

# Agenda

## Nar-Anon Family Groups Central California Region Assembly

Saturday, July 16, 2022, from 10:30 AM to 4:00 PM PDT  
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

| Location      | Day       | Group Name                             | Time              | Group ID | Representative |
|---------------|-----------|--|-------------------|----------|----------------|
| Gilroy        | Wednesday | Guide to Serenity                      | 7:30 PM           | 131-009  |                |
| Los Gatos     | Thursday  | Vision of Hope                         | 7:30 PM           | 131-010  |                |
| Los Gatos     | Sunday    | Peace & Serenity on Sunday             | 7:00 PM           | 131-011  |                |
| Santa Cruz    | Sunday    | Saving Ourselves (SOS)                 | 6:30 PM           | 131-024  |                |
| Scotts Valley | Friday    | Sharing Experience, Strength & Hope    | 6:30 PM           | 131-025  |                |
| Monterey      | Tuesday   | In the Solution                        | 6:30 PM           | 131-028  |                |
| Monterey      | Saturday  | Circle of Hope                         | 9:00 AM           | 131-029  |                |
| Salinas       | Thursday  | Sweet Serenity                         | 6:30 PM           | 131-030  |                |
| Seaside       | Monday    | Monday Nite Miracles                   | 6:30 PM           | 131-031  |                |
| Atascadero    | Tuesday   | Candlelight                            | 6:00 PM           | 131-033  |                |
| Atascadero    | Friday    | Bridge to Serenity                     | 12:00 PM          | 131-034  |                |
| Virtual       | Sunday    | NFG Step Study                         | 12:00 PM          | 131-035  |                |
| Virtual       | Friday    | I Can Be Free                          | 6:00 PM           | 131-066  |                |
| Simi Valley   | Saturday  | Simi Valley Serenity Steps Study & NFG | 6:30 PM & 7:30 PM | 131-068  |                |
| Carmel        | Wednesday | Serenity-by-the-Sea                    | 12:00 PM          | 131-075  |                |
| Virtual       | Sunday    | NFG Step Study                         | 1:00 PM           | 131-117  |                |
| Salinas       | Monday    | Monday Night Serenity                  | 6:30 PM           | 131-130  |                |
| Virtual       | Thursday  | Winds of Change                        | 7:00 PM           | 131-138  |                |

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     | Alijah S.     | Ad Hoc Elections     | Michael F.             |

## Quorum Summary

| Total Groups | Registered Groups | Current Quorum |
|--------------|-------------------|----------------|
| 18           |                   |                |

## Agenda Summary

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| 6.  | New Business .....                                  | 4 |
| 7.  | Old Business .....                                  | 5 |
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| 14. | Adjournment.....                                    | 6 |

# Agenda

## Nar-Anon Family Groups Central California Region Assembly

Saturday, July 16, 2022, from 10:30 AM to 4:00 PM PDT  
Web-based video conferencing tool

### 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. Chair's Report

10:55 AM to 11:00 AM

- A) Chair's Report – Michael F.  
*See the Chair's Report section of this packet.*

### 3. Adoption of Minutes of Previous Assembly

10:45 AM to 10:50 AM

- A) A motion is requested to approve minutes for the Assembly of January 22, 2022.  
*See the Draft Assembly Minutes section of this packet.*

### 4. Adoption of the Agenda

10:50 AM to 10:55 AM

# Agenda

## Nar-Anon Family Groups Central California Region Assembly

Saturday, July 16, 2022, from 10:30 AM to 4:00 PM PDT  
Web-based video conferencing tool

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

## 5. Elections

*11:00 AM to 11:30 AM*

- A) Request for a motion to accept the elections procedures as described below in this *Elections Materials* section of the agenda.
- B) For the purpose of the election procedures the Chair will pass control of the Assembly to the Chair of the Elections Subcommittee, Michael F.
- C) Nominations will be accepted from the floor.
- D) If no additional nominations are received, then the results from ballots will be tallied. If additional nominations are received, then a vote from the floor is required.
- E) Election Subcommittee Chair reads the results of the tally and possible votes.
- F) GRS states new Regional Service Committee members terms start upon our bank's acceptance of transfer of RSC membership.
- G) The RSC Chair reacquires control of the Assembly.
- H) A motion to disband the ad hoc Elections Subcommittee is then requested by the Chair.
- I) Motions to affirm Subcommittee Chairs is requested one by one by the Chair.

## 6. New Business

*11:30 AM to 12:30 PM*

- A) 2023 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 2022 funds into the 2023 Budget.
  - ii) 2023 Budget discussions and 2023 Budget adoption motion.
- B) Narateen Subcommittee motion requests – Alijah S.  
*See Narateen Subcommittee Report section of this packet*

# Agenda

## Nar-Anon Family Groups Central California Region Assembly

Saturday, July 16, 2022, from 10:30 AM to 4:00 PM PDT  
Web-based video conferencing tool

- i) Request a motion to approve CCR Narateen Guidelines (Safety Policy) as presented in the attached document located in the *Narateen Subcommittee Report section of this packet*
  - ii) Request a motion to affirm Alijah S. as the Narateen Subcommittee Chair.
  - iii) Request a motion to affirm Sunny J. as the Narateen Process Person (NTPP).
- C) Regional Service Committee CAR motion request – JT  
*See Delegate’s Report section of this packet*
- i) The RSC requests a motion whereby the CCR authorizes the Delegate to add Motions 21,22a, 22b, 36,40,41,43, and 45, as described in the Delegate’s Report, into the 2023 CAR as either a maker or as the second on the motion.
- D) Next Assembly.

## 7. Old Business

*12:30 PM to 12:45 PM*

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

## 8. Lunch Recess

*12:45 PM to 1:15 PM - (30 minutes)*

## 9. Reconvene

*1:15 PM to 1:30 PM*

- A) Roll Call.

## 10. RSC Reports

*1:30 PM to 2:00 PM*

- A) Delegates – J.T. W.  
*See the Delegate’s Report section of this packet.*

# Agenda

## Nar-Anon Family Groups Central California Region Assembly

Saturday, July 16, 2022, from 10:30 AM to 4:00 PM PDT  
Web-based video conferencing tool

### 11. Group Reports

*2:00 PM to 3:00 PM*

A) Group Reports – GSRs

*See Group Reports section of this packet.*

- i) Topic or topics to be determined by the assembly for further discussions.

### 12. Subcommittee Reports

*3:00 PM to 3:45 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) No standing committee members – Questions and comments open to the floor.

- ii) 2022 Narathon – Scott C.

*See Narathon section of this packet.*

D) Technology Services – Robert P.

*See Technology Subcommittee Report section of this packet.*

E) Elections Ad Hoc Subcommittee Report – Michael F.

*See Elections Materials section of this packet.*

### 13. Administration

*3:45 PM to 4:00 PM*

- A) Take Back to Meeting Information and Announcements.

### 14. Adjournment

*Adjourn at 4:00 PM*

- A) Close the assembly with the Serenity Prayer.

# Chair's Report

# Report from the Chair

July 16, 2022

To the Fellowship of the Central California Region.

We are electing a new Chair. I remain humbled and blessed to have had the privilege to be of service as Chair of the Region's Service Committee. The Program promises that in service you receive growth in recovery and I'm still in much need of such growth.

The Assembly is the representation of the Groups. The Regional Service Committee serves the Assembly. My role as Chair has been to help accomplish the goals of the Groups as expressed through the Group Service Representatives (GSRs) at the Assembly. The most important indicator of those goals is the Annual Budget.

The 2023 proposed budget is where the Assembly must express its priorities for the coming year. Our Regional Service Committee Treasurer, Les, will be presenting his proposed budget. The proposed budget reflects an understanding of the Assembly's goals. The Regional Service Committee has advised him and supports his effort. The Assembly must now determine the final composition of the Budget. The Regional Service Committee members look forward to the Assembly's deliberations as the guidance the Committee must have in order to assist in making our Regional goals a reality.

The Assembly Agenda is the Assembly's Agenda. The Assembly accepts the Agenda as presented or it may adjust the Agenda to that which suits it. Though the Agenda is posted for review and comment; and requests are posted for Agenda Items to be included in the Agenda, a line item discussion of the Assembly Agenda has mistakenly not been included in past Agendas. This oversight has been corrected and currently is Agenda Item number three.

Other adjustments to the Assembly Agenda template have been made due to receiving input from GSRs, the RSC, and members. Participation of GSRs in the Assembly is crucial to conducting the business of the Region. The business items of the Region needing motions have been prioritized for approximately the first 2 hours of the Assembly so that GSR's need spend approximately 2 hours twice a year ensuring the business of the Region is taken care of. After the business of the Region is satisfied there is scheduled a 30-minute break followed by Group and Committee Reports and discussions. Only if a quorum of GSRs remain can motions be acted upon as a result of Group and Committee Reports and discussions.

I have a rhetorical question for our members of the Region. What is the purpose of having a Central California Region? One of the Regions greatest challenges and opportunities currently is changes in meeting as virtual groups with virtual memberships in those groups; and where geography is irrelevant. The impacts of virtual group participation on our Region are happening. The Region now has members that reside nowhere near Central California. The Region started just over a decade ago as a community of members that physically as well as emotionally touched one another and met at and traveled together to Regional functions. Members came together in anticipation of recovery and celebration of that community. Currently the Region's sense of community is evolving and presenting challenges as well as opportunities. I look forward to seeing how our fellowship continues to strive for recovery and how this Region provides opportunities for recovery to thrive. The Region's current service opportunities for a thriving recovery are our Subcommittees and the work that they do. I congratulate our Subcommittees on their successes.

The Literature Subcommittee continues representing our Region and contributing to World Service recovery. Ruth, who is the Literature Subcommittee chair-person, will soon be stepping down as chair. Her leadership, as well as with the efforts of the committee members, has resulted in great successes. She, as an individual member, has been honored to be invited to join the World Service Literature Committee. She may not be an official representative of this Region on this World Service Committee but I'm sure she will represent her's as well as



other Regional member's opinions. Besides Ruth, this Region has, I believe, at least four others that have or are currently participating in WSO committees that I'm aware of. Their service has benefited them but also has benefited the Region through their ability to express viewpoints of fellow members of the Region at the World Service level.

The persevering Outreach Subcommittee is still struggling to reach out due to the impacts of the pandemic. They are however, still reaching out through a variety of means, to get the word out that personal recovery is possible. Janet, the Outreach Subcommittee Chair, has also indicated she will be stepping down soon.

Our Convention/Events Subcommittee has no members due to the pandemic's impact on gatherings. Our Region now needs to possibly begin preparing for a CCR Convention in conjunction with the Monterey Area of Narcotics Anonymous; as well as possibly prepare for what's been an annual Narathon fundraiser. Our last virtual Regional Narathon had worldwide participation and received generous contributions. These contributions support our Region's efforts as well as worldwide efforts to spread recovery. They also fund our Region's efforts to provide our input at the World Service level at the World Service Conference every two years by financing our delegate and alternate delegate's attendance and participation in forming and implementing policies and providing and modifying literature.

The Technology Services Subcommittee continues to research technical solutions that will benefit the Region today and long into the future, as well as doing the day to day work of improving and maintaining the Region's ability to facilitate virtual group meetings and two-way communication between groups and the Region.

Our Region finally has a Narateen Subcommittee. They are working hard at getting a Regional Narateen Program operational by working collaboratively with other Regions and with the World Service Narateen Committee.

The Regional Service Committee continues to meet monthly for an hour plus. Your RSC is made up of a Chair, Vice Chair, Treasurer, Secretary, Delegate, and Alternate Delegate positions, with the participation of the Subcommittee Chairs. It is the communication link internally, between the Regions' members, and externally, with our Region's members and other Regions, as well as with the World Service Organization; while making sure the business of the Region is responsibly carried out.

Besides myself, another member of the Regional Service Committee is terming out. That is Scott N. Scott is currently the Region's Secretary. He is and has been so much more than that to our Region. He has been a work horse in the establishing, the functioning, and maintaining the health of this Region since he was involved in its creation some ten plus years ago. He was on the original Formation Committee, became the first Regional Chair, he was the Technology Subcommittee, he was instrumental in composing the Central California Region's Guide to Regional Service, then he became the Region's Secretary while serving on the Technology Service Committee. He has been our ambassador to the World Service Organization and to other Regions, integral to the success of all our functions and events, an inspiration to others in regards to the principals of service, and a great example of Nar Anon recovery in action. At our recovery events he humbly has offered up his personal experiences in recovery to anyone that would care to listen. My listening to him this past decade has been a keystone in my personal journey of recovery. So, for me personally, and for the Region as the Chair, I wish to thank him once again for his unselfish, inspirational, and monumental efforts in service to the Central California Region.

Finally, the personal growth I have experienced as a consequence of accepting this position has been huge. I put my foot forward, not knowing, but accepting the teachings of this Program; that growth is promised through service. May my successors, as Chairs of this Region's Regional Service Committee, be as blessed.

Michael F

Draft  
Assembly  
Minutes

# Minutes

## 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.             | 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

| Group                                     | GSR Name            | Group   | GSR Name          |
|---|---------------------|---|-------------------|
| Atascadero, Friday <sup>(131-034)</sup>   |                     | *Salinas, Thursday <sup>(131-030)</sup>           | <b>Ruth K.</b>    |
| *Atascadero, Tuesday <sup>(131-033)</sup> | <b>Larry B.</b>     | Santa Cruz, Sunday <sup>(131-024)</sup>           |                   |
| *Carmel, Wednesday <sup>(131-075)</sup>   | <b>Mary Lynn P.</b> | *Scotts Valley, Friday <sup>(131-025)</sup>       |                   |
| *Gilroy, Wednesday <sup>(131-009)</sup>   | <b>Liz O.</b>       | 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>     | <b>Scott C.</b>   |
| Monterey, Saturday <sup>(131-029)</sup>   |                     | *NFG Step Study, Sunday <sup>(131-117 V)</sup>    | <b>Robert P.</b>  |
| Monterey, Tuesday <sup>(131-028)</sup>    |                     | *Winds of Change, Thursday <sup>(131-138 V)</sup> | <b>Barbara S.</b> |
| 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.               | X            | Conventions / Events | <i>position vacant</i> |   |
| Literature   | Ruth K.                | X            | Technology Services  | Robert P.              | X |
| Narateen     | <i>position vacant</i> |              | Ad Hoc Elections     | Michael F.             | X |

### Quorum Summary

| Total Groups | Registered Groups | Current Quorum |
|--------------|-------------------|----------------|
| 17           | 8                 | 5              |

### Agenda Summary

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| 2. Adoption of Minutes of Previous Assembly .....      | 3  |
| 3. RSC Reports .....                                   | 4  |
| 4. Group Reports .....                                 | 7  |
| 5. Lunch Recess .....                                  | 9  |
| 6. Reconvene.....                                      | 9  |
| 7. Subcommittee Reports.....                           | 9  |
| 8. New Business .....                                  | 10 |
| 9. Administration.....                                 | 16 |
| 10. Adjournment.....                                   | 19 |

### 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.

**The meeting opened at 10:36 AM PST.**

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

**Group Service Representatives, Alternate Group Service Representatives, and Substitute Group Service Representatives:**

**Atascadero, Tuesday (131-033), Larry B.**

**Gilroy, Wednesday (131-009), Liz O.**

**Salinas, Thursday (131-030), Ruth K.**

**I Can Be Free, Friday (131-066 V), Scott C.**

**NFG Step Study, Sunday (131-117 V), Robert P.**

**Winds of Change, Thursday (131-138 V), Barbara S.**

**RSC Members:**

**Chair, Michael F.**

**Treasurer, Les P.**

**Secretary, Scott N.**

**Delegate, J.T. W.**

**Literature, Ruth K.**

**Technology Services, Robert P.**

**Ad Hoc Elections, Michael F.**

**Additional Attendees**

**Sunny J.**

**11 members present at the beginning of the meeting.**

D) Announce number of voting members – Chair or Secretary.

**i) 6 groups present out of 8 registered groups.**

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

**Quorum is met.**

E) Reading of the *Twelve Traditions*. – **Read by Barbara**

F) Reading of the *Twelve Concepts of Nar-Anon Service*. – **Read by Robert**

## 2. Adoption of Minutes of Previous Assembly

10:45 AM to 10:55 AM **(10:45 AM)**

A) A motion is requested to approve minutes for the Assembly of July 24, 2021.

*See the Draft Minutes section of this packet.*

**Motion to approve minutes for the Assembly of July 24, 2021, as presented.**

**First: Scott C.; Second: Larry; Yes: 6; No: 0; Abstentions: 0; Motion Passes**

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.*

**Motion to approve minutes for the Vote by Email Assembly of November 4, and deadline by December 2021, as presented.**

**First: Scott C.; Second: Robert; Yes: 6; No: 0; Abstentions: 0; Motion Passes**

### 3. RSC Reports

10:55 AM to 11:30 AM (10:49 AM)

A) Chair Report – Michael F.

*See the Chair's Report section of this packet.*

**Michael – read through his report to the assembly.**

B) Treasurer – Les P. (10:57 AM)

*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. (10:58 AM)

*See the Delegate's Report section of this packet.*

**JT – reported 17 groups in the region and 19 meetings.**

**Mary Lynn P. joined at 10:59 AM**

**Janet S. joined at 11:00 AM**

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

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

**Quorum met.**

**JT – read through her report. She noted the Western Regions Convention will be held on February 12. British Columbia has joined the convention.**

**She shared a member's concern that came in today. The member, GSR for Simi Valley, asked for his message to be distributed to the other GSRs. The following was submitted and shared with the assembly.**

#### Memorandum

**Title: To: GSR Attendance – Nar-Anon CCR Assembly RSC Delegates & GSRs [electronic communication]**

**Date: January 22, 2022**

It's with regret that I am unable to attend this meeting and future gatherings which are similarly arranged. I choose to not spend 5hrs in this manner. I request the CCR to consider suggestions to meet our needs without duress on an important day of the week.

