



**Minutes for the
Dulles Corridor Area Service Committee
September 27, 2009**

Next Area Service Committee Meeting: October 25, 2009

Service Positions Available:

CPRC Rep

Motions for GSR's to take back to groups for voting:

Elections for Open Area Service Committee Positions

Re-vote for Literature Chair

Reminder: GSR Assembly
Workshop at 1:00 PM
Before Area Service

**Minutes for the
Dulles Corridor Area Service Committee**

September 27, 2009

Opening: Opened with Serenity Prayer. 12 Traditions were read by Ben M.; ASC Purpose was read by Rick C.; The 12 Concepts for NA Service were read by John R.; The Service Prayer was read by Kevin C.

... to provide a forum where representatives from the Groups within our Area can come together, help solve one another's problems, and make available to all Groups with the Area services which might not be provided by individual Group efforts. These services include, but are not restricted to: providing a means for purchasing literature locally (Literature Subcommittee), providing information to the community about Narcotics Anonymous (Public Information Subcommittee), carrying the NA message to addicts who for specific reasons are unable to attend an NA meeting (Hospital and Institutions Subcommittee) and providing a way for the suffering addict to call for help (Phone Line Subcommittee).

We must always remember that we formed DCANA to help each other carry the message of NA more effectively. Our conduct at the ASC shall be one of love and respect for every member of the ASC. We are not in competition with each other and never should be. We can work separately as well as together in pursuit of our common goals. *Reprinted from Official Bylaws for DCANA, approved at 10/96 ASC*

Officer Reports:

Chair (Keith H.) – I have nothing new to report, but want to take this chance to thank the Area for the opportunity to serve and for the unity that the ASC has exhibited over the past year. It has been a pleasure.

Vice Chair (John M.) – The Dulles Corridor Unity box is available for announcements, meeting list, calendar, events, etc. Please check the box; each group should have a folder. Thanks for allowing me to serve this past year. I believe it was a year of unity and progress.

Secretary (Mark W.) – Please send any contact updates to nasecretary@gmail.com. Thanks for letting me serve as your secretary this past year..

Treasurer (Susan F.) -- Opening balance is \$ 1,506.48 with \$ 785.23 available. Group donations were \$ 156.00, with a reserve of \$ 721.26.

Subcommittee Reports :

CPRC Rep (Kevin C.) – Nothing new to report.

H&I (John R.) –

- Completed 2 documents to submit to Area (**Documents Attached To Minutes**).
 - 1) Suggested Guidelines for DCANA H&I Service
 - 2) Commitment to H&I
- Completed 2 year commitment to H&I service at Area level.
- Met with Prince William County Adult Detention Center to get H&I meeting started in jail. Orientation is 10/17/09 at 9:0 AM
- Hopeful the incoming H&I Chair will re-engage Embury Rucker Shelter in Reston.

Literature (Angela T.) – Nothing new to report. Thanks for letting me serve this year.

Newsletter (Chris D.) – Absent

Outreach (Bill B.) – Absent

Phoneline (Vacant) –

Policy (Kat D.) –

- Monthly subcommittee meeting at Greenbriar Starbucks, 1st Wednesday of month at 8:00 PM.
- Concerns carried over from last month. We need support! If you have questions, PLEASE come to meeting.

Public Information (Jessica L.) – No report submitted.

Regional Committee Member (Norman M.) – Absent. (Report given by Michael R.)

No Regional meeting since last ASC meeting.

Special Events (Holly P.) - Nothing new. We are pushing back the date for the Learning Day. Support is needed for subcommittee and storage space is needed immediately.

Visitors from other Areas:

- Clay from the Montgomery Area
- Debi – Regional Secretary

Group Reports :

Tell the Truth (Jack M.) – **Attendance:** 20+ **Positions Open:** Coffee Maker / GSR
Celebrations: James D. – October 25th – 3 years.
Status: Meeting moves at end of October. We probably will move to Reston Community Center at Hunter’s Woods.

WTSODMF (Margaret M.) - Absent

3rd Tradition (Jim R.) – Absent

The Exact Nature Men’s Meeting (Ben M.) – **Attendance:** 20-25 **Positions Open:** GSR
Celebrations: None
Status: Great Meeting

Conscious Contact (John G.)- **Attendance:** 8-12 **Positions Open:** Alt. GSR / Coffee Maker
Celebrations: None
Status: Good mix of experience and newcomers. Always looking for and welcoming new attendees..

