

## ABCD Region Treasurer's Report

Dec 5 2015

**The opening operating balance last month was \$2331.48 with \$0 in Prudent Reserves \$1200.00 \$208.07 in meeting list funds. Our WSC fund was \$1624.24 Our insurance fund was \$1000.00 for a total fund balance of \$6363.79**

### **Our income of \$1036.16 from the Nov RSC meeting included:**

SAMMA donation: \$0  
MRANA donation: 25.00  
ARANA donation: \$0  
MHANA donation: \$115.79  
BCA donation: \$507.37  
Green Mountain Donation: \$0  
Other: donation \$15.00  
SAMMA meeting list: \$  
MRANA meeting list: \$0  
ARANA: meeting list: \$200.00  
MHANA meeting list: \$0  
GMA meeting list: \$0  
Berkshire: meeting list: \$0  
Other: meeting list \$173.00

Total Income: \$1036.16

### **Our expenses of \$601.45 at the Nov RSC meeting included:**

Rent for ABCD: \$ 20.00  
Alchar Printing: \$0  
Voicentation: \$44.95  
Storage locker (annually): \$  
Transfer to WSC Fund: \$75.00  
P.O. Box (annually) \$0  
RD/ARD expenses: \$170.50  
NAWS donation: \$291.00  
Insurance Fund: \$0

Total Expenses: \$601.45

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

**Operating balance: \$2393.19**  
**Meeting list fund: \$581.07**  
**WSC fund: \$1699.24**  
**Insurance fund: \$1000.00**  
**Prudent Reserve \$1200.00**

**Total fund balance: \$6873.79**

In Loving Service, Phil S

12-5-15

Welcome

to all that showed up at the Regional Meeting today I Hope everyone Had A wonderful THANKS giving with family & Loved ones.

This was A very quite month for Don, I I Talked to Phil about doing Audit for Region Phil will Hand all his Records over to me at End of meety today and I will PASS them on to Tommy S. Thank u Phil

I would like to thank Patricia for the minutes this month very FAST Thank you

① I'm going to ASK the RCM's to think about having A meety before RSC meeting to go over Area & Regional stuff before the RSC maybe forming a RCM Form

② I WAS IN CONTACT with some world Board members Tanna / Steve about doing a Regional Inventory And ASKING RCM to go to their Areas to do A Area & group INVENTORY so we can serve the still sick & suffering Addict. I'm putting the RCM on Hold with this until the CAR Report is over

③ Also about having A Regional Assembly DAY

④ on A Regional / Area / group Learning Day to Possibly get more Addict involved in service to get Back on point y we are hear.

⑤ In the Agenda today I will Be Adding that only the RCM & Chair of subcommittee will have A voice on this Body. ATTENDES & V CHAIRS will have A voice According to Policy Page 2-

All visitors will be Able to share at the  
Sharing PART of the meeting. This is to  
move the meeting along. Thank you

About the Regional Inventory I'm waiting.  
For Steve from world to send me some papers  
on how to conduct a Region Inventory.

one more thing. if this meeting goes over  
more than 2hr we will have a 15 to 20 minute  
Break so we all can collect ourselves  
and have a moment of silence and be  
think things over.

I love Narcotics Anonymous and I only  
want to do the Right thing for all of you  
and the addict using and thinking about recovery.

I hope everybody has a wonderful Holiday  
AND New Year and I pray we can become  
of one mind & Body. and work for the same  
purpose to serve in Unity Love & compassion.

In love & Life  
Sud M  
Regional Chair.

P.S. Teri I the newly nominate RDA went to  
meal with sandy if there are any questions for  
teri I will call her and ask her over phone to keep  
things moving. Thank you

## dons report

### Vice Chair Report.

I would like to wish everyone a safe holiday. It has been a quiet month, not much going on. Sal and I attended the regional meeting while we were at the C.V.A.N.A. convention. It was a pleasure to see a large participation. The A.B.C.D. region was mentioned in high regard. They mentioned the region many times. I would like to thank Sandy and Pat for their hard work and dedication as well as all those who do service on this body. It was nice to hear our region mentioned in a favorable way.

Y.H.S. Don M.



