

**ABCD REGIONAL SERVICE COMMITTEE OF N.A.  
MINUTES OF JANUARY 8, 2015 MEETING  
[WWW.ABCDRNA.ORG](http://WWW.ABCDRNA.ORG)**

<b>ABCD REGIONAL SERVICE BODY MEMBERS</b>			
CHAIRPERSON	<b>OPEN</b>		Open
VICE CHAIRPERSON	<b>OPEN</b>		Open
TREASURER	<b>OPEN</b>		Open
SECRETARY	Marc E.		June 2015
REGIONAL DELEGATE	Sandy M.		July 2015
REGIONAL DELEGATE ALTERNATE	Pat H		July 2015
ALBANY/RENSSELAER AREA RCM	AI P.		Area
BERKSHIRE COUNTY AREA RCM	Teri J.		Area
GREEN MOUNTAIN AREA RCM	?		Area
MID-HUDSON AREA RCM	Michelle L.		Area
MOHAWK RIVER AREA RCM	Lenny M.		Area
SAMMA RCM	?		Area
HELPLINE	<b>OPEN</b>		Open
HOSPITALS & INSTITUTIONS	Shawn		Jan 2015
POLICY	<b>OPEN</b>		Open
FELLOWSHIP RESOURCES	<b>OPEN</b>		Open
CONVENTION CHAIR	Lillian S.		Dec 2016
CONVENTION VICE CHAIR	<b>OPEN</b>		Open
CONVENTION TREASURER	<b>OPEN</b>		Open
ALT. CONVENTION TREASURER	<b>OPEN</b>		Open
MEETING LIST COORDINATOR	<b>OPEN</b>		Open

<b>REGIONAL/AREA SERVICE COMMITTEE MEETINGS</b>			
ABCD Region	First Thursday of each month	7:00 PM	McKownville Church, Albany, NY
Albany/Rensselaer Area	Last Thursday of each month	7:00 PM	14th St. & 1st Ave., Watervliet, NY
Berkshire County Area	Third Tuesday of each month	6:30 PM	B.M.C., Private dining rooms, Level G, 275 North St., Pittsfield, MA
Green Mountain Area	Last Sunday of each month	1:15 PM	Springfield Hospital Library, Springfield, VT
Mid-Hudson Area	Last Thursday of each month	7:00 PM	Rotating locations
Mohawk River Area	Last Saturday of each month	1:00PM	970 State St., Schenectady, NY
SAMMA	Second Sunday of each month	3:00PM	37 Saratoga Ave., S. Glens Falls, NY

**Call to Order**

Meeting was called to order at 7:00 PM with a moment of silence, followed by the Serenity Prayer. The Service Prayer, the Twelve Traditions, and the Twelve Concepts were read. Roll call was then taken.

**Roll Call**

<b>POSITION</b>	<b>NAME</b>	<b>PRESENT</b>
Chairperson	OPEN	
Vice Chairperson	OPEN	
Treasurer	OPEN	
Secretary	Marc E.	✓
Regional Delegate	Sandy M.	
Regional Delegate Alt.	Pat H.	✓
ARANA RCM	AI P.	✓
BCANA RCM	Teri J.	✓
GMA RCM	?	
MHA RCM	Michelle L.	✓
MRA ASR	Lenny M.	✓
SAMMA RCM	?	
Helpline Chair	OPEN	
Hospitals & Institutions Chair	Shawn	✓
Policy	OPEN	
Resources Coordinator	OPEN	
Convention Chair	Lillian S.	✓

Convention Treasurer	OPEN	
Meeting Lists Coordinator	OPEN	

Visitors: Matt (Web Servant), Jake, Lance, Michael, Moses

**Review of Minutes from previous month** – accepted.

**Treasurer’s Report** – see attached

**Representative Reports**

**Chair Person Report** OPEN  
(Written report from Acting Chair – Marc E.)  
Good evening,

First of all, I thank you for letting me serve.

I would like to take the opportunity to address several items that concern our region, and that have been the subject of discussion by this body, and by members of our region, areas, and groups.

