# **CASCNA MONTH MINUTES**

October 8, 2023

* Opened at 3:00pm by Chairperson, Steve K. with a moment of silence for the still sick and suffering addict followed by the “We” version of the Serenity Prayer.
* Readings
  + 12 Traditions – Angela T.
  + 12 Concepts – Michael P.
  + Mission & Vision – Matt S.
  + Service Prayer – Stephen C.
  + JFT – Mark L.
* NA-Related Announcements
  + The Capital Area will have a Halloween event on 10/28 from 7-11 PM at the Allen Neighborhood Center. Please see the attached flyer for more information.
  + A Gratitude dinner and speaker event will be held on 11/18. Venue is undetermined at this time.
  + Brian announced he found the holiday marathon logs. Ricky said he might have another log. Members will need to decide what to do with them. Ricky said he has a banner from MRCNS 1994 that he is donating to Area.
  + Battle Creek is having a Halloween Home Group Cook-off on Oct. 21st from 6-9 PM at Trinity Neighborhood Center. Please see flyer for additional details.
* First-Time Visitors:
  + Angela T.
  + Matt S.
  + Stephen C.
  + Ricky A.
* Review and accept PREVIOUS MONTH minutes: Accepted
* Current open positions:
  + Co-Secretary
  + Public Relations
  + Helpline
  + Co-RCM
  + Policy
* Letters of Willingness:
  + None

**GSR Reports**

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| A Gathering of Men | Mark L. |
| We meet every Sunday at 8:00-9:30 AM at 734 W. MLK Blvd. in Lansing at Westminster Presbyterian Church. We average 10-15 addicts. We have one anniversary this month: Mike D with 1 year. We have $26 for area. | |
| Charlotte Hard Heads | Justin C. |
| We meet at the Eaton Area Recovery Building, located at 202 Cochran St. in Charlotte, Mi. Meeting times are 7:00 pm on Tuesday(C), 8:00pm on Wednesday (O), 8:00pm on Thursday(C), 8:00pm on Friday (O), and 12:00pm on Saturday (O).  Our group does not have a donation for area this month. The last Friday of the month is a speaker meeting at 8:00 pm. Attendance is steady at 8-12 addicts per meeting on average. We would like to thank everyone who came out to our speaker jam. | |
| Heavenly Express | Brian H. |
| I will first express my regret for not being here last month, so this month I will make my report twice as long to make up. Just kidding Heavenly Express meets at the same place and times as we have for the last several Years. We are still well attended with 15 to 35 addicts in attendance, most of which are newer members. So, we are always grateful when members with more time join us and share their recovery experience with us all. We are reading from the Basic Text on Mondays and the JFT and corresponding piece of literature on Wednesdays. Yes, on Mondays we are trudging through the 12 Traditions. It is difficult for many addicts to relate to or share on the Traditions, but, the Traditions are the guidelines that keep our fellowship alive and free and it is only through understanding and application that they work. So, we will get through them again, who knows, lightning may strike. We also made up some newcomer packets of five IP’s and a little white book to give to the newcomer along with a meeting list with phone numbers. In the spirit of transparency, over the last two business cycles Heavenly Express brought in $492.50 in 7th Tradition contributions. We had a key tag and IP order from NAWS $95, rent to R.I.S.E in literature of $90, coffee supplies of $20. That left Heavenly Express with a balance of $287.50. We talked about how to distribute the 7th Tradition contribution and it came down to saving it for Vader’s clean date present on 27 December or write a check to C.A.S.C.N.A. | |
| Morning Glory | Mike D. |
| Please see attached. | |
| Never Alone | Ric Mc. |
| Please see attached. | |
| Pride and Principles | Lee M. |
| Addict named Lee, GSR for Pride and Principles.  We are donating $30 to the area this month.  Jessika R. is chairing the meeting this month.  We are looking for more trusted servants for our group.  We are an LGBTQIA+ meeting that is open to ALL!  We are an open meeting of Narcotics Anonymous with a rotating format.  Week 1 is a newcomer meeting, Week 2 is a Step meeting, Week 3 is an open discussion with comfortable feedback, Week 4 is a Chair’s Choice, and on months that have a 5th week, it will be a speaker meeting.  Come check us out on Mondays at the Life Boat, 1601 E. Michigan Ave, Lansing, MI, 48912.  We meet at 6:30pm and are a 1 hour and 15 minutes meeting (in this room). | |
| Recovering Radicals | Mike W.. |
| We are a closed meeting that meets every Tuesday at St Michael's Episcopal Church 6500 Amwood Dr. Lansing. Each week we read the J.F.T. and a step in the Basic Text.  Meeting Attendance has been down to about 4 or 5 people. We are remaining fully self-supporting and will not be making a donation this month | |
| Spiritual Awakenings | Randy H. |
| Spiritual Awakenings meets every Friday at 7pm at the Bethlehem Lutheran Church at 549 E. Mt. Hope Ave., Lansing. We are a literature study group and we are currently reading from the Spiritual Principles A Day. We have on average 30 people attend our weekly meeting. We had 1 home group member celebrate clean time. We do not have any 7th tradition money to give at this area meeting. | |
| We Came To Believe | Jordan C. |
| Where: Pilgrim Congregational Church 125 S. Pennsylvania Ave, Lansing, MI 48912  When: 5:45-7:00 pm  Literature Discussion Meeting – We are currently reading in the Basic Text. We will be reading  “It works, How and Why” Next.  Attendance: 15-20  7th tradition: No contribution this month. | |

