

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

ANNOUNCEMENTS:

1. The next Regional Assembly will be April 17, 2010 in the Mile High Area. We will be voting on the CAR and electing all the Regional Service positions.
2. GSRs or their proxy must be present to vote on the CAR at the April 17th Assembly in Denver.
3. All CRSC positions will need to be filled at the April Assembly.
4. The RD will be sending the Colorado annual report to NAWS. Please have any comments to her by February 7th. The full report is on page 7 of these minutes.
5. CRCNA positions still open: Program, Convention Information and Web, H&I.
6. CRCNA meetings will always be the 2nd Saturday of the month. Feb 13th will be at 1:00pm, 650 South Youngfield Court in the clubhouse.
7. Volunteers are needed to man the NA table at a Symposium in Colorado Springs, Jan 27-29. Please contact PR Chair Shannon P. at 719-360-6594 or email mommynani05@yahoo.com.

ACTION ITEMS:

1. Get the CRCNA incorporation bylaws posted on web.
2. MHA RCMs to work with RD to set up the April Assembly.
3. Web to get a disc with web passwords to the Chair and the secretary.

OPEN W/ SERVICE PRAYER – about 10:06 a.m.

ROLL CALL:

Chair (Denise W) - present
Vice Chair and Budget (Carlos) - present
Treasurer (Don T) – present
Secretary (Teresa) - present
RD (Brenda) - present
RDA (Chuck C) – present
Webservant (Don T) - present
CRCNA Chair (Tiffany S) - present
CRCNA Vice Chair – position open
CRCNA Treasurer (Santana S.) – absent with notice
PI – (Tawni C) - present
H&I – (Terry C) - present
PR Coordinator (Linda L) - present
RCM Boulder (Aaron) – present
RCM Bringing Freedom East (Rich, Jarred) – present
RCM Mile High (Brian, Mandy) – present
RCM Mountain High – absent; Reece, addict at large, was present
RCM Mountains West (Alan H) – present
RCM Off The Wall (Shawn, Jim) – present
RCM Pikes Peak (Steven, Kathleen) – present
RCM Serenity Unlimited (Michael) - present
RCM Southern- absent

Approved minutes for November, 2009

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

REPORTS:

REPORT FROM THE CHAIR: No written report

REPORT FROM THE VICE CHAIR: by Carlos G

I hope the beginning of 2010 finds you all in good health and spirits. We have made significant progress on the Budget process for the CRSC, hopefully incorporating all of the significant changes directed by this body in the last year.

I have to tell you that at first glance, the changes undertaken by this body in the last 2 years don't seem all that complicated, but if you begin to consider the interrelated nature of these changes, the CRSC has dramatically redefined itself and how we do our business of serving the Region and Carrying the Message of Recovery. The creation of a PR subcommittee, establishing a Corporation for CRCNA and formalizing a budget preparation, review and approval process are all ambitious undertakings, but to take on all at the same time has been an amazing experience.

I congratulate the CRSC for their courage and commitment to tackle all of these issues. I want to also encourage you to be patient with the process. Give these changes time to jell and mature. I think the choices you all have made created a service environment the Colorado Region can be proud of.

I have much gratitude for being able to be a part of these changes you have undertaken, as well as all of the support shown to me during my personal challenges this last year. I need to let you know however, that I will not be able to continue serving in my capacity as Vice Chair past April 2010. Again I want to thank the committee for your support and patience.

Carlos G

REPORT FROM SECRETARY: no written report

REPORT FROM TREASURER: by Don T

CRSCNA TREASURER'S REPORT --- January 17, 2010

CRSCNA TREASURER'S REPORT

November 22, 2009 to December 31, 2009

	<u>CURRENT REPORT PERIOD</u>	<u>CURRENT YEAR TO DATE (2009)</u>
OPENING BALANCE - January 1, 2009		\$1,497.48
OPENING BALANCE - November 22, 2009	<u>\$5,405.07</u>	

INCOME:		
Area Donations	-	
Boulder Area	\$0.00	\$1,460.09
Bringing Freedom East	\$0.00	\$5.00
Mile High Area	\$191.65	\$1,126.37
Mountain High Area	\$0.00	\$0.00
Mountains West Area	\$0.00	\$0.00
Off The Wall Area	\$0.00	\$2,000.00
Pikes Peak Area	\$120.00	\$960.00
Serenity Unlimited Area	\$0.00	\$10.00
Southern Area	\$0.00	\$0.00
Group Donations		
Crestone Group	\$0.00	\$40.00

