

# Agenda

## Nar-Anon CCR Assembly

Saturday, January 22, 2022, from 10:30 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:	J.T. W.
Treasurer:	Les P.	Alternate Delegate:	<i>position vacant</i>

### Groups Represented

Group	GSR Name	Group	GSR Name
Atascadero, Friday <sup>(131-034)</sup>		Salinas, Thursday <sup>(131-030)</sup>	
Atascadero, Tuesday <sup>(131-033)</sup>		Santa Cruz, Sunday <sup>(131-024)</sup>	
Carmel, Wednesday <sup>(131-075)</sup>		Scotts Valley, Friday <sup>(131-025)</sup>	
Gilroy, Wednesday <sup>(131-009)</sup>		Seaside, Monday <sup>(131-031)</sup>	
Los Gatos, Sunday <sup>(131-011)</sup>		Simi Valley, Saturday <sup>(131-068)</sup>	
Los Gatos, Thursday <sup>(131-010)</sup>		I Can Be Free, Friday <sup>(131-066 V)</sup>	
Monterey, Saturday <sup>(131-029)</sup>		NFG Step Study, Sunday <sup>(131-117 V)</sup>	
Monterey, Tuesday <sup>(131-028)</sup>		Winds of Change, Thursday <sup>(131-138 V)</sup>	
Salinas, Monday <sup>(131-130)</sup>			

\* Indicates a registered group. Groups reregister each calendar year and may register at any time with the CCR Secretary ([Secretary@NarAnonCentralCA.org](mailto:Secretary@NarAnonCentralCA.org)). Please use the online **GSR and Alternate GSR Registration Form** to register for the Assembly.

All Members in attendance, please use the **Member Sign-in Form**. Use this form on the day of the meeting to affirm your attendance at Regional Assemblies and Area Service Committee meetings.

### 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>	Ad Hoc Elections	Michael F.

### Quorum Summary

Total Groups	Registered Groups	Current Quorum
17		

### Agenda Summary

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8. New Business .....	4
9. Administration .....	5
10. Adjournment .....	5

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

10:30 AM to 10:45 AM

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

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

Dial-in Numbers: (669) 900-6833, (408) 638-0968

Meeting ID: 745 977 7458 #

Passcode: This meeting room has no passcode.

- 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

*10:45 AM to 10:55 AM*

- A) A motion is requested to approve minutes for the Assembly of July 24, 2021.  
*See the Draft Minutes section of this packet.*
- B) A motion is requested to approve minutes for the Vote by Email Assembly of December 2021.  
*See the Draft Minutes section of this packet.*

## 3. RSC Reports

*10:55 AM to 11:30 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.*  
*The Chair will postpone the Treasurer's Report until prior to New Business item D) i. motion to rollover funds from 2021 to 2022 Budget; and ii Budget discussion and motion to adopt 2022 Budget.*
- C) Delegates – J.T. W.  
*See the Delegate's Report section of this packet.*

## 4. Group Reports

*11:30 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. Topics for discussion are each group's health and the group member's degree of interest or awareness of Nar-Anon beyond the group level, and if it is even relevant to a member's recovery.

## 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 1:50 PM*

A) Outreach – Janet S.

*See Outreach Subcommittee Report section of this packet.*

B) Literature – Ruth K.

*See Literature Subcommittee Report section of this packet.*

C) Conventions / Events – *Vacant.*

i) Bakersfield NA Convention – Michael F.

D) Technology Services – Robert P.

*See Technology Subcommittee Report section of this packet.*

E) Elections Ad Hoc Subcommittee Report – Michael F.

*See Ad Hoc Elections Subcommittee Report section of this packet.*

## 8. New Business

*1:50 PM to 3:15 PM*

A) Request for motion from RSC to confirm Michael F. as Chair of the Elections Ad Hoc.

*See Ad Hoc Elections Subcommittee Report section of this packet*

B) Request for motion from the RSC, as written in the Elections Ad Hoc Subcommittee Report, to conduct an Election Assembly at the RSA to be held in or near July 2022.

*See Ad Hoc Elections Subcommittee Report section of this packet*

C) Narateen in the CCR – J.T. W.

D) 2022 Budget Discussion and Adoption – Les P.

*See the Treasurer’s Report section of this packet.*

i) Regional Treasurer’s Report followed by a request for a motion to rollover surplus 2021 funds into the 2022 Budget.

ii) 2022 Budget discussions and 2022 Budget adoption motion.

E) Request for a motion to carry-over funds from 2021 budget to 2022 budget – Les P.

*See the Treasurer’s Report section of this packet.*

F) Western Regions Convention – Robert P.

*See the Western Region Convention section of this packet.*

## 9. Old Business

*3:15 PM to 3:45 PM*

- A) Discussion to hold a CCR Convention in conjunction with Monterey Area NA to be held in 2023 – Michael F.

## 10. Administration

*3:45 PM to 4:00 PM*

- A) Next Assembly.  
B) Take Back to Meeting Information and Announcements.

## 11. Adjournment

*Adjourn at 4:00 PM*

- A) Close the assembly with the Serenity Prayer.

Draft  
Assembly  
Minutes

Draft  
Minutes  
Assembly of  
July 24, 2021

# Minutes

## CCR Assembly

Saturday, July 24, 2021, 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:	J.T. W. (interim)	X
Treasurer:	Les P.	X	Alternate Delegate:	<i>position vacant</i>	

### Groups Represented

Group	GSR Name	Group	GSR Name
*Atascadero, Tuesday <sup>(131-033)</sup>	<b>Larry B.</b>	*Salinas, Thursday <sup>(131-030)</sup>	<b>Kim K.</b>
Atascadero, Friday <sup>(131-034)</sup>		*Santa Barbara, Friday <sup>(131-066)</sup>	<b>Scott C.</b>
*Carmel, Wednesday <sup>(131-075)</sup>	<b>Mary Lynn P.</b>	*Santa Cruz, Sunday <sup>(131-024)</sup>	<b>Sue R.</b>
* Gilroy, Wednesday <sup>(131-009)</sup>	<b>Helen W.</b>	*Scotts Valley, Friday <sup>(131-025)</sup>	
* Los Gatos, Sunday <sup>(131-011)</sup>	<b>Sara R.</b>	*Seaside, Monday <sup>(131-031)</sup>	
*Los Gatos, Thursday <sup>(131-010)</sup>		*Simi Valley, Saturday <sup>(131-068)</sup>	<b>John M.</b>
Monterey, Tuesday <sup>(131-028)</sup>		*NFG Step Study, Sunday <sup>(131-117)</sup>	<b>Robert P.</b>
*Monterey, Saturday <sup>(131-029)</sup>	<b>Mary O.</b>	* Winds of Change, Thursday <sup>(131-138)</sup>	<b>Barbara S.</b>
*Salinas, Monday <sup>(131-130)</sup>	<b>Ruth K.</b>		

\* Indicates a registered group. Groups may register at any time with the CCR Secretary ([Secretary@NarAnonCentralCA.org](mailto:Secretary@NarAnonCentralCA.org)).

### Subcommittee Chairs in Attendance

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

### Quorum Summary

Total Groups	Registered Groups	Current Quorum
17	14	8

### Agenda Summary

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



2. Adoption of Minutes of Previous Assembly .....	3
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11. 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

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

Dial-in Numbers: (669) 900-6833, (408) 638-0968

Meeting ID: 745 977 7458 #

Passcode: This meeting room has no passcode.

B) Open the meeting with the Serenity Prayer.

**(11:02 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**

**Les P. – Treasurer – Present**

**Scott N. – Secretary – Present**

**J.T. W. – Interim Delegate – Present**

**Ruth K. – Literature Subcommittee – Present**

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

### GSRs (11 voting members)

- 1) Larry B. – Atascadero, Tuesday - Present
- 2) Mary Lynn P. – Carmel, Wednesday – Present
- 3) Helen W. – Gilroy, Wednesday – Present
- 4) Mary O. – Monterey, Saturday – Present
- 5) Ruth K. – Salinas, Monday – Present
- 6) Kim K. – Salinas, Thursday
- 7) Scott C. – Santa Barbara, Friday - Present
- 8) Sue R. – Santa Cruz, Sunday - Present
- 9) John M. - Simi Valley, Saturday – Present
- 10) Robert P. – NFG Step Study, Sunday - Present
- 11) Barbara S. – Winds of Change, Thursday - Present

### Additional Attendees

None

### 15 total attendees.

- D) Announce number of voting members – Secretary.
- i) **11 groups present out of 14 registered groups.**
  - ii) **Quorum (51%) = 8 of 14 registered groups.**
- Quorum is met.**
- E) Reading of the *Twelve Traditions*. **Read by Barbara S.**
- F) Reading of the *Twelve Concepts of Nar-Anon Service*. **Read by Ruth K.**

## 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 23, 2021.  
*See the Draft Minutes of Previous Assembly section of this packet.*
- Motion to approve the minutes of the assembly of January 23, 2021.**
- First: Scott C.; Second: JT W.; Yes: 11; No: 0; Abstentions: 0; Motion Passes**

### 3. Adoption of the Agenda

11:20 to 11:25 PM

- A) Call for new business.  
**None**
- B) Call for order of business.  
**No change**
- C) Call for consensus on the agenda.  
**Consensus to adopt the agenda as presented.**  
**Yes: 11; No: 0; Abstentions: 0**

### 4. RSC Reports

11:25 AM to 12:00 PM

- A) Chair Report – Michael F. **(11:18 AM)**  
*See Regional Chair's Report section of this packet.*  
**Michael – read through the text of his report (page 47 of the packet).**
- B) Treasurer – Les P.  
*See Regional Treasurer's Report section of this packet.*  
**Michael – will postpone the Treasurer's report until New Business item B) 2022 Budget Discussion and Adoption.**
- C) Delegate – J.T. W. **(11:28 AM)**  
*See Delegates Report section of this packet.*  
**JT – read through her report (page 55 of the packet). The CCR has 18 meetings and 17 groups in the CCR. 6 groups are using the shared CCR Zoom account to host their meetings. The next WSC will be in 2023. Electronic literature and screen sharing were important topics of the WSC. There were several Floor Motions from the 2021 WSC that will be included in the 2023 CAR.**  
**JT – asked for questions.**  
**Scott C. – wanted to understand the motions.**  
**JT – indicated the final minutes are in the report (starting on page 62 of the packet).**  
**Mary – asked what is allowed to be screen-shared at this time?**

JT – said there is no CAL that can be screened shared, other than the 12 Steps, 12 Traditions, 12 Concepts, Newcomers' Welcome, 20 Questions, Mission Statement, and Vision Statement. The CCR has a web page to help members understand:

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

This link above can be sent to members at your meetings.

John – stated the next WSC is 2023. Is there something (document or body) that sets the WSC? Is there discussion of the Nar-Anon Facebook page?

JT – replied there was no discussion at the WSC about a Facebook page. The WSC addressed the CAR items only. There was an attempt to get “urgent” matters handled, but it was not part of the CAR. Groups are autonomous. These are suggestions from WSO and the WSC.

Robert – said there was an attempt to make the WSC annual, but it was voted down.

Michael – stated there is a difference between “Groups” and “Meetings.” Can you explain the difference?

JT – said Groups may have multiple meetings each week. A “Virtual Group” is a group who has taken a group conscience to be a “permanent” virtual meeting. These meetings can be registered at the WSO website. Simi Valley has two virtual meetings, under the headship of one group.

Michael – asked is there a difference between a virtual group and a meeting?

Robert – explained there was at one time 2 groups in Bakersfield, and one GSR. Simi Valley is not registered as a separate and distinct group. Both the Step Study and the “regular” meeting is considered one group.

JT – let the Assembly know the Blue Booklet - Large Print - updated edition was available on 7/23/2021.

## 5. Lunch Recess

12:00 PM to 12:30 PM (11:52 AM)

**Motion to recess for 30 minutes.**

**First: Scott C.; Second: Ruth; Yes: 11; No: 0; Abstentions: 0; Motion Passes**

## 6. Reconvene

12:30 PM to 12:45 PM (12:25 PM)

### A) Roll Call

#### **Roll call by Scott N.**

#### **RSC Officers**

**Michael F. – Chair – Present**

**Les P. – Treasurer – Absent**

**Scott N. – Secretary – Present**

**J.T. W. – Interim Delegate – Present**

**Ruth K. – Literature Subcommittee – Present**

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

#### **GSRs (11 voting members)**

**1) Larry B. – Atascadero, Tuesday - Present**

**2) Mary Lynn P. – Carmel, Wednesday – Present**

**3) Helen W. – Gilroy, Wednesday – Absent**

**4) Los Gatos, Sunday – Sara R. - Present**

**5) Mary O. – Monterey, Saturday – Present**

**6) Ruth K. – Salinas, Monday – Present**

**7) Kim K. – Salinas, Thursday - Present**

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

**9) Sue R. – Santa Cruz, Sunday - Present**

**10) John M. - Simi Valley, Saturday – Present**

**11) Robert P. – NFG Step Study, Sunday - Present**

**12) Barbara S. – Winds of Change, Thursday – Present**

**11 groups present out of 15 registered groups.**

**Quorum (51%) = 8 of 15 registered groups.**

**Quorum is met.**

## 7. Group Reports

*12:45 PM to 2:00 PM*

### A) Group Reports – GSRs

*See Group Reports section of this packet.*

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

**Michael – opened the topic. GSRs may speak to any topic that is of substance to their group.**

**Larry B. – Atascadero, Tuesday**

**There are a lot of members from out of area. Zoom is working well. Larry believes virtual is just as effective as in-person.**

**Kim – do you use screen share?**

**Larry B. – answered that the CAR motions were screen shared. However, members regularly read from the printed literature. There is 8 to 12 attending members.**

**Michael F. – Atascadero, Friday**

**The group moved after the closure of their location. They are meeting in person at the North County Connection facility. Ethel submitted the written report. They are a healthy group with an average of 8 to 10 members per meeting. Michael read part of the group report.**

**Mary Lynn P. – Carmel, Wednesday**

**Mary summarized the written report. They have been meeting in-person since January 2021. Most meetings are 4 to 6 members. The group supplies pamphlets to newcomers. They divide the secretary commitment among members. They have a healthy 7<sup>th</sup> Tradition balance.**

**Michael F. read the report for the Monterey, Tuesday group as no representative from the group was present at the assembly.**

**Ruth K. – Salinas, Monday**

**The members attending remotely are starting to decrease. The church where they had been meeting, is not open to host in-person meetings anymore. Overall, attendance is down, with a solid core of members that keep the meeting open. They have no 7<sup>th</sup> Tradition balance as it was all donated to WSO.**

### **Kim K. – Salinas, Thursday**

The group is back in-person. The group conscience was to shut down and wait to open again. Some members started attending the Monday, Salinas virtual meeting. They are at a location that is no longer available. Two weeks ago, they decided to hold meetings at the Active Senior Center (ASC). There were 5 members at the first in-person meeting two weeks ago. The ASC requires attendees to be vaccinated. Service commitments were not rotated until they came back. The meeting is not planning any hybrid option at this time. The group started in 2011. Kim felt members maybe technically challenged and that is the reason the group did not want to move to Zoom.