**Board/Subcommittee Reports**

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| Treasurer | Denise R. |
| The 7th tradition collected today was $468.50. | |
| RCM | Darol D. |
| There is an issue GSRs need to take back to their home groups to vote on regarding the increase of mileage reimbursement to the current IRS allowance of $0.65 per mile. More information is in the attached RCM report. Please bring your votes back to the next area on November 12th. | |
| Activities | Michael P. |
| Please see attached. | |

**Old Business**

* Steve K. was voted in as Chair.
* Bryce M. was voted in as Co-Chair.
* Denise R. was voted in as Treasurer.
* Randy H. was voted in as Co-Treasurer.
* Lee M. was voted in as Secretary.
* Aaron L. was voted in as H&I Chair.

**New Business**

* Michael has asked that each home group select one person to speak at the Gratitude Dinner on 11/18. They will speak for about 10 minutes on gratitude. Please let Michael know who will be speaking for your group at the next Area meeting.
* Aaron asked when/where the Regional H&I meetings are held as policy states he should attend. Darol will get him the Regional H&I Chair contact info.
* Aaron asked for more time to update H&I policy because he has not yet formed a committee. Mike W. made a motion to allow 90 days. This was seconded by Randy H. - PASSED
* Anne Marie stated there are policy changes which still need to be update. Lee stated he still has a record of changes from when he was on the Policy committee.
* Steve K. appointed Anne Marie M., Lee M., and Blake H. to an ad-hoc committee to update the policy. Anne Marie will chair the committee. Anne Marie will schedule a meeting with other members.

**Attendance Record**

**Group Roll Call**

* **A Gathering of Men** – Mark L.
* **Charlotte Hard Heads** – Angela T.
* **Heavenly Express** – Brian H.
* **Insight Group** – Michael P.
* **Morning Glory** – Bruce J.
* **Never Alone** – Stephen C.
* **Pride and Principles** – Lee M.
* **Recovering Radicals** – Mike W.
* **Simplicity Is the Key** – Anne Marie M.
* **Spiritual Awakenings** – Randy H.
* **We Came to Believe** – Jordan C.

**Subcommittee Roll Call**

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| * **Chair –** Steve K. * **Co-Chair –** Bryce M. * **Treasurer –** Denise R. * **Secretary** – Angelina M. * **Co-Secretary –** Lee M. * **RCM** – Darol D. * **Activities** – Michael P. * **Web Servant –** Anne Marie M. | ***Absent***   * **Treasurer –** Denise R. |