I choose to serve my NFG and believe my role has value. I read the CCR documents and share with my members. I look for direction, support, and leadership from the CCR for new ways to reach those who are desperate due to the effects of a loved one's addiction. I urge this goal while streamlining our program's administration. I believe we have the power to do them.

While I encourage shorter meetings, I challenge us to streamline our work. Should the CCR express interest, I would be pleased to submit suggestions.

JT concluded her report.

Liz asked for clarification around the meaning of the message.

JT said he is asking for the assembly to be streamlined. The CCR assembly probably has the longest of the three regions in California.

JT asked how the members present feel about streamlining the assembly.

Members expressed they are in favor of something like that.

Les asked about assembly length.

JT said other assemblies are probably 2 to 3 hours or less.

Scott C. asked if JT could reach out to this member to see if he has ideas on streamlining the assembly.

Michael asked for a show of hand of who would like to see the assembly streamlined. All in attendance agreed with the idea of streamlining.

Robert shared that when the Southern California removed GSR reports to streamline the assembly, they lost some GSRs and gained some, depending on why they were attending the assembly.

Liz asked how many times per year do we have the assemblies?

JT said we have assemblies twice a year.

Liz noted this is only 11 hours per year and then asked, are there other meetings, other than assemblies?

JT said, no.

Robert clarified we do not have a plan for streamlining the assembly.

Liz noted for twice a year, the giving of time to Nar-Anon, is worth it for her.

JT noted we used to meet physically before the COVID-19 response.

Liz believes it important to show up.

JT will ask the member for suggestions on streamlining the assembly.

Scott C. thanked JT for her reports on what is happening with screen sharing and the Board of Trustees' position. He asked for the Tradition Three and Four Fellowship Review materials to be sent to him.

JT indicated she would send them.

Michael said as chair he is responsible for the agenda. When we got together as a region, this assembly was a celebration. We ate and loved seeing each other. In other regions, and if we were a larger region, going through the group reports would take a long time.

One of the reasons for the assembly is for GSRs to discuss issues with other groups.

Subcommittee reports have often led to good discussions. Reports could be submitted and read, but not part of the assembly. The assembly is a good forum for discussion.

When the agenda comes out, if members have suggestions, we need hear suggestions so adjustments can be made. This agenda belongs to the assembly. Motions can be made to adjust the assembly agenda.

Scott C. offered the business of Nar-Anon is the business of the groups. Reading reports could be tedious. He recommended, instead of reading the reports, GSRs could let the assembly know what is working and what is not – what groups are doing to work out the issues and solutions.

Les offered that one of the most important things is the budget and the discussion. He would like to see this at the beginning of the meeting and not on the end of the meeting.

Mary Lynn P. and Ruth agreed with putting the budget discussion at the top of the meeting.

Janet added while there is a lot of business, we are still a relatively young region and much of our time has been spent on how to grow - how we improve outreach throughout the region.

Michael needs to hear opinions so we can adjust the agenda. We will try to streamline with the suggestions today.



## 4. Group Reports

11:30 AM to 12:30 PM **(11:26 AM)**

### 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.

**Michael noted "group health" was a suggested topic for the discussion.**

**Atascadero, Tuesday (131-033), Larry B.**

**"Zoom baby, Zoom." The virtual format is working well, and they will probably continue for quite a while. Michael, a member of the group, reminds the members of service opportunities. There are usually 8 to 10 members in attendance.**

**Carmel, Wednesday (131-075), Mary Lynn P.**

**This an in-person meeting with 5 to 10 members in attendance. There is fellowship after the meeting. Finances are fine. No written report was submitted to the packet.**

**Gilroy, Wednesday (131-009), Liz O.**

**There are 6 to 7 members per week, and as many as 10. Almost all members are from different locations. There is an NA speaker every three months. Members are reminded of the meeting each week my email notification. Some members like the meeting to be small, however the meeting would benefit from outreach. They will work on outreach. The member who started the meeting liked the small nature as all members get to share. The group has started healthy rotation of leadership. She would like to add Nar-Anon speakers to the periodic speaker meetings. As a group they have created a newcomer's packet to send to new members. The chair is thinking about moving the meeting to an in-person meeting. It will be brought up at subsequent business meetings.**

**Salinas, Thursday (131-030), Ruth K.**

**Ruth is substituting for Kim. This group did not meet during lockdown. This is now**

an in-person meeting. They had to change their location to the “Active Senior Center. The group is small. There are 4 regular members. There has not been any exchange of meeting members between the Monday and Thursday night meetings as there had been in the past. Two members serve beyond the group level.

### **I Can Be Free, Friday (131-066 V), Scott C.**

The Santa Barbara group went virtual. Members come from all over the U.S., and even other countries. There are 5 to 13 members usually in attendance. There are newcomers and long-timers. There is a period after the meeting, up to 45 minutes, for free discussion. The group will be looking at getting literature to newcomers – newcomer packet and the Blue Book. We would need to get a USPS address for this to come to fruition.

### **NFG Step Study, Sunday (131-117 V), Robert P.**

The noon meeting is a Step Study working on the advanced steps. The noon group is currently working on Step Eight. This group is for those who already went through Steps One through Seven. The 1:00 pm meeting is a Step Study working on the early steps. The 1:00 pm group is currently working on Step One. This group provides an entry point for members who are starting their steps. Sunny attends the Sunday group and is looking to get into service. This past week, there were about 15 members in the first session and 35 in the second.

### **Winds of Change, Thursday (131-138 V), Barbara S.**

There are not a lot of new things going on. There are 15 – 20 attendees. Newcomers stay after the meeting. Barbara lets members know the value of service and encourages members to attend other meetings. They use the CCR Zoom license and encourage donations to CCR and WSO. Barbara attends the “I Can Be Free” meeting regularly. There are members from all over.

**Michael asked if the assembly would like to recess now or move onto Group Reports?**

**Straw poll:**

**4 of 8 want to break. No break was taken.**

## 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 (11:46 AM)

**Does the assembly want full reports or high points?**

**Assembly wants high points only.**

A) Outreach – Janet S.

*See Outreach Subcommittee Report section of this packet.*

**Janet reported there are only two regular members in the subcommittee. They are still contacting schools and therapists. They hope they can inspire and encourage service.**

B) Literature – Ruth K.

*See Literature Subcommittee Report section of this packet.*

**Ruth reported they continue to meet monthly via Skype. There are six active members. They hosted a “writer’s workshop.” They have a submission for “Relationships in Recovery.” There was one glitch and that was the change in leadership in the World Service Literature Committee. A previous submission was lost in the transition and was not included in the first part of the Fourth Step Workbook project. They are working on the Fellowship reviews for the traditions.**

**Ruth will be rotating out of service as chair of the subcommittee in July.**

C) Conventions / Events – *Vacant.*

i) Bakersfield NA Convention – Michael F.

**Michael asked if there is any interest in participation in this event?**

**There was no interest expressed. CCR will not be taking part in the Bakersfield NA convention.**

D) Technology Services – Robert P.

*See Technology Subcommittee Report section of this packet.*

**Robert reported everything is humming along well. The subcommittee is currently 4 members and could use more members.**

**There are opportunities with the website, outreach, literature, Narateen all could be added if they had more members participating.**

**Scott C. noted there is a lot going on in technology to make the CCR functional. This is an important subcommittee. Thank you.**

E) Elections Ad Hoc Subcommittee Report – Michael F.

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

**Michael reported we have an election coming up next assembly.**

**Motion to elect Michael F. as Chair of the Elections Ad Hoc subcommittee.**

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

## 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*

**This item was handled in the prior item.**

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*

**Scott C. asked to assign a date to the assembly in July. He suggested July 16.**

**Motion for the approval to conduct an Election Assembly, as written in the Elections Ad Hoc Subcommittee Report, to be held on July 16, 2022.**

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

C) Narateen in the CCR – J.T. W.

**JT reported Southern California is looking for 4 members to be a part of the Narateen formation committee in California.**

Southern California Nar-Anon Family Groups have completed the process to get Narateen approved through the State of California. There is a committee, procedures in place, literature, a virtual room, and the willingness. What's missing? Certified facilitators. For now, they need 4 trusted servants. SoCal is reaching out to the regions in California, Northern & Central, to be a part of this much needed program. According to SoCal, they are trying to schedule a regional Narateen committee meeting within the next few weeks to discuss the strategy for launching Narateen. More information can be found in the Guide to World Services and the Guide to Local Services. The Narateen Safety Policy and Guidelines, can be located on the front of the 2021-2023 Nar-Anon GWS/GLS combination handbook or the Service Literature page at Nar-Anon.org.

If this opportunity calls to you or are interested in attending the online regional committee meeting, please contact Ken: [SoCalNarateen@Nar-anon.org](mailto:SoCalNarateen@Nar-anon.org)

As for the Central California Region, we are seeking a willing member to be the contact person for Narateen. This position would be the liaison between CCR & SoCal.

If you feel the calling, please contact: JT - [Delegate@NaranonCentralCa.org](mailto:Delegate@NaranonCentralCa.org)

JT is looking for a Narateen Liaison to communicate between CCR and the Narateen committee.

Robert noted it took 3 years to get this approved by the State of California, WSO, and the region. They have saved other California regions lots of time as their efforts can be leveraged to start Narateen in both the Central and Northern California regions.

Sunny J. is familiar with the Narateen initiative and would like to be the Narateen Liaison for the CCR. Sunny knows she can pass the Life Scan. She used to lead Alateen meetings. JT will get her the information.

Robert asked if the Narateen representative should join the RSC?

Sunny expressed she would like to be the Chair of the CCR Narateen subcommittee.

**Motion to appoint Sunny J. the Chair of the CCR Narateen subcommittee.**

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

**(12:06 PM) Michael called for lunch break.**

**Motion to recess for 30 minutes.**

**First: Robert; Second: Larry; Yes: 7; No: 0; Abstentions: 0; Motion Passes**

**Roll Call (12:37 PM)**

**Atascadero, Tuesday (131-033), Larry B. - Present**

**Carmel, Wednesday (131-075), Mary Lynn P. - Present**

**Gilroy, Wednesday (131-009), Liz O. - Present**

**Salinas, Thursday (131-030), Ruth K. - Present**

**I Can Be Free, Friday (131-066 V), Scott C. - Present**

**NFG Step Study, Sunday (131-117 V), Robert P. - Present**

**Winds of Change, Thursday (131-138 V), Barbara S. – Present**

**Chair, Michael F. - Present**

**Treasurer, Les P. - Present**

**Secretary, Scott N. - Present**

**Delegate, J.T. W. - Present**

**Outreach, Janet S. - Present**

**Literature, Ruth K. - Present**

**Technology Services, Robert P. - Present**

**Ad Hoc Elections, Michael F. – Present**

**Narateen, Sunny J. - Present**

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

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

**Quorum met.**

**No additional attendees.**

D) 2022 Budget Discussion and Adoption – Les P. **(12:40 PM)**

*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.

**Motion to rollover surplus funds of \$10,113.57 from 2021 into the 2022 budget.**

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

- ii) 2022 Budget discussions and 2022 Budget adoption motion.

**Les reported the budget was mostly status quo.**

**Robert said the Delegate, Alternate Delegate, and donation to WSO are line items in question. He suggested moving some of the funds from the Delegate, Alternate Delegate to the WSO donation. He feels the WSC equalized expense for the next WCS will probably be about \$500 per delegate.**

**Les asked what the costs of the WSC are.**

**Robert said WSC expenses include the following:**

- 1) Zoom license**
- 2) Travel and hotel expenses for some of the participants.**
- 3) Possibly this time more members of the Board of Trustees**

**Robert suggested sending \$250 every quarter.**

**Les said he feels like we are not sure how much WSO needs. WSO does not tell us. He would like to see the WSO budget.**

**Robert said WSO has a budget process. There are members here who have more information.**

**Scott C. said last year was the first time he has seen the budget. He is still willing to support \$250 per quarter. He looked at the budget from last year. He has not received any communication from the Executive Director after reaching out to her.**

**Ruth said the Salinas group is making group donations directly to WSO as much as they can. Some of the staff at WSO are members. She likes the idea of quarterly donations.**

**Michael said he saw the budget in the *Serenity Connection*.**

**Serenity Connection, June 2021 contains the WSO financials.**

**Robert said the budget might have come from the WSC and then suggested a**

member present may have salient information to share. He suggested suspending the rules so the assembly could discuss freely.

**Motion to suspend the rules.**

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

**Motion to unsuspend the rules.**

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

Scott C. spoke to the abundance of donations from CCR at the Narathon and to WSO. Robert said WSO pays very low wages. Employees do it for the love of the fellowship. Michael noted the budget can be changed at the next assembly if this body so chooses.

JT noted the quorum may have changed.

Barbara S. left at 12:49 PM

6 groups present out of 8 registered groups.

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

Quorum met.

No additional attendees.

The amended budget shown below.

### Nar-Anon Central California Region 2022 Proposed Budget

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#### Starting Cash On Hand

| Description                                       |             |
|---|-------------|
| Actual Cash On Hand December 31, 2021 (Roll-Over) | \$10,113.57 |

#### Income

| Description |            |
|-------------|------------|
| Fundraisers | \$1,700.00 |



# Minutes

## Nar-Anon CCR Assembly

Saturday, January 22, 2022, from 10:30 AM to 4:00 PM PST  
Web-based video conferencing tool

|                            |                   |
|----------------------------|-------------------|
| 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)   | \$500.00          |
| Alternate Delegate WSC Expense (Equalized Expense And Incidentals)   | \$500.00          |
| 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 (\$437.50 per quarter, to be paid the first day of the quarter (retroactive to January 1, 2022)) | \$1,750.00        |
| 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> |

**Motion to adopt the 2022 budget as amended.**

**First: Scott C.; Second: Robert; Yes: 6; No: 0; Abstentions: 0; Motion Passes**

E) Western Regions Convention – Robert P.

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

**Robert reported there is a flyer for the Western Regions Convention (WRC) in the agenda packet. February 12, 2022 – it used to be the Bakersfield convention. The WRC is stand-alone now. Speakers in the morning will kick off the convention. Then there will be a panel for international issues. Robert explained the reminder of the convention base on the flyer. The regional business meeting is in the afternoon. It is an opportunity to learn what is going on in other regions. There will some open share time after that. Michael asked about the regional chair questionnaire due date.**

**Robert indicated the deadline for submittals is February 2.**

## 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.

**Michael reminded the assembly this discussion is a holdover from the last assembly. Robert said a convention such as this is a great opportunity for outreach to NA members.**

**Scott C. said he has been to the Monterey convention three times. It was well attended by Nar-Anon members. Scott C. is for participation in this convention. Maybe groups in the area could take on organizational activities.**

**Janet shared she routinely looks at the NA website to monitor progress. The convention used to be every other year on even years. The website indicated the convention will be held next on January 13 – 15, 2023. NA indicated they covered the room rental for Nar-Anon. The conference center had increased room rental fees, so NA will pass that increase on to the CCR.**

**Robert noted there are two topics here: 1) outreach at a NA convention and 2) a Nar-Anon convention.**

**Scott C. noted there needs to be a liaison between the CCR and NA. Scott C. has put together the agenda for the convention part. He asked Janet if there is a member who is**

open to be a liaison?

Janet said she was the contact for the past two conventions. She is willing to be the liaison for this convention as well.

Scott C. said he is open to working with Janet to make this happen. He noted we need to understand the cost of the convention as it may be a large cost. Scott C. suggested he report back at the next assembly.

Michael suggested that we take this back to the region in the "Take Back to Meeting." It will fall on the RSC to investigate this further.

Scott C. said there is \$500 in conventions and \$300 in contingency to make \$800 that could be used to cover expenses of the convention. The RSC will need to chime in on the budget. The assembly might need to change the budget to accommodate convention expenses.

Scott C. wanted to know how much the room rental costs will be. Janet is reaching out on the cost.

Robert noted some costs may fall in 2023. We need to know what falls into 2022.

Scott C. said we could amend the budget in July.

Robert believes NA has already signed a contract, so they know what their cost is by now.

**(1:36 PM) Liz left the meeting.**

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

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

**Quorum met.**

**No additional attendees.**

Larry wanted to know if the convention is not held, we will get the money back?

Robert said we are a sublessee with NA. NA already moved the convention one year.

Michael said this will go out in the Take Back to Meeting. There will be an old business item on this for the next assembly. **This approach was adopted by consensus.**

**Scott C. asked about a Narathon for 2022?**

**Michael said it is up to the assembly.**

**Scott C. asked the assembly if there is a desire to hold a Narathon.**

**Larry would like to have another one. He said it was spiritually fulfilling and financially a success.**

**Last Narathon was October 23, 2022.**

**Scott C. will work on a Narathon committee for a date in September/October 2022.**

**Scott C. will put together an agenda. He is looking for help in finding speakers.**

**Sunny will be in touch with Southern California Region. She will check to see if there are any Narateen speakers available.**

**Larry would like to hear from NA. He will reach out to see if he can find someone to speak.**

**Scott C. likes a split-pitch.**

**Larry agreed and indicated he would look for split-pitch speakers.**

## 10. Administration

3:45 PM to 4:00 PM (1:39 PM)

A) Next Assembly.

**Already handled in item 8. B).**

B) Take Back to Meeting Information and Announcements.

**i) Narathon 2022 Committee formation – Scott C. is the point of contact.**

**ii) Flyer regarding the literature page (in the packet).**

**iii) Budget summary (Les will create and send to Scott N.).**

**iv) Narateen information – California is in the process of vetting the members who would like to be leaders. If someone is interested in becoming a Narateen leader. Sunny will be the contact. sunnyheartsongs@gmail.com (Sunny will create the article).**

**v) Monterey Convention – continuing to explore options. More information to follow.**

**vi) Elections assembly – Michael to provide notification.**

**vii) Level of Participation in the Region.**

**Link to a survey on the website (Larry will create the survey) (Robert will help. He**

will ask others to participate). Questions will be brought back to the RSC. **This approach was adopted by consensus.**

## 11. Adjournment

*Adjourn at 4:00 PM (2:04 PM)*

Michael noted the elections assembly coming up and the Chair and Secretary will be terming out.

