

# **Lewis & Clark Area Service Committee Meeting**

*Saturday May15, 2010*

*816 11th St E Dickinson, ND 1pm-5pm*

**WELCOME DICKINSON AND THANKS FOR HOSTING!**

Attendance: Kory H, Scott D, Martin G, Teresa K Mandan, Teresa K Jamestown, Lorelee B, Tony F, Tom W, Don W, Otis W, Loren K, Fran K, Sara W, Larine Z

Kory H read Concept 5 from the Twelve Concepts, and there was discussion about this concept.

Tom W called the meeting to order with the “we” version of the Serenity Prayer. Scott D read the Twelve Traditions. Tony F read the Twelve Concepts.

Approval of March meeting minutes:

The date for the Stump Lake campground was corrected to July 30-Aug 1. March Minutes approved as corrected.

## **Group Reports:**

### **Minot:**

**Freedom Group:** Mon, Tues Fri & Sun, 8pm – Eddie G, GSR: Kory represented the Minot Freedom Group. Average attendance is 25-40, with 2-4 newcomers. Attendance is very strong, sometimes over 50 recovering addicts attend. We are having a potluck with a speaker at Oak Park in Minot, June 3pm. There is a new group meeting Saturdays 8m at Our Redeemers Church. They are hoping to elect a GSR and join LCA. North Central Human Service Center is looking for addicts to speak on the last Thursday or each month from 1-3pm. Contact Saul, Kory or Eddie. We are making a \$100 donation to LCASC.

### **Jamestown:**

**Overcomers,** Mon and Fri, 8pm– Otis W, GSRA: Rent is paid up to the end of June, we have a balance of \$222.22 with a \$50 prudent reserve. We changed the time of group conscience meetings to 7:00 pm, before the regular meeting. We will be planning a Frolf potluck. Otis W was voted in as new GSR. We had a good turnout for our Cabin Fever Potluck on April 9 and caught two fish at our 6<sup>th</sup> annual Iceoff/Fishout potluck on May 2.

**5:18@5:15,** Tues, 5:30pm – Teresa K, GSR: Average Attendance is 4-5 addicts with as many as 5 newcomers. Amy was voted in as treasurer. We are a women’s step meeting group, but are having regular meetings due to men and newcomers attending.

### **Bismarck-Mandan:**

**Southside,** Mon, 8pm - Scot D. GSR: Average attendance is 20-30, with 3-6 newcomers. We have strong meeting attendance, but not a lot of home group member commitment, with currently only 2 home group members. We are incorporating discussion about home groups and encouraging

home group support. We are no longer having speaker meetings on the last Monday. We now have a question and answer format on alternate Mondays and open discussion meetings on the other Mondays. We wish to extend our hand and welcome the Dickinson groups getting involved. We held a group conscience to discuss LCASC membership; I'm here today for information and to express our group's concerns. We feel that area could be putting on more functions than just the one campout per year. Many addicts attending our meeting "have no idea what area is about". We had suggestions for open brunches and making an effort to reach out to newcomers with information about what LCASC is all about.

There was some discussion following Scott's report. Some members expressed concern that very few addicts step up to service at the group level. Kory thinks it seems contradictory that so few people are active in group service but are then asking for more service from our area service committee. Don suggested that each of us on the LCASC invite a newcomer to our meetings and to get involved.

**Frankly Earnest, Mandan**, Tues, 8pm – Larine Z, GSR: average attendance is 10-15, with 12-15 newcomers. We are making a \$20 donation to LCASC.

**Circle of Serenity**, Wed, 8pm - Lorelee B, GSR: Average attendance is 15-20, with 2-4 newcomers. We are working on opening a new bank account and Becca B was elected GSRA.

**Eastenders**, Thurs, 8pm - Sara W, GSR: We have a steady flow of newcomers. We have a subcommittee to assist with the Bisman Activities Committee campout. We have set up a fund to purchase NA medallions.

