

EASTERN AREA SERVICE COMMITTEE of NARCOTICS ANONYMOUS
www.eascna.org

EASCNA
7107 S. Yale Ave
PMB #114
Tulsa, OK 74136-6308

The Eastern Area Service Committee (EASC) business meeting was called to order by: Chair - Mark M on March 26th in Vinita, OK. A moment of silence, followed by the Serenity Prayer. The 12 Traditions were read by , the 12 Concepts were read by , and the JFT Meditation was read by .

The roll was called and a quorum was established with the following voting members:

Total Officers - 10
Total Voting Officers - 7
Total GSR's or GSR Alt's - 16
Voting Members - 23
VM's Simple Majority - 12
GSR's Simple Majority - 9
2/3's - 15

Secretary -Kandice N.
Minutes read and approved as read.

Treasurer's report:

Ending Balance on Statement - \$5714.75
Add Outstanding deposits - \$1844.00
Total \$7558.75

Minus Outstanding checks \$3296.47
Plus 10.00 PR check has not been cashed. Once it is cashed the total will be:
Checkbook register Balance - \$4262.28

Prudent Reserve - \$1700.00

PR Budget last month - \$562.02
PR Expenses this month - \$126.65 + \$33.13 + \$14.11
Budget remaining 388.11

Activities budget 700.00

Activities expenses this month - \$0.00

Activities budget remaining - \$700.00

Amount over budgeted expenses/prudent reserve to be passed on to **Region**/World:\$1474.17

Subcommittee Reports:

Lit Report:

See attachment

Activities Report:

March activities report

Spring fling is Coming!!

Date: April 29, 2023 12pm to 5pm

Location: Zink Park 3150 S Trenton Ave, Tulsa OK 74105

There will be two speakers:

Jamie T.

Brad P.

We will be serving hot dogs and hamburgers with sides... We are asking for \$5 donation per plate. (no addit turned away)

There will be Kickball, DJ, bounce house, fun, fellowship.... All the things!

\$5 plate donation

Hot dogs and hamburger

We are requesting \$700 to fund this event.

Thank you 

Melissa C.

H&I Report:

MAR 2023

THE EASC H&I SUBCOMMITTEE

MINUTES

The EASC H&I Subcommittee business meeting was called to order by the H&I Chair, Brian C, on Mar 26th, 2023. A moment of silence, followed by the Serenity Prayer. The 12 Concepts were read by Ben B. The 12 Traditions were read by Jamie H.

H&I CHAIR – Brian C.

VICE CHAIR – Not Present.

SECRETARY – Stephanie W.

LITERATURE – Chase F.

ORIENTATOR – Heather B.

The Vice Chair established Roll Call – 13 Present, 12 Voting Members

LITERATURE REPORT: Chase F.

#01 Who What How And Why x 100 = \$25.00

#06 Recovery And Relapse x 100 = \$25.00

#07 Am I An Addict x 100 = \$25.00

#11 Sponsorship x 100 = \$25.00

#16 For The Newcomer = \$25.00

#19 Self Acceptance x 100 = \$25.00

#22 Welcome to NA x 100 = \$25.00

#23 Staying Clean On The Outside x 100 = \$25.00

Basic Text Soft Back x 20 = \$272.00

Behind The Walls x 20 = \$20.00

Subtotal = \$492.00

Tax = \$41.90

Total \$533.90

ORIENTATOR REPORT: Heather B.

2 Women

4 Men

6 Total

ADHOC REPORT: Heather B.

H&I ADHOC REPORT-March 11 th , 2023

Open meeting at 11:09am with moment of silence followed by Serenity Prayer.

12 Traditions read by Heather B

12 Concepts read by Denise A

In attendance:

Heather B- ADHOC Secretary

Brian C- ADHOC Chair, Chase F

Kandice N

Alex N

Denise A

Last month's minutes read and approved.

ADHOC OLD BUSINESS:

- Section IX. Vacancies- Adapted from EASC bylaws
 - o Subsection E- Adapted- When an executive committee position is vacant
 - Section X. Removal From Office- Adapted from EASC bylaws
 - o Subsection A. Adapted- An elected officer may be removed from office for:
 - o Subsection C. Removed
 - Section XI. Qualifications of Trusted Servants- Adapted from EASC bylaws
 - o Subsection A. Replace "proficient knowledge" with "basic understanding"
 - Remove 1, 2 and 8
 - 5.) replace "typewriter/word processor" with "computer"
 - 6.) Replace treasurer with literature chair
 - 7.) Panel Leader- refer to Panel Leader packet for Panel Leader requirements
 - o Subsection B. Adapted from EASC bylaws
 - 1.) Chair-2 years
 - 2.) Vice-Chair- 1 year
 - 3.) Secretary- 1 year
 - 4.) Literature Chair- 1 year
 - 5.) Orientator- 2 years
 - 6.) Panel Leader- 1 year with H&I experience
 - 7.) Panel Member- 90 days abstinent from all drugs, including drug replacement therapy
- Voted 3-2 in favor for copying H&I guidelines for clean time required
- o Subsection C. Adapted- That trusted H&I servants have H&I experience