Les asked what happens if there is not a Treasurer, Secretary, and Chair.

Michael indicated we need these positions if we are to be a non-profit. He is not sure how this would be handled if the positions are not filled.

**Motion to close the meeting.**

**First: Robert; Second: Larry; Yes: 5; No: 0; Abstentions: 0; Motion Passes**

A) Close the assembly with the Serenity Prayer.

**The meeting closed at 2:08 PM.**

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>       |
|----------------------|---|--------------|---------------|----------------------|
| 1/22/2022            | Motion to approve minutes for the Assembly of July 24, 2021, as presented.  | Scott C.     | Larry B.      | Carried<br>Unanimous |
| 1/22/2022            | Motion to approve minutes for the Vote by Email Assembly of November 4, and deadline by December 2021, as presented.                          | Scott C.     | Robert P.     | Carried<br>Unanimous |
| 1/22/2022            | Motion to elect Michael F. as Chair of the Elections Ad Hoc subcommittee.   | Robert P.    | Scott C.      | Carried<br>Unanimous |
| 1/22/2022            | Motion for the approval to conduct an Election Assembly, as written in the Elections Ad Hoc Subcommittee Report, to be held on July 16, 2022. | Scott C.     | Robert P.     | Carried<br>Unanimous |
| 1/22/2022            | Motion to appoint Sunny J. the Chair of the CCR Narateen subcommittee.  | Robert P.    | Scott C.      | Carried<br>Unanimous |
| 1/22/2022            | Motion to recess for 30 minutes.  | Robert P.    | Larry B.      | Carried<br>Unanimous |
| 1/22/2022            | Motion to rollover surplus funds of \$10,113.57 from 2021 into the 2022 budget.   | Scott C.     | Mary Lynn P.  | Carried<br>Unanimous |
| 1/22/2022            | Motion to suspend the rules.  | Robert P.    | Scott C.      | Carried<br>Unanimous |
| 1/22/2022            | Motion to unsuspend the rules.  | Scott C.     | Robert P.     | Carried<br>Unanimous |
| 1/22/2022            | Motion to adopt the 2022 budget as amended.   | Scott C.     | Robert P.     | Carried<br>Unanimous |
| 1/22/2022            | Motion to close the meeting.  | Robert P.    | Larry B.      | Carried<br>Unanimous |
| 7/26/2021            | Motion to approve the minutes of the assembly of January 23, 2021.  | Scott C.     | J.T. W.       | Carried<br>Unanimous |
| 7/26/2021            | Motion to recess for 30 minutes.  | Scott C.     | Ruth K.       | Carried<br>Unanimous |
| 7/26/2021            | Motion to elect J.T. as Interim Delegate for the Central California Region.   | Robert P.    | Scott C.      | Carried<br>Unanimous |
| 7/26/2021            | Motion to rollover \$9,281.95 from the 2021 budget to the 2022 budget.  | Scott C.     | Robert P.     | Carried<br>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>       |
|----------------------|---|--------------|---------------|----------------------|
| 7/26/2021            | 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<br>Unanimous |
| 7/26/2021            | Motion to extend the assembly to 4:50 PM.   | Robert P.    | Sue R.        | Carried<br>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<br>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<br>Unanimous |
| 7/26/2021            | Motion to adjourn the CCR Assembly of July 24, 2021.  | Sue R.       | Sara R.       | Carried<br>Unanimous |
| 1/23/2021            | Motion to approve the minutes for the Assembly of August 1, 2020 as presented.  | Robert P.    | Scott C.      | Carried<br>Unanimous |
| 1/23/2021            | Motion to adopt the "CCR Users' Guide to File Storage" as a regional document.  | Robert P.    | Janet S.      | Carried<br>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<br>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<br>Unanimous |
| 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<br>Unanimous |
| 1/23/2021            | Motion to accept the 2021 Proposed Budget as presented.   | Larry B.     | Robert P.     | Carried<br>Unanimous |
| 1/23/2021            | Motion to extend the meeting until 5:00 PM.   | Robert P.    | Scott C.      | Carried<br>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 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<br>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<br>(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<br>Unanimous             |
| 1/23/2021            | Motion to adjourn the CCR Assembly of January 23, 2021.   | Craig H.     | Robert P.     | Carried<br>Unanimous             |
| 8/1/2020             | Motion to approve the minutes for the Assembly of January 17, 2020 as presented.  | Scott C.     | Arnie B.      | Carried<br>Unanimous             |
| 8/1/2020             | Motion to accept the elections procedures as described in this Elections section of the agenda.   | Janet S.     | Scott C.      | Carried<br>Unanimous             |
| 8/1/2020             | Motion to request Unanimous Acclamation for the slate for the 2020 elections.   | Scott C.     | Mary Lynn P.  | Carried<br>Unanimous             |
| 8/1/2020             | Motion to disband the ad hoc Elections Subcommittee.  | Teri M.      | Larry B.      | Carried<br>Unanimous             |
| 8/1/2020             | Motion to affirm Janet S. as chair of the Outreach Subcommittee.  | Larry B.     | J.T. W.       | Carried<br>Unanimous             |
| 8/1/2020             | Motion to affirm Ruth K. as chair of the Literature Subcommittee.   | Larry B.     | Mary Lynn P.  | Carried<br>Unanimous             |
| 8/1/2020             | Motion to affirm Robert P. as chair of the Technology Services Subcommittee.  | Larry B.     | Teri M.       | Carried<br>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<br>Unanimous             |

# Nar-Anon Central California Region Assembly Motions Archive

| Assembly Date | Motion  | First        | Second       | Outcome              |
|---------------|---|--------------|--------------|----------------------|
| 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<br>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<br>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<br>Unanimous |
| 8/1/2020      | Motion to adopt the proposed 2021 budget.   | Robert P.    | Scott C.     | Carried<br>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<br>Unanimous |
| 8/1/2020      | Motion to adjourn the CCR Assembly of August 1, 2020.   | Scott C.     | Mary Lynn P. | Carried<br>Unanimous |
| 1/17/2020     | Motion to approve the minutes for the Assembly of July 27, 2019 as presented.   | Scott C.     | Teri M.      | Carried<br>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<br>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<br>Unanimous |
| 1/17/2020     | Motion to adopt the 2020 budget as amended.   | Mary Lynn P. | Scott C.     | Carried<br>Unanimous |
| 1/17/2020     | Motion to take a 10-minute recess.  | Teri M.      | Scott C.     | Carried 10/0/1       |
| 1/17/2020     | Motion to confirm Michael F. as Chair of the Ad Hoc Elections Subcommittee.   | Scott C.     | Teri M.      | Carried<br>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<br>Considered    |

# 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 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<br>Unanimous |
| 1/17/2020            | Motion to hold the CCR 2020 Narathon on Saturday, September 12, 2020 in Atascadero.   | Kim K.       | Scott C.      | Carried<br>Unanimous |
| 1/17/2020            | Motion to adjourn the CCR Assembly of January 17, 2020.   | Larry B.     | J.T. W.       | Carried<br>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<br>Unanimous |
| 9/4/2019             | Motion to adjourn.  | Janet S.     | Linda         | Carried<br>Unanimous |
| 7/27/2019            | Motion to adopt the Minutes of the Assembly of January 12, 2019 as amended.   | Robert P.    | Larry B.      | Carried<br>Unanimous |
| 7/27/2019            | Motion to recess until 12:40 PM for lunch.  | Teri M.      | Robert P.     | Carried<br>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<br>Unanimous |
| 7/27/2019            | Motion to approve the 2020 proposed budget as amended.  | Robert P.    | Peter         | Carried<br>Unanimous |
| 7/27/2019            | Motion to donate \$400 to WSO out of the 2019 budget.   | Robert P.    | Peter         | Carried<br>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<br>Unanimous |
| 7/27/2019            | Motion that the CCR approves the intent to send the delegate and alternate delegate to the 2020 WSC.  | Robert P.    | Mary Lynn P.  | Carried<br>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 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<br>Unanimous |
| 7/27/2019            | Motion to affirm Robert P. as the Technology Services Subcommittee Chair.   | Larry B.     | Teri M.       | Carried<br>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<br>Unanimous |
| 7/27/2019            | Motion to adjourn.  | Janet S.     | Peter         | Carried<br>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<br>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<br>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<br>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<br>Unanimous |
| 1/12/2019            | Motion to adjourn.  | Larry B.     | Teri M.       | Carried<br>Unanimous |
| 7/14/2018            | Motion to approve the minutes of January 12, 2018 with corrections.   | Scott C.     | Janet S.      | Carried<br>Unanimous |

# Nar-Anon Central California Region Assembly Motions Archive

| Assembly Date | Motion  | First        | Second       | Outcome              |
|---------------|---|--------------|--------------|----------------------|
| 7/14/2018     | Motion to adopt the elections ballots as counted by unanimous acclamation.<br>Chair – Michael F<br>Treasurer – Arnie B<br>Secretary – Scott N<br>Delegate – Jocelyn F<br>Alternate Delegate – Teri M                      | Scott C.     | Teri M.      | Carried<br>Unanimous |
| 7/14/2018     | Motion to disband the ad-hoc elections committee  | Scott C.     | Lorri Z.     | Carried<br>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<br>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<br>Unanimous |
| 7/14/2018     | Motion to approve the GRS, as amended by changing the word “cannot” to “may not”  | Scott C.     | Teri M.      | Carried<br>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<br>Unanimous |
| 1/12/2018     | Motion to accept the minutes of the September, 2017, Email Assembly.  | Scott N.     | Sondra G.    | Carried<br>Unanimous |
| 1/12/2018     | Motion to participate in an all-California meeting list for web and print delivery.   | Sondra G.    | Teri M.      | Carried<br>Unanimous |
| 1/12/2018     | Motion to adopt the 2018 proposed budget.   | Mary Lynn P. | Cyndy G.     | Carried<br>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<br>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<br>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<br>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<br>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<br>Unanimous |
| 7/21/2017            | Motion to approve minutes for the Assembly of January 21, 2017.  | Brenda L.    | Sondra G.     | Carried<br>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<br>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<br>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<br>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<br>Unanimous |
| 7/21/2017            | Motion to elect Scott C. the Conventions / Events Subcommittee Chair.  | Scott C.     | J.T. W.       | Carried<br>Unanimous |
| 7/21/2017            | Motion to elect Cindy G. as the new Outreach Subcommittee Chair.   | Brenda L.    | J.T. W.       | Carried<br>Unanimous |
| 7/21/2017            | Motion to elect Ruth as the new CCR Literature Subcommittee Chair.   | J.T. W.      | Brenda L.     | Carried<br>Unanimous |
| 1/21/2017            | Motion to approve minutes for the Assembly of August 13, 2016 as submitted.  | Brenda L.    | J.T. W.       | Carried<br>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<br>Unanimous |
| 1/21/2017            | Motion to change postal services allowance from \$60 to \$70.  | Sondra G.    | Brenda L.     | Carried<br>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<br>Unanimous |
| 1/21/2017            | Motion to have the workshop and assembly together on Saturday, 7/22/2017.  | J.T. W.      | Brenda L.     | Carried<br>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<br>Unanimous |
| 10/5/2016            | Motion to adjourn.   | Brenda L.    | Mary Lynn P.  | Carried<br>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 acclimation.  | Brenda L.    | Arnie B.      | Carried<br>Unanimous |
| 8/13/2016            | Motion to amend the 2015 adopted budget as follows:<br>a) Outreach – increase from \$100 to \$500 (net increase of \$400)<br>b) Delegate Travel Expense – increase from \$150 to \$500 (net increase of \$350) | Sondra G.    | Brenda L.     | Carried<br>Unanimous |
| 8/13/2016            | Motion to adopt 2017 amended budget.   | Brenda L.    | Janet S.      | Carried<br>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<br>Unanimous |
| 8/13/2016            | Motion to change carryover to 2018 budget line item, change from \$1765 to \$1015.   | Brenda L.    | Jocelyn F.    | Carried<br>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<br>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<br>Unanimous |
| 1/9/2016             | Motion to accept the 2015 completed budget as submitted.   | Brenda L.    | Arnie B.      | Carried<br>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<br>Unanimous |
| 1/9/2016             | Motion to accept carry over funds from 2015 budget to 2016 budget of \$3979.77.  | Arnie B.     | Brenda L.     | Carried<br>Unanimous |
| 1/9/2016             | Motion to take a break.  | Brenda L.    | Arnie B.      | Carried<br>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<br>Unanimous |
| 1/9/2016             | Motion that CCR create a Narateen subcommittee effective January 2016.   | Arnie B.     | J.T. W.       | Carried<br>Unanimous |
| 1/9/2016             | Motion to install Arnie as the Central California Region Interim Alternate Delegate.   | Jocelyn F.   | J.T. W.       | Carried<br>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<br>Unanimous |
| 1/9/2016             | Motion to elect Michael F as Chair for the Guide to Regional Services subcommittee.  | Brenda L.    | Arnie B.      | Carried<br>Unanimous |
| 1/9/2016             | Motion to elect Scott N as chair for the elections subcommittee.   | Michael F.   | J.T. W.       | Carried<br>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<br>Unanimous |
| 1/9/2016             | Motion to adopt the elections process section from the draft GRS.  | Michael F.   | Arnie B.      | Carried<br>Unanimous |
| 1/9/2016             | Motion to adopt the CCR Elections invitation.  | Michael F.   | Arnie B.      | Carried<br>Unanimous |
| 1/9/2016             | Motion to have the August Assembly in Salinas.   | Janet S.     | Brenda L.     | Carried<br>Unanimous |
| 1/9/2016             | Motion to send 7th tradition of \$59.02 to the WSO.  | Arnie B.     | J.T. W.       | Carried<br>Unanimous |



# Nar-Anon Central California Region Assembly Motions Archive

| Assembly Date | Motion   | First     | Second    | Outcome              |
|---------------|--|-----------|-----------|----------------------|
| 1/9/2016      | Motion to adjourn meeting.   | Brenda L. | J.T. W.   | Carried<br>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<br>Unanimous |
| 8/8/2015      | Motion to table topic of All California Convention.  | Tony M.   | Steve     | Carried<br>Unanimous |
| 8/8/2015      | Motion to table topic of distribution of Nar Anon funds beyond the group level.  | Brenda L. | Eva       | Carried<br>Unanimous |
| 8/8/2015      | Motion to table topic of group donation appeal for region.   | Brenda L. | Eva       | Carried<br>Unanimous |
| 8/8/2015      | Motion to table topic of GSR mileage reimbursement for mandatory assembly annually.  | Brenda L. | Eva       | Carried<br>Unanimous |
| 8/8/2015      | Motion to hold next assembly at Scotts Valley on or about Jan 9, 2016 1pm.   | Brenda L. | Tony M.   | Carried<br>Unanimous |
| 8/8/2015      | Motion to send delegate, Chantal, to the 2016 World Service Conference.  | Vicki     | Georgia   | Carried<br>Unanimous |
| 8/8/2015      | Motion to adjourn.   | Brenda L. | Tony M.   | Carried<br>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

| Assembly Date | Motion  | First      | Second   | Outcome              |
|---------------|---|------------|----------|----------------------|
| 1/23/2015     | Motion to create a standing regional Technology Services Subcommittee<br>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<br>Unanimous |
| 1/23/2015     | Motion to create a standing regional Non-Area Group Subcommittee<br>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<br>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<br>Unanimous |
| 10/26/2014    | Motion to approve all prior CCRFC meeting minutes and associated documents  | Arnie B.   | Steve    | Carried<br>Unanimous |
| 10/26/2014    | Motion to create budget sub-committee to create a draft budget  | Arnie B.   | Teri M.  | Carried<br>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<br>Unanimous |
| 10/26/2014    | Motion to adopt the GLS and GWS as guiding documents for CCR  | Lynn       | Tony M.  | Carried<br>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<br>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<br>Unanimous |
| 10/26/2014    | Motion to put Consent Calendar motions F, K & L   | Scott C.   | Pat      | Carried<br>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<br>Consent<br>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<br>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<br>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<br>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<br>Consent<br>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<br>Consent<br>Calendar |

# Elections Materials

# Nar-Anon CCR 2022 Election Slate

## Statement of Qualifications

*This information is intended to help members choose their leaders as suggested by Concept Four, "Effective leadership is highly valued in Nar-Anon. Leadership qualities should be carefully considered when selecting trusted servants."*

### **REGIONAL SERVICE COMMITTEE CANDIDATE SLATE**

#### **CHAIR**

Robert P.

Southern California Region GSR, Vice Chair, and Regional Chair. Chair and liaison to the World Service Office for the World Service Website Committee. Central California Region Chair of the Technology Services Subcommittee. Member of the Central California Literature Committee. Chair of both World Service ad hoc committee on virtual meetings in 2020 and World Service ad hoc committee on screen sharing in 2020.

#### **SECRETARY**

Barbara S.

Member of Nar-Anon since 2018. Winds of Change GSR since 2021. Personal background in Office Administration and Duties for over 40 years.

#### **TREASURER**

Les P.

Current Central California Region Treasurer for 2 years.

#### **DELEGATE**

J.T. W.

Current Central California Regional Delegate for 2 years after being the Alternate Delegate.

#### **ALTERNATE DELEGATE**

Sunny J.

Southern California Region GSR, Central California Region Chair of the Narateen Subcommittee, Member of the Central California Literature Committee, and Technology Committee. Many years GSR experience in Al-Anon. Willing to become Delegate after serving as Alternate.

Updated: July 4, 2022

# CCR 2022 Elections RSA Ballot

Updated: July 3, 2022

Use this ballot to record your group's conscience on the nominees for each position. Please fill out this ballot and for transparency purposes email to the three Elections Subcommittee members; J.T. W. at [delegate@naranoncentralca.org](mailto:delegate@naranoncentralca.org) and Michael F. at [m.fitzpatrick@charter.net](mailto:m.fitzpatrick@charter.net), prior to the Saturday, July 16, 2022 Elections Assembly which is to be held via Zoom. As this is a semi-anonymous ballot, please do not include group information on this ballot as Group identity will be treated confidentially by the Elections Subcommittee members.

