

# Agenda

## CCR Assembly

Saturday, January 23, 2021 from 11:00 AM to 4:00 PM PST  
Web-based video conferencing tool

### RSC Officers and Delegates in Attendance

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

### Groups Represented

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

### Subcommittee Chairs in Attendance

Subcommittee	Chair Present	Subcommittee	Chair Present
Outreach	Janet S.	Conventions / Events	<i>position vacant</i>
Literature	Ruth K.	Technology Services	Robert P.
Narateen	<i>position vacant</i>		

### Quorum Summary

Total Groups	Registered Groups	Current Quorum
17		

### Agenda Summary

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

# Agenda

## CCR Assembly

Saturday, January 23, 2021 from 11:00 AM to 4:00 PM PST  
Web-based video conferencing tool

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

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

11:00 AM to 11:15 AM

### A) **Meeting via Zoom** (web-based video conferencing tool)

Meeting Link: <https://us02web.zoom.us/j/7459777458>

Dial-in Number: (669) 900-6833

Meeting ID: 745 977 7458 #

Password: This meeting room has no password.

### 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 or Secretary

i) \_\_\_\_\_ groups present out of a \_\_\_\_\_ registered groups.

ii) Quorum (51%) = \_\_\_\_\_ of \_\_\_\_\_ registered groups.

### E) Reading of the *Twelve Traditions*

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

## 2. Adoption of Minutes of Previous Assembly

11:15 AM to 11:20 AM

- A) A motion is requested to approve minutes for the assembly of August 1, 2020.  
*See the Draft Minutes of the Previous Assembly section of this packet*

### 3. RSC Reports

*11:20 AM to 11:45 AM*

- A) Chair Report – Michael F.  
*See the Chair's Report section of this packet*
- B) Treasurer – Les P.  
*See the Treasurer's Report section of this packet*
- C) Delegates – Teri M.  
*See the Delegate's Report section of this packet*  
Review and discuss *Board of Trustee's Memo of 11/11/20* (see attachments).

### 4. Group Reports

*11:45 AM to 12:30 PM*

- A) Group Reports – GSRs  
*See Group Reports section of this packet*
- i) Topic to be determined by the assembly with further discussions.

### 5. Lunch Recess

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

### 6. Reconvene

*1:00 PM to 1:10 PM*

- A) Roll Call

### 7. Subcommittee Reports

*1:10 PM to 2:00 PM*

- A) Outreach – Janet S.  
*See Subcommittee Reports section of this packet*
- B) Literature – Ruth K.  
*See Subcommittee Reports section of this packet*
- C) Conventions / Events - Vacant  
*See Subcommittee Reports section of this packet*
- D) Technology Services – Robert P.  
*See Subcommittee Reports section of this packet*
  - i) Seventh Tradition Options for Groups
  - ii) Shared Regional Zoom Account

## 8. New Business

*2:00 PM to 3:30 PM*

- A) 2020 Budget Discuss and Adoption – Les P.
- B) Motion to carry-over funds from 2020 budget to 2021 budget – Les P.
- C) Delegate and Alternate Delegate to attend the 2021 WSC – Michael F.
- D) Western Regions Convention Involvement – Robert P.

## 9. Administration

*3:30 PM to 4:00 PM*

- A) Next Assembly
- B) Take Back to Meeting Information and Announcements  
*See the Take Back to Meeting section of this packet*

## 10. Adjournment

*Adjourn at 4:00 PM*

- A) Close the assembly with the Serenity Prayer

Draft  
Assembly  
Minutes

# Minutes

## CCR Elections Assembly

Saturday, August 1, 2020 from 11:00 AM to 4:00 PM PDT  
Web-based video conferencing tool

### RSC Officers and Delegates in Attendance

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

### Groups Represented

Group	GSR Name	Group	GSR Name
*Atascadero, Tuesday <sup>(131-033)</sup>	<b>Larry B.</b>	*Monterey, Tuesday <sup>(131-028)</sup>	
Atascadero, Friday <sup>(131-034)</sup>		*Monterey, Saturday <sup>(131-029)</sup>	<b>Mary O.</b>
*Virtual, Sunday <sup>(131-117 (V))</sup>	<b>Robert P.</b>	*Salinas, Monday <sup>(131-130)</sup>	<b>Janet S.</b>
Camarillo, Tuesday <sup>(131-112)</sup>		*Salinas, Thursday <sup>(131-030)</sup>	
*Carmel, Wednesday <sup>(131-075)</sup>	<b>Mary Lynn P.</b>	*Santa Barbara, Friday <sup>(131-066)</sup>	<b>Scott C.</b>
Gilroy, Thursday <sup>(131-009)</sup>		*Santa Cruz, Sunday <sup>(131-024)</sup>	
*Hollister, Thursday <sup>(131-138)</sup>	<b>J.T. W.</b>	*Scotts Valley, Friday <sup>(131-025)</sup>	<b>Teri M.</b>
Los Gatos, Sunday <sup>(131-011)</sup>		*Seaside, Monday <sup>(131-031)</sup>	
Los Gatos, Thursday <sup>(131-010)</sup>		*Simi Valley, Saturday <sup>(131-068)</sup>	

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

### Subcommittee Chairs in Attendance

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

### Quorum Summary

Total Groups	Registered Groups	Current Quorum
18	<b>13</b>	<b>7</b>

### Agenda Summary

1. Call to Order, Prayer, Roll Call, and Readings..... 2
2. Adoption of Minutes of Previous Assembly ..... 3
3. Adoption of the Agenda..... 4

4. Elections .....	4
5. RSC Reports .....	7
6. Lunch Recess .....	10
7. Reconvene .....	10
8. Group Reports .....	11
9. Subcommittee Reports.....	14
10. New Business .....	18
11. Administration .....	19
12. Adjournment .....	20

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

11:00 AM to 11:15 AM

### A) Resolve connection issues

#### **Zoom Meeting Connection Information**

<https://us02web.zoom.us/j/4116144644>

Meeting ID: 411 614 4644 *(this is not a phone number)*

Dial-in: (669) 900-6833

### B) Open the meeting with the Serenity Prayer

**(11:10 AM) The meeting opened with the Serenity Prayer.**

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

#### **RSC Officers**

**Michael F.: Chair - Present**

**Arnie B.: Treasurer - Present**

**Scott N.: Secretary - Present**

**Teri M.: Delegate - Present**

**J.T. W.: Alternate Delegate - Present**

**Janet S.: Outreach Subcommittee Chair – Present**

**Ruth K.: Literature Subcommittee - Present**

**Scott C.: Conventions / Events Subcommittee Chair - Present**

**Robert P.: Technology Service Subcommittee Chair – Present**

**GSRs**

**Larry B. - Atascadero, Tuesday - Present**

**Scott C. – Santa Barbara, Friday - Present**

**Mary Lynn P. – Carmel, Wednesday - Present**

**Robert P. – Virtual, Sunday - Present**

**J.T. W. – Hollister, Thursday - Present**

**Mary O. – Monterey, Saturday - Present**

**Janet S. - Salinas, Monday – Present**

**Teri M. - Scotts Valley, Friday – Present**

D) Announce number of voting members – Chair and Secretary

**i) 8 groups present out of 13 registered groups.**

**ii) Quorum (51%) = 7 of 13 registered groups.**

**Quorum satisfied**

E) Reading of the Twelve Traditions

**(11:13) Read by Janet S.**

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

**(11:15) Read by Teri M.**

## 2. Adoption of Minutes of Previous Assembly

*11:15 AM to 11:20 AM*

A) A motion is requested to approve minutes for the assembly of January 17, 2020.

*See the Draft Minutes of Previous Assembly section of this packet*

**Motion to approve the minutes for the Assembly of January 17, 2020 as presented.**

**First: Scott C.; Second: Arnie B.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**



### 3. Adoption of the Agenda

11:20 AM to 11:25 AM

**(11:19 AM)**

- A) Call for new business
- B) Call for order of business
- C) Call for consensus on the agenda

**Consensus to adopt the agenda as presented.**

**Yes: 8; No: 0; Abstentions: 0; Motion Passes**

### 4. Elections

11:25 AM to 11:45 AM

**(11:20 AM)**

- A) Request for a motion to accept the elections procedures as described below in this Elections section of the agenda.

**Motion to accept the elections procedures as described in this Elections section of the agenda.**

**First: Janet S.; Second: Scott C.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

- B) For the purpose of the election procedures the Chair will pass control of the Assembly to the Chair of the Elections Subcommittee, Michael F.

**Control was passed to Chair of the Elections Subcommittee, Michael F.**

- C) Nominations will be accepted from the floor.

**The 2020 Nar-Anon Central California Region Elections Slate is as follows:**

**Michael F.: Chair**

**Les P.: Treasurer**

**Scott N.: Secretary**

**Teri M.: Delegate**

**J.T. W.: Alternate Delegate**

**No nominations offered from the floor.**

- D) If no additional nominations are received, then the results from ballots will be tallied. If additional nominations are received, then a vote from the floor is required.

**Seven (7) ballots were returned for proxy balloting. These seven groups were present at the Assembly. The quorum is satisfied. All ballot marked for the slate as presented.**

**Scott C. – Would like to take votes from Robert P. (abstain) and J.T. W. under Unanimous Acclamation at this assembly.**

**Michael F.: Chair**

**Les P.: Treasurer**

**Scott N.: Secretary**

**Teri M.: Delegate**

**J.T. W.: Alternate Delegate**

**Motion to request Unanimous Acclamation for the Slate for the 2020 elections.**

**First: Scott C.; Second: Mary Lynn P.; Yes: 8; No: 0; Abstentions: 1; Motion Passes**

**(11:30 AM) Kim K. has joined the meeting. She does not want to be a voting member at this assembly as she is not representing a group.**

- E) Election Subcommittee Chair reads the results of the tally and possible votes.

**The slate is accepted as presented.**

**Nar-Anon Central California Region Officers for 2020-2022 are as follows:**

**Michael F.: Chair**

**Les P.: Treasurer**

**Scott N.: Secretary**

**Teri M.: Delegate**

**J.T. W.: Alternate Delegate**

- F) GRS states new Regional Service Committee members terms start upon our bank's acceptance of transfer of RSC membership.

**Michael affirmed this statute. Arnie will assist in this process. Les is from Santa Barbara.**

Arnie recommends Les obtain a new P.O. box for the region that is close to where Les lives. When we go to the bank to transfer the signatures, we should also reflect the new address. The P.O. box will need to be done before the transfer can happen, using the new address. Arnie has electronic documents and follow-up with the physical ones and transfer the checkbook.

Michael – regarding the process of transferring control of the checkbook, are there any questions or comments from the Assembly? None

G) The RSC Chair reacquires control of the Assembly.

**The slate was accepted as presented.**

H) A motion to disband the ad hoc Elections Subcommittee is then requested by the Chair.

**Motion to disband the ad hoc Elections Subcommittee.**

**First: Teri M.; Second: Larry B.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

I) Motions to affirm Subcommittee Chairs is requested one by one by the Chair.

**Motion to affirm Janet S. as chair of the Outreach Subcommittee.**

**First: Larry B.; Second: J.T. W.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

**Motion to affirm Ruth K. as chair of the Literature Subcommittee.**

**First: Larry B.; Second: Mary Lynn P.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

Ruth - in the GRS, it is suggested membership on any subcommittee be limited to 4 years. This is her second term as Chair and she has been on the subcommittee from the beginning of the region.

Scott C. is stepping down as the Conventions / Events Subcommittee chair, as he has been in that position for two terms. There were no volunteers for this position. Scott C. suggested the duties of this subcommittee are under the realm of the Outreach subcommittee. Scott has been a "committee of one." Scott would like to stay on to assist with the September Narathon and work with the Outreach subcommittee. A chair will be needed for the Conventions / Events Subcommittee. **[Take Back to Meetings]**

**Motion to affirm Robert P. as chair of the Technology Services Subcommittee.**

**First: Larry B.; Second: Teri M.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

**Michael - Robert was an interim chair until this affirmation. He has two full terms available to him. (This is an error in fact. Robert's 1st term started per vote at 7/27/19 Assembly; corrected per Michael)**

## 5. RSC Reports

11:45 AM to 12:30 PM

### A) Chair Report – Michael F.

*See Regional Chair's Report section of this packet*

**(11:49 AM)**

**Michael – read out the report as presented in this packet.**

**Questions or Comments?**

**No questions. Gratitude was expressed for Michael's participation.**

### B) Treasurer – Arnie B.

*See Regional Treasurer's Report section of this packet*

**(11:57 AM)**

**Arnie – read out his report and then submitted to the Secretary for inclusion in the minutes.**

**7th Tradition donations have been severely curtailed by the pandemic. The total donations from groups year to date is only \$1,065.60.**

**The Delegate Expense of \$744.27 was for the delegates to visit the groups regarding the Motions for the 2020 WSC. On the budget, there is a line item of \$300 is for delegate and alternate delegate travel expenses. Because the purpose of the travel was to get groups' consensus on the motions for the 2020 WSC, Arnie felt the expense should be part of the Delegate expense as part of the WSC. This might be accepted by the Assembly or the budget may be changed to increase the line item for delegate travel expenses. How does the assembly want to handle this?**

**Motion to accept the \$744.27 expense as attributed to the *Delegate WSC expense (equalized expense and incidentals)* line item in the *Nar-Anon Central California Region 2020 Income and Expense* report.**

**First: Robert P.; Second: Mary Lynn P.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

Michael was interested in moving this type of expense to the Delegate Travel and Expense line item to make a clear delineation between WSC and delegate travel expenses. Michael advocated for additional funding to the Delegate Travel expense. Arnie noted the treasurer does not have the authority to spend funds not approved by the Assembly. Approving the budget grants the Treasurer's authority to make expenditures up to the budgeted line item. Since the report, there was a trial online donation of \$1.60 that was received, but did not see it in the bank statement prior to preparing this report to the Assembly.

Questions or Comments?

Robert – do we need an approved 2021 budget? Yes, it is the next item.

2021 proposed budget. Arnie worked under the assumption there would be a 2022 WSC. The next WSC will be 2023. The Delegate and Alternate Delegate expenses were reduced in the proposed budget to accommodate this assumption. Arnie proposes to reduce the amount to \$1,250 per delegate per year. We can also increase the Delegate/Alternate Delegate Travel expense to groups. Arnie suggested increasing the line item to \$600 from \$300. It would leave a projected balance of \$2,000. This will give the region an allowance.

Robert – there is a projected \$300 increase for each delegate to attend the 2023 WSC. These expenses need to be increased to \$1,400 each to accommodate for this increase. Clarification – this is \$1,400 per delegate per year.

Michael – our Delegates, in connecting with the groups in the region, Teri incurred \$744 in travel expenses. J.T.'s expenses were not submitted. They were donated. The total Delegate travel expense is actually double that. Trusted servants should not rely on their own resources. Can this region afford to have the delegates to visit all the groups?

Maybe we need to put a limit on the travel expenses.

Scott C. – we have a high dollar amount going to the WSC. Our primary mission is to preserve and protect the groups. Scott would like to have the delegates visit the groups. Maybe we need to put \$1,400 to this effort. Trusted servants should not have to pay for their own service. This is an important aspect of the region's mission.

Michael – is also very passionate. It may be mandatory for the delegates to receive a check for their expenses. If they want to donate the money back, they can. These two positions should be totally funded. The line item maybe \$1,600. Next year the delegates

may not have to visits every group because there will not be a WSC and motions.

Teri – wanted to offer more transparency to the travel expense discussion. Teri and JT traveled together. Gas and hotels were on Teri’s expenses. JT and Teri went together and shared the travel and hotel fees. The trips were mainly for the CAR motions. There were a few more visits earlier in the year. JT and Teri paid for their own meals.

Scott C. – what do you feel the expenditures will be?

Robert – the CAR for 2021 will be similar to 2020, but not the same. Regions will be able to withdraw motions, but not add motions.

Teri – in 2021, she had not planned on going out to the groups again.

Arnie – the item is not specific to the WSC, but for any travel to groups by delegates.

JT – the lump sum of \$750 was to visits the groups. What she donated was the travel to groups in Monterey and Salinas. Teri and JT split the cost of renting a vehicle that was not reimbursed. JT’s donation was maybe \$100. This should be factored in. The CCR is a big region and travel will continue to be an expense to delegates.