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

Flattop Addicts Group	\$0.00		\$0.00
Golden Group	\$0.00		\$70.12
Keep It Serenly Simple Group	\$0.00		\$0.00
Northside Young in Recovery Group	\$0.00		\$0.00
True Blue Group	\$37.08		\$294.45
Together We Can	\$0.00		\$0.00
Clean And Serene	\$0.00		\$0.00
Hayden Group	\$0.00		\$0.00
Vail Valley Group	\$0.00		\$75.00
At Home in Na Group	\$0.00		\$43.90
Surrender and Recovery Group	\$0.00		\$10.00
Craig Group	\$0.00		\$50.00
Other Income			
CRCNA XXII donation	\$0.00		\$10,727.38
Return of Advance Funds	\$144.62		\$144.62
Voided Checks	\$0.00		\$3,550.00
TOTAL INCOME	\$493.35		\$20,566.93
EXPENDITURES:		Check #	
Prior Report Period YTD Expenditures	XXXX		\$16,122.59
Linda Lundgren Symposium Lit	\$151.80	359	\$151.80
Tawni Corcoran	\$362.61	360	\$362.61
USPS	\$76.00	366	\$76.00
Public Storage	\$720.00	362	\$720.00
Chris Gauman Mtn High Phone Line Nov -> Jan	\$91.90	363	\$91.90
Chris Gauman PI Posters Mtn High ASC Rent	\$250.00	364	\$250.00
Don Tilleman	\$35.00	365	\$35.00
TOTAL EXPENDITURES	\$1,687.31		\$17,809.90
(NET) ENDING BALANCE - November 22, 2009	\$4,211.11		\$4,254.51
OPENING BALANCE -December 31, 2009	\$4,211.11		\$4,254.51
BANK ACCOUNT- CHECKBOOK RECONCILIATION as of December 31, 2009			
Latest Bank Statement Date - December 31, 2009			
Balance Shown on Latest Bank Statement:			\$4,190.86
Adjustments to Bank Statement -			
Outstanding Deposits:	\$555.78	Net Adjustment:	<u>\$555.78</u>
Outstanding Checks & Charges:	<u>\$0.00</u>	Adjusted Bank Balance:	<u>\$4,746.64</u>
Net Adjustment:	\$555.78	Checkbook Balance:	<u>\$4,746.64</u>
		VARIANCE:	\$0.00

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

CRSCNA TREASURER'S REPORT

January 1, 2010 to January 16, 2010

	<u>CURRENT REPORT PERIOD</u>	<u>CURRENT YEAR TO DATE (2010)</u>
OPENING BALANCE - January 1, 2010		\$4,190.86
OPENING BALANCE - Jan 16, 2010	<u>\$4,190.86</u>	

INCOME:	-	
Area Donations		
Boulder Area	\$473.60	\$473.60
Bringing Freedom East	\$0.00	\$0.00
Mile High Area	\$0.00	\$0.00
Mountain High Area	\$0.00	\$0.00
Mountains West Area	\$0.00	\$0.00
Off The Wall Area	\$0.00	\$0.00
Pikes Peak Area	\$0.00	\$0.00
Serenity Unlimited Area	\$0.00	\$0.00
Southern Area	\$0.00	\$0.00
Group Donations		
Crestone Group	\$0.00	\$0.00
Flattop Addicts Group	\$0.00	\$0.00
Golden Group	\$0.00	\$0.00
Keep It Serenly Simple Group	\$0.00	\$0.00
Northside Young in Recovery Group	\$0.00	\$0.00
True Blue Group	\$57.47	\$57.47
Together We Can	\$0.00	\$0.00
Clean And Serene	\$0.00	\$0.00
Hayden Group	\$0.00	\$0.00
Vail Valley Group	\$0.00	\$0.00
At Home in Na Group	\$24.71	\$24.71
Surrender and Recovery Group	\$0.00	\$0.00
Craig Group	\$0.00	\$0.00
Other Income	-	
TOTAL INCOME	\$555.78	\$555.78
EXPENDITURES:	<u>Check #</u>	
Prior Report Period YTD Expenditures	XXXX	\$0.00
TOTAL EXPENDITURES	\$0.00	\$0.00
(NET) ENDING BALANCE - November 22, 2009	\$4,746.64	\$4,746.64
OPENING BALANCE -December 31, 2009	\$4,746.64	\$4,746.64

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

BANK ACCOUNT- CHECKBOOK RECONCILIATION as of December 31, 2009

Latest Bank Statement Date - December 31, 2009

Balance Shown on Latest Bank Statement:		\$4,190.86
Adjustments to Bank Statement -		
Outstanding Deposits:	\$555.78	Net Adjustment: \$555.78
Outstanding Checks & Charges:	<u>\$0.00</u>	Adjusted Bank Balance: \$4,746.64
Net Adjustment:	\$555.78	Checkbook Balance: \$4,746.64
		VARIANCE: \$0.00

Since the close of the last CRSCNA meeting on November 22, 2009, donations have been received from 2 Groups (True Blue and At Home in NA) for \$119.26 and two Areas (BASC, Mile High) for \$665.25 totaling \$784.51. All of the donations received during the current report period are listed on the previous page.

There have been no expenditures, and there are no checks outstanding resulting in an opening balance of: \$4764.64.

The Regional checkbook and the latest US Bank statement have been reconciled with two deposits outstanding and no variance.

In Loving Service,

Don T – CRSCNA Treasurer

REPORT FROM WEB SERVANT: by Don T

Web Servant Report for January CRSC

Since November

- Regional Meeting list last updated: **January 15, 2009**
- Website Stats

Month	Unique Visitors	Number of Visits
December 2008	1994	3476
January 2009	2265	3768
February 2009	2119	3624
March 2009	2548	4062
April 2009	2425	3822
May 2009	2350	3935
June 2009	2159	3512
July 2009	2456	3943
August 2009	2522	4084
September 2009	2616	4373
October 2009	2878	4829
November 2009	2505	4067
December 2009	2321	4003
January 2010 (to date)	1355	2035
Daily Averages 01/2010	90.33	135.67

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

To do:

- Write suggested guidelines for gotoMeeting application

Submitted in Loving Service,
Don T

Questions and discussion:

- It was suggested we remove most of the individual email accounts on the web because they do not get used and they have to be maintained.
- PR is planning some initiatives that advertise the website emails as a source of information, so they would like to have the subcommittee chairs' email contacts remain on the web.
- Final decision: drop RCMs and RD and RDA from the web email contacts and keep the subcommittee chairs.
- All the web passwords are currently held by one individual, which is not a safe way to do business. It was decided that the Regional Chair and Secretary will each keep a disc with the web passwords and pass them along with their notebooks to the next servant.

