



SheVANA ASC Minutes

Monday, October 9, 2023

Meeting opened by Michelle M. @ 6:30 pm with a moment of silence followed by the Serenity Prayer.

The Twelve Traditions were read by Heather R.

The 12 Concepts for NA Service were read by Luke T.

The SheVANA Purpose was read by Robin M.

First ROLL CALL		
Group Name	Representative / Title	Status
Experience Strength & Hope	GSR – Robin M.	Present
Eyes To the Sky	GSR Alt. – John A.	Present
Finding a New Way to Live	GSR Alt. – Katie H.	Present
Fire, Faith and Fellowship	GSR – Maria S.	Present
Last Connection	GSR – Chris M.	Present
Midday NA	GSR – Archer C.	Present
NA at Millcreek		Inactive
New Chance	GSR – Tony B.	Present
New Freedom	GSR – Drew P.	Present
N.O.A.N.D.A.	GSR – Liz C.	Present
Out of the Cage	GSR – Willie W.	Present
Recovery and Beyond		Inactive
Regardless Of	GSR – Brandon R.	Present
Renegade	GSR – Kevin I.	Present
Save Uranus	GSR – Kenny D.	Present
Sisters in Spirit	GSR – Barbara S.	Present
Solution Seekers	GSR – Bailey R.	Present
The War Is Over	MEETING IS CLOSED	REMOVE
Vision of Hope	GSR – Nora F.	Present
Welcome Home in Recovery	GSR – Heather R.	Present

Quorum Met with 17 home groups in attendance ☺ The War is Over no longer is meeting and should be removed from the list for future ASC meetings.

EXECUTIVE REPORTS –

- **Chair: Michelle M.** – Present – read report
Hello Family,
Last month’s ASC was difficult for me. After much reflection and talking with my sponsor and network I would like to say that being the Chair I find it sometimes difficult to maintain neutrality. Luckily the

program of NA calls for progress not perfection. It is apparent that a lot of members have great passion for NA. It is due to this passion that we feel so strongly about service, steps, traditions, and concepts. I would like to encourage everyone including myself to remain spiritual, open minded, and willing in all areas of recovery especially while we serve the fellowship of NA. I have created a paper voting form for today's voting process, our guidelines do not stipulate the process in which we use to vote on motions. The paper voting form will help to maintain anonymity of the groups and hopefully will help us move forward in the spiritual manner. I have reviewed the guidelines, Roberts rules of order, and consulted with our previous parliamentarian. Motions 1 and 2 are structural motions and will need a 2/3 vote to pass, if there are more than 1/3 abstentions the motions will go back to groups a second time. Motion 3 is a procedural motion and will require a simple majority of 51% to pass, the same 1/3 abstentions rule applies to this motion. I learned that RRO gives guidelines on discussing motions, the guidelines stipulate that each person can speak on a topic only one time moving forward we will use this process. Lastly, if the Chair steps down during a meeting the meeting must be turned over to the hierarchy established in our area guidelines for business to continue. I will adhere to this guideline moving forward and remember that the Chair must always remain neutral and not have an opinion. Thank you to the body for giving me the grace to learn. I have updated the guidelines and sent to the PR chair for posting, as of now the guidelines are current.

ILS,
Michelle M – ASC Chair

- **Vice Chair: OPEN**
- **Motion – Motion made to approve last month's ASC minutes. Luke T. proposed an amendment for Motion #3 to remove/strike the cons.** Motion made to approve the minutes as amended. Luke T. made the motion and it was seconded by Chris M.

MOTION PASSES - ABSTAIN – 4 YES – 11 NO – 1

- **Secretary: Meredith S.** – Present – report read
Hello Family,
I am sorry that I was unable to attend the ASC meeting last month. Thank you Barbara S. for filling in for me and taking the minutes. Please continue to send reports to my email address which is meredith@trc-va.com. Thank you!
In Loving Service,
Meredith S.
- **RCM: Sarah M.** – Absent – Meredith read report
Hello. I will not be at ASC tonight as I am working late. I plan to attend the next RSC and carry our vote. I'm sending a link to the secretary for members to participate in a poll from regional delegates.

RCM ASKED THAT THE LINK/EMAIL BELOW BE FORWARDED TO THE ASC BODY.

Attention all NA members who live in the Central Atlantic Region!

Are you, or others in your network, interested in serving Narcotics Anonymous prepare for 2024



WORLD in Washington, DC?