Free to Live (Paul C.) – **Attendance:** 20+ **Positions Open:** Greeters
Celebrations: Holly P. – 18 years – September 28th
Status: Well attended. Lots of newcomers and lots of attendees under 1 year clean. Always welcoming members with experience to come help carry the message.

The Tribe (Cheryl A.) - Absent

Bottom of the Mountain – Attendance: 50-60 Positions Open: None
(Karen G.) Celebrations: Kevin C. – 8 years – September 29th
(reported by Kevin C.) **Status: Stable – Best group in the world!**

New Attitudes (Kat P.) – Attendance: 50ish Positions Open: None
Celebrations: Michael R. – 3 years – October 13th
Lisa R. – 8 years – October 20th
Status: Good!

Living In The Solution – Absent
(Eric D.)

Survivors (Natalie S..) – Attendance: 5-10 Positions Open: Set-Up/Treasurer/Alt. GSR
Celebrations: None
Status: Strong recovery, but need trusted servants to step-up and be of service.

New Hopefuls (Mary F.) – Attendance: 20+ Positions Open: None
(Report by Rick C. Alt GSR) **Celebrations: None**
Status: Strong step group.

Miracles Happen - Absent
(Brenda D.)

Afternoon Delight - Attendance: 10-14 Positions Open: None
(Dave XII) Celebrations: None
Status: Good meeting. All support welcome.

Keyhole to Recovery – Attendance: 12-35 Positions Open: Greeter
(James D.) Celebrations: None
Status: Good newcomer step & tradition meeting. Could use more support from old-timers.

A New Beginning (vacant) – Absent

Friday Night Girlfriends – Attendance: 8+ Positions Open: Chips / Alt. GSR.
(Sarah B.) Celebrations: Sarah B. – 4 years – September 4th
(reported by Jennifer S.) **Status: Low meeting attendance. Group could use some support..**

Just for Today (Dave C.) – Attendance: 40-50 Positions Open: None
Celebrations: Fred K. – 6 years – October 16th
Status: Strong homegroup. Collective cleantime is usually over 200 years clean. Great mix of old timers and newcomers.

Bedrock (Ashley M.) – Attendance: 15-20 Positions Open: None
(reported by Phoebe N) **Celebrations: None**
(Atl. GSR) **Status: Kick ass meeting with super recovery.**

Gut Level (vacant) – Absent

Ultimate Weapon (vacant)- Attendance: 10-12 Positions Open: Coffee / Key tags / Treasurer
(reported by Dave XII) **Celebrations: None**
Status: Good time slot. All support welcome.

HOW (vacant) – Attendance: 4-7 Positions Open: GSR / Alt. GSR / Set-up
(reported by Natalie S.) **Celebrations: None**
Status: Needs support and trusted servants to help out. I have been doing a lot.

Literally Speaking – (Kim D.) **Attendance:** 7-10 **Positions Open:** Coffee maker / Literature person
Celebrations: Kim D. – 2 years – October 3rd
Status: Basic Text meeting – Needs support.

Saturday Night – Staying Alive (vacant) Absent

Saturday Night Live - (Scott B.) **Attendance:** 35-50 **Positions Open:** None
Celebrations: Joanna – 2 years – September 12th
Status: Great!

BREAK

Quorum—Total groups in DCANA: **25**; Required for quorum: **8**; GSRs present: **15**.

Attendance on: 09/27 – 15
 08/30 - 17
 07/26 - 15

Old Business: Area Service Committee Elections:

<u>Position</u>	<u>Nominee</u>	<u>Pro</u>	<u>Con</u>	<u>Abstain</u>
Chair	John M.	15	0	0
Vice Chair	Jack M.	13	2	0
Secretary	Mary F.	Absent for Vote		
Treasurer	Susan F.	15	0	0
CPRC Rep.	NONE			
H & I Chair	Dave R.	Absent for Vote		
Literature Chair	Janice B.	7		
	<u>OR</u> Angela T.	7	Back to Groups for Re-Vote	
Newsletter Chair	NONE			
Outreach Chair	Bill B.	Absent for Vote		
Phoneline Chair	Cort G.	12	1	0
Policy Chair	Kat D.	13	0	0
PI Chair	Jessica L.	15	0	0
Special Events Chair-	Paul C.	14	0	0

Area Service Committee Elections (continued):

Regional Committee

Member (RCM)	Michael R.	15	0	0
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Alternate RCM	Fezz	15	0	0
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Open Forum:

