

Agenda

Central California Region Assembly

Saturday, January 12, 2019 from 11:00 AM to 4:00 PM PST
Atascadero

RSC Officers in Attendance

Chair Person:	Michael F.	Secretary:	Scott N.
Vice Chair Person:	position vacant	Delegate:	Jocelyn F.
Treasurer:	Arnie B.	Alternate Delegate:	Teri M.

Groups Represented

Group	GSR Name	Group	GSR Name
Atascadero, Tuesday ⁽¹³¹⁻⁰³³⁾		Monterey, Saturday ⁽¹³¹⁻⁰²⁹⁾	
Atascadero, Friday ⁽¹³¹⁻⁰³⁴⁾		Salinas, Monday ⁽¹³¹⁻¹³⁰⁾	
Camarillo, Tuesday ⁽¹³¹⁻¹¹²⁾		Salinas, Thursday ⁽¹³¹⁻⁰³⁰⁾	
Carmel, Wednesday ⁽¹³¹⁻⁰⁷⁵⁾		Santa Barbara, Friday ⁽¹³¹⁻⁰⁶⁶⁾	
Gilroy, Thursday ⁽¹³¹⁻⁰⁰⁹⁾		Santa Cruz, Sunday ⁽¹³¹⁻⁰²⁴⁾	
Los Gatos, Sunday ⁽¹³¹⁻⁰¹¹⁾		Scotts Valley, Friday ⁽¹³¹⁻⁰²⁵⁾	
Los Gatos, Thursday ⁽¹³¹⁻⁰¹⁰⁾		Seaside, Monday ⁽¹³¹⁻⁰³¹⁾	
Monterey, Tuesday ⁽¹³¹⁻⁰²⁸⁾		Ventura, Wednesday ⁽¹³¹⁻¹¹³⁾	

* Indicates a registered group (Groups register for the calendar year at the first assembly they attend.)

Subcommittee Chairs in Attendance

Subcommittee	Chair Present	Subcommittee	Chair Present
Outreach	Janet S.	Conventions / Events	Scott C.
Literature	Ruth K.	Technology Services	position vacant
Narateen	position vacant		

Quorum Summary

Total Groups	Registered Groups	Current Quorum
16		

Agenda Summary

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1. Call to Order, Prayer, Roll Call, and Readings

11:00 AM to 11:15 AM

A) Resolve connection issues with Skype participants

Members who would like to participate via Skype should 1) setup of a free Skype account, 2) add **live:m.fitzpatrick_5** to your Skype contacts (be sure to mention Nar-Anon in the message), and 3) send an email to Chair@NarAnonCentralCA.org to let Michael F. know of your intention to participate via Skype on or before Friday, January 11, 2019 at 5:00 PM. On the day of the assembly, Saturday, January 12, 2019 login to Skype no later than 10:45 AM and wait for Michael to add you to the call.

B) Open the meeting with the Serenity Prayer

C) Roll Call / Introductions – RSC officers, delegates, subcommittee chairs, GSRs, and other attendees

D) Announce number of voting members – Chair and Secretary

i) _____ groups present out of a _____ registered groups.

ii) Quorum (51%) = _____ of _____ registered groups.

E) Reading of the Twelve Traditions

F) Reading of the Twelve Concepts of Nar-Anon Service

2. Adoption of Minutes of Previous Assembly

11:15 AM to 11:20 AM

A) A motion is requested to approve minutes for the assembly of July 14, 2018.

See the Draft Minutes of Previous Assembly section of this packet

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Central California Region Assembly

Saturday, January 12, 2019 from 11:00 AM to 4:00 PM PST

Atascadero

3. RSC Reports

11:20 AM to 11:45 AM

A) Chair Report – Michael F.

B) Treasurer – Arnie B.

The treasurer report will be deferred and delivered as part of New Business.

C) Delegates – Jocelyn F. and Teri M.

4. Group Reports

11:45 AM to 12:30 PM

A) Group Reports – GSRs

See Group Reports section of this packet

i) Topic to be determined by the assembly with further discussions.

5. Lunch Recess

12:30 PM to 1:00 PM - (30 minutes)

6. Reconvene

1:00 PM to 1:10 PM

A) Roll Call

7. Subcommittee Reports

1:10 PM to 2:00 PM

A) Conventions / Events - Scott C. / Scott N.

See Subcommittee Reports section of this packet

B) Outreach – Janet S.

See Subcommittee Reports section of this packet

C) Literature – Ruth K.

See Subcommittee Reports section of this packet

Agenda

Central California Region Assembly

Saturday, January 12, 2019 from 11:00 AM to 4:00 PM PST

Atascadero

D) Website and Email List Report – Scott N.

See Committee Reports section of this packet

8. New Business

2:00 PM to 3:30 PM

A) Review and adoption of proposed 2019 regional budget – Arnie B.

See the Treasurer's Report section of this packet

- i) Request for a motion to carry-over funds in the amount of \$6,204.95 from calendar year 2018 to 2019
- ii) Request for a motion to adopt the 2019 budget

B) 2019 Central California Narathon

- i) Looking for a host group, date, and topic

C) MBCNA VIII 2020 "A Vision of Hope" – NA Convention with Nar-Anon Participation January 17-19, 2020 at the Monterey Bay Conference Center

- i) The CCR generally hosts the January assembly in conjunction with this convention.

D) New topics generated at the assembly

- i) With a motion and affirming group conscience the assembly may take up additional business.

9. Administration

3:30 PM to 3:45 PM

A) Next Assembly

- i) July, 2019, somewhere, at some time

B) Take Back to Meeting Information and Announcements

- i) Decide which items should be brought back to meeting by GSRs

10. Adjournment

Adjourn at 4:00 PM

A) Close the assembly with the Serenity Prayer

Draft Minutes of the Previous Assembly

Minutes

CCR Elections Assembly

Saturday, July 14, 2018 from 11:00 AM to 4:00 PM PDT
Atascadero

RSC Officers and Delegates in Attendance

Chair Person:	Scott N.	X	Secretary:	Maria C.	X
Vice Chair Person:	Michael F.	X	Delegate:	Jocelyn F.	X
Treasurer:	Arnie B.	X	Alternate Delegate:	J.T.	X

Groups Represented

Group	Name	Group	Name
*Atascadero, Tuesday ⁽¹³¹⁻⁰³³⁾		*Monterey, Saturday ⁽¹³¹⁻⁰²⁹⁾	
Atascadero, Friday ⁽¹³¹⁻⁰³⁴⁾		*Salinas, Thursday ⁽¹³¹⁻⁰³⁰⁾	Janet S - GSR
Camarillo, Tuesday ⁽¹³¹⁻¹¹²⁾		*Santa Barbara, Friday ⁽¹³¹⁻⁰⁶⁶⁾	Scott C - GSR
*Carmel, Wednesday ⁽¹³¹⁻⁰⁷⁵⁾		Santa Cruz, Thursday ⁽¹³¹⁻¹²⁶⁾	
Gilroy, Thursday ⁽¹³¹⁻⁰⁰⁹⁾		*Scotts Valley, Friday ⁽¹³¹⁻⁰²⁵⁾	Teri M - GSR
*Hollister, Thursday ⁽¹³¹⁻⁰⁸⁷⁾	Lorri Z - GSR	*Seaside, Monday ⁽¹³¹⁻⁰³¹⁾	
Los Gatos, Sunday ⁽¹³¹⁻⁰¹¹⁾		Ventura, Wednesday ⁽¹³¹⁻¹¹³⁾	
Los Gatos, Thursday ⁽¹³¹⁻⁰¹⁰⁾		*Watsonville, Wednesday ⁽¹³¹⁻¹⁰²⁾	Sondra G - GSR
*Monterey, Tuesday ⁽¹³¹⁻⁰²⁸⁾		*Santa Cruz, Sunday	Carol S - GSR

* Indicates a registered group

Subcommittee Chairs in Attendance

Subcommittee	Chair Present		Subcommittee	Chair Present	
Outreach	Janet S.	X	Conventions / Events	Scott C.	X
Literature	Ruth K.		Technology Services	position vacant	
Elections (ad hoc)	Scott N.	X	GRS (ad hoc)	Michael F.	X
Narateen	position vacant				

Quorum Summary

Total Groups	Registered Groups	Current Quorum
18		

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Minutes

CCR Elections Assembly

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1. Call to Order, Prayer, Roll Call, and Readings

11:00 AM to 11:15 AM

- A) Open the meeting with the Serenity Prayer
- B) Roll Call / Introductions – RSC officers, delegates, subcommittee chairs, GSRs, and other attendees
Present: Scott N, Michael F, Arnie B, Maria C, Jocelyn F, J.T., Lorri Z, Janet S, Scott C, Teri M, Sondra G, Carol S
Guest Members: Kim K (Alternate GSR, Salinas)
- C) Announce number of voting members – Chair and Secretary
 - i) ____6____ groups present out of a ____11____ registered groups.
 - ii) Quorum (51%) = ____55%____ of ____11____ registered groups.
- D) Reading of the Twelve Traditions – Read by Michael F
- E) Reading of the Twelve Concepts of Nar-Anon Service – Read by Teri M

2. Adoption of Minutes of Previous Assembly

11:15 AM to 11:20 AM

- A) A motion is requested to approve minutes for the assembly of January 12, 2018.
See the Draft Minutes of Previous Assembly section of this packet

Changes needed to be made – Kim K is from Salinas, not Monterey. The quorum percentage needs to be added. The word Agenda needs to be changed to Minutes in the header.