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

The group is using the region's Zoom room. There are 7 to 10 regular members. There is a fair bit of recovery with the meeting. Scott read part of his report. There are a few members who are "kicking-butt." It is the recovery of the group, focusing on us, not the addict, that is helpful. The group is looking at hybrid and in-person formats. The group is conflicted about losing out of area members. There used to be up to 30 members, but that has dwindled over the past few years. The group does not screen share CAL.

### **Sue R. – Santa Cruz, Sunday**

Sue is taking the commitment from Carole. This is her first Assembly. The group "history" started July 2017, but the group had existed before. They are using the CCR Zoom account to host the meeting. They have had a lot of discussion as whether or not to resume the meeting in-person or Zoom. They are leaning toward Zoom. The place they used to meet no longer allows visitors. If this facility opens back up, they may look at a hybrid option at that time. Membership is far greater on Zoom – sometimes 20 attendees. They do screen share what is "legal" from CAL. They want a greater selection of CAL to be able to screen share. They send an email once a week, with the meeting link, and upcoming information. There is a CCR and WSO donation link in the email. They are interested in acquiring Nar-Anon speakers for their meeting.

Kim – asked who sends the emails to the group?

Sue – answered the email addresses are maintained in Google drive. There is a basic format and schedules an email notification on a regular basis. The email contains a direct link to the Zoom meeting.

*Sue asked for a numbering system for the entire agenda packet.*

**Michael** – asked if the SOS email list been added to the region’s email list?

**Robert** – said no. Members sign-up on their own.

**Michael** – asked for GSRs to ask the members in their groups to sign-up for the CCR list.

**John M.** – asked if he can submit a spreadsheet of email addresses to the region?

**Robert** – said, “No, MailChimp does not allow this.”

**Sue** – said she add a checkbox to the group email sign-up to allow their email address to be shared with the region.

**Robert** – said emails from the Region are sent monthly for the “Take Back to Meeting” announcements. We also announce assemblies, and special events, such as the Narathon. WSO sends a Serenity Connection email notification, not the CCR. It is a separate email list, handled by the WSO. Members who have not opened the email at least once in the previous 5 campaigns, are dropped from the list. Members may also purchase a subscription for delivery via USPS on the WSO web store.

**Michael** – noted that GSRs are responsible for two-way communication with the groups. The topic of discussion can be brought back to the meeting for discussion.

**Michael** – read some of the negative aspects of the COVID-19 response from the Santa Cruz, Sunday group report.

**Sue** – shared there is uncertainty as to whether or not the Santa Cruz group will continue with Zoom.

### **Scotts Valley, Friday**

**Michael** – read highlights from the Scotts Valley report (pages 101 and 102 in the packet).

### **John M. - Simi Valley, Saturday – Present**

**John** read highlights from his report.

**Negatives:** direct contact is missed; after-meetings (e.g. lingering around in the room, or continuing at a local coffee shop) are missed; unable to provide newcomer packet; unable to sell literature on the spot (extra books, etc.) to help engage others; bad or low quality electronic connects make it hard to understand others; some participants remain



anonymous (blacked out – no picture & no name); donations are down, difficulty in participating when no basket is passed; reduced number of service roles; phone list is unable to be shared immediately,

### Positives:

participate from comfort of your home; no worries in transportation, driving distance, etc.; participation from others outside our city is welcome; we have out-of-state participants who have an active role; step workshop is critical for the recovery aspect of the group; virtual component of the meetings may remain, assuming that proper equipment exists.

Sue – asked if the Step Workshop is hosted on Zoom?

John – answered, “Yes, we use the Nar-Anon 36 workbook.”

Mary – asked what Step they are on now?

John – answered they do one Step per month. We are on Step 10. Step 1 will begin in October. The Step study is held weekly.

Mary – asked if there are opportunities for members to share intimately?

John – answered that there are maybe 12 members in attendance. 80% sharing and 20% reading. This is an open discussion – crosstalk is allowed.

Les – asked if there is a Zoom link to the meeting?

The meeting information was put into the Zoom Chat (see below).

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#.

John – shared that the secretary rotates every 6 months and is responsible for sending the phone list to members who request it. Rotation of leadership is difficult.

### Robert P. – NFG Step Study, Sunday

Robert – shared they use the Nar-Anon 36 and move through a couple of pages every week. They go through Steps 1 through 7. They have discussions around Step 8 through 12. Membership has tapered into the twenties. The abundance of virtual groups maybe be the reason for the tapering in membership. The group has lost two members due to death and two members that did not want to go to virtual meetings. The group conscience was to be virtual permanently.

Kim – asked if they do screen sharing?

Robert – answered, “No we encourage members to purchase the *Nar-Anon 36* from WSO.” It is best for members to read and do exercises before the meeting. Members need to have the physical books to accomplish this.

Mary – asked if they use Zoom Breakout rooms?

Robert – answered, “No, we do not.” In a typical meeting everyone in attendance shares at least once.

Barbara S. – Winds of Change, Thursday – Present

Read through the written report (page 106 of the packet). Barbara discussed the group service commitments and the length of time for the commitment. They have “just for today” service commitments.

Sue – asked if Barbara would you share a list of those positions?

Barbara – entered a link into the Zoom Chat.

<https://sites.google.com/view/nar-anon-meeting/service>

This page has a list of group service commitments. This is a website, independent of the CCR. It is a Google site.

John – shared that logistics seem to be challenging. Simi Valley members gather in-person for contact and fellowship.

Kim – asked if the group screen shares literature?

Barbara – indicated they do not. However, they do show what the books look like by sharing the cover.

**(2:10 PM) Annalisa joined the meeting.**

**Consensus to take a 10-minute recess. (2:16 PM)**

**Reconvene at (2:29 PM)**

**Roll call by Scott N. (2:29 PM)**

**RSC Officers**

**Michael F. – Chair – Present**

**Les P. – Treasurer – Absent**

**Scott N. – Secretary – Present**

**J.T. W. – Interim Delegate – Present**

**Ruth K. – Literature Subcommittee Chair – Present**

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

#### **GSRs (12 voting members)**

- 1) Larry B. – Atascadero, Tuesday - Present**
- 2) Mary Lynn P. – Carmel, Wednesday – Present**
- 3) Helen W. – Gilroy, Wednesday – Absent**
- 4) Sara R. R. – Los Gatos, Sunday – Present**
- 5) Mary O. – Monterey, Saturday – Present**
- 6) Ruth K. – Salinas, Monday – Present**
- 7) Kim K. – Salinas, Thursday - Present**
- 8) Scott C. – Santa Barbara, Friday - Present**
- 9) Sue R. – Santa Cruz, Sunday - Present**
- 10) John M. - Simi Valley, Saturday – Present**
- 11) Robert P. – NFG Step Study, Sunday - Present**
- 12) Barbara S. – Winds of Change, Thursday – Present**

#### **Additional Attendees**

- 1) Annalisa**

**12 groups present out of 15 registered groups.**

**Quorum (51%) = 8 of 15 registered groups.**

**Quorum is met.**

**(2:31 PM)**

**Kim – asked if there are GSRs who did not give a report?**

**Mary – replied that she did not submit a report.**

**Sara R. – also did not submit a report.**

**Sara R. – Los Gatos, Sunday**

**Sara – said the group has only 4 members. The group is meeting on FreeConferenceCall. The group could handle Zoom for a year with the existing treasury. There is no screen-sharing at the meeting. They are not collecting a 7<sup>th</sup> Tradition. There is no literature. Sara R. is the only tech-savvy member, and the only one who is sustaining the meeting. Sara**

**R. is secretary and GSR.**

**Kim – asked if FreeConferenceCall does allow for screen sharing? The CCR Zoom account is free. Members can call into the Zoom meeting.**

**Michael – shared that the SOS group uses the CCR Zoom account at the same time as the Los Gatos meeting. The SOS group meets for 1.5 hours. There are 10 to 14 members.**

**JT – mentioned that the Hollister group merged with another meeting. Maybe that is an option for these two groups.**

**Sara R. – said she would bring these options back to the group.**

**Mary O. – Monterey, Saturday**

**Mary – shared the group has just started using the CCR Zoom room. The meeting attendance has dropped recently to under 20. There is about \$180 in the treasury. They have been paying rent throughout the pandemic. The church is opening back up. They are considering a hybrid meeting. The group is struggling to get members to step up to the secretary service commitment. The secretary commitment is currently “week to week.”**

**Helen W. – Gilroy, Wednesday**

**Helen – shared the group was going to disband in March 2020, then COVID-19 hit. One of the members donated their Zoom account. Now there are 9 to 10 regular members in attendance. They are not looking at going back to an in-person meeting. Helen is the only member from the area. They have a Venmo account for 7<sup>th</sup> Tradition. Helen does not know how to make donations to CCR or WSO.**

**Robert – shared that the CCR Zoom account has a 5:00 PM service meeting and the RSC meets on one Wednesday each month. The advantage of using the CCR Zoom account is that one of the TSS members might be able to step in if there are no group members available to start/host the meeting.**

**Helen – said she would take this option back to the group.**

**Les – put the CCR PO box in the chat. Nar-Anon CCR, 3463 State St. #424, Santa Barbara, CA 93105.**

## 8. Subcommittee Reports

2:00 PM to 3:00 PM (2:57 PM)

**Michael – suggested subcommittee chairs emphasize the need to encourage participation in service in general and in service to the CCR subcommittees specifically.**

A) Conventions / Events

*There is no Conventions/ Events Report in packet due to lack of a Subcommittee.*

B) Literature – Ruth K.

*See Subcommittee Report section of this packet.*

**Ruth – reported the subcommittee just completed a review of Tradition 1. The subcommittee meets on Skype. They are able to do editing as a group online. They meet one Sunday a month for one hour. They will develop a booklet on “Relationship in Recovery.” This covers all manner of relationships. They will be putting out more information on this soon. This information will be posted on the CCR website at the following URL:**

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

C) Outreach – Janet S.

*See Subcommittee Report section of this packet.*

**Ruth – gave the report in Janet’s stead. There are 5 members that meet on the 4<sup>th</sup> Tuesday of every month. One of the in-person panels at the Recovery Center has resumed. One of the other centers will be resuming soon. They are looking for someone to show up for this commitment. The subcommittee has sent out letters to therapists in the CCR. One person referred to the CCR website. The subcommittee reached out to this person who is now a member of Nar-Anon.**

**Annalisa – is interested in participating on the Outreach subcommittee. The CCR Outreach email address is [Outreach@NarAnonCentralCA.org](mailto:Outreach@NarAnonCentralCA.org).**

D) Technology Services – Robert P.

*See Subcommittee Report section of this packet.*

**Robert – reported the website, online payments, and Zoom services are all working. The new challenge is hybrid meetings. Robert regaled us with his experience of hybrid meetings. None of it is a good experience. He will try another hybrid meeting this coming week and report back. Just audio and no video seem to work best. Video is a challenge. Extra speakers to amplify the sound can be helpful.**

**Scott C.** – suggested groups purchase a professional omnidirectional microphone. Scott suggested the microphones cost between \$100 and \$200.

**Mary** – asked about the cost of a large monitor?

**Robert** – one group looked into purchasing a large monitor and professional camera. This could easily cost \$1,000 or more. This is too expensive for most groups. Sometimes the venue where the meeting is held may have the equipment.

**Scott N.** left the meeting due to technical issues.

**Annalisa** left the meeting

**Les** left the meeting

## 9. New Business

3:00 PM to 3:50 PM (3:33 PM)

A) Interim Delegate until the next Regional Service Election Assembly.

*See the Interim Delegate section of this packet.*

**Michael** – wanted to make sure the Assembly understands the J.T. is the “Interim Delegate.” JT has been appointed; however, the Assembly must approve her in this position as Interim Delegate for the remainder of what would have been Teri’s term, one more year.

**Michael** – asked for a motion to elect J.T. as Interim Delegate.

**Motion to appoint JT as the Interim Delegate to fill out the remainder of the previous delegate’s term.**

**Robert** asked for a verbal count for the record.

**First: Robert; Second: Scott C.; Yes: 12; No: 0; Abstentions: 0; Motion Passes**

**Michael** noted a verbal vote was processed with all “Yes” vote, no “No” votes, and no abstentions. The count will be reflected by the previous roll call.

**Scott N.** returned at 3:33 PM

**3:35 PM Larry B.** left the meeting

**11 groups present out of 15 registered groups.**

**Quorum (51%) = 8 of 15 registered groups.**

**Quorum is met.**

B) 2022 Budget Discussion and Adoption.