REPORT FROM RD: by Brenda

NAWS News Update

Service discussions @ www.na.org

Share or seek: service experience, strength, and hope at:

<http://disc.na.org/servdisc/>

This discussion area is organized by general area and regional service and by specific service (activities, H&I, webmasters, outreach, etc.)

Just added:

A Newsletter Service Discussion Area

<http://disc.na.org/servdisc/forumdisplay.php?f=25>

January 25, 2010: Conference Approval Track (CAT) will be out for review

April 1 - June 30, 2010: Input and review on the Living Clean Project.

Topics will be: "Living Spiritually", "Our Physical Selves", and "Relationships"

Send input and review to: http://www.na.org/?ID=Living_Clean_Project

Email input to: LivingClean@na.org

Colorado Regional Report to WSC

Greetings from the Colorado Region!

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

Colorado has 270 NA meetings weekly and consists of 9 areas that make up the region. The Areas are: Boulder Area, Bringing Freedom East, Mile High, Mountain High, Mountains West, Off the Wall, Pikes Peak, Serenity Unlimited, and Southern. We only have one area that does not have an area service body, but is trying to reform. We have added a new area since the last WSC: Bringing Freedom East (BFE) which is located in northeastern Colorado. Two other areas have reformed and have been attending the region. Those areas are Mountains West (central Colorado) and Mountain High (northern Colorado). Some other happenings in Colorado.

Colorado has:

- Formed a PR (Public Relations) subcommittee which consists of PI, H&I, Web, Fellowship Development, and Outreach.
- PR is using the "flexible model" from the PR Handbook.
- PI is putting together a professional symposium for the state of Colorado. The symposium will first be geared towards the law enforcement community.
- H&I have been working with outlying jails and prisons to have inmate-run NA meetings. H&I have also been involved with inmate letter writing.
- Outreach has been working to visit NA groups outside of any local area service locations. Information is being gathered to help these outlying meetings and to let them know region is here to help if needed.
- Web continues to take care of hosting the regional website.
- Fellowship Development is in the infancy stages of development.
- An Incorporation Committee has been formed to incorporate our regional convention. We have grown to a point where it is necessary to become a non-profit and need to find hotels large enough to host our convention.
- We have had two successful regional NA conventions. This past year, the CRCNA convention (Colorado Regional Convention of Narcotics Anonymous) had over 1000 registered attendees. This was our largest convention ever and we see our numbers growing.
- Our region has formed a Budget Committee which proposed of a three-tiered process. First tier is based solely on 7th Tradition fund flow. The other two tiers are tied to 7th Tradition funds and monies from the regional convention.
- We have two regional assemblies a year in April and September.

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

- We belong to the Rocky Mountain Zonal Forum. The regions of our forum are: Colorado, Montana, Southern Idaho, Upper Rocky Mountain Region (part of Nebraska and Wyoming), and Utah.
- Our region will host the next RMZF in July 2010.

REPORT FROM RDA: by Chuck

Attended the CAR workshop at the Rocky Mountain Zonal Forum (RMZF) in December. Ron from world was in attendance and discussed all the motions addressed in the CAR. I will be presenting a CAR workshop at the Off the Wall and Boulder ASCs.

REPORT FROM CRCNA XXIII CHAIR REPORT: by Tiff

CRCNA will be updating their guidelines so they match the recent changes in the Regional guidelines.

Last year they came in at 85% of the budget, which is very impressive. We hope to have similar budgets.

Questions and discussion:

- Folks wanted to know how many meetings will be in Grand Jct. At this point they are trying to put the meetings where in locations that will benefit the most people. Next month is in Lakewood, the following month will be around Dillon. Most people on the committee are from the Front Range, so most of the meetings will not be in Grand Jct.
- It was suggested they try to use the virtual meeting, but the number of connections is too small.
- CRCNA is hoping to have the traditional pancake breakfast kick off event somewhere in Denver.
- It was noted that once again the previous CRCNA Chair and Treasure are not present at the January meeting. The guidelines state that they should be, and once again it would be advantageous to have them here to answer questions. Tiff committed to be here next January for a final report.

FINAL REPORT BY CRCNA XXII TREASURER: by Joyce

CRCNA DECEMBER 2009 (FINAL) REPORT			
	DEPOSITS	WITHDRAWALS	BALANCE
BEGINNING BALANCE			\$12,146.76
INCOME:			
11/30/09: Void #2281 (F&E Bank)--check was lost & never cashed	\$ 50.00		
1/4/2010: David Whitehead (return of unused funds)	\$ 150.00		
1/9/2010: Merchandise Sales	\$ 92.00		
1/10/2010: Void #2327--cust lost check; is donating to CRCNA	\$ 60.00		

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

11/30/09 Interest Paid	\$ 0.10		
12/31/09 Interest Paid	\$ 0.09		
	\$ 352.19		\$ 12,498.95
EXPENSES:			
		\$	
11/16/09: US Bank: Bank charges for monthly transactions over \$5000		12.24	
12/1/09: Merchant (Closed in November; this is November bill)		25.00	
1/4/10: Colorado Department of Revenue (#2351)		794.00	
1/4/10: City of Fort Collins (#2354)		19.14	
1/4/10: City of Greeley (#2355)		1.38	
1/4/10: City of Boulder (#2356)		7.47	
1/4/10: City of Sterling (#2357)		6.78	
1/4/10: City of Colorado Springs (#2358)		354.95	
1/4/10: City and County of Denver (#2359)		32.87	
1/4/10: Kansas Retailers' Sales Tax (#2360)		13.73	
1/4/10: CRSC (#2361)		6,231.39	
		\$	
Total Expenses		7,498.95	
ENDING BALANCE FOR CRCNA 23			\$ 5,000.00

REPORT FROM BUDGET: by Carlos

Budget request for CRSC PR has been received in the three tier format. The three budget plans are as follows:

Tier I (7 TH tradition income only)	\$3500.00
Tier II (7TH tradition + moderate CRCNA donation)	\$6509.95
Tier II (7TH tradition + historically successful CRCNA donation)	\$7566.95

It would appear that the 2009 CRCNA donation to the CRSCNA would allow for a TIER III budget allocation for 2010.

