



HOME GROUPS	GSR or Rep	1/16	2/13										
Circle of Hope	Kyle	x	x										
Courage to Change	Owen E.	x	x										
Keeping It Real	Michael Mc	x	x										
New Beginnings	Deirdira	x	x										
New Horizons	Dyrll	x	x										
Recovery Road	Phillip	O	O										
Serenity Seekers		O	O										
Walk Your Talk	Chris C	X	X										

**Minutes accepted by: Chris, Seconded by Kyle**

**Officer Reports**

**Chairperson:** No report

**Vice Chairperson:** Contacted treasurer about updating bank signature card. Completed merging addendum and posting annual policy update to web.

**Secretary:** minutes

**Treasurer:** – See attached report:

**Policy Chairperson:** open

**H & I:** no report:

**Public Relation:** open

**Outreach Chair:** open

**Regional Committee Member:** See attached report:

**Home group Reports**

**Circle of Hope – See Attached-**

**Courage to Change – See Attached-**

**Keeping It Real – See Attached-**

**New Beginnings – See Attached-**

**New Horizons – See Attached-**

**Walk Your Talk –See Attached-**

**Recovery Road – absent**

### **Open Forum**

In active groups remain on our meeting list which means they are now insured. Should those groups be removed from meeting list for this reason? Inactive groups still carry message and NA name, consensus is to leave meetings on list and allow them to be insured.

### **Unfinished Business**

none

### **New Business**

Resumes: Treasurer- John K., elected

Chair- Dudley P., elected

### **Announcements:**

➤ **GSR's please keep your home-groups informed about the things that are going on the area level.**

**The following positions are in need of servants: Area Alt Chair, Secretary & Alt, Outreach, Policy**

**Next Area Meeting will be March 12 2016 Courage to Change, 204 East Church Street  
Nashville, NC 27856**

➤ **Outreach and H&I and PR subcommittees and GSR orientation Meet 1 hour prior to ASC. Anyone interested on serving on a committee or has questions or concern need to attend. Subcommittees meeting: 12pm.**

➤ **PR- meeting schedule changes contact Chris**

**Meeting Adjourned 2:20 pm**

## **Tar-Roanoke Area- 2016 Meeting Schedule**

The area meeting for the Tar-Roanoke Area of NA will be held on the Second Saturday of the month at 1pm. Subcommittee meetings will begin at 12pm (noon) before the area meeting.

Mar 12- Courage to Change- 204 East Church Street, Nashville

Apr 9-Circle of Hope

May 14- Recovery Road

Jun 11- New beginnings

Jul 9-Walk Your Talk

Aug 13- Walk Your Talk

Sept 10- Recovery Road

Oct 8- New beginnings

Nov 12-Circle of Hope

Dec 10- Recovery Road

## Tar-Roanoke Area

### Home Group Address List

Circle of Hope Group  
Community Center  
341 McDonald Street  
Rocky Mount, NC 27804  
Contact: Greg J 252-544-8085  
[Greggjoyner@gmail.com](mailto:Greggjoyner@gmail.com)  
Contact: Kyle L 252-985-1650  
[Klwcms@gmail.com](mailto:Klwcms@gmail.com)

Courage to Change Group  
Nashville United Methodist Church  
204 East Church Street  
Nashville, NC 27856  
Contact: Owen E. (252) 907-9809  
Email: [moellis818@st.nashcc.edu](mailto:moellis818@st.nashcc.edu)

Keeping It Real Group  
District 19 Community Service Board  
1101 Greensville County Circle  
Emporia, VA 23847  
Contact: Michael Mc. (847) 508-8505  
Email: [bossasper@hotmail.com](mailto:bossasper@hotmail.com)

New Horizons Group  
Sunset Avenue Baptist Church  
3732 Sunset Avenue  
Rocky Mount, NC 27804  
Contact: Dyrll S. (252) 822-1922  
Email: [dyrllsmith1922@gmail.com](mailto:dyrllsmith1922@gmail.com)

Recovery Road Group  
1803 Sunset Ave, Ext (Yellow house across  
from church)  
Tarboro, NC 27886  
Contact: Phillip B (252)-886-3317  
Email: [themanclean@hotmail.com](mailto:themanclean@hotmail.com)