- Thanksgiving Marathon Meeting Ad-Hoc Committee Report – given by Ben M. Collaborate with Special Events. Attempt to fill all time slots before the end of October. Two of eight 3 hour time slots filled. Went to four group consciences this week to seek support. Potential conflicts with current meetings at Club 12, but not foreseen as a problem. Will speak to club/groups this month. If your homegroup interested in a 3 hour time slot or for more information, contact:
Ben M. 703-786-9627 or Paul C. 73-965-9393
- Clay from Montgomery County Area announced that Montgomery County is hosting next year’s convention. Pre-registration is available in November. A convention logo is being sought. Speaker tapes/CD’s are now being accepted. The theme of the convention is “More Living Than Surviving.”
- Michael R. voiced the concern that Dulles Area Subcommittees are not be attended by members of the Area.
- Melissa announced the formation of a new women’s meeting, “Serenity Sisters” being held on Monday’s at 7:00 PM at Club 12.
- Paul C. announced that the Ocean Gateway Area is having a convention the 3rd week of November in Ocean City, MD.

New Business:

Area Service Committee Nominations

Back To Groups For Voting

<u>Position</u>	<u>Nominee</u>	<u>Qualifications</u>
Secretary	Mary F.	11 months clean / works steps and has a sponsor Served as Secretary for 1 year / willing to serve
CPRC Rep.	None	Keith H. respectfully declined nomination
H & I Chair	Dave R.	Willing to serve / participating in NA service for a long time
	<u>OR</u>	
	Holly P.	18 Years clean / willing to serve / has a sponsor and works steps/ Has a homegroup

Area Service Committee Nominations – Continued

<u>Position</u>	<u>Nominee</u>	<u>Qualifications</u>
Newsletter Chair	Andy B.	10 Months clean / Has sponsor and works steps / willing to serve
Outreach Chair	Bill B.	Outreach Chair for last year / Willing to serve

Re-Vote:

<u>Position</u>	<u>Nominee</u>	<u>Qualifications</u>
Literature Chair	Janice B.	3 years clean / has a sponsor / Group Treasurer / Wants to be of service / work experience with inventory
	<u>OR</u>	
	Angela T.	1 year as Literature Chair / 1 year as Literature helper / willing

Closing Financial Report: Closing balance is \$ 1,660.77, with \$ 658.46 available.
Group donations were \$ 273.22, with a reserve of \$ 1,002.31.

Next Meeting: **October 25, 2009 from 2:00 – 5:00 pm at St. Timothy’s in Herndon.**

Dulles Corridor Area of Narcotics Anonymous (DCANA)

Hospitals and Institutions General Meeting Guidelines

The primary source for all H&I policy and suggested guidelines is the W.S.O. "Hospitals and Institutions Guidelines Handbook".

Why is an H&I Meeting Needed?

The purpose of an H&I meeting is to carry the N.A. message of recovery to addicts who do not have access to regular NA meetings. H&I meetings, except for those in longer term facilities, are often intended to simply introduce those attending to some basics of the NA program.

What constitutes an H&I Meeting?

Rather than being an NA Group, an H&I meeting is a service provided by the area service committee through an H&I subcommittee. An H&I meeting is always held under the auspices of an H&I subcommittee. Any meeting not linked to the service structure in this way is not an H&I meeting.

Who is best suited to carry the NA message in an H&I Meeting?

NA members must have at least 6 months clean (and more if required by the facility) before speaking at an H&I meeting. It is not important whether or not we have been in a similar facility ourselves. Anyone with a clear and consistent NA message who is willing to share is well suited for H&I service.

Things to Consider

Remember this is a "we" program. No addict should feel he/she is being preached to. An addict is an addict regardless of age, race, sexual identity or creed. As often as possible, express a clear message of hope and bring a positive message regarding the fellowship. Be considerate of addicts feelings and emotions and acknowledge and validate their clean time. Encourage their involvement in NA and fellowship activities and most importantly provide clients/residents with a means of identifying where NA meetings are located – it is strongly suggested that local and regional meeting lists are provided as a source of information.

General Format for an NA H&I Meeting

Introduce yourself and welcome everyone to the meeting

Briefly explain that this is an H&I meeting and what our purpose is and how it differs from a regular NA meeting. Explain that the area service H&I subcommittee brings the meeting inside the facility. If appropriate briefly explain your involvement and role within the subcommittee. Remember, we are there to carry a message of recovery but it is important to set the proper foundation as well as inform the addicts in attendance that we are part of the NA service structure.