Motion to approve the minutes with corrections made by Scott C. Janet S seconded. Ayes: 6, Nays: 0, Abstentions: 0

3. Elections

11:20 AM to 11:45 AM

- A) A motion is requested to have the new officers start their term upon the bank's acceptance of the transfer of leadership
 - (Transfer of leadership is addressed in the *Guide to Regional Services*. However, since the GRS has not been adopted, it is important clarify this point.)
 - Scott N asked if there was any dissension regarding waiting until later in the meeting to determine at what point positions change hands – No dissension.
- B) Reading of positions and nominees
 - i) Nominees have a chance to introduce themselves (2 minute maximum each)
 - ii) See attachment (CCR 2016 Elections Slate)
- C) Nomination from the floor
 - i) Floor nominees have a chance to introduce themselves (2 minute maximum each)
 - There were none. Nominations are closed.
- D) Anonymous ballots are submitted to the subcommittee designee
- E) Ballots are counted
 - Scott C made a motion for unanimous acclamation. Teri M seconded. Motion passed unanimously.
 - i) Ties will be processed by a second ballot, and third if necessary
 - ii) Persistent ties are handled by a "short straw" method
 - iii) Nominees elected to multiple positions, choose the position they are willing to fulfill
 - a) The remaining position(s) are determined by the next highest tally
- F) Election chair read the results
 - Chair – Michael F
 - Treasurer – Arnie B
 - Secretary – Scott N
 - Delegate – Jocelyn F

- Alternate Delegate – Teri M
- Someone to fill the position of Vice Chair, which is still vacant, will continue to be actively sought after. This will go in the Take Back. If anyone is interested, they can contact the Chair and be appointed as an interim Vice Chair.

G) A motion is requested to disband the ad-hoc elections committee

- Scott C made the motion to disband the ad-hoc elections committee. Lorri Z seconded. Ayes: 6; Nays: 0; Abstentions: 0

4. RSC Reports

11:45 AM to 12:30 PM

A) Chair Report – Scott N.

See Regional Chair's Report section of this packet

i) Report on all-California meeting directory

- Scott N hasn't been able to get ahold of Northern California. Southern California has too much on their plate already and is declining to participate. People will be referred to the WSO website to find meetings in their area.

B) Treasurer – Arnie B.

See Regional Treasurer's Report section of this packet

- Opening Balance as of June 1, 2018, is \$4,737.57. Seventh Tradition additions total \$420.00. Subtractions of \$202.94 include Outreach and Alternate Delegate mileage. Ending Balance as of July 6, 2018 is \$5,119.63.
- There was a discussion as to when the donation to WSO should be sent. A motion was made by Sondra G to send the WSO \$200.00 now and then \$200.00 by the end of the fiscal year. Motion was seconded by Scott C. Ayes: 6; Nays: 0; Abstentions: 0

C) Delegates – Jocelyn F. and J.T.

See Delegates Report section of this packet

- 33 motions were submitted for the World Service Conference. Of these, 24 passed, 7 failed and 2 were withdrawn. A complete and detailed list of these motions can be found at www.naranon.org under Members, World Service Conferences.

- There were revisions made to the Nar-Anon Guides to Local and World Services.
- Literature approved included:
 - Prayer composed at WSC 2016
 - Men Sharing Their Experience, Strength and Hope booklet, B-216
 - Revised "Events Planning Handbook, S-320
 - Revised trifold "Facilitating a Narateen Group", S-330
 - Revised pamphlet "Twelve Tools of Recovery", P-115
 - Revised "Website Handbook", S-318

5. Lunch Recess – This was done right before the Delegates Report.

12:30 PM to 1:00 PM

6. Reconvene

1:00 PM to 1:05 PM

A) Roll Call

Present: Scott N, Michael F, Arnie B, Maria C, Jocelyn F, J.T., Lorri Z, Janet S, Scott C, Teri M, Sondra G, Carol S

Guest Members: Kim K (Salinas),

7. Group Reports

1:05 PM to 2:00 PM

A) Group Reports – GSRs

See Group Reports section of this packet

- Topic for GSRs - How does your group develop and maintain a healthy and safe meeting?
 - Scott N read the part of his Chair report that summed up the fact that if there is no common welfare, there is no progress

Some of the problems in meetings that were brought up were:

 - Gossip
 - Members being uncomfortable sharing because of non-member qualifiers joining them at the meetings.

- Literature being read that's not conference approved.
 - Crosstalk
 - Inappropriate sharing
- Things that have been done to help with these and other problems were:
- At each meeting, reading the steps, traditions and "keeping our meetings healthy" literature.
 - Have a line of script to stop certain behaviors
 - Take a group inventory
 - Trying to reach out to different groups and asking the WSO outreach committee to help with this.

8. Subcommittee Reports

2:00 PM to 3:30 PM

A) Review of the Guide to Regional Services (GRS)

See Guide to Regional Services of this packet

- A motion is requested to adopt the Nar-Anon Central California Guide to Regional Services (Because of the magnitude of this motion and the fact the elections section has been previously adopted by the assembly, this motion will require a 2/3 majority to pass).
 - Scott C made a motion to insert the line "New officers shall start their term of service after the meeting where they were duly elected on an interim basis until the bank's acceptance of the transfer of leadership" after the line "New officers start their term upon the bank's acceptance of the transfer of leadership". J.T. seconded.
Arnie B explained how waiting for bank signatures to be set up was a problem last time. Scott N said that the new statement conflicted in itself by indicating that their term starts at different times. Michael F pointed out that the GRS takes in to account that old leadership continues until the bank accepts the signatures.
Scott C agreed to strike the motion as long as the minutes includes that old leadership extends their service until the bank accepts the signatures of the new officers – as long as J.T. agreed. J.T. agreed and the motion was struck.
 - Scott C made a motion to strike the sentence "Cash donations cannot be earmarked because of budgetary constraints". Sondra G seconded.

After much discussion, Scott C amended his motion to just change the word "cannot" to "may not". Sondra seconded. Ayes: 6, Nays: 0, Abstentions: 0

- Scott C made a motion to approve the GRS, as amended by changing the word "cannot" to "may not". Teri M seconded.

Michael F reminded everyone that this is a living document. Small changes, such as grammar, can be made at the RSC level. Bigger changes require Assembly vote.

Ayes: 6, Nays: 0, Abstentions: 0

Teri M made a motion to disband the Guide to Regional Services Committee after the amendment is made and the GRS is published. Scott C seconded. Ayes: 6, Nays: 0, Abstentions: 0

B) Conventions / Events and Outreach – Janet S. and Scott C.

See Committee Reports section of this packet

- A motion is requested to confirm Janet S. as subcommittee chair – She was already confirmed in the elections section of the meeting.
- The Conventions / Events and Outreach committees are currently operating as a single committee until more trusted servants can be found to participate on the committees.
 - The committee is exploring new ways to make Nar-Anon accessible. They are updating the list of treatment centers in the region. They will have a table at NA's Pig Roast fundraiser on August 4th. Meeting directories and CAL will be available at the Narathon on August 25th.

C) Literature – Ruth K.

See Committee Reports section of this packet

- A motion is requested to confirm Ruth K. as subcommittee chair – She was already confirmed in the elections section of the meeting.
- This report was given by J.T.
 - Editing projects that have been completed include: Tradition One, Tradition Two, Fellowship Review of "Thinking about attending a Nar-Anon meeting". They are currently working on the editing of Tradition Three.
 - Their literature project, *Men Sharing Their Experience, Strength, and Hope*, was approved at the 2018 World Service Conference and is now available for purchase in the web store.

- The WSO Literature Committee is asking for members to submit writings, personal stories or questions since literature comes from Nar-Anon members. The priority list can be found at <https://www.naranoncentralca.org/member-services/literature/>

D) Website and Email List Report – Scott N.

See Committee Reports section of this packet

- On the website the meeting list is most popular. Take Backs and events are also popular.

