**NANB Area Minutes for March 18, 2023**

**Area Agenda**

1. Role call of GSR’s
2. Reading of service paragraph from the Basic Text
3. Reading of 12 Concepts and 12 Traditions
4. Service Prayer
5. Adoption of Minutes – December 10, 2022
6. Group Reports
7. RCM Report
8. Vice Chair report on H&I and PR Efforts
9. Treasurer Report
10. Literature Report
11. Old Business
12. Open Forum (Group Concerns)
13. New Business
14. Announcements
15. Adjourn Meeting

**ASC Opened (11:00am)**

Role Call of GSRs – all present; new group “Freedom Group”

Reading the 12 Traditions, 12 Concepts, Service Prayer

**Attendance**

Andrea P, Chair

Cody P, Vice-Chair

Penny A, Secretary

Jesse M, GSR Nature of Recover (Rothesay), Literature Rep

Liz H, GSR Living In The Miracle (Fredericton); Alt-RCM

Daniel M, GSR Free Spirit (Fredericton)

Gale G., GSR Unity Is Key (Moncton)

Niki G, GSR Recovery Is Freedom (Moncton)

Ashley M, Alternate GSR, LITM (Fredericton)

Joe G, GSR, Freedom Group (Saint John)

Joseph C, Interested Member, Clean and Serene (Saint John)

Janelle P, Interested Member, LITM (Fredericton)

Chris P, Interested Member, Clean and Serene (Saint John)

Connie C, Interested Member, Free Spirit (Fredericton)

MJ P, Interested Member (Fredericton)

Steve C, Interested Member, LITM (Fredericton)

Jess P, Interested Member, LITM (Fredericton)

**Adoption of Minutes**

Adopted.

**Group Reports**

**Clean and Serene Group**

Hello everyone,

Meetings at Clean and Serene are averaging 8 or 9 addicts a meeting and the group

is developing a broader service base. For quite a while, most service at the group

level was being conducted by two or maybe three of us but that number has

increased as members are showing more interest in being active at the group level.

Perhaps the best example of this was our last business meeting where we had

welcome participation from most group members in the task of reviewing and

voting on the motions which will be considered at the upcoming World Service

Conference. Our tally sheet has been submitted to our Regional Delegate and

alternate and all members have a much better sense of the connections that bring

together the various levels of service within NA.

We’ve had an anniversary and have at least one more coming up in the next couple

of months. We’ve seen some old faces return and new faces as well. We will continue

to keep the doors open and hope that even more will come and stay.

We have a literature order today of $199.95.and a donation of $375.

In service,

Carl K., GSR

**Unity Is Key**

Hello Family,

We are averaging 12 to 15 addicts. We still meet at 51 Church Street.

Our balance is $526.13.

Literature order $339.80.

Donation to Area $50.00.

Remaining balance $90.00. Our rent is coming up soon.

We have a date for Fun and Recovery on August 12th from 11am to 7 or 8pm. We are requesting $500 at the next Area. We will be having our first meeting on March 23rd at 6:30pm.

We have two anniversaries in June: Gale G – 32 years June 15th and Anique C – 4 years on June 22.

Thank You.

Gale G. - GSR

Fun Day - 51 Church Street, requesting $500

Will provide funding estimate at next Area. **Consensus**

**Recovery Is Freedom**

Gooday fellow addicts,

Our group has been hurting in attendance for the past few months. So, we decided to move our group meeting to Tuesdays from 7-8pm. So please change it on the website and meeting list.

Our expenses are as follows

Rent  $60

Travel  $40

Literature $64.65

Prudent Reserve $100

Donation $100

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total  $364.65

In Loving service

Niki G / GSR

**Free Spirit Group**

Greetings fellow addicts,

The Free Spirit Group is doing well, we continue to meet twice weekly with an average

attendance of 15 on Mondays and 18 addicts on Wednesdays. As compared to the last cycle,

we have seen a slight decrease of about 3 addicts on each evening. The group&#39;s meeting

location continues in the Fireside Room.

Beginning in current cycle post ASC, the group format will be as follows:

Monday’s reading is from Living Clean and the 1 st Monday of each month we read an IP

Wednesday’s reading is from the JFT and the 1 st Wednesday of each month we read the SPAD

The group continues to look at larger alternate space with the church for special events such as

celebrations.

A community bank account option is still being reviewed by the group’s Secretary and

Treasurer; more will be revealed on both those fronts.

The group will meet and vote on the various motions as presented at CAT/CAR on April 1 and

will submit our voice on or before April 15.

