



SheVANA ASC Minutes (Approved)

Meeting opened by Meredith S-C. @ 6:30 pm with a moment of silence followed by the Serenity Prayer.

The Twelve Traditions were read by Stephen P.

The 12 Concepts for NA Service were read by Danny M.

The SheVANA Purpose was read by Norman.

First ROLL CALL		
Group Name	Representative	Status
Brothers in Recovery		
Experience Strength & Hope	Shaunna	
Eyes To the Sky	Frank	
Finding a New Way to Live		
Fire, Faith and Fellowship		Inactive
Last Connection		Inactive
Midday NA	Norman	
NA at Millcreek		Inactive
New Chance	Danny	
New Freedom	Taylor	
N.O.A.N.D.A.	Steve	
Out of the Cage		Inactive
Recovery and Beyond	Danny	
Renegade	Kevin	
Save Uranus	Kenny	
Solution Seekers	Bailey	
Welcome Home in Recovery	Wendy	
Women Warriors Wednesdays	Mary	

Quorum Met for the first roll call with 12 home groups present. 4 home groups are inactive..

Norman motioned to approve last month's minutes, Danny Seconded.

Abstention – 1

Approve – 11

Minutes approved

REPORTS:

- **Chair: Meredith S-C** – present and read the following report
Good Evening Family,
I went to the Post Office and brought the bank statements that were in our PO Box with me this evening. The area had two bank statements, literature also had two statements, and Noanda had one bank statement. The statements will be given to the appropriate ASC contacts.

In Loving Service,
Meredith S-C

- **Vice Chair: David T.** – present, no report
- **Secretary: Liz C.** – present, no report
- **RCM: Heather R.** – Present and read the following report –

Good evening family

Saturday of the two day we had 21 people in person and 13 via zoom. We had an RCM/GSR study learning the responsibilities. We had someone from NEZF explaining what the zone is about. A world service video. We had a work group on what our website needs. It is asked that we find out from our areas and the groups what we need and to bring back to the December RSC.

Sunday

Time slot AVCNA in Roanoke do CAR/CAT workshop discussed December RSC looking at the 2026 calendar Discussions of the website committee were formed to find out what areas, groups, and members would like to add to our website in general Why plan asking groups and areas their needs and bringing back to region Understanding of RCMs taking the service monkeys back to areas. The delegate will be going over the new CAR in workshops. A survey will be created

MOTION: 234-2

For the period between October 1, 2025 until February 1, 2026, that the Central Atlantic Region Treasurer suspend donations to NAWS. After that time the 2026 RSC Budget should be active. The intention of this motion is to allow the groups and Areas of the Central Atlantic Region to discern clarity of the Region guideline (RSC Guideline Section IX, 4A, #8) regarding the calculation of contributions to NAWS. RSC Guideline Section IX, 4A, 8: After expenses are paid and prudent reserve is met, all remaining money will be donated to NAWS [This is a request to temporarily suspend active Policy so it will only happen with the agreement of the home groups by 2/3rds agreement.]

A: 0 N: 1 Y: 7 passes

Nominations:

Secretary

Secretary: Heather R. nominated by Marla second by Rhonda

Has been pro tempore since August 2025

Take nomination back to areas/groups

Qualifications: Clean date 3/1/22

- I have an NA sponsor I actively works the NA steps, NA traditions, and concepts

-NA home group

- I have 3 years area/Regional experience
- willingness to serve
- clerical skills
- my own laptop
- a solid foundation w the steps, traditions, and concepts
- time and resources available to be an active participant
- I have been of service in my home group with multiple positions
- has been a gsr
- has been an rcm
- has knowledge of area, regional guidelines, and the guide to local service
- in Secretary role as pro tempore as of August 2025

I have the skill necessary to take minutes and have utilized this in taking minutes between the area and region as an rcm

Pros: very articulated well versed in delegating versed in policy procedures know narcotics anonymous literature also very eager to expand her knowledge as well as share that knowledge with others

Cons: NONE

Regional Delegate Alternate:

Cindy K pro tempore into position and has the nominations

Service Resume

NAME: Cindy K CLEAN DATE: 5/20/1998 HOME GROUP/AREA/REGION:

virtual HG NANA 24-7 Marathon Meeting / Trusted Servants Group,
Beach Area, CARNA

SERVICE COMMITMENTS HELD (GROUP, AREA, REGION, CONVENTION,
VIRTUAL):

AREA EXPERIENCE

Rochester Area 1998-2001:

Rosedale Group: member, key tag person, GSR; AREA: assistant treasurer, PI
member & secretary,

Steering Committee, Ad Hoc Chair Outreach Committee

Westside Area (MD) 2001-2007ish:

Shot of Hope Homegroup: Coffeemaker/set up, Treasurer, GSR; AREA: RCM,
RCM alternate, secretary, H&I panel member and coordinator, Sponsorship
Behind the Walls Ad Hoc.