9. Administration

3:30 PM to 3:50 PM

A) Next Assembly

i) January, 2019, somewhere, at some time

- Carol S made a motion to hold the next CCR Assembly on Saturday, January 12, 2019, in Atascadero from 11 AM to 4 PM. Teri M seconded. Ayes: 6, Nays: 0, Abstentions: 0

B) Take Back to Meeting Information and Announcements

i) Decide which items should be brought back to meeting by GSRs

- Request for members to join all committees
- Writings for WSO Literature Committee
- Narathon, August 25th
- Actively looking for someone to step up to the Vice Chair position
- The Technology Services Committee needs a Chair
-

10. Adjournment

Adjourn at 3:50 PM

A) Close the assembly with the Serenity Prayer

- Meeting adjourned at 3:20 PM

Supporting Documents

Treasurer's Report



Nar-Anon Family Group Central California Region

PO Box 2543, Monterey, CA 93940

January 12, 2018

Treasurer Report: 2019 Regional Assembly

2018: Final Income & Expenses

We ended 2018 with a higher ending balance (\$6204.95) than had been projected in the original budget (\$4087.35). This was largely due to more income from the Narathon and other fundraising events and other expenses, such as for Assembly and travel to RSC, not being realized (see 2018 Income and Expenses).

As a result, we are entering 2019 in a healthy financial status. In addition to continuing to directly support Nar-Anon's mission of helping families of addicts, one of 2018's goals was to have half the necessary funds for sending a delegate and an alternate delegate to the 2020 World Service Conference. This was achieved by virtue of the \$2500 as part of the carry-over to 2019. If 2019 proves to be similar to 2018, we will be able to be fully represented at the 2020 WSC.

Notes

1. The group donations for 2018 were substantially lower than projected, but the profit from the Narathon and fundraising events more than compensated.
2. The items for Conventions and Events were used to create the events, but the income portion reflected the net profit from the events.
3. These included a \$150 donation to Resurrection Church in Aptos, which allowed the use of their hall for no fee.

2019 Proposed Budget

As a 501(c)(3) non-profit entity, all funds must be in support of the CCR mission and approved by the Regional Assembly body.

The proposed budget for 2019 is attached.

Notes:

1. The projected income from group donations and fundraisers has been adjusted to be more in line with what transpired in 2018
2. All other projected expenses were kept at the 2018 level
3. The fee charged by the Post Office for the PO box was increased to \$82
4. A total of \$5000 is allocated to cover the expenses for sending a delegate and an alternate delegate to the 2020 World Service Conference
5. The projected ending balance for 2019 should be sufficient for the CCR to continue its work through 2020.

Respectfully Submitted,

Arnie Buss

Treasurer

Nar-Anon Family Groups, Central California Region

Nar-Anon Central California Region 2018 Income Expenses

Starting Cash on Hand	Budgeted	Actual	Remaining	Comments
<i>Description</i>				
Cash on hand from December 31, 2017	\$ 3,623.35	\$ 3,623.35	\$ -	
Income				
<i>Description</i>				
Narathon Annual Regional Convention and Fundraiser	\$ 700.00	\$ 2,051.02		Significantly higher income from convention and events than projected
Group Donations	\$ 3,000.00	\$ 1,812.18		Significantly lower income from group donations than projected
Total Income	\$ 3,700.00	\$ 3,863.20		
Expenses				
<i>Description</i>				
Assembly	\$ 125.00			
Outreach	\$ 500.00	\$ 382.78	\$ 117.22	*NOTE*: previous I&E report assigned event expense to Outreach by mistake
Travel expense for RSC to assembly and other required meetings	\$ 300.00			
Postal Services	\$ 76.00	\$ 82.00	\$ (6.00)	USPS increased P.O. Box rent
Checking account expense	\$ 35.00			
Region website expense	\$ 200.00			
State non-profit yearly filing expense (\$0.00 Online)	\$ -			
Delegate WSC expense (equalized expense and incidentals)	\$ 1,250.00	\$ 1,250.00		1/2 this year, other 1/2 next year
Alternate Delegate WSC expense (equalized expense and incidentals)	\$ 1,250.00	\$ 1,250.00		1/2 this year, other 1/2 next year
Delegate/Alternate Delegate travel expense to groups	\$ 500.00	\$ 316.82	\$ 183.18	
Conventions	\$ 500.00		\$ 500.00	Convention expenses included in net profit from events
Events	\$ 300.00		\$ 300.00	
New Meeting Start Up	\$ 300.00	\$ 100.00	\$ 200.00	
Donation to WSO	\$ 400.00	\$ 400.00	\$ -	
Contingency Fund	\$ 300.00	\$ 300.00	\$ -	
Prudent Reserve (3 months operating costs)	\$ 515.00	\$ 515.00	\$ -	
Total Budgeted Expenses	\$ 6,551.00	\$ 4,596.60		
Ending Cash on Hand				
<i>Description</i>				
Delegate WSC expense (equalized expense and incidentals)	\$ 1,250.00	\$ 1,250.00		Carry over for 2020 WSC
Alternate Delegate WSC expense (equalized expense and incidentals)	\$ 1,250.00	\$ 1,250.00		Carry over for 2020 WSC
Prudent Reserve (3 months operating costs)	\$ 515.00	\$ 515.00		
Contingency Fund	\$ 300.00	\$ 300.00		
Carry-over	\$ 772.35			
Estimated cash on hand for December 31, 2018	\$ 4,087.35	\$ 6,204.95		

Nar-Anon Central California Region 2019 Proposed Budget

Starting Cash on Hand

Notes

Description

Cash on hand from December 31, 2018	\$ 6,204.95	Need bigger carry-over to cover projected 2019 expenses
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Income

Description

Fundraisers	\$ 2,000.00	Increased from \$700, per 2018 fundraising levels
Group Donations	\$ 2,000.00	Decreased from \$3000 per 2018 donation levels
Total Income	\$ 4,000.00	

Expenses

Description

Assembly	\$ 125.00	
Outreach	\$ 500.00	
Travel expense for RSC to assembly and other required meetings	\$ 300.00	
Postal Services	\$ 100.00	Increased from \$76 (USPS Increase)
Checking account expense	\$ 35.00	
Region website expense	\$ 216.00	
Delegate WSC expense (equalized expense and incidentals)	\$ 2,500.00	Full amount due to WSO for 2020 WSC
Alternate Delegate WSC expense (equalized expense and incidentals)	\$ 2,500.00	Full amount due to WSO for 2020 WSC
Delegate/Alternate Delegate travel expense to groups	\$ 500.00	
Conventions	\$ 500.00	
Events	\$ 300.00	
New Meeting Start Up	\$ 300.00	
Donation to WSO	\$ 400.00	
Contingency Fund	\$ 300.00	
Prudent Reserve (3 months operating costs)	\$ 515.00	
Total Budgeted Expenses	\$ 9,091.00	

Ending Cash on Hand

Description

Prudent Reserve (3 months operating costs)	\$ 515.00
Contingency Fund	\$ 300.00
Estimated cash on hand for December 31, 2019	\$ 1,928.95

Group Reports

Tuesday Night “IN THE SOLUTION” – Group #131-028

6:30pm – St. James Episcopal Church – 381 High Street, Monterey CA 93940

HISTORY: First meeting was on 8/2/11 at St. James Church, upstairs.

ATTENDANCE: Ranges from 6 – 8 members.

NEWCOMERS: Most seem to learn about this meeting through other meetings, Outreach literature, internet and NA refers people on occasion. Some newcomers have heard of Nar-Anon from the after care groups and Outreach panels done at the local recovery centers.

MEETING FORMAT: On the first Monday of each month, reading of a Step from the Nar-Anon Twelve Step Program booklet that corresponds with the month. Readings from the SESH book, brochures and other CAL approved literature during the other meetings. Business meetings are held the first Tuesday of each month.

TREASURER REPORT: Period covered is 7/1/2018 – 12/31/2018

Previous Balance	\$ 140.00
Prudent Reserve \$75 / Group Rep fund \$75 . .	\$ 150.00
Collected: 7 th Tradition & Literature sold	+ 430.50
<i>Subtotal</i>	\$ 720.50
Disbursed: Rent Paid	- 150.00
Literature and Misc	- 206.77
Region & WSO donations	- 75.00
Donation – Narathon	- 50.00
Forwarding Balance.....	\$ 238.73

DONATIONS: To WSO and the REGION donations are approx. every 6 months.

SUBMITTED BY: Cyndy, GSR
Cheryl, Treasurer

DATED: January 5, 2019

Thursday Sweet Serenity
Group Report #131-030
Salinas
January 3, 2019

History: The group began meeting in April 2011. Meetings moved from First Methodist (second location) to Lincoln Avenue Presbyterian in August 2016 and this location remains a cooperative, welcoming site.

Attendance: Meeting attendance is stable with an average of 8 people. Service rotation occurs every three months, with the last rotation taking place in November.

Format: A step is read and discussed during the fourth Thursday (using the yellow step booklet) and the daily reading from the SESH book other weeks. Another piece of conference approved literature (CAL) is selected when there is a fifth Thursday in the month.

