

Agenda

CCR Assembly

Friday, January 17, 2020 from 6:00 PM to 9:00 PM PST
Monterey Conference Center

RSC Officers and Delegates in Attendance

Chair:	Michael F.	Secretary:	Scott N.
Vice Chair:	<i>position vacant</i>	Delegate:	Teri M.
Treasurer:	Arnie B.	Alternate Delegate:	J.T. W.

Groups Represented

Group	GSR Name	Group	GSR Name
Atascadero, Tuesday ⁽¹³¹⁻⁰³³⁾		Monterey, Tuesday ⁽¹³¹⁻⁰²⁸⁾	
Atascadero, Friday ⁽¹³¹⁻⁰³⁴⁾		Monterey, Saturday ⁽¹³¹⁻⁰²⁹⁾	
Bakersfield, Sunday ⁽¹³¹⁻¹¹⁷⁾		Salinas, Monday ⁽¹³¹⁻¹³⁰⁾	
Camarillo, Tuesday ⁽¹³¹⁻¹¹²⁾		Salinas, Thursday ⁽¹³¹⁻⁰³⁰⁾	
Carmel, Wednesday ⁽¹³¹⁻⁰⁷⁵⁾		Santa Barbara, Friday ⁽¹³¹⁻⁰⁶⁶⁾	
Gilroy, Thursday ⁽¹³¹⁻⁰⁰⁹⁾		Santa Cruz, Sunday ⁽¹³¹⁻⁰²⁴⁾	
Hollister, Thursdays ⁽¹³¹⁻¹³⁸⁾		Scotts Valley, Friday ⁽¹³¹⁻⁰²⁵⁾	
Los Gatos, Sunday ⁽¹³¹⁻⁰¹¹⁾		Seaside, Monday ⁽¹³¹⁻⁰³¹⁾	
Los Gatos, Thursday ⁽¹³¹⁻⁰¹⁰⁾		Simi Valley ⁽¹³¹⁻⁰⁶⁸⁾	

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	<i>position vacant</i>	Ad Hoc Elections	Michael F.

Quorum Summary

Total Groups	Registered Groups	Current Quorum
18		

Agenda Summary

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

6:00 PM to 6:15 PM

A) Resolve Free Conference Call issues

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

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

6:15 PM to 6:20 PM

- A) A motion is requested to approve minutes for the Assembly of July 27, 2019.
See the Draft Minutes of Previous Assembly section of this packet
- B) A motion is requested to approve minutes for the Special Elections Assembly of September 4, 2019.
See the Draft Minutes of Previous Assembly section of this packet

3. RSC Reports

6:20 PM to 7:00 PM

- A) Chair Report – Michael F.
See Regional Chair's Report section of this packet
Michael will present a brief oral report.
- B) Treasurer – Arnie B.
See Regional Treasurer's Report section of this packet
Arnie will give an oral presentation of the state of the Region's budget and will take questions.
 - i) A motion is requested to amend carry over funds in the amount of \$4,310.59 from the 2019 to the 2020 calendar year budget.
This is an amendment to a motion approved at the July 2019 Assembly.
 - ii) A motion is requested to amend the 2020 adopted budget.
This is an amendment to a motion approved at the July 2019 Assembly.
- C) Delegates – Teri M. and J.T. W.
See Delegates Report section of this packet
Teri and J.T. will give an oral presentation of the state of the Regions' groups.
Teri and J.T. will give an oral presentation of the CAR and will take questions.

4. Recess

7:00 PM to 7:15 PM

5. Reconvene

7:15 PM to 7:20 PM

- A) Roll Call

6. Group Reports

7:20 PM to 8:00 PM

- A) Group Reports – GSRs

See Group Reports section of this packet

Each group service representatives will be invited to give brief oral presentation of status, challenges, and successes of their groups followed by questions.

7. Subcommittee Reports

8:00 PM to 8:45 PM

- A) Ad Hoc Elections Subcommittee – Michael F.

See Committee Reports section of this packet

- i) A motion is requested to confirm Michael F. as Ad Hoc Elections Subcommittee chair.

Michael will give an oral presentation and will take questions regarding the election process outlined in the attached report.

- ii) The Ad Hoc Elections Subcommittee requests a motion to hold an elections RSA at this coming 2020 Elections Assembly. The motion is to elect the RSC chair, secretary, treasurer, delegate and alternate delegate following process and procedures detailed in the GRS under Elections RSA's.

- B) Outreach – Janet S.

See Committee Reports section of this packet

Janet will give an oral presentation and will take questions.

- C) Literature – Ruth K.

See Committee Reports section of this packet

Ruth will give an oral presentation and will take questions.

D) Conventions / Events – Scott C.

See Committee Reports section of this packet

Scott will give an oral presentation and will take questions.

E) Technology Services – Robert P.

See Committee Reports section of this packet

Robert will give an oral presentation and will take questions.

8. Administration

8:45 PM to 9:00 PM

A) Next Assembly

The next assembly is an elections assembly traditionally in July 2020, somewhere on some day at some time.

i) A motion is requested for the next Assembly location, day, and time.

B) Take Back to Meeting Information and Announcements

The Assembly will decide which items should be brought back to meeting by GSRs.

9. Adjournment

Adjourn at 9:00 PM

A) Close the meeting with the Serenity Prayer.

Assembly Minutes

Minutes

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

Groups Represented

Group	GSR Name	Group	GSR Name
*Atascadero, Tuesday ⁽¹³¹⁻⁰³³⁾	Larry	*Monterey, Saturday ⁽¹³¹⁻⁰²⁹⁾	Laura (Sub)
Atascadero, Friday ⁽¹³¹⁻⁰³⁴⁾		*Salinas, Monday ⁽¹³¹⁻¹³⁰⁾	Janet
*Bakersfield, Sunday ⁽¹³¹⁻¹¹⁷⁾	Robert P.	*Salinas, Thursday ⁽¹³¹⁻⁰³⁰⁾	Kim
Camarillo, Tuesday ⁽¹³¹⁻¹¹²⁾		*Santa Barbara, Friday ⁽¹³¹⁻⁰⁶⁶⁾	
*Carmel, Wednesday ⁽¹³¹⁻⁰⁷⁵⁾	Mary Lynn P.	*Santa Cruz, Sunday ⁽¹³¹⁻⁰²⁴⁾	Carole
*Gilroy, Thursday ⁽¹³¹⁻⁰⁰⁹⁾		*Scotts Valley, Friday ⁽¹³¹⁻⁰²⁵⁾	Teri M. (Sub)
Los Gatos, Sunday ⁽¹³¹⁻⁰¹¹⁾		Seaside, Monday ⁽¹³¹⁻⁰³¹⁾	
Los Gatos, Thursday ⁽¹³¹⁻⁰¹⁰⁾		*Simi Valley ⁽¹³¹⁻⁰⁶⁸⁾	Peter
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. X	Conventions / Events	Scott C.
Literature	Ruth K. X	Technology Services	Robert P. X
Narateen	position vacant		

Quorum Summary

Total Groups	Registered Groups	Current Quorum
17	11	6

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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
(11:03 AM) Meeting Opened
- C) Roll Call / Introductions – RSC officers, delegates, subcommittee chairs, GSRs, and other attendees.
Members at large: Lynn
Remote participants: Arnie, Laura, Lynn, Carole
- D) Announce number of voting members – Chair and Secretary
- i) **7 groups present out of 10 registered groups.**
 - ii) **Quorum (51%) = 6 of 11 registered groups.**
- E) Reading of the Twelve Traditions
(11:08) Read by Teri M.
- F) Reading of the Twelve Concepts of Nar-Anon Service
(11:10) Read by Robert P.

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
(11:15 AM)
Motion to adopt the Minutes of the Assembly of January 12, 2019 as amended.
First: Robert; Second: Larry; For: 5; Against: 0; Abstentions: 2; Motion Carries

3. RSC Reports

11:20 AM to 11:45 AM

- A) Chair Report – Michael F.
See the Chair's Report section of this packet
(11:17 AM)
Michael read out his written report.

(11:19) New in-person arrival: Mary Lynn P., Carmel, GSR

(11:23) New in-person arrival: Peter, Simi Valley, GSR (New Group Registration)

11 Registered Groups - 9 Groups represented. Quorum of 6 was not changed.

B) Treasurer – Arnie B.

See the Treasurer's Report section of this packet

(11:25 AM)

Michael requested the report deferred to New Business, item 8a. There was no dissention.

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.

(11:27 AM)

Teri - read a written report from the alternate delegate.

Michael - Jocelyn stepped down as Delegate. The assembly will discuss in item 8c.

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.

(11:31 AM)

The GSRs read out their submitted reports.

Atascadero, Tuesday - Larry B.

Bakersfield, Sunday - Robert P.: this is one of two groups in Bakersfield. It is a Step Study. The other group is in the Southern California Region.

Carmel, Wednesday - Mary Lynn P.: Core group of 3 to 4 people, sometimes as small as 2. Sometimes members on vacation will stop in. The secretary position is rotated.

Monterey, Saturday – Laura: 8 to 20 members per week. Recently completed a Step Study that met twice a month during the week. There were 8 - 10 members attending. Business meeting is the first Saturday of the month. Recently took a group inventory. They host a Monterey convention committee meeting.

Salinas, Monday – Janet: One year anniversary is coming up.

Salinas, Thursday – Kim: Meeting attendance is stable with an average of 8. Rotate leadership every 3 months. Some of the Thursday night Salinas’s group members have switched to Monday.

Santa Cruz, Sunday – Carole: There are 6 semi-regulars. The format is rotating. Makes regular donations to service arms. Supported the Narathon. Difficult to get members to be GSR and chair meetings.

Scotts Valley, Friday - Teri M.: Darlene submitted a report. Teri read from the report. There has been a decline in membership.

Simi Valley, Saturday - Peter S.: Vicki used to be GSR. Been around since 2000. There are multiple meetings within 30 minutes. There are about twelve attendees. 6-7 Step Study members. The Step Study is held prior to the meeting. Financially, they are doing well. A new Outreach Coordinator has been appointed. Peter is looking for recovery at the Assembly.

Offer of discussion for the groups.

Carole - The last Narathon, there was a little more than half of the attendees as the previous year. Are there any reasons attendance was down?

Teri - SESH, members of her group had have family health issues and vacations that took members away from the Narathon.

Kim - Should we have the Narathon in August, instead of June?

Carole - Was it the time of year?

Robert - Many groups may be experiencing a downturn in attendance. There is general agreement.

Carole - The previous year there were attendees from Northern California. There were none this year. Was the theme not welcoming for newcomers.

Scott - Dates between Memorial Day and Labor Day has expensive hotel rates. Santa Barbara attendance is down. Four SB members were out of town.

Kim - Comment about the time of year. August might be better.

Larry - summer months are difficult. Motels were expensive.

Mary Lynn - all of her core group were traveling at the time of the Narathon this year. Fall is better, less traveling.

Laura - The day of the Narathon was the same day as the monthly outreach. Members of her group were traveling as well. Hotel prices are an issue. Suggestion to try a different season next year.

Janet - Travel was a concern for her group members. Another member works on Saturday.

Teri - What about having the Narathon in Atascadero? Atascadero is more centralized and tends to have cheaper motel rates.

Ruth - Agrees a more centrally located Narathon would invite more members - like the assembly today.

Michael - The reason for choosing the Monterey area was because many would not have to travel. Agrees with changing the time of year.

Robert - Bakersfield, there are a lot of events every year. There is talk about carpools, but Robert is the only one who attends. The members who want to be there are there.

This ended the discussion on the Narathon.

Michael - The assembly needs to choose an alternate delegate at this assembly as we need to show intention and make payment by December 31, 2019.

Motion to recess until 12:40 PM for lunch.

First: Teri; Second: Robert; For: 9; Against: 0; Abstentions: 0; Motion Carries

5. Lunch Recess

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

(12:10 PM) Lunch recess.

6. Reconvene

1:00 PM to 1:10 PM

A) Roll Call

(12:47 PM) Roll call by Scott N.

Michael F.: Chair - Present

Arnie B.: Treasurer - Present

Scott N.: Secretary - Present

Teri M.: Alternate Delegate – Present

Janet S.: Outreach Subcommittee Chair - Present

Ruth K.: Literature Subcommittee Chair - Present

Robert P.: Technology Service Subcommittee Chair (Interim) - Present

Larry: Atascadero, Tuesday - Present

Robert P.: Bakersfield - Present

Mary Lynn P.: Carmel - Present

Laura: Monterey, Saturday - Present

Janet: Salinas, Monday - Present

Kim: Salinas, Thursday - Present

Carole: Santa Cruz - Present

Teri M.: Scotts Valley - Present

Peter S.: Simi Valley, Saturday - Present

9 groups present out of 11 registered groups.

7. Subcommittee Reports

1:10 PM to 2:00 PM

A) Outreach – Janet S.

See Subcommittee Reports section of this packet

(12:51 PM)

Janet – She is encouraged since last assembly - there has been a growing membership.

Janet offered an open invitation for all others to help coordinate efforts through the

Outreach Subcommittee.

B) Literature – Ruth K.

See Subcommittee Reports section of this packet

(12:54 AM)

Ruth – The subcommittee continues to meet via Skype one Sunday per month. The “Addiction and Marriage” piece is the current work. The subcommittee is going through questionnaires and pulling out quotes. The subcommittee is writing a body of work to start the literature. MESH was created and approved using this same method.

August 4 at 8:30 AM is the next meeting.

The subcommittee will work with Technology Services Subcommittee to get the message out. Robert will facilitate.

C) Conventions / Events - Scott C.

See Subcommittee Reports section of this packet

(12:57 AM)

Michael - Read out Scott C.'s report of the Narathon.

2020 Monterey Bay Subcommittee meeting - all are welcome either in person and online. 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. For the next meeting date and / or if you have questions, please contact Mary O. at (831) 402-6452, or marmarodo@gmail.com.

The Narathon moving forward - we will look to increase participation based on the suggestions in the Group Reports section.

D) Technology Services – Robert P.

See Subcommittee Reports section of this packet

(12:59 AM)

Robert - Had first meeting as a committee with three members. The subcommittee did an inventory of all technologies Scott N. was taking care of. Scott N. shared access to technologies. We hope to have direction on Stripe. Next assembly, we hope to bring a proposal to the Assembly about moving to Google for file storage.

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

(1:03 PM)

Arnie - There are three supporting documents: starting on page 25 of the Assembly Agenda packet. Treasurer's Report: \$7,463.60 is the current balance. Three groups and the Narathon are noted as income in the "Additions" section of the report. Narathon reimbursement was the only item in the "Subtractions" section.

Income and Expense Report for 2019: Nar-Anon is a non-profit. The voting members of the assembly have purview over the budget. The assembly, by approving the budget, gives the treasurer the authority to spend the money. Money cannot be spent without assembly approval. The biggest budget items are sponsoring the Delegate and Alternate Delegate to the World Service Conference. The Region has budgeted a total of \$2,500 for each. The equalized expense is only \$1,950, however WSO does not cover all expenses, so the region added funds to the Delegate and Alternate Delegate budget line items to cover travel and incidentals. The means the delegates should not have out-of-pocket expenses. This Delegate and Alternate Delegate equalized payment has yet to be made in this calendar year. We have until December 31 to make the payment.

The literature that was printed and purchased for the Narathon is now being used by the Outreach Committee. Group donations are on track for budget predictions. Narathon income is down from predictions. We are well positioned to be able to fund both the Delegate and Alternate Delegate to attend the WSC.

The Monterey convention - it is anticipated \$300 to \$400 will be paid to NA.

Michael – Suggestion to adjust the fundraising line item in the budget more realistic in future budgets.

Arnie - the main impact is the expenses. Income is a guideline and a best-guess based on history.

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

(2:00 PM)

Motion to carry over any balance on December 2019 be carried over to the 2020 budget. First: Mary Lynn P; Second: Robert; For: 9; Against: 0; Abstentions: 0; Motion Carries

Proposed Budget:

Arnie - the WSC is held every two years. Each year we budget half the amount of the delegate's equalized expenses. Review of the items in the "Notes" column on the draft

budget.

Fundraisers were adjusted to the 2019 levels, as was the Group Donations line item. The delegates travel expenses was decreased by \$200 to \$300 (this line item is separate from the Delegate and Alternate Delegate WS expenses). The donation line item to WSO was lowered to \$200 from \$400.

Arnie is anticipating larger donations to the WSO in the future. Arnie will look at the numbers and make a recommendation of the amount of the donation at the January 2020 assembly. Anything over the region's need should be forwarded toe WSP, but this is only at the direction of the assembly.

Motion to approve the 2020 proposed budget as amended.

First: Robert; Second: Peter; For: 9; Against: 0; Abstentions: 0; Motion Carries

Robert - does not feel comfortable approving funds for both delegates. Suggestion to fully fund the delegate in 2020 and zero the alternate. In 2021, then address funding the alternate. We would rather say, "We have funded the delegate, and do not have funding for the alternate delegate," than "We had half funded for the delegate and alternate delegate."

Arnie - the can be corrected in the 2021 assembly.

Michael – The current way of itemization for the funding has worked for us in the past.

Laura - likes keeping the budget line items as they are. The assembly can always make changes to the budget to send only a delegate if funds are not available for both.

Michael - Any more discussion?

Laura - The 2020 Monterey Convention is not a fundraiser. The Narathon is the only fundraiser in the budget, not general conventions. Suggestion to lower the fundraising line item because of this.

Michael - The \$400 donation line item - the assembly was to review the budget before sending the money to WSO. The region should make a \$400 donation to WSO. Do the GSRs want to take action? No further discussion.

Motion to donate \$400 to WSO out of the 2019 budget.

First: Robert; Second: Peter; For: 9; Against: 0; Abstentions: 0; Motion Carries

The \$400 donation is already part of the 2019 budget. The donation is to be made immediately.

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.

Teri – She considered carefully the position and would like to take the position.

- i) **Motion to elect and endorse Teri M. as Delegate representing the Central California Region at the 2020 World Service Conference and to confirm she will be in service throughout the duration of the 2020 Conference.**

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

Carole left the meeting at approximately 1:20 PM.

This leave 8 groups present out of 11 registered groups. The quorum is 6.

- 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.

(1:51 PM)

Michael - Is anyone willing to be alternate delegate? No one came forward at this time.

Kim - Where is the Alternate Delegate duties listed? In the GRS and as part of the agenda packet.

Michael - an assembly is needed to send an alternate delegate.

Motion that the CCR approves the intent to send the delegate and alternate delegate to the 2020 WSC.

First: Robert P; Second: Mary Lynn; For: 8; Against: 0; Abstentions: 0; Motion Carries

D) CCR e-Commerce – Scott N.

See the Supporting Documents section of this packet

(2:00 PM)

Scott - Read out the report.

Arnie - PayPal has a chip reader for about \$30. He has successfully used this.

Michael - Questions or comments?

Larry - One member in his group is concerned about anonymity with regard to payment systems.

Ruth - This is not unlike ordering literature from the WSO web store. Not being able to use a credit card would make ordering literature onerous. The CCR solution would be no more risky than ordering literature.

Arnie - Donations received from group and income from events usually comes from a personal check. The personal checks are full personal information, but it has not been a problem so far.

Robert - He implemented PayPal on another website, SquareSpace changed the underlying connections and broke the connection to PayPal.

The card reader is purchased, not leased. There is no charge to start the process.

Would love to have the website donation function up by Thanksgiving.

Peter - Are we actively or passively soliciting donations from members at large? What differentiates a donation to WSO or CCR? All donations will help families of addicts.

Some of CCR funds are passed on to WSO. The majority of WSO funding comes from the sale of literature.

Motion for the Technology Services Subcommittee to proceed to implement Strip payments on the CCR website online, and when technology is available, purchase a chip reader device. Contingency funds will be used to purchase the chip reader, up to \$100. First: Robert P.; Second: Mary Lynn P.; For: 8; Against: 0; Abstentions: 0; Motion Carries

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

(3:00 PM)

Robert is open to taking the commitment.

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

First: Larry; Second: Teri; For: 7; Against: 0; Abstentions: 1; Motion Carries

Consensus to take a 10 minutes recess.

(2:45 PM) Roll call by Scott N.

Michael F.: Chair - Present

Arnie B.: Treasurer - Present

Scott N.: Secretary - Present

Teri M.: Alternate Delegate – Present

Janet S.: Outreach Subcommittee Chair - Present

Ruth K.: Literature Subcommittee Chair - Present

Robert P.: Technology Service Subcommittee Chair (Interim) - Present

Larry: Atascadero, Tuesday - Present

Robert P.: Bakersfield - Present

Mary Lynn P.: Carmel - Present

Laura: Monterey, Saturday - Present

Janet: Salinas, Monday - Present

Kim: Salinas, Thursday - Present

Carole: Santa Cruz – Not Present

Teri M.: Scotts Valley - Present

Peter S.: Simi Valley, Saturday - Present

8 groups present out of 11 registered groups. Quorum is 6.

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.

(3:00 PM)

Michael - Robert has been a member of the Western Regions Convention since day one.

Robert - This event started in 2013 with Scott N. - an outreach table was all it was. It picked up after that. Northern California was invited, then CCR and High Desert region.

It has morphed into a Multi-Regional convention. The business meeting is held on Saturday nights. The North Western Region was disappointed it was not invited.

This past year, the Western Regions Convention was named and an organizational group was started by Robert. Eventually it may be an independent Nar-Anon event (not

associated with NA) that could be held anywhere, possible in Las Vegas, the High Desert Region.

The High Desert Region is participating. Southern California was not able to get to the item in their recent assembly.

The event is always in February in Bakersfield in cooperation with the annual convention for the Central California Region of Narcotics Anonymous.

The Santa Barbara group - The Monterey convention is just one month away from the Bakersfield convention. It may be prudent for the CCR to be involved in odd number years, when the Monterey convention is not in session. We have few resources to spread on two large events only one month apart.

Michael – The convention should be putting out an invitation to all regions in the west. There are 8.5 regions potentially participating. This will diminish the CCRs involvement in this event.

Teri - This may eventually break off from NA, it would need many regions to support it.

Robert – It is more common on the East Coast for Nar-Anon to have events not associated with NA.

Kim – Do other regions cooperate with the NA conventions they can participate in? Yes.

Michael - The conventions Michael as attended has been good for his. This is the point when we need to make a decision to participate. The Bakersfield groups will supply the warm bodies to work on the 2020 convention. The CCR is not locking in groups other than the Bakersfield group.

Larry - maybe we could ask the groups and get back in ta couple weeks.

Michael - we need the motion to create the subcommittee that Robert could chair.

Teri - there are many delegate responsibilities that overlap with the convention and planning.

Michael - Teri's delegate responsibilities do not overlap with the responsibilities of the committee.

Peter - Whether Bakersfield group or the CCR take the event on, what are the needs the convention might seek from other groups? Sooner or later, the convention will send out invitations.

Robert - The committee in the in the past has organized the event and provided trusted servants to take commitments. Maybe get couple of Outreach kits and be an outreach event, rather than a literature store.

Michael - no motion, the region will not be participating.

9. Administration

3:30 PM to 3:45 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

(3:13 PM)

Motion to hold the next CCR Assembly on 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.

First: Laura; Second: Janet; For: 8; Against: 0; Abstentions: 0; Motion Carries

B) July 2020 Elections Assembly Reminder

(3:17 PM)

Michael - July 2020 is time for RSC elections and subcommittee chairs' confirmation. To help us move forward - Arnie is terming out and will not be able to be Treasurer. Arnie has served a full two terms. The RSC and Assembly appreciate Arnie's service.

Michael is open to serve two terms as chair. Scott is open to serve two terms as

secretary. This does not mean other members should who feel called to these positions should not be nominated.

A Treasurer is needed for the CCR to be a region. It doesn't take a lot of experience to be the treasurer. Arnie is more than happy to assist and advise the next person to take the commitment if they so desire.

We still have open commitments as Vice Chair and Narateen Subcommittee chair. The Delegate and Alternate Delegate will need to be elected then as well. Teri may desire to take the Delegate position again.

C) Take Back to Meeting Information and Announcements

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

(3:24 PM)

C.i.a) Monterey Convention Save the Date

C.i.b) Monterey Convention Committee

C.i.c) Open Subcommittee positions

C.i.d) Outreach Subcommittee needs Spanish-speakers for outreach

C.i.e) Open Vice Chair position

C.i.f) The CCR elections in July 2020

List current vacancies

(3:28 PM)

Michael asked for any other topics of discussion.

Larry - can we get the WSC to adopt the 12 Steps in 12 Minutes as conference approved literature?

The groups would have to create the motion, take it to the region for approval, and must be approved by the region before the September deadline for submissions.

Scott - Page 25 of the Guide to World Services has a diagram of how literature approval process works. The process does not involve taking literature directly to the floor of the conference, but rather to put it to the World Service Literature Committee. A shortcut to

Conference Approved Literature (CAL), is to write a piece for the Nar-Anon quarterly newsletter, "The Serenity Connection."

10. Adjournment

Adjourn at 4:00 PM

(3:32)

Motion to adjourn.

First: Janet; Second: Peter; For: 8; Against: 0; Abstentions: 0; Motion Carries

A) Close the assembly with the Serenity Prayer

(3:33 PM) Assembly closed

Minutes	Nar-Anon Central California Region Special Elections Assembly Wednesday, September 4, 2019 from 7:00 PM to 7:30 PM PDT Teleconference Only			
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RSC Officers in Attendance

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

Groups Represented

Group	GSR Name	Group	GSR Name
*Atascadero, Tuesday ⁽¹³¹⁻⁰³³⁾	Larry B.	Monterey, Tuesday ⁽¹³¹⁻⁰²⁸⁾	
Atascadero, Friday ⁽¹³¹⁻⁰³⁴⁾		*Monterey, Saturday ⁽¹³¹⁻⁰²⁹⁾	
*Bakersfield, Sunday ⁽¹³¹⁻¹¹⁷⁾	Robert P.	*Salinas, Monday ⁽¹³¹⁻¹³⁰⁾	Janet S.
Camarillo, Tuesday ⁽¹³¹⁻¹¹²⁾		*Salinas, Thursday ⁽¹³¹⁻⁰³⁰⁾	Ruth K. (Sub)
*Carmel, Wednesday ⁽¹³¹⁻⁰⁷⁵⁾	Mary Lynn P.	*Santa Barbara, Friday ⁽¹³¹⁻⁰⁶⁶⁾	Scott N. (Sub)
*Gilroy, Thursday ⁽¹³¹⁻⁰⁰⁹⁾		*Santa Cruz, Sunday ⁽¹³¹⁻⁰²⁴⁾	Carole S.
*Hollister, Thursday ⁽¹³¹⁻¹³⁸⁾	JT W.	*Scotts Valley, Friday ⁽¹³¹⁻⁰²⁵⁾	Linda W.
Los Gatos, Sunday ⁽¹³¹⁻⁰¹¹⁾		Seaside, Monday ⁽¹³¹⁻⁰³¹⁾	
Los Gatos, Thursday ⁽¹³¹⁻⁰¹⁰⁾		*Simi Valley, Saturday ⁽¹³¹⁻⁰⁶⁸⁾	

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

* Indicates a newly registered group.

Subcommittee Chairs in Attendance

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

Quorum Summary

Total Groups	Registered Groups	Current Quorum
18	12	7

Agenda Summary

1. Call to Order, Prayer, Roll Call, and Readings..... 2

2. New Business 3

3. Adjournment 4

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

7:00 PM to 7:15 PM

A) Resolve Free Conference Call issues

Members may only participate via Free Conference Call (FCC). On the evening of the assembly, Wednesday, September 4, please connect via dial-in or internet online meeting no later than 6:55 PM.

Dial-in Instructions

Number: **(712) 775-7031**

Access Code: **271-421-422#**

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

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

(7:02 PM) Meeting Opened

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

Members at large in attendance: None

D) Announce number of voting members – Chair and Secretary

- i) **9 groups present out of 12 registered groups.**
- ii) **Quorum (51%) = 7 of 12 registered groups.**

- E) Reading of the Twelve Traditions
(7:05 PM) Read by Michael F.

- F) Reading of the Twelve Concepts of Nar-Anon Service
(7:08 PM) Read by JT W.

2. New Business

7:15 PM to 7:20 PM

(7:11 PM)

- A) **Motion to elect and endorse JT W. as Alternate Delegate representing the Central California Region at the 2020 World Service Conference and to confirm she will be in service throughout the duration of the 2020 Conference.
First: Robert P.; Second: Linda W.; Yes: 9; No: 0; Abstentions: 0; Motion Carries**

Michael asked for questions, comments, discussion items?

JT – Starting over with a new group, we get the privilege in bringing a prayer to the meeting. There are prayers other members’ would like to have. Can we only use CAL prayers or prayers from other Twelve Step fellowships?

Robert – Prayers should be CAL: Serenity Prayer and Third Step Prayer.

Carole – Santa Cruz uses the “Thank you for the family of friends...” prayers. Other meetings in the area use it. Scotts Valley, Carmel, and Salinas also use the prayer.

Linda – CAL prayers can be found on <http://naranon.ca/stepprayers.htm>.

Robert – this is a non-compliant website that has been removed as a link from the World Service website and should not be considered an authoritative source. These prayers are from other fellowships and not Nar-Anon Conference approved.

Michael – there are a few CAL prayers in the Blue Book and the prayer that was approved at the last conference.