Scott C. – suggested \$850 for the line item. This is a primary mission. Scott asked to hear from the other GSRs on this topic.

Robert – do you plan to do the traveling in off years or only in conference years?

JT – only conference years. This expense will happen again in 2023. She plans to meet with groups virtually for the next cycle.

Arnie – there is no harm in setting the level higher than necessary. The problem occurs when the line item is too low, the treasurer is not authorized to spend over the line item amount.

Teri – believes the line item should be \$850. The same road trip would probably cost more now.

JT – is in agreement with \$850 for Delegate and Alternate Delegate Travel Expenses..

Janet – speaking for the Monday, Salinas group, it has been very nice having Teri and JT attending the meeting. This is a reasonable expense to carry out the responsibility of the delegates.

Mary O. – is also in agreement with the amended budget.

Michael – there will additional changes to the budget as the assembly progresses. The TSS will also be asking for additional funding. We should proceed and come back to the budget for approval.

Arnie - \$850 seems to be consensus of the delegate travel expenses line item. Arnie will

**upload the adopted budget to the Google Drive for posting by the Secretary.**

**Scott C. – when Arnie runs the numbers on the carry-over, we will be in better shape than we expect.**

**Michael – we will also need to consider a donation to WSO. These line items are at the upper end. We do not want expenses to exceed the budgeted amounts.**

## 6. Lunch Recess

*12:30 PM to 1:00 PM*

**(12:50 PM)**

**Consensus to recess for lunch until 1:20 PM.**

**Yes: 8; No: 0; Abstentions: 0; Motion Passes**

## 7. Reconvene

*1:00 PM to 1:05 PM*

A) Roll Call

**(1:26 PM)**

**Roll call by Scott N.**

**RSC Officers**

**Michael F.: Chair - Present**

**Arnie B.: Treasurer - Present**

**Scott N.: Secretary - Present**

**Teri M.: Delegate – Not Present**

**J.T. W.: Alternate Delegate - Present**

**Janet S.: Outreach Subcommittee Chair – Present**

**Ruth K.: Literature Subcommittee Chair- Present**

**Robert P.: Technology Service Subcommittee Chair – Present**

**GSRs**

**Larry B. - Atascadero, Tuesday - Present**

**Scott C. – Santa Barbara, Friday - Present**

**Mary Lynn P. – Carmel, Wednesday - Present**

**Robert P. – Virtual, Sunday - Present**

**J.T. W. – Hollister, Thursday - Present**

**Mary O. – Monterey, Saturday - Present**

**Janet S. - Salinas, Monday – Present**

**Teri M. - Scotts Valley, Friday – Not Present**

**Kim K. as and attending member.**

**7 GSRs present out of 13 registered groups – quorum met.**

## 5. RSC Reports

C) Delegates – Teri M. and J.T. W.

*See Delegates Report section of this packet*

**(1:29 PM)**

**The assembly reviewed the Delegate’s Report in the packet.**

**(1:31 PM) Teri M. arrived at the meeting.**

**8 GSRs present out of 13 registered groups – quorum met.**

**Teri - read out the report in this packet.**

**JT – the experience of visiting groups virtually has been exciting. She was able to attend more meetings than had before. This is a bonus from the situation.**

**Questions and Comments?**

**Mary O. – how does a GSR sign-in for the Assembly? How do we do this virtually? The form is on the CCR website > Member Service > Regional Documents. File out the form and send it as an attachment to Scott, Teri, and JT.**

**Teri – the 2021 WSC is an in-person conference. There has been no indication of a virtual conference at this time.**

## 8. Group Reports

*1:05 PM to 2:00 PM*

**(1:37 PM)**

A) Group Reports – GSRs

*See Group Reports section of this packet*

i) Topic for GSRs - What negative and positive impacts has the COVID-19 crisis had on your group?



### **Larry B. - Atascadero, Tuesday**

The group is supportive and kind. There are 7 to 10 members each meeting. There are different formats (studies) for each week of the month. They are meeting via FreeConferenceCall. It is stable and working for our members.

**Dislikes:** Members are missing the personal touch and not having access to literature. There is no time for working one-to-one after the meeting. Tradition 7 is difficult.

**Likes:** Convenient and relaxing. There is no driving - time and environment. It is extremely easy to attend meetings after work.

### **Scott C. – Santa Barbara, Friday**

5 to 10 per meeting. Meeting is healthy – shares are in the solution. Still coming back from lean time two years ago. Treasury is healthy.

**Dislikes:** the group has not found a way to get literature to newcomers.

**Likes:** we have members from all over the world. On the fifth Friday, the group usually hosts an NA speaker, but there were none found. We had a newcomer who was a double-winner that shared and fulfilled that aspect of the meeting.

### **Mary Lynn P. – Carmel, Wednesday**

Meeting getting a little healthier. There are seven to 10 attendees. There is a new member who is calling in from across the U.S. Some group members are meeting for walks and small get-togethers.

### **Robert P. – Virtual, Sunday**

The group has gone through quite a change. Several members dropped when the meeting went virtual. Members from across the country have started to attend the meeting. A website for the group was setup and linked to the WS website. Robert, as the group email contact, gets 15 to 20 emails a week wanting to find a meeting. He has setup an automated reply. This is a Step Study group. It is growing. Struggling as to how to handle the Seventh Tradition.

### **J.T. W. – Hollister, Thursday**

**Winds of Change** is a year old on August 15. In March they started meeting on **Google Meet**. There were the first two newcomers of the pandemic last week.

**Outreach is mainly to recovery centers and *word of mouth*. They have made two donations to the WSO. The treasury has a zero balance. The literature is difficult to coordinate with virtual meetings. The group used to mail literature to members. Now they send members directly to WSO. There is more rotation in chairing the meeting. They try to switch every week. This is facilitated by the virtual meeting.**

**Mary O. – Monterey, Saturday**

**The Circle of Hope has really progressed. There is a strong group of members who offer technology service for the group. They were just trained on hosting a Zoom meeting. The group was 10 years old in February. They have guest speakers. They are struggling with Seventh Tradition. They are still paying rent to the church. There were 10 participants at the meeting today. They changed the Zoom meeting ID. It was changed on the CCR website. They have had up to 30 participants.**

**Question: were you able to transfer the Zoom meeting?**

**The member paid \$150 for Zoom for the year. This is a lot of money for the meeting. Teri – the meeting will be longer than the 40-minute limit of the free account. The group is planning on paying rent for the next three months. They are discussing a website for donating to the meeting.**

**Janet S. - Salinas, Monday**

**The group moved to FreeConferenceCall in March. They revised the opening script to encourage members to make donations directly to WSO and to make literature purchases. Members stay after the meeting to share phone numbers and emails. There have been two new members since the virtual meeting.**

**Teri M. - Scotts Valley, Friday**

**The group is virtual using Zoom since March 20. There are usually 5 to 12 members in attendance. Rotation of service is lacking as many members are new. They have hosted both Nar-Anon speakers and an NA speaker. Only the leader's mic is open during the Serenity Prayer.**

**Michael – the reports were wonderful.**

## 9. Subcommittee Reports

2:00 PM to 3:30 PM

### A) Outreach – Janet S.

*See Subcommittee Report section of this packet*

**(2:00 PM)**

**Janet – the subcommittee meets the fourth Tuesday of the month at 8:00 PM. They are reviewing the *Outreach Handbook* which is out for Fellowship review. They are close to a group conscience on their suggestions. Outreach has been hindered by the COVID-19 response. Only the Beacon House has resumed virtual meetings. Teri has attended the WS outreach quarterly meetings.**

**Questions and Comments?**

**Michael – are you getting any good pointers from the outreach meetings?**

**Rocky Mountain and New York regions have been active with virtual meetings.**

**Anonymity in virtual meetings and coordinating with NA have been recent topics.**

**There are about 6 or 7 regular subcommittee members. The subcommittee's report is in the Google Drive.**

### B) Literature – Ruth K.

*See Subcommittee Report section of this packet*

**(2:05 PM)**

**Ruth – thank you to everyone who participate in the “Addiction in Marriage” project.**

**The subcommittee used the submissions as inspiration to write their own text. We do not know how the WS Literature committee will use the materials the subcommittee submitted. The subcommittee would like the submission to become a pamphlet.**

**They are now working on the Fourth Step inventory book. There are currently 6 members in the subcommittee. They do not have a meeting unless there is a minimum of 3 members present. They meet on Sunday mornings at 8:30 AM via Skype. They are working on the subject of “fear.” They are in continual communication with the WS Literature Committee.**

**The subcommittee requested of the TSS - on the CCR Literature Subcommittee page, take off the “Addiction and Marriage” information. The TSS can use the attached Assembly report to update the page. The WS Literature Committee is still looking for**

writings on Traditions.

**Questions and Comments?**

**Michael - asked the subcommittee to send the TSS changes the subcommittee would like to make on the page.**

**The committee welcomes all members.**

C) Conventions / Events – Scott C.

*See Subcommittee Report section of this packet*

**(2:10 PM)**

**Scott C. – is happy to keep helping with the Narathon. It will be a virtual event. Scott will be reaching out to some other GSRs for help. There might be a group fund raiser challenge. Scott will stay on with the RSC to see the Narathon through. He will create an agenda (program) and submit it to the RSC for approval.**

**Michael – GSRs are the main conduit from the Region to the group members. The subcommittee needs some help. A little “public relations” is needed to get members involved. Scott is hoping to stay with the September date for the virtual Narathon.**

**Questions and Comments?**

**Mary O. - Is there a theme? Scott C. - no, none yet. Mary said she is open to helping.**

**Janet asked if Scott C. or Larry needs any support from the Outreach subcommittee. Yes.**

**{Take Back to Meeting}**

D) Technology Services – Robert P.

*See Subcommittee Report section of this packet*

**(2:15 PM)**

**Robert – keeping up the website calendar on group changes was difficult at first. The entire TSS is helping. The TSS submitted guideline to the RSC and are hoping to bring to this assembly. Can we get the guidelines to the GSRs?**

**Scott – we could do a MailChimp and post on the CCR website on the Fellowship Review page. TSS will make this so.**

**Robert – the *Users Guide for File Storage* was offered in January 2020. The TSS is looking for approval from the January 2021 Assembly.**

**Michael – how does this impact the Committee?**

**Robert – the TSS will bring this back at the January 2021 assembly.**

The website has been optimized for search engines. This improvement is transparent to users on the site. It will help visitors using a search engine, such as Google, to find the information they are seeking.

The electronic payment system has been installed and tested. The subcommittee believes it is ready to release for members and groups to contribute to the region. This feature is not for donations to groups. Donations go directly to the region's bank account.

Scott demonstrated the payment page by sharing his screen.

Robert – the TSS has not pursued the chip-reader for in-person meetings.

Does the assembly approve of opening this to the public?

Does the assembly want the TSS to pursue the chip-reader?

There is an issue of anonymity – donations are made by persons, not by groups. The past treasurer reports have included group donations. How does the assembly want to handle this?

Arnie – anonymity is important. More and more people use electronic payment systems. There should be some wording on the submission that because of the credit card, their personal information will be conveyed, and it will be kept separate and anonymous.

Can we use the word "Contribute" rather than "Purchase?"

Scott – we do not have any control over the button.

Ruth – for those who give to WSO, do you recommend changing it the same as WSO?

Scott – there is currently not an option to create an account for repeating donations.

Mary – could a member sign in as a group email and use their own card.

Scott – yes.

**Motion to approve the donation process the TSS has put together and to purchase a card / chip reader not to exceed \$100. In the treasure's report, to preserve anonymity, line item donations will read only as "anonymous donation" or a group donation using the group name, and not provide individual names in the report.**

**First: Scott C.; Second: Mary O.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

Arnie added this line item to the proposed 2021 budget.

Robert – the TSS has suggest the region move to Zoom from FreeConferenceCall. The TSS felt it would be best to use a regional license for Zoom. It would be used for regional

activities and also be offered to groups. Groups would be allowed to sign up to use the Zoom account via a Google Calendar. The calendar to be setup by the TSS. The cost for a Zoom account is \$150 per year for 100 maximum participants.

Arnie - Zoom offers Google calendar integration. The Zoom cost should have a separate line item. If the assembly would like to start the Zoom account now, there can be a motion to amend the 2020 budget or we could wait until next year. It would be best if there were a CCR email to allow groups to login.

Robert – this would allow meetings to use the Zoom account to hold meetings. The TSS proposes to create a Google email account to create the Zoom account and connect to a Google Calendar.

**Motion to purchase an annual Zoom account not to exceed \$150 in perpetuity. Move \$150 from the Outreach fund to a new Zoom account line item as an amendment to the 2020 budget.**

**First: Scott C.; Second: Mary Lynn P.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

Mary – does this include the subcommittees?

Robert - if the subcommittee does not meet at a time another group is meeting, the subcommittee should be able to use the account. The TSS will help members with Zoom.

Michael – is there another line item we could move the funds?

Janet – use outreach. The motion was adjusted.

Robert – there is a users' guide as to how the TSS uses MailChimp. It is an internal document. It will be posted once the subcommittee finalizes it.

Scott C. – could there be a TSS menu item on the CCR website.

Robert – the TSS will post approved and draft documents.

Question or comments?

No questions at this time. Appreciation was expressed.

Robert – status of the Western Regions convention.

Michael – will discuss in the administration section of this assembly.

## 10. New Business

3:30 PM to 3:50 PM

**(3:00 PM)**

- A) Technology Services Subcommittee "User's Manual" for review and approval

**This item was handled previously.**

- B) Zoom license purchase

**This item was handled previously.**

- C) Amended Budget for 2020 to include, at a minimum, discussions of Delegate Expense adjustment and possible Zoom license purchase

**Arnie – presented the amended budget and the 2021 proposed budget. Both documents will be included in an amended version of the minutes packet.**

**Michael – line item for the TSS?**

**Robert – the website is a line item. The region website is a region expense, not a subcommittee expense.**

**Mary O. – noted the expense line item for the delegates' travel should be \$850?**

**Arnie made the correction.**

**Michael – donation to WSO. Has the region donated in 2020?**

**Arnie – the donation has not been made. We usually donate at the end of the year as a prudent measure to make sure the region has covered its commitments. If the assembly decides, the donation can be made.**

**Arnie – the donation to WSO is \$200 in the current budget. Arnie would like clarification to make the donation.**

**Scott C. – this is important. Now is the time to give to WSO. Scott would like to request more funds be donated. \$1,150 is an estimated carryover to 2021. Scott would like to give WSO \$500 now. We might still be able to send two delegates in 2023, even with the larger donation to WSO.**

**There was general agreement on the idea of sending \$500 to WSO immediately.**

**Motion to amend the 2020 budget to make a donation of \$500 to WSO and authorize the treasurer to make the donation immediately.**

**First: Scott C.; Second: J.T. W.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

**Arnie presented the 2021 budget for discussion and approval.**

**Teri – should the Donation to WSO item be raised to \$500 in the 2021 budget?**

**Arnie – that is for the assembly to decide.**

**Scott – reduce “Travel expenses for RSC to assembly and other required meetings” to \$100 and change “Conventions and Events” and “Outreach” to a single line item of \$300 to decrease.**

**There was consensus to keep the line items separate.**

**Mary O. - the rooms for the Monterey Convention will be over \$1,000. NA will not cover those costs, so the RSC will need to cover the costs.**

**Teri – historically the CCR has held the Assembly during that convention. We have combined the assembly costs with the convention costs.**

**Michael – maybe the region should start saving for the convention. Then when the convention rolls around, we could see if the region has funds to pay for the convention.**

**Total budgeted expenses are at \$6,600. How much does the region bring in annually?**

**Arnie – so far this year, donation income has been \$1,064.**

**Michael – our actual expenses are different from the budgeted expenses.**

**Mary O. – Only about \$700 came from group donations.**

**Michael – when in-person meetings start again, some members will make up for their missed donations.**

**Scott C. – the largest budget issue is the WSC expenses. We have to address the reality of equalized expenses. The CCR may not be able to shoulder this expense in the future.**

**Arnie – the rollover motion is usually done at the January assembly. Scott C. affirmed this. Authorized expenses in the 2021 budget are still authorized.**

