

Agenda

Central California Region Assembly

Saturday, July 27, 2019 from 11:00 AM to 4:00 PM PDT
Atascadero

RSC Officers in Attendance

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

Groups Represented

Group	GSR Name	Group	GSR Name
*Atascadero, Tuesday ⁽¹³¹⁻⁰³³⁾		*Monterey, Saturday ⁽¹³¹⁻⁰²⁹⁾	
Atascadero, Friday ⁽¹³¹⁻⁰³⁴⁾		*Salinas, Monday ⁽¹³¹⁻¹³⁰⁾	
*Bakersfield, Sunday ⁽¹³¹⁻¹¹⁷⁾		*Salinas, Thursday ⁽¹³¹⁻⁰³⁰⁾	
Camarillo, Tuesday ⁽¹³¹⁻¹¹²⁾		*Santa Barbara, Friday ⁽¹³¹⁻⁰⁶⁶⁾	
*Carmel, Wednesday ⁽¹³¹⁻⁰⁷⁵⁾		*Santa Cruz, Sunday ⁽¹³¹⁻⁰²⁴⁾	
*Gilroy, Thursday ⁽¹³¹⁻⁰⁰⁹⁾		*Scotts Valley, Friday ⁽¹³¹⁻⁰²⁵⁾	
Los Gatos, Sunday ⁽¹³¹⁻⁰¹¹⁾		Seaside, Monday ⁽¹³¹⁻⁰³¹⁾	
Los Gatos, Thursday ⁽¹³¹⁻⁰¹⁰⁾		Simi Valley ⁽¹³¹⁻⁰⁶⁸⁾	
Monterey, Tuesday ⁽¹³¹⁻⁰²⁸⁾			

* 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	Robert P.
Narateen	position vacant		

Quorum Summary

Total Groups	Registered Groups	Current Quorum
17		

Agenda Summary

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

Agenda

Central California Region Assembly

Saturday, July 27, 2019 from 11:00 AM to 4:00 PM PDT
Atascadero

4. Group Reports	3
5. Lunch Recess	4
6. Reconvene	4
7. Subcommittee Reports.....	4
8. New Business	4
9. Administration	5
10. Adjournment	5

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

11:00 AM to 11:15 AM

A) Resolve Free Conference Call issues

Members who would like to participate via Free Conference Call (FCC) should send an email to Chair@NarAnonCentralCA.org to let Michael F. know of your intention to participate via FCC on or before Friday, July 26 2019 at 5:00 PM. On the day of the assembly, Saturday, July 27, connect via dial-in or internet online meeting no later than 10:55 AM.

Dial-in Instructions

Number: (712) 775-7031

Access Code: 271-421-422#

at the scheduled date and time of the meeting, dial in to the conference line. When prompted, enter the access code followed by hash (#).

Internet Online Meeting Instructions

open this link: <https://join.freeconferencecall.com/scottfromsb>

to join the online meeting, click on the meeting link listed above, and follow the prompts to join the meeting. I suggest starting this process about 5 minutes prior to the meeting time, as there may be software to install on your computer or tablet.

B) Open the meeting with the Serenity Prayer

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

Agenda

Central California Region Assembly

Saturday, July 27, 2019 from 11:00 AM to 4:00 PM PDT
Atascadero

- 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 January 12, 2019.
See the Draft Minutes of the Previous Assembly section of this packet

3. RSC Reports

11:20 AM to 11:45 AM

- A) Chair Report – Michael F.
See the Chair's Report section of this packet
- B) Treasurer – Arnie B.
See the Treasurer's Report section of this packet
- C) Delegates – Teri M.
See the Delegate's Report section of this packet
Draft motions for placement in the 2020 Conference Agenda Report (CAR) shall be submitted by September 4, 2019. Motions are to be submitted in final form to the WSC Committee no later than 200 days (October 14, 2019) prior to the opening of the conference.

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.

Agenda

Central California Region Assembly

Saturday, July 27, 2019 from 11:00 AM to 4:00 PM PDT
Atascadero

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) Outreach – Janet S.

See Subcommittee Reports section of this packet

B) Literature – Ruth K.

See Subcommittee Reports section of this packet

C) Conventions / Events - Scott C.

See Subcommittee Reports section of this packet

D) Technology Services – Robert P.

See Subcommittee Reports section of this packet

8. New Business

2:00 PM to 3:30 PM

A) 2020 Budget Discuss and Adoption – Arnie B.

See the Treasurer's Report section of this packet

B) Motion to carry-over funds from 2019 budget to 2020 budget – Arnie B.

C) Delegate and Alternate Delegate to attend the 2020 WSC – Michael F.

Discussion of the election and continued endorsement of the Central California Region

Delegate and Alternate Delegate for the purpose of representing the Central California Region at the 2020 World Service Conference.

- i) Motion to elect and endorse Teri M. as Delegate representing the Central California Region at the 2020 World Service Conference.

Agenda

Central California Region Assembly

Saturday, July 27, 2019 from 11:00 AM to 4:00 PM PDT
Atascadero

- ii) The World Service Conference Committee must be notified by the Regional Chair of the Region's intention to send a Delegate and Alternate Delegate to the 2020 World Service Conference on or before December 31, 2019. The Delegate and Alternate Delegate must be elected and endorsed by the Regional Assembly in order to be recognized by the Conference.

D) CCR e-Commerce – Scott N.

See the Supporting Documents section of this packet

E) Motion to affirm Robert P. as the Technology Services Subcommittee Chair.

F) Western Regions Convention Involvement – Robert P.

See the Supporting Documents section of this packet for the History of Western Regions Convention report.

Motion to participate in Western Regions Convention 2020.

9. Administration

3:30 PM to 4:00 PM

A) Next Assembly

- i) Friday, January 17, 2020 from 6:00 PM to 9:00 PM at the Monterey Bay Conference Center, in conjunction with the 2020 Vision for Serenity Convention

B) July 2020 Elections Assembly Reminder

C) 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

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

Minutes

Central California Region Assembly

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

Atascadero

3. RSC Reports	3
4. Group Reports	5
5. Lunch Recess	7
6. Reconvene	7
7. Subcommittee Reports.....	8
8. New Business	10
9. Administration	14
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.**

Minutes

Central California Region Assembly

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

Atascadero

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

C) Reading of the Twelve Traditions

(11:29 AM) Read by Teri M.

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, 2019 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

Minutes

Central California Region Assembly

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

Atascadero

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.

Minutes

Central California Region Assembly

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

Atascadero

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.

Minutes

Central California Region Assembly

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

Atascadero

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 know 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

Minutes

Central California Region Assembly

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

Atascadero

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 AI-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.

(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 AI-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.

Minutes

Central California Region Assembly

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

Atascadero

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:

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 Llegará
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

Minutes

Central California Region Assembly

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

Atascadero

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

Minutes

Central California Region Assembly

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

Atascadero

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 budge 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

Minutes

Central California Region Assembly

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

Atascadero

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

Minutes

Central California Region Assembly

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

Atascadero

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). 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 ad 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

Minutes

Central California Region Assembly

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

Atascadero

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

Minutes

Central California Region Assembly

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

Atascadero

- 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.

Chair's Report

Report from the Chair

July 27, 2019

Hello to the Fellowship of the Central California Region.

Last July I was fortunate enough to be given the privilege to be of service as Chair of the Central California Regional Service Committee. When I started my personal journey in the 12 Step Program of recovery, which was revealed to the founders in 1935, I believed I was obligated to be of service as a form of repayment to the Program for saving my life. It was only through service that it was revealed to me what the program has been saying all along; my recovery and the amount of my personal wellbeing continually grows as I serve, resulting in a continual growth of gratitude and a continual revelation of how to further incorporate this program into my life on a daily basis. I now get to use this Chair position to work the 12th step and to try to carry this message to others.

In 1935 Robert Holbrook Smith, also known as Dr. Bob, was an American physician and surgeon who co-founded Alcoholics Anonymous with Bill Wilson, more commonly known as Bill W., a stock broker. The Nar-Anon Family Group's Program is the legacy of these founders of the 12 Step Program.

Bill relates a story of Dr. Bob telling him, as Dr. Bob was being rolled into surgery on a gurney, "keep it simple Bill" were the words he said. Those were the last words of Dr. Bob to Bill W. Dr. Bob died in that surgery on November 16, 1950.

I shall now try to keep it simple. This is my state of the Region report after one year as your Regional Service Committee Chair.

The Region had its first election of officers in October 2014. The Region is therefore almost 5 years old. Since then we have had one transition of RSC members, have developed our Regional Service Guide, sent members to represent us at two World Service Conferences, successfully submitted materials to the World Service Conference, and are moving forward with further World Service Conference submissions and the financing of delegate and alternate delegate attendance.

The budget has been robust due to a generous contribution of the Monterey Area Family Groups upon disbandment when this region was formed. That bounty has been rolled over year to year but, after financing the Delegate and Alternate Delegate to attend this coming World Service Conference, that bounty will be gone. It appears the Region will only be able to finance one representative to the WSC in following cycles given current income projections and past expenditures.

This Region had 18 groups last July and 17 this July. There were 10 groups in attendance at the 1st Assembly in October 2014 and 13 groups the following year.

The Outreach Subcommittee appears strong in ambition and participation. This young region has definite outreach goals and is continually striving in fine tuning its efforts to maximize those efforts and impacts.

Report from the Chair

July 27, 2019

The Literature Committee is once again producing a product to present to the World Service Literature Committee for possible presentation to the World Service Conference 2022.

The Convention and Events Committee has such enthusiastic participation by volunteer members in preparing for our regional and inter-regional conventions, as well as the Narathons; that I believe it is the strongest indicator of how healthy our region is.

A Technology Service Committee is a standing committee of this region per its Guide to Regional Service. It has just recently become an active committee that can now bolster the efforts of the Region in meeting its goals.

