

Rappahannock ASC Minutes for

November 2025

Welcome new and returning ASC members!
13 Homegroups are currently in the Area!

Subcommittee Meeting Schedule:

Activities – 3rd Saturday – 5:00 on ZOOM/In-person Hybrid
H & I – 1st Sunday – 3:00 on ZOOM/In-Person Hybrid
PR – 4th Wednesday – 6:00 on ZOOM

RACC- 2nd Wednesday – 6:30 on ZOOM/In-person Hybrid

Serenity Prayer/Motion to Record

I. Readings

- A. Service Prayer (Mimi W.)
- B. Purpose of Area Service (Brandon L.)
- C. 12 Concepts of NA Service (Rudy C.)
- D. 12 Traditions of Narcotics Anonymous (Anita B.)
- E. Decorum Statement (Jason B.)

II. Roll Call

- A. Executive Committee Members and Subcommittee Chairs

POSTION	NAME	09	10	11	Report	Comment
Chair	Dan W.	P	A	P	N	Dan W. voted in on 9/07/2025
Vice Chair	Michael M.	P	P	P	Y	Position is open at end of area
Secretary I	Aaron V.	A	P	P	N	Aaron V. voted in 1/2024
Secretary II	OPEN	P	P	-	-	Position is open
Treasurer I	Britany M.	P	P	P	Y	Britany M. voted in on 3/03/24
Treasurer II	Justin G.	-	P	P	N	Position is open
RCM I	Josh C.	P	P*	P	Y	Josh C. voted in on 7/13/25
RCM II	OPEN	-	-	-	-	Position is open
VRCC Dir.	Cat E.	P	P	P	Y	Cat E. voted in on 04/06/25
Activities	OPEN	-	-	-	-	Position is open
H&I	Richard M.	-	P	P	Y	Richard M. voted in on 9/07/2025
PR	Robb B.	P	P	P	Y	Robb B voted in on 6/01/25
Literature	Natalie M.	P	P	P	Y	Natalie M. voted in on 11/05/23
RACC	Rudy C.	A	P	P	N	Rudy C. voted in on 11/05/23

Legend: P = Present A = Absent * = Arrived Late

There are **12 meetings** in the Rappahannock Area every week!

Website: www.rappna.org ♦ Helpline Number: (800) 777-1515 (24 hours)

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B. Group Service Representative/Home Group Roll Call

GROUP NAME	09	10	11		POSTION
Primary Purpose	P	P	P	Natalie M.	REP
Welcome Home	P	A	P*	Richard M.	REP
Who Wants to Live	P	P	A		GSR
In It to Win It	P	P	P	Cat E.	GSR
Clean Worx	A	P	P	Brandon L.	GSR
Welcome to the NAborhood	A	P	A		GSR
Back to Basics	P	P	P	Jason B.	GSR
Experience, Strength, & Hope	P	A	A		
Hope Fiends	P	P	P	Anita B.	GSR
Ladies & Gentleman in Recovery	P	P	P	Noelle C.	GSR
Alive & Free	A	A	A		
BE the WE	P	P	P	Mimi W.	GSR

Legend: P = Present A = Absent * = Arrived Late/Left Early

Italicized Groups have not reported to ASC in 2 or more months.

III. 1st Quorum Call

1 st QUORUM CALL -Must Meet 8 per Bylaws	
Group Represented	8
Procedural Votes	8
Quorum Met?	YES

IV. **Adoption of the Agenda**

Motion #11-02-01: To adopt Agenda as proposed. (corrections to open positions)

Maker: Dan W.

VOTE: For: 7 Against: 0 Abstain: 0 **Motion:** PASSED

V. **Adoption of October's Minutes**

Motion #11-02-02: To approve the minutes for October.

Maker: Dan W.

VOTE: For: 7 Against: 0 Abstain: 0 **Motion:** PASSED

VI. **Secretary Report**

- A. Secretary I – Aaron V. – No Report
- B. Secretary II – OPEN

VII. **Chairperson Report** – Dan W. – I look forward to serving the area.

VIII. **Vice Chairperson Report** – Michael M.-

Good afternoon, Rana ASC,

As a reminder today is my last day serving as vice-chair. I currently am still in possession of the activities supplies. I will continue to hold them until the activities position is filled.

Thank you for allowing me to serve, Michael M.

