

Capital Area Service Committee

NOVEMBER 2024

MINUTES

CASC MONTHLY MEETING OPENED AT 2PM

Serenity Prayer Recited

11th Concept: NA funds are to be used to further our primary purpose and must be managed responsibly.

ROLL CALL

14/20 Groups Present

REPORTS

CHAIR	VERBAL	JAMES J.
VICE CHAIR	WRITTEN	KIM M.
SECRETARY	WRITTEN	SHAHADAH H.
TREASURER	WRITTEN	CARLA S.
H&I	WRITTEN	KRISTEN S.
OUTREACH	WRITTEN	PHYLLIS M.
ACTIVITIES	VERBAL	RAY K J.
LITERATURE SALES	WRITTEN	ANDREW T.
POLICY	WRITTEN	LAVON
RCM	WRITTEN	ERIC G.

***VACANT POSITIONS – PR, CONV., BOT, FINANCIAL STANDING & WEB**

OLD BUSINESS

Brief discussion regarding updates and/or amendments to the banking letter, to be made implemented by Kim M.

Brief discussion regarding 2017 Convention T-shirts turned into the committee by Rhae J.

It was determined through a unanimous vote, by present GSR's, that the T-shirts will be offered as Free Raffle Give Away.

Brief discussion regarding upcoming elections and vacant positions:

Public Relations, Convention Committee, Board of Trustees, Financial Standing and Website

NEW BUSINESS

The following motions were made and voted on during New Business:

1. A Capital Area Motion Form was made by Phyllis M, and Seconded by Kenneth M

Motion: To create a Zelle Account for groups that don't come to area service.

(Vote: 8 out of 14 to create the account)

2. A Capital Area Motion Form was made by Elizabeth C., and Seconded by Raie KJ

Motion: To amend minutes to add Kim to the bank account.

(Vote: 10 out of 14 to amend the minutes)

OPEN FORUM

A brief discussion was held regarding Regional Meeting Lists, and it was ultimately determined that Eric would reach out to region relatedly to purchase 100 meeting lists equivalent to \$65.00.

Thank you all for your support and making this commitment easy!

In Loving Service

Shahadah H, CASC Secretary



CAPITAL AREA SERVICE

VICE CHAIRPERSON

NOVEMBER 2024 REPORT

Since our last meeting I have had the opportunity to thoroughly go over our meeting list checking for accuracy. And I also checked our Website and NJ Regional statewide directory for Accuracy.

CASC OUTREACH – Chair brought several issues to my attention. Our next order will include:

Correcting The Hightstown groups In-Person Meeting time to 7:30 to 9:00pm

Changing address for Monday Sign of the times group and Thursday We do have Hope group to Eisenhower Community center, 5 Eisenhower Ave. Trenton, NJ

I also spoke to NJ Regional's meeting Directory Chair Judi A. she stated because there are not a lot of significant changes to REGIONAL meeting list from month to month we could use all the leftover list dated MAY 2024. Unless our AREA has policy against that. Also spoke to CASC WEBSITE Coordinator Leon R. about us continuing to work together to ensure Accuracy of our AREA meeting list.

OLD BUSINESS

All Motions that passed from 2023 (year we did not have a policy chair) to date (at least 6 Motions) were turned over to Current Policy chair Lavon C.

IN LOVING SERVICE, KIM MAC

Capital Area Service Committee

Secretary Report – November 2024

November 10, 2024

On November 10, 2024, Eric G. copied me on an email he forwarded to the region, introducing himself as the RCM for the Capital Area, and I took the initiative to add his letter to the report.

It should also be noted that the Vice Chair Kim M. sent a gentle reminder to Eric suggestion that he “...*get on the mailing list and to bring back any fliers being circulated there.*”.

November 23, 2024

Had a brief discussion with Kim M regarding updates to the August 2024 Minutes Motion, of which she informed me that the amendment would be made to reflect adding her to the PNC Account as Vice Chairperson of CASC.

