

AREA SERVICE COMMITTEE AGENDA FOR January 20, 2024

1. **Orientation** of any new GSR and or Groups by Area Vice Chair at 1:15 PM.
2. **CALL TO ORDER at 2:00 PM** at Ebensburg Presbyterian Church, 200 N. Center St., Ebensburg, PA 15931.
3. **Open Meeting with the Serenity Prayer.**
4. **Reading of the 12 Steps, 12 Traditions, & 12 Concepts.**
5. **Reviewing of Minutes:**
6. **Trusted Servants Roll Call:**
Area Chair, Area Vice Chair, Secretary, Area Treasurer, Regional Committee Member, Public Relations/Helpline/Website Chair, H&I Chair, Fundraiser Activities Chair, Unity Retreat Chair, Unity Retreat Vice Chair, Literature Chair, B.O.D. Rep., P&A Chair, Outreach Chair
- 6a. **Make it known to all trusted servants:**
As per **Motion 1-8:** That all trusted servants stay at the area meeting until over or report that they are leaving (no sneaking out). **Intent:** In case questions are asked of them so we do not have to wait a month for an answer.
7. **Trusted Servants Reports:**
 1. Area Chair
 2. Vice Chair
 3. Secretary
 4. Public Relations/Helpline/Website
 5. Regional Committee Member
 6. Fundraiser Activities
 7. Unity Retreat
 8. Unity Retreat Vice Chair
 9. B.O.D. Rep
 10. Hospitals & Institutions
 11. Policy & Administrations
 12. Outreach
 13. Literature
 14. Treasurer
8. **Old Business:**
Motion 03 – 12.09.23 (RCM report)
Motion 02 – 12.09.23 (RCM report)
9. **Nominations/Elections:**
10. **New Business:**
11. **Group Reports:**
 - **Altoona:** Spiritual Not Religious, Monday Nite NA Basic Text, Just For Today, Hope Not Dope, By Any Means Necessary, Restored to Sanity, Wake Up & Live
 - **Bedford:** NA Way
 - **Hollidaysburg:** Willingness, Trust, and Faith
 - **Indiana:** Sunday Survivors, Restoration to Sanity, 24 Principles for 24 Hours, Turning Point, Subject to Revision, Why Die, Thank God it's Friday, Clean and Serene, Saturday Staying Alive, Living Clean
 - **Johnstown:** Free Yourself, Primary Purpose
 - **Homer City:** No Matter What
 - **Somerset:** Simplicity is Key, Attitude of Gratitude, Principles Before Personalities, Promise is Freedom,
 - **Punxsutawney:** 2nd Chance Survivors
 - **Reynoldsville:** Broken Yet Accepted, Step Sistas
12. **Next L.M.H.A.N.A Area Service Committee: February 17, 2024**
13. **Close ASC with the “We Version” of the Serenity Prayer.**

Minutes from December 16, 2023, Area Service

1. CALL TO ORDER: at 2:00 PM at Ebensburg Presbyterian Church, 200 N. Center St., Ebensburg, PA 15931
2. Open Meeting with The Serenity Prayer
3. Reading of the 12 Steps (Scott N), 12 Traditions (Kevin W) and 12 Concepts (Tony M)
4. Review of Minutes: Need to be amended
5. Trusted Servants Roll Call:
 - Area Chair(P) , Area Vice Chair(A), Secretary(P), Area Treasurer(P), Regional Committee Member(A), H&I Chair(P), Public Relations/Web Chair(P), Literature Chair(P), Activities Chair(V), Unity Retreat Chair(P), Unity Retreat Vice Chair(A), B.O.D Rep(V), Policy & Administration (P), Outreach Chair(P)
6. Trusted Servants Reports:
 - Area Chair: Drew N- Read the service prayer.
 - Area Vice Chair: Jeremy O. – Absent
 - Secretary: Tracy G. – Nothing to report.