**Motion to adopt the proposed 2021 budget.**

**First: Robert P.; Second: Scott C.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

## 11. Administration

*3:50 PM to 4:00 PM*

**(3:40 PM)**

**Michael – asked Robert to report on the Western Regions Convention (WRC).**

**Robert – the WRC was held in February. Kern County will not be open due to COVID-19.**



**He asked for volunteers to join a conference call next weekend. A virtual event will be discussed at that time. [Take Back to Meeting]**

**The Western Regions Convention website is: <https://sites.google.com/nar-anon.org/wrcnfg>**

**The email address is: [WRCNFG@Nar-Anon.org](mailto:WRCNFG@Nar-Anon.org)**

**Michael – indicated he will be attending the call.**

A) Next Assembly

- i) January 2021, somewhere, at some time

**Michael – ideas for a date?**

**Teri – Friday or Saturday? Teleconference.**

**Mary O. – Saturday, January 23?**

**Motion to hold the January 2021 Assembly on Saturday, January 23, 2021 as a virtual meeting from 11:00 AM to 4:00 PM.**

**First: Teri M.; Second: Mary O.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

B) Take Back to Meeting Information and Announcements

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

**a) Meeting changes**

**b) Narathon**

**(1) Virtual meeting**

**(2) Contact Scott C. to participate**

**c) Subcommittee meetings**

**d) Regional Service Committee Vacancies**

**e) Western Regions**

**f) TSS Documents**

**(1) File Storage Users Guide**

**(2) Internal Guidelines**

**g) New Regional Contribution web form**

**h) January Assembly**

**i) Make the region aware of a regional Zoom room – coming soon**

## 12. Adjournment

*Adjourn at 4:00 PM*

**(3:57 PM)**

**Motion to adjourn the CCR Assembly of August 1, 2020.**

**First: Scott C.; Second: Mary Lynn P.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

A) Close the assembly with the Serenity Prayer

**(3:58 PM)**

**The Assembly adjourned.**

# Supporting Documents

Assembly  
Motions  
Archive

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
8/1/2020	Motion to approve the minutes for the Assembly of January 17, 2020 as presented.	Scott C.	Arnie B.	Carried Unanimous
8/1/2020	Motion to accept the elections procedures as described in this Elections section of the agenda.	Janet S.	Scott C.	Carried Unanimous
8/1/2020	Motion to request Unanimous Acclamation for the slate for the 2020 elections.	Scott C.	Mary Lynn P.	Carried Unanimous
8/1/2020	Motion to disband the ad hoc Elections Subcommittee.	Teri M.	Larry B.	Carried Unanimous
8/1/2020	Motion to affirm Janet S. as chair of the Outreach Subcommittee.	Larry B.	J.T. W.	Carried Unanimous
8/1/2020	Motion to affirm Ruth K. as chair of the Literature Subcommittee.	Larry B.	Mary Lynn P.	Carried Unanimous
8/1/2020	Motion to affirm Robert P. as chair of the Technology Services Subcommittee.	Larry B.	Teri M.	Carried Unanimous
8/1/2020	Motion to accept the \$744.27 expense as attributed to the Delegate WSC expense (equalized expense and incidentals) line item in the Nar-Anon Central California Region 2020 Income and Expense report.	Robert P.	Mary Lynn P.	Carried Unanimous
8/1/2020	Motion to approve the donation process the TSS has put together and to purchase a card / chip reader not to exceed \$100. In the treasure's report, to preserve anonymity, line item donations will read only as "anonymous donation" or a group donation using the group name, and not provide individual names in the report.	Scott C.	Mary O.	Carried Unanimous
8/1/2020	Motion to purchase an annual Zoom account not to exceed \$150 in perpetuity. Move \$150 from the Outreach fund to a new Zoom account line item as an amendment to the 2020 budget.	Scott C.	Mary Lynn P.	Carried Unanimous
8/1/2020	Motion to amend the 2020 budget to make a donation of \$500 to WSO and authorize the treasurer to make the donation immediately.	Scott C.	J.T. W.	Carried Unanimous
8/1/2020	Motion to adopt the proposed 2021 budget.	Robert P.	Scott C.	Carried Unanimous
8/1/2020	Motion to hold the January 2021 Assembly on Saturday, January 23, 2021 as a virtual meeting from 11:00 AM to 4:00 PM.	Teri M.	Mary O.	Carried Unanimous

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
8/1/2020	Motion to adjourn the CCR Assembly of August 1, 2020.	Scott C.	Mary Lynn P.	Carried Unanimous
1/17/2020	Motion to approve the minutes for the Assembly of July 27, 2019 as presented.	Scott C.	Teri M.	Carried Unanimous
1/17/2020	Motion is requested to approve minutes for the Special Elections Assembly of September 4, 2019 as presented.	Janet S.	Cyndy G.	Carried Unanimous
1/17/2020	Motion to amend carry over funds in the amount of \$4,310.59 from the 2019 to the 2020 calendar year budget.	Scott C.	Larry B.	Carried Unanimous
1/17/2020	Motion to adopt the 2020 budget as amended.	Mary Lynn P.	Scott C.	Carried Unanimous
1/17/2020	Motion to take a 10-minute recess.	Teri M.	Scott C.	Carried 10/0/1
1/17/2020	Motion to confirm Michael F. as Chair of the Ad Hoc Elections Subcommittee.	Scott C.	Teri M.	Carried Unanimous
1/17/2020	Motion to ask the Ad Hoc Elections Committee to choose a date in July for the Elections Assembly.	Robert P.	None	Not Considered
1/17/2020	Motion to hold an Elections RSA in Atascadero on August 1. 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 section.	Scott C.	Larry B.	Carried 11/0/1
1/17/2020	Motion to extend the Assembly for 30 minutes.	Teri M.	Cyndy G.	Carried Unanimous
1/17/2020	Motion to hold the CCR 2020 Narathon on Saturday, September 12, 2020 in Atascadero.	Kim K.	Scott C.	Carried Unanimous
1/17/2020	Motion to adjourn the CCR Assembly of January 17, 2020.	Larry B.	J.T. W.	Carried Unanimous
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

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
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
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

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
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
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



# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
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
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

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
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
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

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
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
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

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
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
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

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
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

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
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 ( <a href="https://groups.yahoo.com/neo/groups/NarAnonCentralCA">https://groups.yahoo.com/neo/groups/NarAnonCentralCA</a> ) and on the Nar-Anon Central California Region website ( <a href="http://www.naranoncentralca.org/">http://www.naranoncentralca.org/</a> ).			Carried Consent Calendar



# Regional Chair's Report

# Report from the Chair

January 17, 2021

To the Fellowship of the Central California Region.

I continue to 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 receive growth in recovery and I continually 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 Group Service Representatives at the Assembly. The most important indicator of those goals is the Annual Budget.

The 2021 proposed budget is the point from which the Assembly must express its priorities for the coming year. We have a newly elected Regional Service Committee Treasurer, Les, who has undertaken this responsibility with enthusiasm and determination. He was new to our budget but dug in and eventually became confident in his understanding of it. Les will be presenting his proposed budget with a different perspective on a budget being impacted by a drastic changing set of circumstances. As a trusted servant, his proposed budget 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 Regional Service Committee members look forward to the Assembly's deliberations; as those deliberations are the guidance the Committee must have in order to assist in making our Regional goals a reality.

The year 2021 is the year of the postponed 2020, and now determined to be virtual, World Service Convention. Our Region has previously determined 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).

Given that the past Regional Assemblies have authorized Delegate and Alternate Delegate participation in the canceled 2020 WSC, and since we are in a new budget year, with an opportunity to participate in a much less expensive 2021 virtual WSC, I believe it is appropriate to ask the Assembly for approval to send our Delegates to the 2021 virtual WSC. The Region has paid for our Delegates to attend the 2020 RSC. That payment has remained with the WSO and all or a portion of that payment will be returned to the Region based on the Assembly's decisions.

Our delegates have the responsibility 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 group conscience on each of the motions, to tally the results, and return those results to the Delegates 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.

Given the Covid Chaos of this past year, I must express my admiration and amazement at the perseverance of all our Regional members in creating methods in which to continue to grow their

recovery. In change comes opportunity and our members seized on this opportunity, which has led our groups down paths of change and opportunity undreamt-of last year at this time. One of the most basic changes is virtual groups and virtual memberships in those groups; and where geography is irrelevant. With the coming of vaccinations and the eventual demise of this Covid scourge, the impacts of our efforts to be resilient regarding group participation, will no doubt continue to evolve. I look forward to continued admiration and amazement in witnessing our fellowship striving for recovery.

I congratulate our Subcommittees on their successes this past year. The Literature Subcommittee continues representing our Region and contributing to World Service recovery. The persevering Outreach Subcommittee is struggling to reach out due to the impacts of the pandemic. Sadly, the Convention/Events Subcommittee is in limbo due to the pandemic's impact on gatherings but our Region still pulled off a magnificently successful Narathon with the generous help of volunteers. The Narathon had worldwide participation and generous contributions to the Region. The Technology Services Subcommittee continues to put in place solutions that will benefit the Region today and long into the future, as well as doing the day to day work of improving and maintaining the Region's information communications system.

The Regional Service Committee continues to meet monthly for an hour plus. Your Committee members, being the Chair, Treasurer, Secretary, Delegate, Alternate Delegate, and the Subcommittee Chairs, continue to be the communication link internally, between the Regions' members, and externally, with our Region's members and other regions, as well as with World Service; while making sure the business of the Region is responsibly carried out.

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

## Nar-Anon Central California Region 2020 Expense Summary

	Adopted	Actual
<b>Actual Cash on Hand December 31, 2019 (Roll-over)</b>	<b>\$4,310.59</b>	<b>\$4,526.59</b>

### Income

<i>Description</i>		
Fundraisers	\$1,200.00	\$1,722.44
Group/Individual Donations	\$2,000.00	\$2,312.49
<b>Total Income</b>	<b>\$3,200.00</b>	<b>\$4,034.93</b>

### Expenses

<i>Description</i>		
Assembly	\$125.00	\$0.00
Outreach	\$500.00	\$0.00
Travel expense for RSC to assembly and other required meetings	\$300.00	\$0.00
Postal Services (Note: All donation payment receipts are being sent via e-mail)	\$102.00	\$0.00
Checking account expense	\$35.00	\$0.00
Region website expense	\$200.00	\$216.00
Delegate WSC expense (equalized expense and incidentals)	\$1,250.00	\$744.27
Alternate Delegate WSC expense (equalized expense and incidentals)	\$1,250.00	\$0.00
Delegate/Alternate Delegate travel expense to groups	\$300.00	\$0.00
Chip Reader for credit card donations	\$0.00	\$0.00
1 Year Zoom License	\$0.00	\$149.90
Conventions	\$300.00	\$300.00
Events	\$300.00	\$0.00
New Meeting Start Up	\$300.00	\$0.00
Donation to WSO	\$200.00	\$0.00
Contingency Fund	\$300.00	\$500.00
Prudent Reserve (3 months operating costs)	\$515.00	\$0.00
<b>Total Budgeted Expenses</b>	<b>\$5,977.00</b>	<b>\$1,910.17</b>

### Ending Cash on Hand

<i>Description</i>	<i>Adopted</i>	<i>Actual</i>
<b>Cash on Hand December 31</b>	<b>\$1,533.59</b>	<b>\$6,651.35</b>

# Proposed 2021 Regional Budget

## Nar-Anon Central California Region 2021 Proposed Budget

	Adopted	Proposed
<b>Actual Cash on Hand December 31, 2020 (Roll-over)</b>	<b>\$4,000.00</b>	<b>\$6,651.35</b>

### Income

Description		
Fundraisers	\$1,200.00	\$1,700.00
Group/Individual Donations	\$1,500.00	\$2,300.00
<b>Total Income</b>	<b>\$2,700.00</b>	<b>\$4,000.00</b>

### Expenses

Description		
Assembly	\$150.00	\$0.00
Outreach	\$500.00	\$200.00
Travel expense for RSC to assembly and other required meetings	\$100.00	\$0.00
Postal Services (Note: All donation payment receipts are being sent via e-mail)	\$92.00	\$0.00
Checking account expense	\$35.00	\$35.00
Region website expense	\$216.00	\$216.00
Delegate WSC expense (equalized expense and incidentals)	\$1,400.00	\$1,250.00
Alternate Delegate WSC expense (equalized expense and incidentals)	\$1,400.00	\$1,250.00
Delegate/Alternate Delegate travel expense to groups	\$850.00	\$0.00
Chip Reader for credit card donations	\$100.00	\$100.00
1 Year Zoom License	\$150.00	\$150.00
Conventions	\$150.00	\$500.00
Events	\$150.00	\$0.00
New Meeting Start Up	\$300.00	\$300.00
Donation to WSO	\$200.00	\$250.00
Contingency Fund	\$300.00	\$300.00
Prudent Reserve (3 months operating costs)	\$515.00	\$515.00
<b>Total Budgeted Expenses</b>	<b>\$6,608.00</b>	<b>\$5,066.00</b>

### Ending Cash on Hand

Description		
Contingency Fund - (if not used)	\$300.00	\$300.00
Prudent Reserve (3 months operating costs) - (if not used)	\$515.00	\$515.00
<b>Estimated Cash on Hand December 31, 2021</b>	<b>\$907.00</b>	<b>\$6,400.35</b>

# Delegate's Report



Delegate & Alt Delegate Report  
CCR Assembly - January 23, 2021

What an amazing opportunity to be a part of this time in history! Out of service comes growth. Central California Region groups have shown to be resourceful and supportive in overcoming the challenges due to the Worldwide Pandemic.

Our region has 17 groups. 15 groups are active and meeting virtually. 1 group is suspended. 1 group meets in-person.

Included in the 17 meetings - 2 are Step Study meetings and 2 are registered with the WSO as permanent virtual meetings.

4 groups are utilizing the Regional Shared Zoom account.

The 2020 World Service Conference, "Growth Through Service," was postponed and rescheduled to April 30, 2021 – May 3, 2021. This will be the first Nar-Anon World Service Conference held on a virtual platform. This opens up the opportunity for Delegates and members from all over the world to participate that possibly could not before.

Many regions have submitted their payments and will have overpaid. The equalized expenses to send the Delegate and Alt Delegate to the WS Conference were greatly reduced due to travel restrictions. The Board of Trustees is asking the regions to consider a group conscience motion to contribute any balance of their payment to the WSO as they are struggling during this time. (See Attachment)

Any member can be an observer by audio only. There is a limit of 500 participants. Those individuals interested in being observers can notify the World Service Conference Committee of their intent by March 31, 2021. (See Attachment)

We encourage all groups to participate in this opportunity to have a voice by completing the Conference Agenda Report (CAR). We request the tally sheets be submitted by April 10, 2021. The 2020 CAR Motions are unchanged. If any groups want to revise their votes, they are welcome to do so. CAR Tally Sheet link: <https://www.naranoncentralca.org/member-services/conference>

All members are invited to join two groups that are reviewing the motions online:  
Sundays, January 10 – March 20, 2021 @ 2PM following the NFG Step Study Meeting  
Thursdays, January 28 – April 8, 2021 @ 8:05 PM following the Winds of Change NFG meeting. Time: 30 minutes. You are also welcome to attend the meeting and stay for the review.

Important information from the Board of Trustees has come out regarding the use of CAL on a shared screen during a virtual meeting.

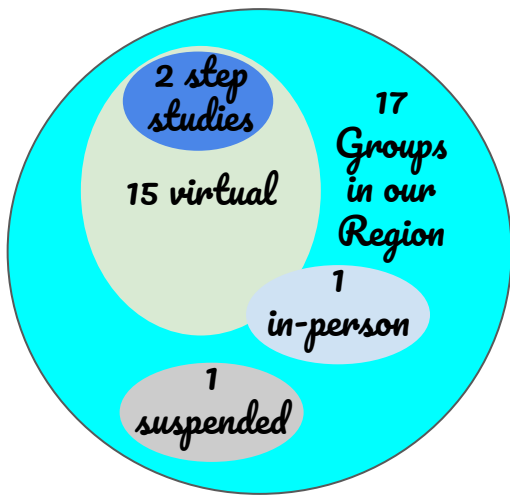
Bulletin 003 "Virtual Meetings and the use of Conference Approved Literature." (See Attachment).