Scott – Tradition Four says, “Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or NA as a whole.” The above website (NarAnon.CA) is affecting other Nar-Anon Family Groups by appearing as an authoritative source when they are not. Spreading this misinformation has the effect of

diluting the Nar-Anon program. This is what happens when groups do not observe Nar-Anon principles.

Carole - The GLS has a *Suggested Meeting Format* section where the closing prayer is not specified, but suggests whatever prayer it is, it should be observant of Nar-Anon principles.

Robert – Attended several meetings with Cathy K., the WS Office Executive Director, does not participate when a group is not observant of the Traditions.

Scott – Knowledge implies responsibility. The Santa Barbara group inherited non-CAL literature and didn't know. The group was actually printing its own literature. When members became aware of their responsibility to other Nar-Anon groups and how their actions can impact other groups, the group conscience has become more observant to the unenforceable. Traditions are unenforceable, but "fidelity to the path" has kept the group strong.

Robert – Did the survey work for members? No problems were reported with the form. One member did not respond to the survey, but replied to the email invitation to the survey. Instructions may be clearer in the future.

3. Adjournment

Adjourn at 7:20 PM

(7:29 PM)

Motion to adjourn.

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

A) Close the assembly with the Serenity Prayer

(7:29 PM) Assembly closed

Assembly
Motions
Archive

Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
9/4/2019	Motion to elect and endorse JT W. as Alternate Delegate representing the Central California Region at the 2020 World Service Conference and to confirm she will be in service throughout the duration of the 2020 Conference.	Robert P.	Linda	Carried Unanimous
9/4/2019	Motion to adjourn.	Janet S.	Linda	Carried Unanimous
7/27/2019	Motion to adopt the Minutes of the Assembly of January 12, 2019 as amended.	Robert P.	Larry B.	Carried Unanimous
7/27/2019	Motion to recess until 12:40 PM for lunch.	Teri M.	Robert P.	Carried Unanimous
7/27/2019	Motion to carry over any balance on December 2019 be carried over to the 2020 budget.	Mary Lynn P.	Robert P.	Carried Unanimous
7/27/2019	Motion to approve the 2020 proposed budget as amended.	Robert P.	Peter	Carried Unanimous
7/27/2019	Motion to donate \$400 to WSO out of the 2019 budget.	Robert P.	Peter	Carried Unanimous
7/27/2019	Motion to elect and endorse Teri M. as Delegate representing the Central California Region at the 2020 World Service Conference and to confirm she will be in service throughout the duration of the 2020 Conference.	Larry B.	Kim	Carried Unanimous
7/27/2019	Motion that the CCR approves the intent to send the delegate and alternate delegate to the 2020 WSC.	Robert P.	Mary Lynn P.	Carried Unanimous
7/27/2019	Motion for the Technology Services Subcommittee to proceed to implement Strip payments on the CCR website online, and when technology is available, purchase a chip reader device. Contingency funds will be used to purchase the chip reader, up to \$100.	Robert P.	Mary Lynn P.	Carried Unanimous
7/27/2019	Motion to affirm Robert P. as the Technology Services Subcommittee Chair.	Larry B.	Teri M.	Carried Unanimous
7/27/2019	Motion to hold the next CCR Assembly on 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.	Laura	Janet S.	Carried Unanimous
7/27/2019	Motion to adjourn.	Janet S.	Peter	Carried Unanimous

Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
1/12/2019	Motion to adopt the Minutes of the Assembly of July 14, 2018 as amended.	Scott C.	Teri M.	Carried 7/0/1
1/12/2019	Motion to carry-over funds in the amount of \$6,204.95 from calendar year 2018 to 2019.	Mary Lynn P.	Scott C.	Carried Unanimous
1/12/2019	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).	Larry B.	Scott C.	Carried Unanimous
1/12/2019	Motion to hold the 2019 Narathon in the Santa Cruz area on August, 17 or 24.	Scott C.	Teri M.	Carried 8/0/1
1/12/2019	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.	Janet S.	Marie	Carried Unanimous
1/12/2019	Motion to hold the next region assembly in Atascadero, Golden China Restaurant, July 27 at 11:00 AM until 4:00 PM.	Larry B.	Stewart	Carried Unanimous
1/12/2019	Motion to adjourn.	Larry B.	Teri M.	Carried Unanimous
7/14/2018	Motion to approve the minutes of January 12, 2018 with corrections.	Scott C.	Janet S.	Carried Unanimous
7/14/2018	Motion to adopt the elections ballots as counted by unanimous acclamation. Chair – Michael F Treasurer – Arnie B Secretary – Scott N Delegate – Jocelyn F Alternate Delegate – Teri M	Scott C.	Teri M.	Carried Unanimous
7/14/2018	Motion to disband the ad-hoc elections committee	Scott C.	Lorri Z.	Carried Unanimous
7/14/2018	Motion to send the WSO \$200.00 now and then \$200.00 by the end of the fiscal year.	Sondra	Scott C.	Carried Unanimous
7/14/2018	Motion to strike the sentence "Cash donations cannot be earmarked because of budgetary constraints" in the Guide to Local Services.	Scott C.	Sondra G.	Carried Unanimous
7/14/2018	Motion to approve the GRS, as amended by changing the word "cannot" to "may not"	Scott C.	Teri M.	Carried Unanimous

Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
7/14/2018	Motion to hold the next CCR Assembly on Saturday, January 12, 2019, in Atascadero from 11 AM to 4 PM.	Carol S.	Teri M.	Carried Unanimous
1/12/2018	Motion to accept the minutes of the September, 2017, Email Assembly.	Scott N.	Sondra G.	Carried Unanimous
1/12/2018	Motion to participate in an all-California meeting list for web and print delivery.	Sondra G.	Teri M.	Carried Unanimous
1/12/2018	Motion to adopt the 2018 proposed budget.	Mary Lynn P.	Cyndy G.	Carried Unanimous
1/12/2018	Motion to approve the carryover of \$772.35 from the 2017 budget to the 2018 budget.	Scott N.	Teri M.	Carried Unanimous
1/12/2018	Motion that any money made at this convention will go on a report and then the GSRs will decide what to do with it at the July Assembly.	Scott N.	Lorri Z.	Carried Unanimous
1/12/2018	Motion to confirm Scott N as Elections Subcommittee chair, to accept the 2018 timeline as outlined in the draft Guide to Regional Services and to amend the elections guidelines in the draft Guide to Regional Services.	Scott C.	Janet S.	Carried Unanimous
1/12/2018	Motion to spend \$200 - \$300, not more than \$300, for the delegate and the Alternate Delegate to spend an extra day at the WSC Conference.	Teri M.	Mary Lynn P.	Carried Unanimous
9/17/2017	Motion to approve minutes for the Assembly of July 22, 2017.	Scott C.	Mary Lynn P.	Carried Unanimous
7/21/2017	Motion to approve minutes for the Assembly of January 21, 2017.	Brenda L.	Sondra G.	Carried Unanimous
7/21/2017	Motion to adopt the proposed 2018 budget with a change of Travel reduced to \$300 and Donation to WSO increased to \$600.	Cyndy G.	Brenda L.	Carried Unanimous
7/21/2017	Motion to increase the WSO donation amount to \$600, thus increasing it by \$500 for the 2017 budget year, and that the \$500 increase be taken from the RSC travel expense, thus reducing that amount to \$300.	Mary Lynn P.	Cyndy G.	Carried Unanimous
7/21/2017	Motion to elect Jocelyn F. as the Delegate from the Central California Region to the 2018 World Service Conference (WSC). This motion affirms that Jocelyn's term will be in effect throughout the 2018 WSC. Term effective 7/23/17.	Brenda L.	J.T. W.	Carried Unanimous

Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
7/21/2017	Motion to elect JT as the Alternate Delegate from the Central California Region to the 2018 World Service Conference (WSC) and to affirm that JT's term will be in effect throughout the 2018 WSC. Term effective 7/23/17.	Ruth K.	Sondra G.	Carried Unanimous
7/21/2017	Motion to elect Scott C. the Conventions / Events Subcommittee Chair.	Scott C.	J.T. W.	Carried Unanimous
7/21/2017	Motion to elect Cindy G. as the new Outreach Subcommittee Chair.	Brenda L.	J.T. W.	Carried Unanimous
7/21/2017	Motion to elect Ruth as the new CCR Literature Subcommittee Chair.	J.T. W.	Brenda L.	Carried Unanimous
1/21/2017	Motion to approve minutes for the Assembly of August 13, 2016 as submitted.	Brenda L.	J.T. W.	Carried Unanimous
1/21/2017	Motion to approve minutes for the Assembly of October 5, 2016 with a suggested correction to 1C - change Jannie to Janet.	Janet S.	Brenda L.	Carried Unanimous
1/21/2017	Motion to change postal services allowance from \$60 to \$70.	Sondra G.	Brenda L.	Carried Unanimous
1/21/2017	Motion to accept the budget with the amendments that \$2500 will be allowed for the alternate delegate and a \$100 donation to the WSO will be added.	Brenda L.	Jocelyn F.	Carried Unanimous
1/21/2017	Motion to have the workshop and assembly together on Saturday, 7/22/2017.	J.T. W.	Brenda L.	Carried 7/2/0
10/5/2016	Motion to nominate Maria C. for the position of secretary of the RSC.	Brenda L.	J.T. W.	Carried Unanimous
10/5/2016	Motion to adjourn.	Brenda L.	Mary Lynn P.	Carried Unanimous
8/13/2016	Motion to approve minutes for the Assembly of January 9, 2016.	Brenda L.	Jocelyn F.	Carried 10/0/1
8/13/2016	Motion to have the voting proceed as unanimous acclamation.	Brenda L.	Arnie B.	Carried Unanimous
8/13/2016	Motion to amend the 2015 adopted budget as follows: a) Outreach – increase from \$100 to \$500 (net increase of \$400) b) Delegate Travel Expense – increase from \$150 to \$500 (net increase of \$350)	Sondra G.	Brenda L.	Carried Unanimous

Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
8/13/2016	Motion to adopt 2017 amended budget.	Brenda L.	Janet S.	Carried Unanimous
8/13/2016	Motion to amend 2017 budget to reduce website cost to \$100 and to donate to the WSO, upon Assembly approval, up to \$500,	Mary Lynn P.	Brenda L.	Carried 8/1/1
8/13/2016	Motion to amend travel expenses line on 2017 budget for Travel Expenses for RSC/GSR/AltGSR/Substitutes to assembly and other required meetings changing \$800 to \$400.	Brenda L.	Michael F.	Carried Unanimous
8/13/2016	Motion to change carryover to 2018 budget line item, change from \$1765 to \$1015.	Brenda L.	Jocelyn F.	Carried Unanimous
8/13/2016	Motion to allow the CCR chair to send to GSRs a copy of the Board of Trustee response to the petition with the understanding that they have the autonomy to share at group level.	Sondra G.	Brenda L.	Carried 9/0/1
1/9/2016	Motion to approve minutes for the Assembly of August 8, 2015 as amended.	Brenda L.	Arnie B.	Carried Unanimous
1/9/2016	Motion to accept Sandi S as Chair of the Outreach Committee.	Charles	Jocelyn F.	Carried 8/1/0
1/9/2016	Motion to accept the Treasurers Report (2 documents) as submitted.	Arnie B.	J.T. W.	Carried Unanimous
1/9/2016	Motion to accept the 2015 completed budget as submitted.	Brenda L.	Arnie B.	Carried Unanimous
1/9/2016	Motion to accept rolled over excess funds of \$1459.02 putting us over the previously approved budget.	Janet S.	J.T. W.	Carried Unanimous
1/9/2016	Motion to accept carry over funds from 2015 budget to 2016 budget of \$3979.77.	Arnie B.	Brenda L.	Carried Unanimous
1/9/2016	Motion to take a break.	Brenda L.	Arnie B.	Carried Unanimous
1/9/2016	Motion to transfer all assets and resources from the Monterey Area to the Central California region, including archiving electronic documents on the CCR Yahoo Groups.	Arnie B.	J.T. W.	Carried Unanimous
1/9/2016	Motion that CCR create a Narateen subcommittee effective January 2016.	Arnie B.	J.T. W.	Carried Unanimous

Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
1/9/2016	Motion to install Arnie as the Central California Region Interim Alternate Delegate.	Jocelyn F.	J.T. W.	Carried Unanimous
1/9/2016	Motion to adopt the CCR Assembly Meeting amended 2016 budget suggested by Tony allowing CCR to send Arnie to the Conference as a Local Observer.	Brenda L.	Doris	Carried 8/1/0
1/9/2016	Motion to defer agenda items 9C, 9D, and 9E for next Assembly due to time constraints.	Jocelyn F.	Brenda L.	Carried Unanimous
1/9/2016	Motion to elect Michael F as Chair for the Guide to Regional Services subcommittee.	Brenda L.	Arnie B.	Carried Unanimous
1/9/2016	Motion to elect Scott N as chair for the elections subcommittee.	Michael F.	J.T. W.	Carried Unanimous
1/9/2016	Motion to adopt portions of the draft Guide to Regional Services (GRS) associated with RSC officers, delegates, and subcommittee chairs.	Michael F.	J.T. W.	Carried Unanimous
1/9/2016	Motion to adopt the elections process section from the draft GRS.	Michael F.	Arnie B.	Carried Unanimous
1/9/2016	Motion to adopt the CCR Elections invitation.	Michael F.	Arnie B.	Carried Unanimous
1/9/2016	Motion to have the August Assembly in Salinas.	Janet S.	Brenda L.	Carried Unanimous
1/9/2016	Motion to send 7th tradition of \$59.02 to the WSO.	Arnie B.	J.T. W.	Carried Unanimous
1/9/2016	Motion to adjourn meeting.	Brenda L.	J.T. W.	Carried Unanimous
8/8/2015	Motion to send the Prayer motion to the World Service Conference Committee for inclusion in the 2016 World Service Conference. Maker: Carmel group.	Eva	Brenda L.	Carried 9/0/2
8/8/2015	Motion to send the Just for Today motion to the World Service Conference Committee for inclusion in the 2016 World Service Conference. Maker: Santa Barbara group.	Steve	Brenda L.	Failed 5/5/1

Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
8/8/2015	Motion to open nominations for alternate delegate due to the resignation of Sandi S. Need GSR vote to nominate alternate delegate. Timeline: Open nomination period 8/10 - 9/10, All GSRs receive posting note on 8/10. Close nominations 9/10. GSR vote via email 9/10 - 9/20. Election captain is Scott N. Email vote confirmed at next assembly Jan 2016.	Vicki	Ruth K.	Carried 10/1/0
8/8/2015	Motion to table topic of Bakersfield Convention.	Tony M.	Steve	Carried Unanimous
8/8/2015	Motion to table topic of All California Convention.	Tony M.	Steve	Carried Unanimous
8/8/2015	Motion to table topic of distribution of Nar Anon funds beyond the group level.	Brenda L.	Eva	Carried Unanimous
8/8/2015	Motion to table topic of group donation appeal for region.	Brenda L.	Eva	Carried Unanimous
8/8/2015	Motion to table topic of GSR mileage reimbursement for mandatory assembly annually.	Brenda L.	Eva	Carried Unanimous
8/8/2015	Motion to hold next assembly at Scotts Valley on or about Jan 9, 2016 1pm.	Brenda L.	Tony M.	Carried Unanimous
8/8/2015	Motion to send delegate, Chantal, to the 2016 World Service Conference.	Vicki	Georgia	Carried Unanimous
8/8/2015	Motion to adjourn.	Brenda L.	Tony M.	Carried Unanimous
1/23/2015	Motion to accept Sandi S. as the Alternate Delegate for the Region in consideration that she holds the Monterey Area Chair service position through the end of the 2015 calendar year.	Tony M.	Ruth K.	Carried 9/0/1
1/23/2015	Motion for the Region to adopt a help line telephone number and create a regional service position to attend to the line	Sandi	Michael F.	Failed 1/10/0
1/23/2015	Motion to add to the Vice Chair commitment the duty of maintaining a "motions log" in the form of an Excel Workbook (XLSX) to contain a listing of all regional assembly motions, their firsts, seconds, amendments and outcomes.	Tony M.	Pat	Carried Unanimous

Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
1/23/2015	<p>Motion to adopt the following annual schedule of CCR meetings.</p> <p>A Regional Service Assembly (RSA) will be held in January/February to coincide with the Monterey Area convention. If the convention is not held in a year, then the RSA will be held at a venue, date and time of the assembly's choosing. The purpose of this assembly is for all Group Service Representatives (GSRs) to meet in-person. All groups are strongly encouraged to send GSRs to this assembly as it will not be available by means of internet or conference call.</p> <p>A Regional Service Committee (RSC) meeting will be held on the second weekend of April. The meeting may be held in person, by means of internet, conference call, or a combination as the RSC determines.</p> <p>An RSA will be held in July/August. The meeting may be held in person, by means of internet, conference call, or a combination as the RSA determines.</p> <p>A RSC meeting will be held on the second weekend of October. The meeting may be held in person, by means of internet, conference call, or a combination as the RSC determines.</p> <p>In order to have a vote in an RSA, a group must register their GSR (and Alternate GSR if they have one). For a group to register the GSR and / or Alternate GSR must complete the "Group/Alternate Group Service Representative Registration Form" from the Guide to Local Services (GLS) section 13-5 and submit the completed form to the RSC or RSA at the first RSC or RSA they attend each year. Groups must register each calendar year. The count of registered meetings is the number used to determine the quorum at RSAs.</p>	Tony M.	Teri M.	Carried 9/1/0
1/23/2015	<p>Motion to create a standing regional Technology Services Subcommittee</p> <p>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 and emerging technologies.</p>	Michael F.	Georgia	Carried Unanimous

Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
1/23/2015	Motion to create a standing regional Non-Area Group Subcommittee The purpose of this committee is to provide the groups that are not members of an Area Service Committee with a vote on the RSC. The committee chairperson is to communicate with committee members that are the GSR's of those groups; informing them of decisions and actions proposed by the RSC and informing the RSC of the committee member's opinions. The chairperson shall vote as representative of those opinions.	Michael F.	Teri M.	Carried Unanimous
1/23/2015	Motion to have next Assembly August 8, 1 pm by video conference & in person in Santa Barbara	Vicki	Tony M.	Carried Unanimous
10/26/2014	Motion to approve all prior CCRFC meeting minutes and associated documents	Arnie B.	Steve	Carried Unanimous
10/26/2014	Motion to create budget sub-committee to create a draft budget	Arnie B.	Teri M.	Carried Unanimous
10/26/2014	Motion to use Robert's Rules of Order at CCR Assemblies, Meetings and Sub-Committee Meetings	Tony M.	Arnie B.	Carried Unanimous
10/26/2014	Motion to adopt the GLS and GWS as guiding documents for CCR	Lynn	Tony M.	Carried Unanimous
10/26/2014	Motion to create an Ad Hoc Committee to draft a Guide to Regional Services and report back at our next Assembly: Tony, Chantal, Sandi, Michael, and Scott N.	Tony M.	Ruth K.	Carried Unanimous
10/26/2014	Motion to hold quarterly regional assemblies per year, assemblies may be held in different locations within the region with a minimum of one assembly per year where all participants are physically present	Tony M.	Lynn	Carried Unanimous
10/26/2014	Motion to put Consent Calendar motions F, K & L	Scott C.	Pat	Carried Unanimous
10/26/2014	Motion to schedule a Narathon and fundraiser for the Region for September 2015			Carried Consent Calendar
10/26/2014	Motion to create a sub-committee to create a draft budget for the Region and return a proposal to the next Assembly: Scott N. Cyndy, Arnie, Jocelyn, Scott C. and Tony will chair	Arnie B.	Teri M.	Carried Unanimous

Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
10/26/2014	Motion to create a subcommittee to effect CCR participation in an "All-California" Nar-Anon convention in cooperation with the Central California Region of Narcotic Anonymous (February 20, 21, and 22) in Bakersfield: Chantal, Scott C. & Scott N.	Chantal M.	Pat	Carried Unanimous
10/26/2014	Motion to initiate the Regional Delegate Fund with the goal of sending the Central California Regional Delegate and Alternate Delegate to attend the World Service Conference 2016	Pat	Steve	Carried Unanimous
10/26/2014	Motion to make a donation to the World Service Office to be determined at the Assembly			Tabled
10/26/2014	Motion to hold the next assembly on Friday, January 23, 2015 at 6:00 PM at the Monterey Convention. Details to be forthcoming			Carried Consent Calendar
10/26/2014	Motion for the Secretary to create a "Take Back to Meeting" summary, based on the conscience of the Assembly, of the minutes for the purpose of sending to them to GSRs to help them with regional meeting announcements. The "Take Back to Meeting" should be produced as quickly as possible after the assembly and posted on the Nar-Anon Central California Region Yahoo Groups site (https://groups.yahoo.com/neo/groups/NarAnonCentralCA) and on the Nar-Anon Central California Region website (http://www.naranoncentralca.org/).			Carried Consent Calendar

Regional Chair's Report

Report from the Chair

January 5, 2020

Hello to the Fellowship of the Central California Region.

I am humbled and feel blessed to have had the privilege to be in service as chair of the Region's Service Committee. The program promises that in service you get to grow in recovery. I'm one who still suffers and greatly need that promised growth.

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 2020 proposed budget is only the starting point from which the Assembly must determine its priorities for the coming year. Arnie, our Regional Service Committee Treasurer, has been involved with the budget for a number of years and has presented a budget that, as a trusted servant, reflects his understanding of the Assembly's goals. The Regional Service Committee has advised him and supports his effort.

The Assembly must now determine the final composition of the Budget. I believe the Service Committee members look forward to the Assembly's deliberations; as those deliberations are the guidance the Committee needs in moving forward to assist in making the Regional goals a reality.

The year 2020 is the year of the World Service Convention where this Region has the opportunity to send a Delegate, as well as an Alternate Delegate, to represent the Groups of the Region in the affairs of the World Service Organization (WSO). Our two representatives have the task of presenting the WSO's business to be addressed at the Convention to the Groups. This business is presented as Motion's to be voted upon at the Convention. Our Groups will be asked to take a groups conscience on each of the motions, to tally the results, and return those results to the Delegate for guidance in representing the Region at the Conference. The WSO will also be asking about the Groups priorities in establishing WSO goals moving forward.

I wish to congratulate our Subcommittees on their successes this year. I'm wonderfully amazed that even though this Region is but 18 groups the robust participation of members in the subcommittee's efforts is a great measure of our Region's robust health.

Our newest subcommittee, Technology Services, turned out to be wonderful gift of a higher power in that it formed just in time to deal with negative impacts to the region due to a change in the policies of the web company that we communicated through and store our archives in. They confronted a challenge that had a huge urgency of minimal time to react and put in place a solution that will benefit the Region in the future.

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

Michael F.

Your Central California Region's Service Committee Chair Person

Regional Treasurer's Report

<p style="text-align: center;">Central California Region, NFG Treasurer's Report December 1, 2019 through December 31, 2019</p>

December 1, 2019	Balance Forward	\$7,931.55
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Additions

Vision of Hope	\$500.00
Sweet Serenity	150.00
Sharing Experience, Strength, and Hope	120.00
Sweet Serenity	100.00

Total Deposits:	\$870.00
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Subtractions

Equalized Delegate Expense - WSC	\$3,900.00
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Total Subtractions:	\$3,900.00
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December 31, 2019	Ending Balance	\$4,901.55
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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	Notes
<i>Description</i>				
Cash on hand from December 31, 2018	\$ 6,053.64	\$ 6,053.64	\$ -	Corrected - late check wasn't considered in original carry over
Income				
<i>Description</i>				
Fundraisers	\$ 1,500.00	\$ 594.00	\$ 906.00	
Group Donations	\$ 1,800.00	\$ 2,972.01	\$ (1,172.01)	
Total Income	\$ 3,300.00	\$ 3,566.01	\$ (266.01)	
Expenses				
<i>Description</i>				
Assembly	\$ 125.00			Never used
Outreach	\$ 500.00	\$ 385.13	\$ 114.87	Literature expense for Narathon moved to Outreach
Travel expense for RSC to assembly and other required meetings	\$ 300.00			Rarely Used
Postal Services	\$ 82.00	\$ 92.00	\$ (10.00)	Rates raised more than expected
Checking account expense	\$ 35.00	\$ 20.05	\$ 14.95	Purchased box of checks
Region website expense	\$ 200.00	\$ 216.00		
Delegate WSC expense (equalized expense and incidentals)	\$ 2,500.00	\$ 1,950.00	\$ 550.00	
Alternate Delegate WSC expense (equalized expense and incidentals)	\$ 2,500.00	\$ 1,950.00	\$ 550.00	
Delegate/Alternate Delegate travel expense to groups	\$ 500.00	\$ 95.88	\$ 204.12	
Conventions	\$ 500.00			Convention expense will be paid in 2020 budget year
Events	\$ 300.00	\$ 150.00	\$ 150.00	Literature expense moved to Outreach
New Meeting Start Up	\$ 300.00	\$ 50.00	\$ 250.00	
Donation to WSO	\$ 400.00	\$ 400.00	\$ -	
Contingency Fund	\$ 300.00			
Prudent Reserve (3 months operating costs)	\$ 515.00			
Total Budgeted Expenses	\$ 9,057.00	\$ 5,309.06		
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	\$ 3,495.59			

Nar-Anon Central California Region 2020 Adopted Budget

Starting Cash on Hand

Notes

Description

Esitmated 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
Contingecy Fund	\$ 300.00
Estimated cash on hand for December 31, 2019	\$ 58.00

Delegate's Report

Central California Region Assembly
Delegate & Alternate Delegate Report
January 17, 2020

We are grateful to be in service as Delegate and Alternate Delegate for the Central California Region. Our widespread region has 18 groups and 19 meetings, of which 2 are Step Study Meetings. We were able to gather information for 12 Group Service Representatives and would like to update our list. All GSRs please make sure you have signed in. This is a big year for Nar-Anon. On April 30th - May 4th it will be the 8th World Service Conference in Torrance, CA. As a fellowship we will experience "Growth Through Service" by participating in this event.

Information for the World Service Conference and pdf for the CAR please visit:

<https://www.nar-anon.org/world-service-conference>

Information for Central California Region please visit:

<https://www.naranoncentralca.org/>

Contact Delegate Teri: delegate@naranoncentralca.org, (831) 588-3700 cell

Contact Alternate Delegate JT: altdelegate@naranoncentralca.org, (831) 801-7250 cell

In loving service,

Teri and JT

What is the World Service Conference?

It is a biennial business meeting where Regional Delegates from around the world come together to vote on motions that affect the Nar-Anon fellowship as a whole. Motions were received from regions worldwide to continue our primary purpose as we grow and develop in our fellowship. Those motions are presented in our Assembly Agenda Packet in what is referred to as The Conference Agenda Report (CAR). See page 50 of your agenda.

The CAR is the means by which the WSC will communicate the issues that will be addressed at the conference. All groups and their members will have an opportunity to review it and have their voice heard at the group level. The tool used to document the group conscience is the tally sheet. The 2020 CAR MOTIONS TALLY SHEET, found on pages 47-48, provides a very brief summary of the motions.

The Group Service Representatives (GSRs) will take the CAR and Tally Sheets and share them with their groups.

As Delegate and Alternate Delegate, it is our privilege to humbly assist any interested members in the process of reviewing the motions. We will help to coordinate and facilitate the review of the CAR by visiting your groups. Dates for our travel itinerary will be sent through Mail Chimp before the end of January. Our contact information can be found on page 46.

As of today, there are 11 ½ weeks before our deadline. We request group conscience results by Wednesday, April 1, 2020

GSRs and Alternate GSRs, Thank you for your selfless service to our Nar-Anon Groups by keeping your meetings open, healthy and welcoming to the Newcomer. Some of you have experience working with the CAR, and others, this may be your first time looking at the documents. *We have been there too.* This year there are 53 motions to be voted on. This can be viewed a challenge considering the volume and perceived complexities of Motions submitted. *Easy does it.* We have provided the schedule for the teleconference review sessions at the end of this report. *You are not alone.*

Utilizing the tools of our program: Steps, Traditions and Concepts, referencing the most recent copies of The Guides to World, Local and Regional Services (GWS, GLS, GRS) as well as a dictionary will be helpful in reaching a group conscience. Prayer to a Higher Power... is always helpful!

Keep it simple.