Treasurer Report: As of January 2019, the balance was \$105, not including the prudent reserve (\$150) and GSR funds (\$50). A Donation was made to the Region (\$250) in December 2018. Monthly rent is \$50.

Successes and Challenges:

- New people attend every few months with approximately one returning on a continual basis. The group has noticed that a few new people, who prefer to speak Spanish, have attended but do not return.
- Our Salinas Thursday Sweet Serenity group split in September 2018 and the Monday Night Serenity group was formed to hold a second meeting option nearby. So far, both groups are well attended.
- Continued efforts, such as encouraging sponsorship through the phone list and reading CAL on sponsorship and the 12 Concepts, will help introduce and expand members' understanding of Nar-Anon's tools.

Submitted by: Kim K., GSR

Monday Night Serenity
Group Report #131-130
Salinas
December 30, 2018

History: The group began meeting September 10, 2018, largely by members of the Sweet Serenity (Salinas) group who wanted a second meeting option nearby.

Attendance: Meeting attendance is stable with an average of six people. Service rotation occurs every three months, with the last rotation taking place in December.

Format: A step is read and discussed during the first week of the month. CAL is read the second and third weeks, and an NA or Nar-Anon speaker is invited the fourth week of the month.

Treasurer Report: As of December, the balance was \$44, not including the prudent reserve (\$150) and GSR funds (\$50).

Successes and Challenges:

- + A few members who supported the start of the group attend consistently. Almost half of the meeting's attendance are by people who are not as easily able to attend the Thursday meeting.
- In the first few months of this new meeting, not many members participate in the business meeting.

Submitted by: Janet S., GSR

“Monday Nite Miracles” – Group #13131

6:30pm – Monterey Peninsula Buddhist Temple, 1155 Noche Buena St., Seaside CA 93955

HISTORY: First meeting was on 10/26/09 in the office room of St Francis Xavier Church.

ATTENDANCE: Ranges from 2 – 7 approximately.

NEWCOMERS: Most seem to learn about this meeting through other meetings, Outreach literature, internet and NA refers people on occasion. Some newcomers have heard of Nar-Anon from the after care groups and Outreach panels done at the local recovery centers. A couple of our meeting members are regulars on a panel for Genesis House in Seaside.

MEETING FORMAT: On the first Monday of each month, reading of a Step from the Nar-Anon Twelve Step Program booklet that corresponds with the month. Readings from the SESH book, Sharing the Slogans, brochures and other CAL approved literature during the other meetings. Business meetings are held the first Monday of each month.

TREASURER REPORT: Period covered is 7/1/2018 to 12/31/2018

Previous Balance\$215.00

Collected: 7th Tradition & Literature sold + 144.00

***Subtotal....* \$359.00**

Disbursed: Rent Paid - 90.00

Literature purchased - 104.00

WSO Donation - 0.00

Region (CCR) Donation . . . - 0.00

Narathon.....- 50.00

Forwarding Balance..... \$115.00

Included in the forwarding balance is:

Prudent Reserve - \$50.00 + GSR Travel Fund - \$50.00

DONATIONS: To WSO and REGION done 2 or 3 times a year.

SUBMITTED BY: Linda S., GSR
Cyndy G., Treasurer

DATED: January 2, 2019

Santa Cruz, UCSC – Disbanded

Here is the financial information. My thought is to return funds, giving 1/2 of the remaining funds to each the Scotts Valley Nar-Anon meeting and to the Central Coast region. My thought would be to have The Cove keep the materials that were purchased for the UCSC meeting (<https://shop.ucsc.edu/students-in-recovery/thecove.html>) since there are many students in recovery on campus.

UCSC Nar- Anon	Balance	Income	from where	item	debit	S&H, tax	from where	balance
	\$0.00	\$0.00			\$0.00	\$0.00		\$0.00
10/1/17	\$0.00	\$0.50	donations	donation	\$0.00	\$0.00	local	\$0.50
10/1/17	\$0.50	\$50.00	Scotts Val FG	donation	\$0.00	\$0.00		\$50.50
10/1/17	\$50.50	\$0.00		Step book	\$10.00	\$0.00	Scotts Valley	\$40.50
1/22/18	\$40.50	\$0.00		pamphlets	\$14.00	\$10.13	WSO	\$16.37
1/23/18	\$16.37	\$50.00	Nar-Anon Cent CA	donation	\$0.00	\$0.00		\$66.37
2/9/18	\$66.37	\$0.00		SESH book	\$15.00	\$5.00	Scotts Valley	\$46.37
	\$46.37							\$46.37

Lupe and Teri, please weigh in on disposition of funds stating whether you think my idea is appropriate or if you have other ideas. Teri, do you have a sample of what others have provided regarding a report/statement for disbanding a meeting?

Lupe, would you like to write the draft of the report/statement about the UCSC weekly meeting? If not, I'll write a draft and send to you for comments.

Linda

Subcommittee Reports

Conventions & Events Subcommittee

Multi-Regional Business Meeting

Moderated by ?

Topic	Speakers / Leaders
Opening	
Regional Status	Chairs or substitutes
Event recap	Robert-Bakersfield
Disbursement of the 7th Tradition	
Closing	

About Nar-Anon ©

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve step program — we offer our help by sharing our experience, strength, and hope. We carry the message of hope by letting others know that they are not alone; by practicing the Twelve Steps of Nar-Anon; and by changing our own attitudes. We will respect your anonymity. Our program is not a religious one, but a spiritual way of life.

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In keeping with our traditions, we request that any photos taken or video recordings made, with the Nar-Anon/NA name or logo visible, are not posted on social networking sites, including your personal social media. We ask you to refrain from taking photos or making personal recordings during the meetings. Be mindful we may be exposing others to judgment and harm by showing they attended a Nar-Anon or NA event. We want all attendees, including newcomers, to know the convention is a safe place.

Nar-Anon Traditions



Speakers on Service

Bakersfield Marriott, 801 Truxtun Ave, Bakersfield, CA 93301
Meetings are in the Hammons Room, down the hallway southeast from the hotel front desk.
For directions to the hotel call 661-323-1900

Friday, February 15, 2019

Opening Session

6:00 p.m. - hosted by Bakersfield group

Saturday, February 16, 2019

**Speaker and Sharing sessions every hour from
9:00 a.m. until 4:00 p.m.**

Sunday, February 17, 2019

**Offsite at Coffee Shop, 1600 20th Street, Bakersfield, CA 93301
1:00 p.m. Step Study**

The Twelve Traditions of Nar-Anon Family Groups ©

Our group experience suggests that the unity of the Nar-Anon Family Groups depends upon our adherence to these traditions.



1. Our common welfare should come first; personal progress for the greatest number depends on unity.
2. For our group purposes there is but one authority -- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants -- they do not govern.
3. The relatives of addicts, when gathered for mutual aid, may call themselves a Nar-Anon Family Group, provided that as a group, they have no other affiliation. The only requirement for membership is that there be a problem of addiction in a relative or friend.
4. Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or NA as a whole.
5. Each Nar-Anon Family Group has but one purpose; to help families of addicts. We do this by practicing the Twelve Steps of Nar-Anon, by encouraging and understanding our addicted relatives, and by welcoming and giving comfort to families of addicts.
6. Our Family Groups ought never to endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim; but although a separate entity, we should always cooperate with Narcotics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Nar-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such ought never to be organized, but we may create service boards or committees directly responsible to those they serve.
10. The Nar-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet and other forms of mass media. We need guard with special care the anonymity of all NA members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.

Speakers on Service

Time	Topic	Speakers / Leaders
9:00 a.m.	Overview of the Traditions	Chantal - Henderson
10:00 a.m.	1,2 ?	
11:00 a.m.	3,4 ?	
Noon	Lunch	
1:00 p.m.	Traditions 5 & 6	So. Cal.
2:00 p.m.	Traditions 7 & 8	Ruth & JT - Central Cal.
3:00 p.m.	Traditions 9 & 10	Ruth & JT - Central Cal.
4:00 p.m.	Traditions 11 & 12	So. Cal.