The Assembly is the representation of the Groups. The Regional Service Committee serves the Assembly. My role as Chair is to help accomplish the goals of the Groups as expressed through the Assembly. The most important indicator of those goals is the Annual Budget.

The 2019 budget is where the Assembly determines its priorities for the year. Arnie, our Regional Service Committee Treasurer, has tracked regional expenditures as well as the donations received. The budget can only be changed by the Assembly. This Assembly is the mid-point in the year where a review of the Region's progress can be made and can alter its priorities.

I believe the other trusted servants on the Service Committee as well as I, look forward to the Assembly's deliberations; as those deliberations are the foundation of your guidance to us on the Committee in moving forward to make the Region's goals a reality.

The Guide to Regional Service for the Central California Region is the template upon which we govern our region. It is available to view on our Website and I encourage you to do so.

Thank you for allowing me to be of service. Please feel free to contact me at any time with any comments, concerns, or questions.

Sincerely,

Michael F.

Your Central California Region's Service Committee Chair Person

Treasurer's Report

<p>Central California Region, NFG</p> <p>Treasurer's Report</p> <p>June 1, 2019 through June 30, 2019</p>

June 1, 2019	Balance Forward	\$6,613.17
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Additions

Stairway to Freedom	\$68.60
Sweet Serenity	200.00
Saving Ourselves	90.00
Narathon Income	594.00

Total Deposits:	\$952.60
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Subtractions

Narathon Reimbursement	\$102.17
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Total Subtractions:	\$102.17
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June 30, 2019	Ending Balance	\$7,463.60
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Submitted by: Arnie B.
Treasurer
Nar-Anon Family Groups CCR



Nar-Anon Central California Region 2019 Income Expenses

Starting Cash on Hand	Budgeted	Actual	Remaining
<i>Description</i>			
Cash on hand from December 31, 2018	\$ 6,053.64	\$ 6,053.64	\$ -

Income

<i>Description</i>			
Fundraisers	\$ 1,500.00	\$ 594.00	\$ 906.00
Group Donations	\$ 1,800.00	\$ 1,163.41	\$ 636.59
Total Income	\$ 3,300.00	\$ 1,757.41	

Expenses

<i>Description</i>			
Assembly	\$ 125.00		
Outreach	\$ 500.00		
Travel expense for RSC to assembly and other required meetings	\$ 300.00		\$ 204.12
Postal Services	\$ 82.00		
Checking account expense	\$ 35.00		
Region website expense	\$ 200.00		
Delegate WSC expense (equalized expense and incidentals)	\$ 2,500.00		
Alternate Delegate WSC expense (equalized expense and incidentals)	\$ 2,500.00		
Delegate/Alternate Delegate travel expense to groups	\$ 500.00	\$ 95.88	
Conventions	\$ 500.00		
Events	\$ 300.00	\$ 252.17	\$ 47.83
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	\$ 9,057.00	\$ 348.05	

Ending Cash on Hand

<i>Description</i>	
Prudent Reserve (3 months operating costs)	\$ 515.00
Contingency Fund	\$ 300.00
Estimated cash on hand for December 31, 2019	\$ 1,111.64

Nar-Anon Central California Region 2020 Proposed Budget

Starting Cash on Hand

Notes

Description

Estimated Cash on hand December 31, 2019	\$ 2,000.00	Projected balance adjusted upwards from 2019 budget
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Income

Description

Fundraisers	\$ 1,200.00	Adjusted per 2019 levels (below projected 2019 levels)
Group Donations	\$ 2,000.00	Adjusted per 2019 levels (above projected 2019 levels)
Total Income	\$ 3,200.00	

Expenses

Description

Assembly	\$ 125.00	
Outreach	\$ 500.00	
Travel expense for RSC to assembly and other required meetings	\$ 300.00	
Postal Services	\$ 82.00	
Checking account expense	\$ 35.00	
Region website expense	\$ 200.00	
Delegate WSC expense (equalized expense and incidentals)	\$ 1,250.00	Full amount due to WSO for 2020 WSC
Alternate Delegate WSC expense (equalized expense and incidentals)	\$ 1,250.00	Full amount due to WSO for 2020 WSC
Delegate/Alternate Delegate travel expense to groups	\$ 300.00	Decreased from \$500
Conventions	\$ 300.00	Decreased from \$500
Events	\$ 300.00	
New Meeting Start Up	\$ 300.00	
Donation to WSO	\$ 200.00	Decreased from \$400
Contingency Fund	\$ 300.00	
Prudent Reserve (3 months operating costs)	\$ 515.00	
Total Budgeted Expenses	\$ 5,957.00	

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	\$ 58.00

Delegate's Report

Alternate Delegate Report
Central California Region

My home group is Sharing Experience, Strength and Hope, Friday evenings in Scotts Valley. Regular attendance has dropped with 4 or 5 of us regular in attendance. A number of members are retired and travel frequently. The meeting is healthy in format using CAL. Majority of members are female with one gentleman who attends regularly with his wife. Members are of service to The Camp Recovery Center's Family Program where they share a bit of their Nar-anon experience. 3-5 members from this meeting gather twice a month for a 12 Step Study Group.

Los Gatos Sunday, Faith Lutheran Church was visited once in 2019. There were five of us in attendance. I learned attendance was down from previous years. Some members stopped coming or attend Los Gatos Thursday meeting. Trusted servant Sarah was leading the meeting. I shared information on CCR 2019 Narathon. The meeting followed a healthy format with readings from CAL.

Los Gatos Thursday, Mission Oaks Hospital was visited twice in 2019. Both times there were at least 20 people in attendance. CCR Narathon flyers were provided. Healthy format with readings from CAL. The second visit was a Naranon Speaker meeting.

I attend SOS, Sunday's in Santa Cruz, Sutter Maternity and Surgery Center about once a month. Attendance has risen from early CCR membership to now. The meeting is well attended.

My goal is to expand my meeting visits to include more meetings.

Respectfully submitted,

Teri M.
Alternate Delegate
July 27, 2019

Alternate Delegate

July 21, 2019

Open Service Opportunity

The Region is searching for an Alternate Delegate. This is a great opportunity for someone who wants to meet members from other groups, other states, and other countries. The Alternate Delegate works with the Delegate to make contact with groups throughout the region. In 2020 the Delegate and Alternate Delegate will help groups understand the motions for the 2020 World Service Conference (WSC), collect the votes from the groups, and represent the Region during the 2020 WSC. The 2020 WSC will be held in Torrance, CA from April 30 through May 4, 2020. Travel expenses for the Delegate and Alternate Delegate will be paid by the Region. The Alternate Delegate will work with the Delegate during the WSC and will fill in for the Delegate if the Delegate requests assistance. After the WSC, the Delegate and Alternate Delegate will let groups know what happened during the WSC. The WSC is a fascinating opportunity to meet Nar-Anon members from far and wide. If you feel called to this position or want more information, contact Michael F., Chair@NarAnonCentralCA.org.

Excerpt from
the Guide to
Regional
Services

Technology Services

This subcommittee provides technology infrastructure to the region, areas, groups, and members. It oversees and maintains the region's internet website; email/contacts list; directories; meeting workbook; online calendar; website analytics; phone line; computer support; conference calls; public address systems; recording; and supports the region with new applications and technologies.

Non-Area Affiliated Groups

This subcommittee is comprised of GSRs from groups not associated with an area. The subcommittee's purpose is to provide non-area affiliated groups' representation at the RSC.

The chair provides two-way communication between the groups and RSC. Only GSRs from non-area affiliated groups may vote to elect the subcommittee chair. The subcommittee chair is a GSR from one of these groups.

Ad Hoc Subcommittees

Ad hoc subcommittees may be formed, as needed, by motion and approval of voting RSC members. The purpose of ad hoc subcommittees is to carry out a short-term goal. These subcommittees provide progress reports to the RSC throughout their assignment, including a final report upon the assignment's completion. Reports may be requested by the RSC chair to be submitted between meetings. Ad hoc subcommittees are considered subcommittees which are disbanded upon completion of its goal.

Regional Delegates

Recommended experience for this position is a minimum of two years continuous service as a GSR, experience as alternate delegate, experience as an area or RSC trusted servant, and exposure to service at the world service level. Exposure to the world service level may include observing a WSC or participation on a world service committee. It is important for a delegate to have a mentor, who is a member who has experience in service beyond the group level, who can help them understand and navigate the service structure at the world service level.

A delegate and alternate delegate do not hold office in the area or region. Delegate and alternate delegate are elected to serve for two years. Delegates are elected at the Elections RSA. The term of service begins when the region's bank accepts the transfer of leadership to the newly elected RSC officers. The alternate delegate should be willing to become delegate at the end of the delegate's term. In the event the delegate is unable to fulfill their duties the alternate delegate becomes delegate in an interim capacity and may continue to serve two subsequent full terms.

The delegate and alternate delegate may be reimbursed for travel expenses associated with the service commitment by submitting the *Regional Service Committee Travel Expense Form* (included in the *Forms* section at the end of this guide) to the RSC for approval.

Delegate

Duties:

- Provide two-way communication between region and WSC
- Speak for members, groups, and areas within the region at the world service level
- Attend RSC & RSA, and when invited, area meetings
- May serve on one or more RSC subcommittees, although not as chair
- Contact inactive areas to encourage region participation
- Are a source of information to members, groups, areas, and region regarding Twelve Traditions and Twelve Concepts of Service
- Inform region of the Conference Agenda Report (CAR) when available
- Assist groups in understanding CAR motions to obtain a group conscience
- Obtain region's groups' consciences on CAR motions as guidance to vote at the WSC
- Region's groups give their voice and vote to the delegate on CAR motions and unanticipated matters at the WSC
- Reports WSC results to RSC and RSA for distribution to groups
- Become an active member of one or more world service committees - Budget and Finance, Conference, Literature, Narateen, Newsletter, Outreach, Policy and Guidelines, Website, World Convention, and Human Resource Committee

Alternate Delegate

Duties:

- Perform delegate's duties in delegate's absence
- May assist with delegate's duties
- Attend RSC & RSA, and when invited, area meetings
- May serve on one or more RSC subcommittees, and may serve as chair of an RSC subcommittee
- Attend WSC, upon approval by region and WSO, to familiarize with WSC process
- Become an active member of one or more world service committees

Regional Service Assembly (RSA)

The purpose of the RSA is to support and serve the groups by conducting the business of the region. The RSA is a vital link between groups, areas, and the region.