## Officers and Delegates

Vote for one person in each position like this  or like this

Empty lines to be used for write-in candidates.

| Chair      |                          | Secretary          |                          |
|------------|--------------------------|--------------------|--------------------------|
| Robert P.  | <input type="checkbox"/> | Barbara S.         | <input type="checkbox"/> |
|            | <input type="checkbox"/> |                    | <input type="checkbox"/> |
| Vice Chair |                          | Delegate           |                          |
|            | <input type="checkbox"/> | J.T. W.            | <input type="checkbox"/> |
| Treasurer  |                          |                    | <input type="checkbox"/> |
| Les P.     | <input type="checkbox"/> | Alternate Delegate |                          |
|            | <input type="checkbox"/> | Sunny J.           | <input type="checkbox"/> |
|            |                          |                    | <input type="checkbox"/> |

To all Nar-Anon Central California Region members. The following information is about the Nar-Anon Central California Region 2018 elections regional service assembly. The assembly will be held in July of 2018 at a venue as yet to be determined.

## The Elections RSAs

Elections RSAs are held in July of even numbered years to elect new RSC officers, delegate, and alternate delegate. GSRs, being voting members, are strongly encouraged to attend.

## The Elections Process

At the November 2017 Regional Service Committee (RSC) meeting, the RSC formed an ad hoc elections subcommittee, and established Scott N. (Chair@NarAnonCentralCA.org) as the point of contact for the formation of the subcommittee and requested via *Take Back to Meeting Information and Announcements*, member participation in the ad hoc elections subcommittee.

At the December RSC, the elections subcommittee presented Scott N. as the interim chair. 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.

In March, the subcommittee sends notification that the nominations period is open. Notification will include a list of open positions, suggested experience for positions, description of positions, timeline for nomination period, and nomination email address. A nomination invitation will be sent to GSRs via RSC *Take Back to Meeting Information and Announcements*.

The member nomination process allows members to nominate themselves or other members for one or more positions. Nominated members will be contacted by the



subcommittee. The nominated member may or may not agree to accept the nomination. Nominations are received by the subcommittee via email.

In April, nominees who have accepted nomination submit a statement of qualifications to the subcommittee via email.

In May, the subcommittee creates a ballot and drafts a slate of nominees for officers, delegate, and alternate delegate for the elections RSA agenda, including each nominee's statement of qualifications. Ballots will allow for write-in nominees.

In June, elections subcommittee disseminates anonymous ballots to GSRs. GSRs take a group conscience to provide guidance for selecting officers, delegate, and alternate delegate at the elections RSA. The ballots will be sent via *RSC Take Back to Meeting Information and Announcements*.

The subcommittee writes a motion for submission to the RSA to dissolve the ad hoc elections committee at the conclusion of the elections process.

## Open Positions

- Chair
- Vice Chair
- Secretary
- Treasurer
- Delegate
- Alternate Delegate

## Description of Positions

### Regional Officers

RSC officers are the chair, vice chair, secretary, and treasurer. Officers are elected to serve for two years. New officers start their term upon the bank's acceptance of the transfer of leadership. When a GSR is elected RSC officer, they no longer serve as GSR. To be of utmost benefit to those they serve, it is recommended that officers attend Nar-

Anon meetings on a regular basis. RSC officers may serve two full consecutive terms, in addition to any interim term served. Interim positions have a voice and a vote on the RSC.

## Chair

The chair should have leadership and organizational skills and be capable of conducting business meetings. Recommended experience for this position is three years continuous service in Nar-Anon.

### Duties:

- At the beginning of the term, establish signature on the region bank account
- Presides over RSC and RSA
- Works with RSC to plan RSC meeting agendas
- Posts RSC meeting agenda for fellowship review on the CCR website (<http://www.NarAnonCentralCA.org>)
- Submits draft RSA agendas for GSRs and RSC to add agenda items
- Submits RSA agendas to RSA and RSC
- Posts RSA agenda for fellowship review on the CCR website
- Stays informed of subcommittee activities and is available for support
- Submits approved RSA minutes to WSC Committee ([wscconference@nar-anon.org](mailto:wscconference@nar-anon.org)) verifying election or continued endorsement of delegate and alternate delegate according to conference timeline
- Calls for an interim RSA whenever the RSC deems it necessary
- Is responsible for RSC correspondence
- Has post office box access

## Vice Chair

The vice chair should be willing to become chair at the end of the current chair's term. If the chair is unable to fulfill the position, the vice chair assumes the chair's position for the term's duration or until an election RSA is held. The recommended experience for this position is three years continuous service in Nar-Anon.

### Duties:

- Acts as parliamentarian for the RSC and RSA
- Assists the RSC chair in performing their duties

## Secretary

The secretary keeps accurate minutes of each RSC and RSA. Recommended experience for this position is two years of service in Nar-Anon.

### Duties:

- At the beginning of the term, establish signature on the region bank account
- Produces draft minutes for review by the chair within 14 days of the meeting date
- Submits preliminary RSC minutes for Chair to review
- Maintains archives of RSC and RSA minutes for incoming secretary
- Updates log of approved RSC and RSA policy motions
- Maintains a current directory of RSC and RSA members
- Collects and archives completed *Group Service Representative (GSR) and Alternate GSR Registration Forms* and *Area Service Committee and Regional Service Assembly Registration Forms*
- Works with the Technology Services subcommittee to maintain electronic archives for fellowship review
- Prepares *Take Back to Meeting Information and Announcements* to be posted on CCR website and emailed to GSRs and ASRs. *Take Back to Meeting Information and Announcements* are information and action items from RSC and RSA. This is to facilitate effective two-way communication between groups and other service levels.

## Treasurer

The treasurer is custodian of the RSC's finances and bank account. Recommended experience for this position is two years continuous service in Nar-Anon.

### Duties:

- At the beginning of the term, establish signature on the region bank account
- Maintains records of RSC financial transactions
- Issues receipts for contributions received

- Disburses funds to cover RSC expenditures
- Submits a written report at RSC and RSA meetings of financial transactions since prior meeting
- Presents an annual summary of income and expenses to RSC for budget planning
- Presents the RSC's proposed budget at the RSA for approval
- Prepares an appeal letter to groups, as needed, requesting contributions to cover RSC expenses
- Assures region follows current bank standards for nonprofit accounts
- Maintains post office box
- Forwards delegates' equalized expense to WSO by WSC's established deadline

## Regional Delegates

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

A delegate and alternate delegate do not hold office in the area or region. Delegate and alternate delegate are elected to serve for two years. Delegates are elected in July of even number years. The term of service begins following the election. The alternate delegate should be willing to become delegate at the end of the delegate's term. In the event the delegate is unable to fulfill their duties the alternate delegate becomes delegate in an interim capacity and may continue to serve two subsequent full terms.

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

## Delegate

Duties:

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

## Alternate Delegate

### Duties:

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

## Contact

If you have questions, suggestions, or you would like to nominate yourself or another member, please send an email to Michael F., [Chair@NarAnonCentralCA.org](mailto:Chair@NarAnonCentralCA.org).

# Supporting Documents

# Regional Treasurer's Report



**STATEMENT  
OF ACCOUNTS**

Page 1 of 1

Statement Number: ██████████0534

06/01/22 - 06/30/22

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: ██████████0534

Days in statement period: 30

|                        |           |                  |
|------------------------|-----------|------------------|
| <b>Balance on 6/1</b>  | <b>\$</b> | <b>10,020.75</b> |
| Additions              |           | 273.99           |
| Subtractions           |           | 0.00             |
| <b>Balance on 6/30</b> | <b>\$</b> | <b>10,294.74</b> |

Statement Average Ledger Balance 10,224.33

The Monthly Service Charge on your account has been waived  
this statement period.

**Additions**

| <i>Date</i>  | <i>Description/Location</i>         | <i>Reference</i> | <i>Amount</i> |
|--------------|-------------------------------------|------------------|---------------|
| 6/2          | STRIPE TRANSFER CCD ST-I7H8H3G3X8D9 | 52203656 \$      | 47.25         |
| 6/8          | STRIPE TRANSFER CCD ST-T1F4V9K8Q5D2 | 57726574         | 142.05        |
| 6/9          | STRIPE TRANSFER CCD ST-O9G3O4D7O1L7 | 58884107         | 47.25         |
| 6/16         | STRIPE TRANSFER CCD ST-O5R9T3C6W3C5 | 55721434         | 18.72         |
| 6/23         | STRIPE TRANSFER CCD ST-O2O1X9V5V6U0 | 51672649         | 18.72         |
| <b>Total</b> |                                     | <b>\$</b>        | <b>273.99</b> |

NAR-ANON

7/2/2022 11:22 AM

Register: Nar-Anon CCR

From 06/01/2022 through 06/30/2022

Sorted by: Date, Type, Number/Ref

| <b>Date</b> | <b>Number</b> | <b>Payee</b> | <b>Account</b>             | <b>Memo</b>       | <b>Payment C</b> | <b>Deposit</b> | <b>Balance</b> |
|-------------|---------------|--------------|----------------------------|-------------------|------------------|----------------|----------------|
| 06/02/2022  |               |              | Direct Public Support:I... | Simi Valley Se... |                  | 47.25          | 10,068.00      |
| 06/08/2022  |               |              | Direct Public Support:I... | Winds of Chan...  |                  | 142.05         | 10,210.05      |
| 06/09/2022  |               |              | Direct Public Support:I... | Sunday Step S...  |                  | 47.25          | 10,257.30      |
| 06/16/2022  |               |              | Direct Public Support:I... | Seaside Monda...  |                  | 18.72          | 10,276.02      |
| 06/23/2022  |               |              | Direct Public Support:I... | Stripe Transfer   |                  | 18.72          | 10,294.74      |

Absolute Page Number: 56



| Cash on Hand   | Budgeted           | Actual             | Surplus/Deficit    | Notes   |
|--|--------------------|--------------------|--------------------|---------|
| Benchmark/Reporting Dates  | 01/22/22 Assembly  | 06/30/22           | 06/30/22           |         |
| <b>Cash On Hand June 30, 2022</b>                                  |                    | \$                 | <b>10,294.74</b>   |         |
| <b>Income</b>  |                    |                    |                    |         |
| <i>Description</i>   |                    |                    |                    |         |
| Fundraisers  | \$ 1,700.00        | \$ 0.00            | \$ 1,700.00        | Deficit |
| Individual/Group Donations   | \$ 2,300.00        | \$ 1,534.67        | \$ 765.33          | Deficit |
| <b>Total Income</b>  | <b>\$ 4,000.00</b> | <b>\$ 1,534.67</b> | <b>\$ 2,465.33</b> | Deficit |
| <b>Expenses</b>  |                    |                    |                    |         |
| <i>Description</i>   |                    |                    |                    |         |
| Assembly   | \$ 0.00            | \$ 0.00            | \$ 0.00            |         |
| Outreach   | \$ 200.00          | \$ 0.00            | \$ 200.00          |         |
| Travel Expense For RSC To Assembly And Other Required Meetings     | \$ 0.00            | \$ 0.00            | \$ 0.00            |         |
| Postal Services  | \$ 0.00            | \$ 0.00            | \$ 0.00            |         |
| Credit Card Chip Reader  | \$ 100.00          | \$ 0.00            | \$ 100.00          |         |
| Regional Website/Squarespace Expense                               | \$ 216.00          | \$ 0.00            | \$ 216.00          |         |
| 1 Year Zoom Account  | \$ 150.00          | \$ 0.00            | \$ 150.00          |         |
| Delegate WSC Expense (Equalized Expense And Incidentals)           | \$ 500.00          | \$ 0.00            | \$ 500.00          |         |
| Alternate Delegate WSC Expense (Equalized Expense And Incidentals) | \$ 500.00          | \$ 0.00            | \$ 500.00          |         |
| Delegate/Alternate Delegate Travel Expense To Groups               | \$ 0.00            | \$ 0.00            | \$ 0.00            |         |
| Conventions  | \$ 500.00          | \$ 0.00            | \$ 500.00          |         |
| Events   | \$ 0.00            | \$ 0.00            | \$ 0.00            |         |
| New Meeting Start Up   | \$ 300.00          | \$ 0.00            | \$ 300.00          |         |
| Donation To WSO (Four Quarterly Payments Of \$437.50)              | \$ 1,750.00        | \$ 437.50          | \$ 1,312.50        |         |
| Contingency Fund   | \$ 300.00          | \$ 0.00            | \$ 300.00          |         |
| Prudent Reserve (3 Months Operating Costs)                         | \$ 515.00          | \$ 0.00            | \$ 515.00          |         |
| <b>Total Expenses</b>  | <b>\$ 5,031.00</b> | <b>\$ 437.50</b>   | <b>\$ 4,593.50</b> |         |
| <b>Rollover Cash On Hand 1/01/2022</b>                             | \$ 10,113.57       |                    |                    |         |
| <b>Estimated Annual Income 1/22/2022 Assembly</b>                  | \$ 4,000           |                    |                    |         |
| <b>Estimated Annual Expenses 1/22/2022 Assembly</b>                | \$ 5,031.00        |                    |                    |         |
| Prudent Reserve (3 Months Operating Costs)                         | \$ 515.00          |                    |                    |         |
| Contingency Fund   | \$ 300.00          |                    |                    |         |
| <b>Estimated Cash On Hand for December 31, 2022</b>                | <b>\$ 9,897.57</b> |                    |                    |         |

December 31, 2021 Cash Carryover Of \$10,113.57 Approved At Regional Assembly January 22, 2022

## Nar-Anon Central California Region 2022 Adopted Budget

### Starting Cash On Hand

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

### Income

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

### Expenses

| Description  |                   |
|--|-------------------|
| 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)   | \$500.00          |
| Alternate Delegate WSC Expense (Equalized Expense And Incidentals)   | \$500.00          |
| 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 (\$437.50 per quarter, to be paid the first day of the quarter (retroactive to January 1, 2022)) | \$1,750.00        |
| 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

| Description  |                   |
|--|-------------------|
| 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> |

This budget was adopted by the CCR Assembly of January 22, 2022.

# Proposed Regional Budget

## Nar-Anon Central California Region 2023 Proposed Budget

### Starting Cash On Hand

| <i>Description</i>  | <i>Estimated</i>  |
|---|-------------------|
| <b>Estimated Cash On Hand December 31, 2022 (Carryover)</b> | <b>\$9,862.57</b> |

### Income

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

### Expenses

| <i>Description</i>  | <i>Proposed</i>   |
|---|-------------------|
| Assembly  | \$0.00            |
| Outreach  | \$200.00          |
| Narateen Subcommittee Request   | \$200.00          |
| Travel Expense For RSC To Assembly And Other Required Meetings                  | \$0.00            |
| Postal Services   | \$0.00            |
| Checking Account Expense (\$35) & Credit Card Chip Reader (\$100)               | \$135.00          |
| Region Website Expense  | \$216.00          |
| 1 Year Zoom License   | \$150.00          |
| Delegate WSC Expense (Equalized Expense And Incidentals)                        | \$500.00          |
| Alternate Delegate WSC Expense (Equalized Expense And Incidentals)              | \$500.00          |
| Delegate/Alternate Delegate Travel Expense To Groups                            | \$0.00            |
| Conventions   | \$500.00          |
| Events  | \$0.00            |
| New Meeting Start Up  | \$300.00          |
| Donation To WSO (\$437.50 per quarter, to be paid the first day of the quarter) | \$1,750.00        |
| Contingency Fund  | \$300.00          |
| Prudent Reserve (3 Months Operating Costs)                                      | \$515.00          |
| <b>Estimated Total Annual Expenses</b>  | <b>\$5,266.00</b> |

### Ending Cash on Hand

| <i>Description</i>                              | <i>Proposed</i>   |
|---|-------------------|
| Prudent Reserve (3 Months Operating Costs)      | \$515.00          |
| Contingency Fund                                | \$300.00          |
| <b>Estimated Cash on Hand December 31, 2023</b> | <b>\$9,411.57</b> |

December 31, 2022, estimated cash carryover of \$9,862.57 to 2023 budget to be approved at the Regional Assembly July 16, 2022.

# Delegate's Report

## CCR Regional Elections Assembly

Delegate Report

July 16, 2022

### Central California Region:

| Groups | Meetings | Virtual | In-Person | Hybrid | Suspended Meetings    |
|--------|----------|---------|-----------|--------|-----------------------|
| 18     | 19**     | 13      | 3         | 2      | (1) Resumes<br>8/1/22 |

*\*(3) STEP STUDY, (16) SESH MEETINGS \*Simi Valley has one group, 2 meetings*

[Printable Virtual/In-Person Meeting List \(PDF\)](#)

**CCR Shared Zoom Account** – Currently, there are 8 groups sharing the regional room.

### **Tidbits from January 2022– July 2022:**

- **January** – The hope and discussion of having Narateen in our region. Great progress, we now have members serving as our Narateen Chair & Narateen Process Person (NTPP).
- **February** - Screen Sharing Committee, an ad-hoc committee formed by the Board of Trustees. A survey was born and the completed report was submitted in April. Waiting feedback from the BOT to release the results to the members.
- **March** - GSR Survey Assembly Poll – Opportunity to change the structure of the regional assembly. What are the needs of the GSRs? Out of 17 representatives and contact people, we received 3 responses.
- **April** – Announcement of the 2023 World Service Conference will be held as a physical conference in Torrance, CA.
- **May** – Continued two -way communication from many World Service Committees have been in the form of a Roundtable, this month was Policy & Guidelines.
- **June** – Several Conference Approved Literature (CAL) booklets have been added to [Nar-Anon.org](http://Nar-Anon.org) for instant digital download. Additionally, a new method for making contributions to the World Service.
- **July** – Exciting news! Announcement of the 2023 World Service Conference to be virtual! WSC Committee will be sending out a letter to all the regions with the cost of the equalized expense.

**Road to WSC** – [Quick summary of the road to the WSC](#)

**Conference Agenda Report (CAR)** – Dates to be announced for a workshop based on the CAR.

Grateful for this wonderful group of trusted servants. Thank you for being the voice for your groups, participation and all your feedback.