Upcoming group members celebrations are as follows:

1. Brendan B - 3 years on March 27 (clean date = March 24)

2. Cody P – 2 years on April 26 (clean date = April 22)

3. Dan T – 9 years on May 17 (clean date = May 16)

4. Connie C – 24 years on June 6 (clean date = June 6)

5. Daniel M – 3 years on July 17 (clean date = July 16)

During this cycle, the group has placed a literature order in the amount of $141.60, certain

items are on B/O. In addition, we are holding a temporary rental expense of $60.00 to pay for the meeting space for our review of the CAT/CAR on April 1.

Our group has brought in a total of $776.80 between 7 th contributions and literature sales.

Our prudent reserve remains unchanged at $200.00. This leaves a net donation of $575.20 to Area.

Yours in loving service,

Daniel M, GSR

**Living In The Miracle Group**

Hello everyone,

Our meetings are going well, still meeting at 168 Church St every Friday and Sunday at 7pm. We average 15-20 addicts per meeting; and sometimes reach 25 people or more, especially for special occasions. We have recently put together guidelines for our home group. We have begun going through the CAR/CAT and aim to submit our votes before deadline hits.

We had a starting balance of $1359.50 since last ASC, rent $340 (34 meetings x $10/meeting). Prudent reserve of $459.20 with a decision to raise the prudent reserve to $575 at our last business meeting. Literature order today is $446.55, and we have an ASC donation of $113.75.

We have Liz H celebrating 11 years on April 7 th , Janelle P celebrating 2 years April 16 th, and Andrea P celebrating 4 years June 16 th .

In loving service,

Liz H

GSR

**Nature of Recovery**

Greetings Fellow addicts,

This report covers from Nov 19 to March 4 2023.

Our meetings have had an average attendance of eleven people. With an average of

$48.09 per meeting in Seventh Tradition donations.

All our expenses are paid including rent for March thru Feb $120.00, a literature order of

$230.13 and a prudent reserve of $20.00. We have a contribution to the Area of

$419.35.

YILS

Jesse M

GSR

Nature of Recovery Group

**Freedom Group** (new group)

Good afternoon everyone,

I am an addict called Joe. This new group is doing well. The NA format is being followed well at our meetings. We have had 78 people total at our meetings which is an average of 7 per meeting.

On or first meeting e had a special speaker on his anniversary of 31 years Paul C share part of his story which was very inspiring to hear and kick off our first meeting of the Freedom Group.

Our 7th Tradition since January 1st, 2023 is $224.30. We are getting our first literature order today for $100.76, and we have paid rent for the past three months in the amount of $60. Travel expenses for GSR today $30. And a donation to Area of $30. We have $4.20 left over.

Also we have 6 members in our group.

Thanks from a grateful GSR,

Joe G.

**RCM Report**

(presented by Liz H on behalf of Carl K)

18 March 2023

RCM’s Report to

NANB

Saint John

Hello everyone,

The regular meeting of the RSC was held via zoom on February 12. As always, should anyone be interested in receiving a copy of the minutes of that or any other RSC meeting, please just ask. (see my email address below).

Most noteworthy, at least initially, was the Regional Assembly held the previous day, also on Zoom. The Regional Delegate counted 23 in attendance but I thought it might have made it to 25. Regardless, those who were online seemed to profit from the time spent, especially as the Regional Delegate (RD) and RDalt went through the motions that will be presented at the upcoming World Service Conference.

This leads to two reminders to GSRs. You are encouraged to visit the CARNA website (carna.ca), click on “Assembly” and then download the CAR motions tally sheet which you can complete with your group. GSRs are asked to complete these with your groups and send the results to the RD cnanarcm@gmail.com and/or paul@webpower.ca by April 15 at the latest. In a similar vein, April 1 st is the deadline for members to have input on the literature survey. This is open to any member. If

interested go to na.org/survey to complete it.

We are getting closer to having posters in hand and a plan for how we intend to best use them. Quebec very promptly provided bilingual versions so will have posters that reflect the bilingual nature of the fellowship in New Brunswick.

Open forum discussions included mention of Speaker Jams, some kind of big recovery day thing, etc. In other words, as COVID becomes less and less of a focus, there is an appetite for some additional recovery events throughout the Region.

There was talk of trying to have an in-person RSC but no location has been identified as yet so the next RSC is, once again, on zoom. All are welcome!

In service,

Carl K., RCM

carlkillen@gmail.com

Announcements:

RSC meeting – Next region MAY 21 2023

NEW Zoom Platform ID 93798800030

admin 9:00 am region 9:30 am

**Alternate RCM Report**

Hello everyone, hope all is well. This is my first report as an Alt RCM and this cycle was also my first time attending a Regional Assembly, and a Regional Service Committee, and hope that I may offer a report that’s supplemental to the RCM report as I grow through a bit of a learning curve :)

Regional assembly: Well attended and time well spent primarily discussing the CAR and the CAT, walking through the motions posed for each by WSC as well as some context behind each motion. Lot of ground to cover. Discussion was more centered on clarifying members’ understanding of wording, etc whenever confusion arose. Those in attendance were encouraged to bring further discussion and thoughts on the CAR/CAT to their respective groups in preparation for members to participate by answering the questions on the CAR Survey. And, to discuss the context behind each

motion, so that each voting member or home group is informed on what it’s about.

