



CENTRAL NOVA AREA SERVICE COMMITTEE OF NARCOTICS ANONYMOUS

November 29, 2020

No Amendments to October minutes. Kevin C Adopted and Dolores F Seconded

AREA SERVICE COMMITTEE EXECUTIVE OFFICERS

RCM	Acting: Jennifer M	Present
Alt. RCM	Jewlz M	Present
Chair	John B	Present
Vice-Chair	Vacant	Present
Secretary	Julee A	Present
Alt. Secretary	Vacant	Vacant
Treasurer	Supriya D	Present
Alt. Treasurer	Vacant	Vacant
Activities Committee Chair	Acting: Pete B	Present
Literature Committee Chair	Acting: Lisa A	Present
PR Committee Chair	Bill H	Absent

HOME GROUPS – GSR’S, ALTERNATES OR REPS – ATTENDANCE

(If there is an asterisk beside the GSR’s name it means they were present but left before voting and was therefore marked absent.)

Group	Rep	Present	Report	Vote
1. 90 in 90		No	No	No
2. A New Way to Live	Rosey K	No	No	No
3. Breaking Free	Darren B	No	No	Yes
4. Get Honest or Die	Jewlz M	Yes	Yes	Yes
5. I Can’t We Can	Wade M	No	No	No
6. Just for Today	Kevin C	Yes	Yes	Yes
7. Last Chance	Julie C	No	No	No
8. Liberation	Cindy M	No	No	No
9. Nature of Recovery	Matt W	No	No	No
10. Never Alone	Kelly M	No	No	No
11. Nothing to Fear		No	No	No
12. Pride in Our Recovery	Patty W	Yes	No	Yes
13. Road to Recovery	Angela B	Yes	No	Yes
14. Serenity Seekers	Dolores F	Yes	Yes	Yes
15. Sharing the Message	Andrew M	Yes	No	Yes
16. Shelter from the Storm	Laura C	No	No	No
17. Starting Point	Daryl G	No	No	Yes
18. Strength in Numbers		No	No	No
19. Survivors	Rick E	No	No	No
20. We Do Recover	Ray K	Yes	No	Yes
21. You Have a Choice Today	Chrissy B	No	No	No

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

Group	Rep.	Present	Report	Vote
Circle of Hope	Jimmy Y	No	No	Yes
Clean if You Want to Be	Keith M	No	No	Yes
Foundation Group (info tbc)				
Freedom Group (info tbc)				
Fresh Start	Mike	No	No	Yes
Love Life	Kyle	Yes	No	Yes
NA Hope	Joey B	No	No	Yes
New Vision	Gary P	Yes	Yes	Yes
Pathway to Peace	Georges N	No	No	Yes
Phoenix Group	Kathy M	Yes	No	Yes
Spirit of Recovery (info tbc)				
Super Nova		No	No	Yes
Taking Care of Business	Mark S	No	No	Yes
You're Not Alone	Ernie C	No	No	Yes

CNA web-site: www.centralnovaarea.ca

CNA e-mail address: centralnovaarea@gmail.com

The meeting opened with the 'we version' of the Serenity Prayer at 2:07 pm. The 12 Traditions, 12 Concepts, Service Prayer and 'A Vision for NA Service' were read by the group. After corrections to last month's minutes were given: No errors or omissions. Minutes adopted by Kathy M and seconded by Jewlz M.

Attendance was taken with 7 out of 9 voting Groups present and 1 out of town groups equaling quorum. Total of 8 out of 9 voting Groups.

Observers: n/a

New Group asking to be Seated: n/a

Group Reports: For the sake of consistency, the end balance will NOT include the group's prudent reserve or the total GSR fund.

SUB-COMMITTEE REPORTS

Activities Committee Report: Pete B

Hello CNANA,

The Activities committee held our meeting yesterday on Nov. 28th on the zoom platform, we had 5 out of 7 voting members present at this meeting. I am filling in as chair this month due to no one being voted in as Activities chair yet so I will keep this report short and to the point. We would like to send out to the fellowship another invitation for all members to discuss the activities committee and to consider joining as well as consider the chair position. We are planning more events and could use help no matter what your clean time is.

Activities Report Continued...