I have limited information regarding the Administrative Committee's expenditures for 2009, based on the balance sheet provided by the CRSCNA Treasurer; it appears that we incurred approximately \$1,172.00 in administrative expenses in 2009. That number however, does not appear to include any meeting space rent and travel expenses. These expenses would need to be captured and budgeted before any 2010 donation to NAWs could be discussed.

I need to get with the CRSC treasurer to review the check resister to capture those types of administrative expenses. I hope to be able to provide that information at today's meeting so the committee can approve a NWS donation to be carried to this year's Conference.

On the technical and legal side of this process, should our donation to NAWs actually be made by the CORP instead of the CRSC account? The donation to NAWs are dollars from CRCNA and

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

need not necessarily flow from the Convention through CRSC only to be passed on to NAWS. Hopefully we can make that determination if not today, then at the inaugural Corporation Board meeting scheduled for Jan. 24th. I think it would be appropriate for the CRSC to determine the amount of any such donation and then allow the CRSC and Corporation to determine the proper way to carry out the direction of this body.

I want to express my appreciation to the PR subcommittee for this budget process and request format. It spells out clearly the planned activities and expenses for PR Admin, PI, H&I, Website, Outreach and Fellowship development. This process has not only made it possible for the CRSC to approve budget resources for PR, but give us a clear roadmap for activities planned for 2010. The CRSC can then use this same document, to determine the effectiveness of these efforts both financially as well as in carrying the message. I think this effort has clearly produced the results desired by the CRSC, in terms of making informed financial and budgeting decisions.

We still have to determine parts of this process including the budget revision process and supplemental budget request.

Summary of annual Regional expenses from the Treasurer:

Budget Consideration 2010	
Rent	\$200.00
Regional Assembly	\$1,000.00
PO Box	\$76.00
Storage	\$720.00
total fixed	\$1,996.00
RD Travel	\$1,470.00
ZF	\$500.00
InCorp Costs	\$1,000.00
total desc	\$2,970.00
total Admin	\$4,966.00
actual treasury	\$5,816.93

Questions and discussion:

- RDA travel budget was \$1500.
- We need to get a better idea of the line item spending for admin, for example travel.
- We will have to go with what we know for now and work on refining the process and gathering/presenting the correct type of information.
- Note: there is no contribution to NAWS in this budget.
- As it stands, if we fully funded PR, we would not be able to fund the RDA or NAWS contribution.
- CRCNA returned 6231.95 to Region (does not include seed money).
- We were reminded that the temporary suspension of the \$5000.00 ceiling is still in place until we can get a better feel for our budget process.
- The PR budget request is different from last meeting in that the Tier I request is lower.

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

- The Incorporation could be more expensive than anticipated.
- The discussion focused on the idea we are trying to approve a budget when we do not have solid numbers for Admin expenses. Unfortunately, we just don't have those numbers this year, so we have to do the best we can and use better line item tracking for future years.
- In the past we did not really do any budgeting, so we would just do the best we can with the numbers we have and strive to get better.
- It was mentioned that with the admin constants being unknown and the Incorporation being unknown, we should not fund PR at Tier II this year.
- It looks like we would be about \$1000 short if we voted on Tier II.
- PR Tier II was modified and reduced to \$5816.93.
- We should remember that PR carries the message.
- It looks like we are mostly voting to continue funding the things we have been doing.
- Clarified that we are approving an annual budget today and when the money is needed, PR will still need to come to the body with a request that can be voted down if the money situation has changed unexpectedly.

REPORT FROM PI:

**COLORADO REGION PUBLIC INFORMATION SUBCOMMITTEE REPORT
January 17, 2010**

I am pleased to report that The Areas that have a PI Chair are doing so awesome work getting the NA message out. At our last Regional PI meeting we had a PI Presentation Training. We had approximately 20 people in attendance. We will have the training packets available at our upcoming meetings for anyone that would like one.

We are getting electronic contact information for all those professionals in our database. This has turned out to be a slow process.

Regional PI is still in desperate need of a VICE CHAIR and a Secretary. Anyone interested in Regional PI please contact me.

Our next subcommittee meeting will be held

February 13, 2010 from 1:00-3:00 at:

Englewood Public Library

1000 Englewood Pkwy.

Englewood, CO 80110

My contact information is: tawnicorc@gmail.com or 303-994-7348

In Loving Service,
Tawni C.

REPORT FROM H&I: by Terry C

**CRSCNA H&I SUBCOMMITTEE REPORT
January 17, 2010**

The H&I Subcommittee met on November 28 with the attendance of the following H&I chairs- Dawn from Off The Wall; Jerri Ann from Pikes Peak along with H&I member, Richard, Todd from Boulder and Brandi J. from Mile High Area. We also met again yesterday, January 16 with

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

Dawn from Off the Wall and Lynn L. from the Mile High Area. Linda L. was there for both meetings representing PR and we were also grateful to have Brenda E. our very own RD. I want to thank all the area H&I Chairs for participating on a Regional level to carry our message to those incarcerated you guys ROCK! We had a very productive meeting and I want to start my report by discussing our H&I Budget. We were given \$400. At the Regional Assembly in September to send out NA Meeting Books to the remaining DOC Facilities. I am proud to say that of the 22 facilities, 19 of them have received the books and the final 3 will go out this week. We will be turning in receipts for \$387.96 today and it will cost \$32.10 to mail the remaining books. We have gotten a very positive response to our literature and we are hopeful to start H&I NA meetings at the Arkansas Valley Correctional Facility. We will keep you updated as the process progresses.