It is with great regret and heartfelt sorrow that in the past couple of weeks we learned that our area lost 2 members, and on behalf of the Capital Area Service Committee, I would like to extend our deepest sympathies to the families and friends of Mrs. Trenita P. and Mrs. Lynn A.

Thank you for allowing me the privilege to serve.

Shahadah H.

Ⓞ Capital Area Treasurer Report Ⓞ
November 10, 2024

Good afternoon, Fellow Members

Literature and donations for the month of ~~September~~ ^{October} 2024 were **\$525.61** and **\$1,311.44** respectively for a total deposit of **\$1,837.05**. Included in this amount was a reimbursement from the Activities Committee of **\$590.00**.

Listed below is the break-down of groups and committees, and individual members for literature purchases and donations that were made:

\$40.00	Fresh Start – m/o
\$54.50	Hightstown Group of NA – m/o
\$50.00	Hamilton Step by Step – cash
\$75.00	Lifeline – cash
\$87.00	Midday Miracles – m/o
\$56.00	Miracle of Change – m/o
\$107.38	Sign of the Times – m/o
\$70.50	A Spiritual Journey – m/o
\$122.00	The Promise of Freedom – m/o
\$54.00	Trenton Group of NA – cash
\$76.00	Twilight Zone – m/o
\$205.67	We Do Have Hope - m/o & cash
\$149.00	12 Steps of Freedom – m/o
\$590.00	Activities Committee – m/o
\$10.00	Miscellaneous (t-shirt)

As indicated above the deposit was \$1,837.05

Auto payment to Public Storage on November 5, 2024 – \$179.00

Bank Account service charge on November 1, 2024 – \$3.00

There were ~~three~~ ^{two} checks written:

Check # 1198 – \$15.05 to Kim (reimbursement)

Check # 1199 – \$30.00 to Phyllis M. (Outreach committee)

There are no outstanding checks.

Our online bank account history as of today, shows a balance of **\$13,435.38**.

(\$1,000.00) – Area's Prudent Reserve

(\$990.00) – Activity Committee

(\$3,700.00) – Convention Committee

(\$5,690.00) – Total

Our Working Balance as of today is **\$7,745.38**.

A letter has been ~~prepared for~~ ^{received from} the CASC Secretary's signature to provide to PNC Bank for the Vice Chair, Kim M. to be added as a signer to the CASC bank account, I am still waiting for amended minutes. Plans will be made with the Area Chair and myself to schedule an appointment with the bank before the next Area Service meeting.

The audit of the outgoing Treasurer still needs to be scheduled.

In Loving Service,

Carla S., CASC Treasurer

Business Checking XXXXXX Available Balance: **\$13,435.38**

Account Summary

Available Balance:	\$13,435.38	Interest Paid to Date:	\$0.00
Ledger Balance:	\$13,435.38	Interest Paid Last Year:	\$0.00
Pending Withdrawals:	\$0.00	Last Deposit Amount:	\$1,837.05 10/29/2024
Pending Deposits:	\$0.00	Last Statement Balance:	\$13,735.44 10/31/2024

Account Details

Nickname:	None
Type:	Business Checking
Text Banking Nickname:	6066
Address:	PO BOX 649 TRENTON, NJ 08604 - 0649

Pending Transactions

These transactions have been submitted to us since the last business day and are not yet posted to your account. When they have posted, they will be reflected in your Posted Transactions. Pending items may affect your Available Balance and are not a statement of your account.