World Service Conference Documents



GROWTH THROUGH SERVICE

NAR-ANON WORLD SERVICE CONFERENCE 2020

May 1, 2019

TO ALL NAR-ANON REGIONAL CHAIRS, REGIONAL DELEGATES, ALTERNATE DELEGATES, BOARD OF TRUSTEES MEMBERS, WORLD SERVICE COMMITTEE CHAIRS, AND NATIONAL SERVICE OFFICES:

The following information about the Nar-Anon World Service Conference (WSC) 2020 is provided to help your region plan its participation in our eighth WSC, from April 30 through May 4, 2020 in Torrance, California. The theme for the WSC 2020 is *Growth Through Service* and we invite and encourage all Nar-Anon regions worldwide to attend the upcoming conference.

THE WORLD SERVICE CONFERENCE (WSC)

The WSC is the permanent body for the expression of the conscience of the Nar-Anon/Narateen Fellowship through our traditions and concepts of service. It meets every two years in April or May in Southern California. Its membership is composed of regional and alternate delegates, the board of trustees, the WSO executive director, WSO administrative staff, the WSC secretary and the WSC facilitator.

Regional delegates and board of trustee members have voice and vote at the conference. Alternate delegates have voice at the conference, and in the absence of their delegate, they have vote. World service committee chairs, if present, have voice limited to their committee report and questions regarding their committee's activities. The WSO executive director has a voice limited to her report and questions regarding WSO activities. The WSC facilitator conducts the conference business sessions using the Standing Rules of the Conference and Robert's Rules of Order.

THE CONFERENCE AGENDA REPORT (CAR)

The *Conference Agenda Report (CAR)* will be distributed a minimum of 150 days prior to the opening day of the conference. The report contains the Standing Rules of the Conference and the motions that the Nar-Anon Fellowship will consider at the WSC. In order to provide the fellowship with relevant information, the World Service Board of Trustees may include their comments on the *CAR*, including any financial impact that could result if the motion is passed.

Motions submitted to the WSC cannot be substantially the same as motions from the *CAR* that failed at either of the prior two conferences. For WSC 2020, this would include WSC 2016 and WSC 2018. Additionally, there is a moratorium on motions to alter recovery literature for two conference cycles after the literature has been adopted by the conference. A catalog of all motions submitted to or approved at the last two conferences will be available on the World Service website.

Motions submitted for placement in the *CAR* that attempt to change, amend or delete Nar-Anon Family Groups' policies or guidelines shall cite the specific section as part of the motion. It is the responsibility of the maker of the motion to provide all relevant information including the intent and rationale with their motion. Additional information concerning submission of motions can be found in the *Nar-Anon Family Groups' Guide to World Services (GWS)* under **Submitting Motions for Placement in the Conference Agenda Report (CAR)**.



GROWTH THROUGH SERVICE

NAR-ANON WORLD SERVICE CONFERENCE 2020

The *CAR* will be emailed to each delegate and alternate delegate and will be posted on the Nar-Anon World Service website, www.nar-anon.org. All other documents for the WSC 2020 will be provided by email. Hard copies will be available from the Nar-Anon WSO at a price determined by the cost of production and shipping.

CONFERENCE APPROVAL TRACK (CAT)

The *CAT* contains materials defined as non-recovery literature, such as handbooks, outreach literature, project proposals, and other service-related literature. The WSC Committee will distribute *CAT* material for review. The *CAT* does not require presentation to the fellowship in the *CAR* and may only receive conference approval provided the material was sent to the conference participants at least 90 days prior to the WSC.

ATTENDING THE WSC

Delegates and alternate delegates from all regions in the world are welcome to attend the WSC. For a delegate or an alternate delegate to be recognized at the WSC, their region must submit a copy of the minutes verifying election, continued endorsement of the delegate and alternate delegate, or other written confirmation that they were previously elected and that their term will be in effect through the current WSC. A regional or national officer, not the delegate or alternate delegate, must submit the eligibility verification. Any member with voice at the conference or the WSC facilitator may challenge a delegate or alternate delegate's credentials. In the absence of the documentation described above and with approval of the conference, the member may be recognized as a regional representative with voice, but no vote.

Regional chairs and/or national service offices should inform the WSC Committee at wscconference@nar-anon.org of their intention to send delegates and/or alternate delegates by December 31 prior to the WSC. A region may send one delegate and one alternate delegate to the conference. National service offices in countries outside the United States and Canada may determine the number of regions in their countries. World service trustees, world service committee chairs and any other interested Nar-Anon members should inform the WSC Committee of their intention to attend the conference by December 31 prior to the WSC.

Telephone inquiries regarding the WSC should be made to the executive director of WSO, 1-800-477-6291 from the USA and Canada, or 1-310-534-8188 from outside the USA and Canada. Email inquiries should be sent to the WSC Committee, wscconference@nar-anon.org or to the executive director, wso@nar-anon.org.

Yours in service,
WSC Committee
wscconference@nar-anon.org



GROWTH THROUGH SERVICE
NAR-ANON WORLD SERVICE CONFERENCE 2020

WSC 2020 LOCATION AND ACCOMMODATIONS

May 1 - 4, 2020

DoubleTree by Hilton Hotel Torrance – South Bay
21333 Hawthorne Boulevard
Torrance, CA 90503
United States

[DoubleTree by Hilton Hotel Torrance - South Bay](#)

May 1, 2018	WSC 2018 – 2020 cycle begins
June 30, 2019	WSC Committee informs each region of equalized expense amounts
September 4, 2019	Deadline to submit Conference Agenda Report (<i>CAR</i>) motions in draft form
October 14, 2019	Deadline for <i>CAR</i> motions to be in final form
December 3, 2019	<i>CAR</i> available and distributed to regions
December 31, 2019	Deadline to inform WSC Committee of region's intention to participate in WSC 2020 and submissions by each regional treasurer of equalized expense sum Deadline for BOT members and world service committee chairs to inform the WSC Committee of their intention to attend the conference
February 1, 2020	Conference Approval Track (<i>CAT</i>) material available and distributed to regions
March 2, 2020	Deadline for world service committee reports, regional reports and regional assembly minutes showing election or continued endorsement of delegate and/or alternate delegate
April 1, 2020	Agenda for WSC 2020 distributed to all attendees
April 30, 2020	Pre-conference orientation – Torrance, California
May 1 – 4, 2020	World Service Conference 2020 - Torrance, California



GROWTH THROUGH SERVICE

NAR-ANON WORLD SERVICE CONFERENCE 2020

WSC Equalized Expenses

Equalized expenses for the Nar-Anon World Service Conference 2020 are calculated as follows:

For regions within the USA, Canada or Mexico, the equalized expenses are a fixed amount that is charged to regions sending a delegate, alternate delegate or representative. For WSC 2020, the amount will be \$1,950.00 (in U.S. dollars) for each person attending as a delegate, alternate delegate or representative. Each delegate, alternate delegate, and/or representative's travel expenses, shuttle service between the airport and conference hotel, hotel accommodations, meals and conference expenses are paid out of the equalized expense fund. Using this method, a region geographically close to the conference, such as Southern California, will pay the same amount as a region sending a delegate from other parts of the USA, Canada or Mexico.

For regions outside the USA, Canada or Mexico, travel expenses will be the responsibility of the region sending the delegate, alternate delegate or representative. The equalized expenses cost to these regions will be a fixed amount of \$1,450.00 (in U.S. dollars) paid to WSO for each person attending the conference, which will cover shuttle service between the airport and conference hotel, hotel accommodations, meals and conference expenses. Any member of Nar-Anon or Narateen may observe the conference (without voice or vote), at no charge. Local observers may purchase a copy of the conference documents and participate in conference meals at a cost to be determined based on the option selected (documents only, documents plus one or more meals). Please inform the WSC Committee by April 6 2020 if you wish to attend as a local observer without hotel accommodations.

Members of Nar-Anon or Narateen who wish to observe the conference (without voice or vote), stay at the conference hotel and participate in the meals, may do so at a cost of \$1,450.00. This amount will cover shuttle service between the airport and conference hotel, hotel accommodations, meals and conference expenses. Travel expenses are not included. Please inform the WSC Committee by December 31, 2019 if you wish to attend as a non-local observer.

Conference hotel accommodations are based on double occupancy (two guests to a room). Participants may indicate whom they would like to share a room with. Participants wishing to have their own room will be charged an additional \$350.

Meals include Thursday evening hors d' oeuvres, and all meals starting on Friday morning and ending on Monday morning, with the exception of the Saturday evening meal. The conference will adjourn at 4:00 p.m. on Saturday afternoon so the conference participants may have an evening of free time; hence, the Saturday evening meal is the responsibility of the individual attendee.

On Thursday evening, April 30, 2020, there will be a pre-conference orientation meeting. The orientation will include a **presentation and discussion on the Conference Standing Rules, Robert's Rules of Order**, and Conference Procedures. The conference committee strongly recommends that all conference participants attend the introductory meeting

Yours in service,
World Service Conference Committee
wscconference@nar-anon.org



GROWTH THROUGH SERVICE
NAR-ANON WORLD SERVICE CONFERENCE 2020

SUBMITTING MOTIONS FOR PLACEMENT IN THE *CONFERENCE AGENDA REPORT (CAR)*

Motions may originate from any of the following bodies in Nar-Anon:

- Group
- Area Service Committee (ASC)
- Regional Service Committee (RSC)
- National Service Committee (NSC)
- World Service Committee
- National Board of Trustees (NBOT)
- World Service Board of Trustees (BOT)

Motions proposed for placement in the *CAR* originating from a group, ASC, or RSC must be further approved by the regional assembly before submission to the WSC Committee. For countries with a national service conference (NSC), all motions are further approved at their NSC before submission to the WSC Committee.