The first subject is policy. For some time now, we have been working toward the goal of simplifying and clarifying our Regional Policy, and the associated Convention Policy. It is time for us to take action on this matter. We have encountered many instances where we were unsure how to proceed with matters, that a simple policy, based primarily on the Guide to Local Services, would have provided suitable guidance and might have led to decisive actions, and greater unity of purpose. In particular, with the absence of addicts to fill a number of important positions, and with a new Convention Committee being constituted as we meet, it is more important than ever that our policies and procedures be clear and understandable. Towards this purpose, a modified version of our existing policy, with tracked changes, has been sent to all members of this body. It is not perfect. But it is a workable framework, a tool that we can use to guide our deliberations and actions. In the name of unity, I am urging its adoption AS IS. There will always be some parts of a document such as this that some will feel need improvement. There will be ample time and opportunity to build on this framework. But we do need a framework, and we need it now.

For the past several months, we have been talking about a proposal from the Green Mountain Area to begin rotating the location of our monthly RSC Meeting. We devised a sequence of rotation and most of the RCMs have come back with proposed meeting locations. I believe we need to put this proposal into action immediately, and possibly move the meetings to a Saturday morning. I am concerned that our current meeting time and date is restricting the pool of qualified and available addicts who wish to do service at the regional level. Furthermore, a switch to a Saturday morning would allow for the opportunity to hold regional assemblies or learning days in conjunction with the RSC meeting. This would further our mission to “pool and develop local service resources that can be used both by groups and areas in better fulfilling their responsibilities.” (page 87, Guide to Local Services) In her letter to the ABCD Region, Mary W suggested topics that might be useful in organizing such events. Whether we want to implement these suggestions, or just begin rotating the location of the RSC meetings at the current date & time, the time to move into action is upon us. According to the schedule that was previously agreed upon, February would be the last meeting at this location – March & April would be held at a location in the Berkshire County Area. Again, I feel that these moves would be in the best interests of unity, diversity, and the spirit of service to the addicts who still suffer.

A final item that concerns all of us is the prudent use of our limited Regional funds. It is currently our policy that a storage unit is to be maintained for the purpose of storing our archives. This costs our Region over \$500 each year. As a former storage facility manager, I used to advise my clients, and prospective clients, that storage can become a nearly permanent expense, and must be weighed carefully against the value and need for the items to be stored. We simply do not use these archives. I can understand though, the desire to keep a running history of the deliberations and actions undertaken by the RSC. I have a reasonable and prudent suggestion. The archives should be taken out of storage and handed over to the Regional Secretary, a one-time purchase of a scanner and external hard drive would be expensed, the Secretary would undertake the digitalization of the archives, and this method of maintaining our records would be written into policy, in place of the previous method. This would make the archives immediately available to those who wish to access them, and end our reliance on a costly service – freeing funds to directly support our goal of bringing the message of recovery to the addicts in our groups, Areas, and our Region.

Some of these items do not need a change in policy in order to become effective, and some do. It is my hope that through consensus we can quickly act on those that do not require a policy change. We are TRUSTED servants. Not everything must go through the painstaking process of being brought back to the individual group members, as they have

endowed us with their trust in making decisions that are in the best interest of the furtherance of the missions of the Region. Those that do require a change in Policy require action by you, the RCMs. Motions need to be made if we are to move forward. There will be plenty of time for discussion, and consideration by the Groups, once action is taken at the Regional level. I urge you to consider what I have said, in the interests of the unity of our Region, the spiritual values of prudence and service, and our primary purpose.

In humble service, marc e.

**Vice Chair Report** OPEN

**Secretary's Report** Marc E. (no written report)

I spent \$10.93 on printing, copies of the minutes and blank motion forms. Receipt will be handed to Acting Treasurer.

**Regional Delegate Report** Sandy M. (no written report)

No report.

**Regional Delegate Alternate Report** Pat H. (written report)

Good evening.