# ABCD REGION OF Narcotics Anonymous



December 5, 2015

Good morning:

Since our last meeting I have fulfilled my duties as follows:

The minutes from our November 7<sup>th</sup> meeting were completed and sent out on November 9<sup>th</sup>. Thank you to all who provided their reports so that the minutes and draft agenda were completed in record time. I have made a few hard copies for those who do not have a set.

Sandy, our RD, sent her report to be read in her absence while she attends MRLE on our behalf.

I have been receiving minutes from the some of our areas' secretaries including MRA, GMA and MHA, and can forward them to the email list or individually, as you wish. *ARA*

I continue to provide our web-servant with the minutes, reports and specifically, flyers for upcoming events as they are given to me. Even though we have not seen Matt lately, he is doing a great job of keeping our website current. I also provided him with the Conference Agenda Report and a link to MRA's website that I maintain which now has the CAR and other WSC related materials. I am sure Matt will also post this on our website. The CAR was sent to those on the email list as well. Sandy's report provides further information.

I received the Helpline bill from Adam again and provided it to our Treasurer although this bill is paid using an automatic payment and therefore ~~has a zero~~ balance. As of the writing of this report, I have only received Sandy's report.

ILS,

Pat H.  
ABC DRNA-Secretary

12/5/2015

Greetings to the region,

The ARANA did not meet in the month of November due to the Thanksgiving Holiday. Therefore, I have nothing to report in regard to ASC business. The ARANA ASC plans to meet on Thursday 12/10/2015.

Per request of RSC Chair, I gave the meeting list coordinator the receipt book handed to me at the last RSC meeting.

The ARANA had questions for the RSC at the meeting held on 11/7/2015, and those questions were not able to be read when asked by the body. The ARANA is meeting on 12/10/2015 and has not yet been given a chance to vote on the current motion for the RSC meeting today. The ARANA also does not know of motions made at the last RSC held on 11/7/2015, and are currently on the floor for questions, because they did not meet in the month of November. Hopefully GSR's obtained them in the email sent out by the ARANA and were able to read them at their business meetings, but that can not be certain until the ARANA ASC meets this coming week.

I would like to ask that the motions be tabled and/or extended an additional 1-2 months so that the ARANA can be given a chance to be informed of the current motions, so that the groups are able to then be informed, and so that questions/voting can be appropriately carried out.

In Loving Service,

Lisa D

RD Report ABCD  
December 5, 2015

This month I continue to read the WSC Discussion Board. Topics have focused around the motions in the CAR which was released November 25, 2015. The CAT is not released until January 25, 2015. I will not be in attendance this month at Region as I will be traveling with Terri to MRLE for a review and workshop of the CAR material.

First, the Region should decide if we want to purchase CAR and CAT reports from NAWS. The CAR is \$15 and the CAT is \$11 which is expensive. I would like to have reports available for all 7 learning days. As a compromise with NAWS, I would suggest we buy a few of each report-perhaps one for each RCM and perhaps one to have available at each learning day. I will photocopy more copies to bring which, of course, will be much cheaper or I can just photocopy them all if we do not have the funds to purchase or just would rather use photocopies.

I plan on at least 7 learning days to take place between January 25 and mid March: one regional assembly and one workshop in each area. I would like to have them sooner rather than later. My plan is to have some help with them if possible. Last cycle Pat conducted a workshop in Mohawk River and Mary, I believe, conducted a workshop in Mid-Hudson. If you two think you can do that again, that would be fantastic! The motions this time are not nearly as complex and NAWS will have power points and videos available to facilitate your workshop if you feel you need them or want them. Right now, I'm planning on a workshop ASAP in Albany-Rensselaer maybe even the week the CAT is released. Last year, there was a request for a second workshop in this area so I want to leave time for that if it's necessary. I was planning on conducting the Regional Workshop after the February Regional meeting at McKownville. Would the region consider footing the bill for pizza and soda since we will all be here through lunch and we may have better attendance with refreshments? Or do you think we should break for lunch and come back at 1:30 for the Regional Assembly? Let me know how you would like it to go.