Date	Description	Withdrawals	Deposits
You have no pending transactions			

Posted Transactions

Date	Description	Withdrawals	Deposits	Balance
11/07/2024	CHECK 1196 009908461	\$118.06		\$13,435.38
11/05/2024	ACH DEBIT XXXXX4229 PUBLIC STORAGE I RENTAL	\$179.00		\$13,553.44
11/01/2024	SERVICE CHARGE PERIOD ENDING 10/31/2024	\$3.00		\$13,732.44
10/29/2024	DEPOSIT XXXXX8743		\$1,837.05	\$13,735.44
10/24/2024	CASHED CHECK 1198 046562827	\$15.05		\$11,898.39
10/15/2024	CHECK 1199 016918606	\$30.00		\$11,913.44
10/03/2024	ACH DEBIT XXXXX2031 PUBLIC STORAGE I RENTAL	\$179.00		\$11,943.44
10/01/2024	SERVICE CHARGE PERIOD ENDING 09/30/2024	\$3.00		\$12,122.44
09/20/2024	DEPOSIT XXXXX0959		\$661.58	\$12,125.44
09/11/2024	CHECK 1197 009730303	\$170.49		\$11,463.86
09/09/2024	CHECK 1195 019133365	\$30.00		\$11,634.35
09/03/2024	SERVICE CHARGE PERIOD ENDING 08/30/2024	\$3.00		\$11,664.35
09/03/2024	ACH DEBIT XXXXX5666 PUBLIC STORAGE I RENTAL	\$179.00		\$11,667.35
08/16/2024	DEPOSIT XXXXX6536		\$1,194.64	\$11,846.35
08/12/2024	CHECK 1194 013899969	\$30.00		\$10,651.71

Capital Area Subcommittee Minutes November

From: kristen shillaber (kristen.joanne727@gmail.com)

To: kimm.casc@gmail.com; nicolezenes@gmail.com; jackieh246@yahoo.com

Date: Sunday, November 10, 2024 at 12:50 PM EST

Capital Area H&I Subcommittee Report – November 2024

The Capital Area H&I Subcommittee meets on the second Sunday of the month at noon on Zoom (ID: 896 0432 7389 no password). We met November 10, 2024 at 12pm with 11 members in attendance.

The committee currently has 17 active members.

We are currently fulfilling 7 commitments at 3 facilities:

- Princeton House 3rd Sunday at 7pm
- Princeton House 5th Thursday at 8pm
- Princeton House Wing 3 Friday at 8pm
- Princeton House Wing 1 Friday at 8pm
- Salvation Army in Trenton Thursday at 6:00pm
- Salvation Army in Trenton Friday at 6:30pm
- Level Up Recovery Tuesday at 7pm

All commitments are fully staffed with panel leaders and panel members.
We are hoping to organize a learning day and a policy review in the beginning of 2025.

We did get a contact to restart a commitment at Trenton Psych. Nicki has reached out - and is just waiting for a call back so we can restart the commitment.

We are currently trying to bring the subcommittee back in person - I have reached out via phone calls and text messages to the contact provided with no response as of yet. I will be reaching out again tomorrow.

It was brought up that we need to add policy regarding MAT and being able to serve on a panel - we will be following the "complete abstinence stance until if and when world decides differently. WORLD is adding something into policy.

The next H&I region is going to be December 14, 2024 at 11am

Our next subcommittee meeting will be December 8, 2024 @ 12pm.

