**NANB Area Minutes for February 3, 2024**

**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. Adoption of Minutes
5. Group Reports
6. RCM Report
7. Vice Chair report on H&I and PR Efforts
8. Treasurer Report
9. Literature Report
10. Old Business
11. Open Forum (Group Concerns)
12. New Business
13. Announcements
14. Adjourn Meeting

**ASC Opened (11:28am)**

Role Call of GSRs – Unity Is Key absent

Reading of the Service Paragraph, 12 Concepts, 12 Traditions

**Attendance**

Andrea P, Chair

Penny A, Secretary

Tim M, Treasurer

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

Daniel M, GSR Free Spirit (Fredericton)

Liz H, GSR, LITM (Fredericton); RCM

Jeff O, Alt GSR, Freedom Group (Saint John)

Ashley M, Alt GSR, Living Free Group (Fredericton)

Matt C, Alt GSR, Clean & Serene (Saint John)

Carl K, GSR, Clean & Serene (Saint John)

John R, Interested Member, Free Spirit Group (Fredericton)

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

**Adoption of Minutes**

Adopted.

**Group Reports**

**Clean and Serene Group**

Hello everyone,

I’m pleased to be here today with Matt C., Alt GSR for our group. This is his first meeting as Alt GSR and he is generally new to service at the area level. Welcome Matt!

Clean and Serene continues to do well overall. Attendance is pretty stable averaging around 12 addicts per meeting and lots of members are stepping up both to chair and to secretary. It is really positive to see members taking responsibility sharing experience, strength and hope. Over the last four months we’ve seen at least three one year anniversaries and that is especially positive to see. We expect more will follow in the coming months.

Our most recent business meeting was uneventful although we did discuss slight changes to meeting format so as to allow for reading pamphlets if the chair chooses. From a comfort perspective, we’re especially pleased to say the facility replaced the thermostat so we no longer have to die of the heat. If it seems like a minor thing, it isn’t. Those of us who attend regularly are relieved.

To sum up, we feel we are doing pretty good these days. Responsibility is shared among members, business meetings are well-attended and the message of recovery is being carried.

We have a literature order this month of $90.50 and an Area donation of $330.

In loving service,

Carl K., GSR

**Unity Is Key –** not present, report read by Secretary

Hi Family,

We are doing good with our meetings. We are averaging 20 to 22 on Tuesday and Thursday. We are averaging 4 to 5 on Sunday. We stopped introducing ourselves to have more sharing time.

Our Treasurer’s report, we had $1,400.90 in the bank. We have a literature order of $421.27and our donation of $200.00 to Area. We will have that in April where I couldn’t be there. We pay $75.00 for 3 months for the Sunday meeting. This totals $696.27. We keep $200.00 for reserve and $500.00 for Fun In Recovery. This leaves us $4.71.

In loving Service,

Gale G

Note: these financial numbers will not be included in the Treasurer’s Report. It will be included when it is received.

**Free Spirit Group**

Greetings fellow addicts,

The Free Spirit Group is doing well, we continue to meet twice weekly with an average attendance of around 16 recovering addicts as compared to 17 from the last business cycle. A business meeting was held on January 24th, several group members attended.

The group's format remains unchanged with:

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

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

The following are group member celebrations in the next business February through April 2024:

John R – February 7 @ 2 years

Robin W - February 21 @ 21 years

Brendan B – March 27 @ 4 years

During this cycle, the group has placed a literature order in the amount of $88.75

Our group has brought in a total of $608.65 between 7th contributions and literature sales.

The group has prepaid rent From February 2024 through July 2024 in the amount of $240.00 (6 months x $40/mth. for 2/week meeting space)

Our prudent reserve remains unchanged at $200.00.

This leaves a net donation of $279.90 to Area.

Yours in loving service,

Daniel M, GSR, Free Spirit Group.

**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 are an open meeting with on-street parking and complimentary coffee. A strong message of recovery is being shared at our meetings.

Since the last ASC our homegroup attendance is still down from our former average of 15-20 addicts per meeting to 8-11. We are making $50 less a month now due to our decline in attendance. More support for our meeting would be appreciated.

Our income since last ASC is $394.35, our rent was $160, our literature order is $5.34 and we have a donation today of $229.01 to the ASC.

For upcoming anniversaries we have:

Steve C celebrating 18 years on February 23rd,

Teri-Lyn celebrating 1 year on April 5th,

and Liz H celebrating 12 years on April 7th.