**Keep the Faith**, Fri, 8pm - Jamie A, GSR: no report

**Saturday Night Live**, Sat, 8pm, Andy W, GSR: no report

**Sunday Nite Pick-a-Stick**, Sun, 8pm, Don W, GSR: Average attendance is 15-18 with up to 10 newcomers. Our rent is paid. Our location has a great atmosphere for recovery. We are in need of home group members; I am currently filling all positions. I am grateful to be of service to the group. I am unable to contact our previous GSR to change bank account signatories. I don't know what is going on about the issue with our previous treasurer; members attending our group are looking at it as a loss and a lesson to be learned.

**Outta the Box, Mandan**, Mon, Wed, Fri, 12pm, Teresa K, GSR: Average attendance is 1-6, with 1-3 newcomers. We are no longer holding meetings on Tuesdays or Thursdays. Teresa K is new GSR. Rent is paid, even though we don't have a lot of 7<sup>th</sup> Tradition support.

## **Steering Committee Reports**

**Chair**, Steve J: no report

**Vice Chair**, Tom W: I am grateful to be of service as standing chairperson.

**Secretary**, Lorelee B: I will be updating our LCASC contact list, please list names, group position, phone and email or address. Thanks.

**Treasurer, Martin G:**

Balance Ending March 18, 2010				\$1560.14
	Credits	Debits	Balance	
03/20/10 Minot Freedom Group Donation	50.00		1610.14	
03/20/10 Frankly Earnest Group Donation	50.00		1630.14	
03/20/10 Check 1076 Alano Society Area Service Rent, Minot		15.00	1615.14	
03/20/10 Check 1077 Tony Outreach Gas Reimbursement		15.00	1515.06	
04/23/10 Check 1078 Staples Area Inventory Meeting Supplies		11.43	1578.71	
04/24/10 Check 1079 Jamestown Overcomers** Area Inventory rent, coffee, cookies		31.75	1546.96	
04/24/10 Check 1080 Thomas T Area Inventory Facilitator gas/rent		114.79	1432.17	
Balance Ending May 14th 2010				\$1432.17

\*\*Check has not cleared as of April 30, 2010

**RCM, Kory H:**

I attended the UMRSC meeting in Fergus Falls, April 10, 2010. Many issues were discussed and there were 7 motions passed. If you would like details about the motions that passed, let me know. I would like to mention that it was a little disheartening to see that only one group in our area found the time to vote on the CAR that was discussed at the GSR assembly in March. We sent an email stating that we still have time to get our ballots in up to April 21. I hope that this extra time will encourage any GSR's that didn't participate to take the ballots back to their group and vote on the issues. Participation is a privilege as well as a responsibility.

The LCA Area Inventory was held April 24, 2010 and was well attended. The Inventory process was interesting and educational in that we had an opportunity to list what we thought were our "deficits or needs" as well as our "assets or strengths". After compiling a list of both, we came up with some goals for the LCA as well as a time frame in which to accomplish these goals. These goals and timelines are as follows:

- 1) Establish a phone line/helpline 6 months to 1 year
- 2) Conduct 2 learning days per year 6 months
- 3) Establish an area website 6 months to 1 year
- 4) Literature Liaison Position 5 years
- 5) Meetings w/in 60 miles of anywhere 10 years

**RCMA, vacant**

**Outreach, Tony F:**

A women's meeting at the Tompkins Rehabilitation Center in Jamestown ahs started. I have the ok for an in-service panel to go in. I would like to eventually see a regular panel that is able to do a

facility per month if possible. I would live some feedback from you on this. Larine will be starting a meeting on the women's side at Center in Mandan

Steve J informed me of an opportunity to set up a booth at the 2<sup>nd</sup> chance job fair in the Bismarck area. John F informed me of an opportunity to present our program to the ND Commission on Alternatives to Incarceration on June 2 or 3 and an NA table will be setup at the Rugby Opportunity Fair. Loren would like to see more opportunities in the Dickinson area for H&I meetings and information for treatment centers and other facilities. There are opportunities to speak at the treatment center there.