IX. **Treasurer Report**

A. **Treasurer I** – Britany M.-

Good afternoon ASC, as of today the area bank account holds \$1938.75. This includes a debit charge of \$17.84 for the zoom account. A deposit of \$292.02 which includes area donations of \$101.50 and literature orders of \$111.25. Then check number #1113 cleared for \$58.17 to Robb B for phone line and materials. Then check number #1114 cleared for \$111.62 to Robb B for meeting lists. Then a literature order was placed for \$642.82. Thank you, Britany

X. **RCM Report-Josh C.-**

October RSC 2-Day Meeting

October 19, 2025

Hampton, VA

Workshop Topics: (October 18, 2025)

☐ What is the CAR / CAT?

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-GSR / RCM Roles and Responsibilities

-Why Plan?

- CARNA Website

Open Forum Discussion Topics:

- Regional budget for the 2-day events

-Area Planning Event?

- Area CAR Workshop

- Regional Donations

Regional Vacant Positions:

Vice-Chair, Vice-Treasurer, RD-Alt, H&I Chair, Policy Chair, PR Chair, and Speaker Jam Chair

17 Areas in our Region. 9 Areas were present during the October RSC.

Regional Funds: (October 17, 2025)

Ending Balance: \$20,184.56

Prudent Reserve: \$18,259.00

NA World Donation: \$1,925.56

Notes from the RD Report:

- NA World is looking at the next World Convention to be in 2028. The convention will be held in Europe at one of the following locations: Lisbon, Portugal; Frankfurt; or Dublin.

Regional Motions to bring back to the home groups:

-Motion 235-1 Regional Budget (Attached to my report)

Current NA Surveys: (Deadline April 01, 2026)

-CAR Survey: WSC 2026 Literature, Service Material, and IDT Survey

-Gender-Neutral and Inclusive Language Survey: CAR Input Question - Gender-Neutral and Inclusive Language Survey

-DRT/MAT in NA: Helping Members Take Root Survey: CAR Input Question -

-DRT/MAT in NA: Helping Members Take Root Survey

Digital Copy of the 2026 CAR:

2026-CAR-10-30-25.pdf

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Forever Circled,

Josh C.

RANA RCM

XI. VRCC Report- Cat E.-

Hi Rappahannock Family, I attended the September 21, 2025, meeting online. Me. 10 directors were present for discussion of budget, hospitality, and fundraisers were included in motions, voted and passed. I was made aware that meeting minutes are not sent to my personal email, but to rappahanock@avcna.org. I am learning about Google workspace and how to retrieve my minutes. Just like Recovery, my journey as VRCC Director is about being patient and trusting the process. There are still no bids for 43rd AVCNA. The 42nd AVCNA Shattering the Illusion will be held at The Hotel Roanoke in Roanoke, VA, January 23-25th 2026. I will be attending next VRCC meeting in Charlottesville, Sunday November 16, 2025, uva hospital starting at 12pm. In loving service, Cat E

XII. Subcommittee Reports

A. Activities—OPEN

B. Hospitals & Institutions – Richard M.-

H&I met at 3pm with a total of 7 members present. Most of last month's commitments were met. We spoke specifically about adding sunshine lady house back onto our schedule, returning basic texts as a credit for intro to NA booklets as well as procedure and tradition concerns. We are continuing to move forward in hopes of picking up more facilities as well as more trusted servants to take the meetings in. Six months clean time to share, one-year clean time to chair a meeting. We have heard that Boxwood is requesting one-year clean time to share as well. Please don't let that deter you. We could always use help. I will be putting a motion in for \$194.00 of the current remaining budget as well as a credit of \$56 for the return of four basic texts this will give us 100 intro guides to narcotics anonymous. To those that aren't clear, the intro guide has I think it's 4 of the IP's as well as the couple of the chapters from the basic text. Thank you for letting me serve.

C. Literature — Natalie M.—

Good afternoon RSC,

In light of the recent news of NAWS increasing their literature prices, I have compiled some information for the committee in the hopes of providing some clarity on how this will impact our Area.

1. NAWS price increases will begin on 1 January 2026. Most items in their inventory will increase by 15%, though a few items will remain at the same price or will only increase slightly in price (a few cents) when bundled.

2. Free State will also increase their prices by 15%. Free state for those who may be unaware is a region in Maryland that I do the vast majority of my ordering due to the fast-shipping times.

