

Minutes

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

Groups Represented

Group	GSR Name	Group	GSR Name
Atascadero, Tuesday ⁽¹³¹⁻⁰³³⁾	Larry B.	Monterey, Saturday ⁽¹³¹⁻⁰²⁹⁾	Marie G.
Atascadero, Friday ⁽¹³¹⁻⁰³⁴⁾		Salinas, Monday ⁽¹³¹⁻¹³⁰⁾	Janet S.
Camarillo, Tuesday ⁽¹³¹⁻¹¹²⁾		Salinas, Thursday ⁽¹³¹⁻⁰³⁰⁾	Ruth K.
Carmel, Wednesday ⁽¹³¹⁻⁰⁷⁵⁾	Mary Lynn P.	Santa Barbara, Friday ⁽¹³¹⁻⁰⁶⁶⁾	Scott C.
Gilroy, Thursday ⁽¹³¹⁻⁰⁰⁹⁾	Stewart W.	Santa Cruz, Sunday ⁽¹³¹⁻⁰²⁴⁾	Carole S.
Los Gatos, Sunday ⁽¹³¹⁻⁰¹¹⁾		Scotts Valley, Friday ⁽¹³¹⁻⁰²⁵⁾	Teri M.
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. X	Conventions / Events	Scott C. X
Literature	Ruth K. X	Technology Services	position vacant
Narateen	position vacant		

Quorum Summary

Total Groups	Registered Groups	Current Quorum
16	9	5

Agenda Summary

1. Call to Order, Prayer, Roll Call, and Readings..... 2
2. Adoption of Minutes of Previous Assembly 3
3. RSC Reports 3
4. Group Reports 5

Minutes

Central California Region Assembly

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

5. Lunch Recess	7
6. Reconvene	7
7. Subcommittee Reports.....	7
8. New Business	10
9. Administration	13
10. Adjournment	14

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

11:00 AM to 11:15 AM

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.

Opening remarks by Michael - The Guide to Regional Services was developed by the CCR from the Guide to Regional Services. Michael read from the December "Take Back to Meeting" announcements.

A) Open the meeting with the Serenity Prayer

(11:27 AM) Meeting Opened

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

B) Announce number of voting members – Chair and Secretary

i) **8 groups present out of 8 registered groups at the beginning of the assembly. Marie was added to the group conscience at approximately 12:20 PM. This changed the number to 9 groups present out of 9 registered groups. The quorum remained at 5.**

ii) **Quorum (51%) = 5 of 8 registered groups.**

C) Reading of the Twelve Traditions

(11:29 AM) Read by Teri M.

Minutes

Central California Region Assembly

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

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

(11:32 AM) Read by Stewart W.

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

(11:35 AM)

Motion to adopt the Minutes of the Assembly of July 14, 2018 as amended.

First: Scott C.; Second: Teri M.; For: 7; Against: 0; Abstentions: 1; Motion Carries

3. RSC Reports

11:20 AM to 11:45 AM

- A) Chair Report – Michael F.

(11:37 AM) Michael shared why he is so involved in service in Nar-Anon. The Regional Service Committee (RSC) is here to serve the GSRs and the groups. The assembly is a forum where GSRs can help to guide the RSC.

- B) Treasurer – Arnie B.

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

(11:42 AM) This report will be heard as new business. Arnie B. - the region is organized as a 501 (3)(c) entity. The assembly approves the budget. This gives the treasurer the ability to spend funds as directed by the assembly. The authority is granted by the assembly through the budget. Nar-Anon funds are used to further our single purpose, to help families of addicts. The discussion of the budget will be presented in new business.

- C) Delegates – Jocelyn F. and Teri M.

(11:45 AM) Teri M., the Alternate Delegate, presented the report as Jocelyn was not present. Teri read the report submitted by Jocelyn.

Introduction

My name is Jocelyn F. and my home group is the I Can Be Free meeting in Santa Barbara, Fridays 6 pm. I began as Interim Delegate in 2017 and attended the 2018 World Service

Conference. At the 2018 Election Assembly, I was voted in as the CCR Delegate for 2019-2020. I will be participating in the 2020 World Service Conference.