I checked out some phone/help line options. There is one option to setup a phone somewhere that has an "auto assistant". I was given an estimate of \$800.00 which included setup and programming, then we would be responsible for a number and that would cost about \$40.00 a month. Another option was an account with an answering service that directs your call or finds a meeting for you. I don't have an exact cost, but a similar phone line with Aggassiz was \$60-\$80 per month. There are lots of other options out there and I will keep checking on it.

I'd like to thank Dickinson for stepping up to host this meeting. Outreach and the Bismarck literature committee have presented Dickinson with books, reader cards and welcome tags in a gesture of confidence to keep the group active in service. Thank you, Dickinson, for helping in my recovery as well as the recovery of other members of this ASC. We appreciate you and everything you do as I am sure your community does too!

**Activities**, Teresa K. Jamestown gave an update on the upcoming Stump Lake Campout. Date for the Campout is July 30 through August 1. Jeff S is doing some artwork for display at the meeting place. Otis W will be our main speaker and the UMRSC meeting will be held there again this year.

## **Elections**

The position of RCMA is currently open. Martin G nominated Scott D who declined. Teresa K nominated Otis W, who also declined. Don nominated Loren K, and he declined. There were no other nominations so the position remains open.

## **Area Reimbursements**

There were no reimbursements.

## **Old Business**

**Theft of Funds from 2008 Stump Lake Campout - Tabled**

**GSR CAR Assembly:**

See RCM report. CAR/CAT report is pending.

**Information to Groups about Use of Area Donations** The March minutes covered LCASC expenses and disbursements and gave a general overview of what donations to area are generally used for.

At the April 24 Area Inventory goals were established for the LCASC. These goals and timelines were covered in the RCM report. Some goals are already being worked on. Our Outreach subcommittee is actively contacting addicts in many areas and encouraging meeting startups and participation in LCA. It was suggested that meeting startups also can be promoted by holding activities in different areas and encouraging addicts to start new meetings in different towns. Tony F has started researching options for a phone helpline, and Don W also brought in some information about another option.

One of the Inventory Goals was to have a Literature Liaison. Groups would like to see literature be available from LCASC, rather than purchasing literature at the group level. This was added to new business. The creation of an area webpage was another goal set at the area inventory. There was a suggestion to nominate someone to setup an area website as that goal has a shorter timeline than the literature goal and the creation of an area website was added to new business.

### **Prudent Reserve**

At the regular LCASC March meeting, there was discussion about possibly amending LCASC guidelines to set a specific dollar amount for a prudent reserve and what that amount should be. LCASC Guideline Article 3:03 currently states "The LCASC shall maintain a prudent reserve in its bank account of three (3) months projected expenses."

Martin went over LCASC expenses for 2009. He projected an average of \$150 for three months for rent and reimbursements. This average did not include the cost of our annual campout or other activities the area may decide to hold. There is currently no separate fund for the activities subcommittee; startup money for activities is taken from the LCASC account. There was a suggestion to include the total cost of the annual campout in the prudent reserve and a suggestion to include an average of other expenses, including activities, when setting a specific amount for a prudent reserve. It was noted that a prudent reserve is to have monies always available to cover basic expenses such as rents and reimbursements. Any activities, literature purchases and so forth would be above and beyond the prudent reserve amount. It was also noted that if and when LCASC implements a phone helpline, that would be considered a basic expense as it incurs a monthly fee, and this has not been determined at this time.

Sara moved to set a prudent reserve of \$300. Martin seconded. The motion was withdrawn, because current Guidelines Article 6:10 states "A motion changing LCASC guidelines, policy or procedure can only be passed by a 2/3 majority vote by GSRs and LCASC Trusted Servants present at that meeting. The proposed amendment shall be submitted in writing and announced at a previous LCASC meeting."

Loralee announced the proposed amendment change by making a motion for GSR's to get group conscience on whether to change Guidelines Article 3:03 to set a prudent reserve of \$300. Kory seconded, motion passed.

The motion to amend guidelines article 3:03 to read "The LCASC shall maintain a prudent reserve in its bank account of \$300 (three hundred dollars)" should be presented in writing at our next regular LCASC meeting for group conscience vote.