As Representatives of the Groups in the Central California Region, we are here to assist with any questions or concerns.

In loving service,

Teri M [Delegate@NaranonCentralCa.org](mailto:Delegate@NaranonCentralCa.org)

JT W [AltDelegate@NaranonCentralCa.org](mailto:AltDelegate@NaranonCentralCa.org)



Board of Trustees  
Bulletin 3



*Help the region vote on the conference motions*

*Sundays, January 10 - March 20, 2021 @ 2pm following the NFG Step Study Meeting*

*Thursdays, January 28 - April 8, 2021 @ 8:05pm following the Winds of Change NFG meeting.*

*Time: 30 minutes. You are also welcome to attend the meeting and stay for the review.*

*We encourage all groups to participate in this opportunity to have a voice by completing the Conference Agenda Report (CAR).*

*We request the tally sheets be submitted by April 10, 2021. The 2020 CAR Motions are unchanged. If any groups want to revise their votes, they are welcome to do so.*

*CAR Tally Sheet link:*

<https://www.naranoncentralca.org/member-services/conference>



*First ever Virtual World Service Conference*

*You can register to visit and observe how we adopt new literature and update our guidelines*

*If you want to be an observer, send an email to [wscconference@nar-anon.org](mailto:wscconference@nar-anon.org) by March 31, 2021*



## WORLD SERVICE BOARD OF TRUSTEES BULLETIN

### Bulletin 003

#### Virtual Meetings and The Use of Conference Approved Literature (CAL)

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In the face of the worldwide COVID-19 pandemic many face-to-face meeting locations were closed. This led to groups deciding to hold their meetings virtually. Virtual groups that wanted to make readings from the *Nar-Anon Blue Booklet* available to newcomers have typed up copies of the Blue Book pages for display on the screen during the meetings' opening words. Some groups share a member's e-book version on the screen for members to read. Some regions have posted CAL on their websites. However, the fellowship has a policy about using Nar-Anon's copyrighted literature and materials without being given written permission.

Below are excerpts of the Copyright and Trademark Information found on pages 26 and 27 of the *Guide to World Services*.

*Nar-Anon conference approved literature (CAL), which includes recovery, service, and outreach literature and materials, is copyrighted and owned by NFGH, Inc. It is expressly prohibited to reproduce, retransmit, or republish copyrighted literature and materials without written permission. Permission will not be granted for substantial reprints of CAL, with the exception of those countries outside the United States holding a duly executed contract with NFGH, Inc.*

*There are certain exceptions for reproducing or reprinting literature. Outreach literature labeled "This may be photocopied," may be reproduced by local outreach committees for use in their areas and regions. Area or regional committees may use quotes or reprint portions of Nar-Anon CAL that do not exceed 25% of the original piece or do not exceed 25% of a single chapter or section, if taken from a booklet or book. The Twelve Steps, Twelve Traditions, Twelve Concepts of Service, Mission and Vision Statements from the Nar-Anon Blue Booklet or world service website may be used in their entirety. These excerpts shall always include proper notation or credit identifying the origin of the quote or reprinted portion. This does not create any legal right or claim to Nar-Anon's CAL.*

*Whenever a violation of a copyright or trademark comes to the attention of the World Service Board of Trustees, it is the responsibility of the BOT, through its duly appointed representative, to notify the violator. This is necessary in order to avoid invalidation of the copyright and trademark.*

The World Service Board of Trustees is aware the groups were not displaying the Blue Book readings to violate our fellowship's policy but trying to share the readings with newcomers as they did in face-to-face meetings. As stated in the policy, groups can share the Twelve Steps, Twelve Traditions, Twelve Concepts of Service, Mission and Vision Statements on the screen. We are asking all virtual groups to adhere to the fellowship's policy.

The Board of Trustees voted unanimously against developing the electronic reading cards that were proposed to us. Here are some options virtual groups can use in place of electronic reading cards:

1. Asking newcomers for mailing address and sending them newcomer's package.
2. Posting in chat the Nar-Anon web address to purchase the literature from Nar-Anon.
3. Posting in chat where Nar-Anon eBooks can be purchased.
4. Ask newcomers for their email address and send information on where to purchase literature.

With all the above suggestions, please be mindful of anonymity in collecting and sending information to newcomers.



# Nar-Anon Family Group Headquarters, Inc.

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WORLD SERVICE OFFICE

Date: November 11, 2020

To: Nar-Anon Regional Service Committees

CC: Regional Delegates/Alternates  
National Service Offices

From: Nar-Anon Board of Trustees

Subject: WSC 2021 – "Growth Through Service"

The Board of Trustees looks to our Nar-Anon principles in our decision making. The First Tradition tells us our common welfare should come first. The Third Concept of Service states "The Nar-Anon Family Groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it".

To fulfill our responsibility to the Nar-Anon fellowship, in the face of the worldwide COVID-19 pandemic, a decision has been made to conduct the WSC 2021 by means of virtual technology. Restrictions on travel and number of persons attending in-person meetings is a continual evolution of daily changes and will affect whether we can hold the WSC in person.

Worldwide the situation is an unprecedented challenge to our members and our meetings. However, we want to thank all of the trusted service members who have stepped up and started meeting online or by phone, to fulfill our mission statement.

The virtual conference will have a cost and the WS Conference Committee will be sending out a letter to all the regions with the cost of the equalized expense. Many regions have submitted their payments and will have overpaid. Because of face to face meetings having to shut down, donations are down. January through September of this year literature sales and donations received from the fellowship is down by \$110,000.00, compared to 2019. WSO is still working and mailing out literature and helping families of addict looking for meetings. The Board of Trustees is asking the regions who have paid their equalized expense for the face to face conference to remember our seventh tradition, the fellowship is self-supporting, then consider a motion and a conscience of your assembly to donate any balance of the paid equalized expense to Nar-Anon Family Group, Headquarters Inc.

The worldwide regions which have not sent their equalized expense in but plan to have a delegate and/or alternate delegate attend conference, should send the payment as detailed from the WS Conference Committee. To those regions, we ask also for them to consider a motion and a conscience of your assembly to donate funds in the treasury over your prudent reserve.

From: World Service Conference Committee:

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

This is one of several email messages you may receive during the next few months prior to the "Growth Through Service" 2021 World Service Conference. The dates of the Conference are April 30 – May 3, 2021.

The WS Conference Committee is committed to maintaining accuracy in reporting to the fellowship. There was an error in the following paragraph in the recent email, regarding the previous year's equalized expense. Please note the correct amount shown in bold type.

"There may be questions regarding equalized expense for the conference. The equalized expense amount for the virtual conference is \$350 per participant. There are regions who have already paid the amount of **\$1950** for each participant. We are asking those regions to consider a group conscience motion to contribute any balance of their payment to the WSO. Those regions which have not paid will need to send payment no later than February 28, 2021. This amount includes the cost of mailing the conference books to each participant. International participants will be reimbursed for cost of printing the books, if needed."

Those individuals interested in being observers (audio only) should notify the conference committee of their intent by March 31, 2021. There will be more information revealed later about the possibility of registering by online means.

**Please ensure that all delegates and alternate delegates have submitted correct email addresses to this committee.** The email address will be used for the practice polls and voting, and any other communication related to the conference. We suggest creating a separate email address for the delegate and alternate delegate which would be used exclusively for those service positions, and not personal addresses. This would provide continuity and accuracy of communications.

You will receive several important emails over the next few months as we prepare for this conference. We will be asking delegates and alternate delegates to be part of a series of pre-conference technological events, which may include "straw poll" voting and "pre-ballot" voting. These are designed to put into practice what will be used at the conference.

In Loving Service,

WSC Committee  
[wscconference@nar-anon.org](mailto:wscconference@nar-anon.org)

# Group Reports

January 2021 GSR Report  
NFG Sunday Step Study  
Sundays at 1:00 p.m.  
Group 131-117 (V)

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.

The group began on March 19, 2017 as a physical group meeting in Bakersfield, California. Due to the COVID restrictions, this group changed our registration with the World Service Office from being an in-person to being a permanently virtual meeting.

Newcomers find this group through the [World Service website](#) and from the [Central California Regional website](#).

The group has a website for communicating with newcomers and with members:  
<https://sites.google.com/view/nfg-step-study/>, or <https://bit.ly/NFGSunday>.

The group also has a dedicated email account - [SundayNFGStepStudy@gmail.com](mailto:SundayNFGStepStudy@gmail.com). When a newcomer sends an email to the group email account, they quickly receive an automatic reply with information about this meeting, a link to the [Central California Regional website](#), and a link to the [Rocky Mountain Regional website](#). Later in the day, a member reviews the emails in the group inbox and sends a follow up email. There are typically 10 to 20 newcomer emails every week, though because this is a step study workshop only a few of those who send an email actually attend. Many others either chose another meeting in the Central California Region, or try the daily meeting hosted by the Rocky Mountain Region.

Two members from the Central California Region share Zoom hosting duties, so there will be continuity should one member be unavailable on a Sunday.

Membership in the group has slowly grown from 5 or so in January 2020 to 30 or more in January 2021. The members active in the Sunday group are now from scattered locations around the world.

Beginning the first week in January 2021, this group has begun holding short business meetings after the regular meeting. The group plans to review all of the motions in the 2021 Conference Agenda Report and submit a vote on each to the CCR Delegate and Alternate Delegate.

Concerns:

- The group has not yet determined an effective way to do the 7th Tradition but is watching the experiments other groups are conducting.
- This group has not yet explored the benefits nor viability of a group member's contact list. For now, all communication is through the group website and the group email account.

*Winds of Change, Group # 131-138*

*Thursday 7-8pm – Hollister*

*July 2020*

*Our group started in Hollister on August 15, 2019.*

*In March 2020, due to the Covid-19 world pandemic, we started meeting online through Google Meet.*

*In August 2020 we changed platforms to the shared Central California Region Zoom account.*

*In October 2020, by group conscious, we became registered with the WSO as a permanent virtual meeting*

*We went from a steady core group of 5 members to a range of up to 20 members with newcomers every week.*

*We keep the format simple with SESH and Conference Approved Literature.*

*There are 2 members of Central California Region that share the Zoom hosting duties.*

*Winds of Change has a dedicated email set with a detailed auto-reply for those requesting information. A live person monitors and responds to emails. So far, we average 5-10 loved ones a week.*

*Outreach is meeting listings with the WSO and CCR websites.*

*At this time, we do not have a GSR. We do have a contact person. By group conscious a substitute was designated to be at the CCR Assembly to represent the group.*

*As we are self-sufficient at this time, thank you CCR for the shared Zoom account, we do not request donations for our group. However, it is suggested to directly contribute to WSO and the CCR*

*Literature is purchased off the Nar-Anon webstore by newcomers and members.*

*The group will be participating in reviewing the 2021 CAR and submitting a vote.*

*Concerns: The chat box is used to gather phone numbers for exchange as support. Any other ideas for communication?*



**Saturday Circle of Hope  
Monterey, CA.  
TREASURER REPORT**

Period covered is August- December 2020

<b>Previous balance.....</b>	<b>\$245.40</b>
7 <sup>th</sup> Tradition & Literature sold.	\$ 564.40
<b>Subtotal</b>	<b>\$759.80</b>
Disbursed: Rent Paid	- \$300.00
Zoom payment	-\$100.00
Literature purchased	0
WSO Donation	- \$100.00
Region (CCR) Donation	-\$100.00
<b>Total Expenses</b>	<b>-\$600.00</b>
<b>Forwarding Balance</b>	<b>\$159.80</b>
<b>Not included in that balance is:</b>	
<b>Prudent Reserve</b>	<b>\$100.00</b>

**GSR Travel Fund**

**\$100.00**

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

Salinas

January 2, 2021

**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:** We have a core group of six with overall attendance ranging from 4-9. Service rotation occurs every three months, with the last rotation taking place last month.

**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:** After sending our available balance to Central CA Region and World Service Office in the fall, last month's group conscience was to send our prudent reserve (\$150) and GSR funds (\$50) to the WSO, leaving us with a zero balance. Fortunately, the church where we met has waived room rent during the shelter-in-place order. Earlier in the year, we revised our Secretary's script to encourage members to buy literature directly from Nar-Anon.org and make a direct donations to CCR and the WSO.

**Successes and Challenges:**

+ A few newcomers and members from outside of our geographic area attended our meeting.

- Approximately half of our members, including Thursday's Sweet Serenity group, have continued meeting this year. We send occasional reminders and invitations to members, but online meetings are not for everyone.

All are welcome to join us. We try to have a speaker on the fourth Monday of the month.

Mondays, 6:30 pm

Call in: 515-604-9099 with access code: 416-570-783#

Or video conference at <https://join.freeconferencecall.com/416-570-783>

Submitted by: Janet S., GSR

SOS (Saving OurSelves) Nar-Anon Family Group  
(Group ID 131-024)  
6:30-8:00 PM Sunday  
Online Zoom meeting

January 2021 Assembly Report

Meeting: Our meetings in the Sutter Room on the first floor of Sutter Maternity & Surgery Center of Santa Cruz have moved to a Zoom format since March 15, 2020. This meeting has been in existence over 16 years and joined the Central California Region in January 2018.

Attendance: Our group attendance has increased slightly varying from 9-14 with about 7 semi-regulars.

Newcomers: We have had more newcomers dropping in using Zoom compared to when we met in person. Some have only come once but others are transitioning into semi-regular members.

Format: We often utilize the SESH book as most members have a copy but have also incorporated pamphlets and the Nar-Anon 36. We use the Nar-Anon CAL 'blue card' readings at the start of the meeting (About Addiction, 12 Steps, 12 Traditions, Keeping Our Meetings Healthy) using a screen share of the readings.

Donations: We have not made any donations to WSO and the Central California Region in the last 6 months. We have bought \$111.38 worth of literature from WSO. We include the donate buttons for WSO and Central CA region on our weekly email invites.

Treasury: We currently have approximately \$308.34 in the treasury.

Other Information: I am grateful that we have been able to keep this meeting going on Zoom. People have expressed interest in keeping Zoom availability even after we can meet in person again. I'm not sure how that could work logistically. Members continue to be supportive of each other and the meeting.

In service,  
Carole S.  
Group Service Representative

Sharing Experience, Strength, and Hope NarAnon Family Group Report  
Jan 14, 2021

This is to report that during the COVID-19 pandemic we have converted to a full online format using screen shares for standard CAL readings. The following is an example of the weekly email message (using blind cc) we send out to members who have shared their email addresses with me.

Friday's NarAnon Sharing Experience, Strength and Hope meeting will be at 6:30pm today, January 8, 2021.

If you would like to join our virtual Sharing Experience, Strength, & Hope NarAnon meeting this Friday (or any Friday in the near future), just visit

<https://tinyurl.com/SESHNarAnon>

for instructions on how to join. This week we will be using Zoom. You can join on your computer or by simply calling the phone number shown at that address above. Our discussion tonight will center on worry. What can we do about this? We hope that you will join us.

When one clicks on the tinyurl then the following Zoom instructions are given:

Instructions for joining the Friday NarAnon meeting called Sharing Experience, Strength, & Hope at 6:30pm are below. These instructions may be updated at least 1 hour before the meeting is scheduled to start depending upon who is hosting the meeting. Just revisit this page within 60 minutes of the start time.

Time: 06:30 PM Pacific Time (US and Canada)

Use this link:

<https://ucsc.zoom.us/j/203487999?pwd=bFN1OENxSWI6cW9vdFEzTmFEcFcyZz09>

Or

Meeting ID: 203 487 999

Passcode: sesh

One tap mobile

+16699006833,,203487999#,,,,\*138877# US (San Jose)

+13462487799,,203487999#,,,,\*138877# US (Houston)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 346 248 7799 US (Houston)

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington D.C.)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 203 487 999

Passcode: 138877

We have had mostly family group members from California join us, however, we've had people from various places in the U.S. as well as a few guests from elsewhere. We've had 2-3 guest speakers during this time and have only had 1 or 2 glitches with technology issues during the last 10 months.

We have tried to have more than one person reciting prayers or the 12 steps, however, because of latency issues, the voices become cacophonous and confusing to other members especially those with hearing difficulties.

In Service,  
Linda W.

