Capital Area Service Committee of Narcotics Anonymous
Minutes for March 11, 2018

Home groups that do not send a GSR to Area can mail 7th Tradition donations and/or group reports to:
CASCNA
PO Box 25144
Lansing, MI 48909

****ATTENTION****

**CAPITAL AREA SERVICE IS MOVING**
THE NEW LOCATION IS THE MCLAREN HEALTH CENTER: GREATER LANSING LOCATION, THE EDUCATION CENTER LOCATED ON S. WASHINGTON AVE., JUST SOUTH OF GREENLAWN AVE.
The meeting was opened at 3:00pm, by acting Chairperson Mark L., with a moment of silence for the still suffering addict, followed by the “we” version of the Serenity Prayer.

The 12 Traditions were read by Lance; the 12 Concepts were read by Dennis; the Vision & Mission statement was read by Andrew; the Service Prayer was read by Joe; and today’s passage from Just For Today was read by Jeremy.

**Announcements & Welcome:**

- ✔️ A Gathering of Men is holding their 15th annual speaker jam on May 19, 2018 from 12:00-8:30 pm, in the Clark Conference Center at St. Lawrence Hospital. There is a $5 suggested donation, with no addict being turned away.
- ✔️ Kirk B. shared the obituary for Narcotics Anonymous member Marian K.
- ✔️ Al announced that Narcotics Anonymous Love & Basketball will return on April 21.
- ✔️ Art and Mark were new to CASCNA this month.

**ROLL CALL:**

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<td>Edmund T. (absent)</td>
<td>Co-Chair</td>
<td>Mark L.</td>
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<td>Secretary</td>
<td>Joe K.</td>
<td>Co-Secretary</td>
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<td>Treasurer</td>
<td>Blake H.</td>
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<td>RCM</td>
<td>Jeremy E.</td>
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<td>H&amp;I Chair</td>
<td>Joe R.</td>
<td>Activities</td>
<td>Jenni J. (absent)</td>
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<td>Jeremy F.</td>
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<td>Policy</td>
<td>Bryce M.</td>
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**The following 9 groups were present and quorum was established:**

- Gathering of Men Group
- Insight Group
- Morning Glory Group
- Charlotte Hard Heads Group
- Never Alone Group
- Hugs not Drugs Group
- Recovering Radicals Group
- Sisters in Surrender Group
- Friday Night Live Group

**Vacant Positions:**

- Co-Secretary
- Co-Treasurer
- Literature Chair
- Retreat Chair
CHAIR’S REPORT:
Mark L., acting as chairperson, stated that he is grateful to be able to be of service to our area. Mark also added that we have found a new meeting place for Area Service (see map above).

CO-CHAIR’S REPORT:
Mark L. acting as chairperson today in Ed’s absence.

SECRETARY’S REPORT:
Joe K. stated that he is grateful for the opportunity to serve the Capital Area as Secretary. February’s Minutes were accepted. Those who asked to have their email address added to the Capital Area email group have had their addresses added and should be receiving minutes each month going forward. Please remember that group reports can be emailed to: LansingNASecretary@gmail.com.

TREASURER’S REPORT:
Blake H. provided the following report:

**Beginning balance:** $787.95
**Group donations:** $445.74
- Insight Group: $50
- Spiritual Awakening Group: $94
- Morning Glory Group: $75
- Hugs not Drugs Group: $25
- A Gathering of Men Group: $30
- Heavenly Express Group: $171.74

**Expenses:** ($220.24) spent as follows: Admin - ($30.63); H&I - ($149.69); Administrative - ($17.63); MRSCNA Donation - ($22.29); Deposit - $445.74

**Balance:** $1013.45

* Blake expressed concerns about accessing our Area’s bank account. There are 2 signers to the bank account, Blake and one other person.
Blake also brought up the idea of paying our Area rent in advance (6 months in advance e.g.), which was approved by the Area
RCM REPORT:

Jeremy E. reported the following:

RCM Report March 2018

Hello family,

This was another busy month at the regional level of Narcotics Anonymous. First off I want to thank everyone that made it out to the CAR Workshop / Chili Cook-off on February 17th. We had a great turn out and lots of fun. A reminder that I will be collecting the tally sheets for the motions at the next area meeting in April. If all GSRs could please have those in to me at that time it would be greatly appreciated. I wanted to make a correction also; the World Conference is still in California this year. The World Convention is in Florida. On March 3rd I attended the CAT workshop in Holland Michigan, followed by the regional meeting the next day. I would like to do a brief presentation at the next area of approximately 30 mins to go over what’s in the CAT (Conference Approval Track). At the Regional meeting we ended up on voting Grand Rapids as the home of the 2020/2021 MRCNA. The other area that was up for consideration was the Washtenaw area. Other news is that there were 8 areas present at region with 6 newcomers present for their first regional meeting. The MRCNA committee only has 4 meetings left before the convention. They will be working with MDOC to provide video and audio to the jails in the region during the convention speakers. All Co positions are still available if anyone is interested in helping out with the Convention. Huggers are also needed. You can get all info for MRCNA at http://michigan-na.org/mrcna/ or sign up for the convention at https://squareup.com/store/MRCNA/. The MSO (Michigan Service Office) is having major problems. If anyone is having trouble with the MSO it is advised to order from the World Service Office or get with Blake. Problems are caused from lack of board positions occupied and other things. There is a Website map being developed to go on the Regional Web page to help find meetings in areas. The Regional web servant put in a letter of resignation and we voted in a new web servant Sheldon. We re-elected the Secretary, and the Co-Secretary position is vacant. There is a GSR training day being held in Grand Rapids on March 24th at 1-5pm. If you’re a new GSR this would be a great opportunity. I will Attach a flier. If anyone has any questions please contact me at capitalarearcm@gmail.com. Thank you for letting me be of service!