Bay Area (MD) 2007ish-2015ish:

Constantly Changing: member, GSR, setup/coffee; Shelter from the Storm:
member, speaker finder, GSR alternate, greeter

East of the Bay Area (MD) 2015-2020:

Clean and Serene Dreamers HG: secretary, GSR, speaker finder.

Virtual NA Meeting Platforms (2020-present) NA NA 24-7 Marathon Meeting
Group: April 2020-current: meeting host and co-host;

Policy Chair 2022-present

Beach Area (VA)

Trusted Servants homegroup: member, Secretary Feb 2024-Aug 2024)

Cindy K, Service Resume, continued

REGIONAL EXPERIENCE

Free State Region, MD 2005-2019 Regional Assistant Secretary/Secretary,
Regional Assistant Treasurer, Regional Vice

Chair (2), Chair (2) Convention Board Liaison, GSR Workshop Facilitator;

Various Ad Hoc Committees, Regional PR and Regional Policy committees.

Regional Convention Board of Directors, 2006-2010: Secretary, Vice Chair,

Chair. Subcommittee liaison for Merchandise, Hotels/Hospitality sub committees.

Regional Convention Board of Directors, 2014-2018: Secretary, Vice Chair (2x)

chair (2x); Subcommittee liaison: Convention Information, Merchandise, Hotels

and Hospitality and Programming. Negotiations of hotel contracts.

CARNA (Central Atlantic Region) RDA2- December 2024- present.

OTHER SERVICE COMMITMENTS:

Circle of Sisters XXV: 2020-2023. "Executive body "Secretary, Liaison for
Registration and Programming.

WCNA38 Workgroup, January 2024- Aug 2024 (Convention Information)

NAWS Focus Group: Virtual Services Basics July 2024-

Above all, a love and gratitude for Narcotics Anonymous, with a desire to serve

NA fellowship that has saving lives and fanning flames for decades, becoming

more involved at regional and world level. Thank you for the nomination, it's an

honor to be considered.

In loving service

Cindy K

Savedtoserve98@gmail.com 410.905.0994

Pros her service resume, her current position, her love and positive attitude
towards people and our fellowship

Cons none

Regional Delegate Alternate 2 Linda pro tempore as of October 2025

Public Relations Chair: acclimated

Cat Bell-H

MOTIONS: take back to groups

Motion 235-1 please take back to areas/groups regional budget attached

Vacant positions:

Vice chair

Vice Treasurer

Speaker Jam

H&I

Policy

In loving service

Heather R   

- **RCM Alt: - Chris M.** – present, no report
- **VRCC: Bailey R** – Present, read the following report

Hi Everyone,

I have nothing to report. I will be attending the meeting this Sunday in person.

In loving service,

Bailey R.

- **VRCC Alt: OPEN**
- **H & I Chair: Stephen P.** – Present and read the following report –

Dear ASC Family,

All is well with H&I the subcommittee has decided to move forward with creating our own Zoom account for H&I purposes only we will be requesting this be deducted from our standing budget. The subcommittee is bringing tonight for us to figure out how to go about setting it up if we want to use the area checking account for the automatic payment of \$21.99 a month we want to do this for the first three months to get an idea and then after our three months is up, we would like to purchase the year which is \$219.96. We feel that this will not affect the area of funds as it is in our understanding budget so we're not even bringing emotion. We just would like to figure out how to get this started with the area for payment purposes. I also spoke with Adam Nelson building where we meet and the lady and the lady informed me that they did have to pay \$35 bounce check fee so I would like to get that taken care of. I gave her \$40.00 and told her that we are very sorry for the mix up and I explained to her that this will not happen again, and she iterated that she would appreciate if it doesn't and that they only will be taking check or money order payments because you have to have an actual property with them to be able to get signed up for the electronic payment. Again, thank you for allowing us to be a service and loving service Stephen P.

- **Newsletter: OPEN**
- **Outreach: OPEN**
- **Parliamentarian: Frank Y** – Present, No report
- **Public Relations: Wendy D.** – Present and read the following report –

October 2025 Public Relations Report

Unfortunately, PR did not meet for October. Our next subcommittee meeting will be Nov. 24th at The Wellhouse Ministry 7-830. .