Upcoming events:

We will be holding 'Inn out of The Cold' online this year and will have an open room on Dec 24th from 6 - 10:30 pm and Dec 25th from 11am - 9 pm on the You Have a Choice Today ID and password.

There will speakers, meetings, Santa, Music and Games. A poster has been submitted to area and an schedule will follow.

There will be a New Years Eve event on the You Have a Choice Today ID and password from 9 pm - 1 am with speakers, music, and a midnight countdown. A poster has been submitted to area.

Treasury Report: There is a contribution today from Activities for \$272.50 with a full treasury report to follow.

Moving forward:

Our next activities meeting will be a special meeting for the upcoming events that will be held on the Zoom platform on Saturday, Dec 19th, 2020 at 3pm.

ID number: 809117884

Password: cnana

Announcements are attached

Yours in Service

Pete B.

ANNOUNCEMENTS:

- We will be holding 'Inn out of The Cold' on line this year and will have an open room on Dec 24th from 6 - 10:30 pm and Dec 25th from 11am - 9 pm on the You Have a Choice Today ID and password. There will speakers, meetings, Santa, Music and Games. A poster has been circulated.
- There will be a New Years Eve event on the You Have a Choice Today ID and password from 9 pm - 1 am with speakers, music, and a midnight countdown. A poster has been circulated.
- Activities is looking for members no matter what your clean time is. What a great way to give back.

Literature Committee: Lisa A

Meeting opened at 10:30 am on Zoom with 5 of 7 voting members present to make quorum. No observers.

Reports

Treasurer: We have no Area contribution, due to the death of our treasurer, Rob M. We are currently going through his records and computer files and will have a statement at our next Area.

We've processed \$1,006.75 in orders between the last Area and the current imposition of COVID restrictions, and have received \$403.00 in orders today We have no info regarding institutional orders.

Old Business

Elections:

1. Vice-Chair: no volunteers or nominations.
2. Secretary: Rodney M. volunteered and qualified. Consensus was unanimous that Rodney become our Secretary. Congratulations, Rodney.
3. Treasurer: Dave B. volunteered and qualified. Consensus was unanimous that Dave become our Treasurer. Congratulations, Dave.
4. Alternate Treasurer: no volunteers or nominations.

Literature Report continued...

New Business

Name(s) for Literature Chair for Area consideration: Lisa A. was nominated with the committee unanimously waiving the clean time requirement in order for her name to be forwarded for Area consideration. Lisa will represent literature at Area today.

Proposals:

1. Proposal 2020-03: Relocation of Literature Inventory.
Intent: To protect our literature and provide more timely service.
Financial impact: None for the literature committee. A saving of \$50.00 per month rent for Area.
Proposer: Dave B., acting Secretary.
Consensus was unanimous to do this.

Announcements and Reminders to Groups

1. Reminder to groups/members who would like to place orders: We meet on the Zoom platform on Area Sunday at 10:30 am. While under COVID restrictions, orders must be emailed to literaturechaircnana@gmail.com. Payments may be made via e-transfer to the same email.
2. Until COVID measures allow us a semblance of normalcy, the literature committee will not be printing any meeting lists, as they may be out-of-date within days of printing. Groups should circle or highlight the front of their printed meeting lists where it states: "If this list is more than 3 months old, please check our online meeting list at www.centralnovaarea.ca"

Meeting closed at 11:25 am with the Third Step prayer. Next committee meeting: 31 Jan 2021 at 10:30 am on Zoom. YIS, Lisa A.

Member suggested looking at insurance policy if moving Literature box to members house.

Update: Literature box has been successfully moved to member's house. Per the Alt RCMs suggestion the Insurance company has been contacted to change the address of where the Literature is located.