Ask residents to volunteer for the readings.

Let the residents know what type of H&I meeting is intended and if appropriate and allowable by the facility, that there will be time after the speaker/panel members share for them to ask any questions or share during an open discussion portion of the meeting. There should be no cross discussions while anyone is sharing – the speaker/panel members or the residents.

Remember

Keep in mind that the addicts you are working with are often in the earliest stages of recovery. These addicts will often be in withdrawal with scattered thinking and short attention spans. Do not run the meeting over an hour. It is important to remember that NA has no opinion on outside issues, including an opinion on the methods used to detoxify addicts or the use of medications for detoxification as well as methods of treatment. Our responsibility is to carry a clear consistent message of recovery in Narcotics Anonymous!

PERSONAL COMMITMENT TO H&I

Commitment means many different things to many different people. Some of these definitions may include these simple words: duty, dedication, pledge, promise, devotion, obligation, responsibility and guarantee. The principle of commitment is one that has been taught to us by the Twelve Steps of NA. Hospitals & Institutions (H&I) work requires that we as individuals practice this principle faithfully.

Often times an H&I Presentation provides the first exposure to recovery in NA to many addicts. Our panels may also be the only contact that these addicts receive with our program on a weekly basis. It is important that we realize that the suffering addict in the facilities we serve may depend on us for the only message of recovery they get. For this reason we ask that you not volunteer for an H&I meeting if you are not sure you will be able to attend. If you do volunteer, make sure that you fulfill your commitment. None of us as individuals has the right to cancel an H&I meeting. By making the choice to attend a panel or H&I meeting, we must realize that we may have to forgo activities that we might prefer. Living by spiritual principles such as commitment does not always feel good.

The consequences of choosing not to attend and fulfill our commitments are that we let down the addict who still suffers, the facilities we serve, the reputation of NA and our own personal program of recovery. Remember that the “purpose of an H&I subcommittee (meetings) is to carry the message of recovery to addicts who do not have full access to regular NA meetings”.

COMMITMENT TO THE LANGUAGE OF RECOVERY

Commitment to the language of recovery in our meetings is also an important issue. In order to remain consistent with our traditions and to insure that the message we carry is a clear consistent message of recovery in NA, we refer to ourselves simply as “addicts”, not “drug addicts”, not “addicts and alcoholics”, not “dually addicted”, not “junkies”, not “dope fiends”, just as “addicts”! We refer to our time in the program as “clean” time” or “recovery”, not “sobriety”, not “clean and sober”, just “clean”, “clean time”, or “recovery”. A mixed message is a confusing message. If this is something that you feel you cannot do then maybe you are not suited for H&I service in NA.

COMMITMENT TO REPRESENT NA

As H&I volunteers we must remember that when we attend an H&I Meeting we are viewed as examples or representatives of NA. The Fellowship as a whole may be judged on how we conduct ourselves. Common courtesy is essential. Therefore, we should arrive at the facility early. We should start and end the meeting on time. We should respect the dress code of the facility as well as the recommendations made in the H&I Handbook and our area’s policy. We should treat everyone we meet: staff, patients, inmates and guests with respect. Our actions in these facilities will reflect on NA as a whole and will also carry a message of recovery.

COMMITMENT TO THE H&I SUBCOMMITTEE

The H&I subcommittee in our Area can be a really effective tool when we all help. One of the reasons it exists is to keep an open line of communication between NA as a whole and the facilities we serve. More importantly, at the Subcommittee meeting, we can share our experience, strength and hope and help each other get through problems we may encounter in carrying our message. This will allow us to grow and prosper. Without this commitment the message of NA is lost and the Subcommittee loses its effectiveness. All of the Steps of NA include “we” for a big reason. Together we can do a great job but when individuals try to carry the load of the H&I Subcommittee we dilute our purpose.

COMMITMENT TO SERVICE

The Basic Text tells us that “good will is best exemplified in service: proper service is doing the right thing for the right reason. When goodwill supports and motivates both the individual and the Fellowship, we are fully whole and wholly free.” Proper service is a cornerstone of our personal programs. When we apply the principle of commitment to our lives it is our experience that we grow spiritually and mentally. Sometimes we may feel that our work in H&I is futile. That it just isn’t working. However, that changes when you are sitting in a meeting some day and an addict comes up to thank you for carrying a message to them while in a facility. If we can touch one life with our H&I Meetings then we have done our jobs. Above and beyond we “keep what we have only by giving it away”. H&I service will help US stay clean.