All motions submitted to the WSC committee must have been approved as follows:

Submitting body:	Approving body:
Regional Service Committee	Regional Assembly
National Service Committee	National Service Conference
National Board of Trustees	National Service Conference
World Service Committee	2/3 of the committee's members
World Service Board of Trustees	2/3 of the board's members

Motions submitted to the WSC cannot be substantially the same as motions from the *CAR* that failed at either of the two preceding conferences. Additionally, there is a moratorium on motions to alter recovery literature for two conference cycles after the literature has been adopted by the conference. A catalog of all motions submitted to or approved at the latest two conferences will be available on the World Service website.

Motions submitted for placement in the *CAR* that attempt to change, amend or delete Nar-Anon Family Groups' policies or guidelines shall include those sections in the motion. It is the responsibility of the maker of the motion to provide information with their motion.

All bodies submitting motions to be included in the *CAR* are required to provide a copy of the Assembly or meeting minutes showing the motion(s) and vote(s) approving the motion(s) by email to the WSC committee at wscconference@nar-anon.org. The validity of any motion in the *CAR* may be challenged by any member with voice at the conference or by the Conference Facilitator. Motion makers should be prepared to provide minutes of their assemblies (RSCs and NSCs) or meetings (WS Committees and the BOT) showing both the motion and the vote for its approval.

Draft motions for placement in the *CAR* shall be submitted by September 4, 2019. Motions are to be submitted in final form to the WSC Committee, wscconference@nar-anon.org, no later than 200 days (October 14, 2019) prior to the opening of the conference. All motions should be clear and concise and shall not include multiple objectives. Justification or rationale explaining the reason for the motion is limited to 150 words. Any motion presented to the Nar-Anon Fellowship for approval will be written in a manner that lends itself to a yes or no vote and is specific to the changes involved to affirm and support this process. Any Nar-Anon body may request assistance from the WSC Committee to compose motions for placement in the *CAR*. WSC motion forms may be found at www.nar-anon.org on the Member Services>World Service Conference page.



GROWTH THROUGH SERVICE
NAR-ANON WORLD SERVICE CONFERENCE 2020
MOTION SUBMISSION FORM

Motion Maker (Region, WS Committee, NSO, or BOT):

Please place an X in the box next to the area(s) to which the motion applies:

Literature ☐

Website ☐

Policy and Guidelines ☐

Narateen ☐

Outreach ☐

Other: ☐

Motion (What is the action being requested?):

Intent (What will this action accomplish?):

Rationale (Why is this desirable?) (Limited to 150 words):

How much time do you estimate this proposal would entail for the service committee that will have to carry this out? Have you contacted the appropriate committee to investigate the time? [

Financial Impact (What will this cost or what income will it generate?):

Date motion approved by submitting body: / /

Date minutes submitted to WSC Committee for conference record: / /

Group Reports

Friday Noon Nar-anon Family Group
Group # 13134
Bridge to Serenity
12 Noon – 1:00 p.m. Friday
Lutheran Church of the Redeemer
4600 El Camino real, Atascadero
July 2019

Meeting History: The Friday Noon Group began meeting in the summer of 2010. There is no record of the exact date of the first meeting. At a business meeting in December, 2015, our group decided on a name: Bridge to Serenity.

Attendance: Our group ranges in size from 4 – 9 people, with at least 5 who currently attend consistently.

Newcomers: Newcomers appear regularly, and with the outreach program we have developed, it expected those number will increase.

Treasurer: Treasurer's report for the last quarter of the year included the following:

- Literature \$145.00
- Donations: \$ 25.00 to the World Service Convention
- GSR Reserve: \$ 60.00
- Prudent Reserve: \$ 60.00
- Account Balance: \$ 153.47

Rent is paid through September, 2019. An annual donation to the World Service Organization in the amount of \$85.00 was made in July, 2019.

Format: All meetings are literature driven. A calendar is maintained with voluntary signups for the weekly Leader position. While it is not mandatory, a suggested literature rotation follows this guide:

- Week #1 Tradition of the Month
- Week #2 Step of the Month
- Week #3 Choice of Conference approved literature (CAL)
- Week #4 Reading from SESH
- Week #5 Guest Speaker Meeting

Group Concerns: Rotation of service has become an issue with some positions extending over a year before a replacement is found. If positions become a burden, a business meeting will be held to resolve the problem.

The group is also working on an outreach program. Materials have been received from the WSO outlining recommended procedures and providing examples of appropriate letters to be sent to doctors, therapists and mental health facilities.

Gratefully in Service, Ethel S.

GSR Report for July 2019 - Candle Light Group of Atascadero, CA

The Candle Light Group is a healthy group with wonderful core members who keep each meeting focused on the 12 Steps and 12 Traditions. Each meeting has between five and twelve people in attendance. We have meaningful discussion after each meeting lasting around ten to fifteen minutes.

We are blessed to be able to meet at the Redeemer Church for only \$20.00 a month. The Candle Light group has \$315.35 in our treasury. We like to pay six months rent at a time with the next payment due in August 2019. Other demands on our funds are purchasing literature, Outreach, and small donations to the Region and WSO.

We have an Outreach program in place and are currently working with Janet to attempt to increase attendance. At this time we are mailing out seven contact letters each week to therapist along with the Affected by a Loved One's Addiction handouts. We also have been invited to have a table for handouts at the International Overdose Awareness Day being held at our local library on August 29, 2019.

In gratitude to those who came before me,

Larry B.

GSR - Candle Light Group

Bakersfield Step Study
Sundays at 1:00 p.m.
Group 131-117

The group began on March 19, 2017. This is a step study workshop. The group uses the Nar-Anon 36 workbook. We typically cover one or two pages in the workbook per week. To keep the meetings relevant to newcomers we typically work steps one through seven and then start over. Members are encouraged to work steps eight through twelve with their sponsor. We are now working step three for the third time.

The group meets in a coffee shop. The shop has agreed that as long as several members buy a coffee or pastry then the other members do not need to buy anything.

Because members are encouraged to buy from the coffee shop - so that we pay our own way - the group has no funds and does not collect a seventh tradition.

The group was given some initial funding by the other Bakersfield group. Those funds were used to buy copies of the Nar-Anon 36. When a group copy of the Nar-Anon 36 is sold, another is ordered so that there are always a few copies to loan or sell to newcomers.

We strive to remain anonymous even while meeting in a public space. We do not use signs or any other indication to show who we are, but most of the workers in the coffee shop know us and send newcomers over to us if the newcomer asks for directions. As with most groups, some newcomers only visit, some stay for a while, and a few have become long time members.

Our workshops have been as small as only two on holiday weekends and as large as ten. We typically have five or six participants.

**Saturday Circle of Hope
Monterey, Ca
TREASURER REPORT**

Period covered is 1/2/2019– 6/30/2019

Previous Balance\$519.00

Collected: 7th Tradition & Literature sold.....\$961.00

Subtotal..... \$1480.00

Disbursed: Rent Paid - 360.00

Literature purchased - 351.00

WSO Donation	- 200.00
------------------------	----------

Region (CCR) Donation . . . - 200.00

<u>Total Expenses.....</u>	-1111.00
----------------------------	----------

Forwarding Balance..... \$ 369.00

NOT included in that balance is:

Prudent Reserve - \$100.00 + GSR Travel Fund -

\$100.00

Monday Night Serenity
Group Report #131-130
Salinas
July 5, 2019

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

Attendance: Meeting attendance decreased over the last nine months from 6-8 to 2-5. Service rotation occurs every three months, with the last rotation taking place in June.

Format: A step is read and discussed during the first week of the month. CAL is read the second and third weeks, and a speaker from Narcotics Anonymous or Nar-Anon is invited to speak the fourth week of the month.

Treasurer's Report: As of July 1, the balance was \$132, not including the prudent reserve (\$150) and GSR funds (\$50).

Successes and Challenges:

- + While service is being fulfilled by a few core members, we are grateful there are two meetings a week in Salinas.
- Some new people attended but most have not returned.

Submitted by: Janet S., GSR

SOS (Saving OurSelves) Nar-Anon Family Group
(Group ID 131-024)
6:30-8:00 PM Sunday
Sutter Maternity & Surgery Center
2900 Chanticleer Avenue
Santa Cruz, CA 95065

July 2019 Assembly Report

Meeting: We meet in the Sutter Room on the first floor of Sutter Maternity & Surgery Center of Santa Cruz. This meeting has been in existence over 14 years and joined the Central California Region in January 2018.

Attendance: Our group attendance has increased slightly during this year, now varying from 5-12 with about 6 semi-regulars.

Newcomers: We have had a few newcomers (~2-4) in the last couple months with some returning fairly regularly.

Format: We have a rotating format incorporating a step week, SESH readings, and new literature & pamphlets. We have incorporated the Nar-Anon CAL 'blue card' readings at the start of the meeting (About Addiction, 12 Steps, 12 Traditions, Keeping Our Meetings Healthy) and rotate the other readings (Just For Today, The Family, Changing Ourselves, Helping) in on a weekly basis.

Donations: So far in 2019, our group has made 3 donations to WSO (\$200 total) and the Central California Region (\$300 total). We also gathered items and donated a basket to the Narathon in June that included a \$50 gift card from the group as well as individual item donations.

Treasury: We currently have approximately \$188.50 in the treasury.