*See the Proposed Regional Budget in the Regional Treasurer's Report section of this packet.*

**Les returned at 3:36 PM**

**Les left at 3:37 PM**

**Scott C. – shared he feels \$750 (about 6% of the budget) would be a better donation to WSO than the \$250-line item in the proposed budget.**

**Les returned at 3:40 PM**

**Les – repeated back Scott's suggestion. Les pulled up the document on his computer.**

**Michael – corrected the budget to 2022.**

**Robert – agrees a larger donation will be good. Robert expects a virtual option for the next conference. If this is true, the CCR will not need the full budgeted costs for the Delegates to the WSC.**

**Scott C. – reminded the Assembly, last year WSO had a \$61,000 loss.**

**Ruth – asked if at this last WSC, since it was virtual, the equalized expenses that were already paid were released to the WSO?**

**JT – answered in the affirmative. The next WSC may have a virtual option, however it is not confirmed.**

**Michael – reminded the Assembly this budget is only for January 1, 2022, to the July 2022, assembly. We may get more information by that assembly and be able to adjust the budget then.**

**Scott C. - would like to adjust the budget to reflect the \$750 donation and make an amendment to the motion.**

**Ruth – asked if under the Income section, can "Group Donations" be changed to "Individual/Group Donations"?**

**Les – answered in the affirmative and made the change.**

**Motion to adopt the 2022 budget as amended. The amendment is to change the Donation to WSO line item from \$250 to \$750.**

**First: Scott C.; Second: Robert P.;**

**Scott and Robert withdrew the motion.**

**Michael – asked to have the motion for the rollover of the budget surplus be handled**

**first.**

**Motion to rollover \$9,281.95 from the 2021 budget to the 2022 budget.**

**First: Scott C.; Second: Robert P.; Yes: 11; No: 0; Abstentions: 0; Motion Passes**

**4:02 PM John M. has left.**

**4:02 PM Barbara S. left.**

**9 groups present out of 15 registered groups.**

**Quorum (51%) = 8 of 15 registered groups.**

**Quorum is met.**

**Motion to adopt the 2022 budget as amended. The amendment is to change the "Donation to WSO" line item from \$250 to \$750. Making estimated cash on hand of \$9,281.95, the rollover for 2022.**

**First: Scott C.; Second: Robert P.; Yes: 9; No: 0; Abstentions: 0; Motion Passes**

**4:02 PM Mary Lynn P. left.**

**8 groups present out of 15 registered groups.**

**Quorum (51%) = 8 of 15 registered groups.**

**Quorum is met.**

**Motion to extend the assembly to 4:50 PM.**

**First: Robert; Second: Sue; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

**4:09 PM 10 minute recess by consensus.**

**Roll call by Scott N. (4:13 PM)**

**RSC Officers**

**Michael F. – Chair – Present**

**Les P. – Treasurer – Absent**

**Scott N. – Secretary – Present**

**J.T. W. – Interim Delegate – Present**

**Ruth K. – Literature Subcommittee Chair – Present**

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



### **GSRs (12 voting members)**

- 1) Helen W. – Gilroy, Wednesday – Absent**
- 2) Sara R. – Los Gatos, Sunday – Present**
- 3) Mary O. – Monterey, Saturday – Present**
- 4) Ruth K. – Salinas, Monday – Present**
- 5) Kim K. – Salinas, Thursday - Present**
- 6) Scott C. – Santa Barbara, Friday - Present**
- 7) Sue R. – Santa Cruz, Sunday - Present**
- 8) Robert P. – NFG Step Study, Sunday - Present**

**8 groups present out of 15 registered groups.**

**Quorum (51%) = 8 of 15 registered groups.**

**Quorum is met.**

### **C) 2021 Narathon. (4:15 PM)**

**Michael – reminded the Assembly that we do not have a Convention / Events subcommittee, nor do we have a Narathon subcommittee.**

**Sara R. – asked if we should wait for the members of the subcommittee?**

**Michael – indicated there is no subcommittee.**

**Les – asked who the Narathon Coordinator was last year?**

**Scott C. – reminded the Assembly that he led the 2020 Narathon. Scott N. ran logistics.**

**Robert – asked if there was a group, rather than a single member, who would volunteer to lead the subcommittee?**

**Scott C. – shared that he has been the MC for the past four years. We have to circle the wagons quickly to do something in the September, October timeframe.**

**Scott N. – indicated he is happy to make a flyer for the Narathon.**

**Mary – share she feels that this is a group experience, not for individuals. If a group does not take it on, then maybe there is nothing to do. Maybe it's not supposed to happen.**

**Re-word the take back that we are looking for a "group" to lead the Narathon.**

**Scott C. – said if a group got a theme together, Scott C. would be able to MC the event.**

**We would have to get some really great trusted servants to speak. Maybe Robert knows.**

**Michael – asked if Scott C. would be open to being the point of contact for the**

### Narathon?

Scott C. – said that if a group could come up with a theme, he would be open to working with Robert, Scott N. However, we need a group that wants to work on this.

Michael – reiterated that Scott C. is a point of contact for the Narathon. In the *Take Back to Meeting* we ask for a group.

Sara R. – shared that she is the chair for the NCR convention committee. Helping and Enabling, Detachment, and the CAR are topics for the upcoming convention. They put out a survey through Google Docs. They took a survey of GSRs to send to all of their members. Detachment was the most popular. Once they had a topic, things fell into place. She feels they needed to find out what the members wanted.

Michael – asked if the CCR decided to have a Narathon?

There was general consensus to move forward with a survey and that Scott C. would be the point of contact.

Robert – said there are 62 active subscribers on the MailChimp list.

Sara R. – anger is a topic the NCR didn't handle.

Mary – said she will help with speakers.

Joining Scott C. as point of contact will be Scott N. and Mary.

**Motion to hold a CCR Narathon this calendar year and budget under the amount budgeted.**

**First: Scott C.; Second: Mary; Yes: 7; No: 0; Abstentions: 1; Motion Passes**

D) Discussion to hold a CCR Convention in conjunction with Monterey Area NA to be held in 2023.

Michael – asked if there is a motion?

Mary – indicated the cost of the room is \$600, and A/V is \$300 or \$400.

Scott C. – felt this seems like it will be in budget.

Michael – reminded the Assembly we need a successful Narathon to fund this effort.

**Motion to postpone discussion on this topic (Discussion to hold a CCR Convention in conjunction with Monterey Area NA to be held in 2023) until the January 2022 Assembly.**

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

## 10. Administration

3:50 PM to 4:00 PM (4:15 PM)

- A) Next Assembly.
  - i) January 2022, somewhere (or virtual), at some time.  
**Motion to hold the next CCR virtual Assembly on Saturday, January 22, 2022, from 10:30 AM to 4:00 PM.**  
**First: Mary; Second: Sue; Yes: 8; No: 0; Abstentions: 0; Motion Passes**
- B) Take Back to Meeting Information and Announcements. (4:44 PM)
  - i) Decide which items should be brought back to meeting by GSRs.  
**Robert – share he feels the appeals for service are getting lost.**
    - a) Narathon
      - (1) We are looking for topics and a theme
      - (2) Scott C. is the contact
    - b) Service opportunities on a separate page
      - (1) Take some of Michael's report about service – Michael will work on something
    - c) Postponed the Monterey convention until 2023 and discuss at the next assembly.
    - d) Subcommittee meetings
    - e) Flyers
    - f) Blurb where to get the WSC information – JT will create a flyer to direct members to the website.

## 11. Adjournment

4:00 PM

(4:58 PM)

**Motion to adjourn the CCR Assembly of July 24, 2021.**

**First: Sue R.; Second: Sara R.; Yes: 8; No: 0; Abstentions: 0; Motion Passes**

- A) Close the assembly with the Serenity Prayer.

(4:59 PM)

**The Assembly adjourned.**

Draft  
Minutes  
Vote by Email  
Assembly of  
December  
2021

# Minutes

## CCR Vote by Email Assembly

Email notification sent Sunday, November 14, 2021, at 4:00 PM PDT  
Vote by Email Response Deadline: **Saturday, December 4, 2021**

### RSC Officers and Delegates (CC'd in Email)

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

### Groups Represented (Emails Sent to:)

Group	GSR Name	Group	GSR Name
*Atascadero, Tuesday <sup>(131-033)</sup>	<b>Larry B.</b>	*Salinas, Monday <sup>(131-130)</sup>	<b>Janet S.</b>
*Atascadero, Friday <sup>(131-034)</sup>	<b>Ethel S.</b>	*Salinas, Thursday <sup>(131-030)</sup>	<b>Kim K.</b>
*Carmel, Wednesday <sup>(131-075)</sup>	<b>Mary Lynn P.</b>	*Santa Cruz, Sunday <sup>(131-024)</sup>	<b>Sue R.</b>
*Gilroy, Wednesday <sup>(131-009)</sup>	<b>Helen W.</b>	*Scotts Valley, Friday <sup>(131-025)</sup>	<b>Teri M.</b>
Los Gatos, Sunday <sup>(131-011)</sup>	<b>Sara R.</b>	*Simi Valley, Saturday <sup>(131-068)</sup>	<b>John M.</b>
*Los Gatos, Thursday <sup>(131-010)</sup>	<b>Pat F.</b>	*I Can Be Free, Friday <sup>(131-066 V)</sup>	<b>Scott C.</b>
*Monterey, Tuesday <sup>(131-028)</sup>	<b>Sandra D.</b>	*NFG Step Study, Sunday <sup>(131-117 V)</sup>	<b>Robert P.</b>
*Monterey, Saturday <sup>(131-029)</sup>	<b>Mary O.</b>	*Winds of Change, Thursday <sup>(131-138 V)</sup>	<b>Barbara S.</b>

\* Indicates a registered group. Groups may register at any time with the CCR Secretary ([Secretary@NarAnonCentralCA.org](mailto:Secretary@NarAnonCentralCA.org)).

### Subcommittee Chairs (CC'd in Email)

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

### Quorum Summary

Total Groups	Registered Groups	Current Quorum
16	<b>15</b>	<b>8</b>

### Agenda Summary

1. New Business ..... 2

### 1. New Business

- A) **Motion to pose to the Assembly in a "Vote by Email" Assembly, a motion to contribute to the WSO the unspent portions of the 2021 budget for Outreach (\$200) and 2021 Conventions (\$500) which totaled to \$700, as of October 31. The money was budgeted and can only be switched from one purpose to another with approval from the Assembly. The proposed contribution, if approved, will occur before the end of 2021.**

**First: Robert P.; Second: Scott C.**

**Yes: 15**

**No: 0**

**Abstain: 0**

**Motion Passes**

**Saturday, December 4, end of day was the deadline to participate in the conscience of the region.**

### Background and Purpose

Dear members of the Central California Regional Assembly,

In the performance of the Regional Service Committee's (RSC) duties a discussion regarding the amount authorized to be sent to the Work Service Organization (WSO) this year and the current availability of unspent funds in this year's budget led to the following.

A motion was passed by the RSC on 11/3/21 that stated, "Motion to pose to the Assembly in a "Vote by Email" Assembly, a motion to contribute the remainder of the 2021 budget for Outreach (\$200) and 2021 Conventions (\$500) as of October 31, a total of \$700, to the WSO before the end of the calendar year."

This matter could wait until the January Assembly budget discussions or be addressed in this calendar year with an Email Assembly.

Budgetary expenditures are the business of the Assembly and thus to have a Vote by Email Assembly requires a motion from a member of the Assembly, a second, and a vote. In that motion, the language of the action being requested to be considered need be included. The language from the RSC motion above could possibly be utilized. If no motion and second is received from a member of the

Assembly, nor a quorum of Assembly members vote, then this suggestion from the RSC for an Email Assembly is mute.

Thank you for your consideration of this matter and for your service,

Michael F.

Your RSC Chair

## Your Action is Needed

GSRs, alternate GSRs, and substitute GSRs are eligible to make a motion and vote. Please reply to all.

- 1) If you are interested in furthering the discussion on CCR donation to the WSO this calendar year, **please reply to all on or before Saturday, December 4, 2021**, indicating you would like to make a motion. Please state the motion clearly.
  - a. If a motion is made, then there will need to be a second.
  - b. **Reply to all** to this email with suggested changes.
  - c. **All discussion will be through email using "Reply to all."**
- 2) If we have a maker of the motion and a second. I will send an agenda to all GSRs with the with the motion or the amended motion.
- 3) GSRs will be asked to cast a vote on behalf of their respective group. You may vote in one of the following ways:
  - a. Approve the motion.
  - b. Approve the motion as amended.
  - c. Not approve the motion.
  - d. Abstain from the vote.

**Please enter your group's conscience to the conscience of the region on or before Saturday, December 4.**

I am open to your questions, suggestions, and concerns.

In gratitude,

Scott N.