I came into recovery on April 9 of 2011. I joined Nar-Anon later that year. I have a sponsor and a service sponsor, and I have sponsored a number of women. I have also served as the Group Service Representative for the Santa Barbara "I Can Be Free" Nar-Anon Family Group.

World Service Committee Participation

One of the duties for Delegate listed in our Guide to Regional Services is to "become an active member of one or more world service committees." I chose to join the Newsletter Committee, and it has been an honor and incredible learning experience for me to work with the Committee members. The Newsletter is called The Serenity Connection and can be found on the World Service website (<https://www.nar-anon.org/serenity-connection/>).

By working with the Committee, I am learning to use the Traditions in all my decision-making processes. It is a wonderful way to learn to apply the Nar-Anon principles.

Region Updates

We currently have 16 meetings in the Region. Our newest addition is a second meeting in Salinas that meets on Mondays at 6:30 pm. In 2018, the Hollister, Watsonville, and the UC Santa Cruz meetings were disbanded. At the last Regional Assembly, we had Group Service Representatives (GSRs) from six (6) meetings.

The CCR has one open position for Vice Chair Person. According to the Guide to Regional Services, "the recommended experience for this position is three years continuous service in Nar-Anon." Please consider serving in this position. Those interested may contact Michael F., CCR Chair, at chair@naranoncentralca.org.

In Loving Service,

Jocelyn F. from Santa Barbara - Central California Region Delegate

Teri read the Santa Barbara group report from Scott C.

Teri - December 2011 was when she entered recovery. She has visited the meetings in the Santa Cruz meetings. Scotts Valley is her home meeting. Santa Cruz, Los Gatos, and Monterey groups got together to host the Narathon this past year. There was a lot of support from long-time members. A Narathon is a region fundraiser. There were approximately 50 in attendance at the 2018 Narathon. The Scotts Valley meeting created a quilt that was presented to the winning ticket.

Michael - Delegates represent the region at the World Service Conference. Delegates also visit groups and help guide them to health.

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.

(11:53 AM) This is a chance for GSRs to voice the issues they have and to share experience, strength, and hope.

Larry B. - Atascadero (5 core members). The group has tried outreach. This resulted in a temporary increase of the group to 12 members. All but one continues to attend. Would like to explore further outreach. The group is healthy.

Michael F. - Atascadero, Friday (4-5 core members). One of the two original groups in the area. For a while there were five meetings in the Atascadero geographical area. Camarillo group does not have a GSR.

Mary Lynn P. - Carmel (very small meeting). The meeting started about 4 years ago.

Stewart W. - Gilroy (4-6 regulars, 4 core members). About a year ago there used to be about 10-12 members. Outreach has included libraries and NA meetings. He is looking for more ideas. The group has different formats each week. On the fifth meeting of the month, they bring in an N.A. member to speak. Typically, there are one or two new members each month. They rarely stay. They tend to be looking for a fix for their addict. However, the program is about us, not the addict. AA, NA, and Al-Anon are all more well known than Nar-Anon. Nar-Anon has a name recognition problem that must be overcome. We need to do a better job of getting the word out.

Teri M. - Los Gatos, Thursday meeting appeared to be healthy. She visited the meeting as Alternate Delegate. The meeting had a large number of attendees.

Stewart W. - Gilroy members who have attended Los Gatos confirm it is healthy.

Michael F - Monterey, Tuesday - Michael read the written report submitted by the group (see the Group Reports section of the agenda).

Maria is the GSR for Monterey, Saturday.

Janet S. - Salinas, Monday started this past September. The benefit of a second meeting in the city allows members to attend when they could not attend on Thursdays. They are promoting a healthy group through rotation of leadership, sponsorship, and working the Steps.

Ruth K. is the substitute GSR for Salinas Thursday. They have Spanish materials. There has been a change in leadership in the recovery center, so there have been no panels allowed in the center. They would like to provide more Spanish resources. There is a stable core of members doing service rotation.

Scott C. - Santa Barbara, Friday (7 core members). The group has diminished a bit. The group had problems with members gossiping about the addict. The meeting is healthier because these members are no longer attending. Long-time members speak on Steps One, Two, and Three when newcomers are present.