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3. There is no documented plans to increase shipping prices; we are assuming as of today that the shipping costs will remain the same. Today, they are percentages based on amount order. Specifically, for both Free State and NAWS, they are as follows:

4. \$ 10.00 - \$ 25.00 add \$6.00

5. \$ 25.01 - \$ 50.00 add \$9.00

6. \$50.01 - \$150.00 add 17%

7. \$150.01 - \$500.00 add 12%

8. \$500.01 - and up add 8%

To give an example of the way costs are calculated today: A Basic Text is listed at \$14.00 on our Area Literature Form. If I order it from Free State, it is \$13.60. This is a \$0.40 upcharge, to account for some shipping. This is approximately a 3% shipping cost, compared to the 8-17+% cost charge from ordering the literature depending on the amount as detailed above. When the prices increase in January, the Basic Text increases in price to \$15.75 (15%) on NAWS and Free State. In order to keep the same discounted shipping rate for groups we offer today, we would need to raise our price for the basic text in our Literature Form from 47 cents to \$16.22. This may seem like a lot, and some may understandably resist the idea of changing this price, but 15% adds up in bulk ordering when shipping is already discounted. To give you a recent example: My most recent Literature Order was \$597.65 before shipping. Again, not factoring in shipping, if the prices of all of the items in this order were increased 15% to order but not reflected in the prices to our individual home groups, this would be \$88 (\$88.42) additional cost on this order to Area. If Literature orders get placed around 6-8 times a year at similar totals to minimize shipping costs, this is somewhere between a \$500- and \$750-dollar deficit annually. Given the downward trend in group donations over the last few years, this could have significant impact on our balances and budgets for the next fiscal year. That being said, I believe it is fair to allow for a buffer to allow home groups the ability to buy literature at the lower prices for a few months until the next order is placed, as much of the literature in the inventory will have been purchased at pre-increase prices for at least a couple months. Therefore, it is my intention, should I continue to serve as Literature Chair, to raise our prices at 15% to remain consistent with NAWS and other regions such as Free State for orders placed to be filled at our March ASC meeting on March 2nd, keeping the shipping calculations exactly the same at approximately 3% of the NAWS/Free State price. The price increase will be after our February ASC meeting on the Literature Order forms, so that any literature orders for March will reflect the correct amount due. I will work with the PR chair to ensure the Form prices are updated at that time. Note that I have placed a bulk order this month to ensure we are able to fill orders at the same price through February area. Finally, I will be holding a Literature Subcommittee meeting at 12:30 PM on Saturday, December 6th at Trinity Episcopal, in the event that anyone would like to participate in any discussion on the topic prior to the increase in price. Feel free to join if you have an interest in shaping the Subcommittee decisions and all are welcome and encouraged to come.

In Loving Service, Natalie M

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D. **Public Relations** – Robb B.-

Hey There Everyone, not a lot to report today. We are looking to hold a PR Learning Day at the beginning of 2026, which will serve to inform members about our responsibilities, as well as provide training for phoneline services. Other projects for 2026 will include some updates to the website to provide more resources for members as well as give the website some aesthetic updates. We welcome anyone who may have suggestions to please submit your ideas to myself or Natalie. I presently have emails out concerning a new meeting interested in the area (North Stafford Church of Christ - Amy Anderson, Administrative Assistant) and will be reaching out to the Rappahannock Area Juvenile Detention Center (Deputy Superintendent) about a possible H&I Commitment. Thanks for letting us serve!

E. **RACC (Convention)** -Rudy C. — no report. Will meet again on Tuesday, November 12th on zoom, and in person, at Wegmann's at 6:30pm.

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GSR HOME GROUP REPORTS

Home Group	GSR/ALT/REP	Meeting Day & Time	Homegroup Members	Avg. Weekly Attendance / Newcomers	Group Donation to Area	Literature Order
Welcome Home	Richard M.	Sun. 7:00 – 8:15 PM	12	30/1	0	0
November 23 rd Thanksgiving gratitude meeting with food and speaker 6:30 to 8:30 pm. 12/14-Dan W. 7 years						
Who Wants to Live	-	Mon. – Fri. 12 – 1:15 PM	2	-/-	0	0
Speaker Meeting every 3 rd Monday						
Clean Works	Brandon L.	Wed. 7:00 – 8:15 PM	16	20/2	0	\$38.45
11/19- Kara H.- 7 years						
Welcome to the NAborhood	-	Thu. 7:00 – 8:00 PM	5	-/-	0	0
IN IT TO WIN IT	Cat E.	Mon. 7:00 to 8:15 pm	4	25/4	0	0
Back to Basics	Jason B.	Fri. 7:00 – 8:15 PM	9	23/2	\$49.00	\$48.30
11/14- Jaren F. 2 years						
Primary Purpose	Natalie M.	Sat. & Sun. 1–2:30 PM	12	10/2	0	0
11/15 Alek R.- 3 years & 11/22 Joy with 9 years						
Experience, Strength, & Hope	-	Sat. 7:00 – 8:30 PM	-	-/-	0	0
Hope Fiends	Anita B.	Tues. 7:00– 8:15 PM	6	18/3	0	0
11-11- Anita B.- 2 years						
Ladies & Gentlemen in recovery	Noelle C.	Thurs. 7:00-8:15 PM	8	25/3	0	0
Ashley R. 3 years on 11/06- joined meeting. 11/20- 3-year meeting anniversary-speaker meeting						
Alive & Free	-	Multiple days	-	-/-	0	0
S.E.E. Recovery- 710 U.S. Avenue, Culpeper-Weds. @ 6:45pm & Fri. @ 6:45pm.						
BE the WE	Mimi W.	Tues. 7:00-8:15 PM	4	3/1	0	0
100 East Main St. Louisa, VA 23093 **Needs Support. Support from Men. **						