Regional Service Committee: General reports from various Areas were provided. Concerns around members’ willingness to serve and filling positions at respective Area were also noted, though it was noted the NBASC was doing well on that front. Upcoming events were also discussed. Discussion around the idea of Region putting on a workshop rather than leaving that up to the Area and Group level: Thoughts and experiences posed were mixed, both for and against. One view was that increasing interest in service comes best from the “ground up” by making service understandable and accessible to the recovering addict. Another view is using “attraction rather than promotion”; to make workshops successful and populated based on another members’ experience. The importance of being mindful of our messaging when we talk about service was also noted--do we openly complain and discourage participation? Or do we focus on the positive, and share that instead, making service more

welcoming?

Motion to increase daily per diem from $50 to $70 due to inflation/increased costs for overnight NA service-related trips and travel, such as to attend WSC or CARNA. Vote unanimously in favor, passed.

Elections: Two positions still open, Regional Vice Chair and Website Coordinator. Positions remained unfilled, though the current acting Website Coordinator will continue maintaining the CARNA.ca website for the time being.

In Loving Service,

Liz H, Alt RCM

Fredericton

**H&I report – PR Efforts**

Good day family, H&I efforts have been going well since our last area meeting in December.

***FREDERICTON***

In Fredericton we presently have six people participating in H&I. We have presented at Detox six times. There were two months missed due to client illness one month and presenter exposure to COVID the other. The presentations are being very well received. We have seen 9 females and 14 males. The staff are very happy and have requested we come twice a month. We have explained we do not currently have enough members to enable presenting twice per month but that we have some new people interested.

As we have four members interested in joining H&I, we will be organizing an Orientation Day in the New Year. We are hopeful we will be able to increase to our presentations to twice per month once everyone is trained.

***MONCTON***

We met at detox last month, there were 2 clients They asked questions. I try to get men and women to come and share but there was only women. The male was there asked if there are any men. I said yes but tonight unfortunately we have only women. Hopefully that doesn’t happen too often. They tried to go back this month and there was a covid outbreak so they will go back soon.

***SAINT JOHN***

We have been back to Ridgewood twice and all seems to be well. There have been several requests through the website that I have dispersed as required. I have followed up on the phoneline info as requested and the login info is attached. I have not yet looked into how to make the required changes. I will follow up and do my best to look into it.

**Treasurer’s Report**

(Presented by Jesse M as Treasurer was absent)

Total of donations $3,002.10, literature $1,274.02

Sent a cheque via registered mail to NAWS for literature top-up.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Opening Balance | $2,700.00 |   |   |   |
|   |   |   | EXPENSES: |   |
| INCOME: |   |   | Bank Fees(Jan-Mar) + Coin Deposit Fee | $10.26 |
| Donations: |   |   | Freedom Voice(Jan-Mar)(CHQ074) | $42.95 |
| Unity is the Key | $50.00 | X | Mar Rent(CHQ075) | $80.00 |
| Recovery is Freedom | $65.60 | X | NAWS (CHQ072) CS005527/005549 | $1,498.93 |
| Free Spirit Group | $575.20 | X | Registered Mail(CHQ074) | $12.44 |
| Living in the Miracles | $113.75 | X | Cheque Cost(CHQ071) | $49.29 |
| Nature of Recovery | $419.35 | X | FD Travel 2023-01-26 Tim(CHQ074) | $43.72 |
| Clean and Serene | $375.00 | X | Web Hosting(CHQ#073) | $240.00 |
| UITK- FIR |   |   | Andrea P. Travel to Rothesy (CHQ002) | $80.00 |
| Freedom Group | $30.00 | X |   |   |
| TOTAL | $1,628.90 |   |   |   |
|   |   |   |   |   |
| Literature Sales: |   |   |   |   |
| Unity is the Key | $304.90 | 90 cash, 214.90 check |   |   |
| Recovery is Freedom | 100 | X | TOTAL | $2,057.59 |
| Free Spirit Group | $141.60 | X |   |   |
| Living in the Miracles | $446.55 | X | TOTAL AFTER EXPENSES | $3,796.46 |
| Nature of Recovery | $230.15 | X |   |   |
| Clean and Serene | $199.95 | X |   |   |
| Cape Breton Prison- RSC |   |   |   |   |
| Freedom Group | $102.00 | 100.76 on sheet 102 in envelope | RESERVES: |   |
|   |   |   | PR and FD | $1,000.00 |
|   |   |   | Prudent | $700.00 |
| TOTAL | $1,525.15 |   | Literature | $1,000.00 |
|   |   |   |   |   |
| TOTAL INCOME | $3,154.05 |   | TOTAL RESERVES | $2,700.00 |
|   |   |   |   |   |
|   |   |   | AVAILABLE TO DISPENSE | $1,096.46 |
|   |   |   |   |   |
|   |   |   | DONATION TO REGION(CHQ001) |   |
|   |   |   |   |   |
|   |   |   |   |   |
| AVAILABLE MONEY | $5,854.05 |   | CLOSING BALANCE | $3,796.46 |