Additionally, as Mid-Hudson pointed out, we do, again, need to address how we will collect a group conscience. It appears to me in speaking to other RD's that Regions use a variety of techniques. Some use group tally sheets as we have always done. Others collect a conscience from the members that attend the workshops. Others entrust their RD's to glean the conscience of the region by discussing the issues with members and other regions trust the RD's with their vote. I would suggest perhaps using a combination of the first two options. I would like to gather some feedback at the learning days to be used. Perhaps these tally sheets could just be added to the other groups' tally sheets. In 2014 we did not collect tally sheets at the workshops, just from the groups. Just let me know how you would like to proceed.

Any member can download the CAR now on their computer. Go to NA.org then Members then Conference and find the CAR. A user name and password is provided. RCM's particularly, should familiarize themselves with the motions. Call me anytime to ask questions about the motions or refer to the power points and videos which NAWS says will be posted sometime next week. I sincerely hope all members of the ABCD Regional Body attend the regional workshop. As members of the regional body I do believe members expect us all to be able to provide information on the CAR and the CAT to some degree.

Last, an attachment to the CAR is the draft of the Traditions Workbook. It is a lengthy piece of literature but I would hope that members of this body will read the entire draft. We do have to vote on this so we really should be informed. Please encourage other interested members to read it as well. If you download the CAR as I just described you do not have to print the whole book-you can just read it on your computer. There are about 8 weeks until the learning days start so please consider reading the book in its entirety so we can have an educated group conscience to bring to WSC.

ILS,  
Sandy M.

December 5, 2015

BCANA met on 11/17/15. The meeting opened at 7PM  
6 GSRs were present. 2 short of making quorum so no business could be done.

All reports were read, all motions were tabled until next month.  
Since one of the motions, the one regarding the area service learning day involved money, \$400.  
that amount was reserved in the treasury over our prudent until the motion could be voted on next  
month.

Fund flow was practiced to region. The meeting closed at 7:30. \$846.32 DONATION

In Loving Service  
Teri J.



The Mid Hudson Area met on November 19<sup>th</sup> at 7:00 PM at the Saint James Church, @ the corner of Fair and Pearl Streets, in Kingston NY. I would like to note that this location has been voted through motion to be the ongoing location for the MH ASM. We will no longer be rotating throughout the area. Quorum was met and area business was conducted.

MH Area had two new GSR's in attendance in service for Clean and Serene and the Lifeline meetings.

There are no questions from the MH Area on the current regional Nominations.

Terri, RCM from the Berkshire Area was nominated for Alternate RD  
The Helpline has received 13 calls, 17pieces of mail and 5 messages since Octobers' report.  
Jim, Regional H&I Vice Chair has been nominated for H&I Regional Chair.

Mary W., current regional policy chair was nominated for a second term.

#### **Our Service Committees:**

Helpline is operating well. The Helpline has received 13 calls, 17pieces of mail and 5 messages since Octobers' report.

E and A : reports success and a Halloween event and working hard on planning the MH Area Christmas Vigil. Home Groups will be individually sponsoring the event with support and service w/ covered dishes and committed speakers. We're currently planning on the hours of 6pm to 2am. We'll have marathon meetings, Christmas dinner served at 2 different times, and the warm, loving atmosphere and fellowship everyone should have for the holidays. Our hope is to attract the newcomer.

Public Information is operating well. They continue to monitor literature throughout the area and nurture relationships that are being built within the community.

MH Area nominations took place at the November service meeting. There was rotation in service, with new NA members joining the ASC w/ a some open commitments remaining.

Wishing all of my friends at the region happy and blessed holidays,

In love and service,

Michelle L

December 5, 2015

Good afternoon

We met on Saturday 11/28

We had 12 GSRs in attendance

We decided to move our next meeting to DEC 19 at 12 noon.

We have a nominee for vice chair, the last open position on our executive board.

We are excited about our upcoming Christmas marathon, see flyers.

H n I is doing well they have a nominee for chair, they need a secretary, and they have a new literature distribution.

Public information is looking for a chair and has a new secretary.

Still looking for a policy and procedure chair and Secretary.

Discussed regional meeting.

Our groups would like to see convention treasure itemize their report like our regional treasure does.

Discussed regional motions

GSRs Had negative feedback on motion about conference call.