H and I December 16, 2023

Chair: here
Vice chair :here
Secretary: here

Old business: none

New business: ecna sending 10 cases bts. Next month figuring out how to coordinate that. Received stockpile order from unity retreat.

Reports
Cove : Christian. All is well.
St joes: no show Mario unexcused.
Twin lakes: still going. Looking for someone willing to be coordinator.
Bedford county jail: meet 1&3 weds at 6-7p lit discussions. 4-6 inmates attend. Lit is good. Women meeting 4th weds of the month need women.
Spirit life: Sam sent report. All is well no prob no changes.
Scj: usually get 2-10 attendance need willing women for the female side.
Ccp: everything is going well. Still gettin more apps approved.
Jcj: Erin guys have been consistent girls have been on covid shutdown. Need willing females.
Allegiance: Steve: all is well haven't missed any commitments. Back to co ed. Going good.
Sci somerset: everything is going great.
ICJ: Gabe all is well. Having some schedule conflicts getting to the other side of that though. 4 new apps are getting approved on men's side. Women's side doing well.
Dickinson: 2&4 Thursday. All is well. Getting attendance of about 10.

LMHANA PUBLIC RELATIONS **COMMITTEE**

Date: 12/16/2023

Attendance- 6

Trusted Servants:

**Chair: Scott N. – Present Vice Chair Kevin W. – Present Secretary: Tracy G.- Present Web Vice Chair: Lance Z. – Absent
Task Force Coordinator: Sam R. – Absent Web Chair: Vacant**

Called to order: @ 1: 00

- 12 Steps: Kevin W
- 12 traditions: Tracy G
- 12 concepts: Liz M

Financial Expenditures

Monthly \$50- \$0

Retreat \$750

\$134.61- EZ up (Scott)

\$499.59- Cups & Magnets (Lance) 400 cups, 400 magnets

\$115.80 Literature (table)

New Business

- Presentation with Somerset county Jail (Heather/Joe/Bob?)
- Meeting Lists for January- update PDF- pass around

Old Business

N/A

LMHANA Website Traffic Summary by Month										
Month	Daily Avg				Monthly Totals					
	Hits	Files	Pages	Visits	Sites	kB F	Visits	Pages	Files	Hits
Dec 2023	2050	1168	1391	133	1428	3629665	2130	22261	18693	32805
Nov 2023	1503	596	1011	144	2901	2865138	4331	30338	17909	45100
Oct 2023	650	167	357	139	2762	10367996	4321	11078	5196	20167
Sep 2023	590	92	311	124	2739	9575566	3736	9347	2777	17720
Aug 2023	594	82	302	149	3204	4863943	4628	9372	2555	18421
Jul 2023	564	76	292	131	3009	3758273	4067	9052	2365	17484
Jun 2023	563	90	267	151	3144	4776064	4534	8035	2712	16899
May 2023	585	81	280	151	2982	6389230	4694	8695	2522	18147
Apr 2023	542	65	286	163	2683	2955151	4900	8601	1976	16284
Mar 2023	567	73	287	173	2970	5164910	5377	8898	2293	17579
Feb 2023	570	78	291	178	2621	10563027	4984	8154	2195	15980
Jan 2023	754	117	332	155	2884	16950091	4814	10297	3641	23387
Totals						81859054	52516	144128	64834	259973

Activities Subcommittee Meeting: 12/16/2023

This subcommittee did not hold a meeting, the position is vacant.
 All LMHANA Activities conducted by homegroups, and other subcommittees can be found on LMHANA.com

Unity Retreat Minutes: December 16, 2023

Verbal report given by Drew N in Secretary's absence:
 The logo submission date was moved up to February. Discussed contacting the camp for contract discussions and using different audio equipment.