Public Relations Committee: Bill H

No Report

Activities Committee Financial Report:

Included in report

Group Reports:

90 in 90

GSR: Philip M Alt GSR: None
No report

A New Way to Live

GSR: Rosey K Alt GSR: None
No report

Breaking Free

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

Get Honest or Die

GSR: Jewlz M Alt GSR: Kevin M
 Total Income: \$23.00 Rent: \$0 Literature Order: \$0 Other: \$0 GSR Fund: \$0
 ASC Contribution: \$0 Total Expenses: \$24.95 Prudent Reserve: \$48.28
 Total GSR Fund: \$40 Ending Balance: \$0

Home Group Members: 5 Members at Business Meeting: 4 Average Attendance: 12 - 15

**Is your Group reopening? If so, when? No

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

Yes ID: 799 808 741, no password

Announcements: Jewlz M is celebrating 2 years on Dec 17th at Get Honest or Die

I Can't We Can

GSR: Wade M ALT GSR:
 No Report

Just for Today

GSR: Kevin C Alt. GSR:
 Beginning Balance: **\$0.00** 7th Tradition: **\$5.75** Literature Sold: **\$0.00** Other: **\$0.00**
 Total Income: **\$5.75** Rent: **\$0.00** Literature Order: **\$38.00 (not group funds)** Other: **\$0.00**
 GSR Fund: **\$0.00** ASC Contribution: **\$40.26** Total Expenses: **\$3.75**
 Prudent Reserve: **\$150.00** Total GSR Fund: **\$0.00** Ending Balance: **\$0.00**

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

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

204 349 650 no password

Last Chance

GSR: Julie C Alt GSR:
 No report

Liberation

GSR: None Alt GSR: None
 No report

Nature of Recovery

GSR: Matt W Alt GSR:
 No report

Never Alone

GSR: Kelly M Alt GSR: None
 No report

Nothing to Fear

GSR: Steven G Alt GSR:

No report

Pride In Our Recovery

GSR: Patty W Alt GSR: Patrick M

Road to Recovery

GSR: Angela B Alt GSR: Kathleen T

Serenity Seekers

GSR: Dolores F Alt GSR:

Beginning Balance: **\$181.85** 7th Tradition: \$150 Literature Sold: **\$0.00** Other: **\$0.00**

Total Income: **\$332.45** Rent: **\$90.00** Literature Order: \$0 Other: **\$0.00**

GSR Fund: \$0 ASC Contribution: **\$100** Total Expenses: **\$190**

Prudent Reserve: \$0 Total GSR Fund: **\$135** Ending Balance: **\$7.45**

Home Group Members: 5 Members at Business Meeting: **3** Average Attendance: 15

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

914 269 069 (not a split meeting at this time)

Sharing the Message

GSR: Andrew M Alt GSR: Jade H

Shelter from the Storm

GSR: Laura C Alt GSR:

No report

Starting Point

GSR: Brian M Alt GSR: None

Strength in Numbers

GSR: Nick B Alt GSR: Adam B

No report

Survivors

GSR: Rick F Alt GSR:

No report

We Do Recover

GSR: Ray K Alt GSR:

You Have a Choice Today

GSR: Chrissy B Alt GSR: None

GROUP REPORTS FROM OUTSIDE HRM

Circle of Hope

GSR: Jimmy Y Alt. GSR:

No report

Foundation Group

No report

Fresh Start

No report

Living Clean (Bridgewater)

GSR: Cindy S Alt GSR: None

No report

Love Life

GSR: Kyle P Alt. GSR: Brie Y

No report

NA Hope

GSR: Joey B Alt. GSR:

No report

New Vision

GSR: Alt GSR:

Beginning Balance:	-31.46
7 th Tradition:	104.55
Literature Sold:	32.50
Other:	50.00 (lowered prudent reserve to \$100)
Total Income:	155.59
Rent:	50.00 (Dec)
Literature Order:	64.00 (Oct& Nov)
Other:	3.05 (Service Charge)
GSR Fund:	
ASC Contribution:	38.54
Total Expenses:	155.59

Prudent Reserve: \$100 Total GSR Fund: \$90 Ending Balance: \$0 below prudent reserve

Home Group Members: 9 (group meeting by texts) Average Attendance: 10 (5-15)

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

Our group is currently open Sunday night from 8-9pm. 55 King St. Truro. No zoom meetings.

Pre-covid, there were also meetings on Tuesday and Thursday. The church lowered our rent to \$50 from \$75.

Group Concerns: Further lockdowns may preclude in-person meetings. We might go to a Zoom format to maintain group cohesiveness. We are concerned that some potential attendees don't have access to a computer or cell phone capable of running Zoom. Others may have anxiety issues with the technology.

Does NA have a Zoom license available for our use?