**Literature Report**

See attached (Lit Report).

Need to up amount of inventory for key tags, early year medallions.

Error on IP 11, amount should be 60

**Old Business**

1. PR Workshops

The question is do we want a workshop put on for the Area. Tim provided the presentations via email prior to the meeting. Jesse will be doing the presentation. It was suggested we do a pot luck or something to make it more attractive and fun. Agreed to hold the presentation on a date separate from ASC. Suggested have a regular meeting after the PR presentation, a great way to close the day. Combine with a poster campaign as well as we prepare to launch PR activities.

**Consensus - April 15th at 2:00pm – pot luck; Location – Rothesay**

Action – Jesse M. to check with church and do an agenda to share with the groups.

1. Update on meeting at Threshold House – seeded – to be voted on at next ASC
2. Tim sent out the updated ASC guidelines for review. Many present indicated they did not receive them. Secretary to send out updated version with the Minutes for people to review prior to next ASC.

Action – Penny A to send new version of ASC Guidelines with minutes.

1. Posters – the Area will pay the printing company to print off posters.

Action: Jesse M will have posters available for the workshop on April 15th.

**Break**

12:20pm

**Open Forum (Group Concerns)**

**New Business**

1. A complaint was received in writing. The individual submitting the complaint was not present therefore we are unable to address it.
2. Motion submitted by Niki G:

“To create a convention ad-hoc subcommittee. Intent – to further our fellowship unity.”

Seconded by Gale G.

Submitted a motion because believes this Area could use a convention. It would be good to have a rep from each city and meet prior to next ASC.

Steve C volunteered to chair the committee (Steve C/Chris P). Looking at June 2024.

**Consensus to form an ad-hoc subcommittee with Steve C as chair.**

1. Signing officers for bank account need to be changed (should be chair, vice-chair, secretary, and treasurer).
2. Jess P asked if members are interested in having a Fun/Unity Day in May 2023 (speaker day jam). The two home groups in Fredericton can put this on on their own. ASC only needs to be informed if we are seeking seed money. The Free Spirit Group has voted in favor. The LITM Group will hold a meeting to determine interest.

**Announcements**

ASC PR Workshop – April 15th, Rothesay – This will be a potluck starting at 2pm. A meeting will follow the PR workshop and potluck at 7pm.

RSC meeting – Next region MAY 21 2023

NEW Zoom Platform ID 93798800030

admin 9:00 am region 9:30 am

Recovery Is Freedom has changed meeting day to Tuesdays, still at the same location - 51 Church Street, Moncton.

**Meeting Adjourned (1:10pm)**

**Upcoming ASC dates**

June 10th – Moncton

September 9th – Rothesay

December 9th – Fredericton

March 9th - Moncton

**Action Items**

1. Unity Is Key “Fun Day” - 51 Church Street, requesting $500. Will provide funding estimate at next Area
2. Jesse M. to check with church and do an agenda to share with the groups.
3. Penny A to send new version of ASC Guidelines with minutes.
4. Jesse M will have posters available for the workshop on April 15th.

**Celebrations**

Brendan B - 3 years March 27th, Free Spirit (Fredericton)

Scott T -16 years April 4th, Recovery is Freedom Group (Moncton)

Liz H - 11 years April 7th, LITM (Fredericton)

Janelle P – 2 years April 16th, LITM (Fredericton)

Cody P – 2 years April 26th, Free Spirit (Fredericton)

Dan T – 9 years May 17th, Free Spirit (Fredericton)

Connie C – 24 years June 6th, Free Spirit (Fredericton)

Gale G – 32 years June 15th, Unity Is Key (Moncton)

Andrea P – 4 years June 16th, LITM (Fredericton)

Anique C – 4 years on June 22nd, Unity Is Key (Moncton)

Daniel M – 3 years on July 17th, Free Spirit (Fredericton)

Carl K – 33 years July 3rd, Clean and Serene (Saint John)