Other Information: It continues to be difficult to get people to sign up for chairing the meeting but we have had people step up to cover the treasurer and literature/keeper of the meeting rolling bag service positions.

Meeting information for both the Scotts Valley and the Santa Cruz meeting is published in the three publications- Scotts Valley Times, Capitola/Soquel Times, and the Aptos Times.

The members that attended the Narathon gave very positive feedback and we have evolved into a pretty healthy meeting over the past year.

In service,
Carole S.
Group Service Representative

Sharing Experience, Strength & Hope

NAR-ANON Central California Region

Group Report 7/27/2019

Meetings: Meets Friday evenings 6:30 – 7:45 PM in the Bison Center at The Camp Recovery Center in Scotts Valley. Speakers from NA or Nar-Anon are featured at the meetings on occasion.

Attendance: Four to six Nar-Anon members attend with regularity. Newcomers find us on the internet, local free publications and through The Camp's Family Education Program.

Service: The meeting does not have a Group Service Representative. Regular rotation of service positions is shared between two or three members. Nar-Anon group members frequently perform outreach at Family Meetings at the Camp Recovery Center facility.

Treasury: The Treasury balance is \$185.12 as of 7/5/19. A new literature order will be placed soon as we recently have sold several items.

Facility: There is no rental fee for use of the meeting space. Donations of Nar-Anon outreach and other literature are made to The Family Education Program.

Step Study: Meets on first and third Saturdays of the month. Usually there are two to four attendees.

Successes: Co-hosted Narathon in Aptos on 6/22/2019 in cooperation with other area groups. This year included work on all 12 steps including critical work on Step 4 as well as group work on the 12 Steps in 12 minutes. Just under \$600 was raised for the region and future events.

Challenges: There has been a decline in attendance recently, mainly due to long-time members who are facing other challenges in their lives.

Respectfully submitted,

Darlene G.

Secretary/Treasurer

“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 1/1/2019 to 6/30/2019

Previous Balance\$115.00

Collected: 7th Tradition & Literature sold + 240.00

***Subtotal....* \$355.00**

Disbursed: Rent Paid - 60.00

Literature purchased - 0.00

WSO Donation - 0.00

Region (CCR) Donation . . . - 0.00

Narathon..... - 50.00

Forwarding Balance..... \$245.00

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

DATED: July 17, 2019

Subcommittee Reports

Outreach Report

Central California Region - **Outreach Subcommittee Report**
July 14, 2019

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. Outreach information is available at www.nar-anon.org/outreach

Upcoming Activities:

- NA's Hospitals & Institutions Pig Roast fundraiser, August 24, 10-4, Sheriff's Posse Grounds, Salinas; This is a free, family event; all are welcome. Service opportunities are available to sit at the Nar-Anon table to carry the message and share meeting directories, etc. Sign-up under events, www.naranoncentralca.org

Recent and Ongoing Activities:

- Seven members serve as the point of contact for speaker panels at 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. Meeting directories and CAL are shared at The Camp (Scotts Valley) and Cottage Residential (Santa Barbara).
- Information was emailed to Monterey County Weekly requesting a free public service announcement.
- Nar-Anon's website and toll-free number have been shared with all 211 contacts in the Region (Santa Clara, Santa Cruz, Monterey, San Luis Obispo, Kern, Santa Barbara and Ventura counties).
- Local (Monterey Bay) meeting information is maintained on the free [Monterey Bay Health and Wellness](#) meetup calendar.
- Individual members are sharing conference approved literature with therapists, doctors, libraries, faith-based organizations, radio stations (public service announcement), and other places in their area where people might be looking for Nar-Anon
- After the Sweet Serenity group conducted its group inventory earlier this year, an interest was expressed to learn more about Outreach. Outreach chair and a member attended a meeting in May on Outreach, shared experience, strength and hope, and made some literature available.

Opportunity:

Bilingual (English-Spanish) members are needed to expand Outreach to the Spanish-speaking community. No response has been received through Take-Back-To-Meeting requests.

Meeting Time: The subcommittee meets most months, depending on the level of activity. Recurring meeting time is the fourth Tuesday of the month via conference call, 8:00 – 9:00 PM. Participation has grown since the last Assembly and includes members from Santa Barbara to Scotts Valley/Gilroy.

Contact:

Janet S., 831-595-0915, Outreach@NarAnonCentralCA.org

Submitted by: Janet S., Outreach subcommittee chair

Literature Report

**CCR Literature Subcommittee Report
July 7, 2019**

The Literature Subcommittee meets monthly on Sunday mornings on Skype from 8:30-9:30. The Sundays vary and are set by group conscience. We have increased from five to six active members, with a minimum of three members to conduct a meeting.

Over the past six months, we have participated in giving feedback on the Traditions Booklet for Traditions 7-10. Most of our efforts have been the development of our current project given to us by the World Service Literature Committee, the Addiction in Marriage project. We distributed questionnaires throughout the Central California Region, and we also received responses from Southern California and High Desert Regions, bringing a total of eight completed questionnaires, and we are very grateful to all the members who so freely shared their experiences with us. WS Literature Committee informed us that our project will not be considered at the 2020 World Service Conference, so our subcommittee is currently compiling the responses to write the body of the project. It will most likely be similar in format to Men's Experience, Strength, and Hope, which is now available for sale from Nar-Anon.

Our next Skype meeting is scheduled for August 4 at 8:30. For questions, please contact me at ruthkellogg@aol.com.

Gratefully submitted,

Ruth K.

Conventions & Events Report

Conventions and Events Subcommittee

July 21, 2019

2019 Nar-Anon Central California Region Narathon Recap

On Saturday June 22nd, the Central California Region put on the 2019 Narathon in Aptos. This year was an intimate Workshop on the Steps. Recovery included work on all 12 steps including critical work on Step 4 as well as group work on the 12 Steps in 12 minutes. The 35 attendees dug in to effective recovery as well as making just under \$600 for fundraising for our budget and future events. Many thanks to the Narathon Committee for a job well done!

2020 Monterey Bay Convention Subcommittee Meetings

All members and GSRs are invited to the monthly planning sessions from 10:15 to 10:45 after the Monterey Circle of Hope Meeting at St Tim's on Soledad Street in Monterey. If you cannot attend in-person, participation via FreeConferenceCall will be offered. The conference call information is below.

Dial-in number (US): (605) 313-5724

Access code: 163529#

International dial-in numbers: <https://fccdl.in/i/marmarodo>

Online meeting ID: marmarodo

Join the online meeting: <https://join.freeconferencecall.com/marmarodo>

For the next meeting date and / or if you have questions, please contact Mary O. at (831) 402-6452, or marmarodo@gmail.com.

2020 Vision for Serenity

Nar-Anon Convention of the Central California Region

January 17 – 18, 2020

Monterey Conference Center

One Portola Plaza

Monterey CA 93940

(In cooperation with Monterey Bay Convention of NA)

For questions, please contact

Mary at marmarodo@gmail.com



Technology Services Report

The CCR Technology Committee held our first committee meeting on Monday, 15 July, 2019. We meet by phone.

Our next committee meeting will be on **Monday, 12 August at 6:00 p.m.**

If you are interested in joining the conference call, either use the FreeConferenceCall application and enter MeetingID robert8694, or call 1-515-606-5410 and enter Access code 413555#.

The committee is responsible for the technology used within the region including:

- Website - <https://www.naranoncentralca.org/> - (Squarespace)
 - Public information about Nar-Anon
 - Meeting Directory as text, and as a PDF
 - Meeting and event calendar
 - Maps to meetings which is generated from a spreadsheet version of the meeting directory
 - Analytics regarding website traffic
- Email
 - Outbound we have about 55 subscribers in the main service - (MailChimp)
 - Emails also go outbound via a second service - (Yahoo)
 - Inbound email for Chair, ViceChair, Secretary, Treasurer, LitCom, and Outreach - (Zoho)
- File archives
 - Currently in Yahoo
 - We also use tools to convert files - such as generating the tools used to generate this agenda
- Conference bridge assistance - when a committee requests assistance
 - Skype for this Assembly
 - FreeConferenceCall for the RSC, LitCom, and TechCom
- Sound and recordings for events - such as the recent Narathon and the 2020 Monterey Convention

Ongoing work:

- Will work on implementing Stripe payment processing if it is approved in this Assembly
- Working to create a report on the benefits of moving from Yahoo to Google for file storage

Nar-Anon Central California Website

July 21, 2019

<https://www.NarAnonCentralCA.org>

NAR-ANON FAMILY GROUPS IN CENTRAL CALIFORNIA - HOPE AND HELP FOR FAMILIES AND FRIENDS OF ADDICTS



[HOME](#)

[ABOUT NAR-ANON](#)

[MEETINGS](#)

[CALENDAR](#)

[MEMBER SERVICES](#)

[CONTACT](#)

WELCOME TO NAR-ANON FAMILY GROUPS

Nar-Anon is a world-wide fellowship for those who are affected by someone else's addiction. Whether the addict is using or not, Nar-Anon offers hope and recovery to all people affected by the addiction of a loved one or friend. [Learn more...](#)

Meeting Changes and Updates

Please check for the latest meeting updates. [More Information...](#)

NAR-ANON CALIFORNIA NEWS AND EVENTS

July Take Back to Meeting Posted!