We have a need for a DOC Liaison Coordinator, which will consist of organizing the DOC facility needs. We will be presenting this to the PR Subcommittee at our next meeting on February 14th. Currently we are focusing on the La Vista Women's Correctional Facility and the San Carlos Men's Facility both located in Pueblo. We are also looking towards starting a meeting at the Women's Correctional Facility in Brush, so if you can help with any of these facilities please let me know. I have updated DOC applications that you can fill out today.

We are very grateful to the fellowship for voting in PR, as this subcommittee has been very beneficial to H&I. Together we make a very strong team and I am honored to represent H&I at this Regional level. I participated in the PR Virtual Meeting on January 20th and once again thanks to Don for giving us this awesome tool. There is nothing better than having a productive meeting without having to leave the comfort of your home or work in my case!

I want to acknowledge that the H&I Regional Subcommittee are aware that we still need an H&I Chair for CRCNA XXIV. We are putting the word out to all the areas and I will be attending the CRCNA meeting on February 13th in hopes of finding someone to fill that position.

At our meeting yesterday, we discussed many goals of H&I for this upcoming year 2010.

We want to create DOC Panels that can help set up H&I meetings in the prisons. They will consist of individuals that are cleared and have participated in the H&I Regional Training that we are creating. We want to merge our Areas H&I guidelines with our Regional guidelines to sustain what we need at a Regional level. We eventually want to provide the Federal Prisons with the same literature meeting books that the DOC prisons have received. And lastly we are working towards having a mini convention focused on training that we are calling a Conference. We are excited about this because we will incorporate H&I, PI, Phone Line, Web and Fellowship Development into one big huge Regional Bash, it will be awesome!

Our next H&I Regional meeting will be held at the Hacienda Restaurant on Mexico and Colorado Blvd, right off I-25, on Saturday March 20th at 11:00am. We will meet the 3rd Saturday of every odd month for the remainder of 2010. Again I am honored to be apart of the solution through the efforts of PR and the H&I Subcommittee.

In Loving Service,
Terry C.

Questions and discussion:

- The conference idea is not included in the budget
- The conference is still in the talking stage, this year will just be planning

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

- The planning will likely result in a budget proposal for 2011

REPORT FROM PR:

TO: COLORADO REGIONAL SERVICE COMMITTEE
FROM: LINDA L., COORDINATOR OF PR COMMITTEE
DATE: January 17, 2010
SUBJECT: REPORT OF ACTIVITIES

PR met virtually on Sunday, Jan 10, 2010. It was our first meeting of the year and we have accomplished a lot – both in 2009 and in the first month of 2010. We provide for you the following:

THE PR MEETING SCHEDULE FOR 2010:

Philip S. Miller Library - Great Southwest Construction Conference Room - aka the "Fishbowl"
100 S. Wilcox

Castle Rock, CO 80104

On the **EVEN** months we will meet face-to-face. We will meet from Noon to 2pm. Note: The noon beginning time is due to the Library's Sunday hours. Therefore, we will meet in Castle Rock, starting at noon on:

Sunday -February 14, 2010

Sunday - April 11, 2010

Sunday - June 13, 2010

Sunday - August 8, 2010

Sunday - October 10, 2010

Sunday, December 12, 2010

On the **ODD** months we will meet by way of the online meetings that Don has set up and we have used with great success and fun. Don T. will send each of you how to attend these online meetings. Of course, we hope that you all join us for the even month meetings too!

The time for these online meetings will be from 11:30am to about 12:30pm and the dates for these online meetings will be:

Sunday - March 14, 2010

Sunday – May 9, 2010

Sunday - July 11, 2010

Sunday - September 12, 2010

Sunday - November 14, 2010

PR PROPOSED 3 TIERED BUDGET FOR 2010:

Attached at end as page set up is horizontal.

PR PROPOSED VISION STATEMENT:

MSSION STATEMENT
COLORADO REGIONAL SERCIVE COMMITTEE

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

The Colorado Regional Service Committee of Narcotics Anonymous exists to support our member groups and areas in their effort to carry the message to the addict that still suffers. It is our vision that every addict has the opportunity to find recovery in Narcotics Anonymous regardless of where they live within the Colorado Region.

MISSION STATEMENT
PUBLIC RELATIONS SUBCOMMITTEE

The Public Relations Subcommittee of the Colorado Regional Service Committee of Narcotics Anonymous exists to assist the CRSC in carrying the NA message to addicts, the general public, professionals and local communities. PR performs its functions through the projects undertaken and completed by its various Subcommittees: Hospitals & Institutions, Public Information, Website, Fellowship Development, and OutReach.

And finally, more from our Jan, 2010 meeting:

Discussion of PR being responsible for having and selling from a Regional literature stockpile ended with a unanimous "NO" for the following reasons:

1. This endeavor is waste of Regional funds as CRSC meets only bi-monthly and 2. PR's Subcommittees are completely booked with projects (see Vision Statement) already in progress and planned for later in 2010.