Thank You,

RCM-Capital Area Jeremy E.
GROUP REPORTS:

ядFriday Night Live:
Jeremy shared Friday Night Live’s meeting time and place. Adam S. is speaking at Friday Night Live on March 23. Attendance has typically been 20+ addicts per meeting, including the attendance of the Glass House and Holden House. Friday Night Live is possibly moving to the Professional Building, across from Sparrow, though they are looking at other locations.

ядSisters in Surrender:
Ann shared Sisters in Surrender’s meeting time and place (6-7pm on Wednesdays at the Foster Community Center). The meeting is getting roughly 6 addicts per meeting.

ядNever Alone:
Hi Family,

The Never Alone group is doing well! We meet on Tuesdays and Thursdays, from noon to 1:30pm at the Grace Lutheran Church, located at 528 N. MLK BLVD. We are a literature study meeting that reads the Just for Today meditation and out of the Basic Text. This past month we had our fourth annual Predecessor Appreciation Day. Once again, thanks to the many addicts that supported this, this was a successful event. We are donating $60 to Area today. Also, Ricky A. celebrated 36 years clean at our group.

Grateful to serve,

Chris G.

ядCharlotte Hard Heads:
The Charlotte Hard Heads continue to meet on Mondays at 6pm, Thursdays and Fridays at 8pm, and Saturdays at 7pm and midnight. Attendance at our meetings averages between 5 and 20 addicts. We have a speaker meeting on the last friday of every month. Anthony K. will be sharing his experience, strength, and hope with us on March 30 at 8pm. Also, Richard W. recently celebrated 5 years clean.

ядRecovering Radicals:
Hello Family,

Addict named Tom reporting for Recovering Radicals. The meeting attendance has been healthy, with 15-30 addicts typically present. We still meet at every Tuesday at 7:30pm at St. Michael’s Episcopal Church in south Lansing, near Target. We do not have any contribution to Area this month, however we continue to remain fully self-supporting per the 7th tradition. That is all I have to report at this time.

Thanks,
Tom M.GSR for Recovering Radicals
Morning Glory:
We continue to meet Monday through Saturday from 8:30 to 10am. We average roughly 10-20 addicts per meeting. We have a $100 donation this month.

Lance

Gathering of Men
Hello Family,

We continue to meet on Sunday mornings at the St. Lawrence Medical Center, from 8:30-10:30 am at the Doctor’s Cafe. This is a speaker and discussion meeting. We have no anniversaries this month. We have a $30 donation.

In Loving Service,

Al W., GSR

AWOL (All Worthy of Love):
AWOL is an “all inclusive women’s open NA meeting”. This is AWOL’s second time reporting to Area.

Hugs Not Drugs:
Hi, I’m Art and I’m an addict,

Hugs Not Drugs continues to meet every Tuesday and Thursday from 6-7pm at the Foster Community Center. Hugs Not Drugs has met at the Foster Community Center for the last 21 years. We average 12-17 addicts each meeting and continue to have an average of 4 newcomers every month. We focus on welcoming the newcomer with our experience, strength, and hope to try to give them the feeling that they are the most important person at their first NA meeting. We are an open meeting of Narcotics Anonymous. We are a “Just for Today” topic meeting on Tuesdays and a chairperson’s topic of choice meeting on Thursdays. We are donating $20 this month to the Capital Area.

Vision of Hope:
The first new meeting of Vision of Hope was a success! Vision of Hope used to meet at the VOA and stopped when the building was no longer officially open on the weekends. This is an open meeting of Narcotics Anonymous. This is a “Just for Today” topic discussion meeting that meets at the Alano Club West building, in the basement. This is a 1 hour meeting, from 5-6pm each Sunday. The meeting was attended by 15 members total, including 2 newcomers, and 1 national tv celebrity. Many members expressed gratitude for the meeting and its location. The meeting currently has 2 home group members. If anyone wishes to start a new NA meeting or wishes to
move a meeting to a new location, the members of the Alano Club and its board of directors
would gladly welcome you to the building.