Group Service Representatives are encouraged to read these announcements during the announcements portion of the meeting. [More information...](#)

Next Assembly is July 27

All GSRs and interested members are encouraged to attend the Nar-Anon Central California Region Assembly in Atascadero on Saturday, July 27. [More information...](#)

Outreach Service Opportunity

The Monterey NA 34th Annual H & I Pig Roast will be held on Saturday, August 24, 2019. Members are needed for the outreach table. [Sign-up online...](#)

CENTRAL CALIFORNIA MEETINGS

Today [←](#) [→](#) **Saturday, July 20** ▾

Saturday, July 20	
9:00am	Monterey - Circle of Hope
10:00am	Outreach Speaker Opport
6:00pm	Simi Valley NFG - Step Si
7:30pm	Simi Valley Nar-Anon Fan

Sunday, July 21

1:00pm	Bakersfield Step Study
6:30pm	Santa Cruz - Saving OurS
7:00pm	Los Gatos - Peace and St

Monday, July 22

6:30pm	Salinas - Monday Night S
6:30pm	Seaside - Monday Nite Mi

Tuesday, July 23

6:00pm	Atascadero - Candle Ligh
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Events shown in time zone: Pacific Time - Los Angeles [Google Calendar](#)

[ABOUT NAR-ANON](#) | [MEETINGS](#) | [CALENDAR / EVENTS](#) | [MEMBER SERVICES](#) | [CONTACT](#) | [ACCESSIBILITY](#) | [WEBSITE POLICY](#)

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WEB PAGE SATISFIES ALL THE LEVEL A SUCCESS CRITERIA FOR WEB CONTENT ACCESSIBILITY GUIDELINES 2.0.

CCR Website Analytics 2019/2018 Comparison

Jan 1, 2019 - Jul 19, 2019
Compare to: Jan 1, 2018 - Jul 19, 2018

All Users
+0.00% Sessions

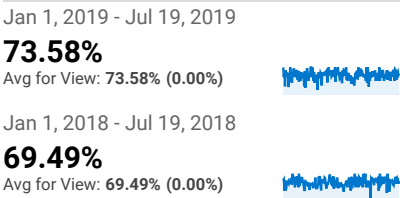
Visits



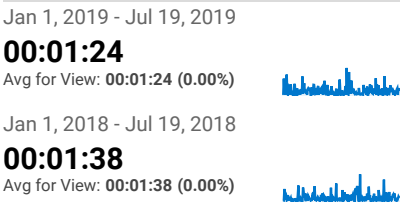
Pages / Visit



Bounce Rate



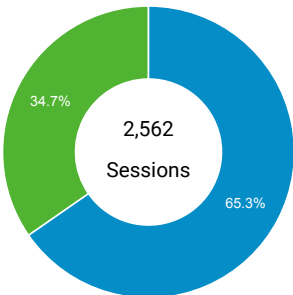
Avg. Visit Duration



Visits by Visitor Type

New Visitor Returning Visitor

Jan 1, 2019 - Jul 19, 2019



Jan 1, 2018 - Jul 19, 2018

Most Popular Pages

Page	Pageviews	Unique Pageviews
/		
Jan 1, 2019 - Jul 19, 2019	1,099	902
Jan 1, 2018 - Jul 19, 2018	979	773
% Change	12.26%	16.69%
/meetings/meeting-list		
Jan 1, 2019 - Jul 19, 2019	591	513
Jan 1, 2018 - Jul 19, 2018	60	57
% Change	885.00%	800.00%
/meetings/meeting-list/		
Jan 1, 2019 - Jul 19, 2019	225	202
Jan 1, 2018 - Jul 19, 2018	597	524
% Change	-62.31%	-61.45%
/member-services/take-back-to-meeting/		
Jan 1, 2019 - Jul 19, 2019	224	208
Jan 1, 2018 - Jul 19, 2018	186	163
% Change	20.43%	27.61%
/member-services/regional-assembly		
Jan 1, 2019 - Jul 19, 2019	214	180
Jan 1, 2018 - Jul 19, 2018	169	142
% Change	26.63%	26.76%

Most Popular Landing Pages

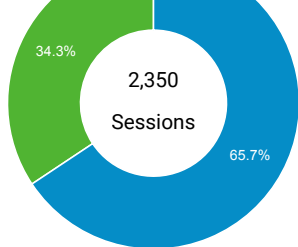
Landing Page	Sessions
/	
Jan 1, 2019 - Jul 19, 2019	834
Jan 1, 2018 - Jul 19, 2018	699
% Change	19.31%
/meetings/meeting-list	
Jan 1, 2019 - Jul 19, 2019	405
Jan 1, 2018 - Jul 19, 2018	7

Most Popular Referrers

Full Referrer	Sessions
(direct)	
Jan 1, 2019 - Jul 19, 2019	1,135
Jan 1, 2018 - Jul 19, 2018	814
% Change	39.43%
google	
Jan 1, 2019 - Jul 19, 2019	938
Jan 1, 2018 - Jul 19, 2018	1,085
% Change	-13.55%
nar-anon.org/other-sites	
Jan 1, 2019 - Jul 19, 2019	97
Jan 1, 2018 - Jul 19, 2018	0
% Change	100.00%
naranoncalifornia.org/	
Jan 1, 2019 - Jul 19, 2019	91
Jan 1, 2018 - Jul 19, 2018	74
% Change	22.97%
bing	
Jan 1, 2019 - Jul 19, 2019	86
Jan 1, 2018 - Jul 19, 2018	79
% Change	8.86%

Most Popular Keywords

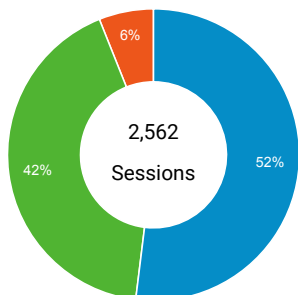
Keyword	Sessions
(not set)	
Jan 1, 2019 - Jul 19, 2019	1,485
Jan 1, 2018 - Jul 19, 2018	1,138
% Change	30.49%
(not provided)	
Jan 1, 2019 - Jul 19, 2019	987
Jan 1, 2018 - Jul 19, 2018	1,182
% Change	-16.50%
centralcalifornianaranon	
Jan 1, 2019 - Jul 19, 2019	16
Jan 1, 2018 - Jul 19, 2018	0
% Change	100.00%



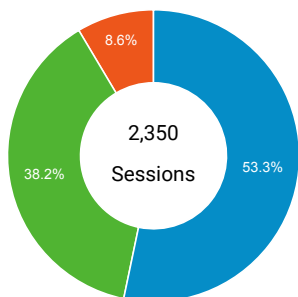
Visits by Device Category

■ desktop ■ mobile ■ tablet

Jan 1, 2019 - Jul 19, 2019



Jan 1, 2018 - Jul 19, 2018



% Change

5,685.71%

centralcoastnaranon

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

Jan 1, 2019 - Jul 19, 2019

12

Jan 1, 2019 - Jul 19, 2019

196

Jan 1, 2018 - Jul 19, 2018

0

Jan 1, 2018 - Jul 19, 2018

129

% Change

100.00%

<https://www.naranoncentralca.org/calendar/events/narathon2019>

% Change

51.94%

/meetings/meeting-list/

Jan 1, 2019 - Jul 19, 2019

5

Jan 1, 2019 - Jul 19, 2019

185

Jan 1, 2018 - Jul 19, 2018

0

Jan 1, 2018 - Jul 19, 2018

418

% Change

100.00%

% Change

-55.74%

/member-services/regional-assembly

Jan 1, 2019 - Jul 19, 2019

112

Jan 1, 2018 - Jul 19, 2018

124

% Change

-9.68%

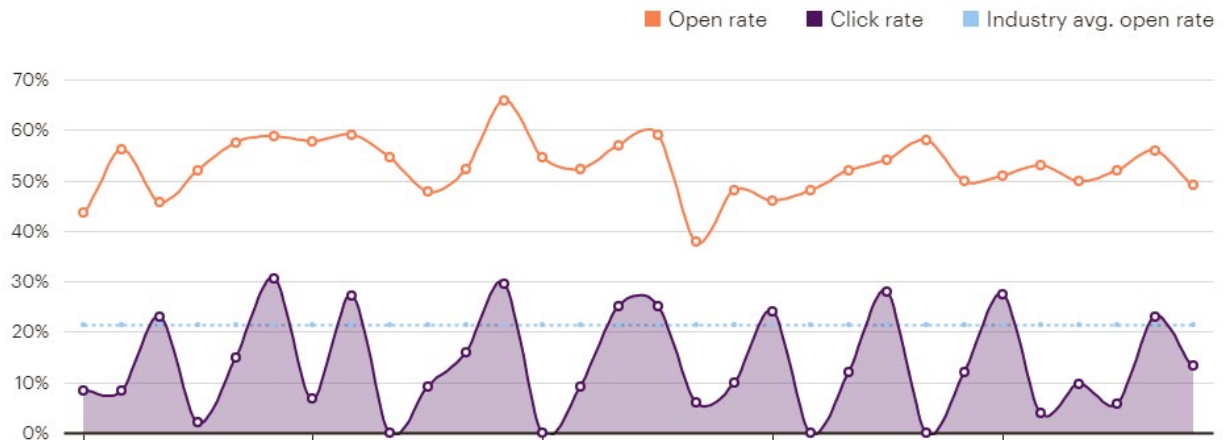
MailChimp Report

July 21, 2019

Your audience has **68** contacts. **52** of these are subscribers.

Overview

Revenue



Engagement

Email marketing engagement

Your subscribers, broken down by how often they open and click your emails.

46% Often
Your percentage of subscribers who are highly engaged and often open and click your emails.

8% Sometimes
Your percentage of subscribers who are moderately engaged and sometimes open and click your emails.

44% Rarely
Your percentage of subscribers who are not very engaged and rarely open and click your emails.

Top locations

Based on your contact's IP address when they interact with your **emails and signup forms**.

1. Monterey, CA
USA
2. Santa Cruz, CA
USA
3. Salinas, CA
USA
4. Seaside, CA
USA
5. Atascadero, CA
USA

Supporting Documents

CCR CC Processing Online

July 21, 2019

It is feasible for the CCR to take online credit card payments. Implementing online payments, through the CCR website, might allow contributions from members, like the WS website (<https://nar-anon-webstore.myshopify.com/products/donate-to-nar-anon>), and payments, possibly for convention registrations or sales of CDs from conventions.