Just fill out this quick survey and be sure to click “submit” at the bottom:

https://naws.formstack.com/forms/volunteer_form

Thanks to all,
Your Delegate team

Note-

This support committee to be comprised of members from these regions only:

- 1 Chesapeake and Potomac
- 2 Free State
- 3 Central Atlantic Region

SEE TWO ATTACHMENTS TO THE MINUTES – Carna QR Code and Environmental Scan Survey

- **RCM Alt: Robin M.** – Present – verbal report
- **VRCC: Stephen P.** – Present – verbal report
- **VRCC Alt: OPEN**

- **H & I Chair: Chris M.** – Present – read report

Hello family

We had our monthly meeting with 14 members in attendance 3 were me to HNI. We also had our bi monthly handbook study. I would like to request \$25 for rent to adams Nelson. I would also like to request check for \$50 to market street United Methodist church to secure the location for the HNI/PR learning day.

Thank you

In loving service

Chris M.

HNI chair

- **Literature Chair: Katie H.** – Present – report read

Literature chair

Katie h.

All orders were filled on time and last months statement attached.

SEE ONE LITERATURE ATTACHMENT TO THE MINUTES – Bank Statement

- **Outreach: Ian B.** – Present – report read

Nothing to report this month. I have since moved out of the area, but am leaning on trusted members to help assist making group visits. I will continue to be present at ASC meetings until my term is up.

Thanks Ian

- **Newsletter: Quinton K.** – THIRD ABSENCE
- **Parliamentarian: OPEN**

- **Public Relations: Wendy D.** – Present – read report

Hello family. PR met October 1 @ Daily Grind. We had 5 in attendance.

The PR Basic book study went well. The next PR Basics study is October 22 @ 2 pm; with PR subcommittee to follow @ 3. We will be meeting at Daily Grind in Front Royal.

PR had a productive meeting, we updated website & meetings as required. PR has been participating at PR/H&I Learning Day subcommittee, and will continue.

PR will be attending the Mental World Health Day @ Laurel Ridge Comm College and will have a table, October 10, 10-2; in answer to the email received last month.

PR is making a budget request \$124.50 for literature for the Mental World Health Day on October 10th. The order was sent to literature and a copy attached.

I have kept the meeting list errors noted below, so it would be easier for making corrections.

- | | | |
|---|---|-----|
| 1. Finding a New Way to Live
South Main Street | St Paul’s United Church of Christ
Woodstock VA 22664 | 235 |
| 2. New Freedom
ent.
Street | Winchester Bible Church -W. Fairfax
302 N. Braddock
Winchester VA 22601 | |
| 3. Recovery & Beyond | Meets Tuesday night same time/place | |

Please continue to send Luke T. or myself updates, flyers or celebrations and we will post them. Contact numbers below.

Luke T - 754-303-6805
Wendy D - 540-303-1675

ILS,
Wendy D

Literature Needed	Quantity	Price
IP #1 Who, What, How, Why	x50	\$0.28 (\$14)
IP #6 Recovery & Relapse	x50	\$0.28 (\$14)
IP #7 Am I an Addict?	x50	\$0.28 (\$14)
IP # 8 Just for Today	x50	\$0.28 (\$14)
IP #13 By Young Addicts	x50	\$0.36 (\$18)
IP #22 Welcome to NA	x50	\$0.28 (\$14)
IP #26 Accessibility for those w/ Additional Needs	x50	\$0.28 (\$14)
IP #29 Intro to NA Meetings	x50	\$0.36 (\$18)

IP #30 Mental Health in Recovery	x50	\$0.33 (\$16.50)
NA & Persons Receiving Medically Assisted Treatment	x50	\$0.40 (\$20)
A Resource in Your Community	x50	\$0.46 (\$23)
NA White Book	x100	\$0.88 (\$88)

Total Cost: \$212.50

Total Cost w/Member Donation: \$124.50

- **Special Events: Bailey** – Present – read report
October 10th, 2023
Shevana Special Events ASC October Report

Hi everyone!

This past month we have met twice and have been planning our events through the end of the year.

The special events account started at \$810. We received a total of \$466 between donations and raffles from our end of summer picnic. We spent a total of \$250.21 on supplies and wrote a check in the amount of \$37.03 to area. We also wrote a \$50 check to Macedonia church for the chili cook off. Which leaves the SE account at \$700 .

Our next event is the chili cook off on November 18th. Flyers are here tonight. We will be having a New Years party again this year and are beginning to plan this event as well. We are accepting book and memorabilia donations to raffle off at our events.