One suggestion/example the GSRs can use:

Your group decides on a specified amount of time before or after your regular meeting, to devote to the CAR. Your group creates a CAR Meeting schedule to discuss the Motions. The group may choose to examine any number of motions but for this example, let's say 5 motions a week. In the week preceding your group meeting, each participant can read, research and summarize these 5 motions in preparation for the CAR Meeting. In the CAR Meeting, with your guidance, the group meets, discusses and records their group conscience on the tally sheet. *One motion at a time.*

Teleconference Review Sessions on Free Conference Call
(425) 436-6317, access code 679-320#

8:30 am Sunday, January 26 (Motions 1-10)
8:30 am Sunday, February 9 (Motions 11-21)
8:30 am Sunday, February 23 (Motions 22-32)
8:30 am Sunday, March 8 (Motions 33-43)
8:30 am Sunday, March 15 (Motions 44-53)

2020 CAR MOTIONS TALLY SHEET

Motion #	Maker	Brief Description	For	Against	Abstain
1	WSC 2018	Add wording to GLS section <i>How to Start a Nar-Anon Meeting</i>			
2	Argentina	Remove wording in GLS section <i>Group Structure</i> , subsection <i>Dual Membership in Nar-Anon/Narateen</i>			
3	Argentina	Add wording to GLS section <i>Regional Structure</i> , subsection <i>RSC Officers regarding Alternate Treasurer</i>			
4	Argentina	No longer include writings or quotes from external literature or non-members of Nar-Anon			
5	Colombia	Out of Order motion to Approve a new annual daily reflections book	X	X	X
6	Florida	Remove the sentence "Love alone can create" from the reading <i>Helping</i> in the Blue Booklet			
7	Florida	Remove and replace a word in the reading <i>About Addiction</i> from Blue Booklet.			
8	Nevada	Add wording to GLS section <i>Regional Structure</i>			
9	Nevada	Replace wording in GWS section <i>Qualification of a Trustee</i>			
10	Nevada	Remove and replace wording in GWS section <i>Board of Trustees</i> subsection <i>Roles and Responsibilities</i>			
11	Northern Iran	Add wording to GLS regarding Narateen section <i>Sample Format for Nar-Anon Meetings</i>			
12	Northern Iran	Remove all quotes except Nar-Anon quotations in <i>SESH</i> book			
13	Colorado	Remove all quotes except Nar-Anon quotations in <i>Progress Not Perfection Journal</i>			
14	Colorado	Add Nar-Anon <i>Third Step Prayer</i> to Blue Booklet (also see Motion 19)			
15	Colorado	Add the <i>12 Traditions and 12 Concepts</i> as the last 2 pages of the Nar-Anon 36			
16	Colorado	Revise wording in GWS regarding Board of Trustees in <i>Recovery Literature Approval Process</i>			
17	Colorado	Revise <i>Just for Today</i> "I will be happy"			
18	Southern CA	Add in the Blue Booklet <i>Prayer for the Growth of Our Fellowship</i> and create a laminated reading card			
19	Southern CA	Add in the Blue Booklet <i>Third Step Prayer</i> and create a laminated reading card (also see Motion 14)			
20	Southern Iran	Add wording to GLS section <i>Nar-Anon Local Service Structure</i>			
21	Southern Iran	Add wording in the GLS section <i>Area Structure</i> for clarification			
22	Southern Iran	Revise wording in GLS regarding <i>Membership in Nar-Anon and Narateen</i>			
23	Southern Iran	Add two new subsections in GLS section <i>Meeting Ideas</i>			
24	Southern Iran	Remove wording in GLS section <i>Group Structure</i> regarding committees (also see Motions 48 and 49)			
25	Southern Iran	Revise wording in GLS terms of service for Group Service Representative			
26	Southern Iran	Remove and replace wording in GLS section <i>Sample Format for Nar-Anon Meetings</i>			
27	Southern Iran	Revise wording in GLS section <i>Sample Format for Nar-Anon Meeting</i> to allow more share time			
28	Southern Iran	Reorganize order in GLS sections regarding meetings			
29	Southern Iran	Revise wording in GLS section <i>Taped Meetings</i>			
30	Southern Iran	Remove a section in <i>Election Assemblies</i> in GLS			
31	Southern Iran	Replace the word 'members' with 'groups' in GLS section <i>Conventions and Events</i>			
32	Southern Iran	Remove reference to National Service Office (NSO) in GLS section <i>Publications By Members (also see Motion 51)</i>			
33	Southern Iran	Add wording to GLS section <i>Regional Structure</i> for clarification			
34	Southern Iran	Revise wording in GLS to change voting privileges at RSC meetings			
35	WSC	Remove and replace wording in GWS section <i>WSC Standing Rules of Order</i>			
36	WS Literature	Revise wording in Blue Booklet <i>Changing Ourselves</i> to make the reading gender neutral.			
37	WS Literature	Approve pamphlet <i>Seventh Tradition</i>			
38	WS Literature	Add language to GWS section <i>Recovery Literature and Service Materials</i> referencing writing submissions			
39	WS Literature	Approve booklet <i>Grandparent's Stories - The Family Disease Across Generations</i>			

2020 CAR MOTIONS TALLY SHEET

Motion #	Maker	Brief Description	For	Against	Abstain
40	WS Literature	Approve booklet <i>Our Traditions Principles for Groups and Beyond</i>			
41	WS Literature	Approve <i>Narateen Twelve Step Workbook</i>			
42	WS Literature	Approve the reading <i>We've Been There</i>			
43	WS Literature	Remove and replace wording in the pamphlet <i>Detachment</i>			
44	WS Narateen	Remove and replace wording in the <i>World Service Narateen Safety Policy & Guidelines</i>			
45	WS Narateen	Remove the word 'facilitators' in GLS section <i>Area Structure regarding Narateen</i>			
46	WS Narateen	Add wording to GLS regarding Narateen			
47	WS Narateen	Adding Narateen wording to the <i>Nar-Anon Copyright Release Form</i> in the GWS			
48	WS Outreach	Remove bullet point from GLS section <i>Group Structure /Business Meetings</i> (also see Motions 24 and 49)			
49	WS Outreach	Revise trifold <i>Group Inventory</i>			
50	WS P&G	Remove and replace wording in the Blue Booklet regarding "the whole program is merely suggested."			
51	WS Trustee	Remove and replace wording in GWS section <i>Translations of Nar-Anon Literature</i> (see also Motion 32)			
52	WS Trustee	Remove and replace wording in GWS section <i>National Service Office</i> for clarity			
53	WS Trustee	Add World Service Translation Resource Committee description in GWS			
	GROUP		GSR		

World Service Conference Documents

Hello to all Nar-Anon members:

On behalf of the World Service Conference Committee, we are pleased to provide you with the Conference Agenda Report (CAR) for "Growth Through Service", the World Service Conference 2020 (WSC 2020). The WSC will be held from April 30 to May 4, 2020 in Torrance, CA, USA.

The CAR is a tool by which we are able to communicate the issues that we will address at the WSC. The motions received from regions around the world are included, as well as motions from previous conferences, world service committees and the board of trustees. The CAR also includes information describing how the conference will function.

We ask that you make these motions available to your region, areas and groups so that every Nar-Anon member will be aware of the issues to be addressed at the conference and be given an opportunity to have their voice heard at the group level. In this way, regional delegates will be fully able to represent Nar-Anon as a whole based on their region's guidance.

We would also like to take this opportunity to remind all concerned of the following upcoming deadlines. Your anticipated cooperation in meeting these deadlines will be greatly appreciated.

- December 31, 2019 – Deadline to inform WSC Committee of region's intention to participate in WSC 2020 and submission by each region treasurer of equalized expense sum to WSO. *
- December 31, 2019 – Deadline for BOT members, world service committee chairs, and non-local observers to inform the WSC Committee of their intention to attend the conference. *
- February 1, 2020 – Conference Approval Track (CAT) material available and distributed to regions.
- March 2, 2020 – Deadline for World Service Committee reports, regional reports and assembly minutes showing election or continued endorsement of delegate or alternate delegate.
- April 1, 2020 - Agenda for WSC 2020 distributed to all attendees.
- April 16, 2020 – Deadline for local observers to inform the WSC Committee of their intention to attend the conference.

* A copy of the WSC 2020 equalized expenses is attached for your convenience.

As always, should you have any questions or any difficulty downloading attachments, please feel free to contact the committee. Information about the WSC 2020 and the CAR is also available from Nar-Anon's website

We look forward to hearing from you and seeing many of you at WSC 2020



GROWTH THROUGH SERVICE
NAR-ANON WORLD SERVICE CONFERENCE 2020

December 3, 2019

CONFERENCE AGENDA REPORT (CAR)

GREETINGS FROM THE NAR-ANON 2020 WORLD SERVICE CONFERENCE COMMITTEE,

We are sending this report to all registered regions, delegates, alternate delegates, world service committees and the board of trustees of Nar-Anon Family Groups in preparation for the 2020 Nar-Anon World Service Conference (WSC) "Growth Through Service," to be held from April 30 through May 4, 2020 at the DoubleTree by Hilton Hotel Torrance – South Bay, Torrance, California, USA. This *Conference Agenda Report (CAR)* will only be available in English, but registered non-English speaking regions may translate it into their own language.

The WSC is the event where the WSO staff, Board of Trustees, world service committee members, regional delegates, alternate delegates, and any other interested Nar-Anon members join together to pursue our fellowship's growth. As we continue to grow and develop in our fellowship, our primary purpose "to offer support to friends and families of addicts" and to listen to the group conscience of the Nar-Anon Family Groups will remain unchanged.

Nar-Anon Family Groups have held World Service Conferences every two years since 2006. Each WSC has seen increased participation from regions worldwide. The upcoming WSC will be our 8th conference. Information about previous and upcoming conferences can be found at <http://www.nar-anon.org/world-service-conference/>.

Delegates, alternate delegates, trustees, and observers came from around the world to attend the conference in 2018, "RECOVERY - UNITY - SERVICE." The diversity brought by each perspective contributed to the debate and the success of the conference. The 2018 agenda included the following business: one postponed WSC 2016, eight motions originating from around the world, 18 motions from World Service Committees, and one motion from the Board of Trustees. There were no items of Conference Approval Track (CAT) materials. The 2018 conference also resulted in one new business floor motion.

The *CAR* is a tool by which we communicate the issues we will address at the WSC. We ask that each region distribute the *CAR* to all its groups, so every member of the worldwide fellowship may have an opportunity to review it and have their voice heard at the group level. Our hope is that each group's conscience will then be carried to the area and to the region, so that every regional delegate and alternate delegate will be able to fully represent their region. The regional delegate and/or alternate delegate will then attend the WSC 2020 and vote on behalf of their region. If a region does not have a delegate or alternate delegate, they may send a representative who will have a voice, but not a vote. Only regional delegates (and alternate delegates while serving in place of their delegates) and trustees will have a vote at the conference.

The deadline for receiving motions in final form was October 14, 2019. The floor and postponed motions received from WSC 2018 and new motions from regions, world service committees, and the Board of Trustees appear at the end of this report.

GOALS OF THE WSC 2020

Growth through service both individually and as a fellowship flourish as a result of participation in our world service conference. Service is a natural outpouring of the message we all share. Through each member's service, whether in Russia, Latin America, Iran, South Africa, or in-between, we gain inspiration to grow and preserve the unity of our program. The sincerity of purpose shown in Nar-Anon's Twelve Traditions and Twelve Concepts of Service depends on our members across the world. We come together to address the needs of the fellowship through honest debate and consensus-based decision making.

RECOVERY LITERATURE PRIORITY LIST

At WSC 2014, a motion was approved for creation of a recovery literature priority list. Attached to the CAR is a list compiled from requests and submissions to the World Service Literature Committee. We ask that delegates review and prioritize this list with input from their regions. The completion of any recovery literature is dependent upon submission of writings from our fellowship. We encourage delegates to solicit writings to help the WS Literature Committee accomplish the goals of the conference.

ELECTIONS

At the WSC, the voting members of the conference elect nominees to the World Pool, which is a group of Nar-Anon members who have applied and are eligible to serve on the Board of Trustees. Voting members of the WSC elect one-third (up to five) of the trustees from the World Pool and the Board of Trustees (BOT) elects two-thirds (up to ten) of the trustees from the World Pool, as provided in our bylaws. The maximum number of seats on the BOT is fifteen.

At WSC 2020, there will be 10 vacancies on the board. The existing BOT includes two trustees elected by a previous conference. The WSC may elect three trustees from the World Pool to the BOT, for a total of five WSC directly-elected trustees. The BOT may fill the remaining vacancies from the World Pool.

The Conference Facilitator for the next conference is also elected during the WSC.

REPORTS

Each region, whether represented at the WSC or not, is asked to prepare a regional report and submit it to the WSC Committee at wscconference@nar-anon.org no later than March 2, 2020. The committee will compile reports from regions and world service committees, along with budgets and agendas. A template will be provided for the regional reports. Please submit reports as a Word document. Sharing your report with the WSC, even if your region is not attending, provides important information about regions around the world and allows us to better serve our fellowship.

PROPOSED CONFERENCE RULES OF ORDER

The intent of using rules of order is to provide an orderly way to conduct business, to protect each member's rights, to protect the WSC's rights, and to protect the free exercise of debate. If

we understand the principles and use the procedures appropriately, parliamentary procedure will enhance, not hinder, the accomplishment of the business of the WSC. The WSC Facilitator chairs the conference using the WSC Standing Rules of Order and *Robert's Rules of Order (Robert's)*.

To conduct business, the conference utilizes the following WSC Standing Rules of Order, adapted from *Robert's*, in conjunction with the following Floor Motion Criteria. The WSC Standing Rules of Order have been found to meet the general needs of the conference when they are not in conflict with other conference policies, the Twelve Traditions, or the Twelve Concepts of Nar-Anon Service.

In cases where the WSC Standing Rules of Order are not comprehensive enough, *Robert's* is used. In cases of a conflict or discrepancy between the two, WSC Standing Rules of Order will take precedence.

After adequate discussion and debate have occurred, the conference formalizes its consensus by taking a vote. The WSC's consensus is determined by a majority vote, except for those decisions that require a 2/3 vote as defined in the WSC Standing Rules of Order. All activities of the WSC strive to achieve the spirit of consensus-based decision making.

WSC STANDING RULES OF ORDER

1. Each WSC delegate and trustee will have a voice and a vote. Alternate delegates and representatives will have a voice. An alternate delegate has a vote in the absence of their regional delegate. Representatives have no vote. World service committee chairs have voice limited to their committee report and questions regarding their committee's activities. The WSO Executive Director has a voice limited to his/her report and questions regarding WSO activities.
2. No member may speak on a motion more than once unless others desiring to speak on the motion have exercised their opportunity. A region's delegate and alternate delegate are considered to be the same member when speaking on a motion.
3. There is a time limit on debate by any member. No member may speak longer than three minutes on a motion each time they are recognized by the facilitator. However, the facilitator may exercise discretion to extend the time limit when, in the facilitator's opinion, such action is warranted. To otherwise extend debate, a motion from the floor to do so must be adopted.
4. There is a limit on the number of speakers on any motion. No more than three members may speak in favor of (pro) and no more than three members may speak in opposition to (con) any motion. Debate may be extended when a motion from the floor to extend debate is made and adopted.
5. Every main motion from the floor must be presented on a WSC motion form and contain the names and positions of the members proposing and seconding the motion. A region's delegate and alternate delegate are considered to be the same member when making or seconding motions. Motions presented by the BOT do not require a second. Motions should be worded in the positive to provide clarity on the effect of the motion. A motion should be clear, concise, comprehensive, and have its intent visibly reflected, as the members will be voting on the actual wording of the motion, not the maker's intent of its effects. Motions must be turned in to the motions table before the facilitator will recognize the maker. All motions are displayed

in writing before debate or voting. After a motion is made and seconded, the facilitator restates the motion clearly to the conference. The motion is now pending and before the conference; it is only at this point that the motion belongs to the conference and must be disposed of in some manner.

6. Every amendment to a main motion must be presented on a WSC motion form and contain the names and positions of the members proposing and seconding the amendment. A region's delegate and alternate delegate are considered to be the same member when making or seconding amendments. Any second merely indicates that another member wishes the matter to come before the conference; it does not necessarily mean that the member who seconds the motion is in favor of the motion. Amendments presented by the BOT do not require a second. Amendments must be turned in to the motions table before the facilitator will recognize the maker. All amendments are displayed in writing before debate or voting.
7. Debate follows if the motion is debatable. Debate will also follow the making of an amendment to the motion, if the motion is amendable. Debate addresses the motion or amendment, not the member making it. Motives should never be questioned. Members should address each other through the presiding facilitator. The facilitator addresses members by name and position. Discussion (debate) is not between two members but through the facilitator.
8. When ready, the conference votes to adopt (carry) or reject (fail) the motion or amendment. This is also known as the facilitator putting the question. The member who is chairing the conference, conducting a vote, or officially counting a vote does not have a vote while serving in this capacity. Voting shall be by a voice vote while standing. All in favor of the item are asked by the facilitator to stand and remain standing for a count of the vote. Those in favor are then seated, and the process is repeated for those opposed and in abstention to the item in question.
9. A majority vote (simple majority) is a vote of more than one-half of the votes cast.
10. Every motion to make or amend policies and guidelines must be carried by 2/3 of the voting body as polled in each session. When a 2/3 majority of those present or eligible to vote is required, abstentions count as 'nay' votes.
11. Any motion submitted in the *CAR* for the current conference and approved at the conference becomes effective at the conclusion of the conference, unless otherwise specified in the motion.
12. These standing rules of the conference are applied in conjunction with *Robert's Rules of Order*.

FLOOR MOTION CRITERIA

The agenda for the World Service Conference (WSC) includes several sessions where the conference participants address different types of business.

The Old Business session addresses the motions that were presented to the Nar-Anon Family Groups in the *Conference Agenda Report (CAR)*. The fellowship has had an opportunity to consider and evaluate these motions. Regions have held assemblies to discuss the *CAR* so their regional delegates can come to the WSC with an awareness of the group conscience of their

regions. During the Old Business session, any motions raised that were not contained in the *CAR* must fall into specific categories in order to be considered.

Acceptable motions from the floor during the Old Business session would include amendments to or withdrawals of motions in the current *CAR* and motions regarding the daily conference agenda, conference rules of order or general operations of the current conference, such as motions to adjourn or motions to accept minutes of the prior day's business.

During the Old Business session, the WSC Facilitator will rule out of order any motions from the floor of the conference that substantially change the intent of a motion presented in the *CAR*; attempt to change the Twelve Steps, Twelve Traditions or Twelve Concepts of Service; or attempt to change Nar-Anon's name, nature or purpose. Motions of this nature require review by the fellowship and will be dealt with under New Business.

The WSC cannot approve new recovery literature or changes to existing conference approved recovery literature unless the new literature or changes to existing literature have been presented to the fellowship with the *CAR*. Recovery literature is simply defined as the conference approved literature that groups use in their meetings to work on recovery. This would include step and tradition books, daily readers, pamphlets on recovery topics, the Blue Booklet, step workbooks, etc. Changes to conference approved recovery literature require fellowship approval. Motions from the floor that attempt to change conference approved recovery literature will be dealt with under New Business.

The WSC also hears various reports from world service committees, WSO, or the Board of Trustees. Any motions that arise as a result of these reports will fall under New Business.

The New Business session of the WSC deals with budgets, projects planned for the next conference cycle, and approval of new service and outreach material presented within the conference approval track (CAT) timeframe. New ideas which have come about during the current conference, including changes to conference approved recovery literature, are also evaluated. After discussion of ideas which have come about during the current conference, the WSC decides whether these ideas or proposals will be included in the *CAR* for the next conference cycle or whether no action will be taken. New ideas that are brought before the fellowship at this time must follow the same criteria as *CAR* motions and are submitted on a fully completed floor motion form.

WSC 2020 MOTIONS

POSTPONED & NEW BUSINESS MOTIONS from WSC 2018 Floor motions passed at WSC 2018 require ratification by the fellowship

Motion 1: In the Guide to Local Services, page 2-1, section How to Start a Nar-Anon Meeting, subsection Registration of Groups, insert the text below at the end of paragraph 2:

If there are established Nar-Anon Family Group meetings in your community, you are encouraged to reach out to those groups for support and information.

Maker: WSC 2018, Floor Motion #1.

Intent: Proliferate among the membership of existing groups a general awareness of potentially available forms of support from various additional sources thus increasing the likelihood of more promptly reaching organizers of new groups with this information.

Rationale: New meeting organizers often approach areas or regions after registering their group at WSO. Many have already made heavy up-front personal donations to cover start-up. They learn small stipend from an area, region or both is available that could have more favorably altered purchase decisions. Like a dark chocolate treat in shiny blue wrap on a pillow at Motel 6 this word of encouragement in the GLS not only presents an unexpectedly sweet welcome but also improves chances for early connection of the nascent group's members to a service structure with which they may choose to associate and to those together with whom they may elect to cooperate in extending the strength & hope of Nar-Anon to the length and breadth of their common local community.

Financial Impact: None given.

REGIONAL MOTIONS

PLEASE NOTE: The items below reflect additional information contained in the 2020 CAR.

- **Estimated Implementation Time:** This is the response to question on the Motion Submission Form "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?"
- **Point of Information:** Several motions have a sub-section entitled "Point of Information." This is explained in Robert's as follows: A member may need to bring up an additional point or additional information (in the form of a non-debatable statement) so that the other members can make well informed decisions. This valuable exchange of information has previously occurred on the conference floor. It is contained here so regions have complete information when considering the motions.

Motion 2: In the Guide to Local Services, page 4-4, section Group Structure, subsection Dual Membership in Nar-Anon/Narateen and NA, second paragraph:

Remove "Nar-Anon/Narateen members who are also members of NA are eligible to hold office within their Nar-Anon or Narateen groups. Active members of Nar-Anon who are also members of NA may serve as the facilitator of a Narateen group by virtue of their Nar-Anon membership. These are vital group services and, at all times, emphasis should be placed on the Nar-Anon program."

Motion applies to: Policy & Guidelines

Maker: Argentina Region, Motion #1

Intent: Comply with the First Tradition and Third Tradition. Don't discriminate or differentiate any member, regardless of where it comes from or what pre-existing illness you have considering the service is part of the recovery

Rationale: Promote common welfare by respecting each member as an individual without limiting their service and recovery. It would increase the members who serve.

Estimated Implementation Time: None provided

Financial Impact: None provided

Point of Information: NA members can serve beyond the group level, but not as officers. By removing the last sentence members may not understand the importance of "... emphasis should be placed on the Nar-Anon program."

Motion 3: In the Guide to Local Services, section Regional Structure, subsection RSC Officers, Treasurer after the sentence, page 6-2:

Add "Alternate Treasurer." The Alternate Treasurer should be willing to become treasurer at the end of the current treasurer's term. The recommended experience for this position is two (2) years continuous service in Nar-Anon.

Duties:

- In the treasurer's absence, perform the duties of treasurer previously listed.
- In the event treasurer is unable to fulfill the duties of their position, assume the treasurer's duties until an election assembly can be held.
- Attend over all RSC meetings and assemblies.

Motion applies to: Policy & Guidelines

Maker: Argentina Region, Motion #2

Intent: Taking into account the growth of the regions, the regional treasury must comply with a greater amount of legal requirements framed in the GLS. This task would be easier if done in collaboration with another server member with whom you share the responsibilities.

Rationale: Facilitate access to the service of the largest number of members. The service must be available to everyone, but we are not all prepared to take responsibility for Nar-Anon's finances, the figure of the alternate treasurer would give the possibility of training in cooperation with the treasurer, to members who are not sure of being able do the task

Estimated Implementation Time: None provided

Financial Impact: None provided

Motion 4: In future Nar-Anon publications, don't include writings or quotes from external literature to Nar-Anon or from persons who aren't members of our fellowship.

Motion applies to: Literature and Policy & Guidelines

Maker: Argentina Region, Motion #3

Intent: Encourage and give importance to our own productions based on Nar-Anon's experience, strength and hope.

Rationale: Lead Nar-Anon's literature to be in accordance with our 6th Tradition.

Estimated Implementation Time: None provided

Financial Impact: None provided

Point of Information: After listening to the conscience of the members, the decision to no longer use quotes from outside sources has already been made. This was in an effort to eliminate any confusion. The materials these quotes came from were never intended to be interpreted as conference approved.

Motion 5: The action requested is to approve a new annual daily reflections book written by Colombian Nar-Anon members. This book will also be sent to the World Service Literature Committee.

Motion applies to: Literature

Maker: Colombia

Intent: This action will accomplish; an extra material to complement the SESH in which the writers share a few questions to reflect about the text.

Rationale: This action is desirable because it will be a quarter letter size book which the members can bring easily with them. Besides the questions at the end of each text will allow the reader to reflect about the text read.

Estimated Implementation Time: We have not contacted the appropriate committee to investigate the time.

Financial Impact: The financial impact will be the cost to print the book, which will be reimbursed when the book is sold obtaining profit.

WSC Committee: This motion will be ruled out of order at the Conference. The literature approval process outlined in the GWS pages 23-25 has not been followed.

Point of Information: This motion is out of order. This material needs to follow the process for recovery literature as outlined on pages 23-25 of the GWS which allows the fellowship to review and give input.

Motion 6: In the Nar-Anon Blue Booklet, page 14, Helping, 3rd paragraph, remove the 4th sentence, "Love alone can create."

Motion applies to: Literature

Maker: Florida Region, USA, Motion #1

Intent: This sentence contradicts the lines before that states "Take no thought for the future actions of others, neither expecting them to be better nor worse as time goes on. For in such expectations, we are really trying to create. This is God's job, not ours" and implies that if we love enough, we can influence change in someone which contradicts the message in the entire reading.

Rationale: Learning to detach with love is a foundation of our recovery. Suggesting that our love can create, contradicts the message in that paragraph and leads us back into our disease, thinking that with love we can create change in others.

Estimated Implementation Time: Minimal, per the WS Literature Committee

Financial Impact: The cost of reprinting the Blue Booklet.

Motion 7: In the Blue Booklet, page 6, About Addition, 7th sentence,

Revise: "Even when they know what will happen when they take the first drink, pill or fix, they will do so."

Replace with: "Even when they know what will happen when they take the first drink, pill or fix, they **may** do so."

Motion applies to: Literature

Maker: Florida Region, USA, Motion #2

Intent: This change will provide more accurate information for Nar-Anon/Narateen members.

Rationale: This change offers more hope to all members.

Estimated Implementation Time: Minimal per World Service Literature Committee

Financial Impact: The cost of reprinting the Blue Booklet and reading handouts.

Motion 8: Guide to Local Services – Regional Structure – Page 6.1, paragraph 2.

The RSC's purpose is to plan for the general improvement of groups and areas by holding regular business meetings, and to conduct assemblies. Members of the RSC perform the duties described in these guidelines and follow any parliamentary procedures (Robert's Rules of Order) adopted at the assembly. Its members strive to work for the common good of Nar-Anon as a whole, guided by the conscience of their groups. All members and officers should be bound by Nar-Anon's Twelve Traditions and Twelve Concepts of Service.

Add to the end of paragraph: Officers should be current continuous participating members in a Nar-Anon home group.

Motion applies to: Policy & Guidelines

Maker: High Desert Region, Nevada, USA, Motion #1

Intent: Clarify qualifications of regional trusted servants. Clearly specify who may be nominated for service. Help the nominations committee carry out:

Concept 4 – Effective leadership is highly valued in Nar-Anon. Leadership qualities should be carefully considered when selecting trusted servants.

Tradition 5 – Each Nar-Anon Family Group has but one purpose; to help families of addicts. We do this by practicing the Twelve Steps of Nar-Anon, by encouraging and understanding our addicted relatives, and by welcoming and giving comfort to families of addicts.

Rationale: To protect integrity of Nar-Anon Family Groups by ensuring our trusted servants are regularly attending Nar-Anon meetings.

Estimated Implementation Time: It isn't possible to know how long someone else will take to do something. No.

Financial Impact: No financial impact

Point of Information: This language is already in the next paragraph under RSC Officers:

"Officers of the RSC are the chair, vice chair, secretary and treasurer. In the absence of a chair or vice chair, there may be an interim chair until an election assembly is held. Officers are elected to serve for three (3) years. Once elected, regional officers, while in office, may not serve as GSRs. The term of service shall begin following the election. To be of utmost benefit to those they serve, it is recommended that officers attend Nar-Anon meetings on a regular basis."

Motion 9: Guide to World Service – Qualification of a Trustee – Page 29
In addition to the qualifications outlined in the bylaws, other desirable qualifications to be considered are as follows:

- Six years of Nar-Anon service, which must include serving as one of the following: area/regional officer, delegate or alternate delegate or any combination thereof
- Clear understanding of Nar-Anon's Twelve Steps, Twelve Traditions, and Twelve Concepts of Service
- Familiarity with Nar-Anon's service structure
- Familiarity with Nar-Anon's bylaws, policies, and guidelines
- History of both completing work independently and working well within a group
- Organizational and communication skills
- Management or financial knowledge
- Ability to prepare and present motions (proposals), plans, and management policies and procedures for Nar-Anon's growth
- Willingness to initiate and facilitate new projects
- Ability to spend sufficient time attending meetings and serving on a world service committee
- Ability to accept criticism and flexibility to acknowledge other ideas

REPLACE

Bullet #2 Change "Clear understanding" to "Have participated in Step, Tradition, Concept studies."

Bullet #10 Change "Ability to spend sufficient time attending" to "Ability to spend 5 (example) hours/week."

Bullet #11 Replace entire bullet with "Ability to discuss and accept opposing viewpoints."

Motion applies to: Policy & Guidelines

Maker: High Desert Region, Nevada, USA, Motion #4

Intent: To clarify qualifications. To reduce ambiguity and vagueness. To use vocabulary that ensures statements are quantifiable.

Rationale: Bullets #2 and #10 are ambiguous, unclear, not measurable or quantifiable. Bullet #11 is stated in a negative and demeaning tone, it could be stated in a positive way.

Estimated Implementation Time: No idea

Financial Impact: No financial impact

**Motion 10: Guide to World Service – Board of Trustees – Roles and Responsibilities
- Page 29**

Trustees are members of the WSC. They also serve on world service committees and may chair these committees. Trustees cannot hold office within an area or region, but may serve within an area or region. They may also serve within a group, but not as GSR or alternate GSR. Once elected, the interests of the trustees shall be focused on Nar-Anon as a whole.

Remove: They also serve on world service committees and may chair these committees.