* indicates meeting leader

5:00 p.m.	Optional group dinner	Location to be determined
7:00 p.m.	Multi-regional business meeting	

Outreach Subcommittee Report

Central California Region - **Outreach Subcommittee**
December 30, 2018

Purpose: The Outreach subcommittee is a vital link between individuals seeking help and Nar-Anon members who share their experience, strength and hope. We serve as a resource to groups and members in their efforts to carry the Nar-Anon message into hospitals, institutions, addiction treatment centers and elsewhere. The focus is to let families and friends of addicts know that help is available. More information is available at www.nar-anon.org/outreach

Upcoming Activities:

- Mailing, emailing or in-person visit to therapists, faith-based organizations, community health fairs and other places where family members may seek comfort.
- Exploring new and previously used ways to make Nar-Anon accessible, for example, posting flyers in local papers

Recent and Ongoing Activities:

- Seven members serve as the point of contact for speaker panels Beacon House (Pacific Grove), Recovery Center (Monterey), Genesis House (Seaside), Sun Street Center (Salinas) and Door to Hope (Salinas). Frequency of panels varies from monthly to every couple of months. Some treatment centers host their own family support groups. Meeting directories and CAL are shared at The Camp (Scotts Valley) and Cottage Residential (Santa Barbara).
- We offered meeting directories, pamphlets and information at recent recovery related events (National Recovery Month September event in Capitola, Many Paths One Destination October event in San Jose).
- Local meeting information was published in Times Publisher Group (Scotts Valley Times, Good Times and Aptos/Capitola/Soquel Times).

Meeting Time: The subcommittee meets most months, depending on the level of activity. Recurring meeting time is the fourth Tuesday of the month via Skype, 8:00 – 9:00 PM.

Success and Challenge:

- + Dedicated members continue to carry the message.
- Request for Spanish speakers (to answer questions and possibly start a new Spanish-speaking meeting) was included in fall Take Back to Meeting notes, but no one responded to this opportunity for service.

Contact:

Janet S., 831-595-0915, Outreach@NarAnonCentralCA.org, skype: janet.shing

Submitted by: Janet S., Outreach subcommittee chair

Literature Subcommittee Report

CCR Literature Committee Report
January 3, 2019

Our committee has finalized the questionnaire to be used for gathering members' experience, strength, and hope on the subject of Addiction in Marriage. Those who have faced addiction in a spouse, partner, or significant other are invited to participate. The questionnaire, along with the Nar-Anon Release Form, have been provided to the CCR. We ask for assistance in distributing this questionnaire among the groups and to other members outside the CCR who may wish to participate. While the WSO requires that all submissions be accompanied by a signed release form, the anonymity of all members will be maintained in accordance with the Nar-Anon Traditions. We ask that completed questionnaires and release forms be submitted to the CCR Literature Committee by April 1, 2019.

Our next meeting is scheduled for Sunday, January 27 from 8:30-9:30 am via Skype. We presently have five members on the committee, with a quorum of three members to conduct a meeting. Literature Committee meetings are open to all members; to participate, contact Ruth K. at ruthkellogg@aol.com prior to the meeting so that they can be included in the CCR Literature Committee Skype call.

Many thanks to JT for her tremendous service as chair through September 2019! It is an honor to serve with her and the other members of our committee as we develop new service literature, such as our current project, as well as editing material sent to us by the WSO. We recently completed our review of Tradition 3 for the Nar-Anon 36.

Respectfully submitted,
Ruth K.

To Nar-Anon Members,

The CCR Literature Committee is requesting your participation in developing a pamphlet on Addiction in Marriage. Those who have been affected by addiction of their spouse, partner, or significant other are invited to participate. As required by the WSO Literature Committee, please download, print out, and complete the attached Release Form. **NO NAMES OR IDENTIFYING INFORMATION WILL BE USED IN THE PAMPHLET. YOUR ANONYMITY WILL BE MAINTAINED IN ACCORDANCE WITH NAR-ANON TRADITIONS.**

1. What brought you into the rooms of Nar-Anon?

2. What was your relationship with the addict like before you came to Nar-Anon?

3. How has Nar-Anon impacted your relationship with the addict? For example, emotional and financial impacts.

4. What Nar-Anon tools have you found helpful?

5. How has addiction, and your recovery, affected your children and/or other family members?

6. How have you changed since coming into Nar-Anon?

7. What keeps you coming back?

8. Is there anything else you would like to tell us?

Thank you for your input! To send your release form, either scan it and attach to your submission, or take a picture of the signed and completed form and email it with your submission by **April 1, 2019** to:

litcom@naranoncentralca.org

Blessings,
CCR Literature Committee



NAR-ANON COPYRIGHT RELEASE FORM

I give my permission to Nar-Anon Family Group Headquarters, Inc. (NFGH, Inc.) to use my writing in any book or publication that may be produced.

The title of my document is: _____
(filename if applicable)

My signature warrants that the words I submit for consideration are my own and have not previously been published or copyrighted. I have not plagiarized, copied or otherwise violated copyright protection of any other person or publication. Any quotes referred to have been properly and legally cited and attributed.

I relinquish all claims to any royalties or revenues that may be collected through the production of any book or other publication now or in the future. I understand my writing will become the sole intellectual property of NFGH, Inc., to be held for the benefit of the Nar-Anon fellowship. This release allows my writing to be edited for publication.

All writings will be printed anonymously unless submitted for the newsletter. If for the newsletter, I give my permission to use my:

First Name Only _____

Writing Anonymously _____

(Please Check One)

I agree to hold NFGH, Inc. completely and forever harmless from any liability whatsoever in connection with any use by NFGH, Inc. of my writing.

(Signature)

(Parental Consent if author under the age of 18)

(Print Name Legibly)

(Print Name Legibly)

(Date)

(Date)

~ This release form must be included with your submission. Consideration for publication cannot be given without such written authorization.

Our preference is that writings be in an MS Word document and sent via e-mail to the World Service Literature Committee at LitCom@nar-anon.org or to the World Service Newsletter Committee at newsletters@nar-anon.org. Write as little or as much as you like.

Website Report

Website Report

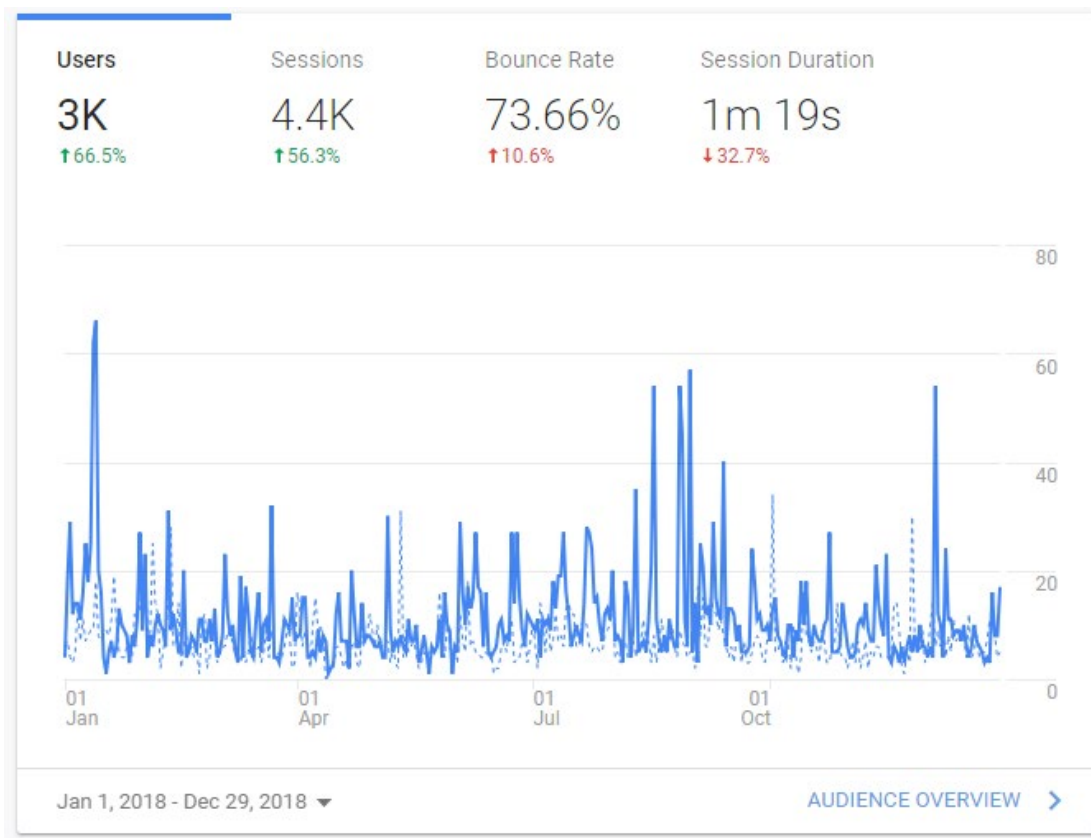
January 6, 2019

Website Updates

- 1) Update to the email list web form to request only name and email address on the *Email List Sign-up* page. The rationale is to make the form simpler and more attractive to complete and submit in an effort to build the mail list.
- 2) A complete list of previous Assembly minutes has been added to the *Minutes Archive* page.