Our next meeting is 10.22 @ 3:15 pm in the meeting room at Edgehill.

-In loving service, Shevana Area Special Events Chair Bailey R.

SEE SPECIAL EVENTS ATTACHMENT TO THE MINUTES – Bank Statement

QUESTIONS ON REPORTS:

- GSR's are encouraged to ask their home group members about ideas for Special Events.
- Does PR still need key tags in other Motion will be put forward this evening.
- Ad-hoc needs to be added to the reports section of the minutes. Learning Day will be held on January 13, 2024, from Noon – 6 pm.

OPEN FORUM:

1. Luke T. has the coffee making supplies in his car and will bring in during the break.
2. The Friday Night Meeting in Strasburg is not well attended. It is unfortunate and discouraging and this is a Literature Meeting.
3. ASC is not able to be joined virtually by Zoom but there is contradicting information online. The Region is held via Zoom. There are a handful of home groups in our area that do option the hybrid option.

4. We have been “chasing the tail in this area for a long time.” Concerns were raised about how ASC serves the group and it is encouraged that groups show up. Stephen P. apologized for leaving the ASC meeting early last month. It was encouraged to remember why we are here.
5. H&I Minutes have been updated on the website. Wendy D. will get the minutes to Luke T. The flyer for the Learning Day will be coming soon. Luke requested specific phone numbers to be added to the minutes.
6. The Delegate Team is looking for NA members that have experience with conventions. Sherry V. was in attendance and more information may be found at carna-na.org. Please include information about yourself if you are interested in connecting with the work group committee.
7. We need NA members to get involved with H&I.
8. Kenny wanted to complain about not receiving the minutes and shared that he received political posts after last month’s ASC and was concerned.
9. Meredith S. asked if we are able to do an updated roll call to gather accurate information for the GSR’s and GSR Alternate’s information for the minutes. Also, the Secretary asked that we all remember why we are here and not to use NA members names, ASC trusted servants’ names when sharing opinions especially if they are not present at the ASC.
10. Heather R. apologized for using NA members names last month. Thank you, Heather.

*****BREAK @ 7:36 pm *****

Michelle M. called the meeting back to order @ 7:36 pm and read the Serenity Prayer. The list at the bottom of the minutes will be updated with GSR and GSR information.

Second ROLL CALL		
Group Name	Representative / Title	Status
Experience Strength & Hope	GSR – Robin M.	Present
Eyes To the Sky	GSR Alt. – John A.	Present
Finding a New Way to Live	GSR Alt. – Katie H.	Present
Fire, Faith and Fellowship	GSR – Maria S.	Present
Last Connection	GSR – Chris M.	Present
Midday NA	GSR – Archer C.	Present
NA at Millcreek		Inactive
New Chance	GSR – Tony B.	Present
New Freedom	GSR – Drew P.	Present
N.O.A.N.D.A.	GSR – Liz C.	Present
Out of the Cage	GSR – Willie W.	Present
Recovery and Beyond		Inactive
Regardless Of	GSR – Brandon R.	Present
Renegade	GSR – Kevin I.	Present
Save Uranus	GSR – Kenny D.	Present

Sisters in Spirit	GSR – Barbara S.	Present
Solution Seekers	GSR – Bailey R.	Present
The War Is Over	MEETING IS CLOSED	REMOVE
Vision of Hope	GSR – Nora F.	Present
Welcome Home in Recovery	GSR – Heather R.	Present

Quorum was met for the second roll call with 17 active home groups present.

Meredith S. read the announcements.

- **CELEBRATIONS OF RECOVERY**

- Rick W. 1 Year Save Uranus Oct. 13
@ 7 pm
- Anna 2 Years Fire, Faith & Fellowship Oct. 14
@ 7 pm
- Tara C. _____ Fire, Faith & Fellowship Oct. 28
@ 9 pm
- Michelle S. 1 Year Exp, Strength & Hope Nov. 4
@ 7 pm
- Steve H. 2 Years N.O.A.N.D.A. Nov.
25 @ 7 pm

- **ANNOUNCEMENTS**

- Vision of Hope Meeting Needs Your Support! Please attend Friday nights @ 7 p
- **11/18** - Special Events Chili Cookoff at Macedonia Church – Noon – 6 pm.
Bring your best chili!