Walk Your Talk Group  
Church of the Good Sheppard  
321 Church Street  
Rocky Mount, NC 27803  
Contact: Chris C (252) 469-3409  
Email: [Kris2c3@suddenlink.net](mailto:Kris2c3@suddenlink.net)

New beginnings  
Compassion Worship center  
338 Roanoke Ave  
Roanoke rapids NC, 27831  
Contact: Deirdira G 252-219-4760  
Email: [raymonds1.dg.dmg@gmail.com](mailto:raymonds1.dg.dmg@gmail.com)

Serenity Seekers Group  
Stanley White Presbyterian Church  
601 Ashton Street  
Roanoke Rapids, NC 27870

# Tar-Roanoke Area, Regional Committee Member report

## February 13, 2016



Regional motions to be voted on by homegroups NEEDED AT MARCH ASC

**MOTION 1:** To Approve the Southeastern Zonal Guidelines (attached)

**MOTION 2:** That the North Carolina Region RD/AD team conduct an annual Regional GSR Assembly to be held in April starting in 2017.

Quorum was met at first roll call with 6 of 9 present (6 of 9 areas must be present)

**Treasurer-** Opening balances \$3096.83 Ending balance: \$6634.28

World Donation: \$1634.28 New ending balance: \$5000.00

Region H&I talked about doing a learning day. Please take back to the Areas and see if this is something they would be interested in and willing to participate in. It was also discussed that Region put an acknowledgement letter together so that when Region receives a request for someone they get a quick response letting them know we are getting their request to the correct Area and the Area that serves them will be in contact shortly. **A request that each RCM bring 10 meeting schedule from their Area to the April RSC so that it can be put in with the initial response letter (when appropriate).**

- A. Mike G. Has 7 Basic Text – English and 1 Spanish (paperback) donated for each Area for the jails and prisons. He will hand out later today. For any Area not present the Region will keep them, until a representative is at the RSC.
- B. Tammy brought up the need for a procedure for getting Insurance Certification to those who request it and the need for a single point of contact. Policy – Agenda was suspended so Danny (Insurance AdHoc committee chair) could give his report; as it might help with some information. Insurance policy will be emailed to Secretary for records only. It was explained that as of Nov. 2015 region and all Home Groups within the Region are covered for all meetings. There are a couple of exclusions – Sporting events and outdoor activities (Danny is checking on indoor non-meeting events Ex. Dances); however, a rider could be taken out and would be at a minimal cost. The Region agreed that since Area's send up donations that the Region will pay for all riders. Instructions/procedures for insurance certificates and riders will be presented at the Regional April meeting. For now, if you need a rider or a certificate of "Proof of Insurance," contact the chair – Donnie J. and he will contact the insurance agency and get it to you.

**\*\*\*\*Please remember this takes time so the more time you give the process the better chance of you having it by the time you need it.**

**Vacant positions:** All positions will be open as of April 2016 and elections will be held in April with terms (2 years) starting in July. Nominations were due in January but can be presented throughout the entire cycle for vacancies and must be accompanied by a vote of confidence from the Area in which you serve.

\*\*\*\*April region one week earlier due to CAR/CAT VOTES: Next RSC: April 16, 2016 at Hinshaw United Methodist BASEMENT. 12:00 pm subcommittees, 1:00 pm RSC

- **The CAT and CAR are available for download, workshops scheduled are;  
Greensboro Area 2/20 12pm 2100 w. Friendly Ave Greensboro NC 27403**

**Mountain Area 2/21 TBD**

**Greater Sandhill's Area 2/27 TBD**

- **MAT/DRT Pamphlet** - There is a new Pamphlet designed for professionals out for review – We were involved in the workshopping of this pamphlet and while I like it I see some parts that need to be reworked.
- **CAT/CAR workshop** – The CAT/CAR workshop and Southeastern Zonal Forum are Feb 6<sup>th</sup> in Atlanta, this bi annual event has world board participation so any questions you want asked please get them to me.

**Rooms must be reserved by Feb 2, 2016 to get the \$109 per night rate**

**Renaissance Concourse Atlanta Airport Hotel**

**1 Hartsfield Center Parkway**

**Atlanta, GA 30354**

**(404) 209-9999**

# CAR AND CAT WORKSHOPS

Join us online for Conference Agenda Report (CAR) and Conference Approval Track (CAT) workshops. The link below will allow you to join as a guest. A speaker is required to hear the workshop and a microphone if you'd like to ask questions. There is a chat box for those without microphones.