Replace: They also serve on a world service committee for 1 year and may not chair these committees.

Motion applies to: Policy & Guidelines

Maker: High Desert Region, Nevada, USA, Motion #5

Intent: Rotation of Service. Every world service committee will have equal representation from the board of trustees. No world service committee will be left without board involvement. Avoids satiation by a trustee continuing on the same committee year after year. Trustee representation can be chosen by picking a committee name out of a hat. Or chosen by a first-come-first-served basis. There are various ways this can be accomplished

Rationale: Rotation of service is suggested at every level of service throughout Nar-Anon Family Groups structure. This principle is not to be ignored by the board while fulfilling their Roles and Responsibilities to world service committees.

Estimated Implementation Time: No idea

Financial Impact: No financial impact

Board conscience: A conference cycle is two years and many tasks take more than one year to complete. With limited members on each world service committee, this could reduce the efficiency of the committees. Trustees practice rotation of service by term limits and the policy concerning this position, just like officers at every level of the service structure, according to the GLS/GWS.

Concept Ten: All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes. Limiting any service member on a service committee is not allowing them to fully participate in projects to completion.

Concept Twelve: In keeping with the spiritual nature of Nar-Anon, our structure should always be one of service, never of governance.

No member in Nar-Anon should be forced to serve on a committee for which they have no skill set or interest. It is necessary for some, but not all, committees to be chaired by a trustee due to the nature of the access they have to certain documents. Example: Litcom is chaired by a trustee due to the nature of the access they have to materials being prepared for publishing. This trustee prepares the list of the materials to be sent to be registered with the copyright office and keeps up with versions in Dropbox. The board treasurer is the chair of the WS Budget and Finance Committee and has access to all the financial documents at WSO and works in cooperation with the bookkeeper. We ask all members at every level to serve what appeals or speaks to them. Any

member being forced to serve otherwise is being governed and this is not what the principles suggest.

Point of information: The intent and rationale state the trustees would rotate to all the committees however the language in the motion does not state this. Therefore, this motion is written that trustees may only service on WS committees for one year. Language in the intent and rationale are meant to explain the reason for the request and any action mentioned in the intent and rationale that are not in the body of the motion will not become policy, even if that is the intent of the maker.

Motion 11: In GLS, page 3-2, section Sample Format for Nar-Anon Meetings, after reading part, to add the following sentence at the beginning of fifth part: "Narateen is an integral part of the Nar-Anon fellowship for teens affected by someone else`s addiction and are coping with the addiction problem of a family member or friend."

Motion applies to: Literature

Maker: Northern Iran, Motion #4

Intent: Informing and spreading awareness to Nar-Anon members about Narateen Meetings.

Rationale: Outreach to start and support Narateen Meetings, attracting more members and having more helpful and productive Narateen Meetings.

Estimated Implementation Time: None provided

Financial Impact: None provided

Motion 12: To remove all quotes except Nar-Anon quotations in SESH book (see: Appendix to CAR Motion 12).

Motion applies to: Literature

Maker: Northern Iran, Motion #5

Intent: To comply with 6th tradition (don't endorse any author and don't advertise any publication), 7th tradition (fully self-supporting), 10th tradition (have no opinion on outside issues), to keep our focus on ourselves and also to build up self-confidence of fellowship members by using their valuable shares and experiences rather than rely on quotes from well-known writers for confirmation of our statements.

Rationale: The purpose of Nar-Anon is personal growth through applying the Twelve Steps and sharing our experience, strength, and hope. It is from Nar-Anon members that we hear ideas and experiences that put us on the road to recovery. Our Sixth Tradition states "Our Family Groups ought never to endorse ..." As outside speakers may divert the focus from our recovery, quotations in our literatures also have the same impact.

Estimated Implementation Time: Unknown

Financial Impact: Unknown

Board conscience: After listening to the conscience of the members the decision to no longer use quotes from outside sources has already been made. This was in an effort to eliminate any confusion. The materials these quotes came from were never intended to be interpreted as conference approved. Any motions to change literature must be dealt with first after conference. While the idea seems good we must weigh out the consequences. This will give the WS Literature Committee no time to work on new literature. With 40,000 plus books already in circulation the newcomer and the long timer will most certainly no longer be equal because the books they read from will be different. The board feels it best to learn from the past and practice progress not perfection by having the next daily reader be an example of what we have learned; no quotes, Nar-Anon not used so much in the same reading, etc. We have a limited number of trusted servants editing and preparing our literature. This action may not result in new sales of replacement books. Experience shows most longtime members will not invest in a new book. Literature sales are vital to the survival of WSO's operating expenses. The work of the WS Literature Committee would be better spent working on new literature the fellowship wants. This would prevent the committee from doing so.

Motion 13: To remove all quotes except Nar-Anon quotations in Progress Not Perfection Journal (see: Appendix to CAR Motion 13).

Motion applies to: Literature

Maker: Northern Iran, Motion #6

Intent: To comply with 6th tradition (don't endorse any author and don't advertise any publication), 7th tradition (fully self-supporting), 10th tradition (have no opinion on outside issues), to keep our focus on ourselves and also to build up self-confidence of fellowship members by using their valuable shares and experiences rather than rely on quotes from well-known writers for confirmation of our statements.

Rationale: The purpose of Nar-Anon is personal growth through applying the Twelve Steps and sharing our experience, strength, and hope. It is from Nar-Anon members that we hear ideas and experiences that put us on the road to recovery. Our Sixth Tradition states "Our Family Groups ought never to endorse ..." As outside speakers may divert the focus from our recovery, quotations in our literatures also have the same impact.

Estimated Implementation Time: Unknown

Financial Impact: Unknown

Board conscience: After listening to the conscience of the members the decision to no longer use quotes from outside sources has already been made. This was in an effort to eliminate any confusion. The materials these quotes came from were never intended to be interpreted as conference approved. Any motions to change literature must be dealt with first after conference. While the idea seems good we must weigh out the consequences. This will give the WS Literature Committee no time to work on new literature. With 40,000 plus books already in circulation the newcomer and the long timer will most certainly no longer be equal because the books they read from will be different. The board feels it best to learn from the past and practice progress not perfection by having the next daily reader be an example of what we have learned; no quotes, Nar-Anon not used so much in the same reading, etc. We have a limited number of trusted servants editing and preparing our literature. This action may not result in new sales of replacement books. Experience shows most longtime members will not invest in a new book. Literature sales are vital to the survival of WSO's operating expenses. The work of the WS Literature Committee would be better spent working on new literature the fellowship wants. This would prevent the committee from doing so.

Motion 14: Addition of the Nar-Anon “Higher Power, guide me on my journey to peace and serenity, help me to let go of self-will, and turn my life over to your care.” prayer to page one of the Nar-Anon Family Groups Blue Booklet, after the Serenity Prayer.

Suggested format:

Higher Power, guide me on my journey to peace and serenity,
help me to let go of self-will,
and turn my life over to your care.

Motion applies to: Literature

Maker: Rocky Mountain Region, Colorado, USA, Motion #1

Intent: This action will allow easy reference to the prayer and support its use as an important recovery tool to Nar-Anon Family Groups.

Rationale: As this prayer is being utilized regularly in Nar-Anon Family Group meetings, it would be helpful to have reference to it in another tool regularly utilized in our meetings, such as the Blue Book. This prayer in particular, alongside the Serenity Prayer, may work as a helpful tool in one’s recovery process and offer support in times of need.

Estimated Implementation Time: One hour

Financial Impact: None provided

Motion 15: Add the 12 Traditions and 12 Concepts as the last 2 pages of Nar-Anon 36

Motion applies to: Literature

Maker: Rocky Mountain Region, Colorado, USA, Motion #2

Intent: It will allow the member to have quick access to the 12 Traditions and 12 Concepts.

Rationale: It will put all 36 principles in one place. Keep our literature consistent as the 12 steps, traditions, and concepts are the last 3 pages of SESH, GLS, GWS, and are in the Blue Booklet.

Estimated Implementation Time: One hour

Financial Impact: 2 more pages to print. Minimal financial impact.

Point of Information: These should be placed at the back of the completed Nar-Anon 36 as we have done in our other literature. This motion would add the traditions and concepts ahead of the start of the traditions section of the book and it will always be in that location because of this motion.

Motion 16: Change page 24 of the GWS “After recovery literature has been reviewed and edited, it is forwarded to the BOT for approval before it is sent to the fellowship for a preliminary review.”

To: "After recovery literature has been reviewed and edited, it is forwarded to the BOT. Once the BOT has reviewed it, it is sent to the fellowship for a preliminary review."

Insert the BOT into the Recovery Literature Approval Process chart on page 24 of the GWS in its proper position.

Motion applies to: Literature

Maker: Rocky Mountain Region, Colorado, USA, Motion #3

Intent: Changing the chart makes the text and the chart consistent. Changing the text clarifies the process.

Rationale: As it reads now the BOT is part of the recovery literature approval process but is not represented in the chart. It is confusing and conflicting. The change makes both the text and the chart accurate.

Estimated Implementation Time: Three hour estimate

Financial Impact: None

Motion 17: To edit the "Just for Today" I will be happy.

FROM: This assumes to be true what Abraham Lincoln said, "Most folks are as happy as they make up their minds to be."

TO: Just for Today I will be happy. Most people are as happy as they make up their minds to be.

NOTE: The "Just for Today" will need to be edited in the Blue Booklets (both small and large), "Just for Today" Bookmarks (both laminated & not laminated), the Laminated Reading Cards - B Other Readings (8), and the Laminated Reading Cards – C Complete Set (11). The SESH book does not need any corrections. In the SESH book, the "Just for Today" only one (April 17) references "I will be happy.", but does not falsely attribute it to Abraham Lincoln. In "Sharing the Slogans" they repeat the SESH April 17 reading on pg 14 Just for Today: "I will be happy."

Motion applies to: Literature

Maker: Rocky Mountain Region, Colorado, USA, Motion #4

Intent: Edit an incorrect quote. Prevent violation of Tradition 10 of bringing in outside issues of non-CAL quotes into our Nar-Anon CAL literature. Bring Just for Today into compliance with guideline of reading only CAL approved literature.

Rationale: The statement is attributed to Abraham Lincoln is inaccurate. There is no substantive evidence that Abraham Lincoln used this expression. It was attributed to Lincoln by Dr. Frank Crane's column about New Year resolutions printed in the Syracuse Herald of Syracuse, New York on January 1, 1914. It was attributed to him by Dr. Frank Crane about fifty years after his death. Oddly, Crane presented at least three different phrasings for the quotation in 1914, 1916, and 1920. The words are usually credited to

Lincoln by other authors, but Lincoln scholars and Quote Investigators have not discovered any compelling alternative attributions.

Estimated Implementation Time: Deleting a few phrases will take minutes. Discussing it and agreeing will take longer. No, have not contacted appropriate committee.

Financial Impact: Change made prior to new printings of paper and electronic Blue Book and Meeting cards. Income generated sale of updated literature.

Point of information: Nar-Anon is not the author or owner of the Just for Today readings. To alter someone else's work is considered plagiarism and potentially could draw us into public controversy. The WS Newsletter Committee is compiling a new list of Just for Today readings from our members to be presented at a future conference.

Motion 18: Add "Prayer for the Growth of Our Fellowship" to the Blue Booklet. Also create a laminated reading card for this prayer.

Motion applies to: Literature

Maker: Southern California, USA, Motion #1

Intent: Adding this prayer to the Blue Booklet and creating a laminated reading card for it will encourage even more groups to use this prayer and make it easier for members to follow along when it is read.

Rationale: This prayer is frequently used in meetings. Many groups read from the Blue Booklets during the opening part of the meeting. Many members habitually turn to the Blue Booklet to find this prayer, not realizing it is in the SESH Book. Having a laminated reading card will also make it less likely that groups will use photocopies of this prayer.

Estimated Implementation Time: If there are additional changes to the Blue Booklet, it will be included in that time. No.

Financial Impact: Increase in the cost of the Blue Booklet by about US \$0.02. Increase in the cost of a set of Laminated Reading Cards B and C by about US \$0.50

Motion 19: Add the CAL "Third Step Prayer" to the Blue Booklet. Also create a laminated reading card for this prayer.

Motion applies to: Literature

Maker: Southern California, USA, Motion #2

Intent: Few groups know about or use the Nar-Anon "Third Step Prayer". Adding this prayer to the Blue Booklet and creating a laminated reading card for it will encourage more groups to use this prayer.

Rationale: Many groups are unaware that Nar-Anon has a third step prayer. Many of the groups that saw the prayer amongst the materials for the 2018 WSC seem unaware that it was approved. Adding this prayer to the Blue Booklet will help spread the word that we now have a CAL third step prayer. Including it in the Blue Booklet and creating a laminated reading card will also make it easier for members to follow along when it is used.

Estimated Implementation Time: One hour

Financial Impact: Increase in the cost of the Blue Booklet by about US \$0.02. Increase in the cost of a set of Laminated Reading Cards B and C by about US \$0.50.

Motion 20: In the Guide to Local Services, Page 1-2, Nar-Anon Local Service Structure - add wording - "if there is no active committee in the region" after the words "Area Committee Chair." See: Appendix to CAR Motion 20.

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #1

Intent: Not to waste resources of Nar-Anon.

Rationale: There are established regions which have active committees that also support areas.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 21: In the Guide to Local Services, Page 5-1, Area Structure - 1st paragraph, 1st sentence - add wording "where applicable" after "divided."

So it now reads: **"Areas are convenient segments into which a region may be divided, where applicable."**

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #2

Intent: For clarification of diagram in Guide to Local Services, on page 1-1.

Rationale: Some regions may not have areas.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 22: In the Guide to Local Services, Page 1-3, Membership in Nar-Anon and Narateen:

Remove paragraph: "Anyone who feels their life is or has been affected by close contact with an addict is eligible for membership in Nar-Anon. Using their knowledge of the Twelve Steps and Twelve Traditions, Narateen facilitators (certified Nar-Anon members in service to Narateen) guide groups and keep meetings focused on topic. Narateen meetings are closed, except by group conscience."

Replace with: "Anyone who feels their life is or has been affected by close contact with an addict is eligible for membership in Nar-Anon. Narateen is part of the Nar-Anon program for teens (ages 13 and up to the age a person is considered an adult in the country in which they reside) affected by someone else's addiction."

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #3

Intent: Clearly define Narateen membership and ages.

Rationale: The original content was not clear regarding membership and Narateen ages for membership was needed.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Point of Information: This motion puts the focus on Narateen ages, which is already in the Narateen section of the GLS, page 7-2, Membership in Narateen. The motion removes the important language in the 2nd sentence and the clarification that Narateen meetings are closed, except by group conscience.

Motion 23: In the Guide to Local Services, Page 3-4, Meeting Ideas - add two new subsections:

"Suggested recovery meeting durations: Nar-Anon meetings suggested time - 60 to 90 minutes and Beginner meetings suggested time of 30 to 45 minutes - before or after Nar-Anon meeting."

"Business Meeting: Nar-Anon business meeting suggested time as per group conscience before or after the recovery meeting."

"Panel Meeting: where two or three members are asked to share their experience on questions submitted by group members. See form in back of book."

Personal Stories:

Delete first sentence: "Two or three members are asked before the meeting to tell how Nar-Anon has helped them find a new way of life."

Replace with: "Two or three members are asked before the recovery meeting to tell how Nar-Anon has helped them find a new way of life."

Motion applies to: None given.

Maker: Jonob Region, Southern Iran, Motion #4

Intent: This will help groups determine the duration of their meetings, provide another meeting idea and explain the meeting idea of Personal Stories.

Rationale: As described - there are no suggested time durations of meetings. This will help new meetings determine how long the meeting can be. For Panel Meeting - provides another option for meeting. Personal Stories explanation conforms to the principles and traditions of Nar-Anon for a recovery meeting.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 24: In the Guide to Local Services, Page 4-1, Group Structure –

Delete the last 2 bullets under Duties of Group Officers, Chair/Leader - "Helps establish committees, if these are necessary" and "Can act as chair of the steering committee, when there is one"

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #5

Intent: These two bullets could infer that a group has to form a committee.

Rationale: The group has one purpose to help families of addicts and establishing committees within the group may cause an overload of service duties. This violates the purpose of Nar-Anon groups based on Tradition 5 and Concept of Services 1.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 25: In the Guide to Local Services, Page 4-2, Change 2nd sentence

Remove: "GSRs are elected by their groups for a three-year term."

Replace with: "GSRs are elected by their groups for a minimum of one year up to a maximum of three years."

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #6

Intent: This will allow groups to determine flexibility to establish length of service for GSRs.

Rationale: Some groups have trouble finding members to serve a fixed three-year term.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 26: In the Guide to Local Services, Page 3-2, Sample Format for Nar-Anon Meetings

Remove: "Leader/Chair - Once the meeting has opened, we only read from conference approved literature which can be found on the literature order form from WSO."

Replace with: "Leader/Chair /Literature person (where applicable) - Once the meeting has opened, we only read from conference approved literature which can be found on the literature order form from WSO."

Remove: "Leader/Chair - Our Seventh Tradition says that every group ought to be fully self-supporting. We pass the basket around for contributions to be used for purchasing literature from WSO (World Service Office), to pay rent, and to make donations to service areas beyond the group level."

Replace with: "Leader/Chair/Group Treasurer (where applicable) - Our Seventh Tradition says that every group ought to be fully self-supporting. We pass the basket around for contributions to be used for purchasing literature from WSO (World Service Office), to pay rent, and to make donations to service areas beyond the group level."

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #7

Intent: The format does not allow other service members (or officers) to share information to the group

Rationale: For groups which have a literature person, group secretary and/or group treasurer - the information provided from each person - gives information and transparency for all group members who are interested about group matters (i.e. literature ordered, donations, etc.).

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 27: In the Guide to Local Services, (Sample Format for Nar-Anon Meetings) Page 3-3:

Remove: "Leader/Chair – Present the topic and share. Use only conference approved Nar-Anon literature and limit sharing to between 3 to 5 minutes per person. The last 15 minutes of the meeting can be reserved for newcomers to share."

Replace with: "Leader/Chair – Present the topic, sharer or introduce the speakers. Use only conference approved Nar-Anon literature and limit sharing to between 2 to 3 minutes per person. The last 15 minutes of the meeting can be reserved for newcomers to share."

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #8

Intent: To add speakers and reduce times to in order for large meetings to accommodate sharings.

Rationale: This would clarify how the Leader/Chair runs the meeting.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 28: In the Guide to Local Services, Pages 3-5, 3-6, 3-7, and 3-8 (Suggested Format for Beginner Meetings, General Suggestions for a Six-Week Series of Beginner Meetings, and Sample Format for Beginner Meetings) to place after Page 3-1 (Suggested Programs For Nar-Anon Family Group Meetings).

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #9

Intent: To reorganize the Meeting Section and to start with the Beginners meeting followed by the regular Nar-Anon meeting. This is in recognition of the natural progression of the program and recognition of the importance of the beginners.

Rationale: To acknowledge the importance of the newcomer in the growth of our fellowship.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 29: In the Guide to Local Services, Page 3-9, Taped Meetings:

Remove: section Taped Meetings

Replace with: Recorded Meetings

Nar-Anon meetings may be recorded by members, but the person doing the recording must have the group's permission by group conscience.

Nar-Anon closed meetings may be recorded for use by professionals in the field of drug abuse with the following suggestions:

- All members are aware of and approve the recording by group conscience.
- Anonymity is carefully preserved.
- The participants are knowledgeable about our traditions, demonstrate how the Nar-Anon philosophy has affected their own attitudes and actions, and avoid dwelling on the addict's story.

Note - Nar-Anon Family Group Headquarters, Inc. [NFGH, Inc.] has no responsibility in the matter of recording enthusiasts who realize a profit from the sale of recorded talks by Nar-Anon members.

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #10

Intent: To correct terminology for recorded meetings.

Rationale: Based on Traditions 2 and 4 and Concepts of Service 2 - technology has changed.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 30: In the Guide to Local Services, Page 6-10, Section Election Assemblies:

Remove: Election Assemblies: Every third year the region holds an election assembly to elect new RSC officers, the delegate, alternate delegate, and subcommittee chairs. All GSRs, being voting members, are required to attend.

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #11

Intent: Setting up a special election is not required.

Rationale: Page 6-8 / Duties of assemblies indicates election can be done and page 6-1 / RSC Officers - lists the term limit of service.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 31: In the Guide to Local Services, Page 12-1, Conventions and Events - Section Mini Conventions, Narathons, Workshops, or Other Small Get-togethers:

Remove: "Members"

Replace with: "Groups"

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #12

Intent: Clarify that groups determine activities or events, not the members.

Rationale: Groups make that determination not members.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 32: In the Guide to Local Services, Page 10-2, Publications by Members, Groups, Areas or Region:

Remove Paragraph: Traditions are violated when members, groups, areas, or regions print, distribute, or publish their own literature. The only exceptions are noted under Outreach Literature or as clarified in *The NFGs' Guide to World Services* covering the National Service Office (NSO). It is a violation of traditions to print, distribute, or promote the sale of any literature other than CAL.

Replace with: Traditions are violated when members, groups, areas, or regions print, distribute, or publish their own literature that does not have World Service conference approval. It is a violation of traditions to print, distribute, or promote the sale of any literature other than CAL.

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #13

Intent: To clarify how non-conference approved literature is in violation of our traditions.

Rationale: Clear up old verbiage that no longer exists.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Point of information: The replacement language allows anyone to print, distribute or promote the sale of any literature as long as it is conference approved. A region must have a royalty contract in order to print and therefore this motion could create a financial hardship for the fellowship if we only require permission and no contract. The 2nd sentence that is being removed is important. The language on this page is still correct. We have 40+ Fellowship Review (service and outreach) materials that have not gone to conference and are allowed to be used and printed.

Motion 33: In Guide to Local Services, page 6-1, Regional Structure

After the first sentence: "The region is comprised of areas located within its geographical boundaries."

Add: Approval for the formation of a region rests solely with the groups within the proposed region. There may be multiple regions established in a state, province or country.

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #14

Intent: To clarify there can be multiple regions established within state, province or country.

Rationale: To avoid confusion. There are states, provinces, and countries with multiple regions.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Motion 34: In the Guide to Local Services, page 6-3, RSC Meetings

Remove paragraph: "The voting members are the officers (chair, vice chair, secretary, and treasurer); ASRs; delegate and alternate delegate; subcommittee chairs; and others as the region may deem appropriate."

Replace with: The voting members are ASRs, delegate and alternate delegate and others as the region may deem appropriate.

Motion applies to: Policy & Guidelines

Maker: Jonob Region, Southern Iran, Motion #15

Intent: Groups have the final decision.

Rationale: Based on Concepts of Service 2 - The final responsibility and authority for Nar-Anon services rests with the Nar-Anon Family Groups.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GLS will be reprinted after WSC.

Point of information: This paragraph is referring to a Regional Service Committee (RSC) meeting, not an assembly. The current language is correct. See below as described in the GLS. Some regions may be confused about the difference in these meetings. No matter the attendance platform of the meetings (face to face, internet/phone meetings, or a combination of both) the delegate and motions are confirmed at assemblies and by GSR votes only. Regional Service Committee officers do not vote at the assembly.

RSC Meetings

RSC meetings are held to conduct the business of regional and area matters as described below. These meetings are attended by officers, ASRs, regional subcommittee chairs, Narateen Process Person (NTPP), and the delegate and alternate delegate. All Nar-Anon members are welcome to attend. At the discretion of the chair, speaking by non-voting members may be limited.

The voting members are the officers (chair, vice chair, secretary, and treasurer); ASRs; delegate and alternate delegate; subcommittee chairs; and others as the region may deem appropriate.

Assemblies

An assembly is an event held at least once a year. The assembly is attended by officers of the RSC, the delegate and alternate delegate, the region's GSRs, ASRs, and subcommittee chairs. The assembly is a vital link between groups and the region where members conduct the following business:

- *Set policies for the region*
- *Receive, discuss, and vote on proposed motions from groups to be submitted to the WSC committee*
- *Review and vote on the Conference Agenda Report (CAR)*
- *Give a vote of confidence to the delegate to vote his/her conscience at the WSC on items not in the CAR*
- *Hear area and subcommittee reports*
- *Hear the delegate's report*
- *Elect officers of the RSC, the delegate, alternate delegate, and subcommittee chairs*
Approve the region's budget developed by the RSC

WORLD SERVICE COMMITTEES

Motion 35: In the Guide To World Services, Section WSC Standing Rules of Order, remove #12 and replace with:

12. These standing rules of the conference are applied in conjunction with the Twelve Traditions of Nar-Anon Family Groups, the Twelve Concepts of Nar-Anon Service, and *Robert's Rules of Order*.

Motion applies to: Policy & Guidelines

Maker: World Service Conference Committee, Motion #1

Intent: Bring the WSC Standing Rules of Order contained in the Guide to World Services in line with the WSC STANDING RULES OF ORDER contained in the CAR and used at the 2016 and 2018 World Service Conferences.

Rationale: The Twelve Traditions and Twelve Concepts of Nar-Anon Service are core guiding principles employed at the World Service Conference. For that reason they were added to item 12 of the WSC Standing Rules of Order at the 2016 and 2018 World Service Conferences. The Guide to World Services should reflect the actualities of the conference.

Estimated Implementation Time: Not applicable

Financial Impact: None provided

Motion 36: In the Nar-Anon Blue Booklet, page 5, Changing Ourselves, 2nd paragraph,

When we discover Nar-Anon, we find others with the same feelings and problems. We learn we cannot control the addicts or change ~~him~~ **them**. We have become so addicted to the addict that it is difficult to shift the focus back to ourselves. We find we must let go and turn to faith in a Higher Power. By working the steps, following the traditions, and using the tools of the program, we begin, with the love and help of our Higher Power and others, to change ourselves.

Motion applies to: Literature

Maker: World Service Literature Committee, Motion #1

Intent: This will make the reading gender neutral like the rest of the booklet.

Rationale: The rest of the booklet was revised in 2014.

Estimated Implementation Time: None provided

Financial Impact: None provided

Motion 37: To approve PD-136 Seventh Tradition pamphlet.

Motion applies to: Literature

Maker: World Service Literature Committee, Motion #2

Intent: This will add a new piece of literature.

Rationale: This pamphlet has gone through the entire recovery literature approval process and is the voice of the fellowship.

Estimated Implementation Time: None provided

Financial Impact: Income from sale of the pamphlet unknown.

Motion 38: To add language to Nar-Anon Recovery Literature and Service Materials, page 23 of Guide to World Services, Recovery Literature, 2nd paragraph as follows:

Requests for or submissions of recovery literature, come from the fellowship (members, groups, areas, regions, NSOs, world service committees, and the board of trustees). It is preferred literature be submitted in English. These requests and submissions must be sent to the World Service Literature Committee, who in turn will compile/summarize **requests which are in accordance with Nar-Anon principles and do not contain plagiarized language and/or materials**, and then submit them biennially for

presentation to the WSC for consideration and prioritization. After the WSC determines the priorities, the request or submission is sent to the World Service Literature Committee for further development, which includes being, reviewed, expanded on, and edited before going through the approval process for recovery literature (see below). Submissions received by the committee, not on the Priority List, can be reviewed, expanded, and/or edited if material is not available for Priority List items.

Motion applies to: Literature, Policy & Guidelines

Maker: World Service Literature Committee, Motion #3

Intent: This will allow the fellowship to focus their writing submissions on literature the fellowship needs.

Rationale: Some requests or submissions are duplicated from other literature, others are not in line with our principles.

Estimated Implementation Time: Minimal as we will be revising the GWS after conference.

Financial Impact: None anticipated

Motion 39: To approve BD-218 Grandparent's Stories – The Family Disease Across Generations.

Motion applies to: Literature

Maker: World Service Literature Committee, Motion #4

Intent: This will add a new piece of literature.

Rationale: This booklet has gone through the entire recovery literature approval process and is the voice of the fellowship.

Estimated Implementation Time: Minimal time which will include any additional formatting.

Financial Impact: This will generate income from the sale of the booklet.

Motion 40: To approve BD-219 *Our Traditions Principles for Groups and Beyond.*

Motion applies to: Literature

Maker: World Service Literature Committee, Motion #5

Intent: This will add a new piece of literature for our members to use when studying the traditions.

Rationale: We hope this booklet can be a catalyst for more writings which will become part of the Traditions section of the Nar-Anon-36. It has gone through the entire recovery literature approval process and is the voice of the fellowship.

Estimated Implementation Time: Minimal time which will include any additional formatting.

Financial Impact: This will generate income from the sale of the booklet.

Motion 41: To approve BD-220 *Narateen Twelve Step Workbook* for use in meetings. This workbook will NOT fall under the moratorium for recovery literature until after the first conference approved revision to allow for additional original writings to be added at a future conference.

Motion applies to: Literature

Maker: World Service Literature Committee, Motion #6

Intent: This will add a piece of literature for the Narateens.

Rationale: This booklet has gone through the entire recovery literature approval process and is the voice of the fellowship.

Estimated Implementation Time: Minimal time which will include any additional formatting.

Financial Impact: This will generate income from the sale of the booklet.

Motion 42: To approve PD-135 *We've Been There*

Motion applies to: Literature

Maker: World Service Literature Committee, Motion #7

Intent: This will add a reading for groups to use in addition to readings from the Blue Booklet.

Rationale: This document has gone through the entire recovery literature approval process twice and is the voice of the fellowship.