As you may already be aware, Sandy will not be here, she is on vacation. Not much going on during the holidays but upcoming events include what is being called a Multi Regional Traditions Book workshop being held downstate in the Greater New York Region, specifically Staten Island. January 24, 2015 @ 1:00 pm – 5:00 pm at St Mary's School, 1124 Bay Street, Staten Island, NY 10305: Info: Elwood . What is pertinent is that this event's contact person is one of the Traditions Book Workgroup members, appointed by the World Board. He has sent out feelers to get input. This is important because the deadline for input on the Intro and Tradition One portions of this book is January 31st. I am not sure who else is going from the ABCD Region. I recall Sandy saying she will try to make it. Please check out information on [na.org](http://www.na.org), specifically: [http://www.na.org/?ID=trads\\_project](http://www.na.org/?ID=trads_project)

The North East Zonal Forum will be held April 24-26th in Cromwell, CT. Room rates are \$99 per night plus tax. See the flyer attached. The hosting region is having its first Service Symposium on Saturday April 25th and hopes that members from not only the NEZF but all over will come out and support it. The NEZF is attempting to create something similar to MARCLNA or the Western States Learning Day, a multi regional event. Sandy and I are required to attend the NEZF so we will need to have the rooms reserved soon.

I have continued to make announcements about our many open positions on the regional level. My home Area's vice chair continues to be the first line in responding to calls on the helpline. He has never been trained for the helpline but was given the responsibility by the former Helpline Chair. He has relied heavily on the area's PI chair to provide proper information and guidance when it goes beyond finding a meeting. He has also told us that he gets calls from beyond the ABCD Region. I think this may be because of our name. Just like at the WSC, we are given Number 1, based on the alphabet, we may also get calls from members outside of our Region for the same reason. Perhaps someone can reach out to Teresa to get whatever stuff should be forwarded to the next helpline chair. I would be willing to make contact with her if all else fails.

The MRA ASR stepped down for health reasons and I hope that our nominee will be here to carry the MRA's conscience.

ILS,  
Pat H.

**Area Business**

**Albany Rensselaer Area**

(awaiting written report)

**Berkshire County Area**

(Written report)

BCA met on Dec 16, 2014. The activities committee held a New Year's Eve Dinner, Speaker Dance. There will be an Open Mic Night on Jan 24, 2015, from 7:30 PM – 11:00 PM, \$7 suggested donation. It is a fundraiser for our Campout which will be held July 17, 18, 19 at Camp Chesterfield.

We have several open positions – Public Relations Chair, Phoneline Chair, and Alt RCM, as Lloyd S (Alt RCM) has stepped down. We still continue to operate below our Prudent Reserve at the Area level.

In loving service, Teri J.

**Green Mountain Area**

(no written report) Absent  
No report.

**Mid-Hudson Area**

(Written report)

My name is Michelle, L. and I'm an addict.

**Report:** Mid-Hudson Area met on 12/18/14 and at our last Area meeting quorum was reached both before and after the break of GSR's. Our Area donation is \$229.30 and the area has re-issued September donation minus the bank fee to stop payment for 331.60. Bobby R acting ABCD Convention Vice Chair did attend MHA meeting in an effort to address issues raised by the MHA at the RSM relative to thoughts surrounding mis-appropriated funds and vendor contracts being signed w/o convention treasure knowledge. Some suggestions were made as to where and how funds could and should be used. MHA member suggested that amends of a financial nature be made to the fellowship. Bobby, R was gracious in that he did share he is acting vice chair on the current committee and could not speak on amends from committee prior. Bobby did suggest that as an area MHA get involved announcing that the convention committee will be meeting two Thursday's a month and that elections for convention committee positions will take place at the 2/12/15 meeting; which meets at this location- McKownville UMC in Albany.

**Open positions in our Area are:** There are many open positions coming up as they are voted on yearly basis.

**UPCOMING EVENTS:****Valentine's Day Dinner/Meeting:**

2/14/15 from 6-10 PM place TBD w/ \$3.00 suggested donation. There will be three speakers speaking on the heartbeat of the program, intimacy, and the first tradition. Flyer to Follow

**SUBCOMMITTEE MEETINGS**

H&I meets on the third Thursday of the month at St. James Methodist Church at 7pm.