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XIII. 10 MINUTE RECESS – Taken/Not Taken

XIV. 2nd Quorum Call –

HOME GROUP NAME	P/A	NAME	POSTION
1. Welcome Home	P	Richard M.	REP
2. Who Wants to Live	A		
3. In It to Win It	P	Cat E.	GSR
4. Clean Works	P	Brandon L.	GSR
5. Welcome to the NAborhood	A		
6. Back to Basic	P	Jason B.	GSR
7. Primary Purpose	P	Natalie M.	REP
8. Experience, Strength & Hope	P	Aaron V	REP
9. Hope Fiends	P	Anita B.	GSR
10. Ladies & Gentlemen in Recovery	P	Noelle C.	GSR
11. Alive & Free	A		
12. BE the WE	P	Mimi W.	GSR

2nd QUORUM CALL -Must meet 8 per Bylaws	
Group Represented	9
Procedural Votes	9
Quorum Met?	✓

XV. Old Business-

-Bylaw change(s) Motion:

Motion #10-05-03

Motion:

To change the wording of Article 12, Section 1 to say “New meetings must attend one (1) ASC business meeting to be added to the online meeting list. New meetings must attend three (3) consecutive ASC business meetings before being included on the printed meeting list and before being provided a new meeting starter kit.”

Intent:

To allow new meetings to be listed on the online meeting schedule after attending one ASC, ensuring quicker accessibility for addicts seeking recovery, while still requiring three ASC attendances for inclusion on the printed meeting list and for receiving a startup kit.

Rationale:

The platform used by the RANA website to display meetings, the Basic Meeting List Toolbox (BMLT), is a web-based utility maintained at a broader fellowship level. It is not managed by the Area but simply utilized as an efficient tool for keeping meeting information updated and accessible. Allowing new meetings onto the BMLT after one ASC ensures that more addicts can find recovery sooner, directly supporting Tradition Five (carrying the message to the addict who still suffers). Changing the language balances accessibility with accountability. Online listing after one ASC provides immediate visibility, while retaining the three-ASC requirement for printed lists and startup kits ensures consistency, stability, and financial accountability, in line with Tradition Seven (self-support) and Concept Eleven (responsible management of funds). Finally, this has already been the practical approach in recent years; the bylaw change simply brings our written policy into alignment with our established practice.

VOTE-- FOR: 6 AGAINST: 0 ABSTAIN: 3 MOTION: Passed

-Budget Review. The body reviewed the proposed budget for fiscal year 2026. Proposed budget will go back to home groups for a vote, and there will be a motion in new business. Proposed budget will be attached as a separate document to the minutes.

XVI. Open Sharing Session

Open time slots for Holiday Marathon meetings

1:00-1:55

2:00-2:55

3:00-3:55

4:00-4:55

5:00-5:55

Our noon time slot is covered (WWTL).

An addict named Steve (Back to Basics regular) has volunteered for the 6:00 time slot.

And Ladies & Gentlemen in Recovery will be covering their 7:00 time slot.

Please reach out to Jeanette F. & Jason B.

Celebrations (All dates are on the website)

Ashley R.- 3 years. 11/06 at ladies and gentlemen in recovery

Anita B. – 2 years. 11/11 at Hope Fiends

Jaren F. – 2 years. 11/14 at Back to Basics

Alek R. – 3 years. 11/15 at Primary Purpose

Kara H.- 7 years. 11/19 at clean works

Ladies and gentlemen in recovery homegroup anniversary speaker meeting 11/20.