- **OLD BUSINESS – AREA MOTIONS**

MOTION 09-01-23

- Date: 9/11/2023
- Motion Maker: Luke T. Second By: Heather R.
- Article: 5 Section: 3 Item: 2 Motion: I motion to alter the guidelines to change “suggested” to “required” under WHO in the Nominations section of the guidelines. The edited version would read “It is required that a continuous clean time of one year be a guideline when considering nominees.”
- Intent: The primary purpose of this motion is to uphold the 4th Concept for NA Service which states that “Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants.” It is observable that this section of the guidelines is frequently presented as a requirement. So, the change of language would ensure all members of NA are treated equally in keeping with our spiritual principles. Additionally, this motion will ensure the Area Service body remains impartial in selecting trusted servants; seeing as “the final responsibility and authority lies with the NA groups.” The 7th and 9th Concept for NA Service states that, “All members of a

service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes," and that "All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes," so this motion would not restrict any member from participating at the Area Service Committee.

ABSTAIN – 1 YES – 9 NO- 7
MOTION WILL BE SENT BACK TO GROUPS FOR A SECOND TIME – DOES NOT HAVE 2/3 OF THE VOTE

MOTION 09-02-23

- Date: 9/11/2023
- Motion Maker: Luke T. Second By: Heather R.
- Article: 7 Motion: In order to clarify the intent under Article 7 of the area guidelines, I motion to add an additional section to address a loss of abstinence in regards to trusted servants. The section would read as follows: 7.4 Loss of Abstinence "In the case of a loss of abstinence the affected ASC position shall be declared vacant."
- Intent: Article 7 states that "Except in the case of loss of abstinence, a two thirds (2/3) vote is required for their removal." This statement begs the question of what "except in the case of loss of abstinence" refers to since it is not clarified in the article. Again, this motion would uphold our 4th Concept for NA Service "Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants." Loss of abstinence means that one of the qualifications trusted servants were elected based off of is no longer the case, this undermines the group conscience which is the basis for all decisions of our fellowship. Even though the action of removing a trusted servant is difficult in the case of a loss of abstinence removal is not solely disciplinary, but an act of love so that our members can focus on their recovery. Like in the previous motion, this does not restrict members from having a voice in the Area Service Committee. We have countless, crucial subcommittees that require dedicated members and are lacking in participation.

ABSTAIN – 1 YES – 11 NO- 5
MOTION WILL BE SENT BACK TO GROUPS FOR A SECOND TIME – DOES NOT HAVE 2/3 OF THE VOTE

MOTION 09-03-23

- Date: 9/11/2023
- Motion Maker: Luke T. Second By: Heather R.
- Motion: To remove our Regional Committee Member Alternate.
- Intent: The RCM Alternate has expressed the desire to remain in their position and some members of the Area Service Committee have supported them in remaining in their position, however at this time does not possess the suggested

clean time. Due to the large discrepancy between the RCM Alternate's current clean time and the suggested clean time of 1 year the NA groups must be the deciding factor in this instance. Additionally, the guidelines state "Except in the case of loss of abstinence, a two thirds (2/3) vote is required for their removal." The guidelines fail to elaborate on what "Except in the case of loss of abstinence" refers to, so, it needs to be the groups who decide how to interpret this statement in this instance. The Area Service Committee can choose to go against the guidelines at any time but cannot do so without first consulting the groups who are "The final authority for NA service" as stated in 2nd Concept for NA Service. Any decision made in the Area Service Committee which goes against the guidelines, which the groups approved by way of a group conscience, indicates that the service body is in violation of our 2nd tradition which states "our leaders are but trusted servants; they do not govern." The RCM Alternate's removal would not restrict them from shadowing the Regional Committee Member and attending the CARNA Regional Service Committee meetings. Lastly, this past year when elections were held multiple members with less than a year clean were told they could not run for positions until they had the suggested clean time. Our fellowship was founded on the principle that we are all equal and that no member is above any other. What example are we setting for newcomers if we are lenient with our traditions, concepts, and guidelines?

ABSTAIN – 0 YES – 9 NO – 8
MOTION PASSES – GREATER THAN 51%

- **AREA OPEN POSITIONS & NOMINATIONS & ELECTIONS**

NOMINATIONS/TAKE BACK TO HOME GROUPS:

- Vice Chair – Chad L./TAKE BACK TO HOME GROUPS

Qualifications –

Chad L.

Clean date 5/16/2022

Active NA sponsor and working steps.