Discussion of funds flow (from Budget Process) with the following decisions:

1. each PR Subcommittee will have in their reports to PR and CRSC a running total budget and 2. PR Chair will include a spreadsheet of an overview of entire Committee's budget flow.

Discussion (which will probably be on-going) of the actual intricacies of the flow of funds within PR and within each Subcommittee centered on questions like what happens if H&I (for example) needs more money later in 2010 than budgeted for in Jan / living within a budget? Or, how does a Subcommittee Chair actually get their monies (checks) for the work as outlined in the Budget?

All in all, a productive meeting (and past year's worth of work) because it lead to more questions to be answered – which is how we learn.

OUR NEXT MEETING will

SUNDAY, February 14, 2010 @ noon – 2p @ the P S Miller Library in Castle Rock

Thank you for letting me be of service.

Hugs,

Linda L., Coordinator - CRSC PR Committee

PUBLIC RELATIONS (PR) COST CENTER - **PROJECTED** BUDGET
Admin Budget = \$5935 in 2008

INCOME FLOW RANGE	(\$ 5, 870 – 12,436)	(\$ 11, 220 – 14,383)	(\$ 16, 570)
PROJECTED ADMIN RANGE	\$ 5, 935 (7 TH Trad ONLY)	\$ 6,555 (7 TH + ½)	\$ 7,175 (7 TH + all)

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

<u>LINE ITEM</u>	<u>TIER 1.</u>	<u>TIER 2.</u>	<u>TIER 3.</u>
PR ADMINISTR	\$ 222.00	\$ 642.00	\$ 764.00
PUBLIC INFORMATION (PI):	\$ 1895.00	\$ 3763.00	\$ 4288.00
HOSPITALS and INSTITUTIONS (H & I):	\$ 465.00	\$ 645.00	\$ 905.00
WEBSITE (WEB):	\$ 472.00	\$ 571.95	\$ 571.95
OUTREACH (OR) AND FELLOWSHIP DEVELOPMENT (FD):	\$ 446.00	\$ 888.00	\$ 1038.00
PR TOTALS	\$ 3500.00	\$ 6509.95	\$ 7566.95

Rev 12/14/09

**INCORPORATION REPORT: by Chuck C.
 Incorp Report**

We will have the 1st board meeting on 1/23/10 at 12:00pm at the Castle Rock Library. We will hold elections for the MAL's and elect the administrative committee after the board has been seated. We will begin the process of setting up the corp with the state and determine how to proceed with filling out the IRS form (do we need legal help?). Address any concerns/issues with the current CRCNA members seated on the board.

Questions and discussion:

- The clean time was brought up again as seemingly too high
- The clean time is high because of the financial considerations of the Board and they are only suggested. The 1 year service on the CRSC is required not suggested.
- The Inc bylaws and SOP's need to be readily available, they have not been in CRSC minutes.

RCM BOULDER REPORT: by Aaron F.

Colorado Regional Service Committee
Boulder RCM Report

January 17, 2010

As the RCM & RCM2 for the Boulder Area Service Committee, We submit the following report:
 ILS,
 August T. and Aaron F.

Announcements:

- Chuck C. will be present at the February BASC meeting to review the CAR report.
- Elections for the Boulder Area Service Committee will be held in March, 2010.

Boulder Area Subcommittees:

Public Information:

The last P.I. Subcommittee meeting was held on January 4, 2010 at the Rock and Soul Cafe in Boulder.

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

The agenda included Training, Electing a Vice Chair, creating teams and assigning literature rack locations and responsibilities. The next meeting has not been announced. The committee is currently planning for participation in the PI symposium to be held during the summer of 2010.

Hospitals and Institutions:

The H and I subcommittee is still doing well and continues to recruit new members. The committee has grown to a level where we can start looking at offering more meetings.

Next Meeting Date: March 5, 2010

Time: 6:00 pm

Location: YWCA 14th and Pine St, Boulder

Phone Line:

The phone line had 85 calls last month, averaging 3 calls per day.

The subcommittee held 2 phone line workshops last month which was attended by 3 people.

Activities:

The New Year's Tri-Area Dinner, Meeting, and Dance was very successful. The reported attendance was around 400 people. The event netted a \$169.50 donation to the Boulder Area. It sounds like this may become an annual event. Valentines Day celebration is currently in the planning stages. More detailed information will be made available to the fellowship.

Web Servant:

The BoulderNA.Org website is currently being updated to include the new Boulder Area meetings and meeting times. The Web Servant found the web site to be difficult to manage because of it's current design and is in the process of redesigning the site to make it easier to maintain and update. The site is also being upgraded at Yahoo's request because the site is outdated and our plan is being phased out. The new site plan includes 5 gigabytes of memory space, unlimited data transfer, 1,000 email capacity, and unlimited storage space. There is also a \$36 per year savings if we pay for the site in one yearly installment instead of monthly payments. The monthly cost would be \$9.95 instead of \$12.95 per month.

Boulder Area Concerns:

- No concerns at this time.

New Meetings in the Boulder Area:

- "Barrel Full of Recovery" - meets Sunday @ 7:00 pm., 4775 Cambridge Street, Brighton, Co.
- "Addicts Helping Addicts" - meets Monday 6:30 to 7:30 pm, 248 Welch Ave., Berthoud, Co.

Regional Donation:

The BASC voted to donate \$325.00 to the Region.