Joy H. – 9 years. 11/22 at Primary Purpose

6:30 pm to 8:30 pm at Welcome Home-- Pre-Thanksgiving meeting

Audrey A.- 1 year. 11/25 at Hope Fiends

Jess J. -4 years. 12/01 at In It to Win It

Jason B. – 1 year. 12/12 at Back to Basics

Dan W.- 7 years. 12/14 at Welcome Home

Holiday Marathon Meeting from 11am to 6pm on Christmas Day, 12/25, at the Dumpster meeting location.

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Josh C.- Relayed information from one of the workshops and a gentleman from the zonal forum suggested that, as an area, we dedicate an ASC (or have a separate ASC held) to go over with a representative from CAR and from the zonal forum on how to better serve the area. The information was very insightful. A regional delegate and a member from the zone are willing to come to the RANA ASC to have a workshop. The RCM has asked would the area be interested in holding a CAR workshop. Straw poll taken about holding a CAR workshop. The votes in favor were unanimous. Deadline for the CAR surveys will be April 1st, 2026.

-Member inquired about boxes of literature and meeting material that were turned into the area body from old meetings that closed. In response, the material (i.e. key tags, i.p's, books) was divvied up between PR and H&I and the funds were donated back to the area, and the storage containers were disposed of due to damage. PR does have LED candles in their possession. A member requested that the candles be donated to the new meeting in Stafford.

XVII. New Business:

Motion: 11-02-03

Date: 11/02/2025

Motion Maker: BUDGET REVIEW

Second by GSR: Jason B.

Motion: \$160.00 Donation to Trinity Episcopal Church

Intent: Rent for ASC Meeting Space. Budget line item.

Should this motion be sent back to groups? NO

Motion: 11-02-04

Date: 11/02/2025

Motion Maker: BUDGET REVIEW

Second by GSR: Jason B.

Motion: \$100.00 Regional Donation, \$50.00 World Donation

Intent: Donations to regional ASC and world services as outlined in the budget.

Should this motion be sent back to groups? YES

Motion: 11-02-05

Date: 11/02/2025

Motion Maker: Josh C.- RCM

Second by GSR: Budgeted item-lodging

Motion: Seeking reimbursement for lodging

Intent: The RCM attended the 2-day RSC last month, and the region failed to submit a motion to request funds to cover lodging for the RCMs. This will come out of the RCM budget, and I also have a hotel receipt. Total expenses: \$164.15

Should this motion be sent back to groups? NO

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Motion: 11-02-06

Date: 11-02-2025

Motion Maker: BUDGET REVIEW

Second by GSR: Natalie M.

Motion: Approval of proposed budget for FY 2026

Intent: To provide the area with a working budget.

Should this motion be sent back to groups? YES

Motion: 11-02-07

Date: 11/02/2025

Motion Maker: Richard M

Second by GSR: Jason B

Motion: \$194 literature order

Intent: To carry the message to the addicts in facilities in a prudent fiscally responsible manner

Should this motion be sent back to groups? NO

- One Motion from the Region to go back to home groups.

Motion Number: 235-1 **Date:** October 19th, 2025

Mover: Financial AD-HOC Subcommittee **Area:** -

Second: Linda- RCM **Area:** New Dominion

DESCRIPTION/BACKGROUND: To approve proposed 2026 CARNA budget

INTENT: To have funding to carry our message

MOTION: To approve proposed 2026 CARNA budget

XVIII. ASC OPEN POSITIONS:

- Vice Chairperson-Please announce.
- Secretary I. -Open in January, please announce.
- Secretary II- Please announce. Noelle C. was nominated, she accepted the nomination - 10.5 months clean & involved with H&I

Pros: - Willingness, she shows up, held accountable.

Vote: FOR: 8 AGAINST: 0 ABSTAIN: 0 **PASSED**

- Activities Chairperson-Please announce.
- RCM II- Please announce.
- Literature Chairperson -Natalie M. was nominated, she accepted the nomination

Pros: Has experience as the literature chair, very organized, Natalie M.

Cons: second term in the position

Vote: FOR:8 AGAINST: 0 ABSTAIN: 0 **PASSED**

XIX. Review of Group Status and Business

The following groups have missed at least 2 consecutive ASC's:

- Adjournment and Serenity Prayer

The next ASC meeting begins at 4 p.m. on Sunday, December 7th, 2025, on ZOOM & in-person.

Submitted to RANA ASC for approval by Aaron V.