LMHANA OUTREACH COMMITTEE

Date: 12/16/2023

Attendance- 2

Called to order: @ 12: 00

- 12 Steps: Gabe S
- 12 traditions: Dave R
- 12 concepts: Gabe S

Financial Expenditures

\$ 58.97 – Outreach Table runner- compensated by literature

New Business

- Inventoried outreach box

Old Business

- Outreach table runner

Policy & Administration for December 16th, 2023

The meeting was called to order at 11:05AM

Trusted Servants Attendance:

o Chair – Present

o Vice Chair – Absent

o Treasurer – Present

o RCM – Absent

o Secretary – Present

o BOD – Vacant

- 12 Steps / 12 Traditions / 12 Concepts
 - o 12 Steps – Drew N
 - o 12 Traditions – Scott N
 - o 12 Concepts – Christian S.

Old Business: Began discussions on the combining of PR and The Website Subcommittees guidelines. They currently function together; this will just formally combine the two subcommittees into one set of guidelines. There is no official motion at this point in time, however there will be one in the future once there is a version for the home groups to review and vote upon.

New Business: Furthered discussions of the combination of PR and Website subcommittee guidelines. Region also released updated P&A official guidelines to be compared with current LMHANA P&A guidelines to make sure there are no conflicts moving forward.

Concluded at 11:30 a

December Treasurers Report

LMHANA Treasurer Report - December 2023				
Description		Debit	Credit	Balance
STARTING AREA BALANCE				\$4,165.30
EXPENSES				
Regional Donation (add chk 363)		\$15.00		
NAWS Purchase for H&I - Sales Order 1009854 chk 356		\$1,071.50		
NAWS Purchase for H&I SCI Somerset - Sales Order 1009852 chk 357		\$409.93		
Reimburse PR Items (Scott N and chk 358)		\$134.61		
Reimburse PR Items (Lance S and chk 360)		\$499.59		
Reimburse Literature Order Forms (Katie A and chk 359)		\$30.42		
Presby Church Donation (Rent - 10% if >\$10)(add chk 362)		\$18.70		
TOTAL EXPENSES		\$2,179.75	\$0.00	\$1,985.55
GROUP DONATIONS		Group Count		
Altoona	Spiritual Not Religious			
Altoona	NA Basic Text	1	\$25.00	
Altoona	Just For Today	1	\$20.00	
Altoona	Hope Not Dope			
Altoona	By Any Means Necessary			
Altoona	Not Today, No Matter What	1	\$4.00	
Altoona	Wake Up And Live	1	\$20.00	
Altoona	Restored To Sanity			
Bedford	NA Way	1	\$50.00	
Bolivar	Our Way Out			
Ebensburg	Point Of Freedom			
Hollidaysburg	Willingness, Trust & Faith	1	\$18.00	
Hollsopple	A Thousand Never Enough			
Homer City	No Matter What			
Indiana	Sunday Survivors			
Indiana	Restoration To Sanity			
Indiana	24 Principles for 24 Hours			
Indiana	Turning Point	1	\$0.00	
Indiana	Living Clean			
Indiana	Subject To Revision	1	\$20.00	
Indiana	Why Die	1	\$0.00	
Indiana	Thank God It's Friday			
Indiana	Clean And Serene			
Indiana	Saturday Staying Alive	1	\$10.00	
Johnstown	Free Yourself			
Johnstown	Simple Solution			
Johnstown	Primary Purpose			
Johnstown	High Hopes			
Johnstown	K.I.S.S			
Punxsutawney	2nd Chance Survivors			
Reynoldsville	Broken Yet Accepted			
Reynoldsville	Step Sistas	1	\$20.00	
Somerset	Hugs Not Drugs			
Somerset	Simplicity is the Key			
Somerset	Attitude Of Gratitude			
Somerset	Principles Before Personalities			
Somerset	Promise Is Freedom			
Somerset	Hug Life			
TOTAL GROUP DONATIONS			\$187.00	\$2,172.55