In loving service,

Liz H, GSR

**Nature of Recovery**

Greetings Fellow addicts,

This report covers from 9 Dec 2023 to 24 Jan 24.

Our average meetings attendance was ten people. We had $290.98 Seventh Tradition donations.

All our expenses are paid including rent for Feb - April $60.00. We have a prudent reserve of $20.00. We have a contribution to the Area of $230.98.

YILS

Jesse M

GSR

**Freedom Group**

Good morning NA family,

I am an addict named Jeff. Here as the vice GSR for the freedom group. We are holding regular attendance with members, We are continuing to read the Basic Text, This week will be Tradition 10 . The 7th tradition has a total of $179.. Rent is $15 40, $29.76 literature order, $60 donation, and $49.39 prudent reserve We hope to continue to grow and carry the message to the addict that is still suffering, Thank you with loving service,

from Freedom Group

Jeff O, Alt GSR

**Living Free**

Hello fellow addicts,

Living Free group is doing well. We have an average of 10-12 addicts and we continue to meet every Saturday at 7pm until 7:50pm with no smoke break in the Boardroom at the Victoria Health Center. We continue to read from the Basic Text.

We will be making a donation to the Area of $156.20.. We have not donated any books to Detox for rent during this cycle because we already did that in December. No literature order either.

In loving service,

Cody P, GSR

**RCM Report**

No report. Meeting is next weekend.

**Vice-Chair Report on PR and H&I Efforts** – absent but report read by Secretary

FREDERICTON

Hello Family,

In Fredericton we had one visit at the Detox since last Area. We reached two male and one female client. We are having challenges with interest of clients but will continue to try to reach more.

Yours in loving service,

Penny

MONCTON

We met at Detox. There were a couple of clients each time. The last time we went they asked a lot of questions.

Gale G.

SAINT JOHN

We started attending Ridgewood twice a month in our area. We had one snafu where the meeting didn’t happen due to a miscommunication in times. Since we have expanded our responsibility there we have had one fully trained member renege on their responsibilities placing an additional burden on the rest of us attending. We have three people currently in training to help share the load.

The website has had someone from Addictions and Mental Health Fredericton reach out looking for Ips to place at their facility. Jesse has provided them the order form to help them select which Ips they would like to purchase from us. We had not heard back. There have been 3-4 other emails from the website looking for meeting times/places.

Paul, Jesse and myself have completed all the required training/background checks to get into Dorchester. We are currently looking into feasible dates/times. It is overwhelming to some extent where they have three different security levels all of which need to be separate and all on different evenings.

Thanks.

Tim

Discussion – there was no report on Poster Drive activities, There was no zoom meeting that was supposed to have been scheduled for the Poster Drive. The benefit of meeting is to share experience to support one another in the process. Jesse will send Saint John’s spreadsheet to the Fredericton folks so they can see what they’ve been doing. Daniel M agreed to organize the Zoom Meeting.

**Treasurer’s Report**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Opening Balance | $2,700.00 |  |  |  |
|  |  |  | EXPENSES: |  |
| INCOME: |  |  | Bank Fees(Jan) | $2.50 |
| Donations: |  |  | CHQ 176 NSF Fee | $48.00 |
| Unity is the Key |  |  | Freedom Voice(Jan)(CHQ182) | $14.52 |
| Living Free |  |  | Feb Rent(CHQ181) | $20.00 |
| Free Spirit Group |  |  | NAWS(CHQ180) | $1,285.03 |
| Living in the Miracles |  |  | Web Hosting(CHQ179) | $240.00 |
| Nature of Recovery | $230.98 |  |  |  |
| Clean and Serene |  |  |  |  |
| Freedom Group |  |  |  |  |
|  |  |  |  |  |
| TOTAL | $230.98 |  |  |  |
|  |  |  |  |  |
| Literature Sales: |  |  |  |  |
| Unity is the Key |  |  |  |  |
| Living Free |  |  | TOTAL | $1,610.05 |
| Free Spirit Group |  |  |  |  |
| Living in the Miracle |  |  | TOTAL AFTER EXPENSES | $1,320.93 |
| Nature of Recovery | $0.00 |  |  |  |
| Clean and Serene |  |  |  |  |
| Freedom Group |  |  | RESERVES: |  |
|  |  |  | PR and FD | $500.00 |
|  |  |  | Prudent | $700.00 |
| TOTAL | $0.00 |  | Literature | $1,000.00 |
|  |  |  |  |  |
| TOTAL INCOME | $230.98 |  | TOTAL RESERVES | $2,200.00 |
|  |  |  |  |  |
|  |  |  | AVAILABLE TO DISPENSE | -$879.07 |
|  |  |  |  |  |
|  |  |  | DONATION TO REGION(CHQ) |  |
|  |  |  |  |  |
| AVAILABLE MONEY | $2,930.98 |  | CLOSING BALANCE | $1,320.93 |