We're unable to provide phone-in access. Because our adobe connect is a hosted account, it requires a toll free access number to do it.

CAR webinar - Jan 15 10am

CAR webinar - Jan 19 7pm

CAR webinar - Jan 26 1pm

CAR/CAT webinar - Feb 11 3pm

CAR/CAT webinar - Feb 17 7pm

CAR/CAT webinar - Feb 22 9am

CAR/CAT webinar - March 5 11am

CAR/CAT webinar - March 10 5pm

CAR/CAT webinar - March 18 7pm

CAR/CAT webinar - March 20 2pm



THE LINK FOR ALL WEBINARS IS  
<https://sezf-frsc.adobeconnect.com/car2016/>

SIMPLY JOIN AS A GUEST.

For more information please contact Jeff P 954-850-0122

NA not affiliated with any facilities, software, internet or arpanet



With gratitude in loving service

Michael Mc. [bossCASPER@hotmail.com](mailto:bossCASPER@hotmail.com) 847 508-8505

**Tar Roanoke Area of NA  
Treasurers Report  
Feb 2016**



Hello Family,

Area does not have a treasurer.

Please search our area for our best fit candidate to carry on this valuable position.

We are a small area so please step up every one.

In the attached report you will see a detail description consisting of Jan 2016 Bank statement, and Monthly reports; detailing income and expenses. The Monthly Table is a rolling table capturing our 12 month donations and expenses with averages to verify our prudent reserve.

For Jan 2016, Area home groups have donated \$102. Our two expenses were \$50.00 rent to Compassion Worship Center in Roanoke Rapids, and donation to NC Region for \$52.02, for a total of 102.02. There are no outstanding checks currently however at the end of Month statement the two checks were not cashed, I provided reconciliation sheet for verification of the two, which were cashed in Feb. Our current ending balance is \$750.12. Our area prudent reserve is \$750.00. Our three month average expense is \$415, and our yearly average expense of \$207; which are less than our \$750.00 prudent reserve.

Let's see if we can find a trusted servant to lead our treasury.

In Service

John Kent  
Trusted Servant  
252-904-1427  
Jwk203@hotmail.com





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 NC 0005200279265



188-02-0-00 84902 0 0 201 28 50 002  
 TAR ROANOKE AREA OF NA  
 PO BOX 9035  
 ROCKY MOUNT NC 27804-7035

## Your account statement

For 01/29/2016

## Contact us



BB&T.com



(800) BANK-B&T or  
 (800) 224-5229

### Earn Up To \$400 - Refer Other Businesses!

From now through June 30, 2016, BB&T business checking account holders who refer other businesses can earn up to \$400—\$100 for each newly established business checking account with BB&T (limit four). In addition, as an added bonus each business referred will also receive a \$100 deposit in their newly opened checking account\*

To find out more, contact your local relationship manager or visit your nearest BB&T financial center for details.

\* This offer applies to referred clients that open a new business checking account at a participating BB&T financial center between January 1, 2016 and June 30, 2016. The new business checking account must be the first checking account in the household to be eligible for the offer. Business checking accounts opened through BB&T.com or BB&T Phone24, savings accounts and personal checking accounts are not eligible. Information will be reported to the IRS as required. Referred individuals must present and submit a referral form at account opening. See your financial center for a supply of referral forms. By providing and accepting and using the coupon included in the referral form, each party acknowledges that the other party may be a client of BB&T. All measures to protect client-sensitive information and confidentiality apply. In addition, each party understands that failure to receive an account bonus means that a referred account did not meet the offer criteria and does not imply that an account application was denied.

BB&T, Member FDIC.

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### ■ COMMUNITY CHECKING 0005200279265

#### Account summary

Your previous balance as of 12/31/2015	\$750.12
Checks	- 0.00
Other withdrawals, debits and service charges	- 0.00
Deposits, credits and interest	= 102.00
Your new balance as of 01/29/2016	= \$852.12

#### Deposits, credits and interest

DATE	DESCRIPTION	AMOUNT
01/19	DEPOSIT	102.00
Total deposits, credits and interest		= \$102.00