Nar-Anon Central California Region Secretary

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>
7/26/2021	Motion to approve the minutes of the assembly of January 23, 2021.	Scott C.	J.T. W.	Carried Unanimous
7/26/2021	Motion to recess for 30 minutes.	Scott C.	Ruth K.	Carried Unanimous
7/26/2021	Motion to elect J.T. as Interim Delegate for the Central California Region.	Robert P.	Scott C.	Carried Unanimous
7/26/2021	Motion to rollover \$9,281.95 from the 2021 budget to the 2022 budget.	Scott C.	Robert P.	Carried Unanimous
7/26/2021	Motion to adopt the 2022 budget as amended. The amendment is to change the "Donation to WSO" line item from \$250 to \$750. Making estimated cash on hand of \$9,281.95, the rollover for 2022.	Scott C.	Robert P.	Carried Unanimous
7/26/2021	Motion to extend the assembly to 4:50 PM.	Robert P.	Sue R.	Carried Unanimous
7/26/2021	Motion to hold a CCR Narathon this calendar year and budget under the amount budgeted.	Scott C.	Mary O.	Carried 7/0/1
7/26/2021	Motion to postpone discussion on this topic (Discussion to hold a CCR Convention in conjunction with Monterey Area NA to be held in 2023) until the January 2022 Assembly.	Robert P.	Mary O.	Carried Unanimous
7/26/2021	Motion to hold the next CCR virtual Assembly on Saturday, January 22, 2022, from 10:30 AM to 4:00 PM.	Mary O.	Sue R.	Carried Unanimous
7/26/2021	Motion to adjourn the CCR Assembly of July 24, 2021.	Sue R.	Sara R.	Carried Unanimous
1/23/2021	Motion to approve the minutes for the Assembly of August 1, 2020 as presented.	Robert P.	Scott C.	Carried Unanimous
1/23/2021	Motion to adopt the "CCR Users' Guide to File Storage" as a regional document.	Robert P.	Janet S.	Carried Unanimous
1/23/2021	Motion to adopt the "Technology Services Subcommittee of the Central California Region of Nar-Anon Family Groups Internal Guidelines" dated May 18, 2020 as a regional standalone document.	Scott C.	Larry B.	Carried Unanimous
1/23/2021	Motion to carry over funds in the amount of \$6,651.35 from the 2020 budget to the 2021 budget.	Scott C.	Robert P.	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>
1/23/2021	Motion to send Teri M. as Delegate and JT W. as Alternate Delegate to the 2021 World Service Conference.	Larry B.	Scott C.	Carried Unanimous
1/23/2021	Motion to accept the 2021 Proposed Budget as presented.	Larry B.	Robert P.	Carried Unanimous
1/23/2021	Motion to extend the meeting until 5:00 PM.	Robert P.	Scott C.	Carried Unanimous
1/23/2021	Motion authorize Delegate & Alternate Delegate to approve appropriately worded motions related to permitting screen sharing of purchased copies of electronic versions of Conference Approved Literature as appropriately conditioned to preserve Nar-Anon copyrights.	Robert P.	J.T. W.	Carried Unanimous
1/23/2021	Motion to donate to the World Service Office the remaining balance for the 2020 WSC Delegate and Alternate Delegate's equalized expense already paid to the WSO and use the difference of \$700 (already paid) to pay for the Delegate and Alternate Delegate's equalized expense for the 2021 WSC.	Robert P.	J.T. W.	Carried 8/0/1 (Rollcall Vote)
1/23/2021	Motion to hold the next CCR virtual Assembly on Saturday, July 24 from 11:00 AM to 4:00 PM.	Mary M.	Larry B.	Carried Unanimous
1/23/2021	Motion to adjourn the CCR Assembly of January 23, 2021.	Craig H.	Robert P.	Carried Unanimous
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

# 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 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
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

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
1/17/2020	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
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

# 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 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
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

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
7/14/2018	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
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

# Nar-Anon Central California Region Assembly Motions Archive

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

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
10/5/2016	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
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



# 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 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
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

# 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 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
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

# Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
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
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

# Nar-Anon Central California Region Assembly Motions Archive

<b>Assembly Date</b>	<b>Motion</b>	<b>First</b>	<b>Second</b>	<b>Outcome</b>
1/23/2015	Motion to create a standing regional Technology Services Subcommittee 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.	Michael F.	Georgia	Carried Unanimous
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

# Nar-Anon Central California Region Assembly Motions Archive

Assembly Date	Motion	First	Second	Outcome
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
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

# Supporting Documents

# Regional Chair's Report

# Central California Regional Service Committee Chair Report to the Central California Regional Service Assembly of January 22, 2022

Hello to the Fellowship of the Central California Region.

I will have but one more opportunity to deliver this Chair Report after this one since the Region's Guide to Regional Service suggests I'm limited to two two-year terms as Chair and my second term will be completed at the next Assembly. Once again, I thank you for the privilege to be of service as Chair of the Central California Regional Service Committee. I had no expectations when I accepted the position. I was nervous when I started but confident that my higher power and this fellowship would assist me in my endeavor and that has proven to be the case. My journey has been a challenging one due to events in my personal life and due to current events impacting Nar-Anon as a whole. This Program promises growth, gratitude, and joy by using the tools of the Program to work through challenges. That truly has been the case for me.

My regional service journey started with my attending my first Nar-Anon meeting when I was totally desperate, broken, and looking for help. My group experience provided relief to the point that I wanted, and the Program teaches that it is imperative to my recovery, to reach out to others in need of the Nar-Anon message. Fortunately, at about the same time, other group's members had asked my group to consider joining their groups in forming a Central California Region. Personally, my view at that time was how better could my group's and my voice be heard at the World Service level, be involved in cooperative outreach efforts, and contribute to improving and adding our voice to World Service literature as well as improving World Service policies and the Guide to Local Service. That is still my view. I ask you to consider why is this Central California Region important, or even relevant, to you or your group?

I believe the Region will always face a primary challenge to its success and its continued existence. That challenge is apathy of its members to involve themselves in service above the group level. I therefore believe the challenge to the GSR's, and other involved members, is to be an active conduit for communication between the Region and its members. The Program emphasizes that Service is a keystone principal to a member's recovery and service above the group level is but another path to involving oneself in service. I believe that our members continually need to be reminded and encouraged to take advantage of these service opportunities outside of the group.

The Take Back to Meetings messages and announcements is the primary communication between the Region and its members. This communication also presents World Service and other Region's announcements and recovery events and opportunities. I, and the Regional Service Committee, ask that you not simply refer members to review the Take Back to Meetings at the Central California Regional website, but to represent the Region by promoting two-way communication between our members and our Region, other Regions and their groups, and the World Service Organization. You can do this by reading the Take Back to Meetings and, at least, presenting the highlights of the document to your Group's members, with an effort to promoting interest in or even promoting a conversation of its contents. I, and your Regional Service Committee, ask this of you so that your members are at least aware of, and engaged to some degree, in other recovery opportunities, as well as promoting that they can be heard at the World Service level, they can be involved in cooperative outreach efforts, and they can contribute to improving and adding to World Service literature; as well as improving World Service policies



## Central California Regional Service Committee Chair Report to the Central California Regional Service Assembly of January 22, 2022

and the Guide to Local Service. I've experienced members who have pulled away from Nar-Anon after years of involvement in a group, due to other member's personalities; and/or Nar-Anon literature, its policies, and its organization, rather than understand, if not improve, the status quo through getting involved in higher service. So, I challenge you to address the challenge of apathy in our members to get involved in service above the group level by using the best tool this Region has, the Take Back to Meetings; and I encourage you and your Group's members to visit the Region's and World Service's websites.

Now to the Assembly's business at hand.

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

The Assembly is the representation of the Groups. The Regional Service Committee serves the Assembly. My role as Chair is to help accomplish the goals of the Groups as expressed through the Assembly. The most important indicator of those goals is the Annual Budget. The 2022 Budget passed at our last Assembly. You have a chance to modify it today. Our Treasurer Les will present the Budget and take questions.

The Southern California Region has made great progress towards starting a Narateen Program. Our Delegate JT will present some information regarding that topic and how it may impact our Region.

The Standing Subcommittee Chairs will present reports on their progress.

The Regional Service Committee will request a motion to confirm the interim Elections AD Hoc Subcommittee Chair.

The Elections AD Hoc Subcommittee Chair will then request a motion regarding the conduction of an election at the Assembly to be scheduled in or near the month of July 2022.

This Assembly is the Group's opportunity to determine the current activities of the Region and determine future goals. Please feel free to express any and all concerns of your Groups. Such discussions are helpful to your fellow Assembly members who can take that information back to their groups.

Please feel free to contact me at any time with any comments, concerns, or questions.

Sincerely,

Michael F.

Your Central California Region's Service Committee Chair Person

# Regional Treasurer's Report

## Nar-Anon Central California Region 2021 Budget Update

<b>Starting Cash On Hand</b>	<b>Budgeted</b>	<b>Actual</b>	<b>Surplus/Deficit</b>
<i>Description</i>		12/31/2021	12/31/2021
<b>Actual Cash On Hand December 31, 2021 (Roll-Over)</b>	<b>\$10,113.57</b>	<b>\$10,113.57</b>	

<b>Income</b>	<b>Budgeted</b>	<b>Actual</b>	<b>Surplus/Deficit</b>
<i>Description</i>			
Fundraisers	\$1,700.00	\$1,499.77	-\$200.23
Group/Individual Donations	\$2,300.00	\$2,361.45	\$61.45
<b>Total Income</b>	<b>\$4,000.00</b>	<b>\$3,861.22</b>	<b>-\$138.78</b>

<b>Expenses</b>	<b>Budgeted</b>	<b>Actual</b>	<b>Surplus/Deficit</b>
<i>Description</i>			
Assembly	\$0.00		\$0.00
Outreach	\$200.00		\$200.00
Travel Expense For RSC To Assembly And Other Required Meetings	\$0.00		\$0.00
Postal Services (Note: All Donation Payment Receipts Are Being Sent Via E-Mail)	\$0.00		\$0.00
Checking Account Expense(\$35) & Credit Card Chip Reader (\$100) *	\$135.00		\$135.00
Region Website/SquareSpace Expense	\$216.00	\$216.00	\$0.00
1 Year Zoom License	\$150.00	\$149.90	\$0.10
Delegate WSC Expense (Equalized Expense And Incidentals)	\$1,250.00		\$1,250.00
Alternate Delegate WSC Expense (Equalized Expense And Incidentals)	\$1,250.00		\$1,250.00
Delegate/Alternate Delegate Travel Expense To Groups	\$0.00		\$0.00
Conventions	\$500.00		\$500.00
Events	\$0.00		\$0.00
New Meeting Start Up	\$300.00		\$300.00
Donation To WSO	\$250.00	\$950.00	-\$700.00
Contingency Fund	\$300.00		\$300.00
Prudent Reserve (3 Months Operating Costs)	\$515.00		\$515.00
<b>Total Budgeted Expenses</b>	<b>\$5,066.00</b>	<b>\$1,315.90</b>	<b>\$3,750.10</b>

### Summary of 2021 Income and Expenses

Rollover Cash on Hand 1/02/2021	\$6,651.35
Estimated Annual Income 1/23/2021 Assembly	\$4,000.00
Estimated Annual Expenses 1/23/2021 Assembly	\$5,066.00
Contingency Fund - (If Not Used)	\$300.00
Prudent Reserve (3 Months Operating Costs) - (If Not Used)	\$515.00
<b>Estimated Cash on Hand December 31, 2021</b>	<b>\$6,400.35</b>

\* Combined Checking Account/CC Chip Reader

December 31, 2020 Carryover of \$6,651.35 was approved at the Regional Assembly of January 23, 2021



STATEMENT OF ACCOUNTS

Page 1 of 1
Statement Number: [redacted] 0534
12/01/21 - 12/31/21

UNION BANK
MONTEREY MAIN 0108
P.O. BOX 60368
PHOENIX AZ 85082-0368

Telephone Banking
For 24-hour Automated Direct Service
800 888 6466
800-826-7345(TDD)
Representatives are available
Monday through Saturday

NAR-ANON FAMILY GROUP HEADQUARTERS
CENTRAL CA REGION
3463 STATE ST #424
SANTA BARBARA CA 93105

To open additional accounts,
or apply for loans, call your
banking office at 831-657-1145

You may also access your account online
at unionbank.com

Thank you for banking with us
since 2014

Non Profit Checking Summary

Account Number: [redacted] 0534

Days in statement period: 31

Table with 3 columns: Description, Amount, Balance. Rows include Balance on 12/1, Additions, Subtractions, and Balance on 12/31.

Statement Average Ledger Balance 10,092.58

We waived your service charge this statement period.

Additions

Table with 5 columns: Date, Description/Location, Reference, Amount, Amount. Rows include transactions on 12/7 and 12/14, and a Total row.

NAR-ANON

Register: Nar-Anon CCR
From 12/01/2021 through 12/31/2021
Sorted by: Date, Type, Number/Ref

Table with 8 columns: Date, Number, Payee, Account, Memo, Payment C, Deposit, Balance. Rows show transactions for 12/07/2021 and 12/14/2021.

# Proposed Regional Budget

## Nar-Anon Central California Region 2022 Proposed Budget

### Starting Cash On Hand

<i>Description</i>	
<b>Actual Cash On Hand December 31, 2021 (Roll-Over)</b>	<b>\$10,113.57</b>

### Income

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

### Expenses

<i>Description</i>	
Assembly	\$0.00
Outreach	\$200.00
Travel Expense For RSC To Assembly And Other Required Meetings	\$0.00
Postal Services (Note: All Donation Payment Receipts Are Being Sent Via E-Mail)	\$0.00
Checking Account Expense	\$0.00
Region Website Expense	\$216.00
Delegate WSC Expense (Equalized Expense And Incidentals)	\$1,250.00
Alternate Delegate WSC Expense (Equalized Expense And Incidentals)	\$1,250.00
Delegate/Alternate Delegate Travel Expense To Groups	\$0.00
Chip Reader For Credit Card Donations	\$100.00
1 Year Zoom License	\$150.00
Conventions	\$500.00
Events	\$0.00
New Meeting Start Up	\$300.00
Donation To WSO	\$250.00
Contingency Fund	\$300.00
Prudent Reserve (3 Months Operating Costs)	\$515.00
<b>Total Budgeted Expenses</b>	<b>\$5,031.00</b>

### Ending Cash on Hand

<i>Description</i>	
Contingency Fund - (If Not Used)	\$300.00
Prudent Reserve (3 Months Operating Costs) - (If Not Used)	\$515.00
<b>Estimated Cash on Hand December 31, 2022</b>	<b>\$9,897.57</b>

# Delegate's Report

CCR Assembly Delegate Report  
January 22, 2022

Greetings CCR Family,

I would like to take a moment to thank all the Group Service Representatives for their loving continued service and for staying connected since our last assembly in July 2021.