JT

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

## **Motion Request for the Central California Regional Assembly on July 9, 2022, for the 2023 Proposed Motions**

Our region authorizes the Delegate to sign and approve as a motion maker or a motion seconder the proposed motions included in the Assembly Agenda as 21, 22-a, 22-b, 36, 40, 41, 43, and 45.

### **2023 Proposed Motions - Batch 1**

#### **Number 21 - P&G Consultation**

This motion proposes that all motions that regions or committees plan to submit to the World Service Conference be given to the World Service Policies & Guidelines Committee (P&G) for review and feedback in advance so that P&G can provide feedback. The intent is to give feedback to help regions and committees create motions that will not require as many in-conference amendments.

#### **Number 22-a Adjust the WSC voice and vote in the GWS**

Revise the GWS to say: "The WSC delegates and the chair of the Board of Trustees (BOT Chair) will each have a voice and a vote. Each alternate delegate and the vice-chair of the BOT has a voice and additionally, will have a vote in the absence of the regional delegate or BOT Chair, respectively. Trustees and representatives will each have a voice if recognized by the WSC facilitator."

#### **Number 22-b Adjust the WSC voice and vote in the 2023 WSC**

Revise the 2023 WSC Standing Rules of Order to say: "The WSC delegates and the chair of the Board of Trustees (BOT Chair) will each have a voice and a vote. Each alternate delegate and the vice-chair of the BOT has a voice and additionally, will have a vote in the absence of the regional delegate or BOT Chair, respectively. Trustees and representatives will each have a voice if recognized by the WSC facilitator."

#### **Number 41 - Permission to screen share**

The GWS currently says Nar-Anon CAL cannot be re-transmitted without "written permission," but does not specify a procedure for granting such written permission. This motion will address that gap. This procedure parallels the successful procedure currently in use to grant permissions for the trademarked Nar-Anon Logo.

## **2023 Proposed Motions - Batch 2**

### **Number 36 - Urgent Matters**

"This motion directs the Board of Trustees (BoT), with notice to and input from the NFG Fellowship, to develop, document, and present a BoT motion in the CAR for the 2025 WSC by which urgent or emergency matters can be resolved by the Fellowship between the biennial World Service Conferences (WSCs). The BoT motion in the 2025 CAR will include the protocols for Fellowship input and decision making in the identification, communication, management, and resolution of urgent and emergency matters."

### **Number 43 - Accessibility**

Amend the 2021 Floor Motion regarding electronic literature by adding a third sentence: "Electronic formats will include versions suitable for accessibility needs, whether in one file or in separate files."

## **2023 Proposed Motions - Batch 3**

### **Number 40 - Service Literature**

Amend the GWS on section on "Service Literature" so it reads: "Service literature includes The Nar-Anon Family Groups' Guide to Local Services and Guide to World Services, BOT publications, any bulletins, handbooks, pamphlets, and/or service manuals pertaining to policies and/or guidelines used as resources for group and service work in Nar-Anon." This will ensure future Board Bulletins go through the Fellowship Review process.

### **Number 45 - Transparency**

"All Nar-Anon members are welcome to attend meetings of the Board of Trustees and other world service committees. Speaking by non-voting members may be limited at the discretion of the committee chair. Occasional portions of a meeting may be closed when the committee is discussing human resource issues or negotiating contracts. To support this openness, in advance of each meeting, these service structures will post their meeting schedules and contact emails on the Nar-Anon world service website."

## **2021 Floor Motions to carry over into 2023**

### **CAR 1 - (PFM 1) - Permissions on electronic literature (en español)**

The first motion is focused on "purchased electronic literature." When you pay for an eBook of Nar-Anon literature, you have already exchanged money for a right to use the literature. This motion



suggests that the “written permission” included within the copyright in “purchased electronic literature” is written permission to use that literature within a Nar-Anon meeting. This became floor motion 1 during the 2021 WSC, was passed and is scheduled to be in the 2023 CAR.

#### **CAR 5 - (PFM 2) - Downloaded literature (en español)**

The second motion is focused on “downloaded literature.” When you download Nar-Anon literature from the Nar-Anon world service website ([www.nar-anon.org](http://www.nar-anon.org)), you are exercising an implied right to view an electronic version of the literature. This motion suggests that the “implied permission” included when Nar-Anon literature is posted onto the [www.nar-anon.org](http://www.nar-anon.org) website includes permission for others to also view that literature within a Nar-Anon meeting. This motion was not read nor directly addressed during the 2021 WSC, but appears to have been included in the motion to forward all undiscussed floor motions over to the 2023 CAR. We believe it was labeled floor motion 5 by the WSC secretaries.

#### **CAR 4 - (PFM 4) - Virtual option for the World Service Conference (en español)**

The fourth motion is to add words to the first paragraph of the GWS section regarding World Service Conferences to add words for the WSC to be annual and virtual. The “annual” section was removed during the 2021 WSC. The version that will be included in the 2023 CAR will only propose changing the WSC to include a virtual option. This became floor motion 4 during the 2021 WSC and will be included in the 2023 CAR.

#### **CAR 2 (PFM 6) - Increase the list of literature that can be shared (en español)**

The sixth motion recommends changing the GWS to exempt the 20 Questions from the current limitation that says only 25% of an article may be shared. During the 2021 WSC, this motion was amended to add the "Newcomer's Welcome" to the exemption clause. During the 2021 WSC, this motion was amended to also add the Newcomer's Welcome to the list of literature that can be used in full. This became floor motion 2 during the 2021 WSC and will be included in the 2023 CAR.

#### **CAR 3 - (PFM 7) Convert and translate literature (en español)**

The seventh motion says: “Ensure new CAL, including translated literature, is made available in electronic format and existing CAL, including translated literature, is progressively reformatted into electronic format.” This became floor motion 3 during the 2021 WSC and will be included in the 2023 CAR.

Note - 2023 Number 43 would amend this motion to also ask for literature to be converted into formats compatible with accessibility needs.

## **CAR 10 - (PFM 12-b) Electronic translations**

Amend the GWS section on National Service Offices (NSOs) to allow NSOs to sell electronic versions of Nar-Anon Conference Approved Literature (CAL). This motion was not read nor directly addressed during the 2021 WSC, but appears to have been included in the motion to forward all undiscussed floor motions over to the 2023 CAR. We believe it was labeled floor motion 10 by the WSC secretaries.

### **For more information**

Please check the motion forms posted on the Western Regions website at <https://sites.google.com/nar-anon.org/wrcnfg/events/2023-car-motions>.

Or send an email to:

- Our regional delegate JT: [delegate@naranoncentralca.org](mailto:delegate@naranoncentralca.org)
- Or to Robert at Western Regions: [WRCNFG@gmail.com](mailto:WRCNFG@gmail.com)

# World Service Conference Documents

# Road to the 2023 World Service Conference April 28 - May 1, 2023

- The motions are created by the members
- The WSCC addresses the motions and communicates with the fellowship through the CAR.
- The GSR takes the CAR to their group and can hold a review.
- Updates and support at 2023 Regional Assembly
- The groups discuss, reach a group conscience on each motion and submit results to Delegate.



2023 World Service Conference



**PROGRESS THROUGH WORLDWIDE UNITY**  
**NAR-ANON WORLD SERVICE CONFERENCE 2023**

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**WSC Equalized Expenses**

Equalized expenses for the Nar-Anon World Service Conference 2023 are calculated as follows:

The upcoming WSC 2023 will be a virtual conference. For all regions worldwide attending - the equalized expenses are a fixed amount that is charged to regions sending a delegate, alternate delegate or a representative. For WSC 2023, the amount will be \$500.00 (in U.S. dollars) for each person attending as a delegate, alternate delegate or representative. Payment (check or money order - U.S. dollars) can be made to Nar-Anon FGH, Inc., and sent to WSO - 23110 Crenshaw Blvd. Suite A, Torrance, CA 90505 or using our [PayPal](#) link or QR code.

Any member of Nar-Anon or Narateen may observe the conference (audio only), at no charge. Please inform the WSC Committee by April 3, 2023 if you wish to attend as an observer. There will be more information revealed later about the possibility of registering by online means.

The dates of the Conference are April 28 - May 2, 2023. Please note - an additional day has been added - due to concerns of conference business being rushed or not able to be completed.

Pre-conference orientation meeting is to be determined. The orientation will include a presentation and discussion on the Conference Standing Rules, Robert's Rules of Order, and Conference Procedures. The conference committee strongly recommends that all conference participants attend the introductory meeting.

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



# Group Reports

# Guide to Serenity Group Wednesday 7:30 pm

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*July 9, 2022*

I am Liz and the Group Service Representative for Wednesday, Guide to Serenity Group.

Everything has been running smooth with changing over to fully virtual.

Last night our attendance was 9 people, we usually average about 4 to 5 people every week.

Liz O

Vision of Hope  
Los Gatos  
Thursdays 7:30 to 8:30 pm

This meeting has been meeting virtually for over two years. In the beginning we had people joining in from various places in the US and sometimes we had over 30 people. In the last six to 9 months, the number of persons attending has dropped to less than 20. Most of these members are from the local area. Many had been coming to our in person meetings of previous years. The group asked that I check into whether we could have in person meetings at our regular location, Mission Oaks Hospital. There seems to have been a large turnover of staff there and people in facilities management and the people I talked to have been unable to tell me who is responsible for the decision to either open up or take reservations for the meeting rooms. I will continue to check in with the hospital periodically. Some of the members would like to continue the meetings virtually in any case. I'm at a loss as to figure out how to have hybrid meetings as many who join in use the telephone or choose not to turn on the video.

In May, at the request of some of the members we decided to hold a picnic at a local park. We contacted all the people on our reminder list and persons we knew the phone numbers of from in person meetings from two years ago. We had a turnout of around 20 persons and almost all who came had been coming to our meetings in Mission Oaks before Covid. It was great to see people we had become close to during those meetings. This was not an official Nar-Anon event, just an informal get together.

I share all events that were listed in the Minutes from the Regional assemblies. I have also asked if anyone would like to take on some of the service possible in the Region, but have not gotten any interest. It is also difficult to have a change in secretary to the meetings, and three persons have chaired most of the meetings on a week to week basis. We do not post Nar-Anon literature online during the meetings, except for the list of 12 steps and the closing prayer.

Please let me know if there are any questions, at [patfnaranon@icloud.com](mailto:patfnaranon@icloud.com).

Pat F, GSR



# “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 1/1/2022 to 6/30/2022

|  |  |
|--|--|
| <b>Previous Balance .....</b>                          | <b>\$120.00</b>                                      |
| Collected: 7 <sup>th</sup> Tradition & Literature sold | + 0.00* <small>we encourage online donations</small> |
| <b>Subtotal....</b>                                    | <b>\$120.00</b>                                      |
| Disbursed: Rent Paid . . . . .                         | - 0.00   |
| Literature purchased . . . . .                         | - 00.00  |
| WSO Donation . . . . .                                 | - 00.00  |
| Region (CCR) Donation . . . . .                        | - 00.00  |
| <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:** July 3, 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. We have been pursuing resuming in person meetings at least once a month.

Atascadero - Candle Light Group - 131-033

Dear Brothers and Sisters,

The Atascadero Candle Light Group is doing wonderful. We have a core group of members who meet via Zoom on Tuesday at 6:00 PM. This is a healthy group with members all working toward recovery.

Recently we took the first steps toward meeting in person again. Those in person meeting plans were dashed when the church we used to meet at rented the entire area to another church. So, we lost our in-person meeting location. Thanks to our Higher Power for Zoom. At this time and probably well into the future we will be meeting via Zoom. Zoom works for our members who are located, including out of state, at a large variety of locations.

The Candle Light Group will also be participating in the International Overdose Awareness Day on August 31, 2022 at Mitchell Park in downtown San Luis Obispo. The Outreach Committee will be providing some Nar-Anon pamphlets for our display table, along with a nice banner.

Peace and Serenity,

Larry B.  
GSR

# 1:00 pm Sunday Step Study 131-035

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*July 10, 2022*

The noon Sunday group began on September 15, 2013. That group first met in the AA Area office, then in a meeting room in a local hospital, then in a local coffee shop. It was on hiatus for two years and has now returned as a permanently online group. We decided to continue through the steps beginning at Step 7 and let the 1:00 pm group start over at Step One. Several members are in both groups. We will soon finish the Nar-Anon 36 and then plan to go back quickly through the steps using the Yellow 12 step booklet.

Near the beginning of the year, we had 25-30 members, with a few dropping off over the year. We usually have about 15-20 in our group each week.

The group shares a website with the other Sunday Step Study - [bit.ly/NFGSunday](https://bit.ly/NFGSunday). The group also shares an auto-reply email with the other group - [SundayNFGStepStudy@gmail.com](mailto:SundayNFGStepStudy@gmail.com). The autoreply tells newcomers how to join, and how to find the website. The group uses the CCR Regional Zoom account. Members are asked to make 7th Tradition contributions either to the CCR Region or to Nar-Anon World Service.

The group has a GSR, a Zoom host, two Zoom co-hosts, and a phone list person all providing service.

In service, Sunny J GSR

## I Can Be Free – Virtual Group

### Nar-Anon

**History** – The Group has been around for over a decade providing support for families and friends of addicts, from this deadly family disease. The Group has wonderful recovery each Friday at 6 pm. We change the format each week reading and sharing from different Conference Approved Literature. On the fifth Friday each month we have a speaker come.

**Treasurer** – The Group has a prudent reserve and makes donations to the Region and World Service.

**Literature** – We recently voted to give out new comer packets and the Blue Booklet to new comers if interested

**Current Year** - Our group is smaller than in past years. We now currently have about 6 to 12 people attend. We enjoy the fruits of long timers experience as well as looking closely at new comers and the familiar pain they bring and recovery they might enjoy with our meeting. We continue to get people from across the United States, California, and a few international countries.

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

Scott Coffman

GSR



# Memorandum

Title: **GSR Report, Update from January 2022**  
 To: NFG Central Coast  
 Author: John M., GSR of the Simi Valley Nar-Anon Family Groups (SVNFG)  
 Date: July 8, 2022

## Average attendance?

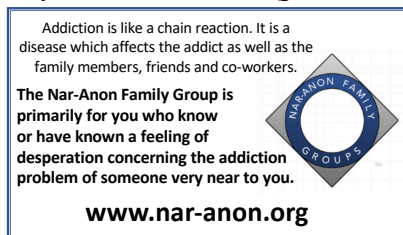
Attendance has dropped, especially now into the summer months. Anywhere from 3-8 persons. We continue to have newcomers, yet these people rarely remain in regular attendance.

## 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 (GSR) remains the outreach coordinator and is a member on the outreach committee as led by Janet S (Central Coast). John M plans to continue his outreach using cards and packets with the blue book and other Nar-Anon literature. He calls are made 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 remain fixed since Dec. 2021. It is available upon request.

## Newcomers?

We have 1-2 newcomers attending per month, few return.

## Challenges and accomplishments, concerns of group

Little attention is given towards 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.

## **GSR Report for the 1:00 pm Sunday Step Study 131-117 V**

This group began on March 19, 2017. Every year, this group begins on Step 1 in the Nar-Anon 36 in the first meeting of the year. By December 31 each year, the group has typically reached Step 7. Members are then encouraged to continue their steps with their sponsor, or, starting this year, members have the option of switching to the other Sunday Step Study group (131-035).

Near the beginning of 2022 attendance was around 40 members each week. As of now, there are about 25 members in a typical week. Some newcomers arrive each week. Some members decide not to continue. There has traditionally been a surge each January with a gradual tapering throughout the year.

The group shares a website with the other Sunday Step Study - [bit.ly/NFGSunday](https://bit.ly/NFGSunday). The group also shares an auto-reply email with the other group - [SundayNFGStepStudy@gmail.com](mailto:SundayNFGStepStudy@gmail.com). The auto-reply tells newcomers how to join, and how to find the website. The group uses the CCR Regional Zoom account. Members are asked to make 7th Tradition contributions either to the CCR Region or to Nar-Anon World Service.

The group has a GSR, a Zoom host, two Zoom co-hosts, and a phone list person all providing service.

Winds of Change Group # 131-138

Thursday 7-8 pm – Registered Virtual Meeting

July 2022

**Attendance** - There are newcomers every week. The average meeting has between 9-21 members a week. 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. 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 literature (CAL) used in meetings.

In loving service,

Barbara S. - GSR

# Subcommittee Reports



# Outreach Subcommittee Report

## Central California Region (CCR) - Outreach Subcommittee Report July 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.

Thank you to the Outreach subcommittee and Regional Service Committee for allowing me to be of service. My term of service will complete in December. This is my last Assembly serving as Outreach chair. The subcommittee does not have a chair nomination at this time and welcomes all curious and interested members to attend a future meeting.

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

- Mailed and emailed information to faith-based organizations, therapists, schools, County Behavioral Health Departments and 2-1-1 in the Region.
- Participated in the Recovery Center's family panel (Monterey). All other panels (Genesis House (Seaside), New Start Recovery (Pacific Grove) and Sun Street Centers (Salinas) 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).
- Attending the World Service Outreach quarterly meetings to share and learn ideas around Outreach.

[Outreach@NarAnonCentralCa.org](mailto:Outreach@NarAnonCentralCa.org) is the listed contact for 2-1-1 Information and Referral databases in each county in the CCR. This email receives annual reminders to review and update links for its call center and database.

When in-person events resume, the Outreach subcommittee shares literature and answers questions at events such as:

- Nar-Anon Convention and Monterey Bay NA Convention, Monterey, (*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, 7:30 – 8:30 pm. Meetings are open to all Nar-Anon members and service at all levels (one-time or ongoing) are welcome!

**Next meeting: July 26, 2022, 7:30 pm** via free conference call

Call: 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 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  
July 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 seven 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*, which World Service Lit Com assigned to us last year from the Priority List of literature projects. We received several member submissions and are using them to write how we have been affected by addiction, and how all of our relationships are affected by recovery in Nar-Anon. As the deadline for the next World Service review process has passed, our committee is able to work on *Relationships in Recovery* without the pressure of having to complete it quickly.