Other Group Information:

Announcements: December milestones: Supriya D 31 yr, Ralph L 20 yr, Gary P 3 yr, Tia L 1 yr. Celebrations will be postponed to a later date due to covid concerns and will be held via Zoom if necessary.

Pathway to Peace

GSR: Alt GSR:
No report

Phoenix Group

GSR: Kathy M Alt GSR: None
No report

Super Nova

GSR: Wanda F Alt GSR: None
No report

Taking Care of Business

GSR: Mark S Alt GSR: None
No report

Talking Circle

GSR: None Alt GSR: None
No report

You're Not Alone

GSR: None Alt GSR: None

EXECUTIVE REPORTS

Regional Committee Member (RCM): Jennifer M
No report

Vice-Chair Report: Vacant

Area Chair: John B
No report

Treasurer's Report: Supriya D

October 26 through Nov 29, 2020

Opening Balance: \$1401.18**Income****ASC Contributions:**

Activities:	272.00
e-transfers:	22.00
New Vision:	38.54
Pride In Our Recovery:	110.00
Sharing the Message:	85.10
Shelter From the Storm:	<u>25.00</u>
Total Income:	\$ 552.74

ASC Expenses

Post Office yearly fee:	276.00
Cellphone:	59.28
Bank fee:	4.95
Insurance Premium:	120.00
Nov. Rent:	50.00
Freedom Voice:	<u>55.60</u>
Total Expenses	- \$565.83

Opening balance:	\$1401.18
Total Credits:	+ 552.74
Total Expenses	<u>-565.83</u>
	\$1388.09

Less Prudent Reserve	<u>-1,250.00</u>
Total Above Pr. Reserve:	\$ 138.09

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

Nominations are as follows:

Vice Chair

No nominations or volunteers
GSRs bring back to Groups

Alternate Treasurer:

No nominations or volunteers
Bring back to Home Groups

Alternate Secretary

No nominations and no volunteers
Bring back to Home Groups

Literature Committee Chair

Lisa A volunteers
Voted in unanimously by Literature Committee
Clean time requirement waived at Area – please bring back to your Home Groups

Activities Committee Chair

No nominations or volunteers
Bring back to Home Groups

OPEN FORUM

- Kevin – just would like to say that the JFT Zoom account is available if any group would like to share.
- Supriya – about Zoom meetings, I too thought that when this all first happened back in March, we don't really need to have a New Vision meeting. However, what I have come to find out is that people start to feel comfortable with their own home group members. Supriya will be encouraging New Vision to create a meeting on Zoom. Also, about Freedom Voice account, we are getting charged for a lot of outside of the Maritimes calls. Especially at this time, they will not be travelling to NS. Would like John to look at limiting our account to just Maritimes so no extra fees.
- Jennifer – wondering what the groups are doing to encourage unity in their own group? We will be having a Zoom meeting just with our group members to keep in touch. How have other groups been keeping in touch with their fellow members?
- John – with Freedom Voice, I noticed also that we have a lot of 1 and 2 minute calls from all over the US. I will be looking at blocking area codes (quite a few have already been blocked) – could we have a white list of area codes or a blacklist of area codes. Zoom: 90 in 90 is allowing another group to utilize their Zoom platform. It is open for evenings other than Saturday or Sunday.
- Dolores – for the Regional Assembly this year, it is being held in Fredericton not in Moncton.

GROUP CONCERNS:

- New Vision: commented about people having access, some members may neither have access to a computer nor a cell phone. John confirmed that people can attend by phone if this is the case. Dolores confirmed that the number they are calling from can be changed/renamed to protect anonymity.
- GSR Assembly and the idea of whether it is virtual or in person. Kevin, wondering how we could go about supporting that the Assembly be virtual. John confirmed that a motion would need to

be put forward to Area and that would be taken back to Region. Just For Today Motions and Serenity Seekers seconded.

New Business:

Motion: maker Just For Today Kevin C and seconded by Serenity Seekers Dolores F

Motion: We would like to have the GSR Assembly held on the Zoom platform for 2021.

Intent: Do not have NA funds to support an in-person Assembly, honoring the current health protocols, and to be more inclusive participation.

For 8 Against 0 Abstain 0

Motion Passed

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

Next Area will be on January 31, 2021 – by Zoom.

Yours in Service,
Julee A, Area Secretary