Central California Region:

Groups – 17*	Meetings – 19* (3) Step Study (16) SESH
Virtual – 15	In-Person – 3
Hybrid – None at this time	Use CCR shared Zoom account – 6

*\*Our region has 17 groups; the Sunday Step Study holds 2 meetings and Simi Valley holds 2 meetings*

### Updates from July 2021 – January 2022

- **Delegate Forum:** August 2021, this group was created after the 2021 World Service Conference to foster unity globally with other delegates. Our region is part of this group sharing our experience, strength & hope in service.
- **BOT Roundtable:** September 2021, Board of Trustees answered questions that came from our region and others. For more details, the Q&A is available on our website. Click: [Delegate's Corner](#)
- **Narathon:** Oct 2021, A full day of recovery with great speakers and gratitude.
- **Literature Workshop:** Nov 2021, CCR Literature Subcommittee hosted a workshop for an opportunity to write new literature for Nar-Anon.

### New Literature

Many new and updated publications have been released from the WSO. Check them out at the bottom of the [Nar-Anon.org](http://Nar-Anon.org) home page.

### Fellowship Review

The NFG World Service Literature Committee is requesting fellowship review for Recovery Literature. The more eyes that are on it, the better the piece will be. Deadlines posted.

- Tradition 3 of the Nar-Anon 36 (1/31/2022)
- Tradition 4 of the Nar-Anon 36 (2/15/2022)
- Part 1 of the new Fourth Step Workbook (2/15/2022)

If you would like to review as a group or individually, please contact: [Delegate@naranoncentralca.org](mailto:Delegate@naranoncentralca.org)

### Other News



The Southern California Region has been registered in the State of California for Narateen. The region is in the process of launching Narateen, and has made good progress. SoCal would like to form partnerships with other California regions interested in participating. If you are an interested member and would like to be invited to their regional meetings, please contact:

Ken [socalnarateen@nar-anon.org](mailto:socalnarateen@nar-anon.org)

A multi-regional Nar-Anon event, the [Western Regions Convention](#) is coming up February 12, 2022. Central Ca, NorCal, SoCal and Colorado have been planning the event and will all be participating with a day of fellowship and recovery, followed by a multi-regional business meeting. CCR has been an active region in this event since 2015. For more information, click on [WRCNFG](#).

**Questions from Members** (*The following questions are paraphrased to protect members anonymity*)

1. *Considering the postage, paper and time, would it help the budget if WSO did not send paper receipts after a donation? Can they be sent through email or not at all?*

Answer per WSO: If the person making the donation requests it to be emailed. If done by website through the contribution button, they can just type in the "Note to Seller" box and ask to have it emailed.

2. *Can members bring up names of therapists, drug programs/treatments, or non-CAL literature during the meetings?*

Answer: From the new Nar-Anon book "[Our Traditions, Principles for Groups and Beyond](#)" regarding Tradition 3 "During our meetings, we must remind others we have no other affiliations. Sometimes members want to bring flyers from other fellowships or treatment centers. These can be shared outside the meeting; inside the room we keep the focus on Nar-Anon recovery."

3. *I'm having a hard time finding meetings on Nar-Anon.org. Can they be put in one place?*

Answer: Updates have been made to Nar-Anon.org to search for a meeting. Click on: <https://www.nar-anon.org/find-a-meeting#groupspublic/>

4. *What is the mailing address to make contributions for the Central California Region?*

Answer:

Nar-Anon CCR

Attn: Les P.

3463 State St., #424

Santa Barbara, CA 93105

Truly grateful to be in service with CCR family,

JT – Interim Delegate

[Delegate@naranoncentralca.org](mailto:Delegate@naranoncentralca.org)

# Group Reports

# Bridge to Serenity Group Report

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January 15, 2022

Friday Noon Nar-Anon Family Group  
Group # 13134  
**Bridge to Serenity**  
12 Noon – 1:00 p.m. Friday  
North County Connection  
8600 Atascadero Ave, Atascadero  
January 2022

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

**Attendance:** Our group ranges in size from 4 – 12 people, with at least 6 who currently attend consistently.

**Newcomers:** Newcomers appear regularly. We meet in a location that conducts many 12-step programs. Many of our newcomers are also members of these other programs.

**Treasurer:** Treasurer's report for the last quarter of 2021 included the following:

- Literature \$79.00
- Donations: \$ 48.00 to WSO
- GSR Reserve: \$ 60.00
- Prudent Reserve: \$ 60.00
- Account Balance: \$ 124.00

Rent is paid through March 31, 2022.

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

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

**Group Concerns:** In spite of Covid, we continue to meet in person each week, following recommended mask and social distancing guidelines.

Gratefully in Service,

Ethel S.

GSR Report for the Candle Light Group located in Atascadero, California  
131-033

Our Candle Light Group meets on Tuesday evenings at 6:00 PM via Zoom. We have between five and ten members at each meeting. Some from the central coast and the some from out of state. For this Group, Zoom just seems to work for us.

Our meeting format has stayed the same. On the first Tuesday of each month we have a Step Study, on the second Tuesday we use our SESH book; on the third Tuesday we read from the literature; and the fourth Tuesday we study the Traditions. We ask for a member to take the lead each week and have no problem getting someone to do that.

We have no expenses other than the Zoom yearly license fee, and one of our members is paying for this. Of course, we have no income as well, but it is not needed.

The Candle Light Group looks forward to a new year, 2022, with a lot of Peace and Serenity and wish the same for your group.

Take care,

Larry  
GSR Candle Light Group

Guide to Serenity Group #131-009  
Wednesday 7:30 pm to 8:30 pm. Virtual at this time

History: the group started as an in-person group about 15 years ago in Gilroy. We average about 6 to 7 attendees a week sometimes, rarely do we have more than 10. When we first started virtual 2 years ago when the pandemic started there was nobody for a few months, just the chair who held the meeting. Almost all of our members are from different locations in California.

Format: we have a speaker meeting from NA every three months. We also have a step meeting once a month, we have a slogan meeting once a month and the other weeks it is a literature meeting, from the SESH book.

Outreach:

I feel as a group we need to be doing more outreach for new members and we do have an email that goes out the day of the meeting. But I feel that everyone who comes to the meeting should be reminded of the meeting weekly. I noticed that if that email is missed with the zoom ID and link, we do not have as many people.

Challenges and accomplishments: I feel as though some of the members like the meeting to be small and stay as is, but I feel as though we are here for the newcomer who may need a meeting and that the meeting would benefit to have more outreach to other meetings and other ways of outreach. For the next month we are all thinking about what we can do as a group to get more people to come to the meeting.

We have a Venmo account for the meeting and we place that info in the chat at the beginning of the meeting. We also used that money for donations and buying some literature for the newcomer in case they needed it and couldn't afford to buy it.

We had one person doing all of the service for the group and now finally we are going to have a rotation of jobs, some monthly and some quarterly.

COVID impact: I myself live in New Jersey and found this meeting on the Nar Anon Website and it has become a weekly meeting for me. So, I am grateful that it was virtual. It makes it easier to attend a meeting and I feel that if it was not for COVID we would never have been able to go to so many meetings any time of the day!

Negatives: need more ways to outreach to others

Wanting to keep the meeting to just the regular people who attend is unhealthy for the group as a whole and it is important to branch out. I am currently working on changing that and trying to get the other members involved.

I think we need a Nar Anon speaker in our rotation. We have started doing that within the group, but I feel it would benefit to hear from a member we do not know.

Elizabeth O - GSR Guide to Serenity Group.

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

Salinas

January 12, 2022

The Monday Night Serenity group began meeting September 10, 2018, largely with members of the Sweet Serenity (Salinas) group who wanted a second meeting option nearby. The Monday evening meeting time was chosen as this was the only time available at the church.

We began meeting through Free Conference (video) calls at the beginning of the pandemic. We had good attendance with regular visitors from the Central Valley and San Francisco Bay area in 2020. However, participation diminished in 2021 and weekly attendance has averaged three members in the last five months. The group has considered possible ways to continue but does not have a group conscience at the time of submitting this report. Options being discussed include:

- Suspend weekly meetings with members joining Monday Night Miracles' and other meetings
- Become a permanent virtual meeting

Submitted by: Janet S., group contact

**Thursday Sweet Serenity (BACK IN PERSON for the last 6 months)**

**Group Report #131-030**

Salinas

FOR: January 22, 2022

**History:** The group began meeting in April 2011. Meetings moved from First Methodist (second location) to Lincoln Avenue Presbyterian in August 2016. With the pandemic in March 2020, our Salinas Sweet Serenity group was suspended. Half our group opted to go to the Salinas Monday Night Serenity virtual meetings while the other half wanted to meet back in person once the pandemic sanctions were lifted. So our FIRST in-person meeting was held again on July 15, 2021 at 6:30pm at our new location (Active Seniors Center (ASC) at 100 Harvest Street in Salinas). There were 5 members attending and we were grateful to be meeting back in person! (2 newer members had not yet attended an in-person meeting.) Our new location requires vaccinations to attend and at least one Nar-Anon member from each meeting must also be a member of the Active Seniors Center.

**Attendance:** Before our meetings were suspended due to the pandemic, meeting attendance was stable with an average of 8 people. Our FIRST in-person meeting on July 15, 2021 had 5 people attending. Our average attendance has been down to 4 for the past few months. At this time, meeting again in person now, we do have a Secretary, a Treasurer, and a GSR as well.

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

**Treasurer's Report:** The group's balance is \$68, not including the prudent reserve (\$150) and GSR funds (\$50). Donations have been sent to WSO since we began taking donations again on July 15, 2021 (after 19 months of no donations). Monthly rent is \$50.

**Successes, Challenges and Positive/Negative Impacts of the pandemic:**

- We are not getting new members the way we were before the pandemic hit and we are still a smaller group now since we began meeting again in July 2021.
- Our ASC location had to shut down for a few weeks in September due to covid.
- + Some members who attended (before the pandemic began) have not attended any meetings virtually since March 2020, so now (beginning July 15, 2021) they have been able to come back again in person.
- + We all appreciated being able to meet in person again after a 15 month (April 2020 – June 2021) pandemic hiatus. We are also happy we found our new location.
- + We are looking for ways to grow our meeting. We have posted a flier about our meetings at our venue location (Active Seniors Center - ASC).

All are welcome to join us (in person *only* with no hybrid option at this time):

Thursdays, 6:30 PM

Active Seniors Center - ASC (new location)

100 Harvest Street, Salinas, CA 93901

Submitted by: Kim K., GSR

## Sharing Experience, Strength & Hope

### Nar-anon Family Group Report

January 2022

The Sharing Experience, Strength & Hope NFG (131-025) meets virtually every Friday evening 6:30 – 7:45 PM pacific time. Virtual meetings began March 20, 2020. Access to the virtual meeting can be had by going to <https://tinyurl.com/SESHNaranon> and following instructions.

There have been from two to twelve people attend the meeting in the past six months. In practicing Tradition 7, attendance and sharing experience, strength and hope are how the group is fully self-supporting. The Group does not have a Treasurer or Secretary. Attendees are provided information on how to make donations to the Central California Region and the World Service Office.

Grateful to be of service,

Teri M.

Group Service Representative



# “Monday Nite Miracles” – Group #13131

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

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

**ATTENDANCE:** Ranges from 5-6 approximately.

**NEWCOMERS:** In the past most attendees seemed to learn about this meeting through other meetings, Outreach literature, internet or NA referrals people on occasion. Presently, since all meetings are conducted via ZOOM, attendees are locating the meeting on the Central California Region website, as well as through the World Service Office website.

**MEETING FORMAT:** Readings from the SESH book, Sharing the Slogans, brochures and other CAL approved literature are used as discussion references during the meetings. When time allows, the group has also been conducting a step study. Business meetings are held the first Monday of each month.

**TREASURER REPORT:** Period covered is 7/1/2021 to 12/31/2021

<b>Previous Balance .....</b>	<b>\$222.06</b>
Collected: 7 <sup>th</sup> Tradition & Literature sold	+ 0.00* <small>we encourage online donations</small>
<b>Subtotal....</b>	<b>\$187.00</b>
Disbursed: Rent Paid . . . . .	- 0.00
Literature purchased . . . . .	- 00.00
WSO Donation . . . . .	- 40.50
Region (CCR) Donation . . . . .	- 61.56
<b>Forwarding Balance.....</b>	<b>\$120.00</b>
<u>Included in the forwarding balance is:</u>	
Prudent Reserve - \$50.00 + GSR Travel Fund - \$50.00	

**DONATIONS:** People are encouraged to contribute to the CCR and the WSO weekly online.

**SUBMITTED BY:** Linda S., GSR

**DATED:** Jan. 14, 2022

Addendum: Due to the coronavirus outbreak, all meetings at the local church have been terminated until further notice. Zoom meetings have been favorably received. The group has served people from all over the US and continues to have regular newcomers from a wide region of California. The downside to these circumstances has been the lack of donation to our local meeting. During July through November, 2021, monthly participation was between 18 to 26 people. However, during December this number declined to 12, with a core of 3 longtime members participating weekly. Hopefully this trend is due to the holidays.



# Memorandum

Title: **COVID Omicron Experience**  
 To: Secretary, NFG Central Coast  
 Author: John M., GSR of the Simi Valley Nar-Anon Family Groups (SVNFG)  
 Date: January 11, 2022

In preparation of the Central Coast Assembly, the following question is presented to the SVNFG and requested to submit comments:

## Average attendance?

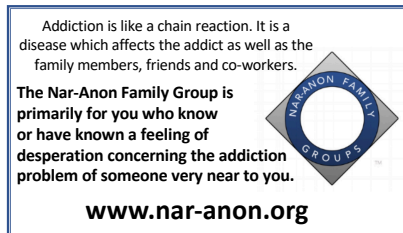
Anywhere from 6-15 persons, usually 4-5 are from out of the local area or out of state

## Meeting Format?

NFG meetings involve readings and introductions, newcomer welcome, for first 20-25min, followed by leader share ~5min, and individual share <5min

## Outreach?

John M is the outreach coordinator and is a member on the outreach committee as led by Janet S (Central Coast). John M created outreach cards which he mails with other Nar-Anon literature to County officials and contacts at organizations involved in recovery or where people who may need Nar-Anon (police/fire). These cards are shown below:



## Treasury?

We have approx. ~\$150 and send regular donations to the WSO.