Events and Activities meets every Wednesday at 6:00 PM with a new meeting place TBD.

PI and Helpline Subcommittee meeting specifics to follow during Feb. 2015 RSM.

Next Area Service is 1/29/15 at 7 pm at St. James Church Methodist Church.

In Loving Service,  
Michelle, L

**Mohawk River Area**

(no written report)

At our December Area meeting there were 13 GSRs present. Open positions include Alt Treasurer, Secretary, Alt ASR. Robert H brought up issues with an article in the local media that it was felt violated our 11<sup>th</sup> Tradition. PI promised to bring such articles to Area before publication, in the future. MRA Christmas Marathon made \$154.00, and we are operating above our Prudent Reserve.

**Southern Adirondack Miracles**

(no written report) Absent

No report.

**Subcommittee Reports**

**Help Line OPEN**

**Policy OPEN**

**Convention Chair**

We held a focus groups last month on Thursday, December 11<sup>th</sup> at the SEFCU Building in Albany. The meeting was well attended with many people expressing their willingness to do service. We introduce the members of the executive committee, Lill S. Chairperson, Bobby C. Vice Chairperson, Lance D, acting Treasurer and Joyce C. Secretary. We also expressed that we would like the Convention Committee to be open, collaborative and cooperative and that we are committee to including all areas within our region as much as possible and for that reason we would not be accepting

nominations for subcommittees until information regarding nominations could be distributed to all areas. We advised that the members of the executive committee would be making every effort to visit each area meeting to introduce ourselves and invite their participation in convention planning. We further stated that nominations for subcommittee chairs would begin at the February meeting to be held on February 11<sup>th</sup>.

There were a few people who felt we were out of order by not accepting nominations at the December focus group. However, we pointed out that that meeting was not a formal convention meeting, it was not open in that manner nor conducted as a convention committee meeting. There were some references to policy but not to specific points of policy which made it difficult to respond to. The executive committee had decided to add a policy position to the convention committee. The position could aid in any revisions we may need to make to the current policy as well as researching any disagreements and providing a resolution based on the policy, concepts and traditions. We have managed to get the bank account transferred to this executive committee. We've also purchased supplies in bulk to be more cost effective. We held one event thus far, a new year's eve dance which was well attended and successful. We have a second event for Valentine's Day, Saturday, February 14<sup>th</sup>.

Our next meeting will be on Wednesday February 11<sup>th</sup>. We decided to move the meeting to the second Wednesday of the month as several other service committees meet on Thursdays which creates a conflict for some people. The February meeting will be the first actual committee meeting and the goal will be to accept nominations for subcommittee chairs to be elected at the March meeting. (question). The executive committee plans to complete our visits to area meetings before the February meeting and we have submitted flyers announcing that meeting as well as the Valentine's Day dance.

ILS  
Lill S.

**Convention Treasurer**

Beginning Balance	\$ 8,000.00
Expenses	\$ (834.74)
Revenue	\$ 597.00
Ending Balance	\$ 7,762.26

**Hospitals & Institutions Chair**

Greetings, we continue to meet regularly by conference call, however we did not meet this past month in January, therefor I do not have much to report on this month. Although I have spoken with some of the Area Chairs and can report that I am aware of no problems at this time with any of their subcommittee. However there are some areas having some problems with not having enough panel leaders to fulfill all of their commitments, but the commitments are being done! As previously discussed we did receive the donation from the ECCNA of 3 cases of basic texts totaling 84 books of which 72 were English and 12 Spanish. We had decided that with the 6 areas each would receive 12 English and 2 Spanish. Which I will be distribute at are next Regional meeting on Thursday January 8th 2015 to all the RCM's that are present and I will make arrangements to deliver to those who are not present. I received a letter from the ECCNA executive body and was asked to read it at are next RSC meeting. I will also submit it with my report to be included in the Regional minutes. I realize my commitment as Regional H&I chair ended in December 2014. I will continue to serve until such a time when the RSC will consider my nomination for another term. Our next Regional conference call meeting will be held Wednesday February 4th at 9pm.