Google Analytics

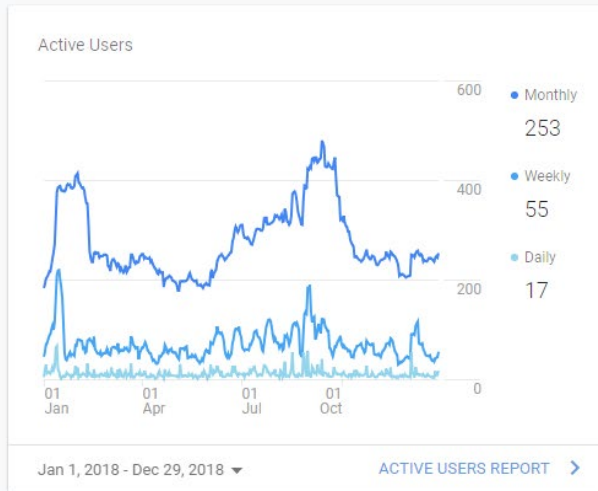
January 1, 2018 through December 29, 2018



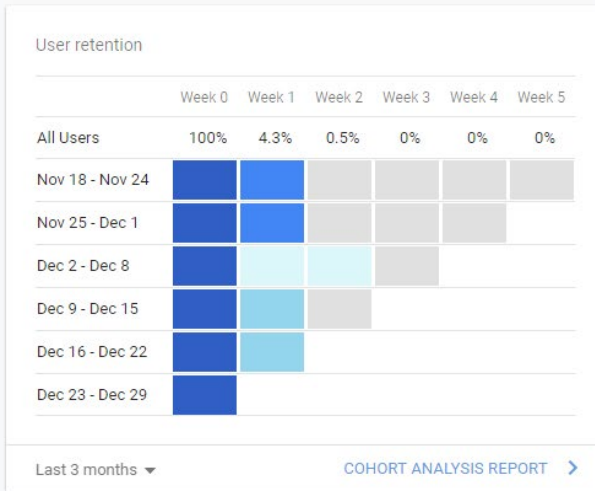
Website Report

January 6, 2019

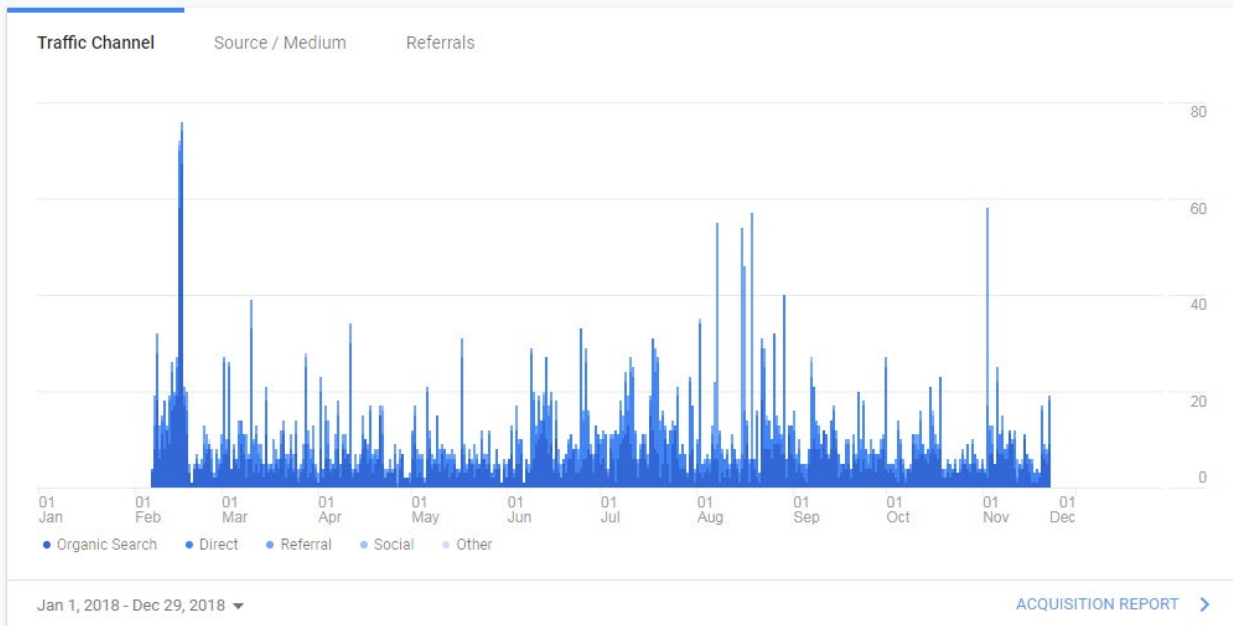
How are your active users trending over time?



How well do you retain users?



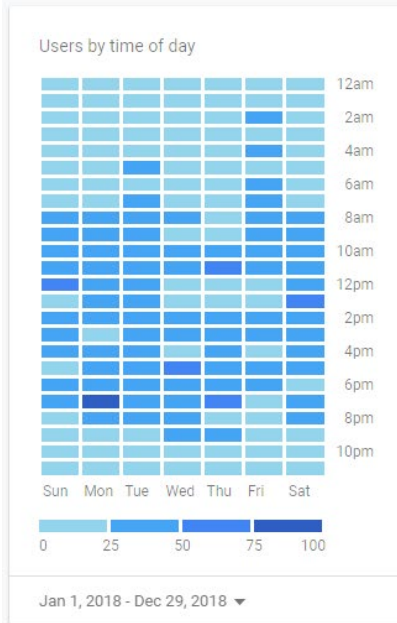
How do you acquire users?



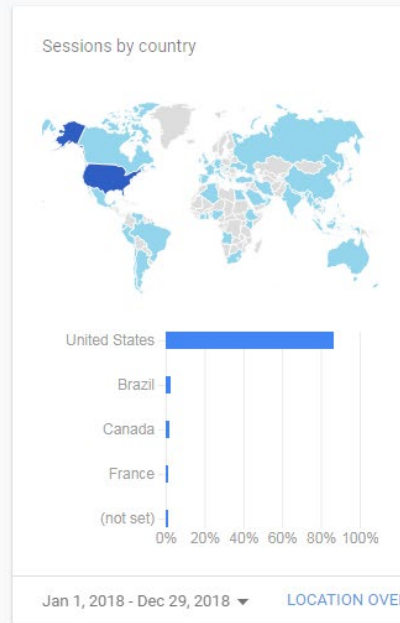
Website Report

January 6, 2019

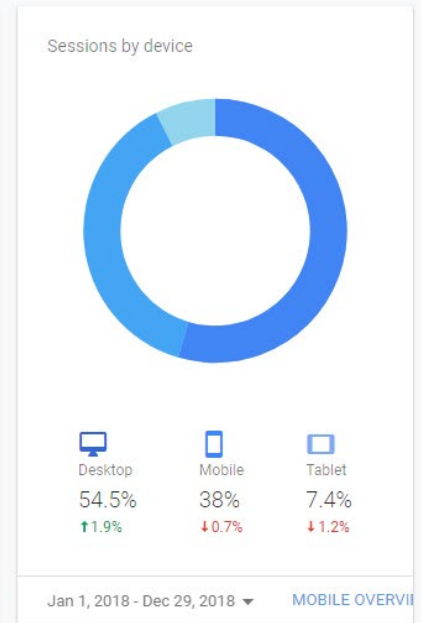
When do your users visit?



Where are your users?



What are your top devices?



What pages do your users visit?

Page	Pageviews	Page Value
/	1,670	\$0.00
/meetings/meeting-list/	1,060	\$0.00
/member-services/take-back-to-meeting/	390	\$0.00
/calendar/events/	337	\$0.00
/calendar/events/monterey2018	330	\$0.00
/member-services/regional-assembly	281	\$0.00
/h/2489087.html	186	\$0.00
/about-nar-anon/what-is-nar-anon	157	\$0.00
/calendar/events/2018...rnia-region-narathon	149	\$0.00
/member-services/regional-documents/	144	\$0.00

Jan 1, 2018 - Dec 29, 2018 ▼ [PAGES REPORT](#) >

Website Report

January 6, 2019

Central CA Website
All Web Site Data

[GO TO REPORT](#)

CCR Website Analytics 2018/2017 Comparison

Jan 1, 2018 - Dec 31, 2018
Compare to: Jan 1, 2017 - Dec 31, 2017

All Users
+0.00% Sessions

Visits

Jan 1, 2018 - Dec 31, 2018

4,376

% of Total: 100.00% (4,376)

Jan 1, 2017 - Dec 31, 2017

2,799

% of Total: 100.00% (2,799)

Pages / Visit

Jan 1, 2018 - Dec 31, 2018

1.65

Avg for View: 1.65 (0.00%)

Jan 1, 2017 - Dec 31, 2017

1.87

Avg for View: 1.87 (0.00%)

Bounce Rate

Jan 1, 2018 - Dec 31, 2018

73.67%

Avg for View: 73.67% (0.00%)