## Service?

Service positions were voted in Dec., at a group conscience. It is available upon request.

## Newcomers?

We have 1-2 newcomers attending every meeting, few return.

## Challenges and accomplishments, concerns of group

Future decision about permanent virtual meeting or returning to F2F.

The SVNFG meets every Saturday evening as described:

- 6:30-7:25pm PST 12-Step Workshop (Nar-Anon 36 booklet)
- 7:30-9:00pm PST NFG regular meeting

ZOOM information:

Meeting ID: 884 0262 1415; pw: 832671

Dial-in: (669) 900-9128

## Nar Anon “I Can Be Free” Meeting

January 2022

The meeting is blessed with several newcomers that find relief from the family disease of addiction. This virtual meeting has members from California, other states and countries. The number of people is usually 5 to 13.

The meeting has continued with a prudent reserve and a format that allows for a diverse format. The long timers at the meeting seem to instill good health in the meeting and recovery.

The meeting format did reflect a change recently from the Santa Barbara location to virtual. The literature was taken from the Santa Barbara church location for use virtually. Our current next steps are looking at getting a newcomer packet and small blue book to newcomers. This will be discussed at an upcoming business meeting.

Scott Coffman

Nar Anon GSR, “I Can Be Free”

January 2022 GSR Report  
NFG Sunday Step Study  
Sundays at 12:00 noon and 1:00 p.m.  
Group 131-117 (V)

On January 2, 2022 the Sunday Step Study group split into two groups. The noon meeting began the year on Step 6. The 1:00 pm meeting began the year on Step 1. Both meetings use the Nar-Anon 36 workbook. We typically cover one or two pages in the workbook per session.

Housekeeping:

- Newcomers find this group through the World Service website, the Central California Regional website, or by going directly to the group website at <http://bit.ly/NFGSunday>.
- The group 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 the 1:00 pm meeting. Later in the day, a member reviews the group inbox and sends a follow up email.
- Two members from the Central California Region share Zoom hosting duties, so there will be continuity should one member be unavailable.
- The group began on March 19, 2017 as a physical group meeting in Bakersfield, California. In March, 2020 the group switched from meeting in-person to being permanently virtual. In January 2022 the group split into two sessions to better accommodate continuity for some while also providing an easier entry for newcomers.
- Active members attend from around the world.
- The group uses a QR code during the Zoom session to assist members in making their 7th Tradition contribution.

GSR - Robert P - [robertp27march@gmail.com](mailto:robertp27march@gmail.com)

Winds of Change Group # 131-138

Thursday 7-8 pm – Registered Virtual Meeting

January 2022

**History** - Our group started as a physical meeting in Hollister on August 15, 2019. In October 2020, by group conscience, we became registered with the WSO as a permanent virtual meeting.

**Attendance** - There are newcomers every week. We average up to 15-20 members. This includes visitors new and old to Nar-Anon worldwide.

**Format** - The format used combines the daily reader, other Conference Approved Literature, and when a 5th Thursday in a month, a speaker meeting.

**Outreach** - We are listed with the WSO and the CCR websites. We have a website to help newcomers find a meeting and a way for members to sign-up for service. <https://bit.ly/windsofchangenfg>. There is a dedicated email set with an auto-reply for those requesting information. A live person monitors and responds to emails. It has slowed down a little; we average 5-8 requests a week.  
[windsofchangevirtual@gmail.com](mailto:windsofchangevirtual@gmail.com)

**Service** - The hosting duties for the CCR Zoom account are shared by 2 members. We rotate with topic leaders and the chair position. For support during the week, a member maintains a phone/email list that anyone in the meeting can request or be added to.

**Treasury** - Thank you CCR for supporting our group with the shared Zoom account. We are self-sufficient at this time and do not request donations for our group. However, it is suggested to directly contribute to WSO and the CCR. We use a CCR background with a QR code to share with the members.

**Literature** - We suggest purchasing from the Nar-Anon webstore. To keep it simple we copy the [Literature page link](#) from our website and paste it into chat to provide information on books used in meetings.

In loving service,  
Barbara S. - GSR

# Committee Reports

# Outreach Subcommittee Report

## Central California Region - Outreach Subcommittee Report

January 12, 2022

**Nar-Anon's Vision Statement:** We will carry the message of hope throughout the world to those affected by the addiction of someone near to them. We will do this by:

- Letting them know they are no longer alone.
- Practicing the Twelve Steps of Nar-Anon.
- Encouraging growth through service.
- Making information available through outreach encompassing public information, hospitals, institutions, and websites.
- Changing our own attitudes.

### **My Service Story**

*I began attending Nar-Anon meetings after I heard members speak at a family panel at the treatment program in which my husband participated. As I attended various meetings, I listened to members' shares, and I asked myself who I wanted to be my sponsor? Did they have what I wanted? I ultimately asked a woman to be my sponsor because I connected with what she shared. She was wise and able to learn from her mistakes. Not coincidentally, she had a great sense of humor, and she was involved in service at the group and region level.*

*This was not my first rodeo, as they say. Decades ago, I stopped going to meetings when my relationship (with a different addict) ended. Early in my Nar-Anon recovery, I watched my husband relapse. I did not know if he or we would make it. Looking back, I think one of my first awakenings was when I decided to make a two-year service commitment as a group service representative. I did not know if I would still be with my husband or if he would be alive in a year, but I knew I would still need Nar-Anon. **My experience is that doing service benefits my own recovery, regardless of whether the addict is physically in my life or not.** After some time, that member I heard at the treatment center speak asked me if I would speak with her at an upcoming family panel. Soon after that, I was participating in the monthly panel regularly and my sponsor asked me to attend our region's Outreach subcommittee meeting. A few years have since passed. I have had the honor to sponsor a few women and I have served as Outreach Subcommittee Chair for a couple of years. **My strength is that, in service, I always get more than I give. The returns have been opportunities to grow and deeper levels of understanding of my own recovery.***

*Step Twelve says, "Having had a spiritual awakening as a result of these steps, **we tried to carry this message to others, and to practice these principles in all our affairs**". This is a we program; Newcomers and old timers alike need us. Our groups, our Central California Region (CCR) and our World Service Office needs us and our financial and service contributions, Nar-Anon needs us because our Eleventh Tradition says, "Our public relations policy is based on attraction rather promotion, we need always maintain personal anonymity...." We don't have staff to advertise or tell people about Nar-Anon. Our members carry the message as part of their own recovery.*

***My hope is that no one suffers alone.** However you found Nar-Anon, it was likely through a form of Outreach service -- a friend, a faith-based organization, a therapist or hearing a public service announcement. We reach other family members by sharing our experience, strength and hope. We provide Nar-Anon information in places where family and friends of addicts might be, such as, doctors' offices, treatment centers, community bulletin boards and information/referral services like 2-1-1.*

*Outreach subcommittee participation has declined in the past year. The Central California Region needs members to support its local outreach efforts.*



During the pandemic, members have conducted outreach in the following ways:

- Mailed and emailed information to faith-based organizations, therapists, schools, and 2-1-1 in the Region.
- Participated in the Recovery Center's family panel (in Monterey). All other panels have not met in-person since early March 2020: Meeting directories and conferenced-approved literature are shared at The Camp (Scotts Valley) and The Cottages (Santa Barbara).

In addition to the above list, some ideas for future efforts include:

- Compiling a list of all newspapers and radio stations in the region, then send regular (quarterly) information, PSA, etc.
- Send meeting information and literature to county health departments in the region.
- Consider cooperating with NA in family speaker panels/meetings.
- Sharing information about Narateen (Zoom meetings are available: [www.nar-anon.org/narateen](http://www.nar-anon.org/narateen); The CCR does not currently host any in-person Narateen meetings.)

When in-person events resume, the Outreach subcommittee will make literature available, and answer questions at events such as:

- Nar-Anon Convention and Monterey Bay NA Convention, Monterey, *(scheduled for January 14-15, 2023)*
- Western Region Convention of Nar-Anon, February
- NA Pig Roast fundraiser for Hospitals & Institutions, Salinas, August
- National Recovery Month, various events, August
- International Overdose Awareness Day, various events, August 31
- Many Paths One Destination event, San Jose, October

**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 25, 2022, 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>

Submitted by: Janet S., Outreach subcommittee chair

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

Outreach information is available at [www.nar-anon.org/outreach](http://www.nar-anon.org/outreach).

Meeting notes are saved on the Regional Service Committee's [google drive](#).

Literature  
Subcommittee  
Report

**CCR Literature Subcommittee Report  
January 2022**

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 six active members; however, our meetings are open to all members. A minimum of three members is needed to conduct a meeting.

We continue to work on Relationships in Recovery, and in November we hosted a Writer's Workshop with 19 attendees in addition to our six members. To date, we have not received any submissions as the result of this workshop.

We participated in Fellowship Review of Traditions Three and Four for the Nar-Anon 36.

We are currently evaluating how writings we have authored or received, but may not have already submitted, may best be used—perhaps for the new daily reader in production, the *Serenity Connection*, or for perhaps for a Regional Newsletter or on the CCR website. We learned that a previous project on Fear for the upcoming Fourth Step Workbook, Part 1 did not incorporate the material we wrote; Lit Com responded after several weeks that a Part 2 will be coming out soon and that our material may be incorporated into that.

It is a joy and a privilege to participate in this important service.

Gratefully,

Ruth K.  
Literature Subcommittee Chair

# Conventions & Events

Western  
Regions  
Convention

## Western Regions Convention of Nar-Anon Family Groups - 2022

**Saturday, February 12, 2022 at 9:00 a.m. Pacific Time**

Nar-Anon participation in the Western Regions Convention of Nar-Anon Family Groups (WRCNFG) began in 2013 when a few Nar-Anon members set up an outreach table at the annual NA Convention for Central California. During the WRCNFG in 2014 Nar-Anon members from the middle of the state talked with members from Northern California and Southern California about forming a new region - which became the Central California Region of Nar-Anon Family Groups.

Since 2015 the event has been built around speaker meetings, workshops, and an annual multi-regional business meeting. Participation has grown - 1 region in 2013, 2 regions in 2014, 3 regions in 2015, and now 4 regions in 2022. The event has also detached - with love - from the NA Convention that brought us here. The WRCNFG was mostly virtual in 2020, and has since become entirely virtual.

The 2022 WRCNFG will begin with one speaker from each of the four regions - Rocky Mountain, Southern California, Central California, and Northern California. There will be two participatory workshops with opportunities for member questions about Nar-Anon outside the USA, and our new 4th Step Workbook. Then each of the four regions will present short reports about the successes they had during 2021 and the challenges for 2022.

This is a great opportunity to listen to and ask questions of members from around the world, and, especially, around the western part of the USA. Just as listening to others in our home group helps with our personal recovery, so can listening to members from other locations help us learn what Nar-Anon means to others.

We hope you can attend and support the members from our region who will be sharing their experience, strength, and hope.

To join, go to <https://www.naranonrm.org>

Then click the purple square on the website as shown below.



Technology  
Services  
Subcommittee  
Website Report

# Report from the TSS for the January 2022 Assembly

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

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

The ongoing work of the committee includes:

- The committee maintains the regional website, regional calendars, online meeting list, regional Zoom account, regional file storage, regional email list, and sends out the regional emails.
- The CCR TSS committee is researching “hybrid meetings,” but has not yet found any good recommendations.

Significant accomplishment since the last Assembly:

- Improved literature page - please take a look. This page has been redesigned to make it easier for newcomers and members to quickly find Conference Approved Literature.
- Improved Activities, Events, and Services page to broaden the use of this page for all types of Nar-Anon opportunities.
- Addition of an “accessibility widget” to make it easier for visually impaired members to access the website either with large fonts, or with a page reader.

We now have just enough committee members to keep things running smoothly, but really need one or two more members to help us expand the ways technology serves our region. If you are interested in getting more information about the TSS send an email to [robertp27march@gmail.com](mailto:robertp27march@gmail.com).