We closed at 12:47pm.
In grateful service,

Kristen S.
Chairperson
Capital Area H&I
609-880-5036
kristen.joanne727@gmail.com

NOVEMBER CAPITAL AREA REPORT FOR OUTREACH

November 10, 2024

- 10/01/24 - Outreach attended Tuesday 7pm Foundation of Hope Group, group read Step 10 out of the basic text, speaker, 27 recovering addicts in person, hybrid mtg
- 10/01/24 - Outreach attended Tuesday 8pm Fresh Start Group, celebrant celebrates 8yrs, 32 recovering addicts in attendance
- 10/02/24 - Outreach attended Wednesday 11:30am Midday Miracles Group, group read 4th Tradition, 7 recovering addicts in attendance, needs support
- 10/02/24 - Outreach attended Wednesday 7pm Miracle of Change Group; group read Step 2 out of the basic text, speaker, about 60 recovering addicts in attendance
- 10/03/24 - Outreach attended Thursday 6:30 We Do Have Hope Group, celebrant speaker, 65 recovering addicts in attendance
- 10/04/24 - Outreach attended Friday 8pm Lifeline Group, group read out of living clean, topic: death, dying & living with grief out of the Living Clean Journey Continues, 23 recovering addicts in attendance
- 10/05/24 - Outreach attended Saturday 4pm Women Spiritual Journey Group, topic was Sponsorship Pamphlet, open floor, 7 recovering addicts in attendance, group needs support
- 10/06/24 - Outreach attended Sunday 7pm Twilight Zone Group, reading topic: Spiritual Journey pg 54 out of Living Clean Journey Continues, 18 recovering addicts in attendance
- 10/07/24 - Outreach attended Monday 6pm Signs of the Times Group, Step Six was read out of the How it Works & Why Book, 40 recovering addicts were in attendance
- 10/07/24 - Outreach attended Monday 7:30pm Trenton Group of NA, group read Eight Step from the basic text, 18 recovering addicts in attendance
- 10/08/24 - Outreach attended 7pm Foundation of Hope Group, hybrid group not struggling
- 10/09/24 - Outreach attended Wednesday 7pm Miracle of Change Group, group read step three out of the basic text, 43 recovering addicts in attendance
- 10/10/24 - Outreach attended Thursday 6:30pm We Do Have Hope Group, speaker mtg, 55 recovering addicts in attendance
- 10/11/24 - Outreach attended Friday 8pm Lifeline Group, Journey Continues, pg 120, topic: Courage, 38 recovering addicts in attendance
- 10/11/24 - Outreach attended Friday 7:30 Bordentown Group of NA, Living Clean Chapter discussion, 12 recovering addicts in attendance
- 10/12/24 - Outreach attended Saturday 10am Promise of Freedom Group, Basic Text Study, 27 recovering addicts in attendance
- 10/12/24 - Outreach attended Saturday 4pm Spiritual Journey Group, Recovery & Relapse Pamphlet was read by the group, 15 recovering addicts in attendance
- 10/13/24 - Outreach attended Sunday 7pm Twilight Zone Group, the 10th step was read out of the basic text, 30 recovering addicts in attendance
- 10/15/24 - Outreach attended Tuesday 8pm Fresh Start Group, they celebrated their 41st Anniversary, 35 recovering addicts in attendance
- 10/17/24 - Outreach attended Thursday 6:30 We Do Have Hope Group, speaker mtg, 62 recovering addicts in attendance
- 10/18/24 - Outreach attended Friday 6:30pm Together We Can Group; group read JFT/discussed We do Recover, 5 recovering addicts in attendance, group is virtual & needs support
- 10/20/24 - Outreach attended Sunday 7pm Twilight Zone Group, 10th Tradition read & speaker discussion, 21 recovering addicts in attendance

- 10/21/24 - Outreach attended Monday 7:30pm Trenton Group of NA, 10th Step read out of the basic text then discussed, 20 recovering addicts in attendance
- 10/22/24 - Outreach attended Tuesday 7pm Foundation of Hope Group, Just For Today discussion mtg, 9 recovering addicts in attendance along w/hybrid
- 10/22/24 - Outreach attended Tuesday 8pm Fresh Start Group, Why Do We Stay out of the Living Clean Journey Continues, 7 recovering addicts in attendance
- 10/23/24 - Outreach attended Wednesday 11:30am Midday Miracles, group read 7th Tradition out of the basic text, 8 recovering addicts in attendance
- 10/24/24 - Outreach attended Thursday 6:30pm We Do Have Hope Group, member celebrated 36 yrs clean, 64 recovering addicts in attendance
- 10/25/24 - Outreach attended Friday 8pm Lifeline Group, reading topic on Fellowship out of the Living Clean Journey Continues pg 126, 24 recovering addicts in attendance
- 10/26/24 - Outreach attended Saturday 4pm Women group the Journey Continues, speaker mtg, 9 recovering addicts in attendance, pls support
- 10/27/24 - Outreach attended Sunday 7pm Twilight Zone Group, speaker mtg, 32 recovering addicts in attendance
- 10/29/24 - Outreach attended Tuesday 7pm Foundation of Hope Group, basic text speaker mtg along w/member celebrating, 16 recovering addicts in person, 4 on zoom platform
- 10/30/24 - Outreach attended Wednesday 7pm Miracle of Change Group, 2nd step basic text mtg, 40 recovering addicts in attendance