Other Donations:			
Transfer from Literature			
Unity Retreat - Amount over Prudent Reserve			
Total Bank Deposit			\$187.00
AREA SUB BALANCE WITH SUB COMMITTEE RESERVES			\$2,172.55
Subcommittee Expenses:			
Activities Fundraiser = \$250.00 (3 events per year)			\$2,172.55
Hospitals & Institutions cmb chk 361			\$49.60
Public Relations = \$50.00 (per month) - This is ALL Retreat Money cmb chk 361			\$115.00
Policy and Administration			\$2,007.95
New Groups cmb chk 361			\$7.95
Miscellaneous: H&I Copies			\$2,000.00
ENDING AREA BALANCE			\$2,000.00
ENDING BANK BALANCE			\$2,000.00
LMHANA Prudent Reserve:			\$2,000.00
Suggested Regional Donation (if number is bracketed it's below reserve)			\$0.00
Total Number of Groups Donating this month			11
Percentage of Groups Donating			28.21%
Percentage of Area Expenses the Groups Donations are covering?			7.95%

Summary of Area Account

Starting Balance: \$4,165.30

Total Expenses: \$2,179.75

Regional Donation - \$15.00

NAWS Purchase for H&I - Sales Order 1009854 - \$1071.50

NAWS Purchase for H&I SCI Somerset - Sales Order 1009852 - \$409.93

Reimburse PR Items (Lance S) - \$499.59

Reimburse PR Items (Scott N) - \$134.61

Reimburse Literature Order Forms (Katie A) - \$30.42

Monthly Rent Donation - \$18.70

Group Donations: \$187.00 (11 Groups)

Subcommittee Expenses: \$172.55

(H&I – 49.60)

(PR – 115.00)

(New Mtgs – 7.95)

Ending Area Balance: \$2,000

LMHANA Literature Financial Report - December 2023

Description	Debit	Credit	Total
Starting Literature Balance			\$1,211.54
Debits			
NAWS Literature Purchase - Sales Order 1009811 chk 423	\$719.30		
Credits			
Literature Sales		\$735.00	
H&I Donation			
Transfers from Area Account			
New Mtg Lit cmb chk 361		\$7.95	
H&I Literature cmb chk 361		\$49.60	
PR Literature cmb chk 361		\$115.00	
Bank Deposit Error			
Sub Total Balance	\$719.30	\$907.55	\$1,399.79
Ending Literature Balance			\$1,399.79
<i>number under PR)</i>	\$2,000.00		<i>(\$600.21)</i>

Summary of Literature Account

Starting Balance: \$1,211.54

NAWS Literature Purchase - Sales Order 1009811 chk 423 – \$719.30

Literature Sales: \$735.00

Transfer from Area: \$172.55

(H&I – 49.60)

(PR – 115.00)

(New Mtgs – 7.95)

Ending Balance: \$1,399.79

December 2023 Literature Report

- ✚ H & I: \$49.60
- ✚ Outreach: \$0.00
- ✚ Public Relations: \$0.00
- ✚ Home Groups: \$735.00

7. Old Business- n/a

8. Nominations/ Elections: Timmy L – Fundraiser- Activities- 16-0-2- YES
Christian S- Area Vice Chair- 16-0-2-YES
Gabe S- Outreach Chair- 16-02-YES

9. New Business: See RCM report for Motions that need to be voted on

10. Group Roll Call & Reports:

- Johnstown-
 - Free yourself – Jamie K- GSR
 - Primary Purpose- Peter R- GSR
- Altoona:
 - Spiritual Not Religious- Seth S.- GSR
 - NA Basic Text – Cora S Other
 - Not Today- No Matter What- Amanda C- GSR
 - Willingness, Trust, and Faith- Aaron P- GSR-
- Indiana:
 - Why Die- Gabe S – GSR
 - Living Clean- Tiffany B- GSR
 - Subject to Revision- Erica P- GSR
 - Restoration to Sanity-Blue K – Other
 - Turning Point- Tony M- GSR
 - TGIF- Gary R- GSR
- Bedford
 - NA way -Cody C-Alt GSR
- Somerset:
 - Simplicity is Key Lance Z – Other
 - The Basics- Joe H - GSR