Points of Information

- The CCR would use the same Employer Identification Number (EIN) as WSO to create the account.
- The CCR would use Strip to process payments, the same credit card processor WSO uses.
- There are no setup fees, no monthly, or annual fees.
- Strip charges 2.9% of the amount processed, plus 30¢ per successful transaction.
- SquareSpace charges an addition 3% of the amount.
- Example: on a \$10 charge, the fees would be \$0.89 (29¢ (2.9% Strip) + 30¢ (30¢ Strip) + 30¢ (3% SquareSpace)).
- Strip will deposit funds, minus service charges, directly into the CCR checking account.
- In order to process credit cards in person, for example at a convention, the region would need to purchase a device to read credit cards. Strip will support the BBPOS Chipper 2X BT card reader that can be connected to an iOS or Android device. This option is not available at this time. The cost is expected to be \$59.00 for the card reader hardware. Stripe will have a separate fee for processing through the reader, which will be 2.7% + 5¢.

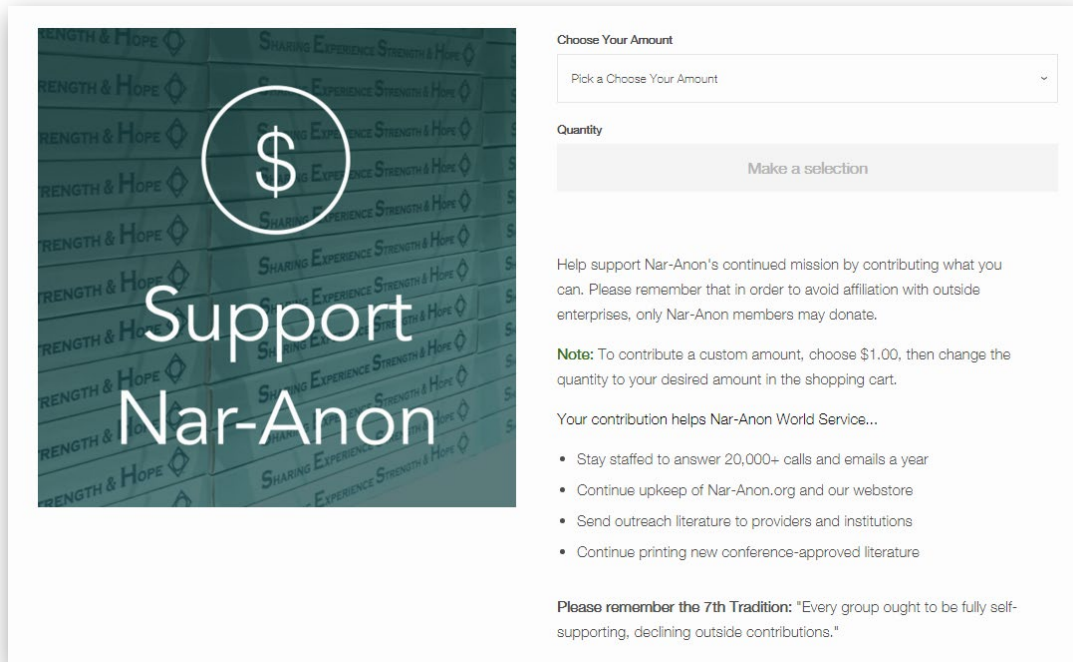
Online Donation Example

The Nar-Anon World Service website takes donations online. The following example is similar to how the process to make a donation might work on the Central California website.

First, a web page with a donation form can be added to the CCR website (see below).

CCR CC Processing Online

July 21, 2019



Support Nar-Anon

Choose Your Amount

Pick a Choose Your Amount

Quantity

Make a selection

Help support Nar-Anon's continued mission by contributing what you can. Please remember that in order to avoid affiliation with outside enterprises, only Nar-Anon members may donate.

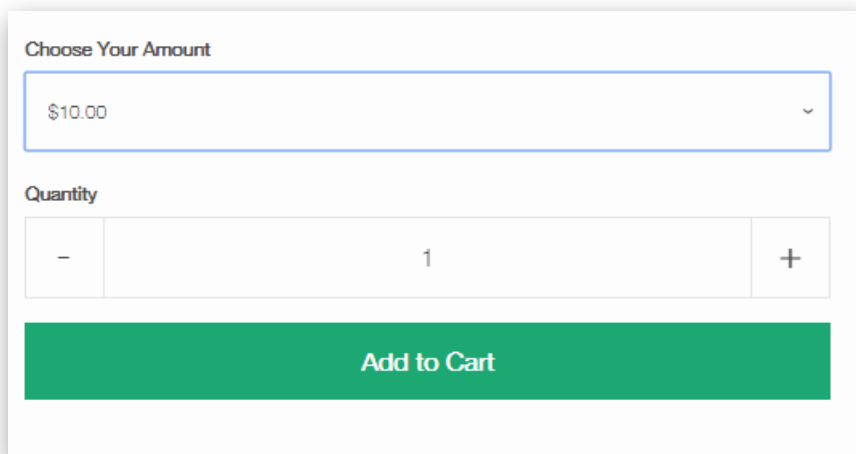
Note: To contribute a custom amount, choose \$1.00, then change the quantity to your desired amount in the shopping cart.

Your contribution helps Nar-Anon World Service...

- Stay staffed to answer 20,000+ calls and emails a year
- Continue upkeep of Nar-Anon.org and our webstore
- Send outreach literature to providers and institutions
- Continue printing new conference-approved literature

Please remember the 7th Tradition: "Every group ought to be fully self-supporting, declining outside contributions."

Members would choose an amount to donate and click on the "Add to Cart" button (see below).



Choose Your Amount

\$10.00

Quantity

- 1 +

Add to Cart

The Cart is then presented to the member where the member confirms the amount and clicks on the "Check Out" button to complete the transaction (see below).

CCR CC Processing Online

July 21, 2019

Your Cart

\$

Support Nar-Anon

Contribute to Nar-Anon

\$10.00

✕ Remove

Price

\$10.00

QTY

-

1

+

Total

\$10.00

Subtotal

\$10.00

Special instructions for seller

Check Out

The actual CCR donation form may look different from this example.

Chipper™ 2X BT

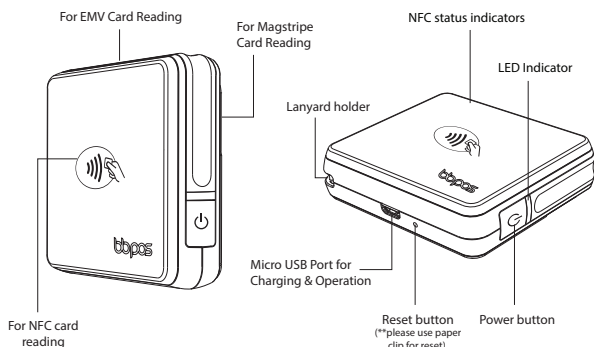
Advanced mPOS Design Integrating *Bluetooth®* Magstripe, EMV and NFC Card Reading Functions



Support Operating System:
iOS, Android, Windows Phone 8, MS Windows

www.bbpos.com

Index & Accessories (Fig.1)



Package Contents

Device	X1
USB cable	X1
Lanyard	X1
Quick Start Guide	X1

Application Download & Installation

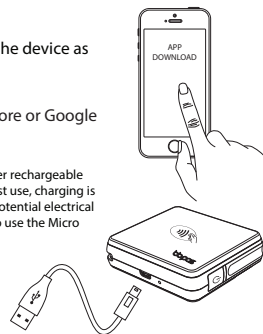
This device can support either iOS & Android.

1. Please download the official application from app stores before operation .
2. Please follow app instructions to register and login for proper operation.
3. For any questions, please contact the official application developer.

Quick Start Procedures

STEP 1

Connect Micro USB charging cable to charge the device as shown to the right.



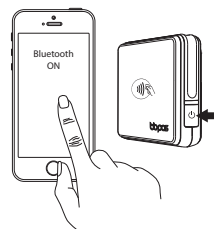
Download the official application from APP Store or Google Play Store.

**** Chipper™ 2X BT is powered by an internal Lithium Polymer rechargeable battery pack that cannot be removed or replaced. Before first use, charging is required for approximately two to three hours. To prevent potential electrical damage to the Chipper™ 2X BT, please be recommended to use the Micro USB cable provided with the packaging only.****

STEP 2

Turn on the device pairing function of your smartphone/tablet. Then, press "ON" to turn on the Chipper™ 2X BT.

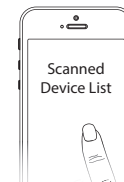
**** Please ensure that Bluetooth® function of your smartphone/tablet is ON before device pairing.**



Quick Start Procedures

STEP 3

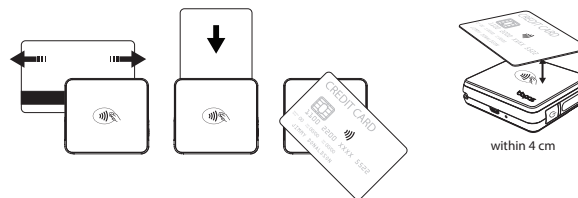
Select Chipper™ 2X BT in the Scanned Device List on your smartphone/tablet. Then, your Chipper™ 2X BT is connected and green LED will ON.



STEP 4:

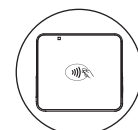
You can follow your application instruction to start the transaction process, then swipe, insert or tap card to complete the transaction.