NOTES: Sharon G, GSR of Spiritual Awakening virtual platform mtg asked if a couple of Outreach members could possibly support their group by holding groups positions. I was told the Area policy states that groups positions must be held by group members only, I'm happy to state that members of the group have stepped up for those positions

Reminder for Capital Area's Meeting List : Vice Chair Kim M stated that our meeting lists will be corrected in the next printing which possibly will happen this December

Great News Together We Can Group which meets on Friday's still holding an in loving service
Needs ~~support~~ support

Phyllis M., Chair, Steve C., Vice Chair

cc: Mike L - Ruth C - Lourie B - Vivian B - ~~Rita K~~

Activities

Good afternoon CASC 11-10-2024

I apologize for not being in attendance for Sept + October.

~~we~~ want to say thank you to everyone who attended our Sept 8th event. It was successful. We made \$590.00 Back.

We have dates for November 23rd a speaker jam @ 5 Eisen Tower Ave Time 12p.m - 8p.m. I have fish (on the table).

Our next event is for December 21st a speaker jam. fish will be @ our next event.

~~we~~ we have our next event for February 21st, 2025. which will either be a speaker jam / Dance or a fashion show / Dance.

Anyone who wants to join the Activities committee we meet every 15th Saturday of the month @ The McDonalds on Brunswick Circle @ 12p.m. Rain K.J. will be asking for \$600 for events.

CAPITOL AREA LITERATURE SALES 11-10-2024

ON 11-10-2024 WE SOLD

490.47 WORTH OF LITERATURES

THE NEW ORDER WAS PUT

IN ON 10-26-2024, WE

HAVE NOT RECEIVED THE

NEW ORDER ALL BACK ORDER

WILL BE PUT TOGETHER WHEN

ORDER ARRIVES.

LOUGIE SKRIVER

ANK.T

Policy Report

Dear Committee I'm currently trying to find a location to hold our ~~annual~~^{annual} Policy Review of the Area Policy. So far I don't have a date or location. I am working with the Vice Chair and Chair to secure a spot. Will inform everyone on a time, date, and location as soon as possible.

Sincerely yours

LaVon.C
Policy Chair

CASC RCM Report November

11/10/2024

Good afternoon CASC,

Since volunteering for and being accepted as the RCM for the CASC I have made it my priority to begin learning how to fulfill this position by bringing relevant information from our Area to the Region and reporting from the Region back to our Area. Thank you to our VC Kim M for sharing the most recent minutes from the Regional Service Conference (9/21/24) with me.

I have also been using the "Guide to Local Service in Narcotics Anonymous" booklet as a resource to learn about effective service as an RCM to the RSC as well as to our Area. Additionally, after some online searches I found the Central Atlantic Region of NA has an RCM Orientation page on their website which explains the RCM position in detail as well as providing guidelines to deliver concise reports to both our Region and the Area.

I plan to attend the next RSC in person.

The next RSC will be held 11/16/24 at 19 Kings Hwy E, Haddonfield, NJ 08033 (Grace Church) in person and on the Zoom platform.