Thank you, my loving family,

Kirk B.

**SUB-COMMITTEE REPORTS:**

**HOSPITALS & INSTITUTIONS REPORT:**
There were 6 members present.
There are 2 meetings per week at the Community Mental Health Recovery Center, on Tuesdays
and Fridays.
There are 2 meetings per month at the Ingham County Jail. We established a connection again
with our contact person at the jail. And at this time, we have 3 people currently awaiting
approval to enter the jail.
We are looking forward to collaborating with the PR subcommittee in the near future.

Joe R.

**HELP-LINE:**
James M. connected with Chris G. and received all materials to get up and running as the
Helpline Chair.
Chris noted that the helpline received 6-8 calls last month.
Chris was thanked for his service to the helpline and to the fellowship of Narcotics Anonymous.

**WEB-SERVANT:**
Hello Family,
I [just] noted in last month's minutes that the webservant contact email is incorrect. The official
channel would be through CASCNA@michigan-na.org - or if preferred directly to me at
andrew.kirschke@gmx.com
It is also possible to contact through the "Contact" page on the Michigan-NA.org website.
Life for me has been a bit busier - thus I apologize if I've been slow to respond or lax lately.

In loving service,

Andrew K.

**ACTIVITIES:**
Not present
POLICY:

Good afternoon ASC,

I’m an addict named Bryce. I have updated the guidelines to the draft approval level. As of today everyone should have a copy of these, most groups have them electronically and I do have one hard copy available today. Please discuss this with your home groups to vote on them next month in April. Should anyone have any questions please call or email me. I have had many people ask about what has been changed, which I have discussed in all prior ASC meetings and have a changelog posted for all to view. For the purpose clearing any questions, below is a list of all the changes.

The following highlights the changes to the guidelines:

Definition of consensus based decision making

Definition of quorum

Changed the word “voting” to CBD

Removed Co-Chair as a co-signer on the bank account

Revised secretary duties to reflect e-mailing the minutes

H&I mileage reimbursement is set to 40 cents/mile

Updated the prudent reserve

Updated the prudent reserve table/breakdown (this was done in close contact with our treasurer)

Removed standing rule 11 since we no longer have motions.

1-13-18 Update

Corrected my mistake with CBD

Updated some verbiage to make this more clear

Changed ⅔ to ¾ for single nominee elections

Changed filling of vacancies to ¾ from ⅔

2.11.18 Update

Added definitions

Updated standing rules with an excerpt from Literature subcommittee regarding meetings and meeting lists

Updated cover sheet date
In loving service,

Bryce M
517.927.8988
Bmerrill63@gmail.com

**PUBLIC RELATIONS:**
Adam chaired his first Public Relations sub-committee meeting this past Sunday (3/4/18). Dennis is serving as the co-chair on the Public Relations sub-committee. New business involves putting together a list of facilities that they would like to contact. Public Relations will continue to meet on the first Sunday of each month at the Panera Bread in Frandor. Adam expressed his gratitude for being able to be of service.

* It was suggested that Public Relations contact the Alano East and West Clubs and possibly stock them with Narcotics Anonymous literature and meeting lists.
* It was also suggested that we look into getting Basic Texts and Living Clean books into libraries.

**AD-HOC BUILDING SPACE**
We have found a new meeting space on S. Washington and Greenlawn at the McLaren campus in the Education Center. The address is 401 W. Greenlawn Ave. Lansing, MI 48910 (see map on page 1 of minutes)

**AD-HOC PIG ROAST**
Ed was not present today. Brian H. will provide the grill for the Memorial Day Pig Roast.

**OLD BUSINESS:**
1. Meeting etiquette was old business from February. It was determined that this pertained to group autonomy.

**ISSUE DISCUSSION:**
1. Concerning letters of willingness and/or resignations. As addicts of this service structure, WE are the ones who must recruit, invite, and make attractive to others the importance of this body.

**NEW BUSINESS:**
1. Concerning 7th tradition contributions, we are not at prudent reserve, but are close to it. We should have a little over $900 in our prudent reserve when all is said and done with.
2. It was suggested by the Insight Group that we have speakers at the Pig Roast.
ANNOUNCEMENTS:

✓ Area Service will meet at the Greenlawn Campus of McLaren: Greater Lansing, 401 W. Greenlawn Ave. Lansing, MI 48910 (see map on page 1) on Sunday, April 8, 2018 at 3:00 pm.

✓ Information can be emailed to the Web Servant at CASCNA@michigan-na.org

✓ GSR and committee reports can be emailed to LansingNASecretary@gmail.com

✓ If you are not receiving Minutes, and would like to, please inform the Area Secretary. The Minutes can be emailed or snail mailed, whichever you prefer.

✓ Home groups that do not send a GSR to Area, can mail 7th tradition donations and/or group reports to:
  CASCNA
  PO Box 25144
  Lansing, MI 48909

This meeting closed with the serenity prayer.