# Simi Valley's NFG

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*January 16, 2021*

I am the GSR for Simi Valley's NFG. I completed the statements required of me and sent them to the central committee. I have no formal report other than this:

- Our group remains active by the support of veteran players who promote working the steps. We have a weekly 12-step workshop underway and has been a key activity for the health of our members. We use the Naranon-36 manual for this activity.
- This year marks my 5th yr. with the NFG. While I had started with another meeting as part of SoCal, I chose to move to Simi Valley due to their availability of a 12-step workshop. I also participate with 2 other 12-step groups and work the steps according to their perspectives.
- It is my own observation that those meetings who promote working the steps and have an active and separate 12-step program, their members seem to thrive in recovery. Those that do not seem to struggle more, may close/terminate their activity, or express toxic activity (crosstalk, advice, addict focus, social club). Therefore, it's my personal belief, and many others within our NFG and other 12-step circles, that meetings which include a separate 12-step activity offer the most recovery.

Regards,

John M.  
Simi Valley

# Subcommittee Reports



# Outreach Subcommittee Report

Central California Region - **Outreach Subcommittee Report**  
January 2, 2021

**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 in the community. 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](http://www.nar-anon.org/outreach).

Our meeting notes are saved in the Outreach folder on the RSC's [google drive](#).

**Recent and Ongoing Activities:**

- Last year WSO invited input from the fellowship on the Outreach Handbook. This helped inform members of WSO resources and stimulated discussions on anonymity, attraction vs. promotion and other Outreach-related topics. The first half of the year was largely spent on reading and discussing the Handbook. We submitted comments from our group conscience at the end of August.
- Face-to-face outreach has mostly been on hold during the shelter-in-place order. Members mailed and emailed information to faith-based organizations, public radio stations and others in our region.
- 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). Panels discontinued in mid-March. Beacon House resumed in June with virtual meetings; however, closed at the end of December. Meeting directories and CAL are shared at The Camp (Scotts Valley) and Cottage Residential (Santa Barbara). Recovery Center resumed in-person panels in November; all other panels are not currently taking place.
- World Service Outreach facilitates virtual meetings quarterly. Recent topics included cooperating with NA, anonymity in virtual meetings and creative outreach during the pandemic.

**Meeting Time:** The subcommittee meets monthly on the fourth Tuesday of the month via conference call, 8:00 – 9:00 pm. Meetings are open to all Nar-Anon members and service at all levels (one-time or ongoing) are welcome!

**Next meeting: January 26, 2021, 8:00 pm** via free conference call

Call: 515-604-9099 with access 416-570-783#

Or attend by video conference: <https://join.freeconferencecall.com/416-570-783>

**Contact:**

Janet S., 831-595-0915, [Outreach@NarAnonCentralCA.org](mailto:Outreach@NarAnonCentralCA.org)

Submitted by: Janet S., Outreach subcommittee chair

Literature  
Subcommittee  
Report

**CCR Literature Subcommittee Report**  
**January 23, 2021**

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

The Nar-Anon World Service Literature Committee asked us to write a section on the subject of Fear for the Fourth Step Workbook currently in progress. Using text, questions, and member shares from our committee, we sent our project on to Lit Com in October 2020. WS Lit Com has added our submission to the workbook.

We have begun work on writing, editing, and seeking submissions for a new daily reader. Lit Com has asked that writings focus on the 12 Steps. Details for requested shares, as well as other subjects suggested by Lit Com, are available on the CCR Literature Subcommittee page. All Nar-Anon members are invited to participate. We seek to submit all writings by March 1, 2021.

In grateful service ,

Ruth K.  
Literature Subcommittee Chair

Conventions &  
Events  
Subcommittee  
Report

No Reports or  
Documents at  
this Time

Technology  
Services  
Subcommittee  
Report

# Report from the TSS for the January 2021 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 (vice-chair)
- JT from Jackson

The committee has the following documents ready for Assembly review:

- The committee submitted a set of committee guidelines to the RSC, with a recommendation these guidelines be distributed to the GSRs as part of the August 2020 Assembly packet. We hope the GSRs will review these guidelines with their groups and then vote on them in the January 2021 Assembly.
- The committee has been utilizing the “CCR Users’ Guide to File Storage.” We would like to see if this document can be approved in the January 2021 Assembly for use by the region.
- The committee prepared a draft document regarding copyright issues and screen sharing which we hope can be discussed during the January 2021 Assembly.

The ongoing work of the committee includes:

- The committee has kept the regional website and regional calendar updated with the latest information on group changes - including groups that suspended, and groups that moved online.
- The committee has updated the regional website and regional calendar with information about several online events. The committee has also distributed emails about Nar-Anon events.
- The committee has worked with the regional officers to ensure the online electronic payment functionality is successfully collecting contributions from members and groups and transferring such to the regional bank account.
- The committee built a document describing how to share the regional Zoom account for regional activities, and for group meetings. This Zoom account is now being used for regional activities and several group meetings.
- The committee built a MailChimp user guide to help members use the regional email distribution system. MailChimp is the email system used by the committee to send out the regional emails.



# CCR Users' Guide to File Storage

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



## [Introduction](#)

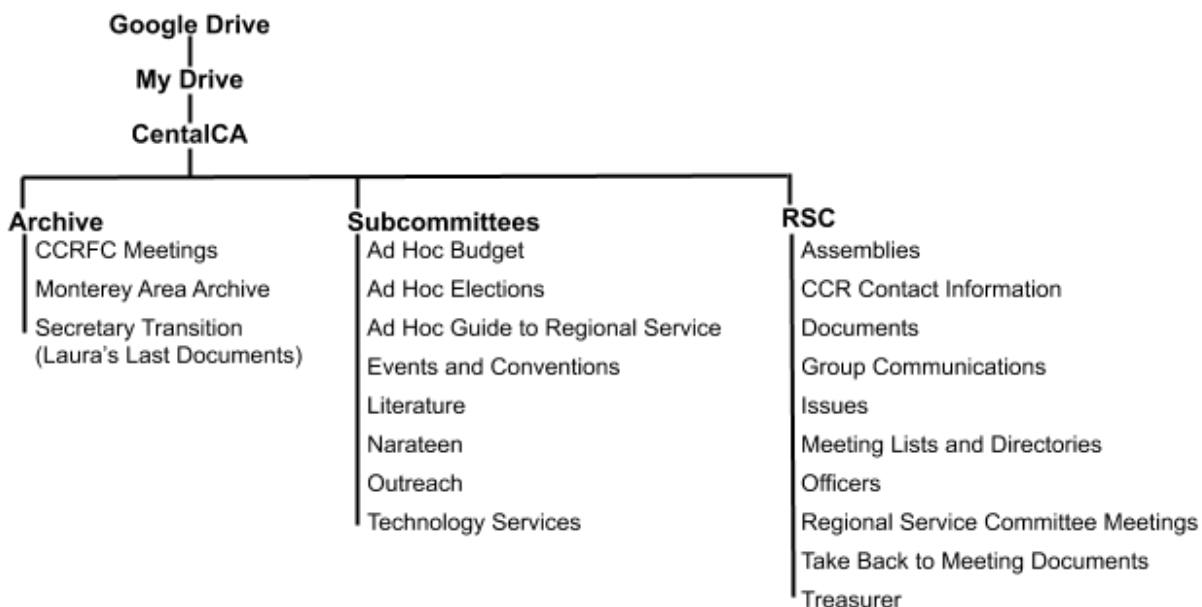
[Using Google for file storage](#)

[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:



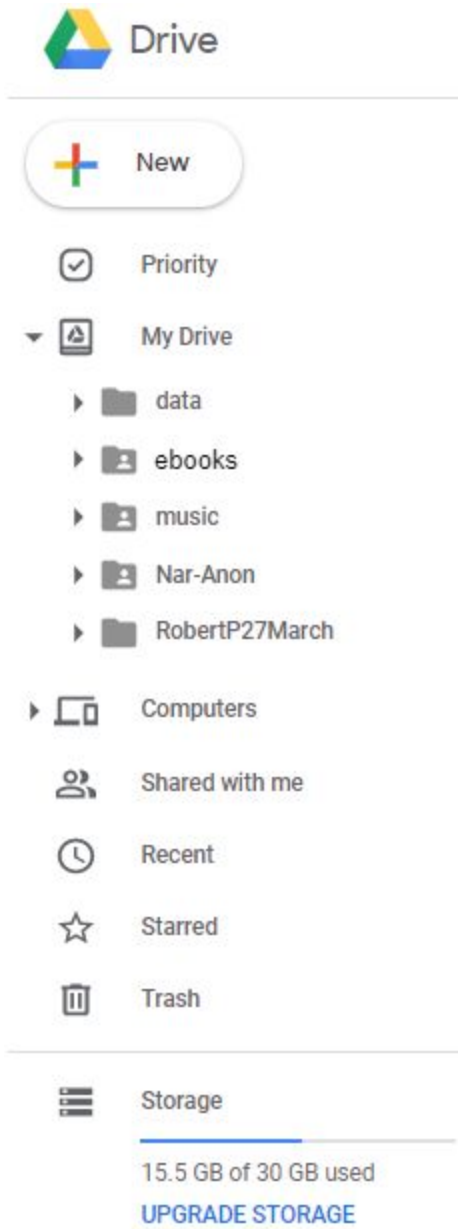
## CCR Users' Guide to File Storage

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](https://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.

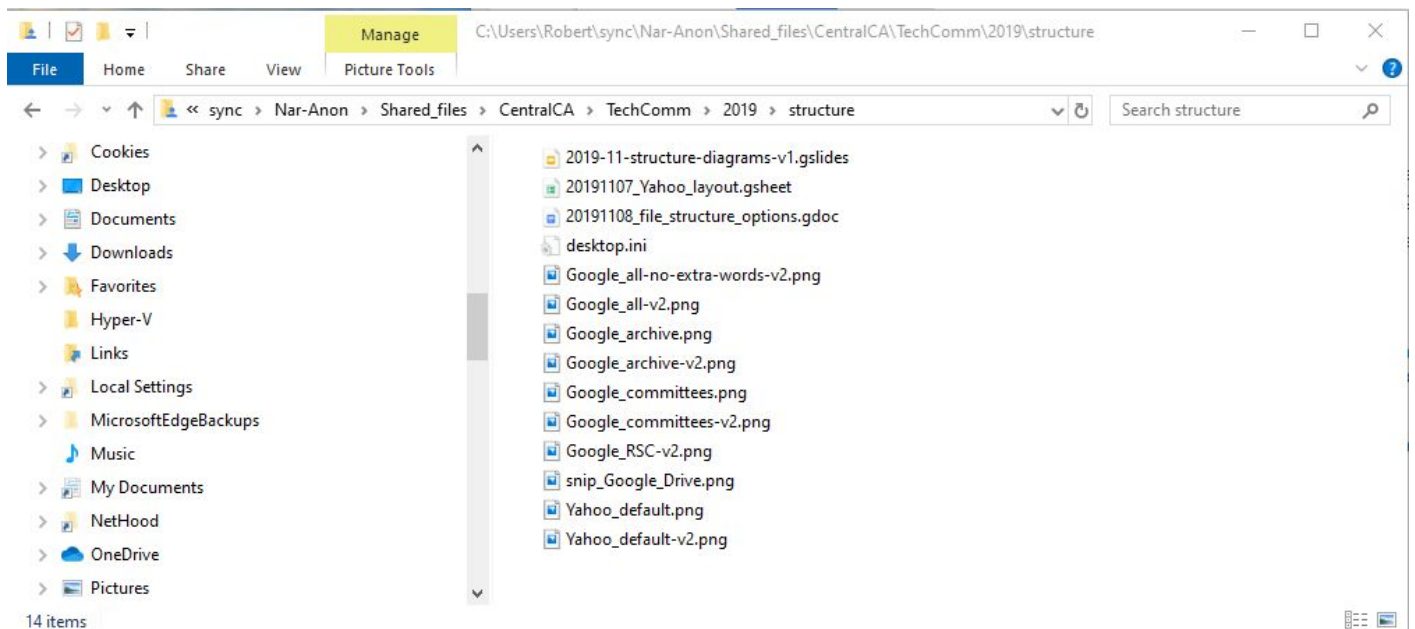
You will receive a share for the RSC folder and for your committee folder. For example, the chair of the Outreach Committee will receive a share for the RSC folder and for the Outreach folder. Separately, drag both into your folder so you can find them quickly when you open Google drive. We recommend 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**

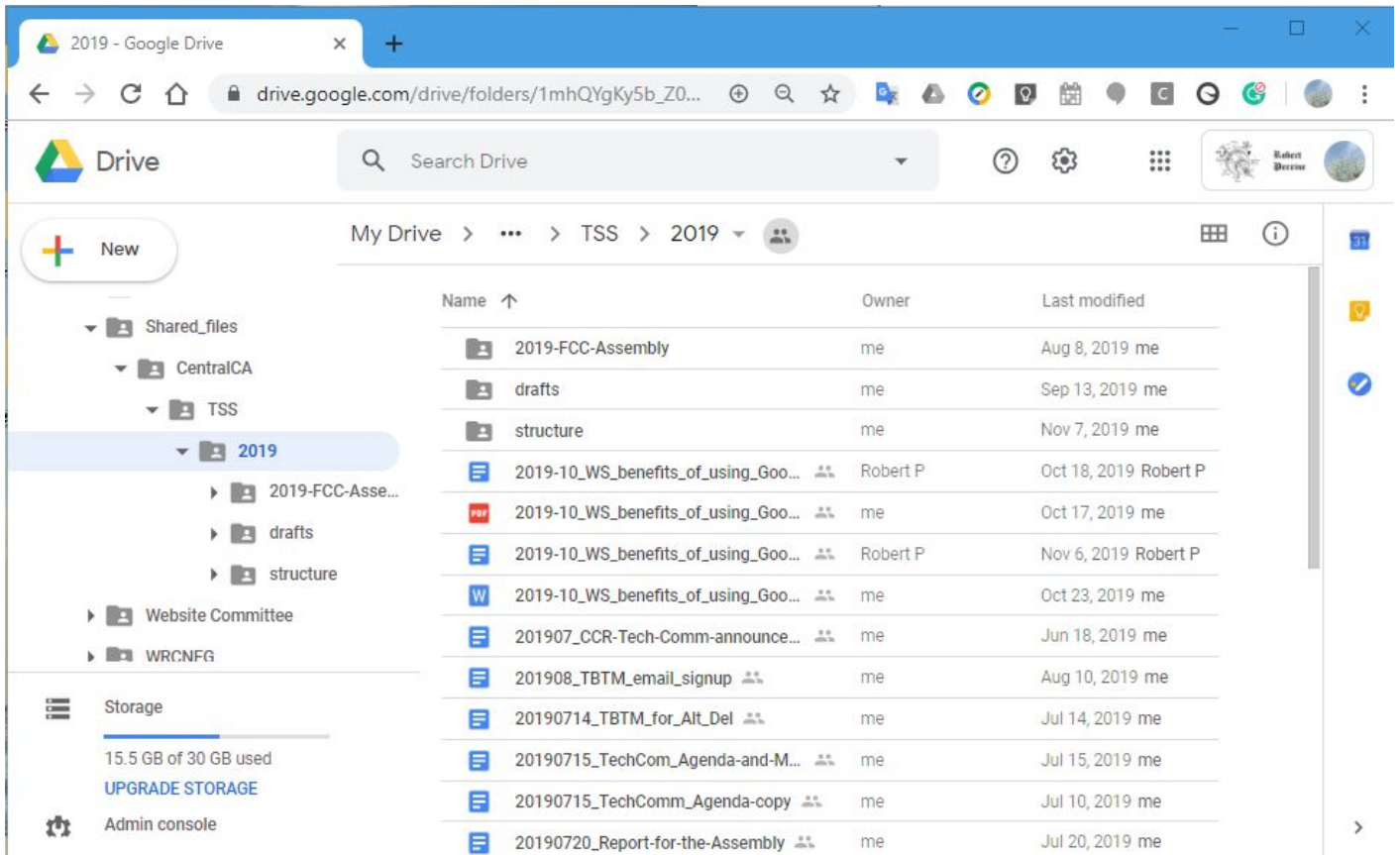
You are welcome to use Google just like you were using Yahoo. You can create files on your computer and upload them to Google. You can then download the file from Google, change it, and upload it again. Google is capable of much more, uploading, however, is often a good place to start.