Estimated Implementation Time: Minimal time which will include any additional formatting.

Financial Impact: None anticipated

Motion 43: To restructure the first sentence, paragraph eight, of the Detachment pamphlet P-107 as follows:

Remove: "When we disengage our emotions from the problems and addict we love and care about, that's detachment."

Replace with: "When we disengage emotionally from our loved ones' problems that is detachment."

Motion applies to: Literature

Maker: World Service Literature Committee, Motion #8

Intent: This will bring clarity to the sentence.

Rationale: This brings it more in line with our spiritual principles.

Estimated Implementation Time: Minimal time which will include any additional formatting.

Financial Impact: None Provided

Motion 44: Motion: World Service Narateen Safety Policy & Guidelines, Meeting Safety and Member Conduct, page 3

Remove second paragraph:

"Narateen members may have been exposed to violence, drug abuse, weapons, verbal abuse, emotional disorders, and law enforcement issues. The facilitator's job is to help teens cope with their feelings regarding addiction using the tools of Narateen/Nar-Anon. Family members or guardians who leave a child at a Narateen meeting are entrusting facilitators with the safety of their child during the meeting. It is the responsibility of the facilitators to maintain order during the meeting according to the behavior requirements. Any disciplinary action to be taken by facilitators is explained in the requirements. An example of possible disciplinary actions would be a verbal warning for the first offense."

Replace with:

Narateen members may have been exposed to violence, drug abuse, weapons, verbal abuse, emotional disorders, and law enforcement issues. The facilitator's role is to help teens recover from the effects of addiction by using the tools of Narateen/Nar-Anon. Family members or legal guardians who leave a child at a Narateen meeting are entrusting facilitators with the safety of their child during the meeting. It is the responsibility of the facilitators to maintain order during the meeting in accordance with the group, area or region safety policy. It is up to a group, area, or region to determine policy for dealing with teen disruptive behavior.

Remove third paragraph:

"Before and after the meeting, it is the family member's or legal guardian's responsibility to discipline their children and they should not be questioned by the facilitator. If a member must be removed from a meeting due to disruptive behavior, a facilitator should stay with the child until released to their parent."

Motion applies to: Narateen

Maker: World Service Narateen Committee, Motion #2

Intent: To clarify facilitator's role as a volunteer. Remove remedy for dealing with teen disruptive behavior.

Rationale: It is a group, area or region responsibility to ensure facilitators are aware and understand policy for dealing with teen disruptive behavior in a meeting based on laws in their state, province or country and its local safety policy. Suggested disciplinary actions have to be removed because it is impossible to account for all potential scenarios related to disruptive behavior. It is up to the facilitators to decide what appropriate action(s) to be taken based on the specific behaviors they see and guidance per local safety policy.

Estimated Implementation Time: Minimal cost as GLS will be reprinted after conference

Financial Impact: None anticipated

Motion 45: Motion: Guide to Local Services (GLS), page 5.1 Bullet Point #4:

Remove: "Establish subcommittees, such as Narateen facilitators, events, outreach, telephone answering services, and others as deemed necessary."

Replace: Establish subcommittees, such as Narateen, events, outreach, telephone answering services, and others as deemed necessary

Motion applies to: Narateen

Maker: World Service Narateen Committee, Motion #3

Intent: The removal of the word "facilitators" makes the bullet point understandable.

Rationale: The word "facilitators" is out of place and not necessary in the context of the bullet point.

Estimated Implementation Time: Minimal cost as GLS will be reprinted after conference

Financial Impact: None anticipated

Motion 46: Motion: Guide to Local Services (GLS), Narateen Process Person, third paragraph page 7-3.

Add after first sentence,

Provide a copy of the most recent area or region assembly approved Safety Policy & Guidelines to WSO annually in June.

Motion applies to: Narateen

Maker: World Service Narateen Committee, Motion #4

Intent: Request regions provided updates to their safety Policy & Guidelines along with Facilitator updates.

Rationale: This allows the World Service Office to have the latest version of a region's approved safety Policy & Guidelines on file.

Estimated Implementation Time: None anticipated

Financial Impact: Minimal cost as GLS will be reprinted after conference

Motion 47: Motion: Guide to World Services (GWS), Nar-Anon Copyright Release Form, Parental Consent signature:

Insert "/Legal Guardian" after Parental and before Consent

So it now reads:

(Parental/Legal Guardian Consent if author under age of 18)

Motion applies to: Narateen

Maker: World Service Narateen Committee, Motion #5

Intent: Add a legal guardian to the Parental signature line on the Nar-Anon Copyright Release Form in GWS.

Rationale: There has been an increase in the number of family members, court ordered guardians, foster parents, etc. who are taking care of teens whose parents are unavailable due to drug addiction. Adding legal guardian to the parental signature line on the Nar-Anon Copyright Release Form allows for a signature by an adult who is charged with the care of a teen. This provides an opportunity for teens to submit writings who are not under the care of their parents. Narateen is in need of literature written by and for teens.

Estimated Implementation Time: Minimal cost as GWS will be reprinted after conference.

Financial Impact: None anticipated

Motion 48: In the Guide to Local Services, page 4-5, Section Group Structure / Business Meetings, remove the following bullet point:

“• establishing committees when necessary (e.g., outreach, literature, group anniversary, finding a new location)”

Motion applies to: Outreach

Maker: World Service Outreach Committee, Motion 1

Intent: To foster creation of committees at the broader service levels of area or region. Some tasks (group anniversary, finding a new location) may be completed without forming a committee.

Rationale: Traditions 9 "Our groups, as such ought never be organized, but we may create service boards or committees directly responsible to those they serve. This suggests organization of committees are best tasked to the local service structure (e.g. Area Service Committee - ASC, Regional Service Committee – RSC) while allowing groups to focus on Nar-Anon's one purpose – helping families of addicts (Tradition 5). A group can coordinate outreach efforts in their geographic area and members can participate in ASC/RSC committee service.

Estimated Implementation Time: No committee time involved, just the time involved in making the change to the GLS.

Financial Impact: None provided

Motion 49: Revise the tri-fold, Group Inventory, S-316 ~ 14-10-22 as follows:

Outreach section, question 2:

“Does someone serve as an outreach chair for our group?”

Replace with:

Does someone serve as an outreach coordinator for our group?

Motion applies to: Outreach

Maker: World Service Outreach Committee, Motion 2

Intent: The use of "chair" in this question implies an established outreach committee exists at the group level. The change will keep the group focused on its primary purpose as stated in Tradition 5: to help families of addicts.

Rationale: Tradition 9 "Our groups, as such ought never be organized, but we may create service boards or committees directly responsible to those they serve. This suggests organization of committees are best tasked to the local service structure (e.g. Area Service Committee - ASC, Regional Service Committee – RSC) while allowing groups to focus on Nar-Anon's one purpose – helping families of addicts (Tradition 5). A group can coordinate outreach efforts in their geographic area and members can participate in ASC/RSC committee service.

Estimated Implementation Time: No committee time involved, just the time involved in changing the form.

Financial Impact: None provided

Motion 50: Blue Book, page 12

Remove the sentence below.

"The very essence of Nar-Anon is that the whole program is merely suggested."

Replace with:

The very essence of Nar-Anon is your personal recovery program is merely suggested.

Motion applies to: Policy & Guidelines

Maker: World Service Policy & Guidelines Committee, Motion 2

Intent: The statement, "The very essence of Nar-Anon is that the whole program is merely suggested" is misleading. In the GLS pg. 2-1 under Registration of Groups it states, "WSO will register any group designating itself a Nar-Anon Family Group (NFG) or Narateen group with the understanding that it will abide by the Twelve Traditions and the Twelve Concepts of Service and meetings will be open to any Nar-Anon or Narateen member." However, our personal recovery program is merely suggested. In the Blue Book on pg. 12 Keeping Our Meeting Healthy under, the third destructive force is dictatorship states, "your progress can be made in your own time and in your own way."

Rationale: Members, groups, areas, and regions have used term "the whole program is merely suggested" as a justification to not abide by the Twelve Traditions and Twelve Concepts of Service.

Estimated Implementation Time: None anticipated

Financial Impact: None anticipated

BOARD OF TRUSTEES MOTIONS

Motion 51: In the Guide to World Services, remove page 26, section “Translation of Nar-Anon Literature” and replace with:

Translations of Nar-Anon Literature

Countries outside of the United States contacts WSO to request approval to translate Nar-Anon Conference Approved Literature (CAL). WSO will send a translation contract letter containing all contracts to translate, print and distribute translated CAL. Signing of the contracts acknowledges Nar-Anon literature is the intellectual property of NFGH Inc. and they agree to comply with each of the terms and conditions in the contract.

Translations of Nar-Anon literature should conform to the spirit and meaning of the original English versions All translated literature must include a statement that reads, “Approved translation and reprint of Nar-Anon conference approved literature.” This indicates the translation itself has not been approved by the WSC, but that it is a translation of Nar-Anon conference approved literature.

The NSO/region will form a local translation committee of Nar-Anon members skilled in the local language and at least one member who is also skilled in English. The committee members should be familiar with the steps, traditions, and concepts. The NSO/region should contact the World Service Translation Resource Committee for guidance and any questions about translations and the translation process.

A list of the CAL literature for translation is presented to the National Service Conference and approved prior to signing the translation contract. In countries without an NSO, their regional assembly votes on approval.

Motion applies to: Policy & Guidelines

Maker: Board of Trustees

Intent: To update the translation information to protect the intellectual property of NFGH Inc.

Rationale: To legally protect NFGH, Inc conference approved literature.

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GWS will be reprinted after WSC

Motion 52: In the Guide to World Services, page 32, remove: National Service Office (NSO).

Replace with:

NATIONAL SERVICE OFFICE (NSO)

A national service office (NSO) is the Nar-Anon national administrative headquarters of a country, excluding the USA, preferably located in a central area within the country it serves. An NSO is established when the fellowship in any country has multiple organized regions and has resources to do so. It is established under the laws and regulations of the country. The NSO is comprised of employees and volunteer Nar-Anon members. Although an NSO's functions are similar to WSO's, it is not an international branch of WSO.

The primary function of the NSO is to unify its members and groups into a national fellowship, which is part of our worldwide fellowship. It maintains communication with members, groups, areas, and regions by telephone, email, website, and newsletter. The NSO gives support and guidance to new and existing groups, areas, and regions.

The NSO maintains a database of its registered groups, areas, and regions, including names, addresses, and telephone numbers of GSRs and group officers, ASC officers, RSC officers, and regional delegates. Records of all activities and the archives of the country's Nar-Anon history are kept by the NSO.

An important function of the NSO is to serve as a clearinghouse for Nar-Anon conference approved literature (CAL) by translating, printing, and distributing CAL to its members with permission and under contractual agreement with NFGH, Inc. Any proposed or newly developed literature by a member, or a country's literature committee, follows the approval processes outlined in the Guide To World Services for recovery or service/outreach literature and materials to become conference approved literature (CAL) at a World Service Conference (WSC).

Another function of an NSO is public relations and outreach. It does this by providing information to hospitals, institutions, and government agencies based on our traditions and in the spirit of cooperation not affiliation.

All NSO activities are overseen by the national board of trustees (NBOT). The NSO reports its activities quarterly to the NBOT and annually to the National Service Conference (NSC). However, it cannot mandate or govern the Nar-Anon Fellowship, which it serves.

The NSO reports its activities twice a year (June & December) to the World Service Board of Trustees (BOT). To keep abreast of worldwide fellowship affairs, two-way communication is maintained with the BOT and WSO.

National Service Board of Trustees Guidelines (NBOT)

Nar-Anon's National Service Board of Trustees is responsible for the National Service Office (NSO) the non-profit corporation of their country. In accordance with Nar-Anon's Twelve Traditions and Twelve Concepts of Service, it provides support for the administration of the NSO and has legal and financial authority and responsibility for managing Nar-Anon affairs in their country.

National Executive Committee

The National Executive Committee is composed of the chair, vice chair, secretary, treasurer of the NBOT. In addition, the board may, by a majority vote, designate other members of the board to serve on this committee.

The purpose of the National Executive Committee is to oversee the day-to-day business and affairs of the corporation. The Executive Committee makes recommendations to the NBOT regarding major expenditures, proposals of new staff, and compensation for employees of NSO. The NBOT must approve these recommendations before any action is taken. The committee meets between NBOT meetings to discuss affairs directly related to the smooth operations of NSO. Minutes of these meetings are timely submitted to the NBOT, which oversees this committee.

National Service Committees

National service committees are directly responsible to the NBOT, as described in the Bylaws. The world service committees and the NBOT are responsible to the fellowship as directed by the National Service Conference.

These National Service Committees may include, but are not limited to, Outreach, Literature, Narateen, Conventions, and Events, etc. Each NSC is composed of a chair, vice chair and secretary.

Motion applies to: Policy & Guidelines

Maker: Board of Trustees

Intent: To update the NSO to be within Nar-Anon's policies and guidelines and to clearly define the roles of the National Executive Committee and National Services Committees

Rationale: To clearly define the duties of the NSO and NBOT

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GWS will be reprinted after WSC

Motion 53: In the Guide to World Services, page 34, World Service Committees, add World Service Translations Resource Committee Description:

World Service Translations Resource Committee

Duties and responsibilities: The purpose of the WS Translations Resource Committee is providing assistance for translation of conference approved literature. The committee does not translate literature this is done by Local Translations Committees. The responsibility of this committee is to ensure translations maintain the spirit of the Nar-Anon message, as well as, making sure the Twelve Steps, Twelve Traditions and Twelve Concepts of Service are upheld in translations. The committee will have a database of each countries translated Nar-Anon literature. Also, they will compile a list of English words or phrases that do not have a direct translation in each language, listing the translated words or phrases.

Qualifications for membership:

In addition to the general requirements for serving on a world service committee, members speak English and one or more other languages; familiar with the steps, traditions, and concepts; have experience reviewing and editing literature with regard to grammar, spelling, punctuation, and writing; and be capable of using a word processing program.

Motion applies to: Policy & Guidelines

Maker: Board of Trustees

Intent: To add the WS Translation Resource Committee to GWS.

Rationale: International countries have a committee to contact about the translations of conference approved literature

Estimated Implementation Time: Minimal

Financial Impact: Minimal cost as GWS will be reprinted after WSC

ATTACHMENTS TO THE CAR

Literature Priority List
Appendix to CAR Motion 12
Appendix to CAR Motion 13
Appendix to CAR Motion 20

The following list of recovery literature is compiled from requests and submissions to the World Service Literature Committee. As required by the Guide to World Services, this list is to be compiled and summarized biennially for presentation to the WSC for consideration and prioritization. We ask that attendees of the 2020 WSC gather information from their regions and number each item on this list from 1 to 16 (1 being highest priority) by placing a number in the box next to the title. These forms will be collected and tallied at the WSC. The results will be given to the World Service Literature Committee for literature to be written, reviewed, expanded, and/or edited before going through the approval process for recovery literature (found on pages 24 and 25 of the Guide to World Services).

Commencement of work is dependent upon LitCom receiving writings from the fellowship. All writings MUST be accompanied by a signed Nar-Anon Family Groups' Copyright Release Form. Writings submitted without a Copyright Release will be deleted and will not be considered for use.

Priority 1-15	Name	Description
	Traditions 1-12 for Nar-Anon 36	The Twelve Traditions section to be included in the Nar-Anon 36.
	Narateen - 31 Days	A book of stories written by Narateen members with a page for each day of the month.
	Concepts 1-12 for Nar-Anon 36	The Twelve Concepts of Service section to be included in the Nar-Anon 36.
	Fourth Step workbook	A companion workbook to the Nar-Anon 36 for working Step Four.
	Parents of Addicted Minors*	A pamphlet for the parents of addicted minor children.
	Adult Children of Addicts*	A pamphlet for adults who have been affected by a parent's addiction.
	What Now? (When active addiction ends)*	A pamphlet to help members move forward with recovery when active addiction is no longer a part of their lives.
	Addiction in marriage	A pamphlet for members whose spouse or significant other has a problem with addiction.
	Just for Today bookmark	A new bookmark using original Just for Today writings from our members.
	Narateen Do's & Don'ts bookmark*	A bookmark using original Do's & Don'ts for the Narateens.
	A New Daily Reader (using miscellaneous writings we receive)	This will be in addition to SESH, not a replacement.
	Relationships in Recovery	A book including all relationships; child, spouse, sibling, grandchildren, parent, any relationship.
	A replacement for <i>A Guide for the Family of the Addict and Drug Abuser</i>	We will continue to replace Al-Anon pieces with writings from our members as they become available
	A replacement for <i>Living With Sobriety</i> *	We will continue to replace Al-Anon pieces with writings from our members as they become available
	A replacement for <i>As We Understood</i> *	We will continue to replace Al-Anon pieces with writings from our members as they become available.
	Concepts Booklet	Writings & study questions. This can be a catalyst for more writings to help complete the concepts portion of the Nar-Anon 36.

Appendix 12: Northern Iran Motion 5

- 1- Page 2: "People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar." ~ Thich Nhat Hanh
- 2- Page 3: "In the depth of winter, I finally learned that there was an invincible summer." ~ Albert Camus
- 3- Page 5: "Every decision you make indicates what you believe you are worth." ~ A Course in Miracles
- 4- Page 6: "Only when we are no longer afraid do we begin to live." ~ Dorothy Thompson
- 5- Page 7: "May your hands always be busy, may your feet always be swift, may you have a strong foundation, when the winds of changes shift. May you build a ladder to the stars, and climb on every rung - and may you stay - forever young. " ~ Bob Dylan
- 6- Page 8: "Ten thousand flowers in spring, the moon in autumn, a cool breeze in summer, snow in winter. If your mind isn't clouded by unnecessary things, this is the best season of your life." ~ Wu-men
- 7- Page 9: "Exaggeration is truth that has lost its temper." ~ Kahlil Gibran
- 8- Page 10: "When I know I am not in charge, I can let one who is more qualified take over." ~ Meditations For People Who (May) Worry Too Much
- 9- Page 11: "We need to know how far we'll go, and how far we'll allow others to go with us. Once we understand this, we can go anywhere." ~ Melody Beattie – Beyond Codependency
- 10- Page 12: "Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new end." ~ Carl Bard
- 11- Page 13: "We are powerless over our addictions, whether liquor, pills, people, food. We are not powerless, however, over our own attitudes, our own behaviors, our own self-image, our own determination, our own commitment to life and this simple program." ~ Karen Casey
- 12- Page 14: "The immature think that knowledge and action are different, but the wise see them as the same. The person who is established in one path will attain the rewards of both. The goal of knowledge and the goal of service are the same; those who fail to see this are blind." ~ Bhagavad Gita
- 13- Page 17: "If we are to flourish as creative beings, if we are to grow into wholeness, we must bloom wherever we are planted." ~ Sarah Ban Breathnach
- 14- Page 18: "How rare and wonderful is that flash of a moment when we realize we have discovered a friend." ~ William Rostler
- 15- Page 20: "There are two big forces at work, external and internal. We have very little control over external forces such as tornadoes, earthquakes, floods, disasters, illness, and pain. What really matters is the internal force. How do I respond to those disasters? Over that I have complete control." ~ Leo Buscaglia
- 16- Page 22: "Example is not the main thing in influencing others. It is the only thing." ~ Albert Schweitzer
- 17- Page 23: "Passing on our peaceful feelings increases the level of our own peace." ~ Karen Casey
- 18- Page 24: "We will allow the good God to make plans for the future - for yesterday has gone, tomorrow has not yet come and we have only today." ~ Mother Teresa
- 19- Page 25: "People who consider themselves victims of their circumstances will always remain victims unless they develop a greater vision for their lives." ~ Stedman Graham
- 20- Page 27: "Climb up on some hill at sunrise. Everybody needs perspective once in a while, and you'll find it there." ~ Robb Sagendorph
- 21- Page 28: "Feel the feeling. Choose the behavior." ~ Charles Rumberg

- 22- Page 29: "Help me find an appropriate balance of responsibility to my children. Help me parent through nurturing and discipline instead of control." ~Melody Beattie
- 23- Page 30: "If we were logical, the future would be bleak, indeed. But we are more than logical. We are human beings, and we have faith, and we have hope, and we can work." ~ Jacques Yves Cousteau
- 24- Page 31: "We do not need to search in order to find our true being. We already are it, and the mind which searches for it is the very reason why we cannot find it." ~ Roy Whinary
- 25- Page 33: "Who gossips to you will gossip of you." ~ Turkish Proverb
- 26- Page 34: "The foundation for the development of good relations with one another is altruism, compassion and forgiveness." ~ Dalai Lama
- 27- Page 35: "Now that all your worry has proved to be such an unucrative business, why not find a better job." ~ Hafiz
- 28- Page 36: "To climb steep hills requires a slow pace at first." ~ William Shakespeare
- 29- Page 37: "I have faith that anything can come to one who trusts the unlimited help of universal wisdom." ~ Walter Russell
- 30- Page 38: "The wishbone will never replace the backbone." ~ Will Henry
- 31- Page 39: "The only person you are destined to become is the person you decide to be." ~ Ralph Waldo Emerson
- 32- Page 40: "Those who try to hang on when God is trying to move on will always be miserable" ~ Joyce Meyer
- 33- Page 41: "Practicing silence means making a commitment to take a certain amount of time to simply be." ~ Deepak Chopra
- 34- Page 42: "Surrender is the simple but profound wisdom of yielding to rather than opposing the flow of life." ~ Eckhart Tolle
- 35- Page 43: "The way to end our stress is to investigate the thinking that lies behind it." ~ Byron Katie
- 36- Page 44: "Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." ~ Buddha
- 37- Page 45: "Every act of virtue is an ingredient unto reward." ~ Jeremy Taylor
- 38- Page 46: "In every crisis there is a message. Crises are nature's way of forcing change--breaking down old structures, shaking loose negative habits so that something new and better can take their place." ~ Susan L. Taylor
- 39- Page 48: "Letting go of our need to control can set us and others free. It can set our Higher Power free to send the best to us." ~ Melody Beattie
- 40- Page 49: "A power greater than any human being helped make this decision." ~ Herbert J Stiefel
- 41- Page 50: "Friendship improves happiness, and abates misery, by doubling our joys, and dividing our grief." ~ Joseph Addison
- 42- Page 51: "You do build in darkness if you have faith. When the light returns you have made yourself a fortress which is impregnable to certain kinds of trouble; you may even find yourself needed and sought by others as a beacon in their dark." ~ Olga Rosmanith
- 43- Page 52: "Whatever you do or dream you can do - begin it. Boldness has genius and power and magic in it." ~ Johann Wolfgang von Goethe
- 44- Page 53: "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." ~ John Fitzgerald Kennedy
- 45- Page 54: "Your mind is like a parachute. It only works if it is open." ~Anthony J. D'Angelo

- 46- Page 56: "We might be tempted to help release the butterfly from her cocoon. It is human nature to want to assist, but if we do, she will fall to the ground and die; the struggle to free herself strengthens her wings enough to survive and fly." ~ Eunice Brown, The Compassionate Friends Magazine, February-March 2006
- 47- Page 57: "Today, more than ever, we need to pray....for the light to know the will of God.....for the love to accept the will of God....for the way to do the will of God." ~ Mother Teresa
- 48- Page 58: "Once you choose hope, anything's possible." ~ Christopher Reeve
- 49- Page 60: "I got the blues thinking of the future, so I left off and made some marmalade. It's amazing how it cheers one up to shred oranges and scrub the floor." ~ D. H. Lawrence
- 50- Page 61: "Alone we can do so little; together we can do so much." ~ Helen Keller
- 51- Page 62: "So often times it happens that we live our lives in chains, and we never even know we have the key." ~ The Eagles
- 52- Page 62: "When angry, count to ten before you speak. If very angry, count to one hundred." ~ Thomas Jefferson
- 53- Page 64: "Make the most of yourself, for that is all there is of you." ~ Ralph Waldo Emerson
- 54- Page 65: "When I spend my time preparing for what might happen, I am missing what is happening." ~ Anne Wilson Shaef
- 55- Page 66: "Faith is taking the first step even when you don't see the whole staircase." ~ Martin Luther King Jr.
- 56- Page 67: "Every evening I turn my worries over to God. He's going to be up all night anyway." ~ Mary C. Crowley
- 57- Page 68: "Our history is not our destiny." ~ Alan Cohen
- 58- Page 70: "Faith is the bird that feels the light and sings when the dawn is still dark." ~ Rabindranath Tagore
- 59- Page 71: "For if you have faith the size of a mustard seed, nothing will be impossible to you." ~ The Bible
- 60- Page 72: "Today, I will trust that God will do for me what I cannot do for myself. I will do my part – working the Twelve Steps and letting God do the rest." ~ Melody Beattie
- 61- Page 73: "We can only learn to know ourselves and do what we can -- namely, surrender our will and fulfill God's will in us." ~ St. Teresa of Avila
- 62- Page 74: "Trust is that rare and priceless treasure that wins us the affection of our heavenly Father." ~ Brennan Manning, Ruthless Trust
- 63- Page 75: "Don't be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better." ~ Ralph Waldo Emerson
- 64- Page 76: "Within every adversity lies a slumbering possibility." ~ Dr. Robert Schuler
- 65- Page 77: "I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands, that I still possess." ~ Martin Luther
- 66- Page 78: "Faith is different from proof; the latter is human, the former is a Gift from God." ~ Blaise Pascal
- 67- Page 79: "I want to feel my life while I'm in it." ~ Meryl Streep
- 68- Page 80: "For daily need there is daily grace; for sudden need, sudden grace, and for overwhelming need, overwhelming grace." ~ John Blanchard
- 69- Page 81: "Hope is faith holding out its hand in the dark." ~ George Iles
- 70- Page 82: "Today, I will wait, if waiting is the action I need, in order to take care of myself. I will know that I am taking positive, forceful action by waiting until the time is right. God,

help me let go of my fear, urgency, and panic. Help me learn the art of waiting until the time is right." ~ Melody Beattie

- 71- Page 83: "If you work on your mind with your mind, how can you avoid an immense confusion?" ~ Seng-Ts'an
- 72- Page 84: "Be mindful of each moment in your day. Slow down! Your journey is not only about arriving at your destination. The journey is the journey. The end is not the journey. The destination will be what it will be, but did you enjoy the way?" ~ Ron Rathbun
- 73- Page 85: "Man cannot discover new oceans unless he has the courage to lose sight of the shore." ~ André Gide
- 74- Page 88: "Control is an illusion, especially the kind of control we've been trying to exert. In fact, controlling gives other people, events and diseases control over us." ~ Melody Beattie
- 75- Page 90: "There's always room for improvement, you know-it's the biggest room in the house." ~ Louise Heath Leber
- 76- Page 91: "Listening is a gift to ourselves." ~ Karen Casey
- 77- Page 92: "Love truth, but pardon error." ~ Voltaire
- 78- Page 93: "If you have made mistakes, even serious ones, there is always another chance for you. What we call failure is not the falling down, but the staying down." ~ Mary Pickford
- 79- Page 95: "When they discover the center of the universe, a lot of people will be disappointed to discover they are not it." ~ Bernard Bailey
- 80- Page 96: "For today and its blessings, I owe the world an attitude of gratitude." ~ Clarence E. Hodges
- 81- Page 97: "Turn your melodrama into a mellow drama." ~ Ram Dass
- 82- Page 98: "The world is seldom what it seems; to a man, who dimly sees, realities appear as dreams, and dreams realities." ~ Samuel Johnson
- 83- Page 99: "And the day came when the risk it took to remain tight in the bud was more painful than the risk it took to bloom." ~ Anaïs Nin
- 84- Page 100: "The most painful state of being is remembering the future, particularly one you can never have." ~ Søren Kierkegaard
- 85- Page 102: "It's not what you look at that matters, it's what you see." ~ Henry David Thoreau
- 86- Page 103: "Skillful speech not only means that we pay attention to the words we speak and to their tone, but also requires that our words reflect compassion and concern for others and that they help and heal, rather than wound and destroy." ~ Bhante Henepola Gunaratana, Eight Mindful Steps to Happiness
- 87- Page 103: "There is no education like adversity." ~ Benjamin Disraeli
- 88- Page 104: "I hope we can be happy where we are, be grateful for our blessings now- here, accept the challenge that is ours and make the most of it, and don't be envious of others. God help us to be grateful." ~ Ezra Taft Benson
- 89- Page 105: "How much a family is affected by substance abuse depends on how long they have lived with it, how advanced it is, how much shame and secrecy surrounds it, and the roles and responsibilities of the person with the disorder. If the problem is left untreated, family members will also develop destructive behaviors, such as denial, enabling, and codependency." ~ The Partnership for a Drug-Free America
- 90- Page 106: "Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us." ~ Stephen Covey
- 91- Page 107: "Today I am going to use my inventory to help me find a better way of life." ~ Today a Better Way - Families Anonymous, Inc.