Have had active homegroup service positions both in Richmond and Winchester

Aware of steps, traditions, and concepts

Confident in ability to fulfill required duties.

- Parliamentarian – Augusta W./TAKE BACK TO HOME GROUPS

Qualifications:

- 2.5 years clean

- Working steps with Sponsor

- Understanding of 12 traditions and Concepts

- Serving on Special Events subcommittee last two years

Intent:

- Form an adhoc to go over all current SheVANA guidelines
- Maintain that policy and procedures are followed at the Area level according to guidelines
- Be available to home groups seeking guidance on “What is the NA way” when questions arise at the group level

- VRCC Alternate – NO NOMINATIONS/TAKE BACK TO HOME GROUPS

- **OLD BUSINESS – REGIONAL MOTIONS – SEE BELOW**

CARNA Motion Form

Motion Number: 222-1 Date: August 19, 2023
Mover: Carnadelegateteam Area: N/A
Second: Greg H. Area: Roanoke Valley Area

Description/Background (Optional):

At the 2023 World Service Conference it was voted to approve a three-year conferece cycle for two conference cycles for a total of six years. This motion would reflect this change allowing all members of the delegate team to experience a complete conference cycle and all it entails.

Intent:

To update guidelines to reflect the conference approve change to the WSC conference cycle for the Regional Delegate (RD), Regional Delegate Alternate (RDA) and the Regional Delgate Alternate 2 (RDA2)

Motion:

To change 6B Regional Delegate Qualifications#4. from: 4. 2 year Term
To: 4. One conference cycle term

To change 7B Regional Delegate-Alternate Qualification#4. from 4. 2 year term, 4 year commitment
To: 4. One conference cycle term, Two conference cycle commitment

To change 8B Regional Delegate-Alternate Qualification#4. from 4. 2 year term, 6 year commitment
To: 4. One conference cycle term, Three conference cycles commitment

Amendment

Amendment Mover _____ Second _____

Pro: Continuity-Olena

Pro: Efficiency David H.

Con: Trouble getting persons to Nominations- Greg H.

Con: Spirit of Rotation-Sarah M.

Vote Talley

Total For: _____

Groups: _____

Total Against: _____

Groups: _____

Total Abstention: _____

Groups: _____

Tabled: _____

To Policy: _____

To Home Groups: _____

ABSTAIN – 4 YES – 9 NO – 2 - MOTION PASSES

- **NEW BUSINESS**

- ADHOC Chair has been appointed by the Chair.
- **Regional Open Positions** - Regional Delegate, Alternate, Report – VACANT, Hospitals & Institutions Chair Report - VACANT Policy Chair Report - VACANT Speaker Jam Chair Report – VACANT
- **SPECIAL EVENTS MOTION – 10-01-23**
Date: 10/9/23
Motion Maker: Bailey R.
Seconded By: Heather R.
Article: XIII. Section: 13.2. Item: 6
Motion: To raise the Special Events prudent reserve from \$700 to \$1,000.
Intent: To broaden the ability of Special Events to hold future events that include but are not limited to: camp outs, day trips requiring transportation, etc.
Questions – What type of events? It is listed in the intent. Campouts, bus trips, etc.
PROS – Increased interest in campouts, rafting trips and have successfully hosted events in the past. Need more funds to have larger events.
PRO – Better events and we need more money to have these types of events.
CON – Current prudent reserve has been sufficient so far.
CON – More expense to the Area in the absence of fundraising which is not fully accurate as Special Events donates to the Area.

TAKE BACK TO HOME GROUPS

BUDGET REQUESTS – Standing Budget Request and \$124.40 PR request – Laurel Ridge Mental Health Day which is tomorrow.

- **BUDGET REQUEST MOTION**
Date: 10/9/23
Requesters: Luke T. and Wendy D.
Position Held: PR Chair
Amount Requested: \$124.40
Literature Chair has the receipts.
Reason for Request: To have literature available at Laurel Ridge's Mental Health Day on October 10th.

MOTION PASSES - YES – 11 NO – 0 ABSTAIN - 0

- **TREASURERS REPORT** – Present – read report
Hi!

Beginning balance: \$650.60

Checks written:

- 1898 - Canvas Community church - \$50.00
- 1899 - Adam's Nelson- \$25.00
- 1900 - market street United methodist church - learning day -\$50.00
- 1901 - shevana literature - \$124.40

Debits:

- Service charge - \$2.00
- Storage - \$111.00

Total debits: \$362.40

Donations: \$ 569.68

Ending balance: \$857.88

Love y'all!