IN LOVING SERVICE TO OUR FELLOWSHIP  
Shawn M. ABCD Regional H&I Chair

**ECCNA Convention Ad-Hoc Committee**

(no written report)

First of all, we have received our allotment of 3 cases of Basic Texts (84) from ECCNA 2014, to be evenly distributed among our 6 member Areas, designated specifically for correctional institutions.

As far as hosting ECCNA itself, in the future, we might want to look at 2017, as 2016 is the year of our own convention. It would be a wonderful idea, as there is no financial obligation, and the payoff in Basic Texts for our correctional institutions would be a windfall in our ability to carry the lifesaving message of Narcotics Anonymous behind bars. Traditionally, ECCNA has been held at a college facility in the off season. As involvement in fundraising events may be part of our obligation, I will seek out further details and report back to this body.

In loving service, Shawn

## **Fellowship Resources Chair OPEN**

### **Meeting List Coordinator OPEN**

Al P reported that all were sold except for 150, and the next printing will be in February. He is willing to coordinate the meeting list printing and distribution for 6 months, so it is imperative that we find a permanent candidate for this position as soon as possible.

### **Open Sharing**

- Matt, the Web Servant was in attendance and spoke about the state of the ABCD Region Website, currently being rebuilt. He chatted with the hosting company and got a 2<sup>nd</sup> line of defense against bot attacks. He posted info on the "Coming Soon" page including a link to a meeting finder, and our helpline number. We're hoping to go live in about a month. Matt offered his opinion that the WebSite probably doesn't belong under the purview of the HelpLine Sub-committee, it could probably be a subcommittee in and of itself.
- Discussion continued on Green Mountain Area's suggestion that we rotate the location of the monthly RSC Meeting. Discussion centered on the idea of moving the RSC Meeting to Saturday morning in each of the Areas according to the schedule below. Moving to a Saturday morning was seen as a move that might attract other addicts to service, and make possible the co-scheduling of regional workshops. Since we need to assess the availability of the meeting place in Berkshire County Area, for the March and April RSC Meetings, we will take up this issue again at the February 2015 RSC Meeting.

Jan, Feb – MRA  
Mar, Apr - BCA  
May, Jun - MHA  
Jul, Aug – SAMMA ?  
Sept, Oct – GMA  
Nov, Dec – ARANA

### **Old Business**

#### **Motions as follow:**

#### **#0904144**

**Motion Maker:** Doug B

**Second:** Al P

**Motion:** To set up a Prudent Reserve of 2 months annualized average expenses, to be reviewed annually, or as needed.

**Intent:** To allow Region to still run, pay rent, buy literature and other necessary items to help the Areas bring the message to the newcomer & recovering addicts.

**TABLED**

#### **#1106141**

**Motion Maker:** Doug B

**Second:** Al P

**Motion:** To nominate Phil S. for Treasurer

**Qualifications:** 17 years 6 months clean; been a part of Region for 16 ½ years, been Chair, Vice-Chair, Outreach Chair, Policy Chair; Has a sponsor and sponsees; works the 12 Steps, 12 Traditions and 12 Concepts.

**60 day Election motion**

**Candidate was not present – motion will be voted on at the February RSC Meeting**

### **New Business**

#### **Motions as follow:**

#### **#0108151**

**Motion Maker:** Al P.

**Second:** Michelle L.

**Motion:** To nominate Lance D. for Convention Treasurer

**Qualifications:** 26 years clean; Past Convention Chair & Vice-Chair; knowledge of 12, 12 and 12; various other positions at Group level; 26 years of continuous employment.

60 day Election motion to be voted on at the March RSC Meeting

**#0108152**

**Motion Maker:** Matt A..                      **Second:** Shawn M.

**Motion:** To nominate Jake R. for Meeting List Coordinator

**Qualifications:** 1 year 3 months clean; Sponsor, Working Steps 1 through 5 so far; regular meeting attendance; desire to serve Region.