Jan 1, 2017 - Dec 31, 2017

66.38%

Avg for View: 66.38% (0.00%)

Avg. Visit Duration

Jan 1, 2018 - Dec 31, 2018

00:01:19

Avg for View: 00:01:19 (0.00%)

Jan 1, 2017 - Dec 31, 2017

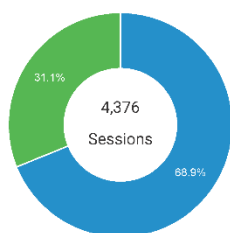
00:01:58

Avg for View: 00:01:58 (0.00%)

Visits by Visitor Type

■ New Visitor ■ Returning Visitor

Jan 1, 2018 - Dec 31, 2018



Jan 1, 2017 - Dec 31, 2017

Most Popular Pages

Page	Pageviews	Unique Pageviews
/		
Jan 1, 2018 - Dec 31, 2018	1,679	1,345
Jan 1, 2017 - Dec 31, 2017	1,583	1,191
% Change	6.06%	12.93%
/meetings/meeting-list/		
Jan 1, 2018 - Dec 31, 2018	1,065	930
Jan 1, 2017 - Dec 31, 2017	1,089	948
% Change	-2.20%	-1.90%
/member-services/take-back-to-meeting/		
Jan 1, 2018 - Dec 31, 2018	390	345
Jan 1, 2017 - Dec 31, 2017	32	26
% Change	1,118.75%	1,226.92%
/calendar/events/		
Jan 1, 2018 - Dec 31, 2018	340	260
Jan 1, 2017 - Dec 31, 2017	165	128
% Change	106.06%	103.12%
/calendar/events/monterey2018		
Jan 1, 2018 - Dec 31, 2018	334	266
Jan 1, 2017 - Dec 31, 2017	84	57
% Change	297.62%	366.67%

Most Popular Landing Pages

Landing Page	Sessions
/	
Jan 1, 2018 - Dec 31, 2018	1,228
Jan 1, 2017 - Dec 31, 2017	1,092
% Change	12.45%
/meetings/meeting-list/	
Jan 1, 2018 - Dec 31, 2018	762

Most Popular Referrers

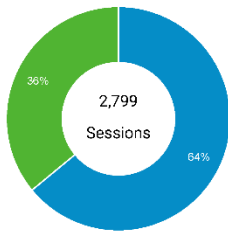
Full Referrer	Sessions
google	
Jan 1, 2018 - Dec 31, 2018	1,840
Jan 1, 2017 - Dec 31, 2017	1,228
% Change	49.84%
(direct)	
Jan 1, 2018 - Dec 31, 2018	1,589
Jan 1, 2017 - Dec 31, 2017	903
% Change	75.97%
bing	
Jan 1, 2018 - Dec 31, 2018	172
Jan 1, 2017 - Dec 31, 2017	66
% Change	160.61%
naranoncalifornia.org/	
Jan 1, 2018 - Dec 31, 2018	126
Jan 1, 2017 - Dec 31, 2017	237
% Change	-46.84%
nar-anon.org/other-sites/	
Jan 1, 2018 - Dec 31, 2018	77
Jan 1, 2017 - Dec 31, 2017	152
% Change	-49.34%

Most Popular Keywords

Keyword	Sessions
(not set)	
Jan 1, 2018 - Dec 31, 2018	2,292
Jan 1, 2017 - Dec 31, 2017	1,443
% Change	58.84%
(not provided)	
Jan 1, 2018 - Dec 31, 2018	1,993
Jan 1, 2017 - Dec 31, 2017	1,291
% Change	54.38%
central coast nar-anon	
Jan 1, 2018 - Dec 31, 2018	9
Jan 1, 2017 - Dec 31, 2017	0

Website Report

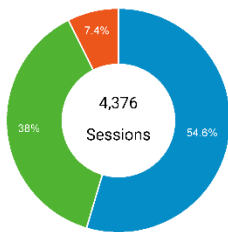
January 6, 2019



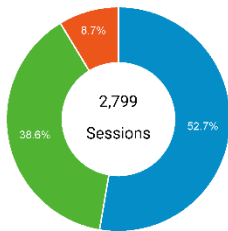
Visits by Device Category

■ desktop ■ mobile ■ tablet

Jan 1, 2018 - Dec 31, 2018



Jan 1, 2017 - Dec 31, 2017



Jan 1, 2017 - Dec 31, 2017 770

% Change -1.04%

/member-services/take-back-to-meeting/

Jan 1, 2018 - Dec 31, 2018 288

Jan 1, 2017 - Dec 31, 2017 24

% Change 1,100.00%

/calendar/events/monterey2018

Jan 1, 2018 - Dec 31, 2018 248

Jan 1, 2017 - Dec 31, 2017 32

% Change 675.00%

/member-services/regional-assembly

Jan 1, 2018 - Dec 31, 2018 209

Jan 1, 2017 - Dec 31, 2017 247

% Change -15.38%

% Change 100.00%

centralcalifornianaranon

Jan 1, 2018 - Dec 31, 2018 6

Jan 1, 2017 - Dec 31, 2017 0

% Change 100.00%

na convention monterey

Jan 1, 2018 - Dec 31, 2018 4

Jan 1, 2017 - Dec 31, 2017 0

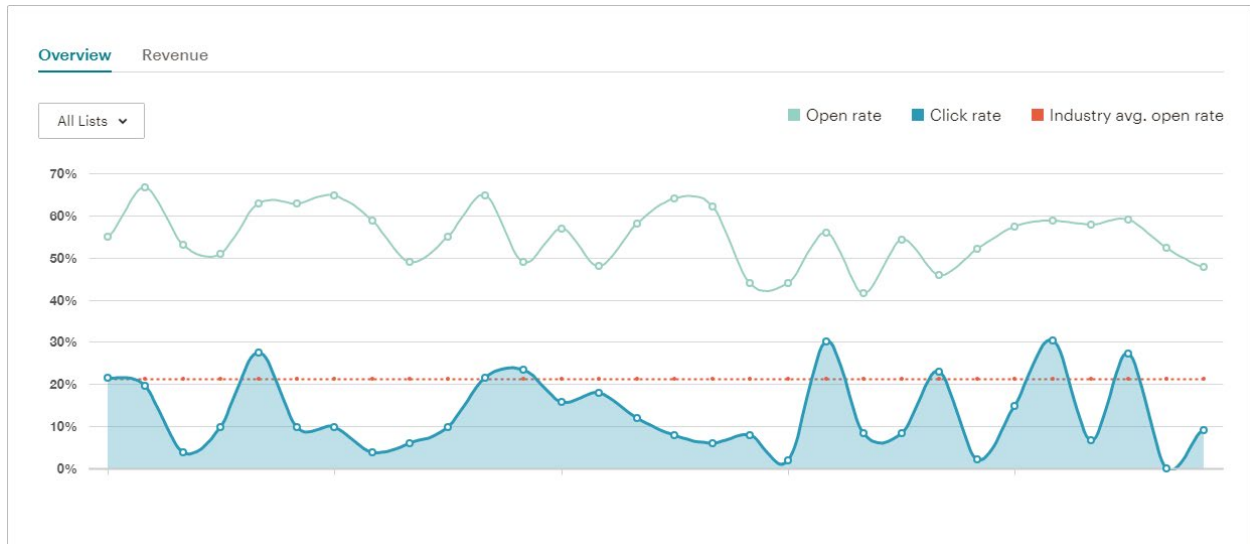
% Change 100.00%

Website Report

January 6, 2019

Mail Chimp List

⋮	<input type="checkbox"/>	Nar-Anon Central CA	44	52.3%	10.1%
		Created Oct 06, 2014 4:05 pm	Subscribers	Opens	Clicks



Meeting Directory

ATASCADERO

The Redeemer Lutheran Church
4500 El Camino Real
Atascadero, CA 93422
Park in back. Meets downstairs.
Tuesdays, 6:00 PM

ATASCADERO

The Redeemer Lutheran Church
4500 El Camino Real
Atascadero, CA 93422
Park in back. Meets downstairs.
Fridays, Noon

CAMARILLO

Camarillo Health Care District
3639 Las Posas Road
Camarillo, CA 93010
Building E - Suite 117
Thursdays, 7:00 PM

CARMEL

Carmel Presbyterian Church
Junipero Street, CA 93953
On Junipero across from Carmel Plaza. In church building on street level, enter from sidewalk/parking lot through glass doors.
Wednesdays, Noon

GILROY

First Baptist Church
8455 Wren Avenue
Gilroy, CA 95020
Meets in room 202.
Thursdays, 7:30 PM

LOS GATOS

Faith Lutheran Church
16548 Ferris Avenue
Los Gatos, CA 95032
Meets in Room 15. Enter through back of parking lot.
Sundays, 7:00 PM