Next BASC meeting:

Meetings are held the 1st Sunday of each month

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

The next meeting is Feb 7, 2010 @ The Triangle Club in Longmont, Colorado at 12:30 pm

RCM REPORT MHA: by Mandy –could not open file—gave verbal report from her notes

RCM REPORT MOUNTAIN HIGH: sent via email

Mountains High ASC report to Colorado region of Narcotics Anonymous

Hello to everyone at the Regional service committee. The mountains High area does not yet have an RCM although there is an addict interested in the position. The area has elected to have its chairperson report by E-mail until we elect an RCM, unless we have a proposal that needs to be sent. If that happens we have two addicts who volunteered to take the proposal to the regional meeting.

So the Mountains High area is coming along great. First I would like to say a lot of gratitude has been expressed to the region for its direction and guidance in our journey through the service piece of the Narcotics Anonymous program.

We had lots of discussion of how the ASC could best serve the groups in the area. This went very well.

We also had elections and several people were elected. We do still have several positions open. One position has been filled that does not reflect in our minutes due to the addict who filled the position of web servant could not attend and had called in just before the service meeting started to state he was willing to serve and what his qualifications were. Our area decided to allow him to fill the position and he will be at the next ASC to be officially elected to the position.

We sold a descent amount of literature to the groups and are using those monies for a rotation of our lit stock provided by region. The lit position was filled by an addict who has been in our area for several years and is well aware of what type of lit would best serve the groups. This should allow for the lit to rotate nicely rather than just sit and hold the groups 7th in limbo.

I have attached our ASC minutes to this report and hope all is well at the region.
I look forward to reading and reporting on the Regions minutes this month.

Gratefully serving
Chris G (970) 297-8240 GDOG7_5@MSN.COM
ASC Chairperson

RCM REPORT MOUNTAIN WEST: by Alan H

Report to the Colorado Regional Assembly

From the Mountains West Area

Alan H. RCM 1

Armando R. RCM 2

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

Greetings from the Mountain West Area. We held our area service meeting yesterday, January 16th. Highlights are that we will be seeking trusted servants to fulfill administrative positions for the coming year, and a new meeting which is in Aspen, on Wednesday afternoons.

Second, from the Sunday night "Into Thin Air" group of NA. Please take this back to your Areas. We need support. Sunday night, 6:30 PM, www.namwest.org it's simple to log in. It takes only a few moments to do so. No special computer, no telephone lines, no video cameras etc. complete anonymity. Please take this back to your Areas.

In loving service,
Alan H. RCM 1 Mountains West Area.

Questions and discussion:

- We have 21 meetings in 9 towns.
- The phone message is in English and Spanish.
- Pagosa Springs is not part of the area, perhaps they belong to New Mexico Area.

RCM REPORT OTW: by Shawn

- Off the Wall Area Regional Report
- 01/17/10

-Meeting Changes

- Esperanza De Vita (Our Spanish speaking group) has a new meeting on Saturday at 5-6:30pm

-New Servants

- Jonathon is the new Newsletter Chair.
- Mike L. is our new CRCNA Liaison.
- Dave L. is the new Literature chair.
- Jim M. is our new RCM 2

- Activities

- The NA Nooner Group is hosting a bowling night in Greeley. It will be January 23rd at 8:00pm. Location: 2454 W. 8th Ave., Greeley, Colorado 80631 . The cost will be \$12 a person for Cosmic Bowling.

- Other Announcements

- At the last area meeting the award was brought up and discussed. Our groups discussed the situation and we have all decided that we would not like to see awards for service. It was mentioned that service should be to stay clean and not a competition. So in the future it would be the wish of our area to not see any more awards in NA service.

Thanks for letting me be of service,
Shawn H. - RCM 1 - "Off the Wall Area"

RCM REPORT PPASC: report by Kathleen

PPANA RCM REPORT – January 17, 2010

There have been two Pikes Peak Area service committee meetings since the last CRSC meeting.

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

Due to the PPANA guidelines all positions at the ASC became open in January. The current positions open are CRCNA Liaison, Policy Chair, Treasurer (there is a current nomination on the floor for this position), and RCM – O.

There are two new meetings in the Pikes Peak Area:

In the Midnight Hour Every Friday at 12AM in the Annex Building behind 730 N. Tejon (All Souls Unitarian Universalist Church), Colorado Springs.

Midtown Survivors Tuesday and Thursday evenings at 5:30PM to 6:30 PM, 310 C. St. (Center for Inner Peace), in Pueblo.

Our activities subcommittee is putting together monthly speaker meetings with a potluck. January's potluck will be held at College America (3463 Citadel Dr. South, in the break room) on January 30th from 4pm – 6pm.

The Salvation Army closed their doors December 23rd due to budget cuts so H&I will no longer be taking a panel meeting in there. H&I is currently looking for volunteers to go into Pueblo County Jail, per their request. At this time there has only been two men and one women to volunteer. The letter writing outreach is having an orientation on Sunday, February 7th at 1:30 at College America (3463 Citadel Dr. South, in the break room). The H&I and PR subcommittees will now be held in Colorado Springs at the College America off Citadel Drive every other month. The subcommittees are still alternating between Colorado Springs and Pueblo. The PR subcommittee has a few slots open for the volunteers for the symposium, the slots open are:

Wednesday January 27, 2pm - 5pm

Thursday January 28 8am – 12pm

Thursday January 28 12pm – 5:30pm

Friday January 29, 8am – 12pm

Friday January 29, 12pm – 3:30pm

Please contact PR Chair Shannon P. at 719-360-6594 or email mommynani05@yahoo.com. Orientations for the symposium will be held at the next PR meeting, January 24th at 1:30 at College America (3463 Citadel Dr. South, in the break room).

The PR subcommittee will be holding a presentation at the Fourth Judicial Probation on March 3rd at 10 am. In December presentations were given at DHS and Goodwill and went very well.