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



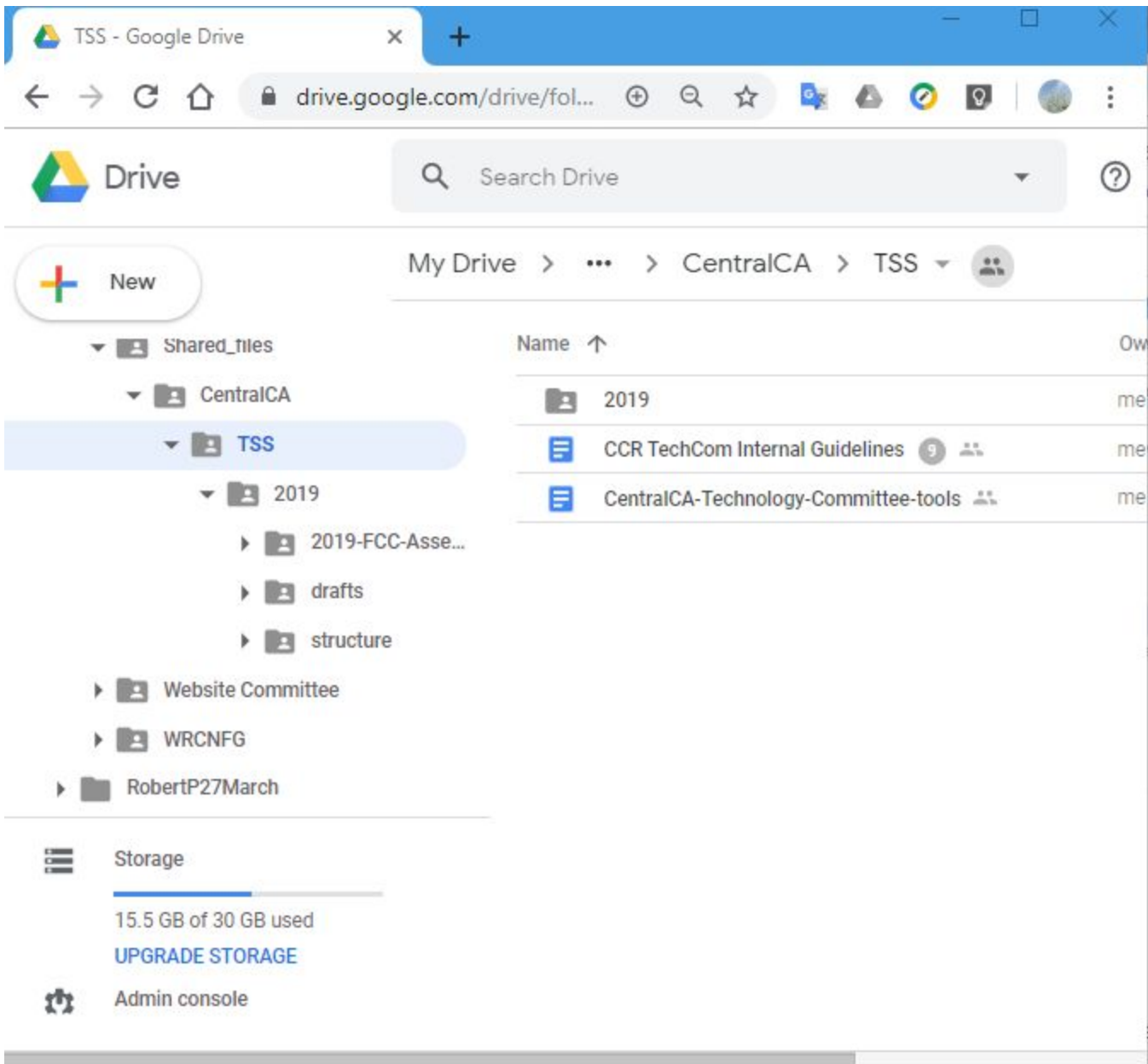
Then click on the file or folder in your computer's file manager and drag that file or folder over to the Google folder. Google will automatically upload the file or folder.

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.

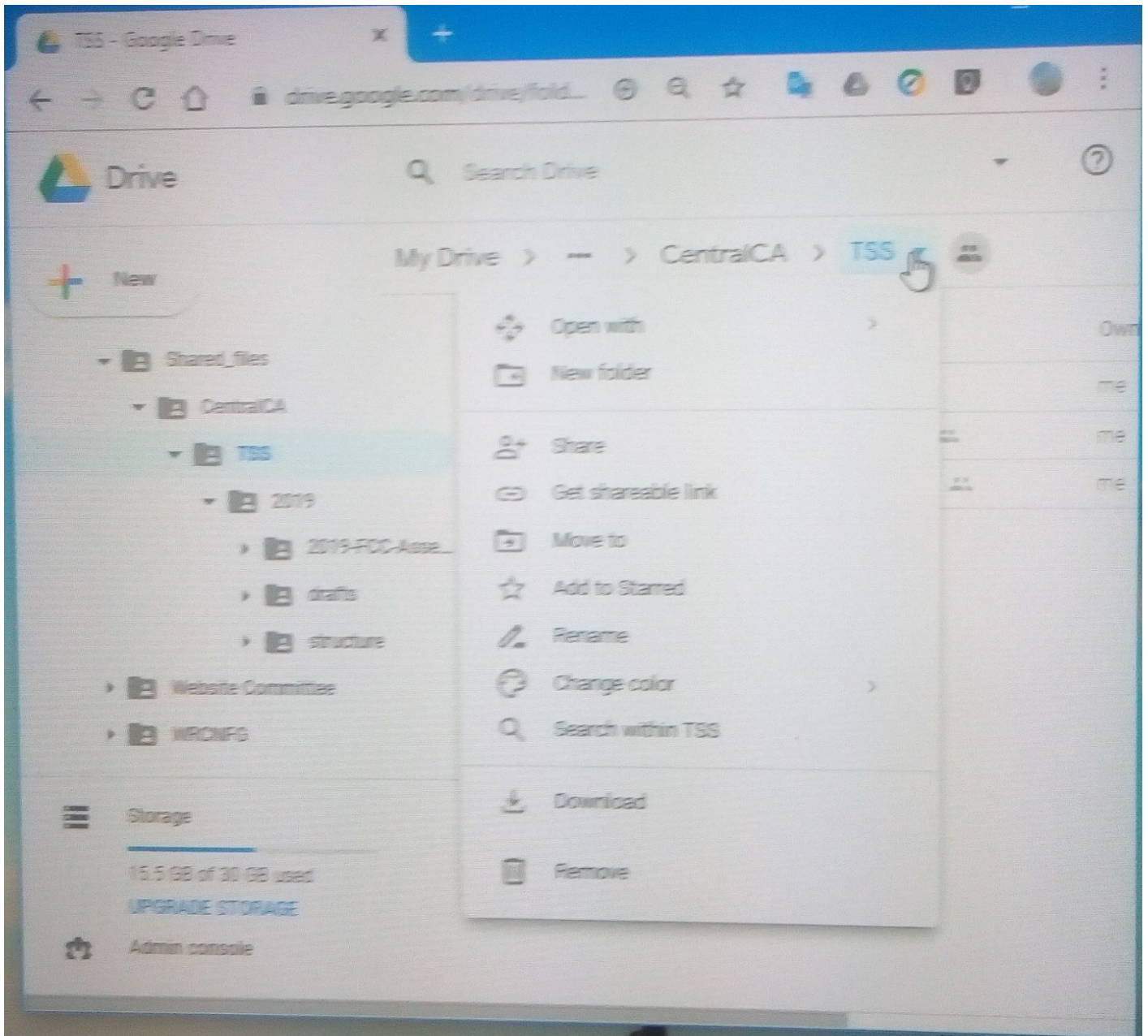
## CCR Users' Guide to File Storage



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."

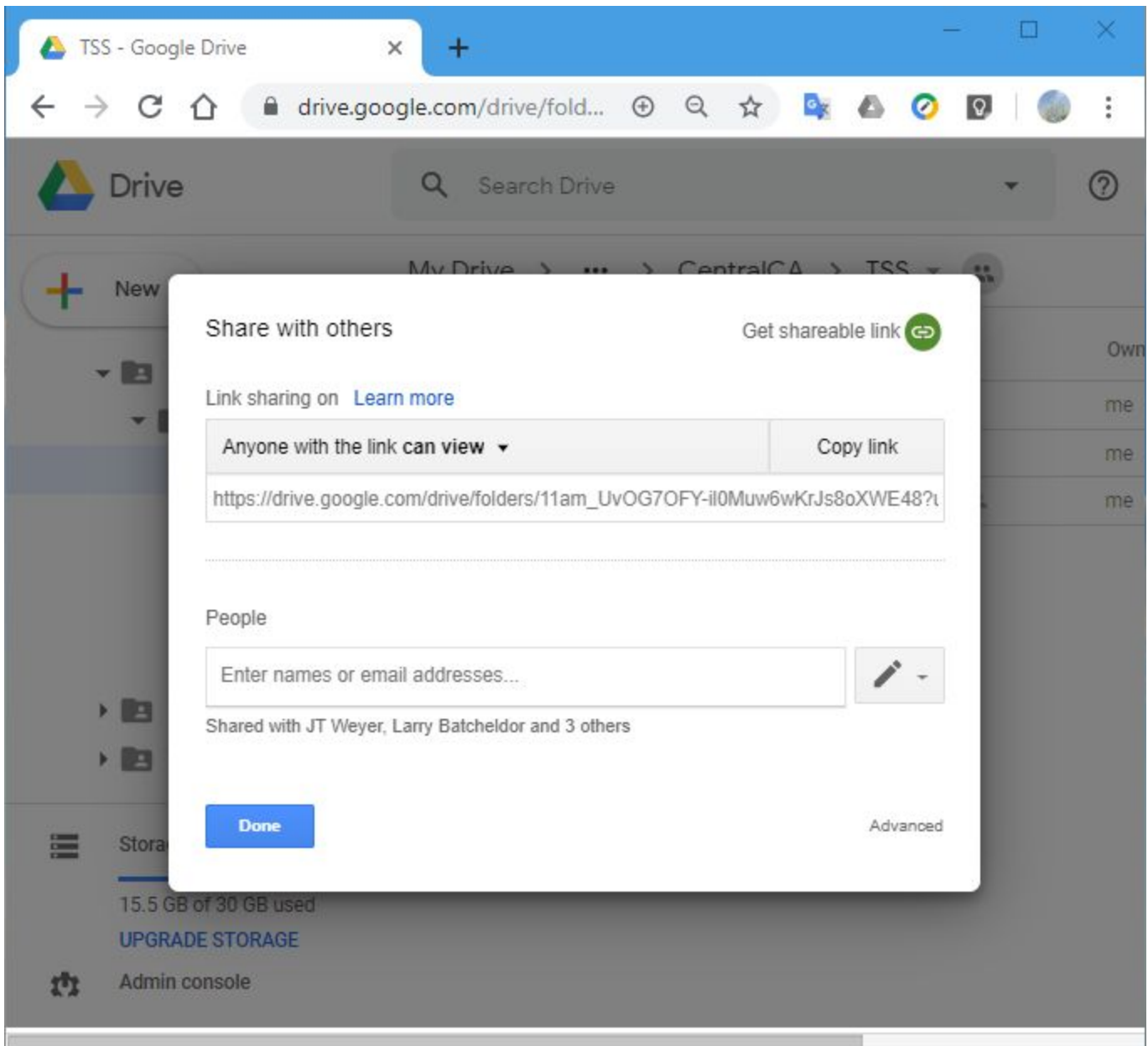
Next to the right end of the path, there is a down arrow. Click on the down arrow. (Sorry, the following image is blurry.)

CCR Users' Guide to File Storage



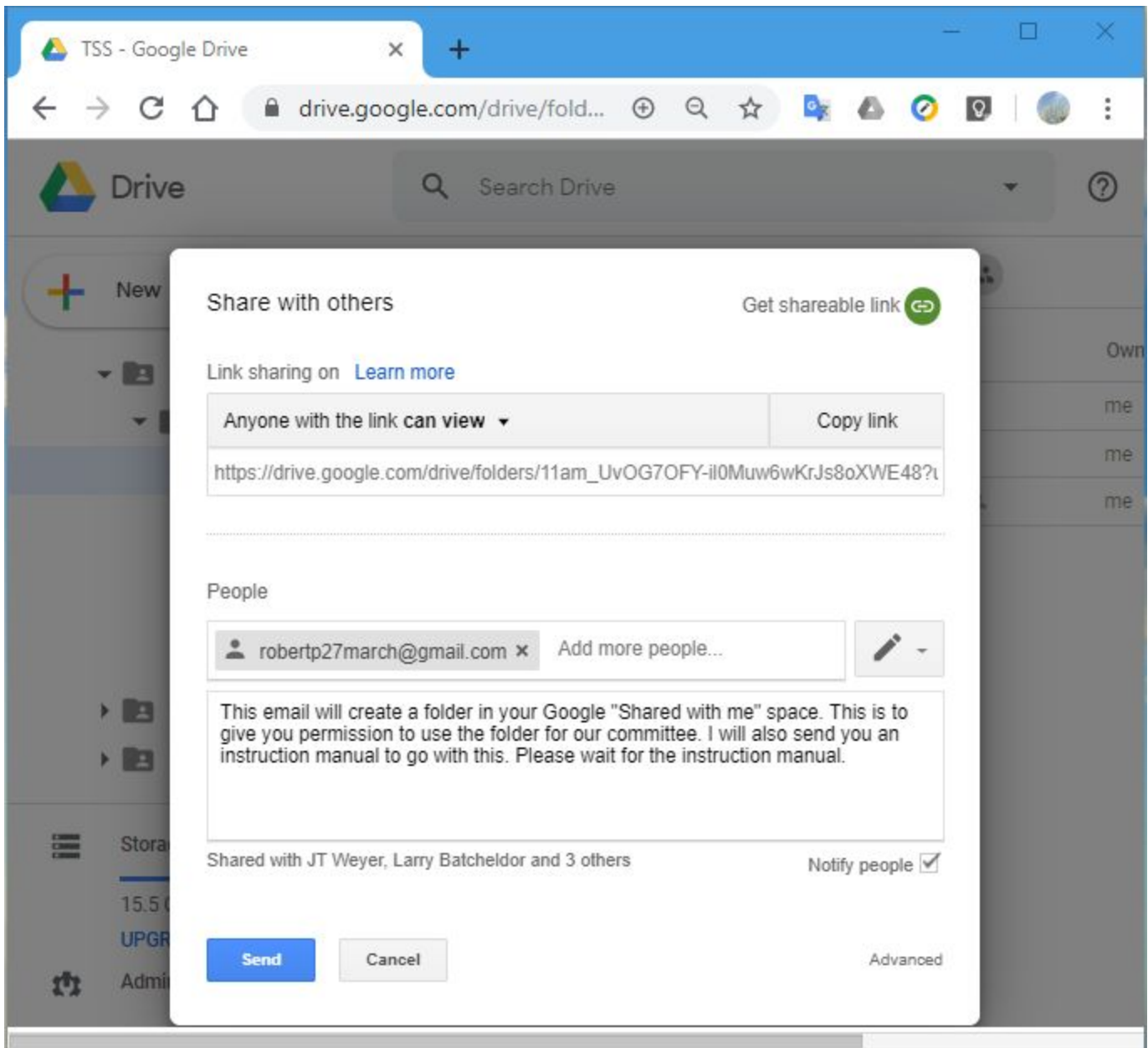
Click on the option which says “Share.”

## 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](mailto:robertp27march@gmail.com).  
Larry B, 805-550-7159, [CentralCoastLarry@gmail.com](mailto:CentralCoastLarry@gmail.com).  
Scott N, 805-451-7841, [Scott@nar-anon.org](mailto:Scott@nar-anon.org).

*Technology Services Subcommittee of the  
Central California Region of  
Nar-Anon Family Groups*  
**Internal Guidelines**



Adopted by the CCR TSS May 18, 2020

# Duties and Responsibilities

The duties and responsibilities of the Central California Region (CCR) technology services subcommittee (TSS) are described on page 29 in the CCR [Guide to Regional Services](#).

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

## Members

### Desired General and Unique Qualifications

Committee members should enjoy working in a collaborative environment based on consensus as expressed through group conscience.