- 92- Page 109: "...there are two entirely opposite attitudes possible in facing the problems of one's life. One, to try and change the external world, the other, to try and change oneself." ~ Joanna Field
- 93- Page 111: "Sometimes people we love do things we don't like or approve of. We react. They react. Before long, we're all reacting to each other, and the problem escalates." ~ Melody Beattie
- 94- Page 112: "Prayer and meditation will direct my efforts today. My purpose can be fulfilled." ~ Karen Casey
- 95- Page 114: "You cannot travel on the path until you become the path itself." ~ Buddha
- 96- Page 115: "Whenever you fall, pick something up." ~ Oswald Avery
- 97- Page 116: "I know God won't give me anything I can't handle. I just wish he didn't trust me so much." ~ Mother Teresa
- 98- Page 117: "You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself." ~ Alan Alda
- 99- Page 118: "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." ~ Marcel Proust
- 100- Page 120: "Few things help an individual more than to place responsibility upon him, and to let him know that you trust him." ~ Booker T. Washington
- 101- Page 121: "I will have great happiness with other people today if I accept them and try to change only me." ~ Karen Casey
- 102- Page 123: "When others, especially our children, deal with life differently than we would, or have stressful situations to face, we can respect them by assuming they have everything they need to handle that situation." ~ Anne Wilson Schaef
- 103- Page 124: "Humility gives me back the capacity of seeing with clarity without distorting myself spiritually or emotionally." ~ Today a Better Way
- 104- Page 125: "Some people think that it's holding on that makes one strong. Sometimes it's letting go." ~ Sylvia Robinson
- 105- Page 126: "If you're climbing the ladder of life, you go rung by rung, one step at a time. Don't look too far up, set your goals high but take one step at a time. Sometimes you don't think you're progressing until you step back and see how high you've really gone." ~ Donny Osmond
- 106- Page 127: "A master blesses calamity, for the master knows that from the seeds of disaster (and all experience) comes the growth of self." ~ Neale Donald Walsch
- 107- Page 128: "Do you prefer that you be right, or that you be happy?" ~ A Course in Miracles
- 108- Page 129: "So many gifts await us when we accept the program and its principles. We dispense with the baggage of the past. We learn to live this day only. And we come to believe that there is a power greater than ourselves that has us and everything in our lives under control." ~ Karen Casey
- 109- Page 130: "There are different types of patience: the patience of being indifferent to the harm inflicted by others, the patience of voluntarily accepting hardship, and the patience developed through reasoned conviction in the Dharma." ~ Dalai Lama
- 110- Page 131: "It has been said that our anxiety does not empty tomorrow of its sorrow, but only empties today of its strength." ~ Charles H. Spurgeon
- 111- Page 132: "The vision must be followed by the venture. It is not enough to stare up the steps - we must step up the stairs." ~ Vance Havner
- 112- Page 133: "The steps offer me a road map for living that leads to a spiritual awakening and beyond." ~ Courage to Change

- 113- Page 134: "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." ~ Lao-Tzu
- 114- Page 135: "Love is a part of everyone who lives and breathes. Love is a force that binds all people together like drops of water in a mighty ocean. How can you not be of love? If you do not see love within, you have not looked." ~ Ron Rathbun
- 115- Page 138: "If you find a path with no obstacles, it probably doesn't lead anywhere." ~ Frank A. Clark
- 116- Page 139: "Treat people as if they were what they ought to be and you help them to become what they are capable of being." ~ Johann Wolfgang von Goethe
- 117- Page 140: "Stop trying so hard to control things. It is not our job to control people, outcomes, circumstances, life. Maybe in the past we couldn't trust and let things happen. But we can now. The way life is unfolding is good. Let it unfold." ~ Melody Beattie
- 118- Page 141: "Practicing gratitude will help us more fully appreciate what has been offered us. Being grateful influences our attitude; it softens our harsh exterior and takes the threat out of most situations." ~ Each Day a New Beginning - Daily Meditations for Women
- 119- Page 143: "It's good, the doing of the deed, that, once it's done, you don't regret, whose result you reap gratified, happy at heart." ~ Dhammapada, 5, translated by Thanissaro Bhikkhu.
- 120- Page 144: "Each time we face our fear, we gain strength, courage and confidence in the doing." ~ Paul Tillich
- 121- Page 145: "A lie has speed, but truth has endurance." ~ Edgar J. Mohn
- 122- Page 146: "Maturity doesn't come with age - it begins with the acceptance of responsibility." ~ Edwin Louis Cole
- 123- Page 150: "Self-pity is our worst enemy and if we yield to it, we can never do anything good in the world." ~ Helen Keller
- 124- Page 151: "While transformation results in changes in thoughts, feelings and behaviors, the actual process of transformation does not involve changing these things directly but instead requires a change in perspective—altering one's core assumptions about the nature of things." ~ Marilyn Schlitz-Mandala, PhD
- 125- Page 152: "Relinquishing control is the ultimate challenge of the Spiritual Warrior." ~The Book of Runes
- 126- Page 153: "Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight." ~ Benjamin Franklin
- 127- Page 154: "There is only one success—to be able to spend your life in your own way." ~ Christopher Morley
- 128- Page 155: "Hope is great. And hope supported by faith creates an unbeatable duo." ~ Meditations for People Who (May) Worry Too Much
- 129- Page 156: "Be not afraid of going slowly; be afraid only of standing still." ~ Chinese Proverb
- 130- Page 158: "When we go through storms we ask where is God. I'll tell you where He is. He's backstage designing a rainbow." ~ Dr. Robert Schuler
- 131- Page 159: "When fear is in my relationships, I forget that it started in myself." ~ Paul Ferrini, The Bridge to Reality
- 132- Page 160: "Suppose you wanted to talk to the stars, and you succeed, but it turned out the stars themselves are not on speaking terms." ~ John Brunner, The Infinitive of Go
- 133- Page 161: "Remember...You can do wonders if you keep trying. You can cope with anything; you really can. In-depth faith always wins over difficulties. Keep going strong with the excitement principle." ~ Dr. Norman Vincent Peale

- 134- Page 162: "There are victories of the soul and spirit. Sometimes, even if you lose, you win." ~ Elie Wiesel
- 135- Page 163: "Just to be is a blessing. Just to live is holy." ~ Abraham Joshua Heschel
- 136- Page 164: "The most important lesson that man can learn from his life is not that there is pain in this world, but that it depends upon him to turn it into good account, that it is possible for him to transmute it into joy." ~ Rabindranath Tagore
- 137- Page 165: "People come into your life for a reason, a season, or a lifetime. When you figure out which it is, you'll know exactly what to do." ~ MichelleVentor
- 138- Page 166: "It's not our disadvantages or short-comings that are ridiculous, but rather the studious way we try to hide them, and our desire to act as if they did not exist." ~ Giacomo Leopardi
- 139- Page 167: "You yourself, as much as anybody in the entire universe, deserve your love and affection." ~ Buddha
- 140- Page 168: "No longer forward nor behind I look in hope or fear. But, grateful, take the good I find, the best of now and here." ~ John Greenleaf Whittier
- 141- Page 169: "All truths are easy to understand once they are discovered; the point is to discover them." ~ Galileo Galilei
- 142- Page 170: "We cannot hold a torch to light another's path without brightening our own." ~ Ben Sweetland
- 143- Page 172: "Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better." ~ Sydney J. Harris
- 144- Page 173: "It is hardly possible to build anything if frustration, bitterness and a mood of helplessness prevail." ~ Lech Walesa
- 145- Page 175: "We are not what we know but what we are willing to learn." ~ Mary Catherine Bateson
- 146- Page 176: "When anger rises, think of the consequences." ~ Confucius
- 147- Page 178: "As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives." ~ Henry David Thoreau
- 148- Page 179: "Never be afraid to sit awhile and think." ~ Lorraine Hansberry, *A Raisin in the Sun*
- 149- Page 180: "Our willingness to do the work to become more conscious is what paves the way for us to recognize the unmistakable touch of grace." ~ Cheryl Richardson
- 150- Page 181: "A little kingdom I possess, where thoughts and feelings dwell; And very hard the task I find of governing it well." ~ Louisa May Alcott
- 151- Page 182: "Self-pity is easily the most destructive of the non-pharmaceutical narcotics; it is addictive, gives momentary pleasure and separates the victim from reality." ~ John W. Gardner
- 152- Page 183: "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." ~ Buddha
- 153- Page 184: "Learning emerges from discovery, not directives; reflection, not rules; possibilities, not prescriptions; diversity, not dogma; creativity and curiosity, not conformity and certainty; and meaning, not mandates." ~ Stephanie Pace Marshall, PhD
- 154- Page 185: "The great awareness comes slowly, piece by piece. The path of spiritual growth is a path of lifelong learning. The experience of spiritual power is basically a joyful one." ~ M. Scott Peck

- 155- Page 186: "With the help of my Higher Power I shall accept what I cannot change with courage, dignity and good humor." ~ One Day at a Time in Al-Anon
- 156- Page 187: "The art of living lies not in eliminating but in growing with troubles." ~ Bernard Baruch
- 157- Page 189: "The higher one climbs on the spiritual ladder, the more they will grant others their own freedom, and give less interference to another's state of consciousness." ~ Paul Twitchell
- 158- Page 190: "You don't need strength to let go of something. What you really need is understanding." ~ Guy Finley
- 159- Page 191: "To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting." ~ e. e. Cummings
- 160- Page 192: "And in the end, it's not the years in your life that count. It's the life in your years." ~ Abraham Lincoln
- 161- Page 193: "Perfection is reached, not when there is no longer anything to add, but when there is no longer anything to take away." ~ Antoine de Saint- Exupery
- 162- Page 194: "The world is round and the place which may seem like the end may also be only the beginning." ~ Ivy Baker Priest
- 163- Page 195: "Humility is the only true wisdom by which we prepare our minds for all the possible changes of life." ~ George Arliss
- 164- Page 196: "The most dependable quality in the universe is that of change. A willingness to change eliminates the word failure from our vocabulary." ~ Tom Crum
- 165- Page 197: "Only one thing has to change for us to know happiness in our lives: where we focus our attention." ~ Greg Anderson
- 166- Page 198: "I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it." ~ Groucho Marx
- 167- Page 199: "The best things in life must come by effort from within, not by gifts from the outside." ~ Fred Corson
- 168- Page 201: "Prayer is not asking for what you think you want, but asking to be changed in ways you can't imagine." ~ Kathleen Norris
- 169- Page 204: "Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them." ~ John (Jay) McCloy
- 170- Page 206: "The very experiences that you have resented or regretted most in lifethe ones you've wanted to hide and forget-are the experiences God wants you to use to help others." ~ Rick Warren
- 171- Page 208: "If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul." ~ Rabbi Harold Kushner
- 172- Page 211: "We cannot change anything until we accept it. Condemnation does not liberate, it oppresses." ~ Carl G. Jung
- 173- Page 212: "The change of one simple behavior can affect other behaviors and thus change many things." ~ Jean Baer
- 174- Page 213: "Fear is like fire. If controlled it will help you; if uncontrolled, it will rise up and destroy you. People's actions depend to a great extent upon fear. We do things either because we enjoy doing them or because we are afraid not to do them." ~ John F. Milburn
- 175- Page 214: "There is an art to facing difficulties in ways that lead to effective solutions and to inner peace and harmony." ~ Jon Kabat-Zinn

- 176- Page 215: "Chance makes our relatives, but choice makes our friends." ~ Jacques Delille
- 177- Page 216: "I am not a quitter. I will fight until I drop. It is just a matter of having some faith in the fact that as long as you are able to draw breath in this universe, you have a chance." ~ Cicely Tyson
- 178- Page 217: "Today I will apply the concept of detachment, to the best of my ability, in my relationships. If I can't let go completely, I'll try to "hang on loose." ~ Melody Beattie
- 179- Page 219: "My advice is: Go outside...enjoy nature and the sunshine, and try to recapture the happiness in yourself and in God. Think of all the beauty that is still left in you and around you and be happy." ~ Anne Frank
- 180- Page 220: "Have patience with all things, but first of all with yourself." ~ St. Francis de Sales
- 181- Page 221: "To have your attention in the Now is not a denial of what is needed in your life. It is recognition of what is primary." ~ Eckhart Tolle
- 182- Page 222: "There is guidance for each of us, and by lowly listening we shall hear the right word." ~ Ralph Waldo Emerson
- 183- Page 223: "The fragrance always stays in the hand that gives the rose." ~ Hada Bejar
- 184- Page 225: "We also often add to our pain and suffering by being overly sensitive, over-reacting to minor things, and sometimes taking things too personally." ~ Dalai Lama
- 185- Page 226: "And when I do get lonely, I have the comfort and support of a Higher Power who never leaves me." ~ Courage to Change
- 186- Page 227: "The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself." ~ George Bernard Shaw
- 187- Page 228: "When I slow down long enough to smell the roses, I usually see the beauty and all else that is ours to share." ~ Morgan Jennings
- 188- Page 229: "Slogans serve as gentle, calming reminders that our circumstances might not be as impossible or as desperate as they at first appear. These concise expressions of wisdom offer quick reassurances that we really are able to cope with whatever life brings, prompting us to take constructive action and to treat ourselves and others with compassion and respect." ~ How Al-Anon Works
- 189- Page 230: "We can only learn to love by loving." ~ Iris Murdoch
- 190- Page 232: "Our most important focus during times of stress is taking care of ourselves. We are better able to cope with the most irregular circumstances; we are better able to be there for others, if we're caring for ourselves." ~ Melody Beattie
- 191- Page 233: "Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties." ~ Helen Keller
- 192- Page 234: "Real love is selfless love. It expects nothing in return. It is not conditional. It doesn't keep score. It is too seldom given. Many of us came into the program hurting, feeling unloved, looking desperately for love, unable to love selflessly. But we are learning." ~ Each Day a New Beginning - Daily Meditations for Women
- 193- Page 235: "Sometimes the way is not clear.That is the time to stop, ask for guidance, and rest. That is the time to let go of fear. Wait. Feel the confusion and chaos, then let it go. The path will show itself. The next step shall be revealed." ~ Melody Beattie
- 194- Page 236: "To be aware of a single shortcoming within oneself is more useful than to be aware of a thousand in somebody else." ~ Dalai Lama
- 195- Page 238: "God help me learn to accept my own and others' anger as a normal part of achieving acceptance and peace. Within that framework, help me strive for personal accountability." ~ Melody Beattie

- 196- Page 240: "Be on the lookout for mercies. The more we look for them, the more of them we will see... Better to lose count while naming your blessings than to lose your blessings to counting your troubles." ~ Maltbie D. Babcock
- 197- Page 241: "To watch is not to love." ~ Carl G. Jung
- 198- Page 242: "Let no feeling of discouragement prey upon you, and in the end you are sure to succeed." ~ Abraham Lincoln
- 199- Page 245: "Everyone needs help from everyone." ~ Bertolt Brecht
- 200- Page 246: "Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible." ~ Saint Francis
- 201- Page 247: "The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith." ~ Franklin Roosevelt
- 202- Page 248: "If you don't run your own life, somebody else will." ~ John Atkinson
- 203- Page 249: "The shortest way to do many things is to do only one at a time." ~ Sydney Smiles
- 204- Page 250: "I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do." ~ Edward Everett Hale
- 205- Page 252: "Keep your faith in all beautiful things; in the sun when it is hidden, in the spring when it is gone." ~ Roy Gilson
- 206- Page 253: "Everyone has heard the expression, 'what you sow is what you reap.' Obviously if we want to create happiness in our lives, we must learn to sow the seeds of happiness. Therefore karma implies the action of conscious choice-making." ~ Deepak Chopra
- 207- Page 254: "Today and every day, I will pray for the wisdom to choose wise counselors and the strength to love and heal myself." ~ Each Day a New Beginning – Daily Meditations for Women
- 208- Page 255: "When I am able to resist the temptation to judge others, I can see them as teachers of forgiveness in my life, reminding me that I can only have peace of mind when I forgive rather than judge." ~ Gerald G. Jampolsky
- 209- Page 256: "He that respects himself is safe from others; he wears a coat of mail that none can pierce." ~ Henry Wadsworth Longfellow
- 210- Page 257: "One's pain is one's own creation." ~ Dalai Lama
- 211- Page 258: "Nothing can bring you peace but yourself." ~ Ralph Waldo Emerson
- 212- Page 259: "At the beginning, mankind and the obligation of selfless service were created together. 'Through selfless service, you will always be fruitful and find the fulfillment of your desires': this is the promise of the Creator..." ~ Bhagavad Gita
- 213- Page 260: "Today I will move forward with my life, despite what others are doing or not doing. I will know it is right to cross the bridge to a better life even if I must leave others behind to do that, I will not feel guilty, I will not feel ashamed. I know that where I am now is a better place and where I'm meant to be." ~ Melody Beattie
- 214- Page 261: "If you don't like something, change it. If you can't change it, change your attitude." ~ Maya Angelou
- 215- Page 262: "Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude." ~ Dennis Waitley
- 216- Page 263: "Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air." ~ John Quincy Adams
- 217- Page 265: "Today I will be grateful for any awareness I encounter. I will display gratitude, peace, and dignity when life gets my attention." ~ Melody Beattie

- 218- Page 266: "At the start of each day I can make the decision to turn my will and my life over to the care of God." ~ Courage to Change
- 219- Page 267: "Courage is not afraid to weep, and she is not afraid to pray, even when she is not sure who she is praying to." ~ J Ruth Gendler
- 220- Page 269: "There are really only two ways to approach life -- as victim or as gallant fighter -- and you must decide if you want to act or react, deal your own cards or play with a stacked deck. And if you don't decide which way to play with life, it always plays with you." ~ Merle Shain
- 221- Page 270: "You cannot create a statue by smashing the marble with a hammer; you also cannot by force of arms release the spirit of the soul." ~ Confucius
- 222- Page 271: "Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past, and is therefore the means for correcting our misperceptions." ~ Gerald G. Jampolsky
- 223- Page 272: "Acceptance of what is does not mean liking it as it is." ~ Iyanla Van Zant
- 224- Page 274: "We must cultivate our garden." ~ Voltaire
- 225- Page 275: "The world we have created is a product of our thinking; it cannot be changed without changing our thinking." ~ Albert Einstein
- 226- Page 276: "You must do the thing you think you cannot do." ~ Eleanor Roosevelt
- 227- Page 277: "Progress is impossible without change, and those who cannot change their minds cannot change anything." ~ George Bernard Shaw
- 228- Page 278: "We do not so much need the help of our friends as the confidence of their help in need." ~ Epicurus
- 229- Page 279: "Good fences make good neighbors." ~ Robert Frost
- 230- Page 280: "Selfishness is not living as one wishes to live; it is asking others to live as one wishes to live. And unselfishness is letting other people's lives alone, not interfering with them. Selfishness always aims at uniformity of type. Unselfishness recognizes infinite variety of type as a delightful thing, accepts it, acquiesces in it, enjoys it." ~ Oscar Wilde
- 231- Page 281: "When we create peace and harmony and balance in our minds, we will find it in our lives." ~ Louise Hay
- 232- Page 282: "Life is easy to chronicle, but bewildering to practice." ~ Louise Erdrich
- 233- Page 283: "Advice is seldom welcome, and those who need it the most, like it the least." ~ Lord Chesterfield
- 234- Page 284: "Nothing is a waste of time if you use the experience wisely." ~ Auguste Rodin
- 235- Page 285: "Abandoning gossip, he abstains from gossip; he speaks at the right time, speaks what is fact, speaks on what is good, speaks on the Dhamma and the Discipline; at the right time he speaks such words as are worth recording, reasonable, moderate, and beneficial." ~ Majjhima- Nikaya
- 236- Page 286: "Never mistake knowledge for wisdom. One helps you make a living, the other helps you make a life." ~ Sandra Carey
- 237- Page 287: "The greatest of faults, I should say, is to be conscious of none." ~ Thomas Carlyle
- 238- Page 288: "I will look to this day with wonder and trust. Everything is okay. I am in the care of a power greater." ~ Each Day a New Beginning – Daily Meditations for Women
- 239- Page 289: "Patterning your life around other's opinions is nothing more than slavery." ~ Lawana Blackwell
- 240- Page 290: "Bigness comes from doing many small things well. Individually, they are not very dramatic transactions. Together, though, they add up." ~ Edward S. Finkelstein

- 241- Page 291: "Change is the constant, the signal for rebirth, the egg of the phoenix." ~ Christina Baldwin
- 242- Page 292: "Domestic violence should not happen to anybody. Ever. Period. But it does – and when it does there is help." ~ Domestic Violence Handbook
- 243- Page 293: "Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense." ~ Ralph Waldo Emerson
- 244- Page 295: "If we make our goal to live a life of compassion and unconditional love, then the world will indeed become a garden where all kinds of flowers can bloom and grow." ~ Elisabeth Kübler-Ross
- 245- Page 296: "It is only possible to live happily ever after on a day-to-day basis." ~ Margaret Bonnano
- 246- Page 297: "If I must love my neighbor as myself, it is at least as fair to love myself as my neighbor." ~ Nicholas de Chamfort
- 247- Page 299: "Everyone thinks of changing the world, but no one thinks of changing himself." ~ Leo Tolstoy
- 248- Page 300: "Help them to take failure, not as a measure of their worth, but as a chance for a new start." ~ Book of Common Prayer
- 249- Page 301: "Since there is no 'arrival', no magical day on which we suddenly achieve serenity and live on forever free of stress or strain, most of us eventually learn to be patient. We find that we can trust the process of recovery to move us ever forward, even if it sometimes feels as if we're moving backwards." ~ How Al-Anon Works
- 250- Page 302: "Do not take life too seriously; you will never get out of it alive." ~ Elbert Hubbard
- 251- Page 303: "If you do not ask yourself what it is you know, you will go on listening to others and change will not come because you will not hear your own truth." ~ Saint Bartholomew
- 252- Page 304: "You get to the point where your demons, which are terrifying, grow smaller and smaller and you get bigger and bigger." ~ August Wilson
- 253- Page 305: "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." ~ William James
- 254- Page 307: "Let all things be exactly as they are." ~ The Voice
- 255- Page 308: "Healing cannot come to a desperate person rummaging through other people's lives." ~ T.D. Jakes
- 256- Page 310: "Whether you think you can or whether you think you can't, you are right." ~ Henry Ford
- 257- Page 311: "Life is what happens to you while you're busy making other plans." ~ John Lennon
- 258- Page 312: "If things go wrong, don't go with them." ~ Roger Babson
- 259- Page 313: "He who would be serene and pure needs but one thing, detachment." ~ Meister Eckhart
- 260- Page 314: "It's all right to have butterflies in your stomach. Just get them to fly in formation." ~ Dr. Rob Gilbert
- 261- Page 316: "You don't have to suffer continual chaos in order to grow." ~ John C. Lilly
- 262- Page 317: "Wisdom comes with the ability to be still. Just look and just listen." ~ Eckhart Tolle

- 263- Page 318: "You may not think you can reach it. Climb anyway. You may not think you'll be heard. Speak anyway. You may not think you can change things. Try anyway." ~ Maya Angelou
- 264- Page 319: "Truth, like surgery, may hurt, but it cures." ~ Han Suyin
- 265- Page 320: "All changes, even the most longed for, have their melancholy; for what we leave behind is part of ourselves; we must die to one life before we can enter into another." ~ Anatole France
- 266- Page 322: "What you are is God's gift to you, what you do with yourself is your gift to God." ~ Leo Buscaglia
- 267- Page 324: "Our prayers are answered, our problems find solutions, our worries are eased, if we but attune ourselves to the message." ~ Each Day a New Beginning – Daily Meditations for Women
- 268- Page 325: "Life is an adventure in forgiveness." ~ Norman Cousins
- 269- Page 326: "I have a clear choice between life and death, between reality and fantasy, between health and sickness. I have to become responsible – responsible for mistakes as well as accomplishments." ~ Eileen Mayhew
- 270- Page 328: "If you nurture your mind, body, and spirit, your time will expand. You will gain a new perspective that will allow you to accomplish much more." Brian Koslow
- 271- Page 329: "There is nothing like returning to a place that remains unchanged, to find the ways in which you yourself have altered." ~ Nelson Mandela
- 272- Page 332: "Healing is a matter of time, but it is sometimes also a matter of opportunity." ~ Hippocrates
- 273- Page 333: "Acceptance is not submission; it is acknowledgment of the facts of a situation, then deciding what you're going to do about it." ~ Kathleen Casey Theisen
- 274- Page 334: "I can be changed by what happens to me. But I refuse to be reduced by it." ~ Maya Angelou
- 275- Page 335: "How much more grievous are the consequences of anger than the causes of it." ~ Marcus Aurelius
- 276- Page 336: "What a wonderful life I've had! I only wish I'd realized it sooner." ~ Colette
- 277- Page 337: "There can be no happiness if the things we believe in are different from the things we do." ~ Freya Stark
- 278- Page 338: "Pain nourishes courage. You can't be brave if you've only had wonderful things happen to you." ~ Mary Tyler Moore
- 279- Page 339: "For it is in giving that we receive." ~ Saint Francis of Assisi
- 280- Page 340: "What life means to us is determined not as much by what life brings to us as by the attitude we bring to life: not so much by what happens to us as by our reaction to what happens." ~ Lewis Dunning
- 281- Page 341: "Yesterday is history. Tomorrow is a mystery. And today? Today is a gift. That's why we call it the present." ~ Babatunde Olatunji
- 282- Page 342: "Practice easing your way along. Don't get het up or in a dither. Do your best; take it as it comes. You can handle anything if you think you can. Just keep your cool and your sense of humor." ~ Smiley Blanton MD
- 283- Page 343: "Anger is but the failure of a person or a situation to fulfill the function I have assigned to it. I can be free of the anger by releasing the assignment." ~ Robert Perry
- 284- Page 344: "There is only one corner of the universe you can be certain of improving, and that's your own self." ~ Aldous Huxley
- 285- Page 347: "Love is a sacred reserve of energy; it is like the blood of spiritual evolution." ~ Pierre Teilhard De Chardin

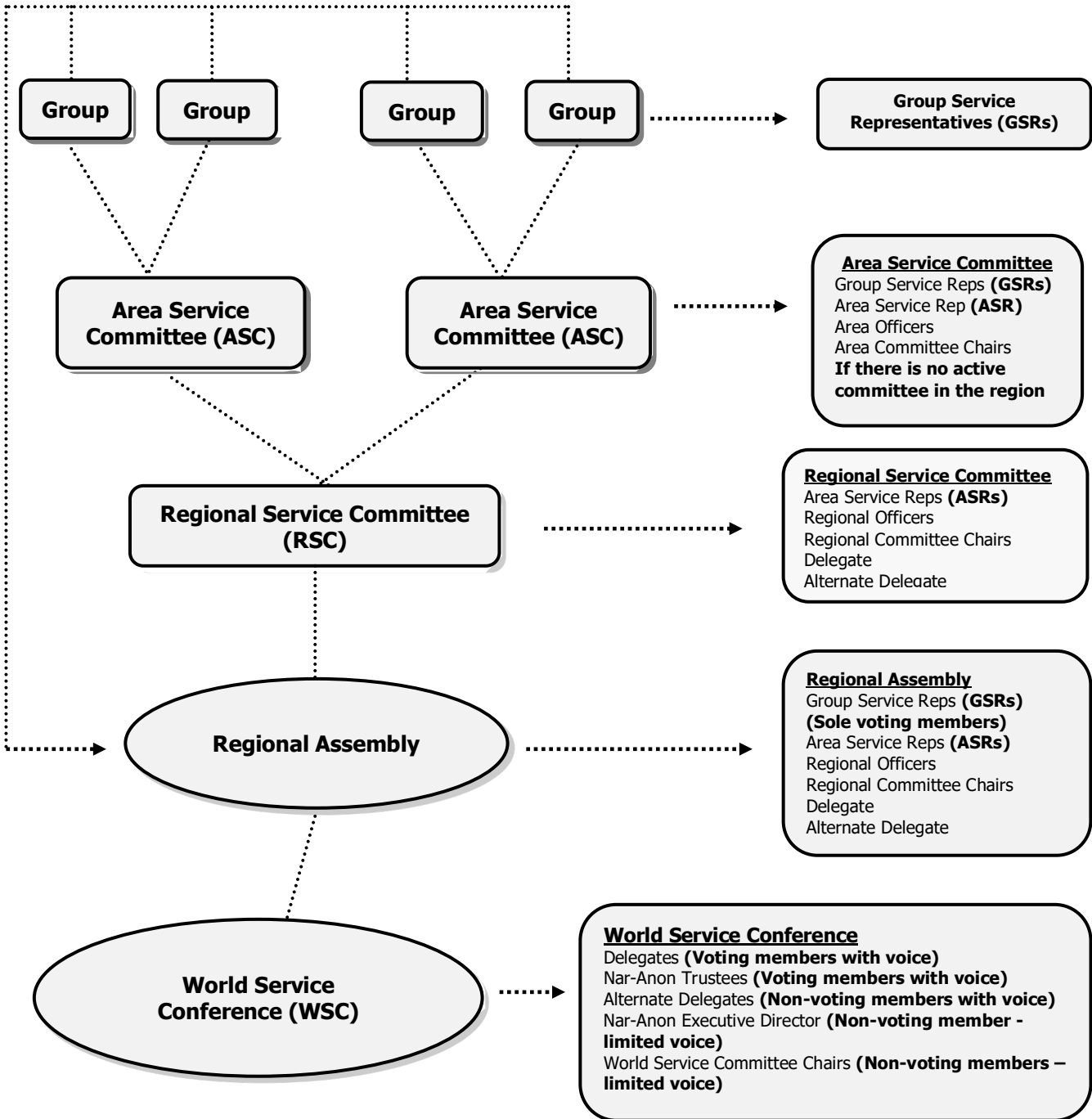
- 286- Page 348: "However many holy words you read, However many you speak, What good will they do you If you do not act upon them?" ~ Buddha
- 287- Page 353: "The sages do not consider that making no mistakes is a blessing. They believe, rather, that the great virtue of man lies in his ability to correct his mistakes and continually to make a new man of himself." ~ Wang Yang-Ming
- 288- Page 354: "It is better to practice a little than talk a lot." ~ Muso Kokushi
- 289- Page 355: "Never be afraid to trust an unknown future to a known God." ~ Corrie Ten Boom
- 290- Page 356: "Never fear shadows that always means there is a light shining somewhere." ~ Jonathan Santos
- 291- Page 357: "Advice is what we ask for when we already know the answer but wish we didn't." ~ Erica Jong
- 292- Page 358: "The world is new to us every morning; this is God's gift, and every man should believe he is reborn each day." ~ The Baal Shem Tov
- 293- Page 359: "It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things." ~ Leonardo da Vinci
- 294- Page 360: "Generosity is giving more than you can, and pride is taking less than you need." ~ Kahlil Gibran
- 295- Page 361: "We must accept finite disappointment, but never lose infinite hope." ~ Martin Luther King Jr.
- 296- Page 362: "The successful people of this world take life as it comes. They just go out and deal with the world as it is." ~ Ben Stein
- 297- Page 363: "God expects but one thing of you, and that is you should come out of yourself insofar as you are created being made, and let God be God in you." ~ Meister Eckhart
- 298- Page 364: "New Year's Eve is like every other night; there is no pause in the march of the universe, no breathless moment of silence among created things that the passage of another twelve months may be noted; and yet no man has quite the same thoughts this evening that come with the coming of darkness on other nights." ~ Hamilton Wright Mabie