**Tar-Roanoke Area**  
**GSR REPORT FORM**



DATE: 7/23/16

GROUP NAME: Walk Your Talk

LOCATION: Church of Good Shepard

RENT PAID: YES  NO

MEETING TYPE: Open house/study, speaker

AVERAGE ATTENDANCE: 13 # NEWCOMERS: 2

DONATION TO AREA \$ 20.-

BUSINESS MEETING HELD: YES  NO

GROUP POSITIONS OPEN:  
GSR and all alternate

NA BIRTHDAYS (Will be celebrating: Yrs, Name and initial)

Robert M. 15 yrs, Valerie D 19 yrs

GROUP CELEBRATIONS (Date, time, location)

Sept 2016

BUSINESS, PROBLEMS OR SITUATIONS:

None

GSR: Acting Chris C

ALT GSR: \_\_\_\_\_

**Tar-Roanoke Area**  
**GSR REPORT FORM**



DATE: 2/13

GROUP NAME: Circle of Hope

LOCATION: M - Donald Street, Rocky Mount

RENT PAID: YES  NO

MEETING TYPE: New-comers meeting

AVERAGE ATTENDANCE: 15 # NEWCOMERS: 3

DONATION TO AREA \$ 10

BUSINESS MEETING HELD: YES  NO

GROUP POSITIONS OPEN:

n/a

NA BIRTHDAYS (Will be celebrating: Yrs, Name and initial)

Dianna, 17

GROUP CELEBRATIONS (Date, time, location)

n/a

BUSINESS, PROBLEMS OR SITUATIONS:

n/a

GSR: J B

ALT GSR: Adyle R

**Tar-Roanoke Area**  
**GSR REPORT FORM**



DATE 02/13/16

GROUP NAME: New Beginnings

LOCATION: 338 Roanoke Ave Roanoke Rapids N.C. 2870

RENT PAID: YES  NO

MEETING TYPE: Varies

AVERAGE ATTENDANCE: 4-6 # NEWCOMERS: 1-2

DONATION TO AREA \$ 5.00

BUSINESS MEETING HELD: YES  NO

GROUP POSITIONS OPEN:  
All

NA BIRTHDAYS (Will be celebrating: Yrs, Name and initial) None

GROUP CELEBRATIONS (Date, time, location)

BUSINESS, PROBLEMS OR SITUATIONS:  
Lack of outside support

GSR: Deirdra Gadsden

ALT GSR: \_\_\_\_\_

**Tar-Roanoke Area**  
**GSR REPORT FORM**



DATE: 2-13-16

GROUP NAME: Courage to Change

LOCATION: Nashville

RENT PAID: YES X NO     

MEETING TYPE: open candle light

AVERAGE ATTENDANCE: 15 # NEWCOMERS: 1

DONATION TO AREA \$ 22<sup>00</sup>

BUSINESS MEETING HELD: YES ✓ NO     

GROUP POSITIONS OPEN:

none

NA BIRTHDAYS (Will be celebrating: Yrs, Name and initial)

OWEN 17 Feb

GROUP CELEBRATIONS (Date, time, location)

Nov 2016

BUSINESS, PROBLEMS OR SITUATIONS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GSR: Owen

ALT GSR: John K

**Tar-Roanoke Area**  
**GSR REPORT FORM**



DATE: 2/13/16

GROUP\_NAME: New Horizon

LOCATION: Sunset Ave. Deptstch., Sunset Ave. Rocky Mount N.C

RENT PAID: YES  NO

MEETING TYPE: open

AVERAGE ATTENDANCE: 15/20 # NEWCOMERS: 1-3

DONATION TO AREA \$ 0

BUSINESS MEETING HELD: YES  NO

GROUP POSITIONS OPEN:

\_\_\_\_\_  
\_\_\_\_\_

NA BIRTHDAYS (Will be celebrating: Yrs, Name and initial)

Harrison M. 3 yrs

GROUP CELEBRATIONS (Date, time, location)

\_\_\_\_\_

BUSINESS, PROBLEMS OR SITUATIONS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GSR: John Kluber

ALT GSR: Eric W.