**** If you pay via swiping card or inserting EMV IC card, please ensure that the magstripe or EMV chip of the card is facing the right direction. If you pay using NFC card, please ensure you tap the NFC payment card within 4cm range on top of the NFC marking.**



NFC Status indicators

First LED ON



Ready for tapping card

LEDs ON in consecutive order



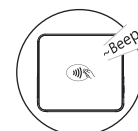
Reading card information

4 LEDs ON + "BEEP"



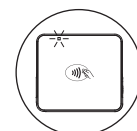
Card reading process successfully completed

"BEEP"



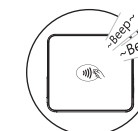
Transaction completed

First LED flashing



Standby mode

2 "BEEP"s



Error, please retry

Cautions & Important Notes

- Ensure the device is fully charged before use.
- Please ensure magstripe/ EMV chip of the card is facing the right direction when swiping or inserting card.
- The NFC card should be tapped within 4 cm range on top of the reader mark.
- Don't drop, disassemble, tear, open, crush, bend, deform, puncture, shred, microwave, incinerate, paint or insert foreign object into the device. Doing any of which will damage the device and void the Warranty.
- Don't immerse the device into water and place near washbasins or any wet locations. Don't spill food or liquid on the devices. Don't attempt to dry the device with external heat sources, such as microwave or hair dryer. Don't use any corrosive solvent or water to clean the device. Recommend using dry cloth to clean the surface only.
- Don't use any sharp tools to point the internal components, connectors or contacts, doing which may lead to device malfunction and void the Warranty simultaneously.

Product Specifications

Functions	• EMV chip card reader (ISO 7816 compliant class A, B, C card) • Magnetic stripe card reader dual track (track 1 & 2) • NFC Card Reader (EMV contactless, ISO 14443A/B) • Over-the-air firmware update • Over-the-air key update
Communication Interface	Bluetooth® 4.0, USB
Power & Battery	Lithium polymer rechargeable battery 650mAh, 3.7V
Charging	Via micro USB
Swipe Speed	15cm/sec – 100cm/sec
LED Indicator	All LEDs off - button release to power down Red LED on - device starting up / Charging battery Red LED off - fully charged Red LED flashing - low battery / Critical low battery Blue LED on - bluetooth is connected Blue LED flashing - standby mode / waiting for connect bluetooth or bluetooth is disconnected
NFC LED Indicator	Connecting with POS terminal - First LED flashing Ready for NFC Reading – First LED on Success Reading – 4 LEDs on in consecutive order Transaction Completed – One “BEEP” sound Errors – Two “BEEP” sound Power off – All LEDs off
Key Management	DUKPT, MK/SK
Encryption Algorithm	TDES
Support Operating System	Android 2.1 or above iOS 6.0 or above Windows Phone 8 MS Windows
Product Size	66.6 x 59.7 x 18.5mm / 2.62 x 2.35 x 0.73inch (approx.)
Product Weight	67g / 2.36oz (approx.)
Operating Temperature	0°C – 45°C (32°F – 113°F)
Operating Humidity	Max 95%
Storage Temperature	-20°C – 55°C (-4°F – 131°F)
Storage Humidity	Max 95%
Sticky Pad	Removable adhesive
Sticky Pad Size	46.6 x 38mm / 1.84 x 1.50inch (approx.)

Troubleshooting

Problems	Recommendations
Device cannot be paired	• Please press the power on button to restart your device. • Please check if you can find the device's "Serial Number" (Shown on the back of device) in the "Scanned Device List" of your smartphone or tablet.
Device lost the connection with your smartphone or tablet when the device is auto-off.	• Please press the power on button to turn on the device again. The device will automatically connect with your smartphone or tablet again. • The device may be at lower battery level, please use the USB cable to recharge it, then retry. • Please ensure the device or smartphone/tablet is within the reception range.
Device does not work with your phone or tablet	• Please ensure the <i>Bluetooth®</i> function of your smartphone or tablet is turned on. • Please check the version of your operating system is supported for this device's operation.
Device cannot read your card successfully	• Please press the power on button to turn on the device again. The device will automatically connect with your smartphone or tablet again. • The device may be at lower battery level, please use the USB cable to recharge it, then retry. • Please ensure the device or smartphone/tablet is within the reception range. <i>Swiping or inserting card</i> • Please check if the device has power when operating and ensure devices are connected. • Please check if the application instructs to swipe, insert or tap card. • Please ensure that there is no obstacle in the card slots. • Please check if the magstripe or chip of the card is facing the right direction when swiping or inserting card. • Please ensure that your phone/ tablet is a supported model for this device's operation. • Please swipe or insert card with a more constant speed. <i>Tap Card</i> • Please check if your card supports NFC payment. • Please ensure if your card is placed within 4 cm range on top of the NFC marking. • Please take out your NFC payment card from wallet or purse for payment to avoid any interference.
Device has no response	• Please use a paper clip to press the reset button at the bottom for reboot.

Warranty

- Any damage or defects caused by a failure to follow the instruction which relate to this device or as the result of an accident, abuse, misuse, misapplication, product modification, improper voltage or current, acts of God, shipping damages or loss, or damage caused by service performed by anyone other than our company are expressly excluded from the warranty stated below.
- We are not under any obligation to support the device for all operating environments, including but not limited to, interoperability with all current and/ or future versions of software or hardware.
- Please contact the dealer for any warranty or customer support services. Any repair of the device by yourself will void the Warranty.

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimetres between the radiator and your body.

FCC Caution Statements:

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimetres between the radiator and your body.

Need Help?

E: sales@bbpos.com | T: +852 3158 2585

bbpos

Room 1903-04, 19/F, Tower 2, Nina Tower, No. 8 Yeung Uk Road, Tsuen Wan, Hong Kong
www.bbpos.com

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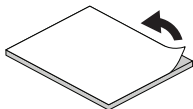
Revise v4 / 20180403



How To Install Sticky Pad On Device

STEP 1

The sticky pad is a removable adhesive. The white side is release paper, whilst the other side is transparent release film. Pull out the white release paper of stickers.



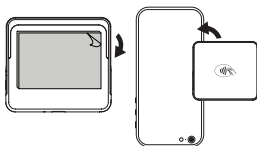
STEP 2

Then, stick the sticky pad on the back of Chipper™ 2X BT.



STEP 3

Then, pull off the other side of the transparent release film and paste it on your smartphone/tablet.



How To Clean The Sticky Pad

The sticky pad can be pasted an unlimited number of times and removed easily without leaving marks on the surface. Wipeout the dust by wet towel if it is dirty.

A brief history of the Western Regions Convention of Nar-Anon Family Groups

This brief history is being distributed to help members understand the event that is being planned for February 2020 in Bakersfield California. This event has grown from a simple outreach effort into a multi-regional event bringing members from throughout the southwest together. The hope is that we might expand our circle in 2020 to include members from the western part of North America.

History

- 2013 Simple outreach table coordinated by Scott N. from Santa Barbara and Cathy K from WSO.
- 2014 First multi-regional event coordinated by the Southern and Northern California regions. There was outreach on Friday and Saturday, speakers on Saturday, and a multi-regional business meeting on Saturday night.
- 2015 Southern, Northern, and Central California shared in the planning with outreach on Friday and Saturday, speakers on Saturday, and a multi-regional business meeting on Saturday.
- 2016 The theme for this event was service. Southern, Northern, and Central California shared in the planning with outreach on Friday and Saturday, speakers on Saturday, and a multi-regional business meeting on Saturday. Each of the speaker panels discussed a service topic. The business meeting focused on the topic of outreach.
- 2017 The theme for this event was the steps. Southern, Northern, and Central California did the planning. Members from Baja California and the High Desert Region also participated. The outreach, speakers, and business meeting were all scheduled similarly to the prior year. The business meeting began with each member being asked to participate in a "Twelve Steps in Twelve Minutes" exercise led by Duncan with a focus on applying the steps within our service.
- 2018 The theme this year was service. Southern, Northern, Central, Baja California, and the High Desert Region all participated. The format was similar to prior years with the addition of a step study meeting on Sunday.
- 2019 The theme this year was the Twelve Traditions. Southern, Northern, Central California, and the High Desert Region participated. The format was similar to prior years with the addition of an open share meeting on Friday and a step study meeting on Sunday.

Participation

In the early years, there was an effort to increase attendance by making the sessions attractive to both Nar-Anon and NA members. In 2016 there was a significant drop in attendance. After checking with members, it seems that the shift from a bias toward entertainment over to a focus on education changed the appeal of the event. Members said they had been willing to travel for the fun of listening to exciting stories, but did not think it worthwhile to go that far too just hear about steps, sponsors, and service. This shift has been discussed in several of the multi-regional business meetings.

In the 2019 multi-regional business meeting a suggestion was made that this event may be a unique opportunity to fill an unmet need in Nar-Anon by becoming a workshop servicing the western part of North America. Members talked about including Southern, Northern, Central, Baja California, High Desert (Nevada, Utah, part of Arizona), Pacific Northwest (Oregon, Washington), Rocky Mountain (Colorado), and unincorporated groups in Arizona in the 2020 event.

2020

The four southwest regions have been asked to consider how to proceed:

- Should the Bakersfield groups run the event - alone, without regional assistance?
- Will each of the four southwest regions vote to participate?
- Should an invitation be extended to the additional regions in western North America, listed above?
- If participation is expanded, perhaps an invitation can also be extended to British Columbia.

Contact us via email to WRCNFG@nar-anon.org. Or visit our website at: <https://sites.google.com/nar-anon.org/wrcnfg>.

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: _____

**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: _____

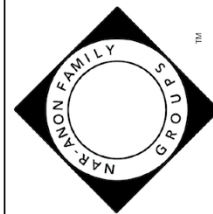
Make check or money order payable to: **Nar-Anon Family Groups - WSO**

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

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

BAKERSFIELD

Dagny's Coffee
1600 20th Street
Bakersfield, CA 93301
Sundays, 1:00 PM

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

SIMI VALLEY

United Methodist Church of the Covenant
2394 Erringer Road
Simi Valley, CA 93065

Meets in Room 8; Step Study 6:00 PM.

Saturdays, 7:30 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 6/24/2019

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