Donation of $251.90 to Region

**Literature Report**

To replenish recommended inventory levels, we need to send an order of $511.53.

It was noted that World is now charging us less tax (9.975%), it used to be 15%. They have changed it to meet the highest GST rate in Canada which is Quebec.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Description | Item # | July 2018 Price increase | January 2023 price increase 12% | Tax and Shipping 30% | Exchange 25% | Qty on Hand | Value |
| Books |  |  |  |  |  |  |  |
| Basic Text 6th Ed. | 1101 | $12.15 | $13.61 | $17.69 | $22.11 | 18 | $398.03 |
| A Spiritual Principle a Day | 1110 | $13.00 | $14.56 | $18.93 | $23.66 | 17 | $402.22 |
| JFT | 1112 | $9.55 | $10.70 | $13.90 | $17.38 | 17 | $295.48 |
| Sponsorship | 1130 | $9.75 | $10.92 | $14.20 | $17.75 | 2 | $35.49 |
| IWHW(Hard Cover) | 1140 | $9.55 | $10.70 | $13.90 | $17.38 | 8 | $139.05 |
| Living Clean | 1150 | $10.35 | $11.59 | $15.07 | $18.84 | 6 | $113.02 |
| Guiding Principles | 1201 | $11.65 | $13.05 | $16.96 | $21.20 | 6 | $127.22 |
| Step Working Guide | 1400 | $9.00 | $10.08 | $13.10 | $16.38 | 12 | $196.56 |
| Information Pamphlets |  |  |  |  |  |  |  |
| #1 Who,What,How, and Why | 3101 | $0.25 |  | $0.33 | $0.41 | 58 | $23.56 |
| #2 The Group | 3102 | $0.33 |  | $0.43 | $0.54 | 10 | $5.36 |
| #5 Another Look | 3105 | $0.25 |  | $0.33 | $0.41 | 82 | $33.31 |
| #6 Recovery and Relapse | 3106 | $0.25 |  | $0.33 | $0.41 | 56 | $22.75 |
| #7 Am I an Addict | 3107 | $0.25 |  | $0.33 | $0.41 | 37 | $15.03 |
| #8 Just For Today | 3108 | $0.25 |  | $0.33 | $0.41 | 55 | $22.34 |
| #9 Living the Program | 3109 | $0.25 |  | $0.33 | $0.41 | 89 | $36.16 |
| #10 Fourth Step Guide | 3110 | $0.82 |  | $1.07 | $1.33 | 2 | $2.67 |
| #11 Sponsorship | 3111 | $0.25 |  | $0.33 | $0.41 | 54 | $21.94 |
| #12 The Triangle of Self-Obsession | 3112 | $0.25 |  | $0.33 | $0.41 | 55 | $22.34 |
| #13 By Young For Young | 3113 | $0.25 |  | $0.33 | $0.41 | 41 | $16.66 |
| #14 One Addict's Experience.... | 3114 | $0.25 |  | $0.33 | $0.41 | 8 | $3.25 |
| #15 PI and the NA Member | 3115 | $0.25 |  | $0.33 | $0.41 | 60 | $24.38 |
| #16 For the Newcomer | 3116 | $0.25 |  | $0.33 | $0.41 | 39 | $15.84 |
| #17 For those in Treatment | 3117 | $0.33 |  | $0.43 | $0.54 | 20 | $10.73 |
| #19 Self-Acceptance | 3119 | $0.25 |  | $0.33 | $0.41 | 49 | $19.91 |
| #20 H&I and the NA Member | 3120 | $0.25 |  | $0.33 | $0.41 | 59 | $23.97 |
| #21 The Loner | 3121 | $0.33 |  | $0.43 | $0.54 | 60 | $32.18 |
| #22 Welcome to NA | 3122 | $0.25 |  | $0.33 | $0.41 | 72 | $29.25 |
| #23 Staying Clean on the Outside | 3123 | $0.25 |  | $0.33 | $0.41 | 33 | $32.59 |
| #24 Money Matters | 3124 | $0.56 |  | $0.73 | $0.91 | 20 | $18.20 |
| #26 Accessibility For Those with Needs | 3126 | $0.25 |  | $0.33 | $0.41 | 10 | $4.06 |
| #27 For the Parents..of Young People | 3127 | $0.31 |  | $0.40 | $0.50 | 47 | $23.68 |
| #28 Funding NA Services | 3128 | $0.37 |  | $0.48 | $0.60 | 20 | $12.03 |
| #29 An Intro to NA Meetings | 3129 | $0.25 |  | $0.33 | $0.41 | 45 | $18.28 |
| #30 Mental Health in Recovery | 3130 | $0.25 |  | $0.33 | $0.41 | 50 | $20.31 |
| Service Pamphlets |  |  |  |  |  |  |  |
| Group Business Meetings | 2202 | $0.25 |  | $0.33 | $0.41 | 5 | $2.03 |
| Group Trusted Servants | 2203 | $0.25 |  | $0.33 | $0.41 | 5 | $2.03 |
| Disruptive and Violent Behavior | 2204 | $0.25 |  | $0.33 | $0.41 | 6 | $2.44 |
| NA Groups and Medication | 2205 | $0.33 |  | $0.43 | $0.54 | 5 | $2.68 |
| Principles and Leadership in NA Service | 2206 | $0.33 |  | $0.43 | $0.54 | 5 | $2.68 |
| Social Media | 2207 | $0.33 |  | $0.43 | $0.54 | 15 | $8.04 |
| Booklets |  |  |  |  |  |  |  |
| Twelve Concepts of NA | 1164 | $2.20 |  | $2.86 | $3.58 | 5 | $17.88 |