Suggested guidelines for membership on a service committee are described in the [Nar-Anon Guide to World Services](#) on page 34.

- “Attend Nar-Anon (or Narateen) group meetings regularly.”
- “Have completed three years of service in Nar-Anon.”
- “A working knowledge of Nar-Anon’s Twelve Steps, Traditions, and Concepts of Service.”
- “Have the ability to work independently and as a team member, make proposals/suggestions, be flexible in the decision-making process, and complete assignments within deadlines.”
- “Be available to attend scheduled committee meetings using the technology predetermined for such meetings (e.g., conference calls, internet calls, committee web forums, email).”

As noted on page 38 in the [Nar-Anon Guide to World Services](#), it is also desirable for members on a technology committee to have prior experience with the relevant technology.

Further guidance regarding committee membership is found on page 24 in the CCR [Guide to Regional Services](#).

These qualifications are merely suggested and will not disqualify a member who has a genuine desire to serve on this committee.

## Guiding Principles

- Traditions, Concepts, and the Principles of our program will be the foundation of all our work.
- The committee is directly responsible to the CCR Regional Service Committee (RSC) as noted in Concept Five, which in turn is directly accountable to the groups as represented in the CCR Regional Assemblies.

## CCR TSS - Internal Guidelines

- Participating in online meetings is very important, but if members cannot make the meeting please give notice. Three missed meetings with no notice or four missed meetings in a row will result in removal from committee communications.
- For the purpose of this subcommittee, a quorum consists of 51% of the members of the subcommittee.
- In order for committee work to move forward, should the committee chair not be able to make the meeting, the vice-chair will chair. In the event the vice-chair is not present, a quorum of the members may elect one member to lead the meeting.

## Agendas and Minutes

- Minutes will be posted no later than 72 hours prior to the next scheduled meeting for committee review (emergency meetings do not apply).
- Agenda, attachments, and reports should be posted no later than 72 hours prior to the meeting, so members can review prior to the meeting.
- Call for agenda items is always open. Part of each agenda will be a call for new business items before the old business is started. All members may add any items to the agenda.
- As a courtesy to members, it is suggested draft agendas, reports, and minutes be distributed at least one week in advance of the scheduled meeting.

## Communications

- All committee communications will be sent to all committee members.
- If a committee member has accepted an assignment, and cannot fulfill that assignment the committee would like to be made aware and should be willing to help.
- Setting a deadline wherever possible will help move the work forward.
- All work will be maintained in a shared online archiving resource. This will help present and future service members with access to the Committee's work.
- All correspondence/reports to the members and groups will be reviewed by the whole committee before distribution.
- When using email, please use the Blind Carbon Copy (BCC), or another similar technique, for all committee correspondence to the fellowship to ensure the anonymity of all recipients.

## Reports

- Committee Chair will provide a monthly committee progress report during the monthly RSC meeting.
- The Committee Chair will work with the committee to prepare a written report for each Regional Assembly (RA). All reports will be posted for committee review and input. The report will be submitted to the Regional Secretary in time to be included in the agenda packet for the RA.

## Terms and Elections

Service positions are filled by a group conscience of the committee. The term is two years. It is recommended that no one shall serve in the same position more than two full consecutive terms, in addition to an interim term.

If an officer is elected between regularly scheduled election meetings, the term is considered 'interim,' and will last until the next regularly scheduled election meeting. Election meetings will occur in odd-numbered years in the month following the summer RA.

## Duties of Committee Members

### Chair

- Presides over committee meetings
- Serves as liaison between the committee, the RSC, and other regional service committees
- Works with the Committee to prepare meeting agendas and ensures they are posted per Committee guidelines
- Is responsible for and manages committee emails; shares information with the committee, asks for group conscience on replies to emails as needed
- Sets up calendar reminders for committee meetings
- Works with the committee to compile reports for the RSC and RA
- Regularly attends the CCR RSCs and RAs
- The recommended experience for this position is two years' previous service on a Nar-Anon service committee

### Vice-Chair

- Presides over committee meetings if the Chair is unavailable
- Willing to become chair at the end of the chair's term (or if the chair steps down), if elected by the committee
- Learns the role of the chair and how the chair completes tasks such as communications.
- Regularly attends the CCR RSCs and RAs
- The recommended experience for this position is one years' previous service in a Nar-Anon group or service committee

### Secretary

- Records meeting minutes
- Prepares draft minutes for approval at the next meeting

- Ensures the approved minutes are posted per Committee guidelines

## Revision History

May 18, 2020: Adopted by the CCR TSS.

## How to request access to the CCR Zoom account

Would your group like to use the shared CCR Zoom account at no cost to your group? If so:

Check the CCR reservations calendar on the Member Services > CCR Video Conference Reservations and the Shared Teleconference Service pages on the [CCR website](#).

- Look to see if another group or event has already reserved that time.
- If your preferred time is already taken, send an email to [ccrnfgca@gmail.com](mailto:ccrnfgca@gmail.com) and ask the Technology Service Subcommittee (TSS) for an alternative solution.

Send an email to the CCR account administrator at [ccrnfgca@gmail.com](mailto:ccrnfgca@gmail.com).

- Give details about the events - Is it a recurring group meeting, a regional committee meeting, or some other Nar-Anon event?
- What time and day do you want to reserve?
- Provide the contact information for the person who will run the Zoom meeting.

Wait for a reply email to confirm the reservation.

Verify the information:

- Check the CCR reservations calendar to confirm the meeting is shown on the calendar.
- Then schedule an appointment with the TSS representative to do a practice session.
- The TSS can provide training if you would like.
- Then verify your Zoom access and host a test meeting.

Give the meeting information to the participants.

## Sharing literature with Newcomers

Just last year, when newcomers walked in the door, many groups gave them a Newcomers Packet. Some included a copy of the Blue Booklet. Some added a list of member phone numbers. Then, we moved into a virtual world. What do we do now?

We can give newcomers the link to the Nar-Anon store and let them go buy some literature:

<https://nar-anon-webstore.myshopify.com/>

We can give newcomers a link to the wonderful Nar-Anon literature that is free to download:

<https://www.nar-anon.org/outreach> and <https://www.nar-anon.org/service-literature>

We can tell them that [Amazon](#), [Apple](#), and [Barnes & Noble](#) sell electronic versions of the Blue Booklet, the SESH, and a few other items that they can buy and download instantly.

What we cannot do is make copies of Nar-Anon literature and mail it to the newcomers. We cannot photocopy the SESH page for the day and email to everyone in the group. We cannot type up our favorite parts from the Blue Booklet and email to the newcomers. A copyright “means no part of a Nar-Anon publication may be reproduced, stored in, or introduced into an retrieval system, or transmitted in any form or by any means (electronic, mechanical, photocopying, recording, or otherwise), without the prior written permission” (1) from Nar-Anon World Service. We cannot print our own dollar bills. We cannot photocopy a dollar bill and send it to a friend so they can print it. Nor can we photocopy or email Nar-Anon literature.

But what if we simply display our personal copy of Nar-Anon literature on the screen during a meeting? Many groups are doing this. For example, a member might buy an electronic copy of the SESH from Amazon, Apple, or Barnes & Noble, and then display the copy they own on the screen during the meeting. In doing this, are we helping the newcomers follow along? Or, are we enabling the newcomers and telling them they do not need to buy, read, or study our literature because we can do it for them?

(1) Copyright Thirty-One Days in Nar-Anon.





## WORLD SERVICE BOARD OF TRUSTEES BULLETIN

### Bulletin 003

#### Virtual Meetings and The Use of Conference Approved Literature (CAL)

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In the face of the worldwide COVID-19 pandemic many face-to-face meeting locations were closed. This led to groups deciding to hold their meetings virtually. Virtual groups that wanted to make readings from the *Nar-Anon Blue Booklet* available to newcomers have typed up copies of the Blue Book pages for display on the screen during the meetings' opening words. Some groups share a member's e-book version on the screen for members to read. Some regions have posted CAL on their websites. However, the fellowship has a policy about using Nar-Anon's copyrighted literature and materials without being given written permission.

Below are excerpts of the Copyright and Trademark Information found on pages 26 and 27 of the *Guide to World Services*.

*Nar-Anon conference approved literature (CAL), which includes recovery, service, and outreach literature and materials, is copyrighted and owned by NFGH, Inc. It is expressly prohibited to reproduce, retransmit, or republish copyrighted literature and materials without written permission. Permission will not be granted for substantial reprints of CAL, with the exception of those countries outside the United States holding a duly executed contract with NFGH, Inc.*

*There are certain exceptions for reproducing or reprinting literature. Outreach literature labeled "This may be photocopied," may be reproduced by local outreach committees for use in their areas and regions. Area or regional committees may use quotes or reprint portions of Nar-Anon CAL that do not exceed 25% of the original piece or do not exceed 25% of a single chapter or section, if taken from a booklet or book. The Twelve Steps, Twelve Traditions, Twelve Concepts of Service, Mission and Vision Statements from the Nar-Anon Blue Booklet or world service website may be used in their entirety. These excerpts shall always include proper notation or credit identifying the origin of the quote or reprinted portion. This does not create any legal right or claim to Nar-Anon's CAL.*

*Whenever a violation of a copyright or trademark comes to the attention of the World Service Board of Trustees, it is the responsibility of the BOT, through its duly appointed representative, to notify the violator. This is necessary in order to avoid invalidation of the copyright and trademark.*

The World Service Board of Trustees is aware the groups were not displaying the Blue Book readings to violate our fellowship's policy but trying to share the readings with newcomers as they did in face-to-face meetings. As stated in the policy, groups can share the Twelve Steps, Twelve Traditions, Twelve Concepts of Service, Mission and Vision Statements on the screen. We are asking all virtual groups to adhere to the fellowship's policy.

The Board of Trustees voted unanimously against developing the electronic reading cards that were proposed to us. Here are some options virtual groups can use in place of electronic reading cards:

1. Asking newcomers for mailing address and sending them newcomer's package.
2. Posting in chat the Nar-Anon web address to purchase the literature from Nar-Anon.
3. Posting in chat where Nar-Anon eBooks can be purchased.
4. Ask newcomers for their email address and send information on where to purchase literature.

With all the above suggestions, please be mindful of anonymity in collecting and sending information to newcomers.

# Suggestions regarding contributing to your group - update

While online meetings are a substitute for in-person meetings, many groups are struggling to find a replacement for the Seventh Tradition. Here are some suggested alternatives to passing the basket.

1) Some groups have asked members to put a dollar or more in their SESH book, or in an envelope every week, and hold onto that money until the group meets in-person again. This was a great idea when we thought the online meetings were only going to last a few weeks. It still works even though we have been separated longer than expected. However, your group, your region, and Nar-Anon world service still have bills which cannot be paid with money saved in your SESH book.

2) We value anonymity and do not ask any member to reveal anything more about themselves than they chose to share. Our Traditions say we should not share personal information outside our fellowship. Sharing personal information within the group, however, is allowed as a matter of personal choice. If your group Treasurer is willing to share a mailing address, group members can mail checks to the Treasurer made out in the name of "Cash." While not recommended, it is also possible to mail actual cash with a short note explaining the cash is a donation to the group.

3) A few groups have set up online accounts - such as Venmo or PayPal. We recommend any account be created with an email account owned by the group so the online payment account can be transferred to the next group Treasurer when it is time for service rotation. To the best of our knowledge, it is not necessary to link the online account to a physical bank account. However, neither the Central California Region nor the World Service Office currently accept payments from Venmo nor PayPal. You will need to 1) link your online account to a personal bank account, 2) apply for a debit card connected to your online account, or 3) transfer money from PayPal to your group Treasurer if you want to contribute to the region or world service.

4) While not yet as popular in the USA, many international groups are using cash transfer applications so members can use a phone based app to transfer money directly to the phone based app setup for the group. This might be difficult to set up today because phone based cash transfer applications are not as popular in the USA, but expect to see this in the future.

## Update

This information was previously shared within the Central California Region (CCR). Since then, concerns about Venmo privacy and anonymity have been brought to the attention of the CCR Technology Services Subcommittee. By default, all Venmo transactions are visible to the public. It is important that both the person contributing the money and the person receiving the money have their Venmo settings for all transactions and also for this specific transaction set to "private." The CCR TSS does not want to govern, but we do recommend you carefully consider the many internet articles warning about Venmo privacy concerns.

Western  
Regions  
Convention

## **WRCNFG Report**

The 2021 Western Regions Convention of Nar-Anon Family Groups will be a virtual event this year. It will be on Saturday, February 20th. We hope you can join us.

Information about the Zoom connection and the schedule are included in the event flyer within this agenda packet. The morning session is a set of speakers talking about Nar-Anon. We have an amazing selection of speakers.

The afternoon session will bring together the six Western Regions to discuss the status and future of Nar-Anon. An example of the report each region will present is also included in this agenda packet. It will be interesting to hear how each region has dealt with 2020, and what they have planned for 2021.

**Western Regions Convention of  
Nar-Anon Family Groups**

**2021 Convention**

**“What a Concept!  
The ever-changing future”**



**Saturday February 20, 2021**

**Zoom Meeting ID 840 7969 9756**

<https://us02web.zoom.us/j/84079699756>



**Nar-Anon  
Speakers**

9:30 am Pacific, 10:30 am Mountain,  
12:30 pm Eastern, 5:30 pm GMT

10:00	Welcome	Emcee
10:10	Concepts	Northern Cal.
11:00	Challenges	High Desert
11:30	Cooperation	Central Cal.
12:00	Collaboration	Rocky Mtn.
12:30	Connections	Southern Cal.
1:00	Contributions	Pacific NW.

**Multi-Regional  
Business  
Meeting \***



2:00 pm Pacific, 3:00 pm Mountain,  
5:00 pm Eastern, 10:00 pm GMT

The Western Regions Convention of Nar-Anon Family Groups is committed to providing an annual convention for:

- Service training based on the Nar-Anon Principles;
- Opportunities to learn and share about common challenges;
- A multi-regional business meeting to facilitate cooperation between regions;
- A collaborative environment for all regions;
- Opportunities for members to connect with members from other regions.

For additional information about this event and about the Western Regions Convention of Nar-Anon Family Groups:  
<https://sites.google.com/nar-anon.org/wrcnfg>

\* If your region is interested in speaking during the multi-regional business meeting, please have a regional officer send an email to [WRCNFG@Nar-Anon.org](mailto:WRCNFG@Nar-Anon.org)

# Central California Region

<b>States</b>	Central part of California
---------------	----------------------------

<b>Groups</b>	<b>17</b>	<b>Groups in total</b>
---------------	-----------	------------------------

<b>Virtual</b>	13	Groups exclusively meeting virtually or on-line
----------------	----	---

<b>In-person</b>	2	Groups that exclusively meet in-person
------------------	---	--

<b>Hybrid</b>	1	Groups that combine virtual with in-person
---------------	---	--

<b>Suspended</b>	1	Groups not meeting at all for now
------------------	---	-----------------------------------

## Special focus recurring groups

<b>Narateen</b>	0	
-----------------	---	--

<b>Newcomer</b>	0	
-----------------	---	--

<b>Study</b>	2	Weekly Step Study workshops
--------------	---	-----------------------------

<b>Special</b>	0	
----------------	---	--

	0	
--	---	--

	0	
--	---	--

	0	
--	---	--

# Central California Region

## Officers – Filled, Inactive, or Vacant

<b>Filled</b>	<b>Chair</b>
<b>Searching</b>	<b>Vice-chair</b>
<b>Filled</b>	<b>Secretary</b>
<b>Filled</b>	<b>Treasurer</b>
<b>Filled</b>	<b>Delegate</b>
<b>Filled</b>	<b>Alternate Delegate</b>
<b>0</b>	<b>Area Service Reps (how many)</b>
<b>0</b>	<b>(other)</b>

## Committees – Filled, Inactive, or Vacant

<b>Searching</b>	<b>Conventions / Events</b>
<b>No</b>	<b>Finance</b>
<b>Inactive</b>	<b>Guidelines</b>
<b>Filled</b>	<b>Literature</b>
<b>No</b>	<b>Narateen</b>
<b>Inactive</b>	<b>Nominating</b>
<b>Filled</b>	<b>Outreach</b>
<b>Filled</b>	<b>Website / Technology</b>
<b>No</b>	<b>(other)</b>

# Central California Region

## Communication (how many per year)

<b>Narathon</b>	<b>Convention for Nar-Anon or a Narathon</b>
<b>Not since COVID</b>	<b>Convention participation with NA</b>
<b>WRCNFG</b>	<b>Convention with other Nar-Anon regions</b>
<b>Monthly</b>	<b>Email to announce RSC or RA</b>
<b>Monthly</b>	<b>Email with monthly news summary</b>
<b>A few per year</b>	<b>Email with special announcements</b>
<b>Twice a year</b>	<b>Regional Assembly</b>
<b>Monthly</b>	<b>Regional Service Committee meetings</b>
<b>Monthly</b>	<b>Regional sub-committee meetings</b>
<b>Virtually</b>	<b>Visit to group by Delegate / Alternate Delegate</b>
<b>Approx. weekly</b>	<b>Website updates (how often)</b>
<b>Not lately</b>	<b>Workshops on service</b>
<b>Not yet planned</b>	<b>Workshops on the CAR (during a WSC cycle)</b>
<b>2 weekly</b>	<b>Workshops on the Steps</b>
	<b>(other)</b>



# Central California Region

## Accomplishments in 2020

**Successful migration of groups from in-person to virtual with only a few closed**

## Challenges in 2020

**Gathering group votes on the 2021 CAR**

# Event Flyers



**NEW**

**Six-Week Service Series - 2021**

**Saturday Morning**

**January 9, 16, 23, 30**

**February 6, 13**

- 7:00 - 8:00am Pacific Time
- 8:00 - 9:00 am Mountain Time
- 9:00 - 10:00 am Central Time
- 10:00 - 11:00 am Eastern Time

New service topic weekly.  
Speakers share ESH in service positions.  
Become familiar with service literature.  
Q & A – bring your questions.