60 day Election motion to be voted on at the March RSC Meeting

**#0108153**

**Motion Maker:** Michelle L.                      **Second:** Al P.

**Motion:** To move RSC Meeting to Saturday mornings in an effort to allow more participation, and to coordinate with workshops

Housekeeping Motion Tabled while information about meeting locations is confirmed

**Announcements (Including Treasury Balance)**

Meeting Closed with Serenity Prayer

**AGENDA FOR ABCD RSC**  
**Thursday – February 5, 2015 7:00pm**  
**McKownville UMC**

1. Bring Meeting to Order @ 7:00 p.m. w/Serenity Prayer
2. Reading of the Service Prayer
3. Reading of the 12 Traditions of N.A.
4. Reading of the 12 Concepts of N.A., followed by reading of the Monthly Concept.
5. Roll Call
6. Minutes of Last Meeting
7. Treasurer's Report
8. Alternate Treasurer's Report
9. Representative's Report
  - A) Chairperson
  - B) Vice Chairperson
  - C) Secretary Report
  - D) Regional Delegate
  - E) Regional Delegate Alternate
10. Area Business:
  - Albany-Rensselear Area RCM Report
  - Berkshire County Area RCM Report
  - Green Mountain Area RCM Report
  - Mid-Hudson Area RCM Report
  - Mohawk River Area ASR Report
  - Southern Adirondack Mountain Miracle Area RCM Report
11. Subcommittee Reports:
  - A) Helpline
  - B) Policy
  - C) Convention Chair
  - D) Convention Treasurer
  - E) Hospitals & Institutions
  - F) Ad-Hoc Committee(s)
  - G) Fellowship Resources
  - H) Meeting List Coordinator
12. Old Business

**Old Business**

**Motions as follow:**

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**Motion Maker:** Doug B

**Second:** Al P

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**Qualifications:** 1 year 3 months clean; Sponsor, Working Steps 1 through 5 so far; regular meeting attendance; desire to serve Region.

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**Motion Maker:** Michelle L.                      **Second:** Al P.

**Motion:** To move RSC Meeting to Saturday mornings in an effort to allow more participation, and to coordinate with workshops

Housekeeping Motion Tabled while information about meeting locations is confirmed

13. New Business
14. Announcements (Including Treasury Balance).
15. Close the Meeting with the Serenity Prayer

"KEEP COMING BACK"

## ABCD Region Treasurer's Report

January 8 2015

The opening operating balance last month was \$ 2228.89 with \$ 420.56 in meeting list funds. Our WSC fund \$799.24 Our insurance fund was \$ 1000.00 for a total fund balance of \$4448.69

### Our income of \$ from the December RSC meeting included:

SAMMA donation: \$  
MRANA donation: \$25.00  
ARANA donation: \$  
MHANA donation: \$338.44  
BCA donation: \$  
Green Mountain Donation: \$  
Other: Convention Donation: \$1608.87 /never a lone group \$10.00  
SAMM RA meeting list: \$  
MRANA meeting list: \$100.00  
ARANA: meeting list: \$  
MHANA meeting list: \$40.00  
GMA meeting list: \$  
Berkshire: meeting list: \$  
Other:

Total Income: \$2122.31

### Our expenses of \$ at the December RSC meeting included:

Rent for ABCD: \$ 20.00	RD/ARD expenses: \$
Alchar Printing: \$	NAWS donation: \$364.00
Voicentation: \$44.95	Website (monthly) \$ 8.64
Storage locker (annually): \$	Insurance Fund: \$100.00
Transfer to WSC Fund: \$75.ber00	
P.O. Box (annually) \$	

Total Expenses: \$ 612.59

### We closed the December RSC meeting and open today's meeting with an:

**Operating balance: \$ 3639.09**

**Meeting list fund: \$ 560.56**

**WSC fund: \$ 874.24**

**Insurance fund: \$ 1100.00**

**Total fund balance: \$6179.89**

In Loving Service,  
Phil S.