PR Business handled throughout the month:

- Verified all celebrations currently known & updated on calendar.
- Uploaded ASC & H&I - minutes to website
- I will use the October rent check for November, so will not need standing budget.
- I have gotten to Article XV in our area ASC Guidelines rewrite. I will have them done well before next ASC and posted to our website and sent to our Parliamentarian.
- Below is a breakdown from Commercial Press with pricing for meeting lists & the QR code business cards.

Meeting lists

500 - \$131.50

1000 - \$194.953

1500 - \$248.25

Business cards (white 80# cover, full color, setup/proof)

250 - \$45.50

500 - \$54.75

1000 - \$66.50

I am sending my report to our secretary in case I am late arriving at ASC, but will definitely be there!!! Thank you for letting me serve!!
ILS, Wendy D.

- **Special Events: Kevin I** – Present and read the following report

To: SheVANA ASC

From: Kevin I., Special Events Chair

Re: November 2025 Report

Dear ASC,

The Special Events Subcommittee met yesterday with 7 people in attendance. I am pleased to announce that we have decided on our next 2 events.

First, we will be holding Holiday Marathon meetings from 9:00 p.m. on December 24th until 6:00 p.m. on December 25th at Winchester Bible Church, 501 S. Cameron St. in Winchester. We are currently looking for volunteers to chair the meetings. There are 14 available meeting slots. If you are interested in volunteering to chair one of the meetings, please contact Norman C. in person or at 540-931-5042 and he will add you to the schedule. A flyer is being created and should be ready to email to GSRs this week. Please print them and put them out at your home groups.

Our second event is a Super Bowl party to be held on Super Bowl Sunday, February 8, 2026, also at Winchester Bible Church, 501 S. Cameron St. in Winchester. We will have more details about this event and a flyer available sometime next month.

Our next subcommittee meeting will be on December 21, 2025 at 3:15 in the meeting room at Edgehill. In the meantime, please start announcing these events at your home groups.

Thank you for allowing me to serve.

ILS,

Kevin I.

- **Literature Chair: Cat Bell** – Present and read the attached report

QUESTIONS ON REPORTS:

Question for literature – how much is the pricing going up? A lot

Heather, would it be ok to mention the motion that went back to the Ad Hoc?

Yes, it was tabled, there was a motion to explaining the “and” in the wording about expenses being paid and prudent reserve met. The motion says that ½ the money will be sent to world, it gave too much leeway. Then there was wording about “in case” it was tabled.

To H&I – the standing budget is \$225 – do we need to make an amendment to the standing budget to include the zoom account? Policy says, expenses include... but does not limit what the budget includes. When we made the budget, it was to include any H&I expenses.

NON-STANDING BUDGET REQUESTS:

OPEN FORUM:

Concept of the month ready by Norman

A couple of weeks ago Special Events sent out a questionnaire about what events people are interested in. I have a schedule for the marathon meetings if anyone wants to volunteer.

A Super Bowl party sounds great!

Chili Cook Off, speaker jam, fishing tournament, talent show, New Years event, something in conjunction with other areas, snow tubing, Valentines Day event, dances
Marathon meeting is at 501 S. Cameron. The meetings will be an hour and 15 minutes, 15-minute break in between, coffee will be supplied, regular meeting format.

We do need to decide what we need to order from Commercial Press. Please refresh our memory on what we did last time. 1500 meeting lists were ordered last time in June. The QR code will take you right to the website and the website will be accurate. QR cards do not have a place to write phone numbers, meeting lists do have space to write numbers. Meeting lists must be updated, QR cards do not.

We can use any IP to write numbers on.

Question for you trusted servant...what would you recommend?

1000 QR cards and 1000 meeting lists.

At what point do we remove a meeting from the meeting list when they are not active in area? Never, Guidelines say you are member when you say you are.

We went through 1500 meeting lists, I say 1000 and 1000.

Why can't we do a ½ sheet with lines for numbers and the QR code since some homegroups can't afford IPs or to print their own meeting lists.

This month let's do 1000 and 1000 and we can get a workup for the ½ sheet for the next order.

*******10 MINUTE BREAK*******

Meredith S-C called the meeting back to order with a moment of silence and the Serenity Prayer.