# Website Report

# CCR Website Analytics 2021/2020 Comparison

Jan 1, 2021 - Dec 31, 2021  
Compare to: Jan 1, 2020 - Dec 31, 2020

All Users  
+0.00% Sessions

## Visits

Jan 1, 2021 - Dec 31, 2021

**17,825**

% of Total: 100.00% (17,825)



Jan 1, 2020 - Dec 31, 2020

**10,019**

% of Total: 100.00% (10,019)



## Pages / Visit

Jan 1, 2021 - Dec 31, 2021

**2.18**

Avg for View: 2.18 (0.00%)



Jan 1, 2020 - Dec 31, 2020

**2.13**

Avg for View: 2.13 (0.00%)



## Bounce Rate

Jan 1, 2021 - Dec 31, 2021

**50.57%**

Avg for View: 50.57% (0.00%)



Jan 1, 2020 - Dec 31, 2020

**55.92%**

Avg for View: 55.92% (0.00%)



## Avg. Visit Duration

Jan 1, 2021 - Dec 31, 2021

**00:02:28**

Avg for View: 00:02:28 (0.00%)



Jan 1, 2020 - Dec 31, 2020

**00:02:36**

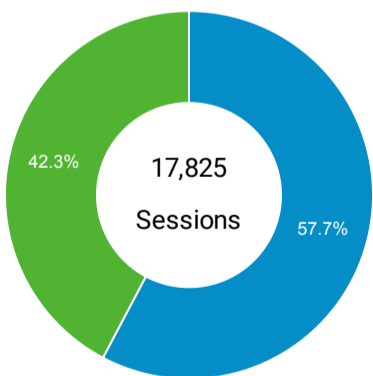
Avg for View: 00:02:36 (0.00%)



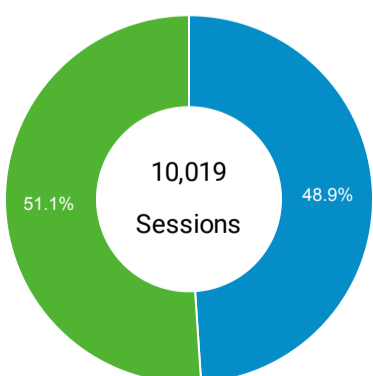
## Visits by Visitor Type

Returning Visitor New Visitor

Jan 1, 2021 - Dec 31, 2021



Jan 1, 2020 - Dec 31, 2020



## Visits by Device Category

mobile desktop tablet

Jan 1, 2021 - Dec 31, 2021

## Most Popular Pages

Page	Pageviews	Unique Pageviews
/		
Jan 1, 2021 - Dec 31, 2021	15,069	10,847
Jan 1, 2020 - Dec 31, 2020	7,780	5,475
<b>% Change</b>	<b>93.69%</b>	<b>98.12%</b>
/virtualmeetings		
Jan 1, 2021 - Dec 31, 2021	8,356	7,472
Jan 1, 2020 - Dec 31, 2020	1,563	1,386
<b>% Change</b>	<b>434.61%</b>	<b>439.11%</b>
/meeting/meeting-updates		
Jan 1, 2021 - Dec 31, 2021	3,569	3,457
Jan 1, 2020 - Dec 31, 2020	2,668	2,228
<b>% Change</b>	<b>33.77%</b>	<b>55.16%</b>
/aes		
Jan 1, 2021 - Dec 31, 2021	1,932	1,736
Jan 1, 2020 - Dec 31, 2020	0	0
<b>% Change</b>	<b>100.00%</b>	<b>100.00%</b>
/meeting-updates		
Jan 1, 2021 - Dec 31, 2021	1,781	1,771
Jan 1, 2020 - Dec 31, 2020	750	750
<b>% Change</b>	<b>137.47%</b>	<b>136.13%</b>

## Most Popular Landing Pages

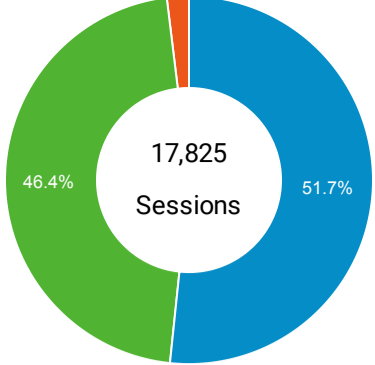
Landing Page	Sessions
/	
Jan 1, 2021 - Dec 31, 2021	10,343
Jan 1, 2020 - Dec 31, 2020	5,144
<b>% Change</b>	<b>101.07%</b>
/virtualmeetings	
Jan 1, 2021 - Dec 31, 2021	3,097
Jan 1, 2020 - Dec 31, 2020	317
<b>% Change</b>	<b>876.97%</b>
/meeting/meeting-updates	
Jan 1, 2021 - Dec 31, 2021	442
Jan 1, 2020 - Dec 31, 2020	716
<b>% Change</b>	<b>-38.27%</b>
/literature	
Jan 1, 2021 - Dec 31, 2021	431
Jan 1, 2020 - Dec 31, 2020	0
<b>% Change</b>	<b>100.00%</b>
/member-services/take-back-to-meeting/	
Jan 1, 2021 - Dec 31, 2021	287
Jan 1, 2020 - Dec 31, 2020	274
<b>% Change</b>	<b>4.74%</b>

## Most Popular Referrers

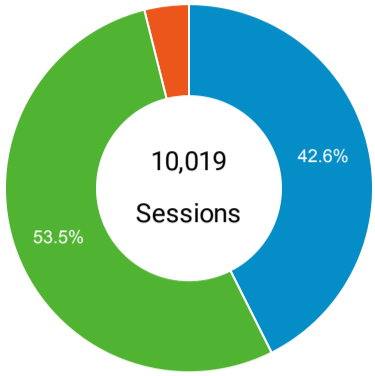
Full Referrer	Sessions
(direct)	
Jan 1, 2021 - Dec 31, 2021	8,556
Jan 1, 2020 - Dec 31, 2020	4,549
<b>% Change</b>	<b>88.09%</b>
google	
Jan 1, 2021 - Dec 31, 2021	5,340
Jan 1, 2020 - Dec 31, 2020	2,694
<b>% Change</b>	<b>98.22%</b>
nar-anon.org/	
Jan 1, 2021 - Dec 31, 2021	1,832
Jan 1, 2020 - Dec 31, 2020	630
<b>% Change</b>	<b>190.79%</b>
bottraffic873.xyz/	
Jan 1, 2021 - Dec 31, 2021	400
Jan 1, 2020 - Dec 31, 2020	0
<b>% Change</b>	<b>100.00%</b>
naranonsuffolkli.org/	
Jan 1, 2021 - Dec 31, 2021	365
Jan 1, 2020 - Dec 31, 2020	89
<b>% Change</b>	<b>310.11%</b>

## Most Popular Keywords

Keyword	Sessions
(not set)	
Jan 1, 2021 - Dec 31, 2021	12,130
Jan 1, 2020 - Dec 31, 2020	7,076
<b>% Change</b>	<b>71.42%</b>
(not provided)	
Jan 1, 2021 - Dec 31, 2021	5,260
Jan 1, 2020 - Dec 31, 2020	2,851
<b>% Change</b>	<b>84.50%</b>
www.yourtraffic.club	
Jan 1, 2021 - Dec 31, 2021	360
Jan 1, 2020 - Dec 31, 2020	0
<b>% Change</b>	<b>100.00%</b>
https://www.naranoncentralca.org/virtualmeetings	
Jan 1, 2021 - Dec 31, 2021	34
Jan 1, 2020 - Dec 31, 2020	4
<b>% Change</b>	<b>750.00%</b>
central coast naranon	
Jan 1, 2021 - Dec 31, 2021	14
Jan 1, 2020 - Dec 31, 2020	4
<b>% Change</b>	<b>250.00%</b>



Jan 1, 2020 - Dec 31, 2020



Ad Hoc  
Elections  
Subcommittee  
Report

ELECTIONS AD HOC SUBCOMMITTEE REPORT  
to the CENTRAL CALIFORNIA REGIONAL SERVICE ASSEMBLY of 1/22/22

The Elections Ad Hoc Subcommittee requested a motion from the Regional Service Committee (RSC) per the Central California Region's Guide to Regional Services (GRS) Election Regional Service Assembly's (RSA's) Section (page 32), Election Process before Election RSA, which states:

2) At the December RSC, the elections subcommittee presents the interim chair to the RSC. The subcommittee drafts a motion for submission to the January RSA to hold an elections RSA the following July. The motion is to include, but is not limited to:

- a) List of open positions: officers, delegate, and alternate delegate
- b) Descriptions of positions and suggested experience (see the Regional Structure section of this document)
- c) Timeline for nomination period and the election (as defined below)
- d) An email address for nominations to be sent
- e) A nomination invitation that is to be sent to groups via Take Back to Meeting Information and Announcements after the March RSC meeting.

3) At the January RSA, the subcommittee will present the chair for confirmation by the assembly. The committee will present the elections agenda item and entertain questions and comments from the assembly. After the elections RSA motion is passed, the nomination invitation can be sent to groups via Take Back to Meeting Information and Announcements following the March RSC meeting.

Per the above referenced section of the GRS, the Elections Ad Hoc Subcommittee requested a motion from the RSC to present a motion request to the January RSA to hold an Election RSA in or near July of 2022. The following is the approved requested motion:

The Regional Service Committee requests the following motion from this Regional Service Assembly:

The Central California Region of Nar-Anon Family Groups is to hold an Elections Regional Service Assembly in or near July of 2022 for the purpose of electing to the Regional Service Committee a Chair, a Vice Chair, a Secretary, a Treasurer, a Delegate, and an Alternate Delegate as described in Central California Region's Guide to Regional Services.

Descriptions of suggested experience are:

Chair and Vice Chair - three years continuous service in Nar-Anon

Secretary - two years of service in Nar-Anon

Treasurer - two years continuous service in Nar-Anon

Delegate - a minimum of two years continuous service as a GSR, experience as alternate delegate, experience as an area or RSC trusted servant, and exposure to service at the world service level.

Alternate Delegate - alternate delegate should be willing to become delegate at the end of the delegate's term.

After this motion is passed, the nomination invitation is to be sent to groups via Take Back to Meeting Information and Announcements following the March RSC meeting. Nominations can be sent to [Chair@naranoncentralca.org](mailto:Chair@naranoncentralca.org). Qualifications from nominees to be requested in April. Ballot slate with write in option is to be disseminated in May. Anonymous Election Ballots are to be disseminated to Groups in June.

# Forms

# Nar-Anon Central California Region

## Group Service Representative (GSR) and Alternate GSR Registration Form

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

### Current Trusted Servant Information

---

Position: GSR [ ] Alternate GSR [ ] Service Start Date: \_\_\_\_\_

Member Name (first name and last initial): \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Skype Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Group Name: \_\_\_\_\_ City: \_\_\_\_\_

Meeting Day: \_\_\_\_\_ Meeting Time: \_\_\_\_\_ Group ID: \_\_\_\_\_

### Previous Trusted Servant Information

---

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

Position: GSR [ ] Alternate GSR [ ] Service End Date: \_\_\_\_\_

Member Name (first name and last initial): \_\_\_\_\_

### Area Acceptance

---

ASC Officer Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Area: \_\_\_\_\_ Position: \_\_\_\_\_ Date: \_\_\_\_\_

### Region Acceptance

---

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

RSC Officer Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Position: \_\_\_\_\_ Date: \_\_\_\_\_

**Nar-Anon Central California Region**  
**Area Service Committee and Regional Service Assembly Registration Form**

ASC [ ] RSA [ ] Date: \_\_\_\_\_ Sheet: \_\_\_\_\_ of \_\_\_\_\_

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

**Member Sign-in**

---

Member Name (first name and last initial): \_\_\_\_\_

Email address: \_\_\_\_\_ Phone: \_\_\_\_\_

Group City: \_\_\_\_\_ Position: GSR [ ] Alternate GSR [ ] Substitute GSR [ ]

Meeting Day: \_\_\_\_\_ Meeting Time: \_\_\_\_\_ Group ID: \_\_\_\_\_

---

Member Name (first name and last initial): \_\_\_\_\_

Email address: \_\_\_\_\_ Phone: \_\_\_\_\_

Group City: \_\_\_\_\_ Position: GSR [ ] Alternate GSR [ ] Substitute GSR [ ]

Meeting Day: \_\_\_\_\_ Meeting Time: \_\_\_\_\_ Group ID: \_\_\_\_\_

---

Member Name (first name and last initial): \_\_\_\_\_

Email address: \_\_\_\_\_ Phone: \_\_\_\_\_

Group City: \_\_\_\_\_ Position: GSR [ ] Alternate GSR [ ] Substitute GSR [ ]

Meeting Day: \_\_\_\_\_ Meeting Time: \_\_\_\_\_ Group ID: \_\_\_\_\_

---

**Area/Region Acceptance**

---

ASC or RSC Officer, as applicable:

Signature: \_\_\_\_\_ Print: \_\_\_\_\_

Area: \_\_\_\_\_ Position: \_\_\_\_\_ Date: \_\_\_\_\_



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

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

Group/Area Name: \_\_\_\_\_ City: \_\_\_\_\_

Meeting Day: \_\_\_\_\_ Meeting Time: \_\_\_\_\_ Group ID: \_\_\_\_\_

Contribution enclosed: \$ \_\_\_\_\_

Contact Name: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

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

Mail to: Nar-Anon Family Groups - CCR  
Attn: Treasurer  
3463 State St. #424  
Santa Barbara, CA 93105

---

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

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

Group/Area/Region Name: \_\_\_\_\_ City: \_\_\_\_\_

Meeting Day: \_\_\_\_\_ Meeting Time: \_\_\_\_\_ Group ID: \_\_\_\_\_

Contribution enclosed: \$ \_\_\_\_\_

Contact Name: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

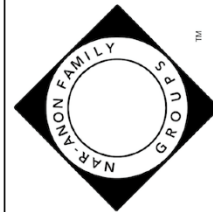
Email Address: \_\_\_\_\_

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

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

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

#	Group Name / City / Day	Date	Gas	Mileage	Maintenance Rate at \$.08 / mile *	Meals	Lodging	Total Expense
1			\$ -		\$ -	\$ -	\$ -	\$ -
2			\$ -		\$ -	\$ -	\$ -	\$ -
3			\$ -		\$ -	\$ -	\$ -	\$ -
4			\$ -		\$ -	\$ -	\$ -	\$ -
5			\$ -		\$ -	\$ -	\$ -	\$ -
6			\$ -		\$ -	\$ -	\$ -	\$ -
7			\$ -		\$ -	\$ -	\$ -	\$ -
8			\$ -		\$ -	\$ -	\$ -	\$ -
9			\$ -		\$ -	\$ -	\$ -	\$ -
10			\$ -		\$ -	\$ -	\$ -	\$ -
11			\$ -		\$ -	\$ -	\$ -	\$ -
12			\$ -		\$ -	\$ -	\$ -	\$ -
13			\$ -		\$ -	\$ -	\$ -	\$ -
14			\$ -		\$ -	\$ -	\$ -	\$ -
15			\$ -		\$ -	\$ -	\$ -	\$ -
<b>Totals</b>			<b>\$ -</b>		<b>\$ -</b>	<b>\$ -</b>	<b>\$ -</b>	<b>\$ -</b>



Position:

Name:

Address:

Phone:

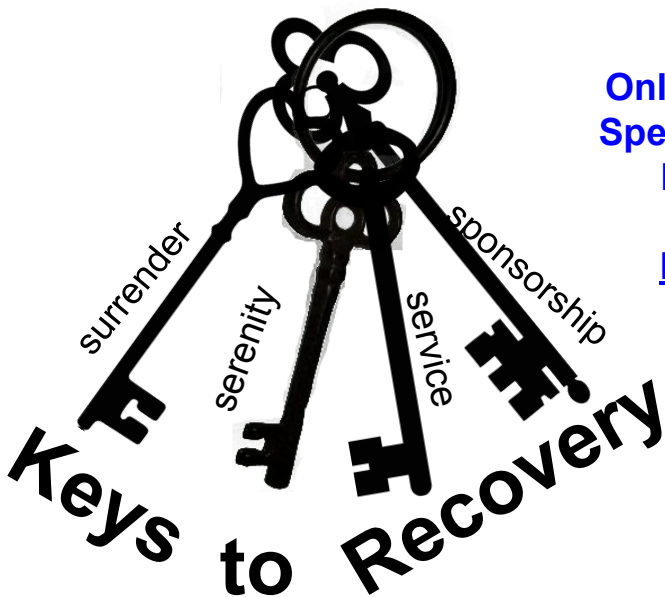
\* According to AAA in 2017, "To calculate annual maintenance and repair costs, AAA examined factory-recommended maintenance, replacement tires, extended warranty costs and services associated with typical wear-and-tear. New vehicles, on average, will cost a driver \$1,186 per year to maintain and repair." This is based on 15,000 miles per year. The cost per mile of maintenance is \$.08 per mile.