Appendix 13: Northern Iran Motion 6

1. Page 49: "Life is not the way it is supposed to be. It is the way it is. The way you cope with it is what makes the difference" Virginia Satir
2. Page 53: Quote: "Little minds are subdued by misfortunes. Great minds rise above them." Washington Irving
3. Page 66: "I can be changed by what happens to me, but I refuse to be reduced by it." Maya Angelou
4. Page 98: "Let us not look back in anger nor forward in fear, but around in awareness." James Thurber
5. Page 103: "Pain is inevitable. Suffering is optional." M. Kathleen Casey
6. Page 112: "Courage is not the towering oak that sees storms come and go; it is the fragile blossom that opens in the snow." Alice
7. Page 116: "I sometimes give myself admirable advice, but I am incapable of taking it." Mary Wortley Montagu
8. Page 130: "I'm treating you as a friend asking you to share my present minuses in the hope that I can ask you to share my future pluses." Katherine Mansfield
9. Page 140: "Don't compromise yourself. You are all you've got." "Janis Joplin
10. Page 145: "Oh the comfort- the inexpressible comfort of feeling safe with a person." Dinah Craik
11. Page 156: "Every new beginning comes from some other beginning's end." " Seneca
12. Page 162: "If you choose to think about past hurts, you will continue to feel bad." "Dr. Gary McKay
13. Page 168: "Guilt is anger directed at ourselves." Peter McWilliams
14. Page 182: "Worry never robs tomorrow of its sorrow, it only saps today of its joy." ,... Leo F. Buscaglia
15. Page 184: "Fear is a darkroom where negatives develop." UsmanAsif
16. Page 187: "Humor does not diminish the pain- it makes the space around it get bigger." Allen Klein
17. Page 206: "Don't wait for something big to occur. Start where you are, with what you have, and that will always lead you into something greater." Rev. Mary Manin Morrissey
18. Page 220: "Nothing in life is to be feared. It is only to be understood." Marie Curie
19. Page 222: "Forgiveness means giving up all hope for a better past." Lily Tomlin
20. Page 225: "To forgive is to set a prisoner free and discover that the prisoner was you." Lewis B Smedes
21. Page 236: "Life shrinks or expands in proportion to one's courage." Anais Nin
22. Page 246: "Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen." Winston Churchill
23. Page 247: "Life is like riding a bicycle. To keep your balance you must keep moving." Albert Einstein
24. Page 254: "The only people who never fail are those that never try." Ilka Chase
25. Page 255: "Failure is only the opportunity to begin again more intelligently." Henry Ford
26. Page 256: "Your future depends on many things, but mostly on you." Frank Tyger
27. Page 261: "Harmony within brings harmony without." Rebecca Clark
28. Page 266: "The journey of a thousand miles begins with one step." Lao Tzu
29. Page 268: "Hope for the best, but prepare for the worst." 'English Proverb
30. Page 275: "The best preparation for tomorrow is doing your best today." N H Jackson Brown, Jr.

31. Page 279: I am not concerned that you have fallen -I am concerned that you arise."
Abraham Lincoln
32. Page 280: "Nothing will work unless you do." John Wooden
33. Page 288: "We often take for granted the very things that most deserve our gratitude."
Cynthia Ozick
34. Page 306: "Power comes to me." Leo F. Buscaglia
35. Page 330: "We must find, all of us together, a new spirituality." 'His Holiness the 14th
Dalai Lama
36. Page 339: "When it gets dark, you can see the stars." J. Russell Lynes
37. Page 359: "At night make me one with the darkness and in the morning make me one
with the light." Wendell Berry
38. Page 361: "Not only our human family, but the entire Earth family, nourishes us, inspires
us and forgives us." 'Life Prayers: From Around the World

NAR-ANON LOCAL SERVICE STRUCTURE



Group Reports

GSR Report for Candlelight Group of Atascadero for January 2020

January 11, 2020

Greetings from the Atascadero Candlelight group.

Our group is healthy and full of kindness and love. We have seven regular members who show up for meetings.

We have \$283.85 in our general fund along with \$60.00 in reserve, and \$60.00 in our RSC/WSC fund. Our rent is paid through February of 2020.

We have done some extensive outreach efforts to therapist in our area with very little to show for it.

In service,

Larry B.

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 six 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 many 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. There are many Sundays when only the men show up. When this happens, we claim the title of being one of the very few men-only Nar-Anon groups.

Winds of Change
Group # 131-138
Thursday 7-8pm – Hollister
January 2020

About Us:

We opened the Nar-Anon doors 5 months ago.

Meetings are in the conference room of a large coffeehouse.

In our core group there are 7 grateful members thus far with newcomers weaving in and out.

We keep the format simple with SESH and CAL Approved Literature.

We hold a Step Study on the 2nd Saturday of every month.

Outreach has been thru flyers with county agencies, gyms, women shelter, Doctor's offices, free paper listings and word of mouth.

January marks the month of service rotation for us. We have a new Literature person and a new Chair stepping into service.

There have been no donations made as of YET to the Region and World Service Office.

Treasury balance: \$62.78

Tuesday Night "IN THE SOLUTION" – Group #131-028

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

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

ATTENDANCE: Ranges from 8 – 10 members.

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

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

TREASURER REPORT: Period covered is 7/1/2019 – 12/31/2019

Previous Balance	\$ 328.25
Collected: 7 th Tradition & Literature sold	+ 601.75
	<i>Subtotal</i>
	\$ 930.00
Disbursed: Rent Paid	- 150.00
Literature and Misc	- 8.75
Region & WSO donations	- 310.00
Forwarding Balance.....	\$ 461.25

Prudent Reserve \$75 / Group Rep fund \$75 = \$ 150.00

DONATIONS: WSO and REGION approx. every 6 months.

SUBMITTED BY: Cyndy, Interim GSR
Chris, Treasurer

DATED: January 3, 2020

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

Period covered is July 1/2019 to January 10, 2020

Previous Balance\$369.00

Collected: 7th Tradition & Literature sold.....\$1323.00

***Subtotal*..... \$1692.00**

Disbursed: Rent Paid - 480.00

Literature purchased - 308.00

WSO Donation - 330.00

Region (CCR) Donation . . . - 430.00

 ***Total Expenses*..... -1488.00**

Forwarding Balance..... \$ 204.00

NOT included in that balance is:

Prudent Reserve - \$100.00

And GSR Travel Fund - \$100.00

**Monday Night Serenity
Group Report #131-130**

Salinas

January 6, 2020

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 from when the group began over a year ago. New members have attended with a core group of 4-5. Service rotation occurs every three months, with the last rotation taking place in December.

Format:

First week: Step read and discussed.

Second week: CAL (SESH, pamphlet, etc.) is read and discussed

Third (and fifth) week: Secretary's choice

Fourth week: Narcotics Anonymous / Nar-Anon speaker discussion

Treasurer's Report: As of January 6, the balance was \$72, not including the prudent reserve (\$150) and GSR funds (\$50).

Successes and Challenges:

+ While service is being fulfilled by a few members, we are grateful there are two meetings a week in Salinas.

+ The group conducted a group inventory after its one-year anniversary. The group feels it adheres to the Traditions and encourages the use and practice of Nar-Anon's tools.

-Some new people attended but most have not returned. Members have shared literature with their doctors, coffee shops, etc. and are committed to helping the group stabilize.

-A fatal stabbing occurred a few blocks away from the meeting location a couple of months ago. The church, where the meeting takes place, has experienced its own challenges with nearby homeless people, and recommended that we lock the building door once the meeting has begun. Wanting to be open and accessible to people who might attend the meeting late, the group purchased a portable, wireless doorbell.

Beginning this month, the group will try using the doorbell with a locked door and a sign that reads something like, "Ring doorbell if you are here to attend the meeting".

Submitted by: Janet S., GSR

I Can Be Free – Santa Barbara Group

Nar-Anon

History – The Group has been around for over a decade providing support for families and friends of addicts, from this deadly family disease. The Group has wonderful recovery each Friday at 6 pm. We change the format each week reading and sharing from different Conference Approved Literature. On the fifth Friday each month we have a speaker come. Currently, we are using speakers from the Santa Barbara NA community. This has been an effective program.

Treasurer – The Group has a prudent reserve and makes church rental payments quarterly.

Literature - The group has Nar Anon literature and pamphlets are free. We have added our quarterly news-letter which is being read by many members!

Current Year - Our group is smaller than in past years. We now currently have about 7 to 20 people attend. This is more than in 2018 but has been in the past about 15 to 25. We enjoy the fruits of long timers experience as well as looking closely at new comers and the familiar pain they bring and recovery they might enjoy with our meeting.

We are fully self-supporting and have looked at staying a healthy group with some hard work.

Scott Coffman

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

January 2020 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 15 years and joined the Central California Region in January 2018.

Attendance: Our group attendance has increased during this past year, now varying from 6-14 with about 7 semi-regulars.

Newcomers: We have had several newcomers in the last year 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, 12 Concepts) in on a weekly basis.

Donations: In 2019, our group made 4 donations to WSO (\$450 total) and the Central California Region (\$450 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 \$234 in the treasury.

Other Information: We have newer people stepping up to cover the secretary, treasurer and literature/keeper of the meeting rolling bag service positions. Several members are involved in a 12-step study group run by Teri.

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.

This meeting has evolved into a pretty healthy meeting over the past year with members being very supportive of each other and the meeting.

In service,
Carole S.
Group Service Representative

Sharing Experience, Strength and Hope
Scotts Valley
Friday 6:30 PM

Opened: May 2009 (10 years)

Attendance: 5 people with regular weekly attendance come from Santa Cruz County.

Newcomers: Most of the Newcomers have a family member at The Camp Recovery Center. Often they are from out of town for the weekend Family Program. Others find Nar-Anon through the internet.

Donations: Sharing Experience, Strength and Hope made donations of \$120 (CCR) and \$30 (WSO) in December.

Treasurer: The current treasury balance is \$60. Rent is free, but in return for the use of the room, Nar-Anon literature donations are made to the Camp Recovery Center Family Program as well a large number of Newcomer Packets for those coming from the Family Program.

Other: There is a 12 Step Study Group which meets the first and third Saturday of each month. Averaging a step a month the group starts in January and ends in December. Members attend the twice monthly Camp Recovery Center Family Program to share their Nar-Anon recovery.

Submitted January 2020 by Teri M. (Delegate)

“Monday Nite Miracles” – Group #13131

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

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

ATTENDANCE: Ranges from 2 – 7 approximately.

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

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

TREASURER REPORT: Period covered is 7/1/2019 to 12/31/2019

Previous Balance **\$245.00**

Collected: 7th Tradition & Literature sold + 196.00

Subtotal.... \$441.00

Disbursed: Rent Paid - 60.00

Literature purchased - 0.00

WSO Donation - 80.00

Region (CCR) Donation . . . - 120.00

Forwarding Balance.....\$181.00

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: January 8, 2020

Subcommittee Reports

Ad Hoc
Elections
Subcommittee
Report

Ad Hoc Elections Subcommittee Report

January 11, 2020

Election process for RSC members will follow process and procedures detailed in the GRS under Elections RSA's. They are as follows:

- The Elections Ad Hoc Subcommittee request a motion to hold an elections RSA at this coming July Assembly. The motion is to elect the RSC chair, secretary, treasurer, delegate and alternate delegate. Please see the Regional Structure section of the GRS for a description of these positions and suggested experience.
- In February there will be a reminder to the groups via Take Back to Meeting Information and Announcements of the nomination invitation.
- In March, the subcommittee sends notification that the nominations period is open. Notification will include a list of open positions, suggested experience for positions, description of positions, timeline for nomination period, and nomination email address. A nomination invitation will be sent to GSRs via RSC Take Back to Meeting Information and Announcements. The member nomination process allows members to nominate themselves or other members for one or more positions. Nominated members will be contacted by the subcommittee. The nominated member may or may not agree to accept the nomination. Nominations are received by the subcommittee via email.
- In April, nominees who have accepted nomination submit a statement of qualifications to the subcommittee via email.
- In May, the subcommittee creates a ballot and drafts a slate of nominees for officers, delegate, and alternate delegate for the elections RSA agenda, including each nominee's statement of qualifications. Ballots will allow for write-in nominees.
- In June, elections subcommittee disseminates anonymous ballots to GSRs. GSRs take a group conscience to provide guidance for selecting officers, delegate, and alternate delegate at the elections RSA. The ballots will be sent via RSC Take Back to Meeting Information and Announcements.

Ad Hoc Elections Subcommittee Report

January 11, 2020

Election Process at Elections RSA:

- The elections process is the first agenda item. A representative from the elections subcommittee recaps nominees and asks for nominations from the floor by position; in order of chair, vice chair, treasurer, secretary, delegate, and alternate delegate. Floor nominations are given an opportunity to share their qualifications.
- GSRs are given ample time to consider new nominations before voting. GSRs submit their anonymous ballot to the subcommittee.
- Two subcommittee members tally the ballots.
- If someone is elected to multiple positions, that person selects one position, and the remaining position(s) is determined by the next highest tally.
- An elections subcommittee representative reads the results and then hands the meeting back to the chair to continue with other business of the assembly.
- A motion can now be made to dissolve the elections subcommittee until the next elections cycle.
- New officers and delegates start their term upon the bank's acceptance of the transfer of leadership.

Outreach Subcommittee Report

Central California Region - **Outreach Subcommittee Report**
January 2, 2020

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

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).
- Last year members answered questions at an information table at short-term, day events, such as, Nar-Anon/NA conventions, Many Paths One Destination public recovery event, International Overdose Awareness Day, etc.
- Individual members share 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.
- World Service Outreach began offering quarterly skype calls to increase information sharing and to learn from each other. CCR members participated on each call and found the discussions helpful in reinforcing a healthy and consistent manner in which outreach is conducted.

Opportunities:

- Bilingual (English-Spanish) members are needed to expand Outreach to the Spanish-speaking community. No response was received through Take-Back-To-Meeting requests last year.
- An Outreach Handbook was recently released for fellowship review. The subcommittee may review the Handbook in 2020 and submit its collective input to the board of trustees.

Meeting Time: The subcommittee meets monthly on the fourth Tuesday of the month via conference call, 8:00 – 9:00 pm. Most of our Region is represented with members participating from Simi Valley to Scotts Valley and points in between.

Call in: 515-604-9099

Access: 416-570-783#

Contact:

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

Submitted by: Janet S., Outreach subcommittee chair

Literature
Subcommittee
Report

CCR Literature Subcommittee Report
January 11, 2020

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 six active members, with a minimum of three members needed to conduct a meeting.

We continue to work on the "Addiction in Marriage" project. The original plan for this project was to incorporate many of the responses to the questionnaires we received from the members who chose to participate. Feedback from the WS Literature Committee, however, has led us to change our focus to using the responses to guide us to write the text of the document. We anticipate that it will take our committee a few more months of work before we are ready to submit a draft to WS Lit Com.

As we conduct our meetings on Skype using Google Docs to write our draft, we are hoping to make a smooth transition to storing all work onto the CCR Google Drive.

Gratefully submitted,

Ruth K.

Conventions &
Events
Subcommittee
Report

To: Interested Nar-Anon Members

Re: Western Regions Convention of Nar-Anon Family Groups (WRCNFG)

The convention is set for Saturday 22 February 2020 at the downtown Marriott in Bakersfield, CA. The WRCNFG committee this year consists of one member from Bakersfield, two members from Northern California, and one member from Southern California.

The abbreviated schedule this year is:

- 10:00 a.m. "Exploring ways to bring the GLS to life" Workshop - led by Ed H. - one hour
- 11:00 a.m. "How did your region take the CAR to groups?" Workshop - led by Robert P. - one hour
- 12:00 noon Lunch break
- 2:00 p.m. "Your region's greatest challenge and greatest accomplishment in the last year" This will be a roundtable multi-regional business meeting and a conference call number will be available. The expected duration is between 2 and 3 hours.
- 5:30 p.m. Optional group dinner

The event flyer is posted on our website at <https://sites.google.com/nar-anon.org/wrcnfg/events/2020>.

As of now, we have made contact with members in:

- Southern California Region
- Northern California Region
- Central California Region
- High Desert Region
- British Columbia Region
- Pacific Northwest Region
- Rocky Mountain Region

Everyone is welcome. However, with the abbreviated schedule this year, we anticipate remote members may choose to join the business meeting via the conference bridge.

Robert P

Western Regions Convention of Nar-Anon Family Groups

Email - WRCNFG@Nar-Anon.org

Web - <https://sites.google.com/nar-anon.org/wrcnfg>

Subscribe - <https://sites.google.com/nar-anon.org/wrcnfg/about/contact-us>

Technology
Services
Subcommittee
Report

Report from the TSS for the January 2020 Assembly

The Central California Regional (CCR) Technical Services Subcommittee (TSS) has four members:

- Robert from Bakersfield (chair)
- Scott from Santa Barbara (secretary)
- Larry from Atascadero
- JT from Hollister

Since the summer 2019 Assembly, Larry and Robert have been learning to manage parts of the technology which Scott previously took care of on his own. The four of us also worked on a set of guidelines for our subcommittee, which are not yet finished.

A few months ago our subcommittee was given a new assignment. All of our regional files were stored in Yahoo and Yahoo announced they were going to delete all the file archives worldwide. The committee quickly came up with a design for alternative file storage using Google. As of the date this report was written, we are still working to implement the Google file storage.

To support the new file storage system and make it easier for members to use, we created the “CCR Users’ Guide to File Storage.” Since this is proposed to be a regional document, we have asked to have it included in the Assembly agenda packet. We would like for the GSRs to take this document to their groups for review so we can propose in a later Assembly that this document be adopted as a regional document.

Note to the GSR's regarding the CCR User's Guide to File Storage

The "CCR User's Guide to File Storage" was created by the Central California Regional (CCR) Technology Services Subcommittee (TSS). A preview of this document was given to the Regional Service Committee (RSC) in early December 2019. The TSS has been using this document since mid-December. The RSC began using this document in late December.

Because this document is proposed to be adopted as a tool for the CCR, the TSS is sending it to the January 2020 Assembly. The hope is the GSRs will share this document within their groups with any members who are interested.

The TSS hopes the GSRs can then vote to approve this document in the summer 2020 Assembly.

The TSS is confident this document is accurate. However, we are always open to suggestions and comments. We also readily admit our ability to make mistakes and will welcome feedback on such.

If you have any questions or comments regarding this document, please contact one of the following:

Robert P, 661-316-7871, robertp27march@gmail.com.

Larry B, 805-550-7159, CentralCoastLarry@gmail.com.

Scott N, 805-451-7841, Scott@nar-anon.org.

CCR Users' Guide to File Storage

From the Central California Region (CCR) Technical Services Committee (TSS)



[Introduction](#)

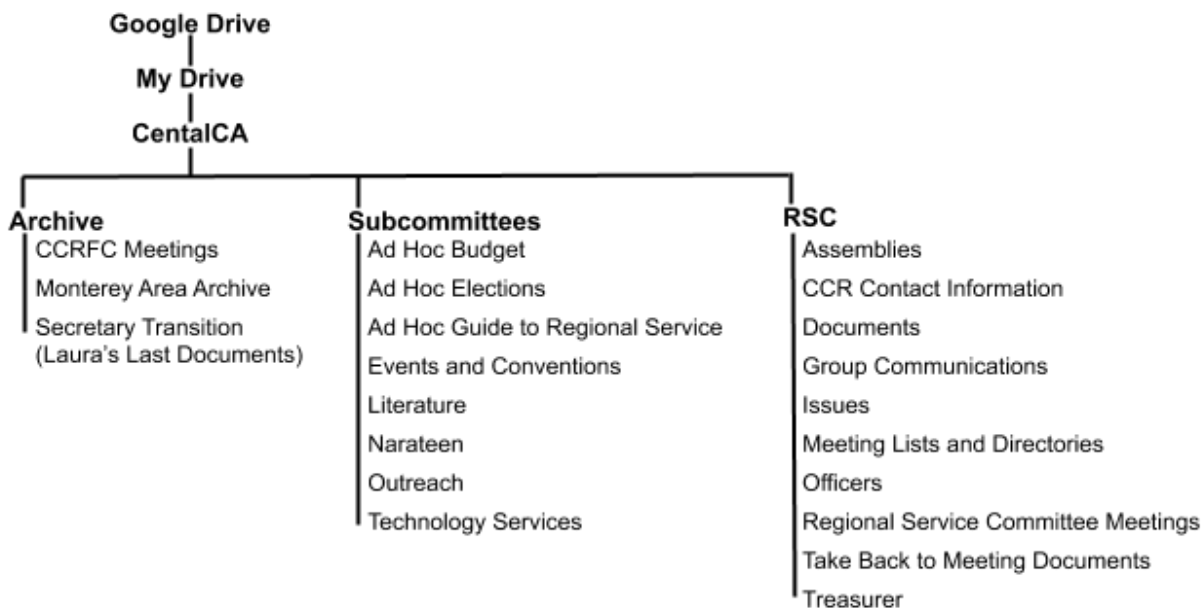
[Using Google for file storage](#)

[Granting access to your committee members](#)

[Contact Information](#)

Introduction

The Central California Regional (CCR) Technology Services Subcommittee (TSS) plans to begin defining the permissions within our new file storage space. The overall plan for our new space is shown below:



Revised 27Dec2019

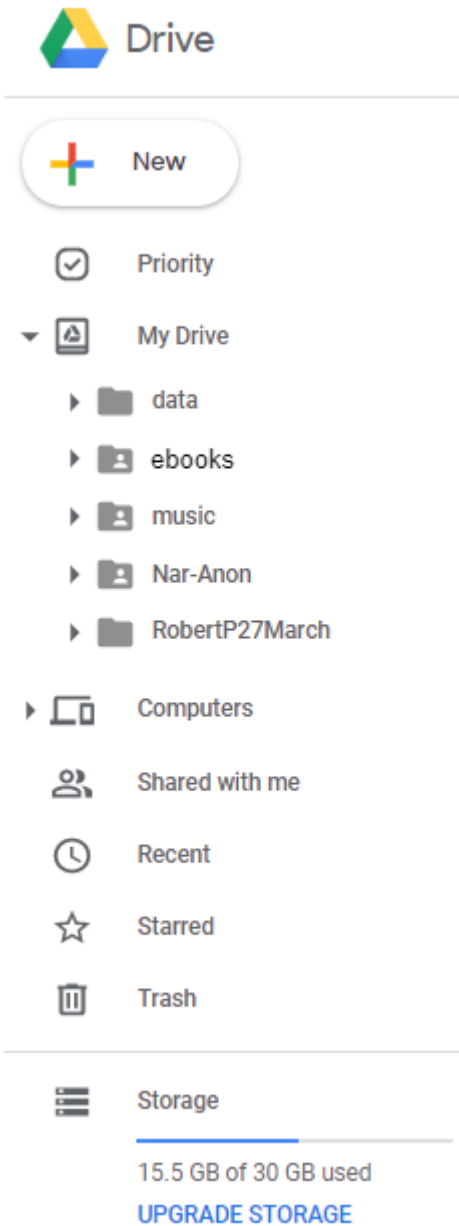
CCR Users' Guide to File Storage

As a member of the RSC, we will give you permission to use the RSC folder, and all of the folders underneath it. In addition, if you are a committee chair, or, if you are the Treasurer, you will be made the administrator of the folder for your committee. (Note there is a folder called Narathon underneath the Events folder.)

Please look over this diagram and let us know if you think there should be a folder for any other committees or service positions. For example, do the Delegate and Alternate Delegate have files they would like to store? If so, let us know and we can create a folder for that purpose as well.

As a committee chair, you will be the administrator of your folder. You will then be able to add people to your folder or keep your folder private so only you and the TSS can see what is in it. As the administrators, the TSS will always have access to all files and folders.

To make use of your folders, you will need to open drive.google.com. The drive application works in both the Chrome and Firefox browsers. We do not recommend other browsers.



The image shown above is an example of what you might see when you open Google drive.

We recommend that you create a new folder inside My Drive named something meaningful - such as Nar-Anon, or CCR-folders. The new folder should be named uniquely, and be named meaningfully.

When the TSS grants you permission to your folders in the new CCR space, you will receive an email saying a folder has been shared with you.

If you then click on “Shared with me” you will see the shared folders.

CCR Users' Guide to File Storage

You can access the folders there, however, "Shared with me" often becomes very crowded. Instead we recommend you find the shared folders under "Shared with me" and drag them over to the folder you created for this purpose.

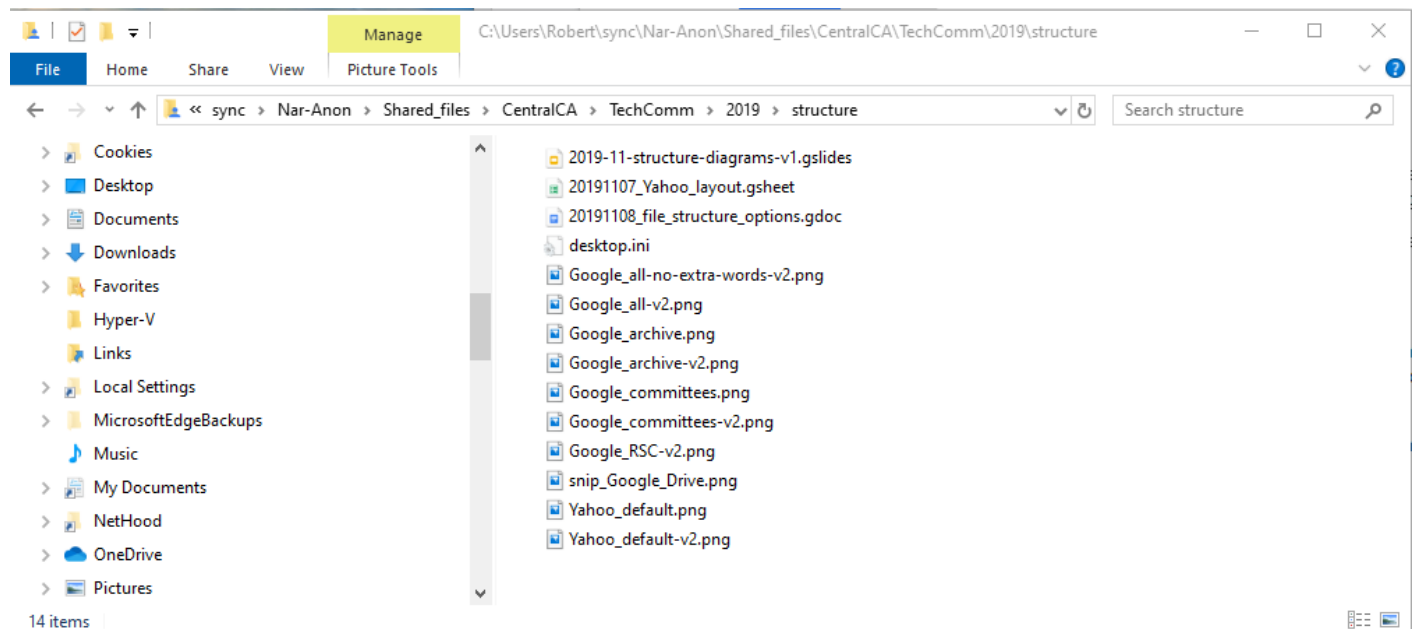
You will receive a share for the RSC folder and for your committee folder. For example, the chair of the Outreach Committee will receive a share for the RSC folder and for the Outreach folder. Separately, drag both into your folder so you can find them quickly when you open Google drive. We recommend you not put one inside the other. Instead, both should be visible at the same time.

If you have any problems or concerns, feel free to call or email one of the members of the TSS - our contact information is included at the end of this document.