Liz

SEE TWO ATTACHEMENTS TO THE MINUTES FROM OUR TREASURER.

- **NEXT ASC MEETING:** The next Area Service Meeting will be held on Monday, November 13th, 2023, at 6:30 pm. at Canvas Community Church, 2333 Roosevelt Blvd. Winchester VA 22601.

We need coffee and spoons if you are able and willing to donate!

MOTION TO CLOSE - Motion made by Bailey R. Seconded by Brandon R.

Meeting Adjourned.



ASC MEMBER CONTACT INFORMATION – ALPHABETICAL ORDER BY FIRST NAME

Andre A.	540-931-8865	andreallen288@gmail.com	
Archer C.	540-684-6752	acrebbs@aol.com	GSR – Middy
Augusta W.	240-723-3315	augustaweschler@gmail.com	

Bailey R.	772-773-0713	lynnb9498@gmail.com	<i>Special Events Chair & GSR – Solution Seekers</i>
Barbara S.	540-327-6134	Barbara.Sadhana@fema.dhs.gov	<i>GSR – Sisters in Spirit</i>
Brandon R.	757-819-8777	brandonrumbaugh@gmail.com	<i>GSR – Regardless of</i>
Chad E.		chadelevett@gmail.com	
Chris M.	304-279-2966	Chrismauck84@yahoo.com	<i>H&I Chair & GSR – Last Connection</i>
Danny M.	540-303-4936	dannym246@gmail.com	<i>Alt. GSR – New Chance</i>
David T.	540-514-5077	dtcustombuilds@gmail.com	
Drew G.	540-539-1457	drew.gamber@yahoo.com	
Drew P.	703-872-9875	drewdotprice@gmail.com	<i>GSR – New Freedom</i>
Heather R.	540-575-0999	rollinsheather0@gmail.com	<i>GSR- Welcome Home in Recovery</i>
Ian B.	703-438-8555	ianbagnell@msn.com	<i>Outreach Chair & Alt. GSR – Out of the Cage</i>
John A.	540-303-2797	jandsarrington@aol.com	<i>Alt. GSR – Eyes to the Sky</i>
Katie H.	540-236-4349	katieharlow91@gmail.com	<i>Literature Chair & Alt. GSR – Finding a New Way to Live</i>
Kenny D.	540-327-3160	kendarrll@gmail.com	<i>GSR – Save Uranus</i>
Kevin I.	202-944-0386	jazirock@gmail.com	<i>GSR - Renegade</i>
Linda A.	540-664-6077	cleanduetona@yahoo.com	
Liz C.	703-585-3301	elizabethchppll@yahoo.com	<i>Treasurer & GSR - NOANDA</i>
Logan O.	540-323-8755		<i>Alt. GSR – Fire, Faith & Fellowship</i>
Luke T.	754-303-6805	luketippett01@gmail.com	
Maria S.		marialsmith00@gmail.com	<i>GSR – Fire, Faith & Fellowship</i>
Mercedes T.		mercedes78sadiem@gmail.com	<i>Alt. GSR – Sisters in Spirit</i>
Meredith S.	703-582-5639	meredith@trc-va.com	<i>Secretary & Alt. GSR – Solution Seekers</i>
Michelle M.	540-532-9631	ponylady90@hotmail.com	<i>Chair</i>
Nora F.	540-630-0164	norafinny0176@gmail.com	<i>GSR - Finding A New Way to Live</i>
Norman C.	540-931-5042	Norman2500@aol.com	
Randy D.	540-322-3335	Der12296@comcast.net	<i>Regional Delegate</i>
Robin M.	540-660-1809	graciousmountain@protonmail.com	<i>GSR - Experience, Strength & Hope/RCM Alt.</i>
Sarah M.	540-671-1487	london13751@gmail.com	<i>RCM</i>
Stephen P.	540-539-2177	stephen.price02@comcast.net	<i>VRCC</i>
Tony B	703-915-1601	tbrooks2972@gmail.com	<i>GSR – New Chance</i>
Tori S.	540-398-7193	victorialaine12@yahoo.com	<i>GSR – Eyes to the Sky</i>
Wendy D.	540-303-1675	Wj_horton@yahoo.com	<i>PR Chair & Alt. GSR – Welcome Home in Recovery</i>
Willie W	540-368-1603	mrwadesr@hotmail.com	<i>GSR – Out of the Cage</i>