### **Phone Helpline**

Tony has currently checked out two phone line options and is continuing to explore other options. Don W reported that one of our members knows of an 800# and is willing to cover startup cost/setup fee and administrate until someone else would volunteer to take over. This line would include menu choices for meetings in different towns and website information and can include an option to include website links to make calls from websites. The service can designate availability of alternate phone numbers, but we would need enough volunteers to cover calls. The service is virtually maintenance-free, and includes a voice mailbox and boxes for individual meeting places that can be periodically checked. An example of how it works is available at the website l-ventures.com, or by calling 1-888-807-6326. Rob called and there are options to choose towns, an option to call addicts listed for hotline help. The monthly charge would be about \$10. It was also mentioned that UMRSC has an option to add an area webpage to the regional website, and there would be an option to add a link to a phone line number. There would need to be startup funds to establish a helpline and a monthly cost to maintain it. A helpline would also require volunteers to help with manning the line or to take calls.

Loren made a motion to table any vote at this time, second by Otis, motion passed.

## **New Business**

### **Dickinson groups requesting to join LCASC:**

Living Clean Group, Tues 7 pm, Loren K GSR: We meet at the Heights of God Church. This is a closed Basic Text study meeting. Average attendance is 1-4, with 1-2 newcomers. We are a fairly new group, and we also have topic meetings, depending on attendance.

Queen of Peace Group, Fri 7pm, Fran K, GSR: This is an open discussion meeting. Lots of young people have been coming to find out more about NA and whether they may be addicts. Lots of people come and go, but many are also staying in the program so the message is being carried.

**Activities** – The Bismarck Activities Committee Eagle’s Park campout offered a spot for an H&I workshop to be hosted by Tony F from Jamestown. They also will be having a “Women and Sponsorship” workshop hosted by Celeste R from San Jose. Kory suggested getting input from groups for activities they would like LCASC to hold. Loralee suggested a dance following the September LCASC meeting in Bismarck and it was agreed that this would be a good start. The LCASC Activities subcommittee will begin working on this. Loren suggested a couple of places near Dickinson that can host a function when LCASC meets there.

**Website** – LCASC has been offered an opportunity to setup an area webpage that will be part of the UMRSC website. Kory suggested we create a position for a website administrator. Martin volunteered to get the information needed to get this started and will report at our next meeting. If we create a website position, there would need to be guidelines for suggested duties and qualifications and term limits.

**Literature**– Several groups in our area have expressed a desire for literature to be made available for purchase at LCASC meetings to save on shipping charges, take advantage of discounts for larger orders and to have ready access to literature as needed. LCASC Outreach subcommittee currently has a supply of some literature that is typically used for new meetings and at H&I meetings. WSO has approved the copying of NA pamphlets for meeting use, so it is possible to order a small number of pamphlets and make copies to distribute to groups.

There was a suggestion to elect a Literature subcommittee chair and have a separate literature subcommittee to achieve this goal. At this time Tony F handles not only H&I, but also Literature and Public Information duties as chair of our Outreach subcommittee. It was decided that we do not have

enough involvement in LCASC at this time to create a new subcommittee, and that we do not have enough money on hand to be able to place a large enough order to benefit from lower shipping and large order discounts at this time.

Martin suggested a fundraising activity to generate money to make a large literature purchase. It was decided that this issue should be revisited at a later date,

## **Location for Next Meeting**

Our next LCASC meeting will be July 17 at the Hillcrest School in Jamestown, 12:00 – 5:00pm.

## **Beefs and Bouquets**

There were no beefs, although Loren mentioned that he likes to eat beef. LOL

Bouquets go out for having a smooth meeting and for the opportunity to be of service and to learn more about how NA works. Thanks, Tom, for chairing, you did an excellent job. Thanks, Tony for all you do for LCASC!

Bouquets also went out to Dickinson groups for becoming part of LCA. Thanks for the great food and for hosting. Having new groups join our area reinforces NA unity and it's good to see the message being carried in Dickinson. There are good people here and that reinforces our belief in recovery.

## **Closing and Third Step Prayer**

Take my will and my life. Guide me in my recovery. Show me how to live clean.  
Keep Coming Back!