# **TAR ROANOKE GSR REPORT FORM**



**DATE:** February 12, 2016

**GROUP NAME:** Keeping It Real

**LOCATION:** 1101 Greensville County Circle, Emporia VA 23847

**RENT PAID:** YES  NO

**MEETING TYPE:** Open/ Literature study

**AVERAGE ATTENDANCE FOR MONTH:** 5 **TOTAL NEWCOMERS:** 1

**DONATION TO AREA \$** 22

**BUSINESS MEETING HELD:** YES  NO

**GROUP POSITIONS OPEN:** none

**NA BIRTHDAYS /CELEBRATIONS** (Will be celebrating: Yrs., Name and Initial):

**BUSINESS, PROBLEMS OR SITUATIONS:** none

**GSR:** Michael Mc

North Carolina Region

Narcotics Anonymous

2

Motion Form

Motion #: \_\_\_\_\_

Date: 1/30/16

Maker of Motion: Mike G

Seconded By: Neal S

Motion:

to approve the Southeastern Zonal Guidelines

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Intent:

to update the zonal Guidelines

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Amendment(s):

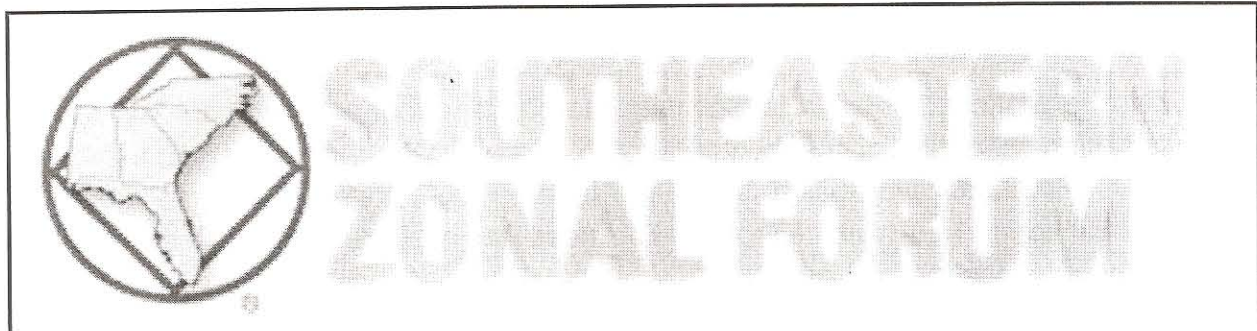
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Passed Failed Referred Tabled Ruled out of Order Disposition:

\_\_\_\_\_

Yeas: \_\_\_\_\_ Nays: \_\_\_\_\_ Abstentions: \_\_\_\_\_

\_\_\_\_\_



## **Guidelines for the Southeastern Zonal Forum of Narcotics Anonymous**

Draft August 23, 2015

### **Mission Statement**

The mission of the Southeastern Zonal Forum is to provide a regularly scheduled time and place where representatives of the member regions come together to further our primary purpose, "to carry the message of recovery to the still suffering addict", through service oriented discussions, workshops, events and task forces. The Southeastern Zonal Forum's primary function is to facilitate joint, multi-regional efforts that serve our member regions and are directly responsible to the Regional Service Committees within the zone.

- The Forum is comprised of Regional Delegates and Alternate Delegates from within the geographical boundaries of the Southeastern Zone.
- To accomplish its primary purpose, the Southeastern Zonal Forum has established guidelines that provide direction and accountability for its actions. The member Regions must approve these guidelines unanimously before being enacted, amended, added to, deleted or changed in any way.
- The Southeastern Zonal Forum will conduct itself in accordance with the Twelve Traditions and the Twelve Concepts for NA Service so that a spirit of selfless service and not of government remains always as its guidepost.
- It is clear that this structure shall act as a service to the Regions and not as another level of service between the Regions and NAWS.

## Meetings and Rotation

- The Forum location will rotate among the participating regions according to the following schedule (or a schedule agreed to among the zonal participants based on pricing and availability): Florida, Alabama/NW Florida, Carolina, Georgia, South Florida and North Carolina. The host Region is responsible for providing meeting space for the Forum.
- The Southeastern Zonal Forum will meet in February or March in even years in the Georgia Region. This will be a Zonal CAT Workshop held after the publishing of the Conference Approval Track. Typically, this workshop will occur in the years that the WSC will be meeting. The Georgia Region will host the CAT Zonal Workshop as their Regional rotation in the meeting schedule. Other multi-regional events, workshops, learning days etc. may be held as needed or requested by member Regions.
- The December meeting in odd numbered years will include a zonal CAR workshop held after the publishing of the Conference Agenda Report.
- The Zonal Facilitator will request participation from NAWS at least 3 months prior to the proposed date of the zonal CAR and CAT workshops.
- Typically the Southeastern Zonal Forum workshop(s) occur on a Saturday, be located near a major airport with shuttle service available to the facility, and include other service and/or recovery oriented topics as requested by the region hosting the zonal forum.
- The time, location and date for Zonal meetings for the conference cycle will be set at the zonal meeting at the WSC.
- **The agenda for the next Zonal Forum meeting will be set by the Facilitator with input from each Regional Delegate.**