| An Introductory Guide to NA | 1200 | $2.15 |  | $2.80 | $3.49 | 0 | $0.00 |
| NA White Booklet(LG Print, H&I avail) | 1500 | $0.80 |  | $1.04 | $1.30 | 67 | $87.10 |
| The Group Booklet | 1600 | $1.00 |  | $1.30 | $1.63 | 6 | $9.75 |
| Behind the Walls(H&I version avail) | 1601 | $1.00 |  | $1.30 | $1.63 | 18 | $29.25 |
| In Times of Illness | 1603 | $3.40 |  | $4.42 | $5.53 | 6 | $33.15 |
| PR Foldout | 2307 | $1.10 |  | $1.43 | $1.79 | 7 | $12.51 |
| Keytags |  |  |  |  |  |  |  |
| White | 4100 | $0.55 |  | $0.72 | $0.89 | 82 | $73.29 |
| Orange | 4101 | $0.55 |  | $0.72 | $0.89 | 93 | $83.12 |
| Green | 4102 | $0.55 |  | $0.72 | $0.89 | 75 | $67.03 |
| Red | 4103 | $0.55 |  | $0.72 | $0.89 | 72 | $64.35 |
| Blue | 4104 | $0.55 |  | $0.72 | $0.89 | 35 | $31.28 |
| Yellow | 4105 | $0.55 |  | $0.72 | $0.89 | 36 | $32.18 |
| Moonglow | 4106 | $0.55 |  | $0.72 | $0.89 | 40 | $35.75 |
| Grey | 4107 | $0.55 |  | $0.72 | $0.89 | 47 | $42.01 |
| Black | 4108 | $0.55 |  | $0.72 | $0.89 | 40 | $35.75 |
| Medallions |  |  |  |  |  |  |  |
| 18 MONTHS | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 10 | $61.88 |
| ONE | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 5 | $30.94 |
| TWO | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 10 | $61.88 |
| THREE | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 10 | $61.88 |
| FOUR | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 10 | $61.88 |
| FIVE | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 10 | $61.88 |
| SIX | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 11 | $68.07 |
| SEVEN | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 10 | $61.88 |
| EIGHT | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 10 | $61.88 |
| NINE | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 9 | $55.69 |
| TEN | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 10 | $61.88 |
| ELEVEN | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 5 | $30.94 |
| TWELVE | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 5 | $30.94 |
| THIRTEEN | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 5 | $30.94 |
| FOURTEEN | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 6 | $37.13 |
| FIFTEEN | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 5 | $30.94 |
| SIXTEEN | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 5 | $30.94 |
| SEVENTEEN | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 5 | $30.94 |
| EIGHTEEN | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 5 | $30.94 |
| NINETEEN | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 5 | $30.94 |
| TWENTY EIGHT | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 1 | $6.19 |
| TWENTY NINE | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 2 | $12.38 |
| THIRTY ONE | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 1 | $6.19 |
| THIRTY TWO | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 1 | $6.19 |
| THIRTY SEVEN | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 1 | $6.19 |
| INFINITY | 43 | $3.40 | $3.81 | $4.95 | $6.19 | 1 | $6.19 |
| TRI-PLATE |  | $24.85 | $27.83 | $36.18 | $45.23 |  |  |
| SPONSORSHIP MEDALLION | 9603 | $5.00 | $5.60 | $7.28 | $9.10 |  |  |
| Other |  |  |  |  |  |  |  |
| Convention Guidelines | 2108 | $5.10 |  | $6.63 | $8.29 | 0 | $0.00 |
| A Guide to Local Services | 2111 | $7.50 |  | $9.75 | $12.19 | 1 | $12.19 |
| A Guide to World Service | 2104 | $4.55 |  | $5.92 | $7.39 | 1 | $7.39 |
| Handbook for NA Newsletter | 2106 | $2.25 |  | $2.93 | $3.66 | 1 | $3.66 |
| A Guide for Phoneline Service | 2107 | $3.80 |  | $4.94 | $6.18 | 1 | $6.18 |
| Treasurer's Handbook | 2109 | $2.25 |  | $2.93 | $3.66 | 1 | $3.66 |
|  |  |  |  |  |  |  |  |
| Total CDN |  |  |  |  |  |  | $3,902.90 |
| Reserve |  |  |  |  |  |  | $1,000.00 |