*A Step 12 opportunity –  
Service carries the message.*

**January 9**  
GLS and GWS  
Guide to Local Service  
Guide to World Service

**January 16**  
GSR  
Group Service Representative  
Alternate GSR

**January 23**  
ASC/RSC and RSA  
Area Service Committee  
Regional Service Committee  
Regional Service Assembly

**January 30**  
Delegate  
Alternate Delegate  
Regional Delegate  
World Service Conference

**February 6**  
Subcommittees  
Regional Committees

**February 13**  
Guide to World Service - GWS  
World Service Committees  
10 Committees  
Board of Trustees

Contact: [chantalgm@att.net](mailto:chantalgm@att.net)

Meetings held in the [naranonrm.org](http://naranonrm.org)  
Virtual Meeting Room



NorCal Region plans to present FOUR ZOOM “*how to*” workshops:

# *GETTING TO KNOW YOUR CAR*

*Where the Rubber Meets the Road!*



**Saturdays, 1:30 PST-2:30 PST, Jan 9, Jan 23, Feb 6, & Feb 27**  
**Zoom ID: 864 0443 8525 | 500 participant limit**

We intend that using relatable automobile references may help to make this a fun/attractive/effective series of service “*how to*” workshops on presenting the CAR to your group and creating a robust group conscience.

Background:

The packet of motions for the 2021 **Conference Agenda Report (CAR)** is a tool by which the World Service Conference Committee communicates the issues/motions that will be addressed at the conference that occurs end of April 2021.

The World Service Conference (WSC) asks that each region distribute the **CAR** to all of its groups, so that every member of the worldwide fellowship may have an opportunity to review it and have their voice heard at the group level.

Each groups’ conscience will then be carried by their group service representative to the region’s assembly so that the regional delegate and/or alternative delegate may bring that voice to the WSC and **every group has an opportunity to be represented and heard at WSC. In this way, Nar-Anon represents all of us.**

**IN THE SPIRIT OF COOPERATION**

# SHARING OUR INDIVIDUAL STORIES MOTHER & SON

**WHEN:**

**Tuesday Night  
February 16, 2021**

**SPEAKERS:**

**Nar-Anon Member: Mary Elin (Mother - CO)  
& NA Member: Marc (Son - NM)**

**TIME: SPEAKERS: 8 – 9 pm EST  
OPEN SHARING: 9 – 9:30 pm EST**

**ZOOM INFO<sup>†</sup>:**

**ZOOM ID: 843-1069-6890  
ZOOM DIAL IN: 929-205-6099  
WEBSITE: [www.nynaranon.org](http://www.nynaranon.org)  
NO PASSWORD REQUIRED**

This Event is  
Hosted By:  
New York Region  
Nar-Anon  
Family Groups



**†PARTICIPANTS LIMIT: 100**

**A Nar-Anon Speaker Meeting  
with a Member from Narcotics Anonymous\***

**CONTACT:  
[nynfgsec@gmail.com](mailto:nynfgsec@gmail.com)**

**\*Tradition 6:** Our Family Groups ought never to endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim; but although a separate entity, we should always cooperate with Narcotics Anonymous.

**Tradition 11:** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet and other forms of mass media. We need guard with special care the anonymity of all NA members.

**Western Regions Convention of  
Nar-Anon Family Groups**

**2021 Convention**

**“What a Concept!  
The ever-changing future”**



**Saturday February 20, 2021**

**Zoom Meeting ID 840 7969 9756**

<https://us02web.zoom.us/j/84079699756>



**Nar-Anon  
Speakers**

9:30 am Pacific, 10:30 am Mountain,  
12:30 pm Eastern, 5:30 pm GMT

10:00	Welcome	Emcee
10:10	Concepts	Northern Cal.
11:00	Challenges	High Desert
11:30	Cooperation	Central Cal.
12:00	Collaboration	Rocky Mtn.
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**Multi-Regional  
Business  
Meeting \***



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For additional information about this event and about the Western Regions Convention of Nar-Anon Family Groups:  
<https://sites.google.com/nar-anon.org/wrcnfg>

\* If your region is interested in speaking during the multi-regional business meeting, please have a regional officer send an email to [WRCNFG@Nar-Anon.org](mailto:WRCNFG@Nar-Anon.org)

# Help Us Stay Afloat!



World Service Office  
needs our support!!



Join us...

Date: 2/21/21

Time: 11:00am - 5:00pm ET



**Hosted in the Rocky Mountain Virtual Meeting Room**

Email Contacts: [nynfgsec@gmail.com](mailto:nynfgsec@gmail.com) & [chairnaranonrm@gmail.com](mailto:chairnaranonrm@gmail.com)

Our common welfare should come first; personal progress for the greatest number depends on unity.

Virtual  
Meeting  
Directory



# CCR VIRTUAL MEETINGS LIST

To continue to support our fellowship and the newcomer the following meetings are held virtually until further notice because of an abundance of caution around the COVID-19virus. *Last update 11/18/20.*

## **SUNDAY:**

- **1 PM, NFG Step Study** - *Nar-Anon Family Step Study* group will meet via Zoom. To join, click link <https://us02web.zoom.us/j/7459777458>, Meeting ID: 745 977 7458. To dial-in 1 669 900 6833, Meeting ID 745 977 7458. All Nar-Anon members are welcome. [Click to visit website](#)
- **6:30 PM, Santa Cruz** - *Saving OurSelves* (aka *SOS*) group will meet online via Zoom until further notice. To join, click link <https://us02web.zoom.us/j/7459777458>, Meeting ID: 745 977 7458. To dial-in 1 669 900 6833, Meeting ID 745 977 7458. Newcomers are welcome!
- **7 PM, Los Gatos** - *Peace and Serenity on Sunday* group will meet via FreeConferenceCall until further notice. To join, dial-in 425-436-6358 Access Code: 415007# or download app and enter Meeting ID - santaclaranaranon. *Newcomers and all Nar-Anon members are invited!*

## **MONDAY:**

- **6:30 PM, Salinas** - *Monday Night Serenity* group will meet via FreeConferenceCall until further notice. To join, click link <https://join.freeconferencecall.com/416-570-783> or dial-in 515-604-9099 Access 416-570-783#
- **6:30 PM, Seaside** - *Monday Nite Miracles* group will meet via Zoom until further notice. To join, click link <https://zoom.us/j/7459777458>, or dial-in by phone 1-669-900-6833, Meeting ID 7459777458#

## **TUESDAY:**

- **6:00 PM, Atascadero** - *Candle Light* group will meet via Zoom until further notice. To join, click link <https://us02web.zoom.us/j/9622810477?pwd=QnF0UzROc1oxbEpwSXlDeGxVajZaQT09>, Meeting ID: 962 281 0477, Passcode: 013671. Dial-in (669) 900-9128, Meeting ID: 962 281 0477. *Newcomers and all Nar-Anon members invited!*
- **6:30 PM, Monterey** - *In the Solution* group will meet via Zoom until further notice. To join, click link <https://zoom.us/j/93264701592?pwd=ZXF6cUR4VUV3ZU0xcCtJTIJrbFU3UT09>, Meeting ID: 932 6470 1592, Password: 049795 or dial-in by phone [16699006833](tel:16699006833), Meeting ID 93264701592#, Password 049795#

**WEDNESDAY:**

- **7:30 PM, Gilroy** - *Guide to Serenity* group will meet via Zoom teleconference. To join, click link
- <https://callistomedia.zoom.us/j/95504611094?pwd=Z1N6YlBwRGhYUHIHSWdWTTRCbEhxZz09>, Meeting ID: 955 0461 1094 Password: 202020

**THURSDAY:**

- **6:30 PM, Salinas** - *Sweet Serenity* group is suspended. However, does participate with Salinas, Monday 6:30 PM meeting via FreeConferenceCall. To join, please scroll to Monday, 6:30 PM, Salinas information
- **7:00 PM, Hollister** - *Winds of Change* group will meet via Zoom. *Newcomers and all Nar-Anon members are invited!* To join, click link <https://us02web.zoom.us/j/7459777458>, Meeting ID: 745 977 7458. To dial-in 1 669 900 6833, Meeting ID 745 977 7458.
- **7:30 PM, Los Gatos** - *Vision of Hope* group will meet via Zoom teleconference. To join, click link: <https://us02web.zoom.us/j/86499034930?pwd=MEdLUlRqSjVpaUIBR1Y2OGF6eTdQUt09>, Meeting ID: 864 9903 4930, Passcode: 4242 Or dial-in +16699009128 ID: 86499034930#0#4242#

**FRIDAY:**

- **6 PM, Santa Barbara** - *I Can Be Free* group will meet via Zoom until further notice. To join, click link <https://us02web.zoom.us/j/7459777458>, Meeting ID: 745 977 7458. To dial-in 1 669 900 6833, Meeting ID 745 977 7458. All Nar-Anon members are welcome. [Click to visit website](#)
- **6:30 PM, Scotts Valley** - *Sharing Experience, Strength and Hope* group will meet via Zoom until further notice. To join, click link <https://ucsc.zoom.us/j/203487999> Meeting ID: 203 487 999. Or dial-in 669 900 6833, Meeting ID: 203 487 999# *Newcomers and all Nar-Anon members are invited.*

**SATURDAY:**

- **9 AM, Monterey** - *Circle of Hope* group will meet via Zoom until further notice. Access Zoom Meeting by Computer or Zoom Application on a Smartphone. To join, click link <https://us02web.zoom.us/j/85486780329?pwd=TkRDT2FLM0hxdnhxRzF1QVJIWVg0dz09> Meeting ID: 854 8678 0329 Password: Hope (with a capital H) Dial-in by phone +1 669 900 6833 US, Meeting ID: 854 8678 0329 #, Password: 324902 *Newcomers and all Nar-Anon members are invited!*

- **6:30 PM, Simi Valley** - *Simi Valley Serenity group* will meet via Zoom for a weekly 12 Step Study for a year. To join, click link <https://laccd.zoom.us/j/946584137?pwd=VUVMZ0xnVmtsSVpaYnR6LzdhMnJRQT09> or dial-in 669-900-6833, Meeting ID 946584137#. [Click link to download flyer](#)
- **7:30 PM, Simi Valley** - *Simi Valley Nar-Anon Family group* will meet via Zoom until further notice. To join, click link <https://zoom.us> Meeting ID# 946 584 137 Password SVNAFG321 or join by dial in 669 900 6833. *Newcomers are welcome!*

For a current list of virtual meetings worldwide visit - <https://www.nar-anon.org/virtual-meetings>

Draft  
*Take Back to  
Meeting*  
Information and  
Announcements



# Nar-Anon Central California

## Take Back to Meetings for February 2021

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Group Service Representatives (GSRs) of the Central California Region (CCR), please bring these announcements to your meeting. It is suggested you make these announcements to your group for several weeks. Some items may better be addressed during monthly business meetings.

### Summary of Announcements

- **2021 Western Regions Convention**

*Saturday, February 20, 2021 from 10:00 AM to 2:00 PM PST.*

Meeting Link: <https://us02web.zoom.us/j/84079699756>

The annual Western Regions Convention of Nar-Anon Family Groups will be a virtual gathering on Saturday, February 20, 2021.

The preliminary schedule for the event is:

1. 10:00 - Welcome by Michael from Northern California
2. 10:10 - Concepts within Nar-Anon by Paula & Wendy from Northern California
3. 11:00 - Challenges within Nar-Anon by Kim & Cypriene from High Desert
4. 11:30 - Cooperation within Nar-Anon by Scott & JT from Central California
5. 12:00 - Collaboration within Nar-Anon by Cheryl from Rocky Mountain
6. 12:30 - Connections within Nar-Anon by a member from Southern California
7. 1:00 - Lunch break
8. 1:30 - Multi-Regional business meeting focused on Communication
  - a. Topic - Communication - Concept 8
  - b. Facilitator - Tony from High Desert
  - c. 20 minutes per region

A planning committee for the 2021 Western Regions Convention of Nar-Anon Family Groups is meeting every other week. All Nar-Anon members are welcome to attend. For information about the planning committee or the convention, send an email to [WRCNFG@Nar-Anon.org](mailto:WRCNFG@Nar-Anon.org).

### Service Opportunities

- **Regional Service Vacancies**

Vice Chair

Conventions / Events Chair

Narateen Subcommittee Chair

### Subcommittee Meetings

- **CCR Literature Subcommittee**

Next meeting is on Sunday, January 24 from 8:30 AM to 9:30 AM. The subcommittee meets via Skype. All Nar-Anon members are welcome to join us on Skype for the next meeting of the CCR Literature Subcommittee. Please email [ruthkellogg@aol.com](mailto:ruthkellogg@aol.com) before the meeting



# Nar-Anon Central California

## Take Back to Meetings for February 2021

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so that you can be added to the Skype call.

- **CCR Outreach Subcommittee**

The Outreach Subcommittee is reaching out for comments, questions, ideas, and members to help get the word out and to get more meetings established. Please respond to [Chair@NarAnonCentralCA.org](mailto:Chair@NarAnonCentralCA.org) or attend next meeting on Tuesday, January 26, 2021 from 8:00 PM to 9:00 PM. The subcommittee meets via FreeConferenceCall. Please dial 1-515-604-9099 and enter Access code 416-570-783#. You may also use this link: <https://join.freeconferencecall.com/416-570-783>. You may also contact Janet S. at [Outreach@CentralCA.org](mailto:Outreach@CentralCA.org).

- **CCR Technology Service Subcommittee**

Next meeting is on Monday, February from 6:00 PM to 7:00 PM. The subcommittee meets via Google Meet. To participate, open <https://meet.google.com/mvz-qpsp-rst> or dial (662) 672-2028 and enter the PIN: 426857568. If you have questions about this, please send an email to Robert P. at [RobertP27March@gmail.com](mailto:RobertP27March@gmail.com).

## The World Service Office Needs Our Help

Our fellowship is struggling financially through this unprecedented worldwide pandemic. Tradition Seven states "Every group ought to be fully self-supporting, declining outside contributions."

Please send your donations in one of two ways:

- 1) Online at: <https://nar-anon-webstore.myshopify.com/products/donate-to-nar-anon>

Click path: [Nar-Anon WS](#)

[Website Home Page](#) > click on



the *Contribute* tile.

- 2) Make out a check to Nar-Anon FGH, Inc. and mail it to Nar-Anon FGH, Inc. 23110 Crenshaw Blvd. Suite A, Torrance, CA 90505 USA.

Thank you for your help. We are all in this together. Nar-Anon WSO