Carole - Santa Cruz, Sunday (4 semi-regular members). The format is rotating. It continues to be difficult to get members to step-up for service. Hopefully some of the newcomers will stay and start to participate in service. The group as meeting announcements in local papers. There continues to be a problems as to how to get the word out to potential members.

Teri M. - Scotts Valley, Friday (7-13 members and up to 20). Camp Recovery Center provides newcomers. Occasionally, newcomers are referred from local Al-Anon meetings, and sometimes from the website. The group spends money on literature because there is no rent. Rotation of service is exchanged between the core members. Outreach for Spanish speakers is a need to be filled.

Seaside, Monday has a report included - Monday Nite Miracles. Michael read the report included in the Group Reports section of the agenda packet.

Scott C. Ventura, Wednesday - attendance is low. In the past Santa Barbara members have supported the meetings. Michael - a couple core members are trying to keep the doors open. They could use some support.

Minutes

Central California Region Assembly

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

(approximately 12:20 PM) Marie G. was added to the group conscience. 9 groups present out of 9 registered groups.

Marie - Monterey, Saturday (15-18 long-time attendees). Rotation of leadership is solid. The group is known as a "parents" group. Would like to see more balance in gender, age, and relationship of the addict. Referrals sometimes come from local Al-Anon meetings. Young newcomers tend not to return.

5. Lunch Recess

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

(12:31 PM) Consensus to recess for lunch.

6. Reconvene

1:00 PM to 1:10 PM

A) Roll Call

(1:15 PM) Roll call by Scott N.

9 groups present out of 9 registered groups.

7. Subcommittee Reports

1:10 PM to 2:00 PM

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

See Subcommittee Reports section of this packet

(1:18 PM) Scott C. has a written report.

Scott N. reported on the Bakersfield convention. Annual Central California Region of NA convention with Nar-Anon participation. On Saturday, there will be Nar-Anon speaker and sharing sessions every hour from 9:00 AM until 4:00 PM. There will opportunities for service commitments at the outreach table on Friday, 1:00 to 5:00 PM, and Saturday, 9:00 AM to 7:00 PM. Visit the CCRCNA website for more information about accommodations.

Schedule:

Minutes

Central California Region Assembly

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

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. through 4:00 p.m.

Speakers on Service

Time	Topic	Speakers /Leaders
9:00 a.m.	Overview of the Traditions	Chantal - Henderson Scott as leader
10:00 a.m.	Traditions 1,2	Heidi - High Desert Scott as leader
11:00 a.m.	Traditions 3,4	Participatory workshop Robert - Bakersfield
Noon	Reunion en Español	Voluntario Ilegará
1:00 p.m.	Traditions 5 & 6	Sheryl & Ed W. - So. Cal. Tony as leader
2:00 p.m.	Traditions 7 & 8	Ruth & JT - Central Cal. Robert as leader
3:00 p.m.	Traditions 9 & 10	Ruth & JT - Central Cal. Robert as leader
4:00 p.m.	Traditions 11 &12	Val & Nancy - So. Cal. Tony as leader

Sunday, February 17, 2019

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

Scott C. - Narathon is a recovery event that is used as a fundraiser for the Central California Region. The Narathon is a partnership between the region and a group. The region funds it, and the group provides service not funds. The region can help with the agenda, flyer. The region has a budget to \$500 to fund the event.

Michael - Narathon will be addressed in new business.

B) Outreach – Janet S.

See Subcommittee Reports section of this packet

(1:25 PM) Janet - Recent activity in the subcommittee is around recovery and treatment centers where there might be a family component. The subcommittee is discussing a flyer to send to faith-based organizations and make available at public events. Last fall there was a call for Spanish-speaking members. There was no response to this call.

[Take Back] The Outreach Subcommittee is looking for Spanish-speaking members to help in outreach.

There is a monthly subcommittee meeting. The WS Outreach Committee will also be holding an outreach workshop. Janet will report on this at the next assembly.

Michael - Saw an outreach television commercial for Al-Anon. He is hoping to find time to look into a video public service announcement.

Ruth - Nar-Anon has a radio and video PSA posted on the World Service website.