**Break**

**Old Business**

* Penny will reach out to her contact at Detox to see if they are interested in a PI presentation – Penny did not do this. She will follow up.
* PR Committee Chair – Tim will put a presentation together for next meeting. Presentation was done this morning.
* Penny – new area meeting dates – was included in last minutes
* Tim and/or Penny will draft Web Servant description for guidelines – was completed and sent out. Accepted as presented. Tim will try to add them to the website.
* Jesse – 4 basic texts to Ridgewood – done.
* Addition information re Admin Meetings – covered in last minutes
* Alt RCM – no interest (will be addressed next meeting in Old Business)
* Web Coordinator – Tim will finish out term
* Miramichi – they do have a GSR but not present. Waiting to hear back from them.

**Open Forum (Group Concerns)**

1. Delivery of literature – it was raised that we should not be paying to mail literature given our ASCs are now more frequent. Discussion regarding options. Ultimately decided it’s a mute point. No action required.
2. Tracadie – would still like to consider having them as part of our area. If it ever happens, it was suggested we consider having all ASC in a single location to make travel more equitable for all. Tim has stated he will be pursuing them re becoming part of our Area.

**New Business**

No new business.

**Announcements**

John R – 2 years on February 7 in Fredericton

Robin W – 21 years on February 21 in Fredericton

Steve C – 18 years on February 23 in Fredericton

Chris P – 7 years on February 26 in Saint John

Brendan B – 4 years on March 27 in Fredericton

Teri-Lynn – 1 year on April 5 in Fredericton

Liz H – 12 years on April 7 in Fredericton

**Meeting Adjourned (1:02pm)**

Next meeting April 13th, at St. Georges Church in Moncton

**Upcoming ASC dates**

February 3rd – Rothesay

April 13th – Moncton

June 15th – Fredericton

August 17th – Moncton

October 19th – Rothesay

December 14th – Fredericton

January 11th, 2025 – Moncton

February 8th, 2025 – Rothesay

March 8th, 2025 - Fredericton

**Action Items**

1. Jesse will send Saint John’s Poster Drive spreadsheet to the Fredericton folks so they can see what Saint John has been doing and how they are tracking it
2. Daniel M agreed to organize the Zoom Meeting for the Poster Drive
3. Penny to contact Detox lead to see if they are interested in a PI presentation
4. Tim will upload updated NANB Guidelines (v.2) to the website
5. Next area have discussion re what we pay for rent for ASC Meetings