Meeting ID: 991 0567 5027

Password: njrsc

Thank you for allowing me to serve,

Eric G

609 651 0482/ e_gallucci@yahoo.com

Statewide Meeting Directories -3rd request - order due midnight November 10, 2024

From: Eric Gallucci (e_gallucci@yahoo.com)

To: judi@freedomweb.net

Cc: kimm.casc@gmail.com; jackieh246@yahoo.com

Date: Sunday, November 10, 2024 at 03:43 PM EST

Hello Judi,

My name is Eric G and I was recently voted in as the RCM for the Capital Area. It was brought to my attention that today is the deadline to pre-order regional meeting lists to be received at the next RSC on 11/16.

Our area would like to purchase 100 of the regional meeting lists which include both in- person and virtual meetings.

I will be at the upcoming RSC with a check for \$65 from our Area.

Thank you for your service,

Eric G

609 651 0482



Narcotics
Anonymous

SUPPORT

OUTReach



*To help support struggling NA groups
in our Capital Area*

**HELP STRENGTHEN
OUR CAPITAL AREA**



***We meet every 1st Saturday of every month, unless that
day falls on a major holiday***

@ Peer Recovery Center CCC 12-1pm

3525 Quakerbridge Road, Suite 903, Hamilton NJ 08619

any question, contact OUTREACH

Chair: Phyllis M. @609-954-8268

Vice Chair: Steve C. @609-203-7293



TWILIGHT ZONE GROUP

OF
NARCOTICS ANONYMOUS

36TH ANNIVERSARY

7:00 pm - 9:00 pm

Doors open at 6:30pm

SUNDAY

DECEMBER 22, 2024

3 SPEAKERS

FOOD, FUN & FELLOWSHIP

140 N. WARREN ST.
TRENTON, NJ



TWILIGHT ZONE GROUP

OF
NARCOTICS ANONYMOUS

36TH ANNIVERSARY

7:00 pm - 9:00 pm

Doors open at 6:30pm

SUNDAY

DECEMBER 22, 2024

3 SPEAKERS

FOOD, FUN & FELLOWSHIP

140 N. WARREN ST.
TRENTON, NJ

THE CAPITAL AREA
ACTIVITIES
SUB-COMMITTEE
PRESENTS



SATURDAY NOVEMBER 23RD,
2024
12:00PM - 8:00PM

5 EISENHOWER AVENUE
COMMUNITY ROOM
TRENTON, NJ 08618

(PARKING LOT IN REAR)

FOOD * FUN * FELLOWSHIP
FOOD FOR SALE

Elizabeth C. (609)533-9671

Larry (609)533-3941

Wallace (609)477-2499



Capital Area of Narcotics Anonymous

Our message is hope, our promise is freedom

CAPITAL AREA MOTION FORM

MOTION NUMBER (FOR SECRETARY TO FILL OUT) 11/10/24 01

GROUP GSR/SUB COMMITTEE We Do Have Hope

MADE BY: Phyllis m. SECONDED BY: Kenneth m.

MOTION IS:

POLICY CHANGE

MONEY

AREA MAINTENANCE

MOTION: Create zelle account for treasury
of Area to receive money from home groups
who are attending Area mtg via zoom

INTENT: to have Groups Donate to Area

FAVOR OPPOSED ABSTAIN

GROUP MOTION

PASSED FAILED OUT OF ORDER

NEW BUSINESS

Capital Area of Narcotics Anonymous
Our message is hope, our promise is freedom

CAPITAL AREA MOTION FORM

MOTION NUMBER

GROUP GSR/SUB COMMITTEE

MADE BY:

SECONDED BY:

Liz C.

Randy.

MOTION IS:

POLICY CHANGE

MONEY

AREA

MOTION:

TO AMEND August 2024 Minutes TO include
Vice Chair - name

INTENT:

TO ADD vice-chair TO PNC Account AS
Vice Chairperson of CASL.

FAVOR OPPOSED ABSTAIN GROUP MOTION

PASSED___ FAILED___ OUT OF ORDER___