
Paula R. RCM.
PS: I notice my report and the acronym page was missing from the minutes – will ask the secretary to include them again.

August
Good day. Region met August 9 on zoom. All ASC's except Newfoundland were present. All executives were present. Unfortunately, no observers were present. Our next RSC will be November 8, 2026, again on zoom. Again, we would really like to see more participation from Areas and from NA members. We still have several positions open – Alternate RD, Webservant, Treasurer, Vice Chair. The guidelines were passed, and elections are staggered. RD and RD alternate are every 3 years, with next nominations May of 2028 and elections August 2028. Chair, Vice Chair, and Secretary nominations May 2027, elections August 2027, two year terms. Treasurer, PR Chair and Web Coordinator nominations were May 2026, elections August 2026, two year terms. NANB still has 7 groups with 12 meetings per week. They have ongoing Detox and Dorchester commitments, and are trying to get in to the women's shelter.
NNB held their Unity day, and it went very well, although only 15 members attended. Groups are still doing well. PEI meetings are still going well. Their annual campout went well. They have commitments in 2 recovery homes, the provincial jail and the detox facility. They are working on 2027 Unity Day preparations.
RSC still has no treasurer, but the Chair is providing reports and updates. A consensus was reached to use the money above prudent reserve that would generally contribute to WSC and CANA to help top up the RD fund for upcoming CANA meetings.
We set the date for the next Regional Assembly – May 15&16, and it will be held in Halifax.
Reminder – CANA meetings begin Monday Aug 14 in Moncton, and the convention begins Friday Sept 18. Hotel rooms are almost fully booked. As of Aug 9, there were already over 200 people registered. Reminder – August 31 is the last day for reduced preregistration – if you're going – get registered asap. Lots of volunteers required, so, if you would like to volunteer, please go to the website and offer your services. It's a great way to get involved and meet new members. There will be a PR roundtable on Friday Sept 18, hoping to attract strong participation from local professionals, to help strengthen our public profile and connect more people to meetings. Our regional PR chair will be assisting with this endeavor.
In NAWS news, September 5 is Unity Day. It starts at 3pm Atlantic time, Zoom 862 3150 9876 passcode 1953 – I have some fliers here. Revision of IP# 1 for changes to gender related language is underway and will be available for fellowship to review – check it out at na.org. This will be in works for approval at the WSC 2029, after being placed in the CAR. There are 3 new IDT's for the cycle – Attracting Members to Service and Mentoring Them, Welcoming New Members, and something related to group and area service.

Regarding the CBDM workshop, I made the decision to cancel due to the Windsor group having a function the same day. I will look at a date, most likely the Saturday before our next ASC, to reschedule. FYI, remember, we do have the Simplified CBDM handout available on our website under Guides and Forms, please take some time to read this document prior to the workshop.
Also, last month I had advised I would resend the Acronym guide, but forgot to include it. So, I will include it with my report this month.
That's about all folks, unless I missed something.
Yours in service, Paula R, RCM

TREASURER Report:
Treasurer's Financial Report for September 26,2026 to October 23,2026
Prudent reserve $1,250.00
Insurance deductible reserve 1,000.00
Insurance Premium reserve 1,225.00
Total reserve .....$3,475.00 Opening balance $1,102.55
Income:
Breaking Free (#000021).....253.80
Guiding Principles (cash) 59.00
I Can't We Can (#089).....90.00
Last Chance (cash).....68.50
Liberation (#000092) 200.00
Sharing The Message (cash).....51.00
Total income $1,122.30
.....Sub total..... $2,011.00
Expenses:
Storage Locker Fee (U-Store It) (#826)..... 162.80
ASC Printing Expense (Dave B) (#825) 30.00
Candlelight Travel Expense (#822) 150.00
Orchard Valley travel expense (#823) 34.92
Phoenix Group (CB) (#827) 183.28
Insurance Premium Reserve Transfer..... 175.00
Rent for October (#8).....
Eastlink (cell phone) (PAD) 56.61
Bank fee (PAD) 4.95
Total expenses ..... $897.56 .....-$897.56
Opening balance +Total income - Total expenses = Closing balance..... $1,102.55
Our reserves now stand at:
Prudent reserve.....$1,250.00
Insurance deductible reserve 1,000.00
Insurance premium reserve.....1,225.00
Total reserve $3,650.00
YIS, Kathleen M

VICE-CHAIR: Vacant

CHAIR: Jennifer M

BREAK – 15 minutes
Attendance after break – Breaking Free, Last Chance not in attendance after break. New Vision in attendance after break

NEW BUSINESS:
Open Positions:
RCM – Paula volunteered and qualified. Questions/Comments: Fred asked if the reason why she chose not to take the nomination. Paula confirmed all good
Treasurer – Paula nominated Kathleen. Kathleen accepted and qualified

OLD BUSINESS: ELECTIONS (PLEASE TAKE BACK TO YOUR GROUPS TO VOTE ON)
Open Positions:
Area Chair – JuleeAnn nominated Jennifer. Jennifer accepted & qualified
Vice Chair – no nominations or volunteers
Secretary – Chair, Jennifer, nominated JuleeAnn. JuleeAnn accepted & qualified
Alt Secretary – Ryan M volunteered & qualified
Alt RCM – no nominations or volunteers
RCM – Jennifer nominated Paula R. Paula accepted
Treasurer – no nominations or volunteers
Alt Treasurer – No nominations or volunteers
Literature Chair –
Activities Chair –
Archives Chair -
Public Relations Chair – Aubrey volunteered & qualified