Teri - **[Take Back] Santa Cruz will start-up again with a Twelve Step Study group on the first and third Saturday of every month 9:00 AM to 10:30 AM.**

Teri - What about getting literature to Sober Living Environments (SLEs)?

Janet - Atascadero and Gilroy: are there many treatment centers or SLEs that have a family component where we can let them know about Nar-Anon. Jails and institutions are a good target too. Juvenile detention facilities are also an option.

C) Literature – Ruth K.

See Subcommittee Reports section of this packet

(1:35 PM) Ruth - Shout out to JT, the Literature Subcommittee Chair for several years. There are about 5 members who meet on Skype. Next meeting is January 27, 8:30 to 9:30 on Skype. Contact Ruth about participating.

[Take Back] The new project is the topic of addiction in marriage, spouse, partner, or significant other. The subcommittee needs input. Ruth is passing out the questionnaire, instructions, and the release form in hardcopy. See the Committee Reports section of the agenda packet. GSRs please make this announcement in your meetings. This is open to anyone who has been affected in an intimate relationship now or in the past, not just marital relationships.

Would like to put this out to other regions. Scott N. will facilitate promoting this at the Bakersfield convention, and contact other regions. It was suggested to promote on an easel at the convention. We might also print the packets or the Bakersfield convention for distribution.

Scott N. will see if one of the CCR banners can be placed at the convention.

Carole – The last Narathon there was a writing session. Maybe this could be done at the Bakersfield convention.

D) Website and Email List Report – Scott N.

See Committee Reports section of this packet

(1:50 PM) We are not on "recovery" and "addiction" keywords do not show Nar-Anon in the Google search results.

Google “Ad Words” are an option. The region might set aside some outreach funds for the purpose of a pilot project, however the region would need more than a single person on the Technology Subcommittee to explore this option.

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

(2:02 PM) Arnie – The budget proposal represents where we were, where we are, and where we are going. This is learning process for the region because we have little history. Last year, the assembly approved the budget as presented in the "Budgeted" column in the "2018 Income & Expenses - final.xlsx." There was a carry-over of a little over \$3,600 from 2017 to 2018. We made substantially more from the Narathon and substantially less from the groups. In the end, the total income was about what was projected.

There were some allocated expenses. The Assembly expense was not spent, but we may need it going forward in order to rent a facility for the assemblies. We cannot be assured we the region will not have to pay for a venue for the assembly. The post office box was higher this year. The biggest portion of the budget is sending the delegate and alternate delegate to the World Service Conference. The reason for the approximately \$2,500 expense per delegate is the World Service Office computes an "equalized expense." The WSO calculates the total expense of travel and lodging for all delegates from around the world and then evenly distributes it to all delegates who participate. This why the expense is so great to send two members (delegate and alternate delegate) to Torrance, CA where the World Service Conference is held every two years.

\$400 was sent to WSO in 2018 per the approved 2018 budget.

In terms of the "Ending Cash on Hand." The *bottom line* is the Region has \$6,204.95 in the bank. Under the non-profit guidelines, a motion needs to be made to carry-over any monies from one year to another.

Any travel expenses for the delegate and alternate delegate (RSC as well) is reimbursable for any service work.

Though \$6,204.95 is a large number, if you take out the delegate expense of \$5,000, we are really carrying-over less than \$1,500 for the business of the region.

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

Motion to carry-over funds in the amount of \$6,204.95 from calendar year 2018 to 2019.

First: Mary Lynn P.; Second: Scott C.; Yes: 9; No: 0; Abstentions: 0; Motion Carries

Request for a motion to adopt the 2019 budget

Arnie has presented the budget to the RSC. The RSC has approved presenting this recommended budget to the assembly. It is the responsibility of the assembly to discuss, amend, and approve the budget. The carry-over this year is larger than last year. The income is a projection based on previous years.

The fundraisers and group donations may be high based on fewer groups and shrinking groups in the region. The fundraiser last year may be high because of the conditions.

Suggestion to change projections (amendment to the budget): Fundraisers: \$1,500 and Group Donations: \$1,800. Arnie will make the suggested changes, update the workbook, and upload to the website.

By approving the budget, it gives authority to the treasurer to spend up to the amounts in the budget. If there major changes, the assembly would have to approve those changes. Small changes can be absorbed by the contingency funds.