Using Google for file storage

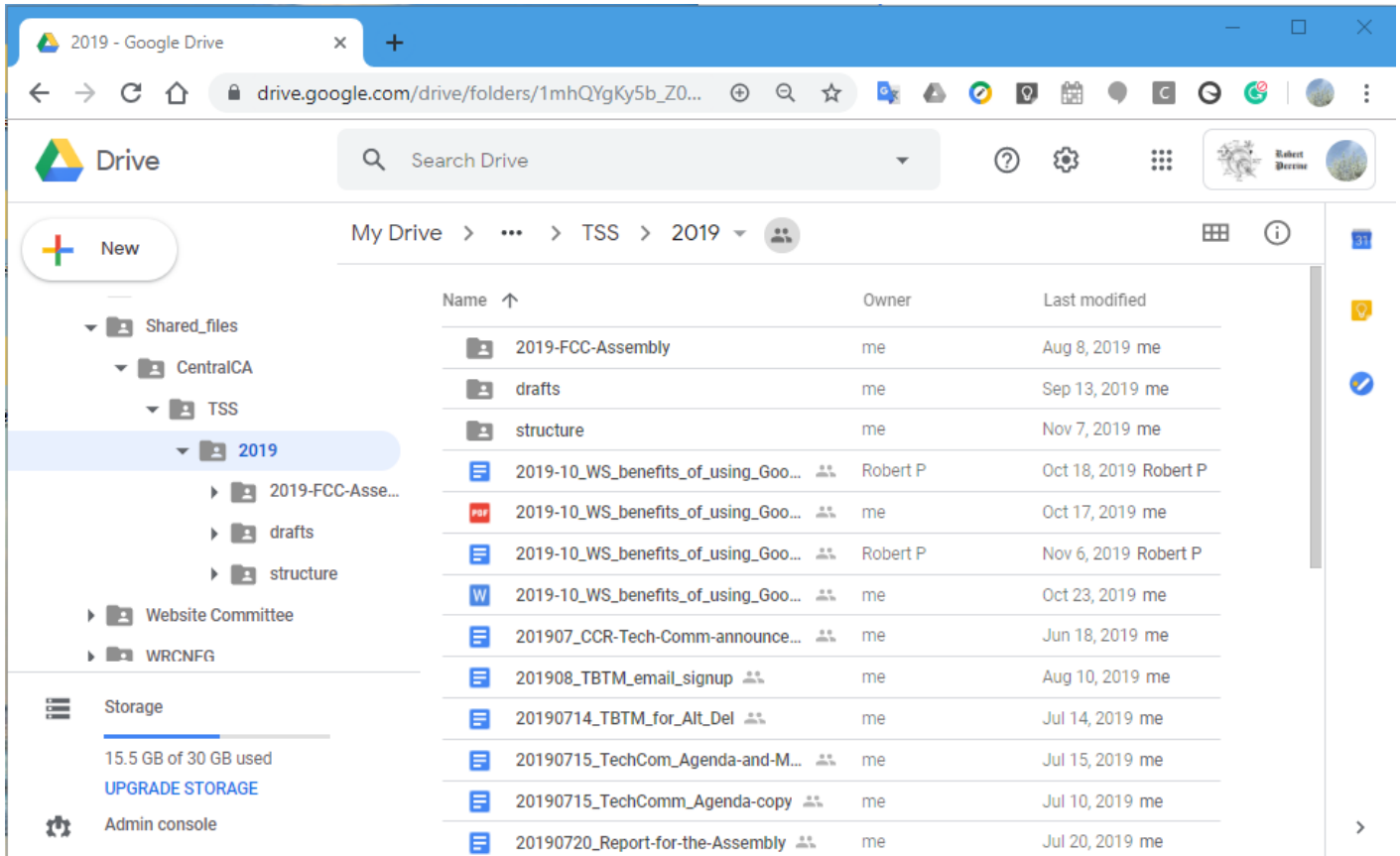
You are welcome to use Google just like you were using Yahoo. You can create files on your computer and upload them to Google. You can then download the file from Google, change it, and upload it again. Google is capable of much more, uploading, however, is often a good place to start.

First, open the file explorer on you computer - see an example below.



Then open Google Drive and click on the folders until you get to the place where you want to store your document.

CCR Users' Guide to File Storage



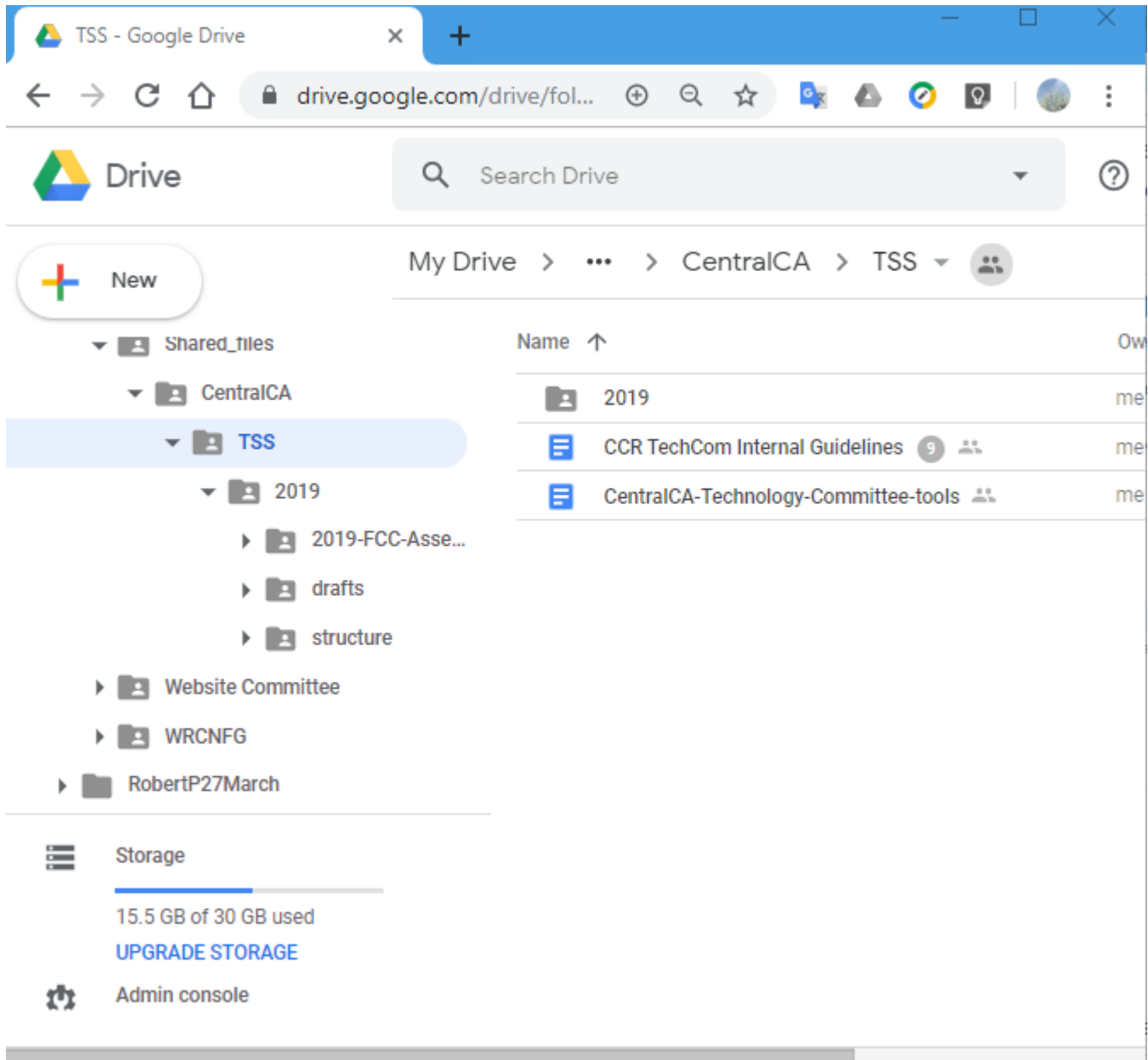
Then click on the file or folder in your computer's file manager and drag that file or folder over to the Google folder. Google will automatically upload the file or folder.

Be sure the files you upload are Nar-Anon related and reflect our Nar-Anon Principles.

Granting access to your committee members

We recommend you grant access to your committee folder to the members of your committee. You can do this by first selecting the folder. In the diagram shown below, the "TSS" folder has been selected.

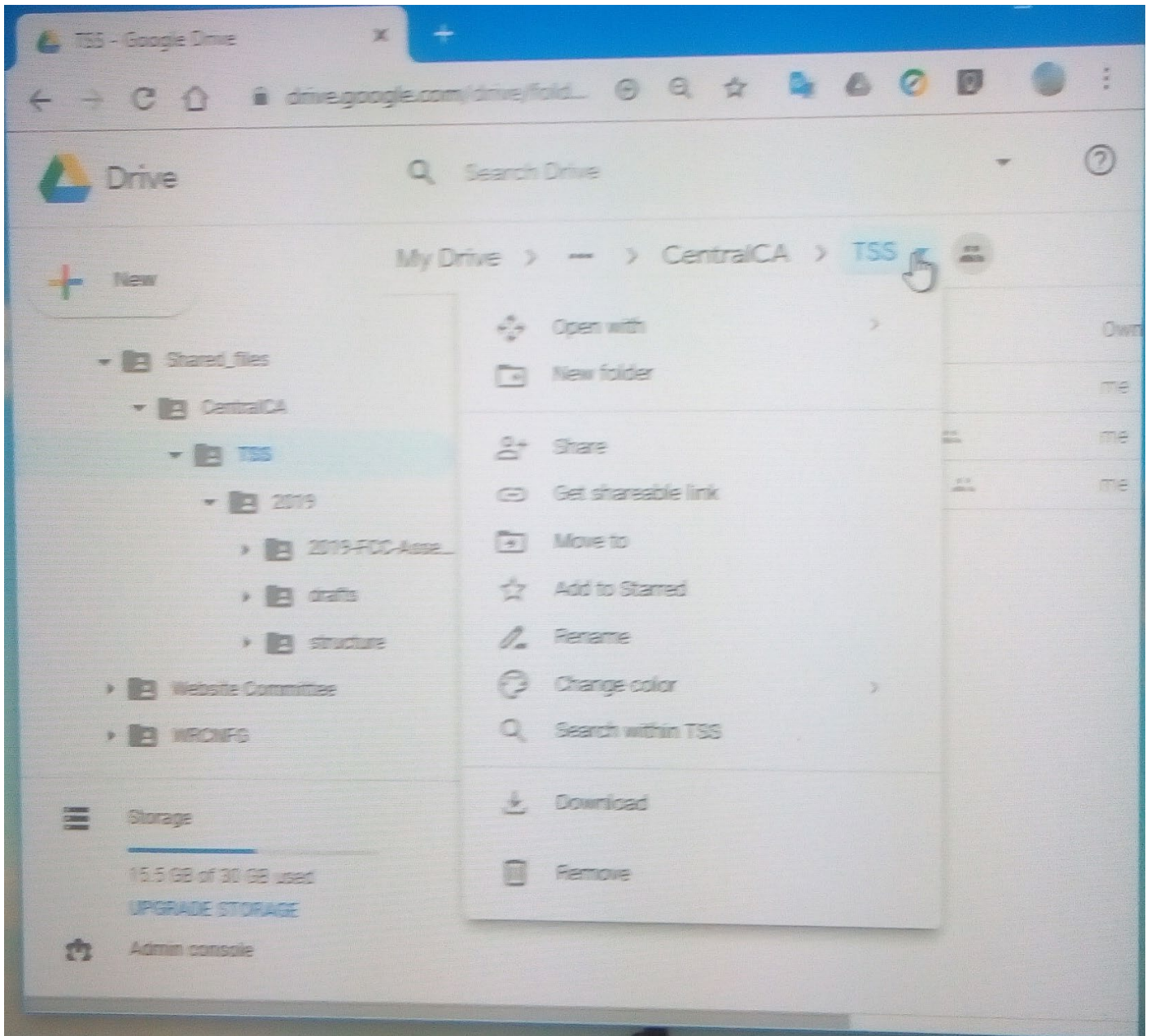
CCR Users' Guide to File Storage



You can tell TSS is selected because it is highlighted in the left navigation panel. Also, note the path which shows in the upper middle of the screen: "My Drive > ... > CentralCA > TSS".

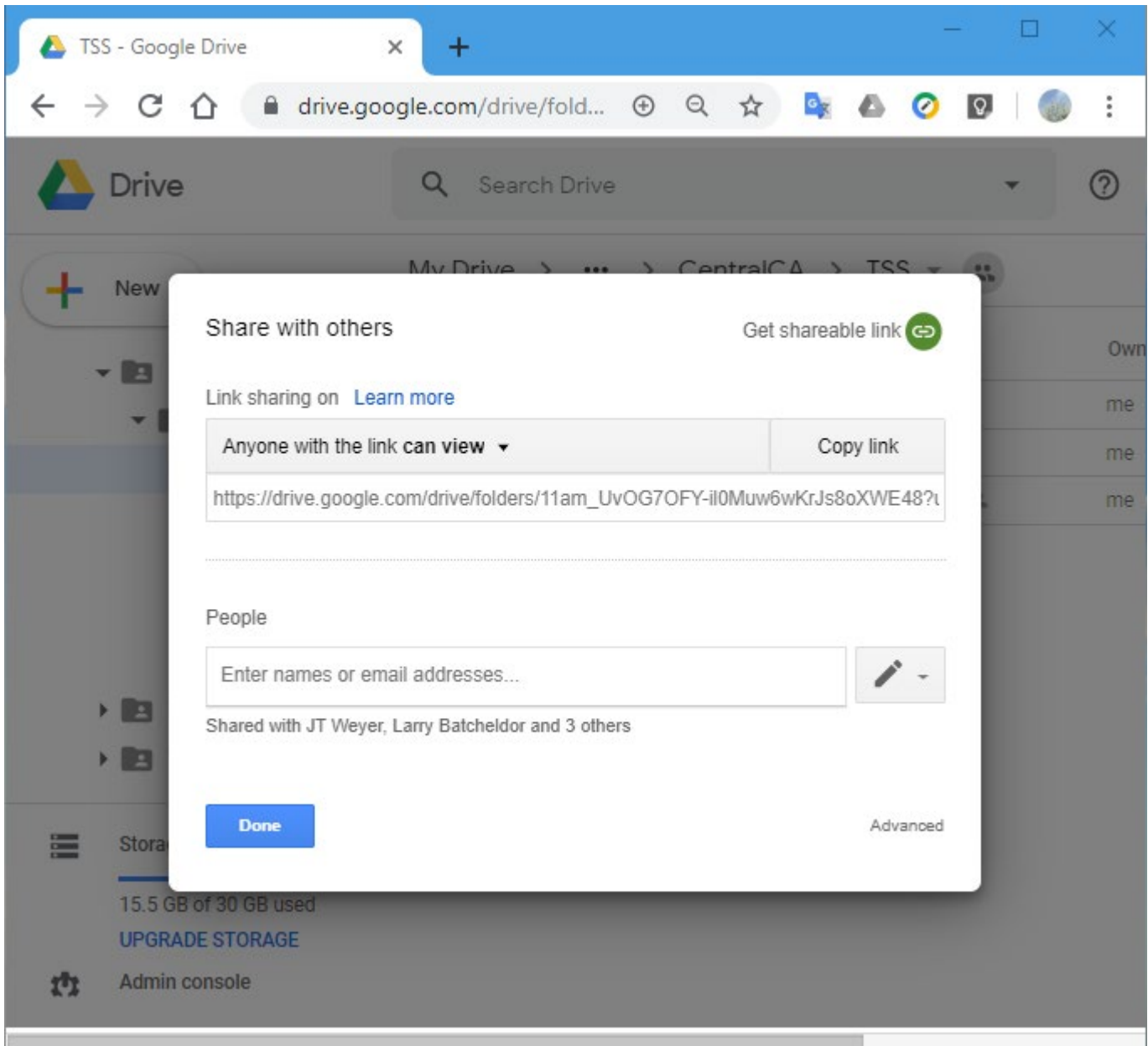
Next to the right end of the path, there is a down arrow. Click on the down arrow. (Sorry, the following image is blurry.)

CCR Users' Guide to File Storage

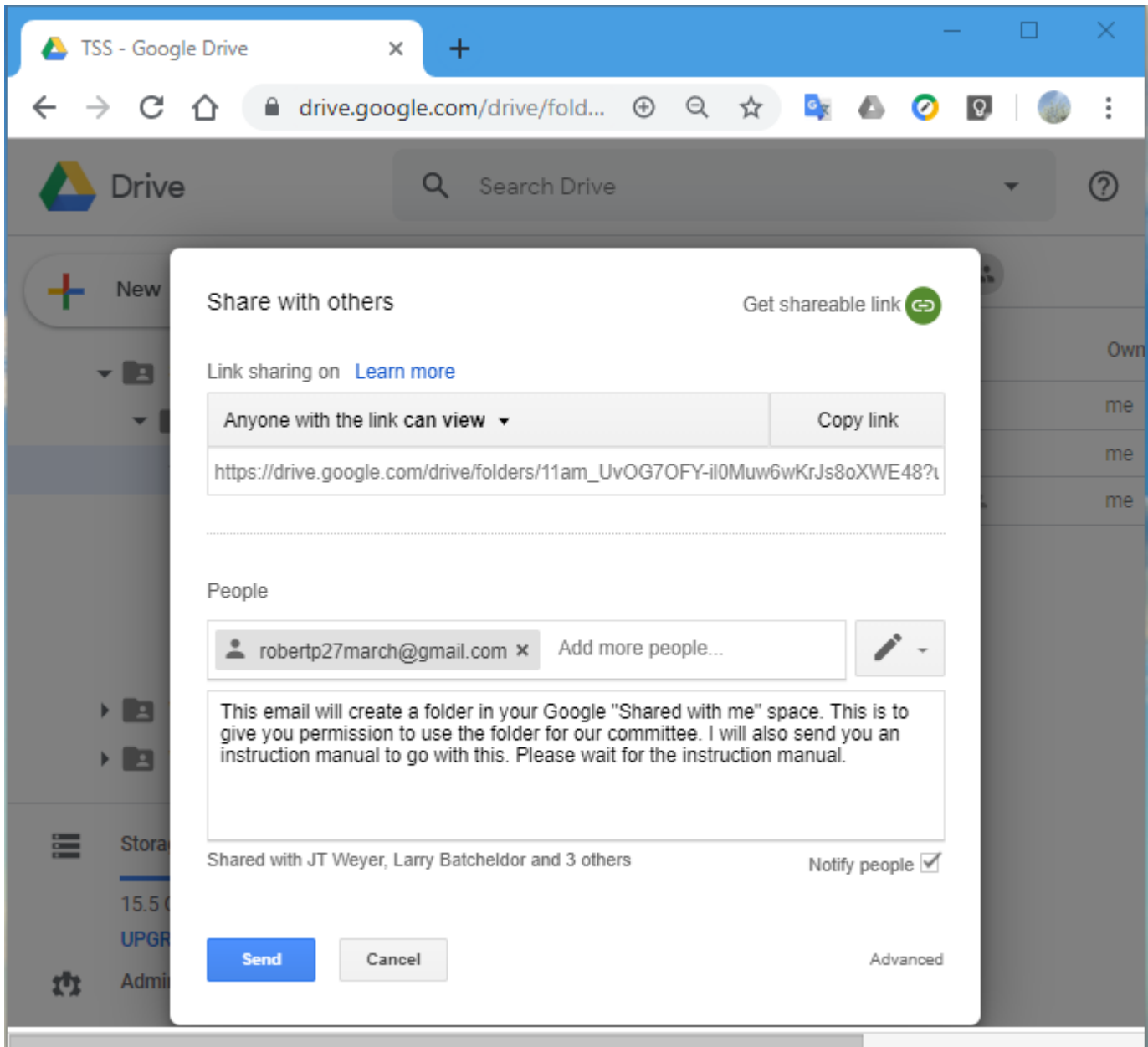


Click on the option which says "Share."

CCR Users' Guide to File Storage



Type in the Gmail addresses for people you want to share with. Also, type in a note in the Note field to explain to the person receiving the email why they are getting this email.



The pencil to the right allows you to choose whether this person can only view or can they do everything. There is no other choice.

You can now help your committee members learn to use their access using this manual.

Contact Information

If you have any problems or concerns, feel free to call or email one of the following members of the TSS:
Robert P, 661-316-7871, robertp27march@gmail.com.
Larry B, 805-550-7159, CentralCoastLarry@gmail.com.
Scott N, 805-451-7841, Scott@nar-anon.org.

Revised 27Dec2019

Website Report

CCR Website Analytics 2019/2018 Comparison

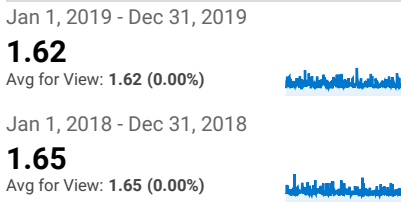
Jan 1, 2019 - Dec 31, 2019
Compare to: Jan 1, 2018 - Dec 31, 2018

All Users
+0.00% Sessions

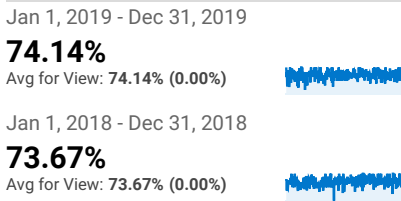
Visits



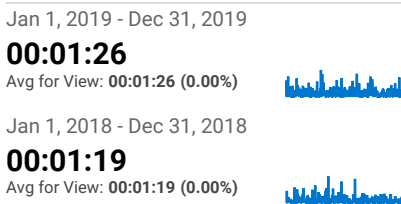
Pages / Visit



Bounce Rate



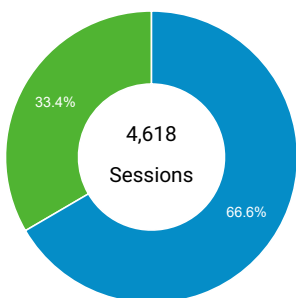
Avg. Visit Duration



Visits by Visitor Type

■ New Visitor ■ Returning Visitor

Jan 1, 2019 - Dec 31, 2019



Jan 1, 2018 - Dec 31, 2018

Most Popular Pages

Page	Pageviews	Unique Pageviews
/		
Jan 1, 2019 - Dec 31, 2019	1,904	1,536
Jan 1, 2018 - Dec 31, 2018	1,679	1,345
% Change	13.40%	14.20%
/meetings/meeting-list		
Jan 1, 2019 - Dec 31, 2019	1,240	1,071
Jan 1, 2018 - Dec 31, 2018	113	99
% Change	997.35%	981.82%
/member-services/take-back-to-meeting/		
Jan 1, 2019 - Dec 31, 2019	423	393
Jan 1, 2018 - Dec 31, 2018	390	345
% Change	8.46%	13.91%
/member-services/regional-assembly		
Jan 1, 2019 - Dec 31, 2019	348	292
Jan 1, 2018 - Dec 31, 2018	287	245
% Change	21.25%	19.18%
/calendar/events		
Jan 1, 2019 - Dec 31, 2019	298	225
Jan 1, 2018 - Dec 31, 2018	23	17
% Change	1,195.65%	1,223.53%

Most Popular Landing Pages

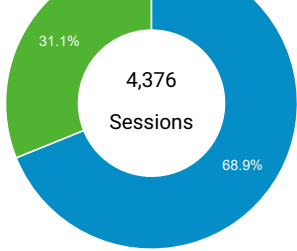
Landing Page	Sessions
/	
Jan 1, 2019 - Dec 31, 2019	1,417
Jan 1, 2018 - Dec 31, 2018	1,228
% Change	15.39%
/meetings/meeting-list	
Jan 1, 2019 - Dec 31, 2019	868
Jan 1, 2018 - Dec 31, 2018	16

Most Popular Referrers

Full Referrer	Sessions
(direct)	
Jan 1, 2019 - Dec 31, 2019	2,036
Jan 1, 2018 - Dec 31, 2018	1,589
% Change	28.13%
google	
Jan 1, 2019 - Dec 31, 2019	1,745
Jan 1, 2018 - Dec 31, 2018	1,840
% Change	-5.16%
naranoncalifornia.org/	
Jan 1, 2019 - Dec 31, 2019	184
Jan 1, 2018 - Dec 31, 2018	126
% Change	46.03%
nar-anon.org/other-sites	
Jan 1, 2019 - Dec 31, 2019	180
Jan 1, 2018 - Dec 31, 2018	0
% Change	100.00%
bing	
Jan 1, 2019 - Dec 31, 2019	131
Jan 1, 2018 - Dec 31, 2018	172
% Change	-23.84%

Most Popular Keywords

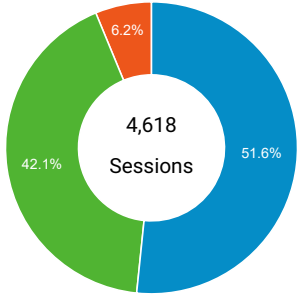
Keyword	Sessions
(not set)	
Jan 1, 2019 - Dec 31, 2019	2,659
Jan 1, 2018 - Dec 31, 2018	2,292
% Change	16.01%
(not provided)	
Jan 1, 2019 - Dec 31, 2019	1,824
Jan 1, 2018 - Dec 31, 2018	1,993
% Change	-8.48%
centralcalifornianaranon	
Jan 1, 2019 - Dec 31, 2019	18
Jan 1, 2018 - Dec 31, 2018	6
% Change	200.00%



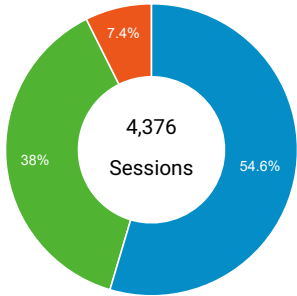
Visits by Device Category

■ desktop ■ mobile ■ tablet

Jan 1, 2019 - Dec 31, 2019



Jan 1, 2018 - Dec 31, 2018



% Change	5,325.00%
/member-services/take-back-to-meeting/	
Jan 1, 2019 - Dec 31, 2019	376
Jan 1, 2018 - Dec 31, 2018	288
% Change	30.56%
/meetings/meeting-list/	
Jan 1, 2019 - Dec 31, 2019	227
Jan 1, 2018 - Dec 31, 2018	762
% Change	-70.21%
/member-services/regional-assembly	
Jan 1, 2019 - Dec 31, 2019	177
Jan 1, 2018 - Dec 31, 2018	209
% Change	-15.31%

centralcoastnaranon	
Jan 1, 2019 - Dec 31, 2019	13
Jan 1, 2018 - Dec 31, 2018	0
% Change	100.00%
https://www.naranoncentralca.org/calendar/events/narathon2019	
Jan 1, 2019 - Dec 31, 2019	5
Jan 1, 2018 - Dec 31, 2018	0
% Change	100.00%

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: _____

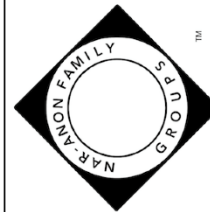
Make check or money order payable to: **Nar-Anon Family Groups - WSO**

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 \$.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 \$.08 per mile.

Event Flyers

Western Regions Convention of Nar-Anon Family Groups

Soaring to Serenity in 2020

Saturday, 22 February 2020 in Bakersfield, CA

10:00 a.m. "Exploring ways to bring the GLS to life"
Workshop - led by Ed H. - one hour

11:00 a.m. "How did your region take the CAR to groups?"
Workshop - led by Robert P. - one hour

12:00 noon Lunch break

2:00 p.m. "Your region's greatest challenge and
greatest accomplishment in the last year"
Roundtable multi-regional business meeting
A conference call number will be available
Expected duration - between 2 and 3 hours

5:30 p.m. Optional group dinner

In previous years, the multi-regional business meeting has included representatives from the following Nar-Anon regions:

- Southern California
- Northern California
- Central California
- Baja California
- High Desert (Nevada, Utah, and a bit of Arizona)

We hope this year to make contact with regions further north and further east to see if they are interested.



*In participation with the
Central California
Regional Convention of
Narcotics Anonymous*

*Marriott Downtown
801 Truxtun Avenue
Bakersfield, CA 93301*

*Nar-Anon will meet in the
Hammons Room adjacent to
the hotel front desk*

*Outreach to newcomers will
be hosted by the Bakersfield
"Message of Hope" group
Friday afternoon
and on Saturday.*

*If you can spare some time,
your assistance will be
appreciated.*

*Registration for the NA
event is not required if you
only attend the Nar-Anon
sessions.*



For more information:

Email WRCNFG@Nar-Anon.org

Web sites.google.com/nar-anon.org/wrcnfg

Subscribe <https://sites.google.com/nar-anon.org/wrcnfg/about/contact-us>

The background of the entire page is a vibrant, repeating pattern of tropical leaves. The leaves are in various shades of green, yellow, and blue, with some having distinct holes or splits, characteristic of Monstera or similar tropical plants. The pattern is dense and covers the entire area.

Save the Date!

CCR 2020 Narathon 09.12.20

The Nar-Anon Central California Region
Narathon will be held in Atascadero, on
Saturday, September 12, 2020.

We Hope to See You There!

www.NarAnonCentralCA.org



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

HOLLISTER

Mars Hill Coffeehouse
610 San Benito Street
Hollister, CA 95023
Thursdays, 7:00 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 Maternity & Surgery Center
2900 Chanticleer Avenue
Santa Cruz, CA 95065
Meets in Ceil Cirillo Community Room (Sutter Room). 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 1/17/2020

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