- Reynoldsville
 - Broken yet accepted- Allison M- GSR
 - Step Sistas- Allison M- Other- NEW MEETING

11. Next Area Service will be held: December 16, 2023

12. L.M.H.A.N.A Area Service Committee Closed with the “We Version” of the Serenity Prayer.

Laurel Mountain Highlands Area of Narcotics Anonymous

Regional Committee Member Report

December 16, 2023

Scott N (other)

Report on RSC – December 9, 2023 @ 10:30 AM (attended via zoom)

Roll Call

Trusted Servant	Name	Email	December Attendance	Notes
Chairperson	Megan M	Meglouise520@gmail.com	Present	
Vice Chairperson	Phil M	gmicvw@yahoo.com	Present	
Secretary	VACANT	VACANT	VACANT	VACANT
Vice-Secretary	VACANT	VACANT	VACANT	VACANT
Treasurer	VACANT	VACANT	VACANT	VACANT
Vice-Treasurer	Tracey	Twc121759@gmail.com	Present	
P&A Chair	Rich M	Fishyrich29@live.com	Present	
H&I Chair	Frank L	frank@lombardoconcrete.com	Present	
PR Chair	VACANT	VACANT	VACANT	VACANT
PR Vice Chair	VACANT	VACANT	VACANT	Position Filled during Elections
Outreach	VACANT	VACANT	VACANT	VACANT
Web Chair	VACANT	VACANT	VACANT	VACANT
Web Vice Chair	Mike O	Moestreicher1976@yahoo.com	Present	
Regional Delegate	Gary T	garyterling@gmail.com	Present	
Regional Delegate Alternate	Lisa P	l.polaski23@gmail.com	Present	
BOD	Paula K	pkassouf@yahoo.com	Present	
STL 40	Amy	Amyjo15132@yahoo.com	Present	
STL 41	Richard	Caddyrich204@icloud.com	Absent	
Spiritual Retreat	Mike	Mmadd24@ymail.com	Present	

- RCM Roll Call
 - Around 10 or 11 Areas Represented
- Review and Accept Minutes
 - ICANA RCM was listed as ALT. Correction to be made.
 - Meetings accepted with correction.
- Welcome New RCMs / Members
 - Kevin R – ALT RCM for ICANA

- Eugene – 2024 RCM for WE Area
- Scott N – 2024 RCM for LMHANA
- Bridgette – 2024 RCM for LCASNA – noted that this is the first time Lawrence County has been represented in a while.
- Nominations and Elections:
 - Dan T – Nominated for PR Vice Chair
 - Nominated by BVASNA RCM. Seconded by PASCNA RCM.
 - Elected to position
 - Andrew – Nominated for BOD At Large
 - Nominated by PASCNA RCM. Seconded by NEASNA RCM
 - Elected to Position
 - Term ending Feb 2025
 - Peggy K – Nominated for BOD At Large
 - Nominated by ICANA RCM. Seconded by NEASNA RCM
 - Elected to Position
 - Term ending Feb 2025
- TSSRSO Reports
 - BOD – Paula K (report attached)
 - BOD Treasurer – Shari (report attached)
 - STL 40 – report given. Transitioning to new Trusted Servants for STL41. Made recommendations on how to improve. Report available.
 - Spiritual Retreat – logo voted on and approved
- TSSRSNA Trusted Servant Reports
 - Treasurer – Tracy – report attached
 - RD – Gary T – report given. Discussed involvement with Midwest Zonal Forum and attending NAWS Webinars. Possible future travel to MZF events which are held a few times a year. Possibility of one being held in Pittsburgh in 2024. Also discussed a forthcoming motion for donation to MZF.
 - H&I – Frank L – gave report. Asked for RCMs to make sure H&I Chairperson was emailing him reports.
 - Web-Chair (vacant) – Web Vice Chair Mike O gave report.
 - Discussed continued meeting updates.
 - Updated Tr-State Service Committee Positions
 - Updated BMLT using document from NAWS
 - Updated Main Page with announcements etc
 - Discussed updating meeting details through the Tr-State website
 - Can be difficult to navigate or will just “spin” once details are submitted.
 - Gained Mike O’s contact information
 - Mike O – (814)392-3854
 - Policy & Admin – Rich M
 - Discussed various policy changes
 - Possible update to policy that currently states for Nominations and Elections a “Written Resume must be submitted”. This would likely be replaced by a fillable form on the web-site. To be discussed further in January at P&A Meeting.
 - Looked at the latest motion at WSC referencing 3 year terms for RD & RDA. Current policy states 2 years. Could impact policy. Will be discussed further in January.
- OLD BUSINESS
 - Motion 01 – 10.14.2023 (Initiated by P&A Chair, Seconded by BVANA RCM)