As a point of clarification, the mileage reimbursement is higher than the non-profit and a little less than the commercial rate. It was the conscience of the committee at the time to make the reimbursement fair. It was felt the charitable rate designated by the federal government guidelines was not fair.

The region is spending about \$2,500 per delegate to send them to the WSC. When it comes to being prudent, the region needs to accept the reality of the potential income the region can generate. The initial Monterey area seed monies, have been exhausted. We still need to plan for future. We may need to decide if sending an alternate delegate is within the means of the region or not.

Motion to adopt the 2019 Nar-Anon Central California Region budget as amended (Amendments to Income section, Fundraisers: \$1,500 and Group Donations: \$1,800).

Minutes

Central California Region Assembly

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

First: Larry B.; Second: Scott C.; Yes: 9; No: 0; Abstentions: 0; Motion Carries

(3:06 AM) Consensus for a 10 minute recess

(3:16 PM) Roll call by Scott N.

9 groups present out of 9 registered groups.

B) 2019 Central California Narathon

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

(3:04 PM) We are looking for a host group, date, and topic. There is no dissent in the assembly that this is an annual event.

Scott C. - We need a host group. There is \$500 in the budget for funding. Host group does not provide funds. The host group will identify a venue and provide members to help at the Narathon. The last Narathon was August 25 2018. The assembly will try to find a date that is not a holiday and not in conflict with NA. The region should try to avoid competition with outside holidays and events. In the past, the region has held Narathons in the northern and in the southern parts region. The July assembly could be held in conjunction with the Narathon. There was a suggestion of hosting the Narathon in the Santa Cruz area. There was a lot of member participation there last year. Maybe we could count on the same participation as last year. With the Convention in January 2020, it might be better to have the Narathon in July. Part of the success of the last Narathon was attendance of members from the Northern California Region. Santa Barbara is an expensive location and probably not the best venue for a Narathon. It makes sense to have it in the center of the region or in the north.

Motion to hold the 2019 Narathon in the Santa Cruz area on August, 17 or 24.

First: Scott C.; Second: Teri M.; Yes: 8; No: 0; Abstentions: 1; Motions Carries

Teri M. will work to find the date and bring it back to the RSC for adoption.

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

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

(3:35 PM) Michael - This is basically a head-up. There will probably need to be a subcommittee for this project. Recovery should be the main focus. It does not matter if any funds are made or not. Maria will need to take this back to the group to determine

participation.

[Take Back] Call for all who are interested in participating in a subcommittee to organize the 2020 "A Vision of Hope" NA Convention with Nar-Anon Participation on Saturday, January 18, 2020.

The assembly will be held on Friday, January 17.

The conventions / events and the outreach subcommittees will be working together on this effort. Outreach is the lead.

Motion to hold a Nar-Anon Central California Region convention at the MBCNA VIII 2020 "A Vision of Hope" – NA Convention on January 17-19, 2020 at the Monterey Bay Conference Center.

First: Janet; Second: Marie; Yes: 9; No: 0; Abstentions: 0; Motion Carries

D) New topics generated at the assembly

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

The RSC will look into updating the Maintenance Rate in the GRS. The current rate will be kept until more research is done and brought to the next assembly.

9. Administration

3:30 PM to 3:45 PM

A) Next Assembly

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

(3:00 PM) Motion to hold the next region assembly in Atascadero, Golden China Restaurant, July 27 at 11:00 AM until 4:00 PM.

First: Larry; Second: Stewart; Yes: 9; No: 0; Abstentions: 0; Motions Carries

B) Take Back to Meeting Information and Announcements

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

a) Literature Project "Addiction in Marriage"

b) Open subcommittee positions

c) Outreach Subcommittee needs Spanish-speakers for outreach

d) Open Vice Chair position

e) Bakersfield convention

f) Convention subcommittee for January 2020

g) Santa Cruz Twelve Step Study

10. Adjournment

Adjourn at 4:00 PM

Motion to adjourn.

First: Larry; Second: Teri; Yes: 9; No: 0; Abstentions: 0; Motion Carries

A) Close the assembly with the Serenity Prayer

(4:02 PM) Assembly adjourned and closed.