## Zonal Trusted Servants

### *Elections*

1. Elections are held the first meeting following the WSC
2. All positions are two year terms coinciding with the cycle, with a maximum of two consecutive terms
3. Nominations will be taken at the meeting before the WSC

## Facilitator

### Requirements

1. 8 years continuous clean-time
2. Previous service experience in NA at the Area, Regional, or Zonal level
3. Ability to lead a meeting and guide the workgroup
4. **Knowledge of webinar technology, and the ability to conduct electronic meetings.**

### Responsibilities

1. Is the single point of accountability and primary contact for the Southeastern Zone
2. Facilitate all regular meetings of the SEZF
3. Set the agenda in writing and make it available to all participants at the meeting
4. Co-signer on the checking account
5. The Zonal Facilitator will request participation from NAWS as needed
6. **Will appoint a project leader to any projects agreed to.**

## Secretary/Treasurer

### Requirements

1. 8 years continuous clean time
2. Previous service experience as a Secretary and a Treasurer of a committee or subcommittee in Narcotics Anonymous at the Area, Regional, or Zonal level

### Responsibilities

1. Keep accurate financial information in a clear and concise manner
2. Present complete written and oral report at each zonal meeting
3. Prepare copies of bank statements with a written report
4. Maintains physical custody of the checkbook, receipts, reports and electronic records of the treasury
5. Co-signer on the checking account
6. Is responsible for obtaining a tax ID number
7. **E-mail minutes to zonal participants within 14 days of the close of the zonal meeting.**

8. Seek regional web servant assistance to keep website and hosting site current.

#### Web Servant Guidelines:

1. The web servant is an elected member of the Southeastern Zonal Forum but does not need to be present to be elected.
2. The web servant is a non-voting member of the Southeaster Zonal Forum and is fully aware of all zonal activities.

#### Website Guidelines:

1. Sezf.org is an integral communications conduit connecting all of the regions in the zone. Its purpose is as an information exchange between other regions, zones, and NA World Services. The site should be owned, funded and hosted by the zone. All costs for site maintenance will be included in the zonal budget.
2. The web servant is assigned website maintenance and works closely with all zonal trusted servants. Site maintenance guides and tutorials will be created and maintained by the web servant.
3. The content on the website is maintained by the web servant. It is developed by the web servant based upon zonal participant input. No external links except to member RSC committees, other zones, and NAWS will be permitted. The site should be an evolving, living document and updated on an as-needed basis.
4. To coordinate zonal activity, a calendar of events will be maintained by the web servant.

#### Budgeting

1. The Budget will be prepared by the secretary/treasurer and submitted at the first meeting in odd numbered years and voted on by the member Regions at the next meeting.
2. The budget will be for a two year cycle
3. The budget will include:
  - a. Travel, lodging and per diem for trusted servants (except web servant)

- b. Cost of zonal weekends
- c. Funding of NAWS/WB participation if requested
- d. **Other expenses as agreed to by the zone and its member regions.**

### **Definition: Consensus Based Decision Making**

Consensus is defined as the decision making process used by the SEZF in which discussion and compromise are used to reach agreement. For example, if a proposal /topic is introduced to change, or create a practice of the Southeastern Zonal Forum and consensus is not reached, the practice will continue as it currently stands or will not be implemented.

### **Procedure: Consensus Based Decision Making**

1. Proposal / Topic is introduced.
2. The facilitator opens the dialogue. Begin with the maker of the proposal / topic.
3. Clarifying questions are taken. This is when questions are asked to ensure that all participants understand the proposal / topic. This is not the time for general discussion.
4. Facilitator asks for concerns or reservations (General Discussion). This is when modifications may be made to the proposal / topic in an effort to address expressed reservations or concerns.
5. Facilitator asks for Consensus

**CONSENSUS** is reached when 80% of the RD's and AD's are in favor of a proposal/topic.