- To insert into the mainframe of the regional policy under section 8(B) attendance and Section 9 elections: Participants in voting and attendance can be either in person or virtual platform. *Intent: to clearly state in policy attendance and voting requirements.* **Vote (9-0-1) Motion Passed**
 - Motion 02 – 10.14.2023 (Initiated by EEANA RCM, Seconded by CWANA RCM)
 - The Tristate RD will publish on the TSRSCNA website a tall of the area votes so we can see what the Regional vote is prior to the WSC. *Intent: To hold the RD accountable to the groups and members of the Tri-State Region through the spiritual principles of integrity and service.* **Vote (7-0-3) Motion Passed**
 - Motion 03 – 10.14.2023 (Initiated by EEANA RCM, seconded by CWANA RCM)
 - In the Tristate RD report following the WSC, the RD will include any amendments to the motions and how the RD voted on the amendments and motions. *Intent: To hold the RD accountable to the groups and members of the Tri-State Region through the spiritual principles of the integrity and service.* **Vote (9-0-1) Motion Passed**
- NEW BUSINESS
 - Motion 01 – 12.09.23 (Initiated by Spiritual Retreat Chair, Seconded by BVASNA RCM)
 - Motion: to Approve Spiritual Retreat 40 Logo. **Motion Passed unanimously**
 - Motion 02 – 12.09.23 (Initiated by H&I Chair, Seconded by NEASNA RCM)
 - To change Sponsorship Behind the Walls from Outreach Committee to H&I Committee. *Intent: to better serve the addict behind the walls. Also to help some of our older members get involved from home.*
 - **MOTION WILL GO BACK TO AREAS FOR A VOTE**
 - Motion 03 – 12.09.23 (Initiated by EEANA RCM, seconded by PASNA RCM)
 - To transfer the responsibility of printing the Tr-State Regional meeting list from the Tr-State Region back to the Board of Directors (BOD) so that the BOD can sell the meeting list. *Intent: To make printed meeting lists more accessible to the fellowship in a cost-effective way.*
 - **MOTION WILL GO BACK TO AREAS FOR A VOTE**
 - Motion 04 – 12.09.23 (Initiated by RD, Seconded by BVASNA)
 - To donate \$750 to the Midwest Zonal Forum *Intent: To financially support the MZF from the Tri-State Region.* **Vote (8-0-2) Motion Passed**
 - Motion 05 – 12.09.23 (Initiated by Vice Treasurer, Seconded by NEASNA RCM)
 - To donate \$5,000 to NA World Service. *Intent: To Further carry the message.* **Vote: (8-0-2) Motion Passed**
 - Motion 06 – 12.09.23 (Initiated by PICNA RCM, Seconded by EEANA RCM)
 - To approve advance of funds to PICNA RCM to attend MARLCNA in an off-cycle year. *Intent: To support learning and growth without undue hardship on Trusted Servants.* **Vote: (6-1-2) Motion Passed**

Next Regional Meeting: February 10, 2024 @ 10:30 AM
 Zoom Meeting ID: 961-695-3680
 Password: 1953

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