LOS GATOS

Mission Oaks Hospital
15891 Los Gatos Almaden Road
Los Gatos, CA 95032
Mission Oaks Hospital (2nd Floor).
Thursdays, 7:30 PM

MONTEREY

St. James Episcopal Church
381 High Street
Monterey, CA 93940
Large wooden house, use back door, & upstairs.
Tuesdays, 6:30 PM

MONTEREY

St. Timothy Lutheran Church
52 Soledad Drive
Monterey, CA 93940
Newcomers welcome at 8:45 AM.
Saturdays, 9:00 AM

SALINAS

Lincoln Avenue Presbyterian Church
536 Lincoln Avenue
Salinas, CA 93901
Mondays, 6:30 PM

SALINAS

Lincoln Avenue Presbyterian Church
536 Lincoln Avenue
Salinas, CA 93901
Thursdays, 6:30 PM

SANTA BARBARA

Trinity Evangelical Lutheran Church
909 North La Cumbre Road
Santa Barbara, CA 93110
Fridays, 6:00 PM

SANTA CRUZ

Sutter Hospital
2900 Chanticleer Avenue
Santa Cruz, CA 95065
Meets in Sutter Room. Newcomers, please come 15 minutes early to get acquainted. Walk in the front door and head for the back door - you'll see our sign!
Sundays, 6:30 PM



SCOTTS VALLEY

The Camp Recovery Center

3192 Glen Canyon Road

Scotts Valley, CA 95066

Meets in Bison Center.

Fridays, 6:30 PM to 7:45 PM

SEASIDE

Monterey Peninsula Buddhist Temple

1155 Noche Buena Street

Seaside, CA 93955

*Parking in the rear. Meeting in smaller building
on the left as you enter the temple gates.*

Mondays, 6:30 PM

VENTURA

21 North Dunning Street

Ventura, CA 93003

*Meeting is held in the Parish House, side room
facing Dunning.*

Wednesdays, 6:30 PM



*Meeting day, time, and venue are subject to
change without notice. Please visit the WSO
website for the latest meeting information,
www.Nar-Anon.org.*

Meeting List Updated 12/29/2018

WHAT IS NAR-ANON?

Are you sick and tired of being sick and tired? Have you tried everything you can think of to change the addict and nothing seems to work? Don't give up. There is hope. You are at a turning point. If you would like your life to be different, Nar-Anon can offer you a better way to live. You will meet people at Nar-Anon meetings who understand your frustration.

Nar-Anon is a fellowship for families and friends of addicts whose lives have been or are being affected by someone else's addiction.

The Nar-Anon Family Group is primarily for you who know or have known a feeling of desperation concerning the addiction problem of someone very near to you.

When you come into the family group, you are no longer alone but among true friends who understand your problem as few others could. We will respect your confidence and anonymity, as we know you will respect ours. We hope to give you the assurance that no situation is too difficult and no unhappiness is too great to be overcome.

Excerpt taken from [Affected by a Loved One's Addiction?](#) © 2016 Nar-Anon Family Group Headquarters, Inc.



Nar-Anon Family Group Headquarters, Inc.

23110 Crenshaw Blvd. Suite A

Torrance, CA 90505

(310) 534-8188 — (800) 477-6291

www.Nar-Anon.org

Nar-Anon Family Groups

Central California Region

Meeting Directory



Nar-Anon offers hope for
relatives and friends of addicts

www.NarAnonCentralCA.org

Forms

Nar-Anon Central California Region

Group Service Representative (GSR) and Alternate GSR Registration Form

The area or group submits the following name to the region for acknowledgement as an authorized GSR or Alternate GSR for registration with the region.

Current Trusted Servant Information

Position: GSR [] Alternate GSR [] Service Start Date: _____

Member Name (first name and last initial): _____

Email Address: _____ Phone: _____

Skype Name: _____

Mailing Address: _____

City: _____ Zip: _____

Group Name: _____ City: _____

Meeting Day: _____ Meeting Time: _____ Group ID: _____

Previous Trusted Servant Information

If there was a previous GSR, complete this section. If not proceed to the next section.

Position: GSR [] Alternate GSR [] Service End Date: _____

Member Name (first name and last initial): _____

Area Acceptance

ASC Officer Name: _____ Signature: _____

Area: _____ Position: _____ Date: _____

Region Acceptance

The RSC acknowledges the above-named member as an authorized representative.

RSC Officer Name: _____ Signature: _____

Position: _____ Date: _____

Nar-Anon Central California Region

Area Service Committee and Regional Service Assembly Registration Form

ASC [] RSA [] Date: _____

Sheet: _____ of _____

The area, or a group unaffiliated with an area, submits the following names to the area or region for acknowledgment as an authorized voting Group Service Representative (GSR), Alternate GSR, or Substitute GSR only for the above dated ASC or RSA.

Member Sign-in

Member Name (first name and last initial): _____

Email address: _____ Phone: _____

Group City: _____ Position: GSR [] Alternate GSR [] Substitute GSR []

Meeting Day: _____ Meeting Time: _____ Group ID: _____

Member Name (first name and last initial): _____

Email address: _____ Phone: _____

Group City: _____ Position: GSR [] Alternate GSR [] Substitute GSR []

Meeting Day: _____ Meeting Time: _____ Group ID: _____

Member Name (first name and last initial): _____

Email address: _____ Phone: _____

Group City: _____ Position: GSR [] Alternate GSR [] Substitute GSR []

Meeting Day: _____ Meeting Time: _____ Group ID: _____

Area/Region Acceptance

ASC or RSC Officer, as applicable:

Signature: _____ Print: _____

Area: _____ Position: _____ Date: _____

Revised 4/9/2018

Nar-Anon Central California Region Group/Area Contribution Form

Complete this form and send with a check to the Central California Region (CCR)
(refer to the *Donations to Area, Region, and WSO* section of the GRS).

Group/Area Name: _____ City: _____

Meeting Day: _____ Meeting Time: _____ Group ID: _____

Contribution enclosed: \$_____

Contact Name: _____ Contact Phone: _____

Email Address: _____

Make check or money order payable to: **Nar-Anon Family Groups - CCR**

Mail to: Nar-Anon Family Groups - CCR
Attn: Treasurer
PO Box 2543
Monterey, CA 93942

Nar-Anon Central California Region Group/Area/Region Contribution Form

Complete this form and send with a check to the World Service Office (WSO)
(refer to the *Donations to Area, Region, and WSO* section of the GRS).

Group/Area/Region Name: _____ City: _____

Meeting Day: _____ Meeting Time: _____ Group ID: _____

Contribution enclosed: \$_____

Contact Name: _____ Contact Phone: _____

Email Address: _____

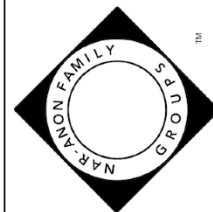
Make check or money order payable to: **Nar-Anon Family Groups - WSO**

Mail to: Nar-Anon Family Groups - WSO
Attn: Treasurer
23110 Crenshaw Boulevard, Suite A
Torrance, CA 90505

This form can be found on the Central California Region website:
<http://www.NarAnonCentralCA.org/member-services/regional-documents/>

Nar-Anon Central California Region Regional Service Committee Travel Expense Form

#	Group Name / City / Day	Date	Gas	Mileage	Maintenance Rate at \$0.08 / mile *	Meals	Lodging	Total Expense
1			\$ -		\$ -	\$ -	\$ -	\$ -
2			\$ -		\$ -	\$ -	\$ -	\$ -
3			\$ -		\$ -	\$ -	\$ -	\$ -
4			\$ -		\$ -	\$ -	\$ -	\$ -
5			\$ -		\$ -	\$ -	\$ -	\$ -
6			\$ -		\$ -	\$ -	\$ -	\$ -
7			\$ -		\$ -	\$ -	\$ -	\$ -
8			\$ -		\$ -	\$ -	\$ -	\$ -
9			\$ -		\$ -	\$ -	\$ -	\$ -
10			\$ -		\$ -	\$ -	\$ -	\$ -
11			\$ -		\$ -	\$ -	\$ -	\$ -
12			\$ -		\$ -	\$ -	\$ -	\$ -
13			\$ -		\$ -	\$ -	\$ -	\$ -
14			\$ -		\$ -	\$ -	\$ -	\$ -
15			\$ -		\$ -	\$ -	\$ -	\$ -
Totals			\$ -		\$ -	\$ -	\$ -	\$ -



Position: _____
 Name: _____
 Address: _____
 Phone: _____

* According to AAA in 2017, "To calculate annual maintenance and repair costs, AAA examined factory-recommended maintenance, replacement tires, extended warranty costs and services associated with typical wear-and-tear. New vehicles, on average, will cost a driver \$1,186 per year to maintain and repair." This is based on 15,000 miles per year. The cost per mile of maintenance is \$0.08 per mile.

Revised: 4/9/2018