# Event Flyers

# Western Regions Convention NFG - February 12

## To join, go to <https://www.naranonrm.org>

Then click the purple square on the website as shown below



Online - Virtual - Global with  
Speakers and Workshops on  
Recovery and Service

<https://bit.ly/WRCNFG>



Pass it on

Times shown are Pacific Time

8:30	Zoom opens - emcee Ed H from Nor. Cal. with Stephanie M hosting
9:00	Surrender - David from Rocky Mtn.
9:30	Serenity - Ken K from So. Cal.
10:00	Service - Ruth from Central Cal.
10:30	Sponsorship - Ed from Nor. Cal.
11:00	Experience outside the USA - moderator - Robert from Central Cal. Starting new groups with limited resources - Angie from So. Cal. Organizing a National Service Office - Edwin from Columbia Sustaining a National Service Organization - Elena from Russia
12:00	Break
12:30	Fourth Step Literature - moderator - Paula from Nor. Cal. CAL Fourth Step Worksheet - Robert from Central Cal. Fellowship review resentments worksheet - Holly from Rocky Mtn CAL creation and approval process - Trudi from So. Cal.
1:30	Multi-Regional business meeting - moderator - Roxanne from So. Cal. So. Cal. - Trudi Nor. Cal. - Ed Central Cal. - Michael Rocky Mtn. - Cheryl
3:30	Meeting after the meeting



**Ever wondered where the steps can take you? Find out:  
Zoom 745 977 7458**



**NFG  
Sunday  
Step  
Study**

## **Sundays**

<b>Pacific</b>	<b>1:00 pm</b>
<b>Mountain</b>	<b>2:00 pm</b>
<b>Eastern</b>	<b>4:00 pm</b>
<b>London</b>	<b>9:00 pm</b>
<b>Europe</b>	<b>10:00 pm</b>
<b>Iran</b>	<b>12:30 am</b>

# Nar-Anon Literature

Since we cannot just walk over to the literature rack and show newcomers our favorites, the CCR TSS has created a web page -

[naranoncentralca.org/literature](https://www.naranoncentralca.org/literature).

We hope you check this page, and then share it with others. It should make it easier for newcomers to comb through all of the selections available and focus on the favorites.

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

## SHARING NAR-ANON LITERATURE

Nar-Anon Board of Trustee's [Bulletin 3](#) asks Nar-Anon members to help protect the copyright on Nar-Anon Conference Approved Literature (CAL). A key point in this Bulletin is guidance that groups should not screen share Nar-Anon CAL without prior permission, with a few exceptions. As of today, there does not seem to be a pathway to obtain permission to screen share CAL. However, there are pathways groups can use to ensure members are hearing the same message. What a group cannot do is photocopy, scan, take a picture of, or retype Nar-Anon literature to share with anyone else.

## NAR-ANON RECOVERY LITERATURE FOR SALE ONLINE

The simplest way for all members to simultaneously read an item of CAL is for each member to buy a copy. Some literature is available for instant

**Blue Booklet** - Readings used in a meeting - Paper | Kindle | iTunes

**Strength and Hope** - Book is used as a daily reader or for topics in a meeting - Paper | Kindle | iTunes

... a Step Study meeting - Paper

... letts are available through the Nar-Anon Webstore

er

er

... overview of the Nar-Anon Twelve Steps - Paper

... on of Nar-Anon stories - Paper | Kindle | iTunes

... from the Serenity Connection - Paper | Kindle | iTunes | N

... sponsorship - Paper | Kindle | iTunes

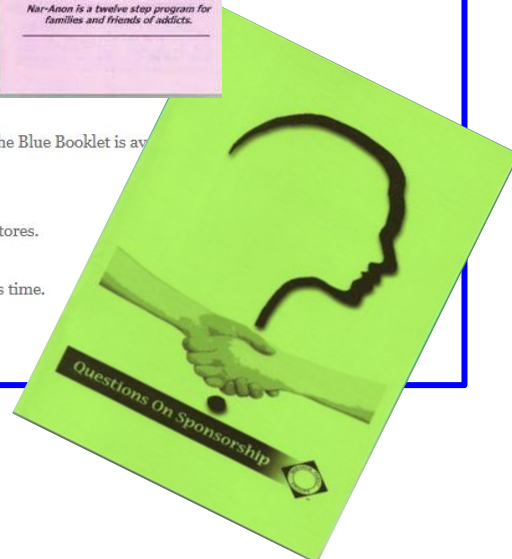
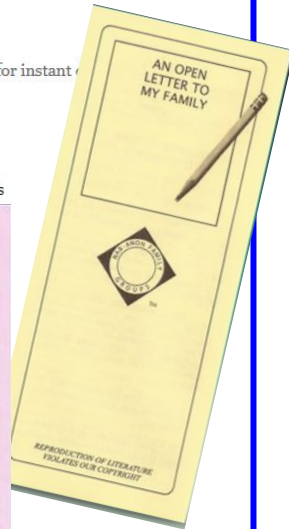
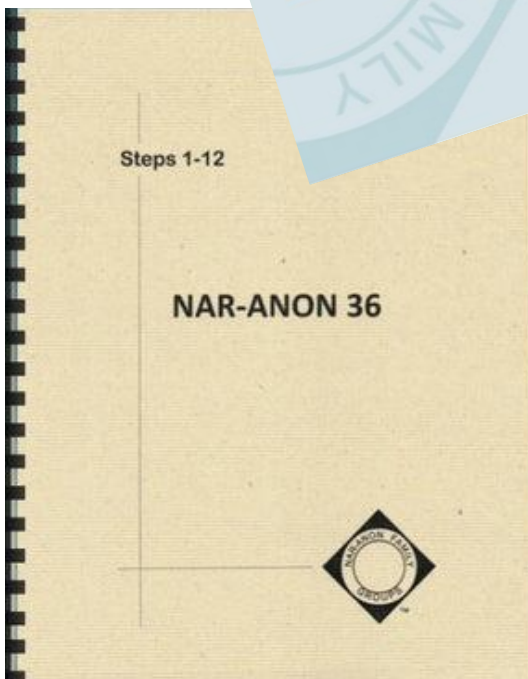
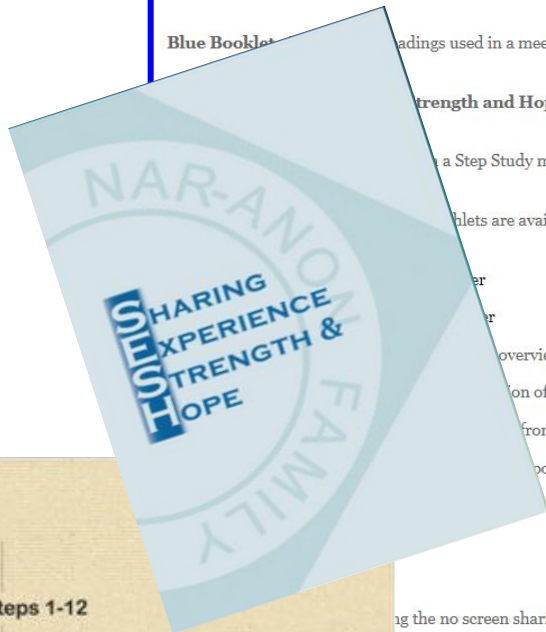
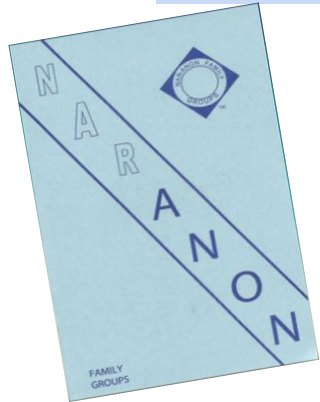
... g the no screen sharing of CAL, is this is not easy for newcomers. However,

... e purchased by the newcomer and immediately downloaded. For example, the Blue Booklet is av...  
... the purchaser.

... a copy of the Blue Booklet by using the "gift" option in the electronic bookstores.

... Nar-Anon webstore and buy literature for themselves, though shipping takes time.

... iterature to a newcomer, though, again, shipping takes time.





# NAR-ANON SERVICE

Service is not an extra-curricular activity; it is the foundation of recovery.

## OPEN SERVICE COMMITMENTS

- Vice Chair
- Alternate Delegate
- Conventions / Events Subcommittee Chair
- Conventions / Events Subcommittee Chair
- Narateen Subcommittee Chair
- Subcommittees
  - Conventions / Events
  - Literature
  - Outreach
  - Technology Services

## CONTACT

WEBSITE:

[www.NarAnonCentralCA.org](http://www.NarAnonCentralCA.org)

EMAIL:

[Chair@NarAnonCentralCA.org](mailto:Chair@NarAnonCentralCA.org)

## MESSAGE FROM THE CCR CHAIR

Members fade away from groups for many reasons. One reason is their growth in recovery becomes stagnant. It is suggested that if one is not growing in recovery then one is traveling backwards.

This Program's basis of recovery is put forth in 36 principals divided into three categories. Those Categories are the 12 Steps, 12 Traditions, and 12 Concepts of Service. It has been suggested to view these three categories as one would view a three-legged stool that provides a stable foundation. These three categories of principals provide the basis for a stable foundation for a member's recovery.

Participating in Service has many forms. Simply attending meetings is one and participating in group meetings and group service are others. The ability to participate in service beyond the group level needs to be emphasized. Being a GSR is one method of participation.

Other methods of Service beyond the group level are participating in the Regional Service Committee and Subcommittees and the important work they do. Investigate participating in World Service Committee work and the available literature and promote what you discover to your groups.

*Michael F., Nar-Anon Central California Region Chair*

# Meeting Directory



# Central California Region Meeting List

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Updated: January 16, 2022

## SUNDAY

- **12 PM, NFG Step Study (Steps 6-12)** - *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.
- **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#

# Central California Region Meeting List

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Updated: January 16, 2022

## TUESDAY

- **6:00 PM, Atascadero** - *Candle Light* group will meet via Zoom until further notice. To join, click <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 <https://zoom.us/j/93264701592?pwd=ZXF6cUR4VUV3ZU0xcCtJlJrbFU3UT09>, Meeting ID: 9326470 1592, Password: 049795 or dial-in by phone 16699006833, Meeting ID 93264701592#, Password 049795#

## WEDNESDAY

- **Wednesday 12 PM, Carmel** - *Serenity-by-the-Sea* group is now meeting inside the multi-purposeroom under the church for in-person meetings. Carmel Presbyterian Church is located on Junipero Street and Mountain View Streets, Carmel By The Sea, CA 93921.
- **7:30 PM, Gilroy** - *Guide to Serenity* group will meet via Zoom teleconference. To join, click <https://callistomedia.zoom.us/j/95504611094?pwd=Z1N6YlBwRGhYUHIHSWdWTRCbEhxZz09>, Meeting ID: 955 0461 1094 Password: 202020

## THURSDAY

- **Thursday 6:30 PM, Salinas** - *Sweet Serenity* group is now meeting in person at the Active SeniorsCenter (ASC) located at 100 Harvest Street, Salinas, CA 93901. This new location requires vaccinations to attend and at least one Nar-Anon member from each meeting must also be a member of the Active Seniors Center.
- **7:00 PM, Hollister** - *Winds of Change* group will meet via Zoom. *Newcomers and all Nar-Anon*

# Central California Region Meeting List

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*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. *Click to visit website***7:30 PM, Los Gatos** - *Vision of Hope* group will meet via Zoom teleconference. To join, click: <https://us02web.zoom.us/j/86499034930?pwd=MEdLUiRqSjVpaUIBR1Y2OGF6eTdQUtO9>, Meeting ID: 864 9903 4930, Passcode: 4242 Or dial-in +16699009128 ID: 86499034930#0#4242#

## FRIDAY

- **Friday, 12 PM, Atascadero** - *Bridge to Serenity* group will meet in person at North CountyConnection - 8600 Atascadero Ave, Atascadero.
- **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://tinyurl.com/SESHNarAnon> and follow instructions. *Newcomers and all Nar-Anon members are invited.*

## SATURDAY

- **9 AM, Monterey** - *Circle of Hope* 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. *Newcomers and all Nar-Anon members are invited!*
- **6:30 PM, Simi Valley** - Twelve Step Study Workshop suspended until January 8, 2022. For information about this meeting, call John at 1-805-630-0779.
- **7:30 PM, Simi Valley** - *Simi Valley Nar-Anon Family* group will meet via Zoom. To join, [click here](#). Meeting ID: 884 0262 1415 and Passcode: 832671. *Newcomers are welcome!* For information about this meeting, call John at 1-805-630-0779