Second ROLL CALL		
Group Name	Representative	Status
Brothers in Recovery		
Experience Strength & Hope	Shaunna	
Eyes To the Sky	Frank	
Finding a New Way to Live		
Fire, Faith and Fellowship		Inactive
Last Connection		Inactive
Midday NA	Norman	
NA at Millcreek		Inactive
New Chance	Danny M	
New Freedom	Taylor	
N.O.A.N.D.A.	Steve	
Out of the Cage		Inactive
Recovery and Beyond	Danny	
Renegade	Kevin	
Save Uranus	Kenny	
Solution Seekers	Bailey	
Welcome Home in Recovery	Wendy	
Women Warriors Wednesday	Mary	

Quorum met for the second roll call with 12 groups present
Liz C. read the announcements.

• **ANNOUNCEMENTS**

- Mary H – 2 years – 11/19 – Warrior Women Wednesday
- Sam S – 1 year – 11/15 – Fire, Faith and Fellowship
- Veronica S – 2 years – 11/17 – New Freedom
- Steve H – 4 years – 11/30 – NOANDA
- Jason L – 22 years – 12/6 – Experience, Strength and Hope
- Scott W – 6 years – 1/17 Midday
- Ashley A – 8 years – 12/26 – Recovery and Beyond
- Holiday Marathon Meeting – 9 pm 12/24 – 6 pm 12/25

• **PLANNED SUBCOMMITTEE MEETINGS:**

- PR Subcommittee meeting is 11/24, 7-830pm – Wellhouse Ministry – 5488 Main Street, Stephens City
- Special Events subcommittee meetings – 3:15 at Edgehill – 12/21
- H&I Subcommittee – 1st Monday of every month at the Adams Nelson building – 303 Loudoun, Winchester, VA
- Literature subcommittee – Every Saturday after area – 5 pm viz Zoom

• **OLD BUSINESS:**

1. **Nominations:**

2. Area Motions:

Motion #10 -01-25

Date: 10/13/25

Motion Maker: Michelle M.

Seconded By: Arch C.

Motion: To be added under RCM and RCM Alternate duties. To provide reimbursement to RCM and the RCM Alternate combined for travel to 2-day regionals when CARNA does not cover expenses. The ASC will reimburse up to \$500 when they have the funds to cover.

Intent: To allow trusted servants to attend the 2-day regionals.

Abstention - 1

Yes – 8

No - 3

Motion passes

Motion # 10-02-25

Date: 10/13/25

Motion Maker: Michelle M.

Seconded By: Arch C.

Motion: To be added under VRCC and VRCC Alternate duties.

To reimburse expenses for AVCNA up to \$500 if ASC has the funds for VRCC and the VRCC Alternate combined.

Intent: For VRCC Director and the VRCC Alternate to attend the AVCNA.

Abstention – 1

Yes – 8

No – 3

Motion passes

- **NEW BUSINESS: REGIONAL MOTIONS:**

Regional Motion 235-1

Regional Budget attached

What was the last budget - \$38,000

This includes sending people to world and the RCMs for the 2-day

The travel expenses are majority of the increase

Nominations:

- **NEW BUSINESS: AREA MOTIONS**

Nominations:

VRCC Alt – none

Newsletter Chair – none

Outreach Chair – none

Motion 11 – 01 – 25

Motion Maker: Michelle M.

Seconded: Bailey

**Motion: To approve reimbursement for RCM's travel to two-day regional.
Receipts received in the amount of \$393.83**

Intent: To reimburse trusted servant

Pros: It falls in line with upcoming guidelines

Abstain – 1

Yes – 11

No – 0

Motion passes

• **TREASURERS REPORT Michelle M** - Present and read the following report

Beginning balance \$ 2955.25

1006 adams nelson \$25

1007 canvas community church \$50

1008 White House properties \$108

1009 Heather R \$393.83

Heather R \$ 393.83

Total Debits \$ 576.83

Donations: \$ 276

Ending Balance: \$ 2,654.42

Over Prudent \$ 1154.42

Questions:

Now that our motions have passed. Do we need to vote to change the prudent reserve?

Yes, so we would need to increase the prudent reserve. A motion needs to be made.

The region covers the two days, so it should not be a recurring instance.

World donations are still on pause until February.

What are we doing with our over prudent? Per our guidelines, we can wait until next month to donate.

- **NEXT ASC MEETING:** Next Area Service Meeting will be held on Monday, December 8, 2025, at 6:30 pm. at Canvas Community Church, 2333 Roosevelt Blvd. Winchester VA 22601

MOTION TO CLOSE – Motion to close by Danny. Seconded by Danny.