Our committee was asked to review submissions written by members in Colombia, who had tried unsuccessfully to have their material accepted by WS Lit Com. Their writings were not accepted because they had not been assigned a project by World Service. We hoped to include their work in our *Relationships* project; however, WS Lit Com declined. We are hopeful that the Colombian members may be able to see their material published in Spanish.

Another avenue for using material from members would be to include written shares on the CCR website. Developing a page may be a good use of our committee's efforts in the future.

As I have been the committee chair for the past four years, I will be concluding my service effective September 1<sup>st</sup>. It has been a joy and a privilege to participate in this important service, and I am grateful to the Central California Region, and especially to my fellow Lit Com members, for the opportunity to serve.

In gratitude,

Ruth K.  
Literature Subcommittee Chair

# Narathon



# CCR NARATHON 2022

## “IT’S OUR FELLOWSHIP - TOGETHER WE CAN”

Join us for a day of recovery!

|                  |  |
|------------------|--|
| 9:30 AM          | Introductions, Serenity Prayer, Twelve Steps, Twelve Traditions  |
| 9:45 AM          | “Step 1” SESH page 224, Open Share Meeting – Leader TBA  |
| 10:30 AM         | “The 12 Steps & 12 Traditions” an innovative comparison - Scott N. & Scott C. followed by Open Share                               |
| 11:30 AM to Noon | Lunch  |
| 12:00 PM         | “The Split Pitch” Tradition 5 Understanding our addicts with Compassion – Leaders TBA; Followed by Open Share                      |
| 1:00 PM          | “Step 4” A Searching and Fearless Moral Inventory – Leader TBA; Followed by Open Share   |
| 2:00 PM          | Slogan “Detach with Love” SESH Pg. 189 – Leader TBA followed by “A Spiritual Awakening” SESH Pg. 359 – Leader TBA. with Open Share |
| 3:00 PM to 4 PM  | 12 Steps in 12 Minutes on one subject - Leader TBA   |

### Meeting Information

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

Dial by your location: +1 669 900 6833 US (San Jose); +1 253 215 8782 US (Tacoma); +1 346 248 7799 US (Houston); +1 312 626 6799 US (Chicago); +1 929 436 2866 US (New York); +1 301 715 8592 US (Germantown)

Step 1

The 12 Steps & 12 Traditions

The Split Pitch

Step 4

Detach with Love

12 Steps in 12 Minutes

## DATE AND TIME

Saturday, October 22, 2022 - 9:30 AM to 4:00 PM (PDT)

Technology  
Services  
Subcommittee  
Report

# Report from the TSS for the July 2022 Assembly

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

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

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.

Accomplishment since the last Assembly:

- Maintaining the website and emails.
- Worked with the CCR Narateen Committee to add text to the CCR Narateen web page.

Issues:

- Zoom is tightening security on their application. This is making it difficult to share the account with multiple groups. The TSS is exploring options.
- We do not have any suggestions or recommendations regarding how to easily and effectively facilitate a hybrid meeting.



## Zoom Authentication Update - version 2

These directions are intended to replace the directions given in June 2022 regarding an update Zoom made to their security. In the previous email, we described a way to gain access by using our shared Google email account. However, Google has now made an update that blocks that process. The revised process should work even with those changes.

Sometime in advance, maybe the day before your meeting time, open your Zoom application and switch to the [ccnfgca@gmail.com](mailto:ccnfgca@gmail.com) user account.

Try to start a meeting. If you can, then your computer is approved and you will probably not have a problem when it is time to start your actual meeting.

If Zoom does not recognize your computer, you will see a message saying something like “We detected an unusual sign-in from a device or location you don't usually use.”

If you get that error message, please send a **text message** to Robert P at 661-316-7871 with your name, and the name of your group. If Robert is not available, try sending a **text message** to JT at 831-801-7250. Sometimes neither are available, which is why you want to test your access in advance of your meeting time.

Once you make contact with Robert or JT, they might ask you to try again to login to Zoom. When you try to login, Zoom will send an email with a special access code. Robert and JT can get the access code and text it back to you. Note, the access code is only valid for 10 minutes.

With the access code, you should be able to connect to Zoom and open a meeting. This will then mark your computer as a known Zoom user for the [ccnfgca@gmail.com](mailto:ccnfgca@gmail.com) account. Note, however, this access wears out after time based on some unknown process. Robert, for example, needs to re-verify his computer every couple of weeks. JT, on the other hand, has only been asked to re-verify her computer once in several months.

We recommend you pick two members from your group to serve as host and alternate host. If the host is blocked at the last minute, then perhaps the alternate host can still make the connection.

We do not recommend more than two hosts per group because gaining access takes time, and it seems to wear off unpredictably.

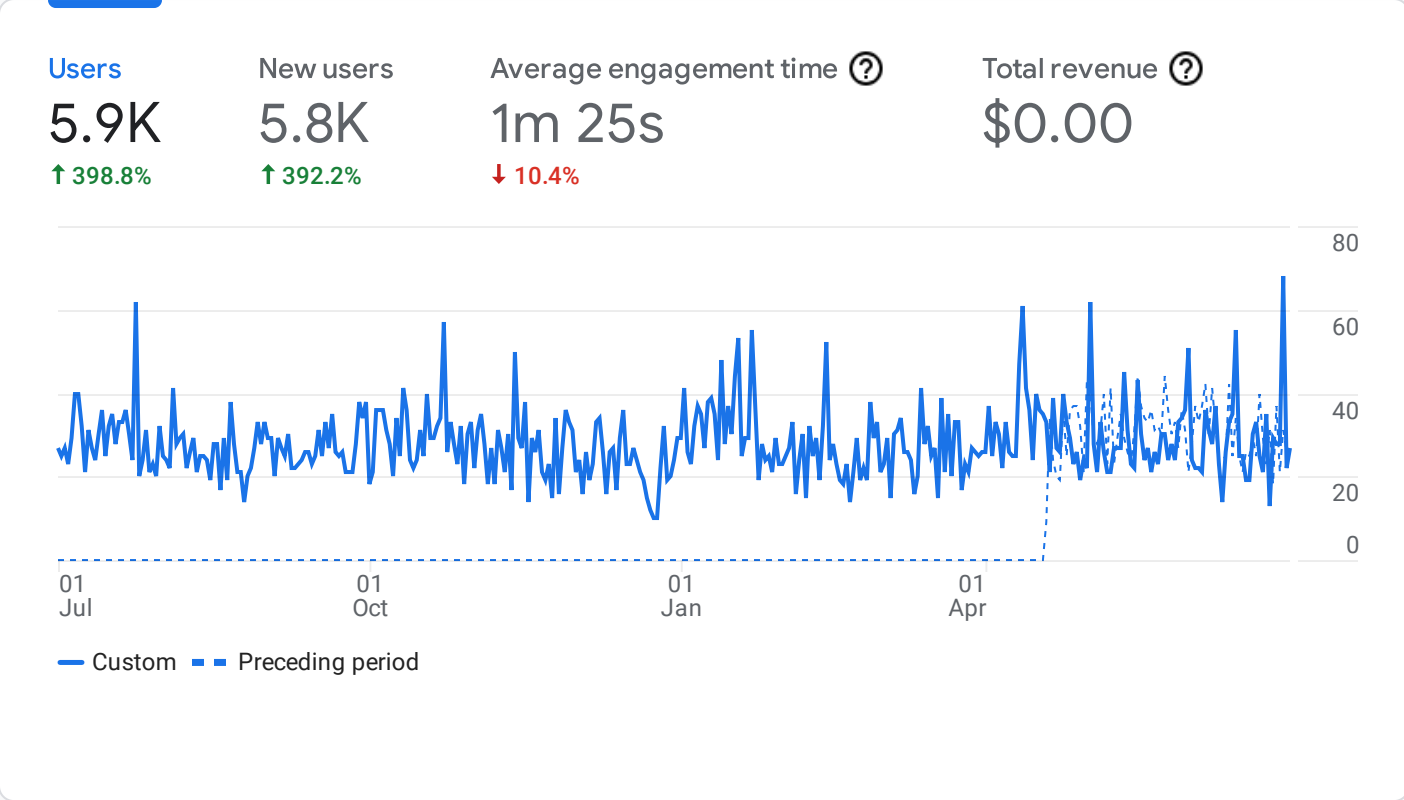
If, at the last minute you cannot start your meeting, either Robert or JT can start the meeting for you. You can then login as some other Zoom user, and Robert or JT can make you the host for this session. Then you can work on restoring access at a later time.

# Website Report

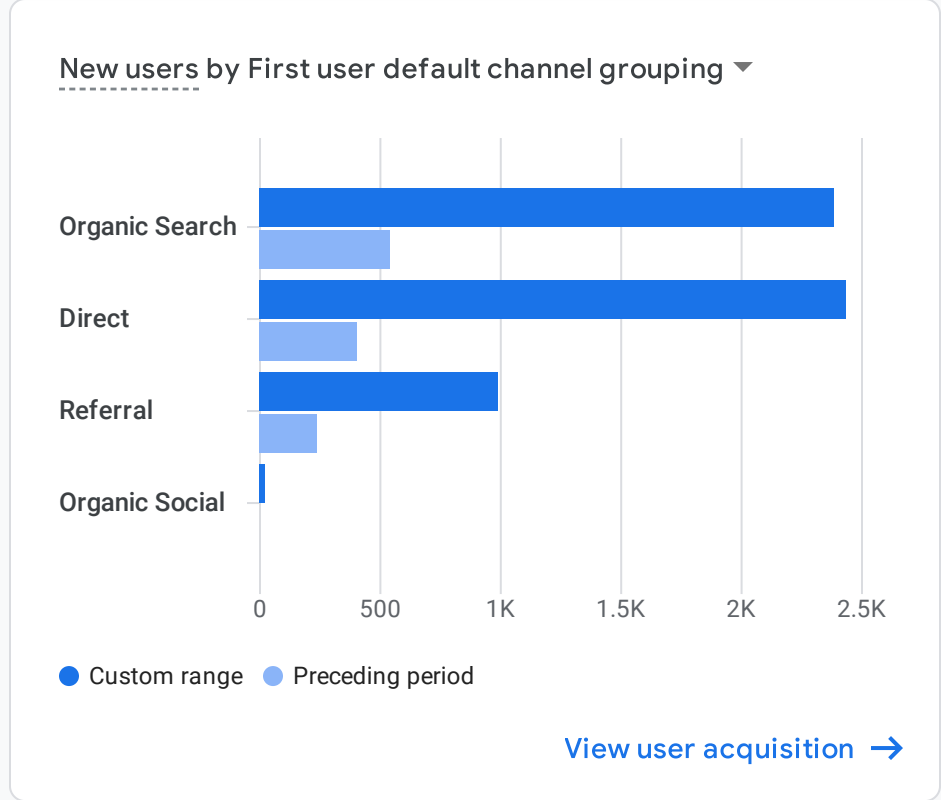
Reports snapshot ✔

Custom Jul 1, 2021 - Jun 30, 2022   
 Compare: Jul 1, 2020 - Jun 30, 2021

All Users Add comparison +



WHERE DO YOUR NEW USERS COME FROM?

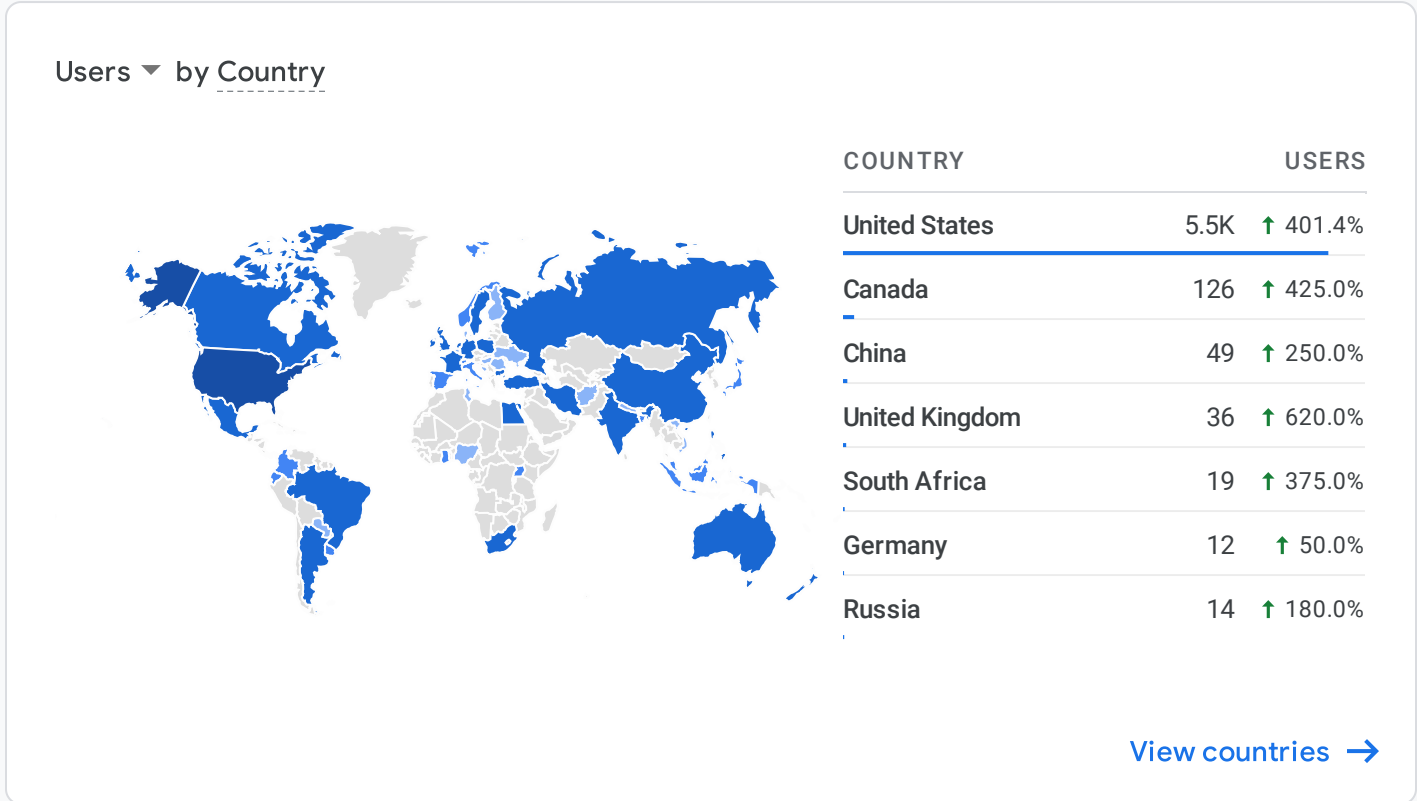


WHAT ARE YOUR TOP CAMPAIGNS?

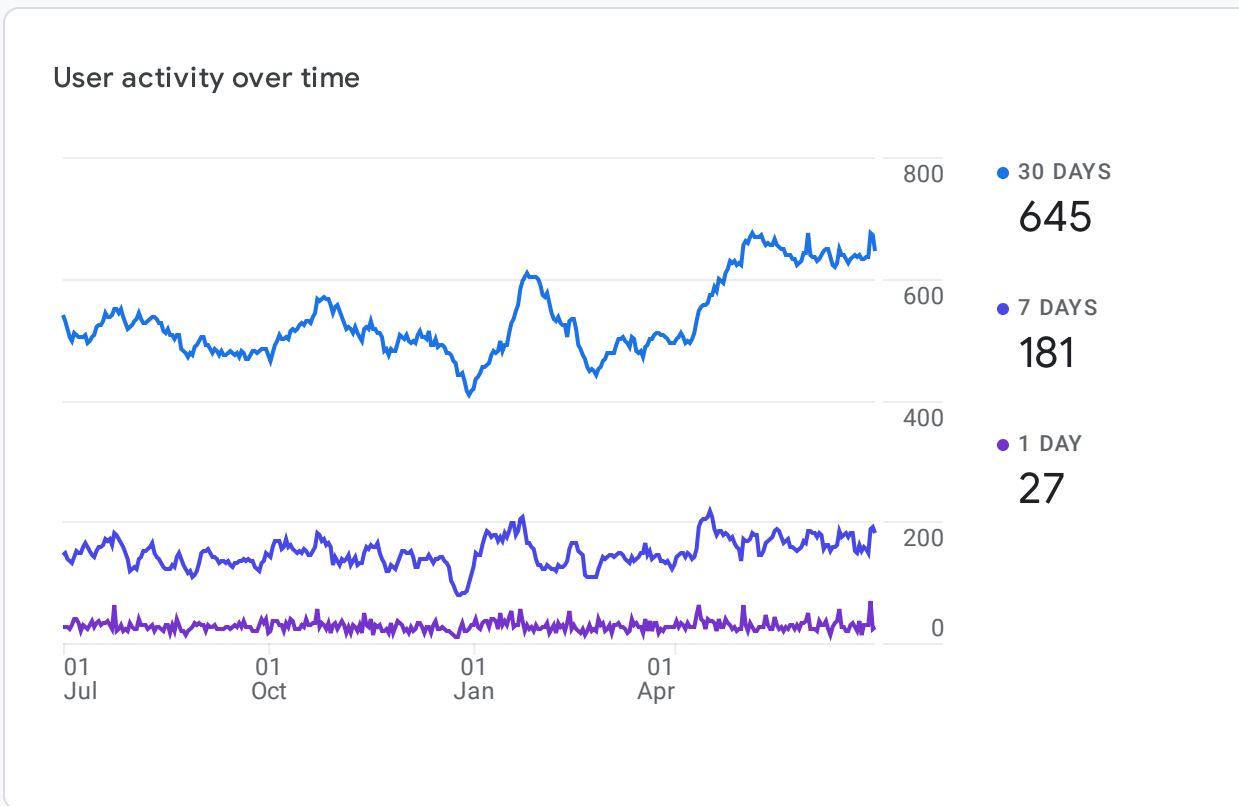
Sessions by Session default channel grouping

| SESSION DEFAULT CHANNEL G... | SESSIONS |   |
|------------------------------|----------|---|
| Direct                       | 5.8K     | - |
| Organic Search               | 4.2K     | - |
| Referral                     | 1.8K     | - |
| Unassigned                   | 169      | - |
| Organic Social               | 24       | - |