PROPOSALS:
OLD BUSINESS:
Proposal #1

Committee: Public Relations	Money proposal? Yes: ☐ No: **X**
Proposer: Chair, Aubrey L First name & initial, position (eg: Jimmy K., GSR, NA Group)	Date: 30 – August - 2026 (day – month – year)
Proposal: Change line 9.6 of our guidelines to read "Executive positions except Web Coordinator. Web Coordinator may be held for a maximum of 2 consecutive terms"	
Intent: To allow the non-executive positions to serve more terms due to the importance of this position. To allow accountability and continuity of these positions and their services	
Financial impact: none	
Background info / Proposal rationale / Contact persons outside the committee, etc. (if required, use other side) N/A	

This part is completed by the committee secretary

Committee Decision: GSRs to take back to their groups	Consensus total:
Assent: 12 , Assent with reservation: , Stand aside: 1 , Block:	
Reasons for Reservation/Stand aside (optional): *Sharing the Message	
Reasons for Block (mandatory):	
Person responsible for incorporating this proposal:	
This proposal is to be incorporated on or before the date of:	
Signature: JuleeAnn A Secretary/Chairperson	Proposal #:

Standby = Sharing the Message
12 x yes
Passed

OPEN FORUM:

- Ryan - understood that CBDM, that Area votes in case of a Standby and Passes.
- Sherry – asking if Area will put on an "Inclusion Workshop"? Asked that groups be very careful about inclusion. One meeting, a couple people said that their facility is accessible. Groups should not be separating persons with disabilities. They should be included. Make sure meeting lists are up to date. When noting "accessible" on meeting lists this could mean blind, wheelchair, hearing impaired etc.
- Amy – someone was asking about childcare at the meeting. Is there anything we could put in place for childcare during meetings
- Jennifer – would the groups be interested in having a workshop at this body? About childcare, has been to meetings that do have a separate room for childcare. If we hire a sitter, we will have to have criminal record check and a vulnerable sector check. It is not entirely clear that this is the way should proceed.
- Dave B CAN seems to not quire understand how proposal forms should be filled out. I have copies currently. Area Secretary to email out again. Also, Consensus – notes reasons to stand aside and reasons to block. Secretary to add in Sharing the Message's wanting to stand aside on the PR Proposal.
- Paula – have experience with people having taking children out if they are being disruptive. This is not something that we want to follow. Also, we can't police who says what. Also, addressed Sherry in that if a member or members are not feeling safe, this is being said here.
- Em D – online is a great idea but can't hear clearly. Looking to have feedback on possibility of getting a microphone that could be set in middle of table to better hear.
- Ryan – re; childcare, I wasn't sure about hiring someone. Concerns that NAs money should be used to pay for a child sitter.
- Paula – if groups start to hire people and pay with NA funds, this is something we do not want to get into.
- Jeff – speaking about this, whole different with legalities.
- Jennifer – childcare, we have in the past had to wipe down room in case of germs/bugs.
- Joey – personally speaking, I am good with having my son there. At times, they play in the backof the room. Or someone may take them outside to help.
- Sherry – has been to meetings that they speak of children and pets are a distraction

GROUP CONCERNS:

- Starting Point, using gender neutral language. RCM would like to know at NA World Services who has given approval to Shelter from the Storm should not be using gender neutral language until this is NA World Service approved. (Info taken from Paulas notes, read on phone, for me to get this). Readings

do not have to be read that are currently being read. Following NA World Literature Guidelines, Property Trust. Shelter from the Storm is against this. Understands but the group feels very strongly about this. Can we brainstorm readings? Paula suggesting going to na.org Shelter is asking if something that could be added to opening preamble? Emily will still talk about this at the home group level. Can put it in the format. However, the readings are not at the discretion of each group. Conversation about keep things as they were – they are not broken. The thing is, it is broke. We are in a totally new generation. Changing to gender neutral language is going to help newcomers to come in. We want to be more inclusive. Question re: will this also change our steps. We make room for whoever is suffering, whether a newcomer or an old timer. We must make time in our hearts for those who are no willing change. The steps cannot be changed by NA. They are adapted from AA. There is nothing we can do about this. The steps are ours, only if we take care of them. Our steps and traditions are only AA for 5 more years and then NA can change them. Have seen a severe decline in membership in NA over the past 10 – 15 years. So, there is something we need to do, to attract members. We cannot stay stuck on "what used to be". There seems to be a much bigger problem rather than gender neutral language. Chair, how proud she is about how we can voice in our concerns and we can listen and respect one another. That is recovery working. Thank you for your patience.

Meeting closed at 4pm
The next Area will be held October 25th, 2026, 1pm
In Person: 322 Herring Cove Road
Online: Zoom ID: 835 6431 9622. Password is "cnana"

In loving service, JuleeAnn, Acting Area Secretary
Email: secretarycnana@gmail.com