- Stopped at section XII. Duties of Trusted Servants
- Next Meeting March 11 th , 2023 at 10am, 5918 E. 44 th st, Tulsa, OK 74135

ADHOC NEW BUSINESS:

- Section XII. Duties of Trusted Servants- Adapted from H&I handbook starting on page 54.
 - o Remove A&B from EASC Bylaws
 - o Chairperson
 - Reach out to facilities monthly
 - Has the ability to delegate responsibilities
 - Remove #1 and #7
 - 8.) Panel Leader not coordinator
 - 9.) Change to provides meeting lists and literature
 - Keep C&D from EASC bylaws
 - o Vice-Chairperson- Adopted from H&I handbook and EASC bylaws
 - o Secretary
 - Move #3 to Orientator responsibilities
 - o Literature Chair- Adopted from H&I handbook
 - o Orientator

- Show up monthly for orientation
- Sets day and time for orientation
- Goes over orientation packets and educates on H&I requirements, rules and guidelines
- Responsible for printing, and providing, H&I orientation packets and panel lists (may be reimbursed for printing costs- use commercial printing and save receipt)
- Keeps an updated volunteer list of members who would like to go to H&I meetings
- If unable to attend subcommittee or orientation, inform H&I chair to make other arrangements
- o Panel Leader- Refer to orientation packet
- o Panel Member- Refer to orientation packet
- Stopped at Section XII. Duties of Trusted Servants on page 55 of the H&I Handbook
- Next meeting is Saturday April 22 nd , 2023 at 10:30am, 5918 E. 44 th st, Tulsa, OK 74135
- END OF ADHOC REPORT

OLD BUSINESS:

The annual H&I Awareness Day will be in May. Looking for ideas from our Subcommittee on where to have it, what to do differently than last year, speakers, food, and how we can better carry the message and get more people involved with H&I. Next month we will start hashing out all the details of this event. Please bring back any and all ideas to Subcommittee in March.

We still need people to go through the background check and get badged to go into David L. Moss.

Anyone interested in participating in the ADHOC Committee to write bylaws? All are welcome. Next meeting is Saturday Mar 11 th at 10am at 5918 E. 44 th Street, Tulsa, OK 74135. If anyone has any questions or concerns regarding what we have already done, please feel free to contact myself or Heather B.

In response to both panel leaders for Creek County. I have reached out to the facility to see if they will allow more members to get approved to go in on your panel. If I don't hear anything in the next week, I will reach out again.

Monarch men is willing to sign out books to participants. Motion to buy a case of basic text for Monarch men. All in favor.

Chase was nominated for Literature chair. All in favor.

Subcommittee recommends Brian C. as H&I Chair

NEW BUSINESS:

H&I Awareness day- all in favor of holding the event at Jimmys place. May 13 th voted all in favor at 1:30-4. Holly and Alex voted as speakers. Rest of details will be voted on group chat.

Need people to go through background check for DLM. Get with Brian C. 918-720-2897

Mark M. voted in as panel leader for ARC.

Jamie H. voted in as panel leader for 1 st & 3 rd Sunday at Valley Hope at 5:30
Panel Leader Intent to fill for Women and Recovery (Every Thursday at 8AM)
Anyone interested in participating in the ADHOC Committee to write H&I Subcommittee
Bylaws? All are welcome. Next meeting is Saturday, Apr. 22nd @ 10:30AM @ 5918 E.
44 th Street, Tulsa, OK 74135

PANEL LEADER UPDATES:

ARC – Great Panel, they love us
Creek Men – so far so good,
Creek Women – great,
Grand- its hard,

HOH – absent
Monarch men – Great
Monarch women- absent
PCJ Men – good, desperately need a panel member otherwise the panel can't

go in! 2 nd and 4 th Tuesday at 5:45pm. Get with Bob V. No background 405-413-
7804

PCJ Women – good, need members. 2nd and 4th Tuesday at 5:45. 918-984-
8620

TCBH- absent
Women's and Children's- Good
Tulsa boys home- Absent
Valley Hope – good
WIR – Absent
Cedars – Good. Need panel members

Closed meeting with a moment of silence, followed by the Third Step Prayer.
EOM

PR Report:

8 attending
Expenses- 33.13 Eastern Area stickers, -126.65 Eastern Area cards, -14.11 SPAD Book PR inventory
Total -173.89

Budget start: 562.02 budget ending: 388.13

Need participants to fill various PR positions. Community Rack Coord. Meeting Lists Coord.

PR Chair is intent to fill

Community Rack Coordinator (IP Racks)

- Nothing to report.