Everything else in the Pikes Peak Area is business as usual

In Loving Service,
Kathleen A.
RCM-2

RCM FROM SERENITY UNLIMITED: report by Michael

SUANA RCM Report

Yesterday our ASC chose a CRCNA Liaison, Amanda from Delta. Next month we'll select our

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

ASC Members for 2010. We are grateful the CRCNA XXIV Committee members elected so far seem truly awesome.

We've had discussions about the phone line bill with regards to textings, long distance and other added cost and would like some guidance and experience.

Michael H

Questions and discussion:

- Addicts should not be required to pay long distance or text charges on their personal phones in order to do phone line work. We should not have to pay to do service.
- Addicts can make those calls if they choose to.
- Often the phone line itself might be best served by purchasing some of the unlimited services.

RCM FROM SOUTHERN:

No report – no representative present

OLD BUSINESS

None

ELECTIONS

CRCNA Vice Chair: Steve K. was elected

NEW BUSINESS

Proposal #1: Passed, 2 stand asides

To approve the submitted PR 2010 budget – Tier 2, modified as the operating budget for PR for a annual amount of \$5816.93

Intent: To begin budget operations to allow all parts of PR (H&I, PI, Web, fellowship development, outreach) to complete their present and proposed projects to better carry the NA message.

Maker: Linda L.

Question and discussion:

- The best estimate numbers are
 - 1000.00 Incorporation
 - 500.00 Zonal Forum
 - 1470.00 RDA travel
 - 200.00 Rent
 - 1000.00 Assemblies
 - 76.00 PO Box
 - 720.00 Storage
 - -----
 - 4966.00 Total
 -
 - 10782.93 Current Treasury

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

- 5816.93 Available for PR
- PR request was amended to \$5816.93
- This leaves no funds for prudent reserve or NAWs donations.
- There should not be a big need for prudent reserve. The money is dispensed as needed and only if available.

RD presentation of CAR report:

- RD and RDA will vote the conscious we send them with. If items are amended on the floor, decisions will be made based on discussion we have had in our region.
- Discussed the merits of 5 & 6; it is not an efficient way to do business.
- #7-Translations would be a duplication of work that will need to be redone in the near future. The translations will get done without the passage of this motion.
- #8-The literature needs were prioritized by the fellowship in 2008. This was not a top priority in the long term plan.
- The survey was done in 2002; maybe it is time to redo the survey.
- NAWs has learned to focus on long-term planning. Focusing on getting the literature correct on the first release is cheaper and faster in the long fun.
- Service Systems-NAWSA is in the fourth year of a six-year plan. They ask groups to read the background and discuss the future plan so our RD can bring our input.
- NAWs resources are getting tight and would like to review the cost of sending the NA Way out for free.
- It would help if groups could easily get removed from the list.
- Maybe send it free the first 6 months and then groups have to request to stay on the mailing list.

DISBURSEMENTS:

19.70	H&I -completion of an earlier project
80.00	RDA Zonal Forum in WY
181.80	RD Zonal Forum in WY
50.00	Meeting Space

CLOSING TREASURER REPORT:

Begin \$ 4,746.64
in \$ 5704.73
out \$ 331.56
total \$ 10782.93 all encumbered funds

DONATION TO WORLD \$ 0
Ending balance \$ 0

DECISIONS MADE:

- Web pages: Email contacts on the web page will only be for subcommittee chairs, Regional Chair and Webservant. Web passwords will be kept by the Webservant, Regional Chair and Regional Secretary on a disc to be passed on with the notebooks.
- PR's annual budget will be the Tier II level

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

ATTACHMENT A:

Area Service Meeting Minutes
January 3, 2010

Attendance

John W, Reece F, Christa G, Tom S, Candace N, Chris G, And Danielle M

Opening

John W. read traditions

Reece F. read concepts

Open Discussion

Discussed what area our committee serves. This area serves the distance from Wyoming to Meeker and Granby to Maybelle.

Treasury Report

Region gave us \$341.90 to help start the area.

\$10.55 went to pay for the Community Center for Area meeting.

\$220.19 went to get the literature stock for our area.

\$91.90 went to pay for the phone line for two months.

\$35.00 was supposed to be for the phone line poster, but we didn't account for shipping fees for literature shipping costs.

We currently have \$19.26 of the money for region left as well as the \$10.00 collected from the 7th at area coming to a total of \$29.26.

Phone Line

We listened to our phone line at 970-879-HELP.

We decided that at this time it would stay an unmanned line and that we need to get it added to the club houses answering machine.

Web Page

Someone mentioned that we need to still add our phone line to the web as well as open service positions.

Elections

ASC Chair- Chris G.

ASC Vise Chair- OPEN

Secretary- Danielle M.

Treasurer- Tom S.

Vice Treasurer- Christa G.

Literature- Reece F.

Activities Chair- Christa G.

PI (Phone line & Web)- OPEN

HI- OPEN

Colorado Regional Service Committee of Narcotics Anonymous
Minutes Denver, CO
MO DY, 2009

Outreach Chair- OPEN
RCM1- OPEN
RCM2- OPEN

Motions

Tom S. made motion to audit the treasury quarterly by ASC officers
-PASSED

Tom S. made a motion to also make it mandatory for a person being elected for treasurer to have a job.
-PASSED

Next Area Meeting

The next ASC will be on February 7th, 2010 at the Steamboat Community Center.
ADDRESS: 1605 W. Lincoln Ave.

There was discussion about having the ASC in Craig or Hayden, but no arrangements had been made prior to this ASC so we will look into it further for the next ASC meeting.

CLOSE