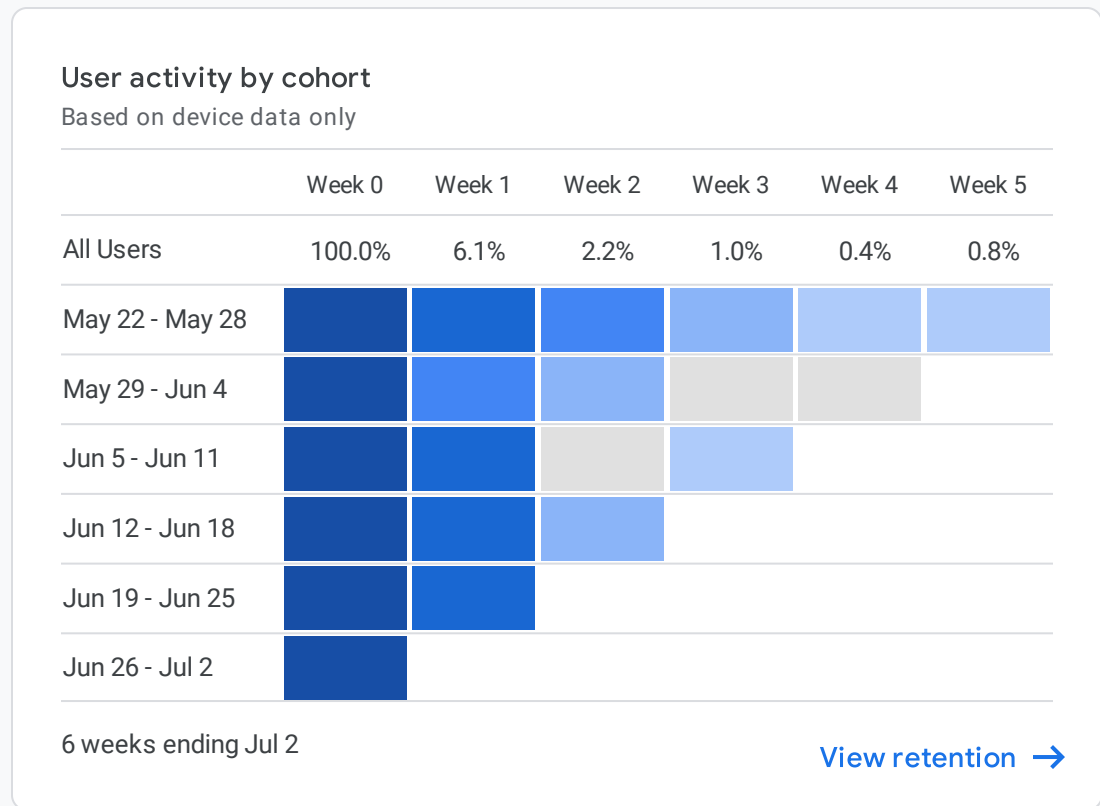
View traffic acquisition →



HOW ARE ACTIVE USERS TRENDING?



HOW WELL DO YOU RETAIN YOUR USERS?



WHICH PAGES AND SCREENS GET THE MOST VIEWS?

### Views by Page title and screen class

| PAGE TITLE AND SCREEN CLASS                               | VIEWS           |
|---|-----------------|
| <a href="#">Nar-Anon Family Gro... Central California</a> | 10K ↑ 276.4%    |
| <a href="#">Virtual Meetings — ... Central California</a> | 7.2K ↑ 349.7%   |
| <a href="#">Meeting Updates — ... Central California</a>  | 3.4K ↑ 405.8%   |
| <a href="#">Activities, Events,... Central California</a> | 3.6K ↑ 1,936.2% |
| <a href="#">HTTP Error 404 - Fi... Central California</a> | 508 ↓ 18.6%     |
| <a href="#">Literature — Nar-An... Central California</a> | 920 ↑ 759.8%    |
| <a href="#">Regional Assembly... entral California</a>    | 590 ↑ 767.6%    |

[View pages and screens →](#)

WHAT ARE YOUR TOP EVENTS?

### Event count by Event name

| EVENT NAME                      | EVENT COUNT   |
|---------------------------------|---------------|
| <a href="#">page_view</a>       | 30K ↑ 330.5%  |
| <a href="#">session_start</a>   | 15K ↑ 335.3%  |
| <a href="#">user_engagement</a> | 10K ↑ 323.9%  |
| <a href="#">first_visit</a>     | 5.8K ↑ 392.2% |
| <a href="#">scroll</a>          | 5.3K ↑ 332.3% |
| <a href="#">click</a>           | 2.6K ↑ 329.7% |
| <a href="#">file_download</a>   | 1.7K ↑ 409.8% |

[View events →](#)

WHAT ARE YOUR TOP CONVERSIONS?

### Conversions by Event name

| EVENT NAME                    | CONVERSIONS |
|-------------------------------|-------------|
| <a href="#">file_download</a> | 358 -       |
| <a href="#">purchase</a>      | 20 -        |

[View conversions →](#)

WHAT ARE YOUR TOP SELLING PRODUCTS?

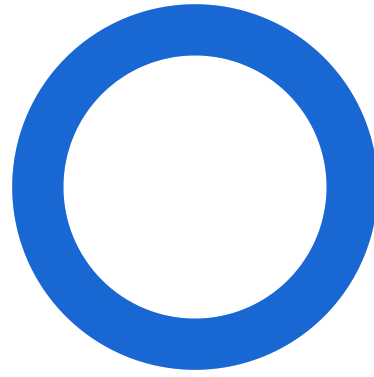
Ecommerce purchases by Item name

| ITEM NAME                | ECOMMERCE PUR... |
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# Narateen Subcommittee

# Report from the Narateen Subcommittee for the July 2022 Assembly

The Central California Regional (CCR) Narateen Subcommittee has two members:

- Alijah S from Victorville (chair)
- Sunny J from Taft (NTPP)

The ongoing work of the committee includes:

- The committee works toward creating Narateen meetings in the Central CA Region, coordinating with SoCal Narateen.

Accomplishment since the last Assembly:

- Creating the CCR Narateen Guidelines for Regional approval.
- Worked with the CCR TSS Committee to add text to the CCR Narateen web page.

On the horizon:

- Working on Narateen Facilitator approval and training process, and creating a list of resources for the teens.
- Outreach is key to spreading the word about Narateen to local meetings.

# CENTRAL CALIFORNIA REGION GUIDELINES FOR NARATEEN

TO BE APPROVED by the Central CA Regional Assembly, JULY 2022

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## PREAMBLE

The Nar-Anon/Narateen Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve-step program – we offer our help by sharing our experience, strength, and hope. We carry the message of hope by letting others know that they are not alone; by practicing the Twelve Steps of Nar-Anon/Narateen; and by changing our own attitudes. We will respect your anonymity. Our program is not a religious one, but a spiritual way of life.

## MISSION STATEMENT

The Nar-Anon/Narateen Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a Twelve Step Program, we offer our help by sharing our experience, strength, and hope.

## NARATEEN VISION STATEMENT

We will carry the message of hope throughout the world to teens affected by the addiction of someone near to them. We do this by:

Letting teens know they are no longer alone

Practicing the Twelve Steps of Nar-Anon/Narateen

Being of service to group, area, and region Narateen efforts Making information available through:

- Websites
- Outreach
- Changing our own attitudes

## PURPOSE

A Narateen group is a safe environment where teenagers can share their experience, strength, and hope. The principles of the Nar-Anon fellowship, as outlined in our Twelve Steps, Twelve Traditions, Twelve Concepts, Guide to Local Services and Guide to World Services, also apply to Narateen. The application of these principles helps build honesty, trust, confidence, and provides safety and anonymity to teen members.

## GENERAL REQUIREMENTS

### Requirements of Central California Region Narateen Groups

The only requirement for membership is that there be a problem of addiction in a relative or friend

Will abide by the Twelve Steps, Twelve Traditions and Twelve Concepts of Service of the Nar-Anon Family Groups

Narateen meetings are closed, except by group conscience

Narateen meetings have no dues or fees

It is recommended that there be at least two certified Adult Facilitators present at each meeting who are registered with the CCR Narateen subcommittee and World Service Narateen committee ("WSC").

- Ideally, each Narateen meeting will have at least 3 certified Adult Facilitators so that there is back-up coverage available if one of the scheduled Facilitators cannot attend

Will abide by the World Service Narateen Safety Policy and Guidelines (S-332) as well as our Central California Regional Guidelines

New Narateen meetings may not commence until the following steps have been completed:

- Each Adult Facilitator ("Facilitator") must be certified by the Central California Region ("CCR") (via the CCR Narateen subcommittee) by completing all necessary documentation and applications, must pass required background checks and complete Facilitator training
- Once certified by the CCR, each Facilitator must be registered with the WSC
- Meeting organizers/facilitators must demonstrate that funding is in place to cover the new meeting's immediate expenses until the group participants are able to fund the meeting themselves (i.e., fundraising utilizing the Seventh Tradition)
- The CCR Narateen subcommittee will verify and approve that the meeting is ready to commence. Approval may be made by the subcommittee Chair or Narateen Process Person (NTPP). Approval is not required by the Assembly.
- New meeting information is submitted to the WSC by the CCR Narateen Committee for approval to be listed as a sanctioned meeting on the official websites (including World Service and Regional sites).

Narateen Groups may work in cooperation with outside organizations under the following conditions:

- Requires prior authorization from the CCR Narateen Committee.
- Will not be organized as being affiliated by or sponsored by outside organizations.

Outside organizations may not have any authority or influence regarding the structure of Narateen meetings or the concepts and traditions that guide Narateen meetings.

All meetings will be registered with the WSC

Will immediately notify the Narateen Process Person (NTPP) and the CCR of any group changes including meeting location and schedule or changes to registered Facilitators

### Role of the Nar-Anon Central California Region

The Central California Region (“CCR”) will provide each new approved CCR Narateen Group registered with the WSC with the Narateen New Group Packet. In addition, each new group is expected to purchase one copy each of the Conference Approved Literature (“CAL”) titles currently recommended for distribution to Narateen meetings by the WS Narateen committee.

The CCR will reimburse and/or pay for the costs of the background checks for Narateen Group Facilitators.

As with other subcommittee Chairs, the Narateen subcommittee Chair and Narateen Process Person (NTPP) will be elected at regional assembly.

- The Subcommittee Chair will serve as Acting NTPP in the event that the elected NTPP is unavailable or the position is vacated.

The region members will vote at assembly on any submitted motion to change these guidelines.

### Role of the Central CA Narateen Subcommittee

At least one Facilitator or member from each Narateen group will serve on the subcommittee.

The Narateen subcommittee shall update the safety guidelines and other documentation as needed and present a motion for assembly approval when required.

- The safety guidelines (and any subsequent revisions) must be approved by the CCR assembly and entered into the assembly minutes to reflect approval.

Submit a yearly budget proposal to the region.

Refer to the NTPP the names of interested Facilitators who have communicated with the subcommittee and appear committed to supporting a Narateen meeting.  
Support existing group members and Facilitators.  
Support outreach and new group formation.

- At least one Narateen subcommittee member or Facilitator will also serve on the CCR Outreach subcommittee to facilitate the inclusion of Narateen in all outreach efforts.

Support Narateen participation in local Nar-Anon conventions and in other outreach events  
Work to design and maintain a Facilitator training program.

- Training/Orientation for new Facilitators will include providing all necessary information regarding:

Duties of the Facilitators

Meeting Safety Requirements

Reporting meeting incidents (fighting, etc.) to the CCR

CA State laws regarding reporting (including Mandated Reporting) abuse or endangerment of minors in relation to Nar-Anon and Narateen policies

CA State laws regarding volunteer adults interacting with minors

All CA State laws regarding adults volunteering and interacting with minors must be adhered to at all times and in the event that an existing or new law conflicts it will supersede and outweigh any rule, guideline or policy established in this or any other Narateen/Nar-Anon document.

Assign experienced Facilitators to mentor new Facilitators.

Any Nar-Anon member may attend a Narateen subcommittee meeting.

- The subcommittee Chair (or Acting Chair) may elect to excuse non-voting members from a meeting if confidential or sensitive information must be discussed during the meeting. Best efforts will be made to include notice of such an occurrence in the meeting Agenda if a need for a closed discussion is known in advance.

A member may become a voting member with the nomination of any existing voting member and a majority vote of a subcommittee quorum.

A subcommittee member may be removed as a voting member after 3 consecutive unexcused absences from meetings upon majority vote of a subcommittee quorum.

### Role of the Central CA Narateen Subcommittee Chair

Serves a maximum of two consecutive 2-year terms

- May continue to serve as Acting Chair if no subcommittee member is elected to replace the outgoing Chair

Oversees the Narateen subcommittee

Establishes subcommittee goals and priorities Sets subcommittee meeting agendas

Oversees all subcommittee groups

Reports to the Central California Region of Nar-Anon Family Groups

Should volunteer to serve concurrently on the WS Narateen Committee (pending WS committee approval)

Represents the CCR Narateen subcommittee at the RSC Assembly as a voting member

Provides the RSC with updates on subcommittee activities

May represent the subcommittee at other Nar-Anon events and at Outreach opportunities

Works with the Narateen Process Person (NTPP) to ensure the NTPP responsibilities are fulfilled

- The Subcommittee Chair may also serve as the NTPP

May also serve as a Narateen group Facilitator

May assume Secretary duties if the Secretary is not available

Updates the Narateen subcommittee page on the CCR website as needed

#### Role of the CCR Narateen Subcommittee Vice Chair

Serves a maximum of two consecutive 2-year terms

- Assumes responsibilities of the subcommittee Chair if the elected Chair resigns or is unable to fulfill the Chair responsibilities
- May continue to serve as Acting Chair or Acting Vice-Chair if no subcommittee member is elected to replace the outgoing Vice-Chair

Attends subcommittee meetings

May also serve as Subcommittee Secretary

May also serve as the NTPP

May also serve as a Narateen group Facilitator

May represent the subcommittee at other Nar-Anon events and at Outreach opportunities if the subcommittee Chair is not available

#### Role of the CCR Narateen Subcommittee Secretary

Attends subcommittee meetings

Keeps minutes at subcommittee meetings

Distributes meeting minutes and agendas to subcommittee members

May also serve as the NTPP

May also serve as a Narateen group Facilitator

## Role of Narateen Process Person (NTPP)

The Narateen Process Person (NTPP) and the Narateen Subcommittee Chair shall serve as the Narateen Regional Process Persons with duties and responsibilities as follows:

Maintain and update CCR Narateen Group Facilitator information and Narateen Group information with Nar-Anon World Service.

Maintain current information with the background check agency, including setting up account and payment information.

Verify funds are available for background checks.

Communicate and maintain records between agency(s) and Facilitators for completion of background check process.

Act as a liaison between WSC, CCR Nar-Anon, CCR Narateen subcommittee, Facilitators, Narateen members & the fellowship.

Securely store records related to Facilitator information and background check results

Send completed Facilitator registration forms to WSC (S-333) and update that information annually.

Complete and submit the Narateen Group Registration form (see Nar-Anon Family Groups Guide to Local Services "GLS") to the WSC once the group is ready to start.

Communicate passed background checks to the regional Narateen subcommittee Chair.

The NTPP may also be the Narateen subcommittee Chair.

May also serve as a Narateen group Facilitator

## Role of a Nar-Anon Group

It is recommended that Narateen Groups be sponsored by and affiliated with an active Nar-Anon Group. Local Nar-Anon groups are encouraged to provide material and/or financial support for Narateen as well as have members willing to become certified Facilitators.

Nar-Anon Groups are encouraged to participate in outreach efforts for Narateen Groups that they are sponsoring.

Nar-Anon Groups should assist the Narateen Facilitators in securing a suitable meeting location

## Role of Narateen Group Adult Facilitators

The role of Narateen Adult Facilitators is to provide a safe space for the teen group members and provide a framework and guidance for the meetings based on the Twelve Steps, Twelve Traditions and Twelve Concepts of Service of the Nar-Anon Family Groups. It is recommended that there be at least two certified Narateen Group Facilitators at all Narateen Meetings (see examples of special exceptions below).

An Adult Narateen Group Facilitator must meet the following requirements:

- Must be at least 21 years of age.
- Facilitators shall be certified and registered with the WSC
- Be an active member of Nar-Anon (having attended no less than 6 meetings within the previous 12 months prior to their application) and is advised to continue to attend their own meeting and maintain a working knowledge of the Nar-Anon program.
- Have strong knowledge and understanding of the 12-Steps. Ideally, a Facilitator will have already completed at least one complete series of 12-step study workshops.
- They should not be a family member or guardian of any group members.
- Have an experienced Narateen Facilitator mentor for the first 6 months for guidance and support.

- Examples of special exceptions:

For a school-based meeting: school professional(s) who have been screened through the school district background check can substitute for one Nar-Anon facilitator if two (2) are not available.

The CCR will consider allowing other similar professionals such as Department of Child and Family Services (DCFS) or Foster Family Agency (FFA) certified caseworkers who have successfully passed all background checks.

- In the event that an exception such as those stated above is made:

Any individual who is allowed to serve as a substitute Facilitator MUST have strong knowledge of the Nar-Anon 12-Steps and Traditions.

They must agree to:

Abide by all standards of confidentiality and anonymity guaranteed to any person attending a Nar-Anon or Narateen meeting.

Attend at least 3 Nar-Anon meetings

Have strong working knowledge of 12-step programs (such as active participation in other recognized 12-Step groups such as NA, AA, Al-Anon or Alateen)

Must agree to read the entirety of the Nar-Anon meeting Blue Book and the The Nar-Anon Twelve Step Program yellow books and study the

concepts discussed in those publications thoroughly.