Meeting lists

- Groups ensure you are emailing eascna.webcontact@gmail.com of all meeting changes and
closures. As always this is to ensure that phoneline/meeting lists are up-to-date.

- Take back to groups that within any/all meeting changes there needs to be a point of contact for

changes(preferred to be gsr) If no P.O.C this committee will have to reachout to verify changes.

Phoneline – George W.

- All updated and rearranged. Still need willing participants to be available on the phone line.

- 1 year clean-time requirement.

- PR will be providing Phone Line orientation @ Area every month @1200

PR – Committee

- Eastern Area PR Day June 3

rd

. It is going to be a PR learning day. More info to come soon.

- PR Week is June 4-10.

- If anyone Male or Female is willing to be placed on a temporary sponsorship list provided to outreach and HNI facilities please get with me. Presently have 13 male, 13 female temps.

Web Contact

- Web still need 2 moderators for EASCNA web page.

- ADHOC. Still in process.

- IF ANYONE IS INTERESTED IN BEING APART OF THE PR SUBCOMMITTEE PLEASE ATTEND.
WE WOULD LOVE FRESH FACES AND IDEAS FOR OUR MISSION.

Outreach Report

March 11th. Cushing

There were 7 members in attendance. This group needs support.

March 25th. Muskogee

Meeting is slowly growing. There were 14 members in attendance.

Gave the following literature:

20- white booklets

1- JFT meditation

1- SWG

1- IWHW

Literature inventory turning over to new Outreach chair:

8- BT

2- IWHW

2- JFT meditation

1- SWG

60- white booklets

13- Self-Acceptance IPs

5- Sponsorship IPs

4- 30 day key tags

10- 60 day key tags

- 10- 90 day key tags
- 2- 9 month key tags
- 7- 1 year key tags
- 7- 18 month key tags
- 7- multiple years key tags

It has been an honor and a privilege to have been given the opportunity to serve on this executive committee of trusted servants, and to serve the Narcotics Anonymous fellowship in Eastern Area. This past year has been a beautiful learning experience for me on many different levels. For that, I am truly grateful.

ILS,
Lawrence S.

*PS: attached is the itinerary for April. This itinerary also includes the time and location of the next Outreach subcommittee meeting.

RCM Report:

No new business however, several important announcements:

- CAR Survey (<https://www.surveymonkey.com/r/2023wsccarsurvey> (<https://www.surveymonkey.com/r/2023wsccarsurvey>)) is due April 1st. You can complete this survey online as a group or a member. Our Regional Delegates (Pam and Tim) would appreciate it if you submit your group's votes directly to them. You can email them to RD@okna.org (mailto:RD@okna.org) or text a photo of your votes to 918-688-7954.
 - CAR/CAT motions due by April 28th (https://docs.google.com/forms/d/e/1FAIpQLSet1Pca7i_15DuDhCZTdO-xe3loBSbDjc8-LnkAeCwIWKuDgA/viewform (https://docs.google.com/forms/d/e/1FAIpQLSet1Pca7i_15DuDhCZTdO-xe3loBSbDjc8-LnkAeCwIWKuDgA/viewform)). Group votes can be submitted online. You can also take photos of each page and send them to our regional delegates. You can email them to RD@okna.org (mailto:RD@okna.org) or text a photo of your votes to 918-688-7954.

OKCRNA XXXVII will be on March 31st, April 1st, and April 2nd in Midwest City, OK. You can pre-register online if you're interested in attending (<https://okna.org/okrcna/> (<https://okna.org/okrcna/>)). There will be a CAR/ CAT Q&A at the convention.

The next Region meeting will be hosted by the Southern 5th Area in Duncan, OK. It will be on April 9th, 2023 - Fellowship Development Meeting at 9:00 AM, Regular Business at 10:00 AM.

Old Business:

- PR still intent to fill

New Business:

- No new business

Group Sharing:

This is not the time to share your GSR report forms. This is time for success or struggles or upcoming activities.

ACTIVITY CALENDAR EVENTS ATTACHED

GSR Reports:

GSR Report Forms Attached

See hump day Pryor form

Disbursements:

Region \$1474.17

Announcements:

Next EASC Meeting hosted by Cushing Connection on Sunday April 30th, 2023 at 1pm.

109 W Moses

Contact: Bob V. 405-413-7804

11am Sub-Committee Meetings

12pm Steering Committee

12:30 New GSR Orientation

1pm Business Meeting

PLEASE SEND 7TH TRADITIONS TO ONE OF THE FOLLOWING:

EASCNA

7107 S. Yale Ave #114

Tulsa, OK 74136

CASH-APP is also available

\$easctreasurer

**PLEASE REMEMBER IT IS IMPORTANT TO PASS ON YOUR GROUP'S 7TH TRADITION IN ORDER
TO FUND THE SERVICE STRUCTURE**

CLOSING

Respectfully Submitted,

Kandice N.