Recovery at Sunrise on Saturday morning is now a open meeting.

We have 2 celebrations announced at group sharing.

Gut level the last Friday of the month Wilson will be celebrating 9 years.

And the last Thursday at Step Up to Freedom James will be celebrating 6 years

Thank you for allowing me to serve the groups of the Mohawk River Area.

Mohawk River Area

Acting ASR

Robert

(518)986-1493

Report to Region  
December 7, 2015

Greetings to the Region:

I have gone through the Convention Committee Policy and I have reduced it to twenty (20) pages, down from thirty-six (36). On or about November 14<sup>th</sup> I sent the draft via email to Lillian and Sal. I said to them and I will say here that I still believe there are way too many words in the policy. I do not believe that people will read that much and they definitely will not retain that much policy.

There are sections that I would delete, such as the “code of conduct” as I believe that if we are electing trusted servants who have the Steps, Traditions and Concepts in their lives then we do not need to tell them that there should be “no gambling” at NA events, or that “theft of personal or ABCD Region property is cause for arrest”, or that there should be “absolutely no fighting, no touching while communicating with other addicts.” However, from what I have seen from the last three Convention Committees, it apparently does need to be said.

In my email to Lillian and Sal I said that I had no experience with working on conventions so I did not know what else I could cut out and what was necessary for the Committee. I have not received any input from either of them as of yet.

If this body would like to see the draft copy I will send it to the Regional Secretary for it to be disbursed to all. At this time I await direction from the body as to what I should do next.

Thank you for letting me serve,  
Mary W.

12-5-15

**Ad Hoc ABCD Regional Boundaries**

We met today before region. We had 5 addicts in attendance. I would like to thank Sandra Lee former MRA Chair for her help. We are submitting these for Region's approval. Thank you for allowing us to serve this region.

Attached is a map of our Region as well as a list of the counties within each area.

**Robert H. and the Ad Hoc Committee**

**ALBANY RENSSELAER AREA**

Albany  
Columbia  
Greene  
Rensselaer

**BERKSHIRE COUNTY AREA**

Berkshire County Massachusetts

**GREEN MOUNTAIN AREA**

Addison (VT)  
Bennington (VT)  
Rutland (VT)  
Windham (VT)  
Windsor (VT)  
Keene (NH)  
Newport (NH)

**MID-HUDSON AREA**

Columbia  
Dutchess  
Ulster  
**GREENE**

**MOHAWK RIVER AREA**

Fulton  
Montgomery  
Schenectady  
Schoharie

**SOUTHERN ADIRONDECK MOUNTAINS MIRACLES AREA**

Clinton  
Essex  
Franklin  
Hamilton  
Saratoga  
Warren  
Washington



## December RMLC Report

I am pleased to announce the new updated December 2015 meeting list for the adcd region is available. We have 3000 for sale. During the month of November, I received emails from members of arana and samma areas only for meeting list updates, I did reach out to other areas to make sure list was as correct as I could. I forwarded all information to the helpline chair Adam, and the web-servant Matt. In loving service -Jake R

ABCD Region Web Servant Report  
abcdwebservant@gmail.com

To the ABCD Region,

First let me thank you for allowing me to be of service as the ABCD web servant for as long as I have. I'm grateful to see that our region is placing importance on this position and service, in reaching the addict yet to come by making the web servant part of the regional body. If re-elected as the web servant for the next year, my hope is to find some other addicts interested in being of service to the website, so that I can train these addicts and we can have a rotation of service.

I have been able to update the website with the most current information that I have been given for November into December, and I have also updated the BMLT (Basic Meeting List Tool) database as well. I will be in contact with World Services after December or January meeting update so that World Services meeting list database will be updated as well. In following with this, if you have ANY meeting changes that need to take place, please email the meetings list coordinator at [abcdnymlc@gmail.com](mailto:abcdnymlc@gmail.com) and include the web servant at [abcdwebservant@gmail.com](mailto:abcdwebservant@gmail.com) so we can have the most current meetings listed, across the board.

Lastly, I occasionally get request from areas and regions outside of our own, to add their events or conventions to our events page. I'd lake to have some clarity in whether the Region wants me to add these events to our events calendar.

Thank you  
Matt A