- A Facilitator will serve as the liaison to any supporting Nar-Anon group and the facility where the meeting takes place.
- Facilitators with more than six (6) months experience must be willing to serve as mentors to new Facilitators.
- Facilitators will commit to serve for a two (2) year time period.
- Thoroughly complete a Narateen Facilitator application.
  
- Successful completion and passing of appropriate and comprehensive Federal and State background checks, run through the CCR's Narateen subcommittee's approved resource, will be required to be a Narateen Group Facilitator in order to ensure the safety of group members. Said background check shall be required prior to serving as a Facilitator, and will be renewed as required by the Narateen World Service committee. A comprehensive background check includes:
  - State and federal criminal history check using the individual's legal name
  - State and federal criminal history check using the individual's fingerprints
  - Child abuse registry check (this may also be known as the Child Protection Index)
  - Sex offender registry check
  - FBI background checks will be conducted using a Preferred Live Scan Location and through government authorized, FBI approved channels for FBI records.
  - The National Child Protection Act of 1993 grants authority for national criminal checks on persons providing care to children, the elderly, or individuals with disabilities.
- Facilitator background checks must be renewed no less than every 2 years but may be renewed more often if the NTPP or committee Chair makes such a request or if the background check service selected provides more regular updated information.

Even before such renewal, the NTPP should be notified immediately if a Facilitator's status changes (i.e. a Facilitator has been arrested for any reason). While it is expected that the Facilitator in question should personally notify the NTPP of such an incident, any other Facilitator who becomes aware of such an incident is encouraged to report this information to the NTPP as well.



A Facilitator who is found to be in violation of these guidelines or any guidelines and traditions approved by the RSC or WSC may be immediately suspended from their facilitator duties at the discretion of the subcommittee Chair, Vice Chair or the NTPP. The facilitator may be permanently removed as a certified Facilitator upon majority vote by the subcommittee.

Although Facilitators may be available at meetings to answer questions sharing their experience, strength and hope, they may NEVER serve as a Sponsor to any minor involved in Narateen

- Teens should sponsor teens. If teens need help with becoming a Sponsor, they can be provided with Nar-Anon materials regarding sponsorship and at a Narateen Group Conscience meeting it should be suggested that they participate in a step-study workshop series

Facilitators may NEVER meet with or communicate privately with a minor participant or on a one-on-one basis through any electronic means (email, phone, social media, etc.) with any minor participant.

Facilitators will receive training and must assume responsibility for making best efforts to ensure meeting safety and make recommendations at Narateen Group Conscience meetings regarding Member Conduct.

- Any incidents that affect the physical safety of any Narateen meeting attendees must be reported promptly (within 24 hours) to the CCR and the WSC.

The Narateen World Service committee may require that the Facilitator (in cooperation with the CCR) complete a Nar-Anon/Narateen incident report.

- All funds should be under the care and monitoring of the Facilitators

## NARATEEN GROUP MEMBERS

Group members should be aged 13-18 (or 12 if he/she is enrolled in 8th grade) and be affected by the addiction problem of someone close to them. Individuals outside of this age range can be members if the group decides through group conscience.

Participants who are not legally adults or legally emancipated must have a consent form signed by a parent or legal guardian before the start of the first meeting they attend.

Group members will create behavior guidelines for the meeting and help each other adhere to them.

They will be encouraged to keep the focus of the meeting on the Nar-Anon Twelve Steps of recovery using only conference approved literature (CAL).

Per the Nar-Anon Twelve Traditions, they will respect each other's and the addict's anonymity

Each meeting should aim to be self-supporting.

- As with the adult Nar-Anon meetings, the Seventh Tradition is encouraged but is never a requirement for participation in a Narateen meeting.

- Narateen meetings may accept financial and/or material support from the CCR (if available) and from any CCR Nar-Anon group, committee, the WSC or other Nar-Anon Regions
- All funds should be under the care and monitoring of the Facilitators

Just as for Nar-Anon groups, Narateen members should elect a Group Service Representative (“GSR”) to represent them at area and regional meetings. They should also elect other service positions such as group secretary and treasurer.

## SPECIAL SITUATIONS

### Transportation

Narateen Facilitators shall not provide transportation to any Minor Narateen member. The responsibility for transportation of any Minor Narateen member lies with the parent, guardian, or other adult responsible for the minor.

### Only One (1) Facilitator is Available to Attend a Meeting

Group conscience including both Facilitators and members will decide whether or not the meeting takes place.

- If by group conscience the decision is made to continue with the meeting, the sole Facilitator can choose to withdraw from the meeting if they are not comfortable

### Facilitator Suspects a Minor Member is Endangered, a Victim of Known or Suspected Child Abuse and/or Neglect

Anyone serving as an Adult Facilitator MUST understand and agree that they are serving strictly in a volunteer capacity.

- Facilitators who are licensed professionals (such as physicians, therapists and social workers) will not perform any of their professional services for any Narateen participant including professional counseling.

During the course of facilitating Narateen meetings, the Facilitators may learn (or come to suspect with good reason) that a teen participant is being physically abused, significantly neglected or are otherwise endangered.

- It is the policy of Nar-Anon to adhere to all state and local laws regarding these matters. Facilitators must understand and agree that if they are designated as Mandated Reporters under California state law, they are NOT serving in this capacity while facilitating meetings because participating minors are not considered to be in their care or custody during the meetings nor are the Facilitators allowed to provide any counseling or professional services to Narateen participants.

Mandated Reporters are defined under CA State Penal Code § 11165.7. In discussing the role of volunteers, the code specifically states:

“Volunteers of public or private organizations whose duties require direct contact with and supervision of children are not mandated reporters but are encouraged to obtain training in the identification and reporting of child abuse and neglect and are further encouraged to report known or suspected instances of child abuse or neglect.

Any other person who reasonably suspects that a child is a victim of abuse or neglect may report.

For the purposes of this section, ‘any other person ’includes a mandated reporter who acts in his or her private capacity and not in his or her professional capacity, or within the scope of his or her employment.”

- The Facilitator’s role is to help teens recover from the effects of addiction by using the tools of Narateen/Nar-Anon which include the 12-Steps as well as the usual traditions and guidelines that all Nar-Anon members adhere to. However, applying these principles to minors may become challenging if an adult Facilitator believes a teen/child participant is endangered and may feel compelled to report the issue to authorities or help the Narateen member. As such:

During the opening remarks of each meeting, teens will be informed that although confidentiality and anonymity are hallmarks of our fellowship and that our traditions discourage us from “rescuing” or interfering with members ’lives, Narateen policy does allow the Facilitators to report (as a private citizen) the endangerment of a minor.

If it does become apparent that a Narateen participant is endangered or being abused:

Avoid spotlighting the participant or the issue during the meeting

The Facilitators must discuss this matter privately (not involving any of the teens) to determine if they are in agreement that the teen’s account is likely to be true and whether or not they feel the issue is serious enough to be reported.

- At any time the Facilitators may reach out to other certified Narateen Facilitators and/or the CCR Narateen subcommittee through the Narateen Process Person (NTPP) or the subcommittee Chair for further guidance.

If the Facilitators agree that the situation must be reported, they should turn to proper official law enforcement authorities such as police or the California Department of Children and Family Services (“DCFS”).

Reporting to non-officials (such as parents) can be considered gossip and can further endanger the teen.

A Facilitator filing a report may NEVER do so on behalf of or in association with Nar-Anon or Narateen. Reporting should be done only as a private citizen.

- The reason for this is to avoid violation of Tradition 10:

“The Nar-Anon Family Groups have no opinion on outside issues, hence our name ought never to be drawn into public controversy.”

Once a report is made, the Facilitators should not take any further action regarding the incident but may report additional incidents or new information to proper law enforcement authorities as described above.

Every meeting will make available to each participant a document containing a list of resources they can use in the event that they need help due to abuse or neglect. The document will make clear that Nar-Anon has no affiliation with any outside organization, but these resources are being listed to remind the members that help is available in a variety of ways. By having this resource available, we are encouraging self-empowerment and further reminding the teen that they do not have to go through any of this alone.

- This list should include phone numbers and contact information for local police, DCFS hotlines, suicide prevention hotlines and a list of other resources the minor should be strongly advised to utilize such as school guidance counselors, hospital emergency rooms, clergy, etc.
- This document should make clear that we have no connection

with any of the outside resources suggested on the material.

- This document will be available in the usual literature/pamphlet area and should NOT be handed out as a specific reaction to a teen’s share. Again, avoid spotlighting an individual or their circumstance.

## EMERGENCY SITUATIONS

Each Narateen group should develop, through a group conscience involving both Facilitators and members, a written plan on how to handle emergency situations which should include, but not be limited to, the following:

1. A member becomes disruptive
2. A physical danger such as natural threats (i.e. storm) or fire
3. A member becomes ill.

## MEETING PROTOCOLS

Each Narateen group should develop, through a group conscience involving both Facilitators and members, a written guideline that addresses a code of conduct for the meetings. The following are examples that may be included in this discussion:

In the interests of discipline and spirituality all cell phones should be silenced, switched off and put away. Texting, taking pictures or other means of communicating with digital

devices during a meeting is disrespectful and distracting and is therefore prohibited during the meeting.

As a sign of respect, there should be no crosstalk during the meeting.

All Narateens should be silent during a members share and not move around.

In the interests of trust, all members should respect each other's anonymity.

As a sign of respect to the newcomer, members are requested to offer a healthy shared experience.

Dress code is casual but modest and appropriate; attire that may be deemed offensive is not allowed (this may include t-shirts with vulgarity or other inflammatory text or images).

We would like to remind everyone that outside of the meeting, Narateen members should not engage in gossip about each other's share, should not discuss or acknowledge who attends Narateen or Nar-Anon meetings nor should any other information about any members of the Narateen or Nar-Anon fellowships be divulged in any manner. All anonymity and confidentiality should be respected at all times.

- What is heard here, stays here.

# Forms

# Online GSR, Alternate GSR, and Substitute GSR Registration Forms

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July 9, 2022

The Nar-Anon Central California Region provides online registration forms for GSRs, Alternate GSRs, and Substitute GSRs to register their groups for Assembly participation. Please follow the links below.

- 1) Please use the online [GSR and Alternate GSR Registration Form](#) to register for the Assembly.
- 2) 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.

**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**

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*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**

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

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

**Region Acceptance**

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*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: \_\_\_\_\_

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

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

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

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

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**Area/Region Acceptance**

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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

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**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: \_\_\_\_\_

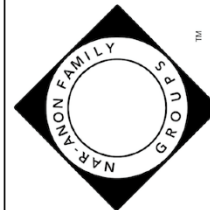
Email Address: \_\_\_\_\_

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<br>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

# Ontario Speaks



**Join Us For An Evening of Sharing**

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

**DATE:**

**FRIDAY, JULY 29, 2022  
7:30PM-8:30PM EDT**

**SPEAKERS:**

**NAR-ANON: JANICE H.  
NA: SARAH C.**

**Zoom ID: 878 2675 8316**

**Passcode: Serenity**

[Click Here to Join](#)

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

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

**Hosted by Helping Hand and Heart NFG**

**www.helpinghandandheart22@gmail.com**

Absolute Page Number: 117



# *Finding Serenity*



## 32<sup>nd</sup> Annual Southern California Regional Narathon

Saturday, September 10, 2022  
Meeting opens at 8:30 AM  
Program from 9:00 AM to 12:00 PM

### Zoom Meeting:

<https://us02web.zoom.us/j/5606110072?pwd=Y1htVncrizFPUXBBWVM1YaW1Edz09>

Dial-in: 669-900-6833

Meeting ID: 560 611 0072

Passcode: 374596812

### Narathon Donations

By check – Text your pledge to our treasurer, Susan S. 949-872-3941

Or

Visit our website at <https://naranonsocal.org>

Click on Donate Button

\*Must put Group ID#/name & Narathon 2022 in the comments

Southern California Region of Nar-Anon Family Groups

Email: [SoCalRegion@nar-anon.org](mailto:SoCalRegion@nar-anon.org)

English: [www.naranonsocal.org](http://www.naranonsocal.org)

World: [www.nar-anon.org](http://www.nar-anon.org)

*Save The Date!*

**Saturday, September 17, 2022**

*Nar-Anon Speaker Event with members  
from Narcotics Anonymous*

# National Recovery Month 2022 Share-A-Day!!

**Time: 12:00 PM to 4:00 PM (EDT) – Zoom ID: 856 6378 0905 –  
Passcode: 121212 – Dial In: 646 558 8656**

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

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



*Come  
Nurture,  
Blossom & Grow*

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

**LIMITED PARTICIPANTS**

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



# CCR NARATHON 2022

## “IT’S OUR FELLOWSHIP - TOGETHER WE CAN”

Join us for a day of recovery!

|                  |  |
|------------------|--|
| 9:30 AM          | Introductions, Serenity Prayer, Twelve Steps, Twelve Traditions  |
| 9:45 AM          | “Step 1” SESH page 224, Open Share Meeting – Leader TBA  |
| 10:30 AM         | “The 12 Steps & 12 Traditions” an innovative comparison - Scott N. & Scott C. followed by Open Share                               |
| 11:30 AM to Noon | Lunch  |
| 12:00 PM         | “The Split Pitch” Tradition 5 Understanding our addicts with Compassion – Leaders TBA; Followed by Open Share                      |
| 1:00 PM          | “Step 4” A Searching and Fearless Moral Inventory – Leader TBA; Followed by Open Share   |
| 2:00 PM          | Slogan “Detach with Love” SESH Pg. 189 – Leader TBA followed by “A Spiritual Awakening” SESH Pg. 359 – Leader TBA. with Open Share |
| 3:00 PM to 4 PM  | 12 Steps in 12 Minutes on one subject - Leader TBA   |

### Meeting Information

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

Dial by your location: +1 669 900 6833 US (San Jose); +1 253 215 8782 US (Tacoma); +1 346 248 7799 US (Houston); +1 312 626 6799 US (Chicago); +1 929 436 2866 US (New York); +1 301 715 8592 US (Germantown)

Step 1

The 12 Steps & 12 Traditions

The Split Pitch

Step 4

Detach with Love

12 Steps in 12 Minutes

## DATE AND TIME

Saturday, October 22, 2022 - 9:30 AM to 4:00 PM (PDT)



# Meeting Directory

## Central California Region Meeting List

To support our fellowship and the newcomer provided is a complete list of meetings

Last update 7/7/2022

### Virtual Meetings List

#### **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 (Steps 1-5)** 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 - Suspended April 11, 2022. Resumes on August 1, 2022.**  
Monday Night Serenity group will join 6:30 PM, Seaside - Monday Nite Miracles for that time. To join Zoom, click link <https://zoom.us/j/7459777458>. On August 1, 2022 Monday Night Serenity group will meet via FreeConferenceCall until further notice. To join, click link <https://join.freeconferencecall.com/416-570-783> or dial-in 515-604-9099 Access 416-570-783#

- **6:30 PM, Seaside** - *Monday Nite Miracles* group will meet via Zoom until further notice. To join, click link <https://zoom.us/j/7459777458>, or dial-in by phone 1-669-900-6833, Meeting ID 7459777458#

**TUESDAY:**

- **6:00 PM, Atascadero** - *Candle Light* group will meet via Zoom until further notice. To join, click link <https://uso2web.zoom.us/j/9622810477?pwd=QnFoUzROc1oxbEpwSXlDeGxVajZaQT09>, 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 hybrid (in-person and virtual). To join virtual, click link <https://zoom.us/j/93264701592?pwd=ZXF6cUR4VUV3ZUoxcCtJlJrbFU3UT09>, Meeting ID: 932 6470 1592, Password: 049795 or dial-in by phone 16699006833, password 049795# On April 5, 2022 In-person location: 381 High Street, Monterey Ca, St James Episcopal Church.

**WEDNESDAY:**

**7:30 PM, Gilroy** - *Guide to Serenity* group will meet via Zoom until further notice. To join, click link <https://uso2web.zoom.us/j/7459777458>, no password. Meeting ID: 745 977 7458. To dial-in 1 669 900 6833, Meeting ID 745 977 7458.

**THURSDAY:**

- **7:00 PM** - *Winds of Change* group will meet via Zoom. *Newcomers and all Nar-Anon members are invited!* To join, click link <https://uso2web.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 until further notice. To join, click link: <https://uso2web.zoom.us/j/86499034930?pwd=MEdLUlRqSjVpaUlBR1Y2OGF6eTdQUTo9>, Meeting ID: 864 9903 4930, Passcode: 4242 Or dial-in +16699009128 ID: 86499034930#0#4242#

**FRIDAY:**

- **6 PM** - *I Can Be Free* group will meet via Zoom. To join, click link <https://uso2web.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 online and in-person (Hybrid). To join Zoom, click link <https://uso2web.zoom.us/j/7459777458>, Meeting ID: 745 977 7458. To dial-in 1 669 900 6833, Meeting ID 745 977 7458. In-person meetings start on April 2, 2022. Location: St. Timothy Lutheran Church - 52 Soledad Dr. Monterey, Ca 93940. *Newcomers and all Nar-Anon members are invited!*
- **6:30 PM, Simi Valley** - *Twelve Step Study Workshop* 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.
- **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

**In-Person Meetings List**

- **Tuesday 6:30 PM, Monterey** - *In the Solution* group. Location: 381 High Street, Monterey Ca, St James Episcopal Church.
- **Wednesday 12 PM, Carmel** - *Serenity-by-the-Sea* group is now meeting inside the multi-purpose room 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.

- **Thursday 6:30 PM, Salinas** - *Sweet Serenity* group is now meeting in person at the Active Seniors Center (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.
- **Friday, 12 PM, Atascadero** - *Bridge to Serenity* group will meet in person at North County Connection - 8600 Atascadero Ave, Atascadero.
- **Saturday, 9 AM, Monterey** - *Circle of Hope* group will meet online and in-person (Hybrid). Location: St. Timothy Lutheran Church, 52 Soledad Dr. Monterey, Ca 93940. To join Zoom, 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!*